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At 6 feet 9 inches, senior forward Lewis Djonkam is a force in the paint for West Springfield.

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**NEW Year's Resolutions:**

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- Quit smoking
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# NEWS

## Snowzilla Summit Ahead

### Board names Fairfax County Animal Shelter for Michael Frey.

BY KEN MOORE  
THE CONNECTION

**“W**hat a difference a week makes,” said County Chairman Sharon Bulova (D), in case anybody had moved on from the 29.3 inches of measured snow at Dulles Airport during last week’s blizzard.

The Board of Supervisors will hold a Snowzilla Summit on March 1, to discuss “what went well, what lessons were learned, and what can be done in future events,” Bulova said at the Board’s regularly scheduled meeting Tuesday, Feb. 2, nine days after the storm.

“It’s not like this never happens,” said Supervisor John Cook (R-Braddock). “We know we’re going to have a significant storm every few years.

Supervisor John Foust (D-Dranesville) remembers the last big storm and county summit when the county analyzed its response overall and neighborhood by neighborhood, street by street. “I intend to do

that again this year,” he said. “I look at these snow summits on a macro and a micro level.”

Foust wants the police to be invited, and to hear analysis of the number of accidents after streets had begun to be plowed and treated.

“As great a job as VDOT did, one area that concerns me the most is the hazardous situations they left when they thought they were done,” he said.

Supervisor Cook wants the school system to join, too. Many residents called asking if they could help shovel sidewalks that were covered by many feet of snow in some areas that VDOT cleared from the roads. That will be studied.

“We don’t want our children to be out of school an entire week,” said newly elected Mount Vernon Supervisor Dan Storck (D).

“I had far more compliments than complaints,” said Supervisor Pat Herrity (R-Springfield). “It seemed to be contractor dependent. If a contractor came out with good equipment, they didn’t give up.”

People underappreciated in this storm were also the repairmen fixing the equipment during the blizzard and cleanup, he said.

This was also the first storm since Supervisor Kathy Smith (D-Sully) took office. The

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# NEWS



**Panelists and experts leading breakout sessions regarding human trafficking included (from left) Louise Shelley, Ph.D, a George Mason University Professor; Just Ask Prevention Project president Beth Saunders; Fairfax County Public Schools K-12 coordinator for Health, Family Life and Physical Education Elizabeth Payne, Ed.D.; and Detective Bill Woolf with the Northern Virginia Human Trafficking Task Force.**



PHOTOS BY TIM PETERSON/THE CONNECTION

**Residents came to the Stacy C. Sherwood Community Center in Fairfax for a multi-hour seminar on what human trafficking is and how to get involved with prevention and detection and taking action.**

## 'Taking the Veil Away'

BY TIM PETERSON  
THE CONNECTION

**T**hirty years ago, "Jen" was lured into a pornography ring and sexually abused by a man who initially pretended to be her friend.

"She lived in so much fear," said Elizabeth Scaife, director of Training at Shared Hope International and keynote speaker at a Jan. 31 informational meeting about human trafficking. "He manipulated her, used her family, saying he was going to hurt them."

Scaife used Jen to illustrate the lifelong negative effects on victims of human trafficking. "They're trauma-bound," she said, "from living in the climate of fear that creates."

After defining human and sex trafficking for the audience — the act of forcing anyone to take part in a sex act for compensation — Scaife said that Fairfax County has ranked among the top areas in the United States in prosecuting gang-related trafficking.

The issue is widespread, and localized, but isn't particularly more acute in Fairfax than other localities, Scaife said. But it is being pursued more aggressively.

Scaife described four main ways people become victims of trafficking: being controlled by pimps, being turned out by their own family to provide income, a gang-controlled situation and runaway sex.

"When a young person is out on the streets, not having planned ahead, running from something," Scaife said, "nothing is free." A desperate boy or girl might meet someone willing to give them a place to sleep, in exchange for sex. "They might buy a burger for a blow job."

**TRAFFICKING** would not exist without the demand, Scaife said. Ninety-nine percent of buyers are male, she explained,



**Keynote speaker Elizabeth Scaife, director of Training at Shared Hope International, began an afternoon discussing human trafficking on Jan. 31 at the Stacy C. Sherwood Community Center in Fairfax.**

"people with reckless disregard who don't care if it's a minor."

"Traffickers are all different, they live among us and can be anyone," Scaife added. "They prey on the vulnerability of kids in our society."

The progression of a pimp or pimping gang includes recruiting, grooming, breaking down, turning out and control.

"They begin to buy into the lie that life doesn't matter and theirs doesn't mean much," said Scaife.

Detective Bill Woolf with the Northern Virginia Human Trafficking Task Force has given numerous such talks around Fairfax County, raising awareness of trafficking. Woolf was one of four expert panelists who spoke at the event after Scaife.

At a forum held at West Springfield High School in February 2015, Woolf said in 2014, his office saw 156 leads in Northern Virginia, often with multiple victims. In that same time, they identified more than 261

victims and recovered 108.

On Sunday, Woolf said one of the biggest threats in the trafficking world right now is social media and the access people have to information.

"It comes with a price," he said, giving the example that traffickers can use Facebook, Twitter, Instagram and other platforms as a mechanism to scouting potential victims.

"We must be responsible for what we allow our children to have access to," said Woolf.

Woolf then gave the recent example of a 14-year-old girl who was approached by a twentysomething man and after talking for a while, the two became friends on Facebook. The detective was able to talk with the girl and encouraged her to attend a presentation of the Just Ask Prevention Program. The girl determined she was being recruited for trafficking and turned her Facebook account over to Woolf.

## Commissions for women host human trafficking awareness event in Fairfax.

Woolf, as the girl, set up a meeting with the man. He was arrested and is now serving time in a federal prison.

"It's so important that we talk about this," Woolf said. "Talking to her, she had no idea what trafficking was before going to the presentation. Just to give them the knowledge, the tools to prevent this," is huge, he said.

Fairfax County Public Schools K-12 Coordinator for Health, Family Life and Physical Education Elizabeth Payne, Ed.D. agreed with Woolf. "What's not working is silence," she said. "We have to get that conversation to the forefront and put a name on it."

Payne is optimistic that more attention is being paid to human trafficking around Virginia. "We are taking the veil away," she said.

Just Ask Prevention Project president Beth Saunders echoed, "We're starting to break down the barriers of what this is." Part of that is just understanding the scope of the problem, that it isn't just happening in conflict zones, overseas. "The localization of this is mind-bending," she said.

**JUST ASK** is a local nonprofit working to raise awareness of teen sex trafficking and prevent criminals from taking more victims.

After the panel introductions, the seminar broke out into more detailed discussions of the involvement of laws and law enforcement, schools and business and the international scope of the problem.

The event was sponsored by the Alexandria Commission for Women, the Arlington County Commission on the Status of Women, the City of Fairfax Commission for Women and the Fairfax County Commission for Women.

The 24/7 National Human Trafficking Hotline Number is 1-888-373-7888 or you can text "HELP" between 3-11 p.m. to 233733 (Be Free). For more information, visit [www.fairfaxcounty.gov/cfw](http://www.fairfaxcounty.gov/cfw) or [justaskprevention.com](http://justaskprevention.com).



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## Marine Corps Marathon Gives Back to Schools

The Marine Corps Marathon, its bulldog mascot and partners hosted a school-wide assembly at Lynnbrook Elementary in Springfield on Wednesday, Feb. 3.

As part of the Healthy School Award, MCM partner Sodexo will present \$1,000 to the school and give healthy snacks to each student. The National Watermelon Promotion Board's presentation of "Jump With Jill" celebrates healthy habits by transforming nutritional education into a live concert. "Jump With Jill" employs popular music and dancing to empower kids to make healthy choices.

The MCM Kids Run annually includes 3,600 kids ages 5 to 12 who complete a one-mile course in the North Pentagon Parking lot in Arlington. Each student receives a finisher medal, nutritional recovery items and enjoys live entertainment, mascots from numerous sports teams and organizations and free admission into the Camp Miles interactive health and fitness festival geared for kids.

Registration for the 2016 MCM Kids Run will open in April at [www.marinemarathon.com](http://www.marinemarathon.com).

### FAITH NOTES

Send notes to the Connection at [south@connectionnewspapers.com](mailto:south@connectionnewspapers.com) or call 703-778-9416. Deadline is Friday. Dated announcements should be submitted at least two weeks prior to the event.

**First Baptist Church of Springfield** offers Sunday school at 9:15 a.m., followed by a 10:30 a.m. worship service at 7300 Gary St., Springfield. 703-451-1500 or [www.fbcspRINGfield.org](http://www.fbcspRINGfield.org).

**Prince of Peace Lutheran Church**, 8304 Old Keene Mill Road, Springfield, offers casual worship services on Saturday evenings at 5:30 p.m. featuring contemporary music. More traditional services take place on Sunday

mornings at 8:15 and 11 a.m. Sunday School is from 9:45-10:45 a.m. for children and adults. The church also offers discussion groups for adults. 703-451-5855 or [www.poplc.org](http://www.poplc.org).

**Kirkwood Presbyterian Church**, 8336 Carrleigh Parkway in Springfield, supports a Mothers of Preschoolers (MOPS) program on the first and third Wednesday of each month. Meetings are 9:30-11:30 a.m. at the church. All mothers and children are welcome. The program provides mothers an opportunity to get to know other mothers through discussions and craft activities. Register. 703-451-5320.

# FEB 6<sup>TH</sup>

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## Economic Development in Virginia

The General Assembly prides itself in providing a pro-business climate, but refuses infusion of more than \$3 billion annually.

Hundreds of bills before this year's General Assembly session focus on "business climate," providing incentives for businesses to locate and expand here, extending tax exemptions and tax credits, encouraging international trade, reducing regulation and many other approaches perceived as pro-business.

Previous years of robust economic growth have been fueled by federal spending in Northern Virginia, but now that growth has slowed due to reduced spending on defense, homeland security and other programs.

But ideology and partisan politics have led this otherwise pro-business state to ignore pleas from virtually every business group in the Commonwealth to adopt a policy that would result in more than \$3 billion in economic activity, add more than 30,000 jobs, make the overall population healthier, save the lives of many poor residents and pave the way for solving Virginia's mental health crisis.

Implementing Medicaid expansion in Vir-

ginia would provide a \$3.9 billion boost to the Virginia economy annually, according to an independent study commissioned by Virginia Hospital and Healthcare Association, and could support more than 30,000 additional jobs. (The multiplier effect results in economic benefits several times greater than the initial injection of funds.)

In no way should the decision on expanding Medicaid be left up to the General Assembly that is gerrymandered to favor ideologically driven members who oppose the Affordable Care Act for inconsistent reasons without regard to the wellbeing of the Commonwealth and its residents.

To quote the VHHA study: "Strengthening the existing Medicaid program and potentially extending coverage to an estimated 400,000 low-income adults has far reaching consequences that go well beyond what can be quantified in purely economic terms."

— MARY KIMM

## Another Opportunity to Talk About It

Super Bowl Sunday is Sunday, Feb. 7, and often more about the parties than the game. The parties have resulted in a measurable increase in impaired driving on that day.

During Super Bowl Sunday 2012, more than a third of traffic fatalities involved alcohol-impaired drivers according to the National Highway Traffic Safety Administration.

"It's important to have a game-plan prior to kick-off and to beat this too often deadly opponent," said Kurt Gregory Erickson, president of the nonprofit Washington Regional Alcohol Program (WRAP), a local 34-year-old public-private partnership.

Plan to bring a designated driver. Plan to party where you can take public transportation. Plan to celebrate at home or someplace where you can spend the night. Plan to abstain. Plan to call a cab or Uber or Lyft and retrieve your car the next day if need be.

But don't miss the chance to talk to the members of your household and members of your social circle about the importance of keeping impaired drivers off the road.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

### LETTERS TO THE EDITOR

## Coyotes, A Welcome Part of County's Natural Ecosystem

To the Editor:

Thank you for the article "Coyotes on the Rise in Fairfax County" (Connection, January 14-20, 2016).

The article performs a very useful public service by making the public aware of the presence of coyotes in our county. And, many of the police department's suggestions, such as keeping pets/trash inside and keeping watch over pets when they are outside, are quite valid and useful.

However, I am concerned that some of the police department's advice seems to imply that coyotes should be treated as unwelcome intruders when in fact they are simply animals who formerly inhabited our area and have now returned, in large part due to loss of their preferred habitat in surrounding areas. The coyotes should be recognized as a welcome part of the county's natural ecosystem. The police department's statement initially refers to the coyotes as "scavenging animals," then correctly notes that they are foragers who eat a wide variety of food. Not that there is anything wrong with scavengers in the first place - it's just a matter of "tone" that may cause some people to incorrectly think that coyotes are somehow intrinsically "bad."

The police department's advice in certain cases indicates that the county's citizens should somehow go on the defensive, cutting down all their shrubbery and installing elaborate fencing. Citizens need not be alarmed at the presence of coyotes - they have actually been around the county for quite a while. All that is really necessary is to follow the police department's provided suggestions regarding pets and trash, and we should have no problem living peacefully with coyotes.

It is unlikely that most people will ever see a coyote, at least in the daytime. If they do, the coyote will most likely make itself scarce as quickly as possible, just like our numerous local foxes. If someone is close enough to "spray the coyote with a water hose, water guns or spray bottles with vinegar water, pepper spray of bear repellent," then they are too close to the animal in the first place. They should just move quietly away from the animal, or admire it and respect it from inside their residence until it moves on. One important note: neither pepper spray nor bear repellent should ever be directed at any animal unless that animal is posing an immediate threat to a person; that is, if it is truly charging someone and is less than

twenty yards away. These sprays are extremely painful for the animal, and also can injure the "sprayer" if the wind is coming towards them. It is clearly inhumane to use them just to discourage an animal from hanging around someone's yard.

Finally, we should recognize that coyotes can be valuable predators in helping to keep the deer population in check. This would be far more preferable and natural than the current practice of culling deer in our county parks through the archery program. One of the reasons certain wildlife populations may be out of balance is that we lack the natural predators that used to live here. Coyotes can help fill this void.

James Lingebach  
Fairfax Station

## Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Send to:

Letters to the Editor  
The Connection  
1606 King St.  
Alexandria VA 22314  
Call: 703-917-6444.  
By e-mail:  
south@connectionnewspapers.com

## Pet Photos for the Pet Connection

The Pet Connection, a twice-yearly special edition, will publish on Feb. 24, and photos and stories of your pets with you and your family should be submitted by Feb. 17.

We invite you to send us stories about your pets, photos of you and/or your family with your cats, dogs, llamas, alpacas, hamsters, snakes, lizards, frogs, rabbits, or whatever other creatures share your home or yard with you.

Tell us the story of a special bond between a child and a dog, the story of how you came to adopt your pet, or examples of amazing feats of your creatures. Do you volunteer at an animal shelter or therapeutic riding center or take your pet to visit people in a nursing home? Does your business have a pet? Is your business about pets? Have you helped to train an assistance dog? Do you or someone in your family depend on an assistance dog?

Or take this opportunity to memorialize a beloved pet you have lost.

Just a cute photo is fine too. Our favorite pictures include both pets and humans.

Please tell us a little bit about your creature, identify everyone in the photo, give a brief description what is happening in the photo, and include address and phone number (we will not publish your address or phone number, just your town name).

Email to south@connectionnewspapers.com or online at www.connectionnewspapers.com/pets.

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## PEOPLE

**Members of area Disabled American Veterans (DAV) chapters congratulate Arnold Sells for his 65 years of service.**



PHOTO COURTESY OF ARNOLD SELLS

# Honoring Life of Service

**Arnold Sells, WWII Veteran and Purple Heart Recipient, receives Lifetime Achievement Award.**

World War II veteran and Greenspring resident Arnold Sells was recently recognized by Chapter 10 (Arlington/Fairfax) of the Disabled American Veterans (DAV) with the chapter's first Lifetime Achievement Award. Sells, who became a member of the DAV in 1950, has been involved at all levels of the chapter, formerly holding the positions of Department Commander, Department Adjutant and Department Chaplain. A resident of the D.C. area for over 70 years, he has lived at Greenspring retirement community in Springfield since 2011.

Arnold Sells, 96, was inducted into U.S. Army in 1941 and was assigned to the 101st Airborne Division as an infantry soldier. In the fall of 1943, he was transported to England and spent the next several months training for the D-Day invasion in Normandy. During that training, he injured his back and was unable to make the invasion along with his division. After being released back to the 101st Airborne Division, Sells encountered his first combat operations in Holland in September 1944; his division was assigned to hold open canal and road crossings for British Field Marshal Montgomery's army. After spending time in

France for replenishment, Sells was transported to Bastogne, Belgium, where his unit was responsible for monitoring road crossings.

"I spent the holidays in a foxhole under heavy artillery fire and felt the Earth shake from the bombings of Bastogne," said Sells.

On Dec. 26, 1944, Bastogne was liberated, and in early January 1945, Sells division was moved to Alsace, France, where he was wounded while under shell fire. He received a shell fragment to his left shoulder, was provided bandages and morphine, and taken to a field hospital. After a 6-8 week recovery in England, Sells was sent to Camp Pickett, Va. In August, Sells was honorably discharged from the U.S. Army and received a Purple Heart as a result of his wounding in France. He was also awarded the Combat Infantryman's Badge, Glider Badge, Distinguished Unit Badge, Distinguished Rifleman Badge, Good Conduct Medal, and European Theater Medal. Additionally, the 101st Airborne Division was the first division to receive a Presidential citation, according to Sells.

"I'm very proud I was able to make a contribution to my country," said Sells.

On December 13, 2015, Chapter 10 of the DAV held a ceremony in Sells' honor to recognize his 65 years of membership and service, as well as his volunteer work. Members of the DAV Department of Virginia, Department of Maryland, and the Department of Washington, D.C. were also on hand to show their appreciation.

In 2012, along with over a dozen other World War II veterans living at Greenspring, Sells recorded a video interview for "Voices of WWII," produced by the Friends of the National World War II Memorial.

## Volunteer Fairfax Seeks Nominations, New Deadline Feb. 9

Nominations are open for the 2016 Fairfax County Volunteer Service Awards. The awards recognize citizen volunteers who perform the service that makes our local community such a great place to live, work and play. Nominations deadline has been extended to Tuesday, Feb. 9 at 4 p.m.

Know an amazing volunteer? Please share! Community and civic groups, government agencies, faith organizations, educational institutions, and local nonprofits are encouraged to nominate the outstanding volunteers who support your mission. Individuals may also nominate.

Award nominees and recipients will be rec-

ognized at the 2016 Fairfax County Volunteer Service Awards breakfast on Friday, April 8 at The Waterford in Springfield. The event is open to the public and is attended by over 400 community and business leaders, including Chairman Sharon Bulova and the Fairfax County Board of Supervisors.

Elise Neil Bengtson, chief executive officer of Volunteer Fairfax says, "Every day there are individuals and groups working to make our community better. Volunteers build playgrounds, maintain rivers and streams, and tutor students—these citizen volunteers contribute greatly to our quality of life. Please nominate so we may learn their inspirational story."

To submit a nomination visit [www.volunteerfairfax.org](http://www.volunteerfairfax.org).



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# WELLBEING

## American Heart Month

Month-long observance raises awareness about cardiovascular disease and the role of aerobic exercise in preventing it.

BY MARILYN CAMPBELL  
THE CONNECTION

Music is thumping, sweat is dripping and hearts are pounding. In a packed aero-bic dance, students move in the name of health.

"There's a push by the community to have aerobic and cardio programs, especially one that starts after 5 p.m.," said Peter Selikowitz, director of the Potomac (Md.) Community Recreation Center, where the aerobic dance classes are held. "That has been a big shift in recent years, and it's a shift we're looking to make."

Throughout the month of February, in honor of American Heart Month, health and fitness professionals are raising awareness about cardiovascular disease and the role of aerobic exercise in preventing it. While recent studies, including one by the Mid America Heart Institute, found

that extreme exercise training and competing in endurance events can actually damage the heart, exercise is still the best prescription for a healthy heart.

"All aerobic activity has the potential to bring positive health benefits if the correct intensity [or] level of difficulty and duration are used," said Michelle Walters-Edwards, chair and associate professor Health and Human Performance at Marymount University in Arlington.

Some warning signs that one's exercise

### Wear Red Day

FRIDAY, FEB. 5

The American Heart Association is encouraging residents to show support for the fight against heart disease in women by wearing red on Friday, Feb. 5 — National Wear Red Day. Part of the American Heart Association's Go Red for Women movement, Wear Red Day focuses the attention on heart disease, the number one killer of women in America.

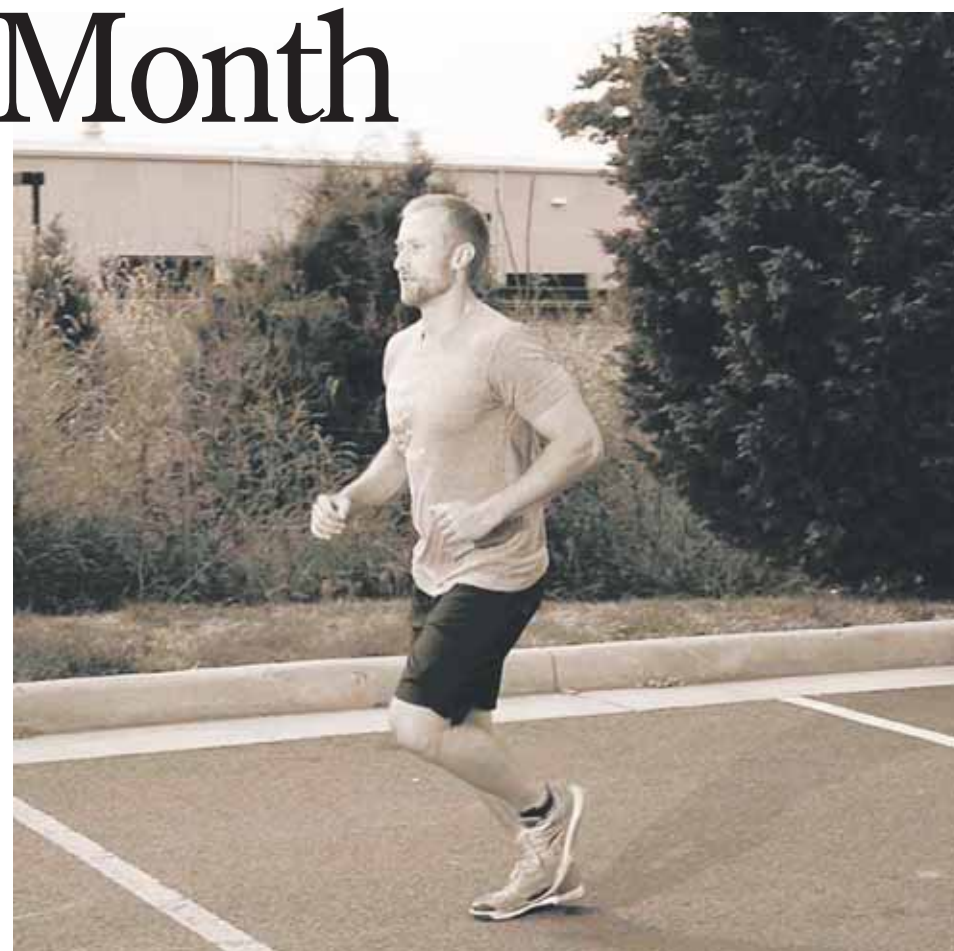


PHOTO BY MOLLY TOBIAS

Joel Martin, Ph.D., assistant professor of kinesiology at George Mason University, demonstrates aerobic exercise, a tool in the fight against heart disease.

"All aerobic activity has the potential to bring positive health benefits if the correct intensity [or] level of difficulty and duration are used."

— Michelle Walters-Edwards, chair and associate professor, Health and Human Performance at Marymount University

program might be too intense include "constantly sore muscles, a changes in mood, trouble sleeping, a decrease in appetite or feeling weak," said Joel Martin, Ph.D., assistant professor of kinesiology at George Mason University. "Those are signs that you might be over-training."

"Too much aerobic exercise can also cause soft tissue issues such as tendinitis and muscle strains, these are signs that the volume of exercise is too great for the muscles and tendons to deal with and this should be modified," said Walters-Edwards.

To hit the right target for intensity and duration, both Martin and Walters-Edwards advise that organizations such as the American Heart Association and the American College of Sports Medicine (ACSM) offer guidelines to help one achieve an optimum level of aerobic intensity. To achieve the best intensity for one's fitness level, the formula calls for subtracting one's age from 220 and multiplying that number by 0.5 for beginner, 0.69 for someone who exercises frequently for moderate

intensity and by 0.8 to 0.85 for vigorous intensity, for those with significant experience with aerobic exercise.

ACSM recommends 30-minutes of aerobic exercise three to five days ideally five days each week at a moderate intensity. "If you can hold a conversation while exercising that is a safe intensity for beginners," said Walters-Edwards.

The standards are based on "how fit you already are, your age and how accustomed your body is to the demands of cardio workouts," said Walters-Edwards. "The more accustomed you are to working out aerobically the greater your endurance capacity will be."

A beginner, says Walters-Edwards, might aim for a combination of walking and jogging to reach the 30-minutes recommended daily minimum. This time can be broken down into two 15-minute sessions. "It is always a good idea to have at least one rest day per week with no exercise to support recovery, she said.

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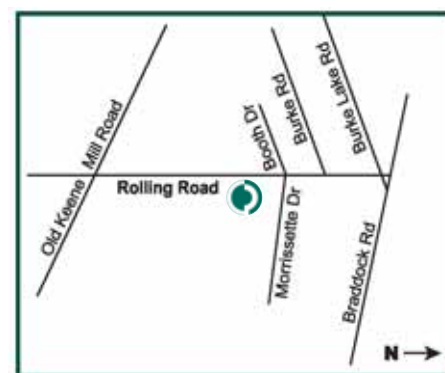
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## VOLUNTEER EVENTS AND OPPORTUNITIES

Fairfax County's free **Family Caregiver Telephone Support Group** meets by phone on **Tuesday, Feb. 9, 7-8 p.m.** We will discuss Balancing Safety and Your Loved One's Self-Determination. Register beforehand at [www.fairfaxcounty.gov/dfs/olderadultservices/caregiver.htm](http://www.fairfaxcounty.gov/dfs/olderadultservices/caregiver.htm) and click on Caregiver Telephone Support Groups. Call **703-324-5484**, TTY 711.

The **Fairfax Commission on Aging** meets on **Wednesday, Feb. 17** at noon at the **Patrick Henry Library**, 101 Maple Avenue East, **Vienna**. The public is welcome to attend and join in the comment period that begins each session. Find out more at [www.fairfaxcounty.gov/dfs/olderadultservices/coa.htm](http://www.fairfaxcounty.gov/dfs/olderadultservices/coa.htm). Call **703-938-0405**, TTY 711 for meeting access needs.

Fairfax County's **Independent Living Project** helps older adults remain safely in their homes. Each session includes a prevention presentation and a gentle exercise program that focuses on fall prevention. The series takes place on **Thursdays, February 25-April 21**, 10 a.m.-Noon, at Congregation

Adat Reyim, 6500 Westbury Oaks Court, **Springfield**. Call 703-324-7210, TTY 711 or go to [www.fairfaxcounty.gov/dfs/olderadultservices/independent.htm](http://www.fairfaxcounty.gov/dfs/olderadultservices/independent.htm) to register for this free program.

**Nutritional Supplement Delivery** – Pick up and deliver Ensure Nutritional Supplement to older adults. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.

The **Lewinsville Senior Center** in **McLean** needs instructors for the following classes: **Line Dance, Zumba Gold, Certified Arthritis Exercise, Square Dance, Basic Guitar, Art and Basic Spanish**. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.

**Meals on Wheels** needs **drivers, coordinators, and co-coordinators** for routes throughout the county. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions. Fairfax County needs volunteers to **drive older adults to medi-**

**cal appointments** and wellness programs. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.

The **Mott Community Center Senior Program** in **Fairfax** is looking for volunteer instructors for the following classes: **Tai Chi** and **Art**. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.

The **Sully Senior Center** in **Centreville** needs a **certified personal trainer**, preferably with experience working with older adults. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.

The **Herndon Senior Center** needs **Social Visitors** daily. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.

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# ENTERTAINMENT



PHOTOS BY TIM PETERSON/THE CONNECTION

**The Brisket Burger 2.0 is a hybrid of smoked brisket and Certified Angus Beef ground chuck.**

## Meeting of the Meats and Valuing Veg in Burgers

**Wood Ranch in Springfield Town Center introduces new meat, veggie options.**

**W**ood Ranch BBQ & Grill partner, managing chef and “Sultan of Smoke” Alejandro Benes is working to blend barbecue traditions, as well as cuts of meat. The West Coast-based chain has already been introducing the Tri Tip, a California and Texas traditional preparation of sirloin slow-roasted overnight then grilled to order, to the East Coast through its Springfield Town Center location.

In another meeting of the meats, Benes has added a brisket burger to the restaurant’s beef sandwich menu: the “2.0.” By combining four ounces of ground, smoked brisket-cut meat with another four ounces of Certified Angus Beef ground chuck, he achieves a tender consistency that’s slightly confusing to the mind. Is it brisket? Burger? It’s balanced.

“When they taste it, they get it,” Benes said of customers

who’ve given them their feedback on the burger.

Another blended burger on Wood Ranch’s menu comes in veggie form. The exact formula that includes white mushrooms, leeks, corn, lentils and rice flour as a bind took Benes ten weeks to develop.

“Some vegetarians may miss meat, and some veggie burgers are trying to replace meat,” Benes said. His goal with the veg version was to achieve a slightly crispy crust, reminiscent of a good sear, with a sturdy yet chewy interior that highlighted the natural flavors of the ingredients, rather than give the illusion of beef.

Wood Ranch BBQ & Grill is located at Springfield Town Center, 6797 Springfield Mall in Springfield. For more information, visit [www.woodranch.com/restaurants/springfield](http://www.woodranch.com/restaurants/springfield).

—TIM PETERSON



**Wood Ranch Managing Chef Alejandro Benes took ten weeks to develop the restaurant’s veggie burger.**

Send notes to the Connection at [south@connectionnewspapers.com](mailto:south@connectionnewspapers.com) or call 703-778-9416. The deadline is the Friday prior to the next paper’s publication. Dated announcements should be submitted at least two weeks prior to the event.

## Ongoing

**“Memories and Myth.”** Through Feb. 29. Workhouse Arts Center, 9601 Ox Road, Lorton. An all-media art exhibit by its Associate Artists in Gallery 902. [www.workhousearts.org](http://www.workhousearts.org).

**Lake Accotink Park Campfire Saturdays.** Feb. 27, March 26, April 16, May 14. Starts between 6:30-7 p.m. Lake Accotink Park, 7500 Accotink Park Road, Springfield. Adventure awaits as you explore the woodlands and Lake Accotink spots where wild life hides and resides, guided by a naturalist. Program ends with a cozy campfire. Bring whatever you like to roast. S’mores provided. Topics vary each month. \$8-\$10. <http://www.fairfaxcounty.gov/parks/lake-accotink/>.

**Spring Backyard Burn Trail Running Series.** March 6, 13, April 17. Laurel Hill, Lorton; Pohick Bay, Lorton; Hemlock Overlook, Clifton. series of 5 and 10 mile trail running races held on some of the best trail networks in the Northern Virginia. <http://www.ex2adventures.com/byb-spring.php>.

**THURSDAY-SATURDAY/FEB. 4-6 “Cabaret.”** 7:30 p.m. Fairfax High School, 3501 Rebel Run, Fairfax. Fairfax Academy Dance and Musical Theater classes collaboration. Choreographed and produced by Fairfax Academy Dance instructor, Andrea Heining, and is being directed by Fairfax Academy Musical Theatre instructor, Michael Replogle. Ages 14 and up. \$10, \$15. <http://fxdance.ticketleap.com/>. 703-219-2270.

**FRIDAY/FEB. 5 Mummenschanz.** 8 p.m. GMU Center for the Arts, 4373 Mason Pond Drive, Fairfax. These unique artists perform in complete silence on a blackened stage with common household objects and simple forms to create ingenious illusions and amusing narratives that provide light-hearted insights on life. \$29-\$48. [cfa.gmu.edu](http://cfa.gmu.edu).

**SATURDAY/FEB. 6 Fairfax Symphony Orchestra, George Li, Piano.** 8 p.m. GMU Center for the Arts, 4373 Mason Pond Drive, Fairfax. Award-winning pianist. \$34-\$58. [cfa.gmu.edu](http://cfa.gmu.edu).

**SATURDAY-SUNDAY/FEB. 6-7 13th Annual Lunar New Year Festival.** 1-5 p.m. Fair Oaks Mall, 11750 Fair Oaks Mall, Fairfax. Presented by the Washington Hai Hua Community Center, the event is one of the largest of its kind with free performances, ceremonies and exhibitions. <http://www.shopfairoaksmall.com/events>.



PHOTOS CONTRIBUTED

**The 2016 Mason Gala Dance will be at GMU’s Center for the Arts on March 18 and 19.**



**Celebrate the Year of the Monkey with the New World Bilingual Institute on Sunday, Feb. 7 at George Mason University.**

**SUNDAY/FEB. 7 NWBI 2016 Chinese New Year Celebrations.** 1-4 p.m. Johnson Center Dewberry Hall, George Mason University, 4400 University Drive, Fairfax. Dragon dance, dumpling cooking lesson, riddles, Chinese painting. \$2-\$6. [nwbius@yahoo.com](mailto:nwbius@yahoo.com).

**TUESDAY/FEB. 9 Pohick Church Pancake Supper Fundraiser.** 5-7 p.m. Pohick Church, 9301 Richmond Highway, Lorton. This traditional pancake supper on Shrove Tuesday was started in medieval England as a way to use up all the butter, eggs, and fat prior to Ash Wednesday and the beginning of fasting from meat and other animal products during Lent. \$3, \$8. Free to children under 6. 703-339-6572.

**WEDNESDAY/FEB. 10 Luncheon Springfield Christian Women’s Connection.** 11:30 a.m.-1:30 p.m. Springfield Golf and Country Club, 8301 Old Keene Mill Road, Springfield. Maria Delmy Vialpando, a CPR and First Aid instructor, from Healthy Happy Heart CPR, LLC, will demonstrate how an Automated External Defibrillator (AED) can help activate the heart of a loved one. Learn about the life-saving advantages provided by and AED. Reserve by Friday, Feb. 5. 703-922-6438. [SpringWmConn@yahoo.com](mailto:SpringWmConn@yahoo.com).

**FRIDAY/FEB. 12 Celebration of Jazz Featuring Aaron Myers.** 7 p.m. Lake Braddock Secondary School, 9200 Burke Lake Road, Burke. Presented by the Minority Parents for Excellence in Education. Silent auction, raffle and door prizes, CD sales. \$5, \$10. [www.mpee-lb.org](http://www.mpee-lb.org).

**SATURDAY/FEB. 13 Annual Valentine’s Day Banquet.** 6:30-11 p.m. Waterford Reception, 6715 Commerce St., Springfield. The Family Ministry of the Greater Little Zion Baptist Church in Fairfax’s Annual Valentine’s Day Banquet. All couples and singles are invited to fellowship with us and enjoy an evening of fine dining, music, dancing and featured entertainment. \$60 by Feb. 7. 703-763-9111.

**Author Appearance.** 1-3 p.m. Felix and Oscar. 6671 Backlick Road, Springfield. Ingrid King will be signing copies of her book “Tortitude: the Big Book About Cats with a Big Attitude” and will be answering cat health and behavior questions. Light refreshments will be provided. 703-866-0222.

**Square Dance.** 5:30-8:30 p.m. Accotink Unitarian Universalist Church, 10125 Lakehaven Court, Burke. The caller and demonstration team from The Boomerangs Square Dance Teaching Council will show you how. Chili dinner included (vegetarian options available). \$31/\$35 adults. \$11/\$15 children 12-17. <https://squareup.com/store/accotinkuuc/>. 703-503-4579.

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# Honoring Michael Frey

FROM PAGE 2

snow cleanup and preparedness is “an important conversation to have with the community.”

Consistency was the problem she said her residents told her about.

She used technology to make automatic calls to residents in her magisterial district, giving the option for anyone who answered to press a button to be connected to someone in her office.

“It moves at a pace where you can receive incoming calls as fast as you make outgoing calls,” she said. “Putting out an offer to help resulted in a 14-times increase in the number of people calling us,” she said.

Supervisor Linda Smyth (D-Providence) said the map alerting residents to VDOT progress “just wasn’t accurate.”

Supervisor Jeff McKay (D-Lee) mentioned that Herndon Park and Recreation Department offered a full day program for children during the cleanup days.

“Let’s evaluate Herndon’s program to see if Fairfax County can do something similar,” he said.

“It’s a pretty innovative way to make activities available to children and enabling parents to put in work hours on a snow day,” said Bulova.

She said Snowzilla Summit will be televised and be presented on the web so county

residents can watch.

## Animal Shelter Named to Honor Frey

Supervisor Pat Herrity requested that the county animal shelter be named after just-retired Supervisor Michael Frey, who spent 24 years as the Sully District Supervisor.

“I will not go over his many accomplishments as a supervisor of supporting schools, local sports programs, historic districts, parks and public safety, but rather focus on his love for animals. Over the years, Mike has been the proud owner of many rescue German Shepherds – Mosby and Marley in the past, and now Boomer,” said Herrity.

The Board voted unanimously to rename the Fairfax County Animal Shelter for Frey.

“This is an outstanding tribute to him, and I want to fully support this,” said McKay.

Herrity said Frey oversaw the creation of dog parks, was largely responsible for the renovation of the animal shelter, “worked tirelessly with veterinarians and shelter volunteers to fight for better living conditions for animals in need,” and continues to work for animal welfare in the county even after his “post-supervisor days.”

“Since Mike announced he would retire from the board, we’ve talked about this. I’m pleased,” said Bulova.

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## SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

### FEBRUARY

2/17/2016.....A+ Camps & Schools  
2/24/2016.....Pet Connection

### MARCH

3/2/2016.....Wellbeing  
3/9/2016.....HomeLifeStyle Real Estate Pullout  
3/16/2016.....A+ Camps & Schools  
3/23/2016....Spring Fun, Food, Arts & Entertainment  
FCPS Spring Break 3/21-3/25

### APRIL

4/6/2016.....Wellbeing – Senior Living Pullout  
Easter Sunday is March 27  
4/13/2016.....Real Estate Pullout – New Homes  
4/20/2016.....A+ Camps & Schools  
4/27/2016.....A+ Camps & Schools Pullout  
4/27/2016.....Mother’s Day Celebrations, Dining & Gifts I  
4/27/2016.....Spring Outlook 2016

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# Spartans Present Opponents Pick-Your-Poison Outlook

**West Springfield makes eight 3-points in win over MV.**

BY JON ROETMAN  
THE CONNECTION

**W**hen facing West Springfield for the first time this season, Mount Vernon head coach Lou Golden approached the Spartans' size advantage by having the Majors play man defense and double-team in the post.

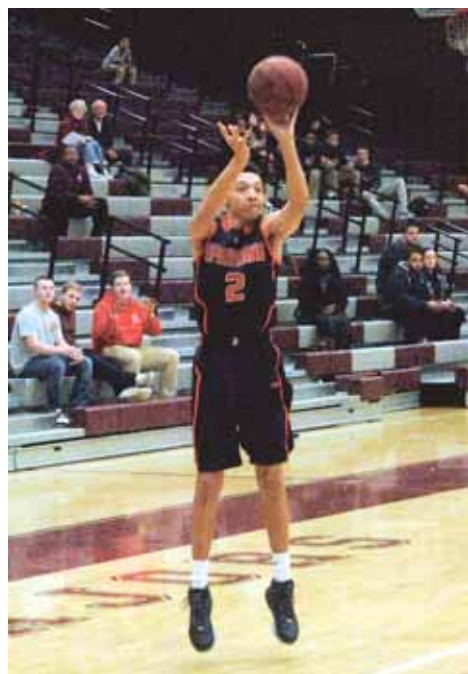
The result: 14 points for 6-foot-4 Spartan forward Brock Vaughn, 12 points for 6-foot-9 forward Lewis Djonkam, according to stats from allmetsports.com, and a 24-point West Springfield victory on Jan. 8.

On Tuesday, Mount Vernon hosted West Springfield to open the second half of the Conference 7 schedule. This time, Golden had the Majors playing a zone defense in hopes of limiting paint touches for the Spartan post players.

The strategy proved effective in slowing down Djonkam and Vaughn at the offensive end as the duo combined for just eight points — all by Djonkam. However, the cost of packing defenders in the paint was providing West Springfield with open looks from the perimeter and, oh, how the Spartans capitalized.

**WEST SPRINGFIELD** knocked down eight 3-pointers, including seven in the first half, and the Spartans cruised to a 62-39 victory on Feb. 2 at Mount Vernon High School.

"We know that they're very big, so last time we manned up and tried to make it more difficult to get it into the post and we doubled in the post," Golden said. "I think the last time we played them, Lewis probably had [12], Brock had [14], and they totally killed us from the inside. So our approach this game was to zone up, make it harder to get it into the post, and I thought



**Senior guard Andrew Storr knocked down two of West Springfield's seven first-half 3-pointers during a 62-39 win over Mount Vernon on Tuesday.**

from that aspect, we did a very good job [with] that. Brock and Lewis got frustrated. We did a good job and made it very difficult for them to get it.

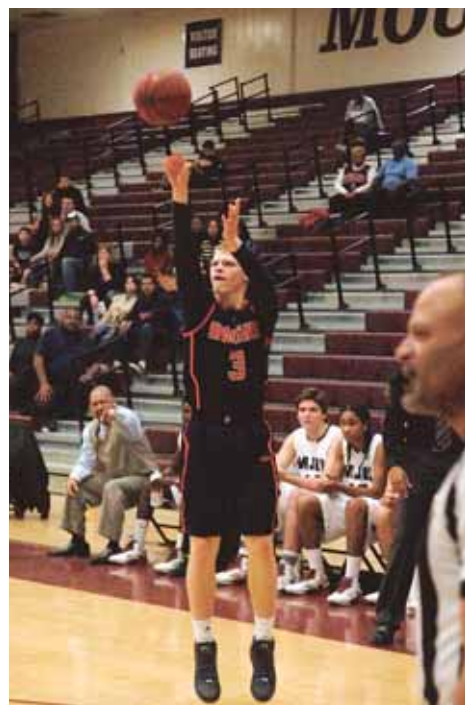
"Unfortunately, they were hitting every single ... [3-point shot]."

Mount Vernon led 7-4 midway through the first quarter, but West Springfield guard Andrew Storr knocked down a pair of 3-pointers, giving the Spartans a lead they would hold for the final 28 minutes of the contest.

"We've got a lot of shooters on our team," said Storr, who finished with six points. "Everyone's ready to just fire one up."

Junior guard Kyle Pack made West Springfield's seventh 3-pointer in the closing seconds of the first half, giving the Spartans a 31-16 halftime advantage.

"It's definitely like a pick your poison," Golden said. "They're definitely a very hard matchup."



**West Springfield junior guard Kyle Pack finished with eight points and two 3-pointers against Mount Vernon on Tuesday.**

It was the first game back for both teams after a snowstorm caused Fairfax County Public Schools to cancel classes and athletic events for more than a week. Neither team had played since Jan. 19.

"Coming off a break, it was a great strategy," West Springfield head coach Durmia Marshall said about Mount Vernon playing zone. "Kids haven't been able to get in a gym for seven days; they haven't been shooting the ball. It was a great idea, I just think the kids focused and made the shots."

The victory improved West Springfield's record to 14-1, including 8-0 against Conference 7 opponents. Every other team in the conference has at least three losses.

"We take pride in it," Djonkam said about having an undefeated conference record. "We love it."

Djonkam, a senior, is in his first full season with West Springfield. He transferred from Bishop O'Connell as a junior and

**"Brock [Vaughn] and Lewis [Djonkam] got frustrated. We did a good job and made it very difficult for them to get it. Unfortunately, they were hitting every single ... [3-point shot]."**

**— Mount Vernon head coach Lou Golden**

played in the final six games of the 2014-15 campaign.

On Tuesday, Djonkam finished with eight points and seven rebounds. Starters spent the fourth quarter on the bench with the Spartans comfortably ahead.

"Lewis is definitely developing," said Marshall, who is in his second season as West Springfield head coach after 10 years as an assistant at Woodson. "He's coming ... [from] a team where he wasn't the main guy to coming to a team where he's that main guy, [with] people looking for him, and he's trying to embrace that role and he's developing."

**ON THIS NIGHT**, Djonkam's presence in the paint helped open things up along the perimeter for West Springfield guards. Junior Riley Welch made one 3-pointer and finished with eight points. Sophomore Gabriel Kier and Pack each made two 3s and scored eight points.

Senior Spencer Askew also knocked down a 3-pointer. Senior Andrew Johnson finished with seven points.

"It opens the middle a lot more," Djonkam said about the Spartans making perimeter shots. "When they hit shots, we win."

West Springfield hosted Annandale on Wednesday, after The Connection's deadline. The Spartans will host T.C. Williams at 7:15 p.m. on Friday, Feb. 5.

## Fairfax's Ober Wins 50, 100 Free

**F**airfax junior Anna Ober won the 50- and 100 freestyle events at the Conference 6 championship swim and dive meet on Jan. 30 at Washington-Lee High School in Arlington.

Ober recorded a time of 23.89 seconds in the 50 free and 52.13 in the 100 free.

Ober helped the Fairfax girls' 200 medley relay place second (1:49.03) and the 200 free relay take third (1:39.75).

Freshman Lucy Whang, junior Julia Moser and senior Laura Griffin swam



PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

**Fairfax Anna Ober won Conference 6 titles in the 50 free and 100 free on Jan. 30 at Washington-Lee.**

with Ober in the 200 medley relay. Whang, senior Rebecca Byrd and Griffin swam with Ober in the 200 free relay.

The Fairfax girls' team finished fifth. Yorktown won the team championship, fol-

lowed by Langley, McLean and South Lakes. Madison finished sixth, followed by Washington-Lee and Hayfield.

Fairfax senior Samson Miller won the boys' diving competition with a score of



**Hayfield competed at the Conference 6 swim and dive championships on Jan. 30 at Washington-Lee.**

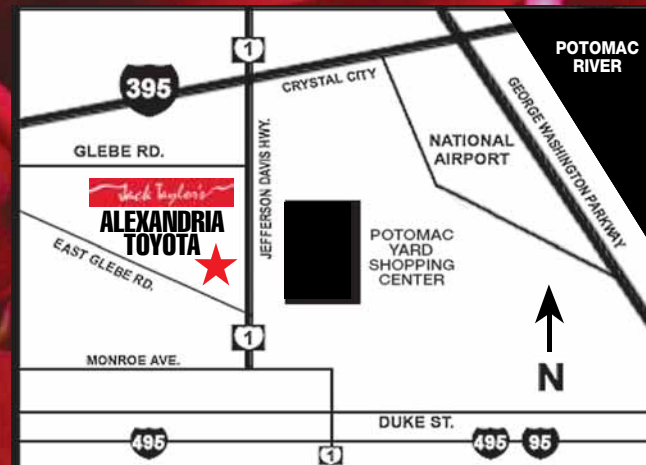
542.25.

The Langley boys' team repeated as conference champion, followed by McLean, South Lakes, Madison, Yorktown, W-L, Hayfield and Fairfax.



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Let's Go Places



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4TH FOR**

**\$1**

Got Tires? NO CHARGE road hazard protection, tire warranty, and free courtesy MULTI-POINT Inspection. Price match guarantee. See service advisor for details.

**BONUS: ADD A 4 WHEEL  
ALIGNMENT FOR \$39.95**

TOYOTA GENUINE SERVICE  
**LUBE, OIL & FILTER  
SERVICE SPECIAL**

**\$5 OFF \$10 OFF**

NON-SYNTHETIC SYNTHETIC

**INCLUDES:** Change oil (up to 5 qts.), install Genuine Toyota oil filter, inspect & adjust all fluid levels and complimentary multi-point inspection with print out.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 2/28/16.

TOYOTA GENUINE SERVICE

**VARIABLE DISCOUNT**

**\$5.00 OFF** with purchase of \$35.00 - \$49.99

**\$10.00 OFF** with purchase of \$50.00 - \$99.99

**\$15.00 OFF** with purchase of \$100.00 - \$199.99

**\$20.00 OFF** with purchase of \$200.00 - \$499.99

**\$50.00 OFF** with purchase of \$500.00 Or more

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TOYOTA GENUINE SERVICE  
**COMPLIMENTARY  
MULTI-POINT INSPECTION**

**INCLUDES:** Inspect tires, brakes, wipers, lights, belts & hoses & fluid levels.

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TOYOTA GENUINE SERVICE  
**WINTER  
MAINTENANCE SPECIAL**

**\$59<sup>95</sup>**

**INCLUDES:** Genuine Toyota oil filter, up to 5 qts of conventional oil\*, inspect windshield wipers, tire rotation, check tire condition, check battery (with print-out), inspect and adjust all fluid levels, inspect air. Alexandria Toyota's 27 pt. inspection & cabin air filters

\*SYNTHETIC OIL \$59.99 MORE. NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 2/28/16.

TOYOTA GENUINE SERVICE  
**TRUE START BATTERY SPECIAL**

**\$139<sup>95</sup>**

**INCLUDES BATTERY INSTALLATION**

**Includes:** 84 month warranty, 24 month FREE replacement, 24 month FREE roadside assistance, 60 month probation, PLUS we'll check all battery cables & connections.

Does not apply to hybrid batteries.

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**NITRO-FILL**

**\$39<sup>95</sup>**

**Includes one year FREE nitro gas top off.**  
We will purge the tires of air and refill them with nitrogen.

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TOYOTA GENUINE SERVICE  
**4 WHEEL ALIGNMENT**

**\$79<sup>95</sup>**

Your car's alignment suffers, and can cause uneven tire wear, steering problems and decreased fuel economy.

**INCLUDES:** Inspect suspension, ball joints, struts & shocks, tire condition and set tire pressure.

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TOYOTA GENUINE SERVICE  
**BRAKE SPECIAL**

**\$99<sup>95</sup>**

**INCLUDES:** Install Genuine Toyota front brake pads, inspect front & rear rotors & drums, check tire condition and inspect all hardware. TCMC pads only.

**MACHINE ROTORS AN ADDITIONAL \$199.95.**

COUPON NOT APPLICABLE TO ALL VEHICLES. PLEASE SEE SERVICE ADVISOR FOR DETAILS. NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 2/28/16.

TOYOTA GENUINE SERVICE  
**PREMIUM DETAIL SPECIAL**  
Regularly \$259.95

**\$249<sup>95</sup>**

Prepare your car's paint for the harsh winter road conditions. A full exterior buffing, paint sealant and wax, along with a vacuuming of the interior. Vans & SUVs add \$20.00.  
By Appointment Only

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 2/28/16.

**WEDNESDAY IS LADIES' DAY**

**15% OFF**  
ANY REPAIR

Not to exceed \$100

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EXTEND THE LIFE OF YOUR VEHICLE!  
**BG FLUID EXCHANGE SPECIAL**

TRANSMISSION FLUSH **\$189<sup>95</sup>**

POWER STEERING FLUSH **\$139<sup>95</sup>**

BRAKE FLUSH **\$139<sup>95</sup>**

FUEL INDUCTION FLUSH **\$139<sup>95</sup>**

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**WE WILL  
MEET OR BEAT  
ANY LOCAL TOYOTA DEALERSHIP'S  
CURRENT ADVERTISED SERVICE SPECIALS**

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TOYOTA GENUINE SERVICE  
**Purchase Site Line Wiper  
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RAINEX OPTIMAL  
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Includes FREE touch ups.  
Dramatically improve wet  
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TOYOTA GENUINE SERVICE  
**ROTATE & BALANCE  
SPECIAL**

**\$59<sup>95</sup>**

**INCLUDES:** Rotate and balance all 4 wheels and inspect brakes and tires.

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TOYOTA GENUINE SERVICE  
**30000 MILES FACTORY  
RECOMMENDED  
SERVICE**

**\$159<sup>95</sup>**

Synthetic \$10 More

**INCLUDES:** Change engine oil & filter (up to 5 qts), rotate tires, inspect wear and adjust pressure, measure brake pad thickness & rotor runout, replace cabin air filter (if equipped), replace engine air filter, reset maintenance reminder light (if applicable) and multi-point vehicle inspection.

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## ELECTRICAL

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## GUTTER

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Please apply with resume  
and salary requirements to  
[chiefengineer1234@yahoo.com](mailto:chiefengineer1234@yahoo.com)

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### Great Part-Time Job Opportunities!

Apply online:

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### Historic Trades

Learn a trade working for the Historic Trades department at the Gristmill, Distillery, Pioneer Farm & Blacksmith Shop! Help tell the story of George Washington the entrepreneur. Prior interpretive experience preferred. Contact Sam Murphy [smurphy@mountvernon.org](mailto:smurphy@mountvernon.org) for more information.

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TUESDAY NOON

## 21 Announcements

## 21 Announcements

## 21 Announcements

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## 26 Antiques

## 26 Antiques

### TRUSTEE'S SALE OF VALUABLE IMPROVED REAL ESTATE

Improved by the premises known as  
12905 Starter Lane, Fairfax, Virginia

In execution of a Deed of Trust from Lise K. Outzen, dated March 11, 2005, and recorded March 22, 2005, in Deed Book 17097 at page 665 among the Land Records of Fairfax County, Virginia, the undersigned substitute trustee will offer for sale at public auction at the front entrance of the Judicial Center for Fairfax <#0.1\_county> County, at 4110 Chain Bridge Road, Fairfax, Virginia, on

Wednesday, February 17, 2016 at 9:30 a.m.

the following property being the property contained in said Deed of Trust, described as follows:

Lot 76, Section 4, Highland Oaks as the same appears duly dedicated, platted and recorded in Deed Book 11296 at page 14, among the Land Records of Fairfax <#0.1\_county> County, Virginia.

Commonly known as 12905 Starter Lane <#0.1\_propstraddr>, Fairfax <#0.1\_propcity>, Virginia 22033.

TERMS OF SALE: A deposit of \$6,000.00 or ten percent (10%) of the sale price, whichever amount is less, in the form of cash or its equivalent will be required of the purchaser at the time and place of sale; the balance of the purchase money being due and payable within fifteen (15) days after sale, time expressly being of the essence, with interest at the rate of 2.75 percent per annum from date of sale to date of settlement. Provided, however, that if the holder of the secured promissory note is the successful bidder at the sale, no cash deposit shall be required, and part of or the entire indebtedness, including interest and costs, secured by the Deed of Trust, may be set off against the purchase price.

Any defaulting purchaser shall forfeit the deposit and stand the risk and cost of resale.

Sale shall be made subject to all existing easements and restrictive covenants as the same may lawfully affect the real estate. Sale is further subject to mechanic's and/or materialman's liens of record and not of record. The property will be sold subject to all conditions, covenants, restrictions, rights of redemption of federal lienholders or encumbrances, and agreements of record affecting the same, if any.

In the event the undersigned trustee is unable to convey to the purchaser good title, then purchaser's sole and exclusive remedy shall be in the refund of the deposit paid at the time of sale.

The subject property and all improvements thereon will be sold in "as is" condition without warranty of any kind. Purchaser shall be responsible for any and all building and/or zoning code violations whether of record or not of record, as well as for all unpaid and enforceable homeowners' or condominium owners' association dues and assessments, if any. Purchaser also shall be responsible for obtaining possession of the property at his/her expense. Purchaser shall assume the risk of loss and shall be responsible for any damage, vandalism, theft, destruction, or the like, of or to the property occurring after the time of sale. Conveyance will be by special warranty deed. Conveyancing, recording, transfer taxes, notary fees, examination of title, state stamps, and all other costs of conveyance are to be at the expense of purchaser. State and local taxes, public charges, and special or regular assessments, if any, shall be adjusted to the date of sale and thereafter shall be assumed by the purchaser.

Sale is subject to post-sale confirmation that the borrower did not file for protection under the U.S. Bankruptcy Code prior to the sale, as well as to post-sale confirmation and audit of the status of the loan with the loan servicer including, but not limited to, determination of whether the borrower entered into any repayment agreement, reinstated or paid off the loan prior to the sale. In any such event, the sale shall be null and void, and the Purchaser's sole remedy, in law or equity, shall be the return of his deposit without interest. Additional terms may be announced at the time of sale. This is a communication from a debt collector and any information obtained will be used for that purpose.

DAVID N. PRENSKY  
Substitute Trustee  
FOR INFORMATION CONTACT:  
David N. Prenskey, Esquire  
5225 Wisconsin Avenue, N.W. #500  
Washington, D.C. 20015  
(202) 244-4000

### Public Notice – Environmental Permit

Purpose of notice: To seek public comment on a draft permit from the Department of Environmental Quality to limit air pollution emitted by a facility in Fairfax County, Virginia.

Public comment period: February 4, 2016 to March 7, 2016

Permit name: Federal Operating Permit issued by DEQ, under the authority of the Air Pollution Control Board

Applicant name and address: Michigan Cogeneration Systems, Inc.; 46280 Dylan Drive, Suite 200, Novi, MI 48377

Facility NAME AND ADDRESS: Michigan Cogeneration Systems, Inc.; 9898 Furnace Road, Lorton, Virginia 22079 registration number: 71961

Project description: Michigan Cogeneration Systems, Inc. has applied for a modification to their Title V Federal Operating Permit for the facility's eight landfill gas-fired internal combustion engines. The facility is classified as a major source of air pollution. The proposed permit modification includes an increase to the landfill gas throughput limit and surrogate monitoring for VOC emissions from the engines. The permit modification would allow the source to continue operating the eight landfill gas-fired internal combustion engines at their facility.

HOW TO COMMENT AND/OR REQUEST A PUBLIC HEARING: DEQ accepts comments and requests for public hearing by hand-delivery, e-mail, fax or postal mail. All comments and requests must be in writing and be received by DEQ during the comment period. Submittals must include the names, mailing addresses and telephone numbers of the commenter/requester and of all persons represented by the commenter/requester. A request for public hearing must also include: 1) The reason why a public hearing is requested. 2) A brief, informal statement regarding the nature and extent of the interest of the requester or of those represented by the requester, including how and to what extent such interest would be directly and adversely affected by the permit. 3) Specific references, where possible, to terms and conditions of the permit with suggested revisions. Please note this draft permit is being concurrently reviewed as a proposed permit by the U.S. Environmental Protection Agency. A public hearing may be held, including another comment period, if public response is significant, based on individual requests for a public hearing, and there are substantial, disputed issues relevant to the permit.

CONTACT FOR PUBLIC COMMENTS, DOCUMENT REQUESTS AND ADDITIONAL INFORMATION: Mr. Alireza Khalilzadeh; Northern Regional Office; 13901 Crown Court, Woodbridge, VA 22193; Phone: (703) 583-3839; E-mail: alireza.khalilzadeh@deq.virginia.gov; Fax: (703) 583-3821. The public may review the draft permit and application at the DEQ office named above by appointment or may request copies of the documents from the contact person listed above. The draft permit is also available on the Department of Environmental Quality website (www.deq.virginia.gov)

## 21 Announcements

## 21 Announcements

### ABC LICENSE

Casa Tequila Bar and Grill  
Lorton, LLC trading as Casa  
Tequila Bar and Grill, 9020  
Lorton Station Blvd. Ste E,  
Lorton, VA 22079. The above  
establishment is applying to  
the VIRGINIA DEPARTMENT  
OF ALCOHOLIC BEVERAGE  
CONTROL (ABC) for a Wine  
and Beer on premises and  
Mixed Beverage on premise  
license to sell or manufacture  
alcoholic beverages. Julio  
Meleddez, Owner

NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 dates from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200

### ABC NOTICE

MWB Development II, LLC  
trading as World of Beer,  
11861 Palace Way, Fairfax  
Virginia 22030 is applying to  
the Virginia Department of  
Alcoholic Beverage Control for  
Mixed Beverage on Premise  
AND Wine & Beer On & Off  
Premises and Keg license to  
sell or manufacture alcoholic  
beverages. Evan Matz,  
Managing Member NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at http://www.abc.virginia.gov or 800-552-3200.

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JEWELRY, COSTUME JEWELRY,  
FURNITURE, PAINTINGS AND CLOCKS.**  
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## 21 Announcements

## 21 Announcements

### LEGAL NOTICE

According to the Lease by and between Barbara Franceschi (of unit 1069) and TKG-StorageMart and its related parties, assigns and affiliates in order to perfect the Lien on the goods contained in their storage unit, the manager has cut the lock on their unit and upon cursory inspection the unit was found to contain: bed, totes, furniture, bags, ect. Items will be sold or otherwise disposed of on Friday February 19, 2016 @ 12:00pm at 11325 Lee Hwy Fairfax VA 22030 to satisfy owner's lien in accordance with state statutes.

According to the Lease by and between Tony Stefano (of unit 4157) and TKG-StorageMart and its related parties, assigns and affiliates in order to perfect the Lien on the goods contained in their storage unit, the manager has cut the lock on their unit and upon cursory inspection the unit was found to contain: seasonal decorations, boxes, bags, ect. Items will be sold or otherwise disposed of on Friday February 19, 2016 @ 12:00pm at 11325 Lee Hwy Fairfax VA 22030 to satisfy owner's lien in accordance with state statutes.

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## 101 Computers

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## 21 Announcements

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## 21 Announcements

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Send notes to the Connection at south@connectionnewspapers.com or call 703-778-9416. The deadline for submissions is the Friday prior to publication. Dated announcements should be submitted at least two weeks prior to the event.

## THURSDAYS/JAN. 28-MARCH 3

**Job Seekers Seminar.** 7-8:30 p.m. Immanuel Bible Church, 6991 Braddock Road, Springfield. Looking for a job? Are you confident on how to search for one? IBC's Job Seeker Seminar will equip attendees with the knowledge necessary. \$15. 703-220-5165. http://immanuelbible.net/stewardship/job-seekers.

## THURSDAY/FEB. 11

**Path of Progression in Alzheimer's.** 3 p.m. Insight Memory Care Center, 3953 Pender Drive, Suite 100, Fairfax. Discussion on what to expect as Alzheimer's disease progresses. RSVP 703-204-4664, InsightMCC.org.

## SATURDAY/FEB. 13

**Disabled American Veterans Chapter 10 Meeting.** 10 a.m. American Legion Post 177, 3939 Oak St., Fairfax. Service officers will be on hand after the meeting to assist with VA claims. 703-273-5730.

## SUNDAY/FEB. 14

**Seventh Annual Valentine Blood Drive.** 9 a.m.-4:30 p.m. Woods Community Center, 10100 Wards Grove Circle, Burke. The blood drive will include a bake sale to benefit The Truth 365, an organization dedicated to raising awareness and funds for pediatric cancer research. Appointments are available now by contacting Inova Blood Donor Services at 1-866-BLOODSAVES (1-866-256-6372), sponsor code 7637. Free childcare is available during your appointment. Visit www.friendsofsadie.org for more information.

## SATURDAY/FEB. 20

**From Overwhelm to Order: The Simple Toolkit Every Caregive Needs.** 9:30 a.m. Insight Memory Care Center, 3953 Pender Drive, Suite 100, Fairfax. In this workshop, you will learn about the documents, accounts, and assets that should be organized as a caregiver and will leave with a step-by-step guide to get it done. RSVP 703-204-4664, InsightMCC.org.

## SATURDAY/APRIL 2

**Breathe Out.** 10 a.m.-2 p.m. Fairfax United Methodist Church, 10300 Stratford Ave., Fairfax. Breathe Out has been developed to address teen stress. Registration required. breatheoutnow.wix.com/goldaward.

# Ongoing

**Burke Rotary Club Meeting.** Tuesdays from 7:15-8:30 a.m. Anita's Restaurant, 9278 Old Keene Mill Road, Burke. Meetings with breakfast and program. www.burkerotary.org.

**Burke Lake Seniors Golf League** seeks members. Interested golfers are invited to join the Burke Lake Seniors Golf League. Must be 55 and older, enjoy playing golf, meeting new people and having an all-around good time. Reserved tee times on Tuesday and Thursday mornings at the Par 3 Burke Lake Golf Course on Ox Road. Annual dues for the season – April 1 through October 31 – are \$20 plus green fees. For more information, call Charlie Ryan 703-690-4227.

The **Northern Virginia Long Term Care Ombudsman Program** needs volunteer advocates for residents in nursing homes and assisted living facilities. Contact Lisa Callahan at 703-324-5861, TTY 711 or email Lisa.Callahan@fairfaxcounty.gov. Also visit www.fairfaxcounty.gov/dfs/olderadultservices/ltombudsman/.

**Fairfax County** needs volunteers to **drive older adults** to medical appointments and wellness programs. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.





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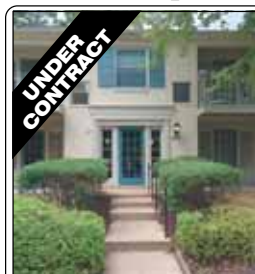


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