

HomeLifeStyle

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Fairfax Serving
Areas of Burke
CONNECTION

Enjoying chocolate-covered strawberries at the Fairfax Chocolate Festival Feb. 6-7 are (from left) Emily Adler and Leah Wedge.

Chocolate Treats All Around

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FEBRUARY 11-17, 2016

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM

Bite Me Cancer Gets New Home

Nonprofit now headquartered in AFCEA building in Fair Lakes.

BY BONNIE HOBBS
THE CONNECTION

When Nikki Ferraro was just 17, she was diagnosed with a rare form of thyroid cancer. Since then, she's fought it hard while also reaching out to help other teenagers battling the same disease.

While still a student at Chantilly High, she organized a Relay for Life team and raised \$20,000 for the American Cancer Society. Later, she and her parents formed the nonprofit Bite Me Cancer Foundation (BMC), www.bitemecancer.org, to support teens with cancer and raise money for thyroid cancer research grants.

Now, that organization has grown so much and become so successful that it's outgrown her parents' Chantilly home. And on Jan. 21, Nikki and others cut the ribbon on BMC's new headquarters in the AFCEA building in Fair Lakes. The ceremony was also part of the group's observance of Teen Cancer Awareness Week in Virginia, which BMC initiated in 2014.

"I'm so happy and proud that we now have an office space of our own," said Nikki, now 23. "We've been successful since we began in 2010 and have been growing quickly, especially with our Teen Support Bag program. We needed a storeroom, an assembly room and a more efficient shipping system. We get all of that here."

According to the National Institutes of Health, thyroid cancer is the third most diagnosed cancer among children ages 15-19 in the U.S. So BMC has also raised more than \$160,000 to fund three thyroid cancer research grants. It has partnered with the American Thyroid Association, which directs the grant program. The first two recipients were doctors at the M.D. Anderson Cancer Center in Houston and at Memorial Sloan Kettering Cancer Center in New York; the third grant will be awarded this spring.

THROUGHOUT HER OWN diagnosis, surgery and ongoing cancer treatment, Nikki discovered there were several programs for children and adult cancer patients, but little geared specifically toward teenagers. So since September 2010, BMC has donated support bags to hospitalized teen cancer patients. They each contain a stress ball, Bite Me Cancer baseball cap, journal for writing and drawing, water bottle, iTunes gift card, USB drive, game book and a Bite Me Cancer car magnet.

Since its inception, the support-bag project has served more than 2,200 teenagers in 70 hospitals – including Inova Fair Oaks and Inova Fairfax – in 29 states and the District of Columbia. With about 50 volunteers total, BMC sends as many bags as each hospital requests.

"In 2013, we gave out 200 bags," said Nikki's mother, Sharon Ferraro, a BMC board member. "So in 2014, we expected to deliver 400 – but we did 700. Our goal for 2015 was to deliver 1,000, but we did 1,200 and outgrew our house. We assemble the bags and then pack 10 per box. With all



PHOTO COURTESY OF ROB PAINE/BITE ME CANCER

Cutting the ribbon are (from left) Jim Corcoran, Northern Virginia Chamber of Commerce; Bite Me Cancer board members Ben Ingham, Matt McQueen, Jenny Couch, Michael Ferraro, Sharon Ferraro and Nikki Ferraro; Alicia Liddle, Greater Reston Chamber of Commerce; Bite Me Cancer board members Colin Callahan, Meryl Bisaga and Bill Craig; Springfield District Supervisor Pat Herrity; Bite Me Cancer board member Mark Searle and Sully District Supervisor Kathy Smith.



PHOTO COURTESY OF SHARON FERRARO

Nikki Ferraro's JMU graduation cap explains her philosophy of life.

those packing boxes, bags and 10-15 volunteers at a time putting them all together, the house was just a big assembly line."

BMC also doubled from serving 35 hospitals in 2014 to 70 by the end of 2015. "We call the hospitals or send informational postcards to their Child Life departments to tell them what we have to offer," said Ferraro. Noting how much the support bags mean to the teen recipients, she said, "One

family told us their daughter was in the hospital a month and never smiled until she got our bag."

Meanwhile, a chance meeting at a Greater Reston Chamber of Commerce event early last year led to Ferraro meeting Nancy Temple – who is in charge of finding tenants for AFCEA's building. "She mentioned they were looking for tenants, and I told her we'd been daydreaming about a room where

we could assemble the bags," said Ferraro. "So she suggested my husband Michael and I come see what they had available."

AFCEA International works with military, government, industry and academia to advance global security, and its local headquarters is at 4400 Fair Lakes Court. There, Temple showed them Suite 40, which has an office, kitchenette and small storeroom.

"She also showed us their board rooms, huge mailroom and their community lounge where we could assemble the bags on weekends and at night," said Ferraro. "We didn't think we could afford it, but Nancy worked with her staff and was able to offer us a discounted rate because AFCEA really wanted us there."

"AFCEA is delighted to have Bite Me Cancer as a tenant in our headquarters building," said Temple. "We're impressed with their outreach, growth and many volunteers who participate on their committees, as well as all those who help create the bags for distribution. AFCEA appreciates the opportunity to facilitate this wonderful cause. Nikki, Sharon and Michael have an incredible passion for what they do, and it's wonderful to witness the efforts of the team that supports them."

THRILLED with BMC's new digs, Sharon Ferraro said, "We have tons of requests for the support bags, but we have to raise the money to buy the items for them and then to pay for shipping by UPS. Each bag costs about \$65 to fill and ship, and AFCEA is giving us its corporate discount on shipping and letting us use its mailroom."

"It makes us more efficient, saves us money and keeps our inventory secure because it's now shipped to the inside of an office building, instead of to our front steps," she added. "AFCEA even allows us to use its board rooms for meetings, so we can do everything all in one place. It's very community-oriented and really wanted to help us."

As for Nikki, after graduating from Chantilly High in 2011, she got a degree in marketing last May from JMU. She is now employed by Hitt Contracting Inc. in Falls Church. And she's attending the Leadership Arlington Young Professionals Program, which trains young leaders.

Since there is currently no cure for thyroid cancer, Nikki always has to be on some form of treatment. She has been on oral chemotherapy for the past 14 months and is feeling good. She's also delighted with BMC's continued success.

"It means the world to me that I can help other teenagers get through such a challenging situation," she said. "And if I can be an inspiration to any of them, that's great."

To learn more about Bite Me Cancer or opportunities to volunteer, see www.bitemecancer.org or email info@bitemecancer.org. Written correspondence, donations and requests for Bite Me Cancer Teen Support Bags may be mailed to Bite Me Cancer, 4400 Fair Lakes Court, Suite 40, Fairfax, VA. 22033.

NEWS

The Police-Changing Matrix

BY TIM PETERSON
THE CONNECTION

Public Safety Committee meets to discuss
Ad Hoc Police Review recommendations
and the Diversion First initiative.

Just over a year since Natasha McKenna died following multiple shocks from a taser, while in custody at the Fairfax County Adult Detention center, her name was never raised during the Feb. 9 meeting of the Fairfax County Board of Supervisors Public Safety Committee meeting. Two audience members stood on one side of the Government Center conference room, holding posters bearing a picture of McKenna's face and text including "Black Lives Matter."

The Committee met to hear overviews of a matrix of recommendations from the Ad Hoc Police Practices Review Commission that met in 2015, as well as Diversion First, a collaborative initiative to help offenders with mental illness be directed to proper intake, evaluation and treatment services rather than simply be dumped at the jail or emergency room.

When the Ad Hoc Commission presented its 142 final recommendations to the Board of Supervisors last fall, county staff transformed the list into a robust spreadsheet organizing each recommendation beside its lead agency, other stakeholders, crossover with prior recommendations from the Police Executive Research Forum (PERF), any required legal review and the ultimate authority that would give approval of the change.

In some cases, staff determined one recommendation contained sub-recommendations that ought to be considered independently from the parent. Including those, the matrix contains just over 200 items, according to Deputy County Executive Dave Rohrer.

THE MATRIX is intended to help with potentially implementing recommendations and eliminate redundancies with the PERF report assessing Fairfax County Police's use of force policy. "Many of the recommendations are solid," Rohrer said, and some are "already being used by the police department in making changes."

Rohrer said the force has, since the final recommendations of the commission, worked on its use of force policy and helped bring about Diversion First.

According to Rohrer, an implementation committee including members of the 2015 Ad Hoc Commission will meet to help the Board of Supervisors work through the recommendations.

Chief of Police Edwin C. Roessler followed Rohrer with a brief presentation on updating the department's use of force policy.

Focusing on the three areas of the force's mission to protect and serve, developing a culture of safety and keeping pace with urbanization, "law enforcement profession needs to re-engineer itself," Roessler said.

"Things are changing. In the last two years, there were gaps in policing."

Of changes already in the works, Roessler pointed to his call for an on-site national



The Board of Supervisors Public Safety Committee met on Feb. 9 to go over a basic plan "matrix" for implementing recommendations from the Ad Hoc Police Practices Review Commission of 2015.

accreditation assessment of the department spanning 400 standards, as well as new guidelines for hostage barricade situations.

Roessler's department will also be rolling out a new Critical Decision-Making model for officers, he said, that will become part of all training and will be continually reinforced through training year after year, as well as introduced at the academy.

"The first six months of academy will be successful building blocks to making decisions out in the community," Rossler said. "This all lives and breathes the recommendations from our community."

Members from five police organizations sat around the table. Det. Sean Corcoran, president of the Fairfax Coalition of Police Local 5000 and a member of the Ad Hoc Commission, offered a defensive perspective on the recommendations matrix. He said it has raised a level of anxiety among officers on the streets.

"Why does it feel on some level like we're doing something wrong?" he asked. He wanted to remind the committee "We're making a good organization better."

Chairman Sharon Bulova thanked the different police organizations for being involved with the Ad Hoc Commission process.

"It's important you continue to be at the table with us," she said. "We are the safest jurisdiction of our size in the nation. I hear what you're saying, that you're doing some-

thing wrong. You're not. But policing is changing."

Bulova continued, saying she remembered when Neighborhood Watch was first implemented and that now it's an integral part of community law enforcement.

Supervisor Pat Herrity (R-Springfield) asked the committee to remember to keep the matrix of recommendations "in context" in terms of other public safety issues.

"Some things I think are important aren't on this list," he said. "Heroin and opioid addiction, elder abuse, Internet crime — I hope we're not pulling resources off those other things."

Supervisor Penny Gross (D-Mason) went back to Corcoran's comments, responding against the construct of right versus wrong versus grey. "It's a matter of doing things differently," she said.

"Technology has changed things. That's the troubling part. You can't just flip a switch. It takes much longer."

Supervisor Cathy Hudgins (D-Hunter Mill) added that "every good organization needs to re-look at itself, otherwise you won't remain good."

Brad Carruthers, president of the Fairfax Fraternal Order of Police, Lodge 77, didn't speak initially, but responded when newly elected Supervisor Dan Storck (D-Mount Vernon) asked for additional viewpoints to be shared from other police organizations.

Carruthers said he thinks "great things came out" of the Ad Hoc Commission, of

which he was also a member. But "as we go through this," he said of the matrix of recommendations, "we need to be cautious and do this right."

THOUGH A LARGER, more detailed event focused on Diversion First is scheduled for Thursday, Feb. 11 at the Merrifield Crisis Response Center of the Fairfax-Falls Church Community Services Board, representatives from the participating agencies gave a brief overview of the program.

One area of focus is the Sequential Intercept Model, explained Strategic Projects coordinator in the County Executive's Office Laura Yager. The model breaks down the common places people first come in contact with police — from out in the public, court hearings and magistrate's office, jails and courts, and people re-entering society — and how those with mental health challenges might be diverted in each setting.

Implementation of the program includes a three-year funding plan of \$13.77 million, which Chairman Bulova said could be funded at least in part through grants rather than entirely on the County's dime.

Fire and Rescue Chief Richard R. Bowers said the program is about making sure people who might otherwise go straight to the emergency room "get the right help they need."

"They get caught in that spin cycle," he continued, of being picked up during a mental health crisis, being taken to the hospital, being discharged, picked up again, etc. "We call them our most loyal customers. This program is going to break that cycle."

More information about the Public Safety Committee meeting and links to the Ad Hoc recommendations matrix and presentation documents are available online at www.fairfaxcounty.gov/bosclerk/board-committees/meetings.

PHOTO BY TIM PETERSON/THE CONNECTION

Del. Eileen Filler-Corn (D-41) testifying before the Education Innovation Subcommittee on HB 475.

PHOTOS
CONTRIBUTED



House Passes Filler-Corn Legislation Helping Pediatric Cancer Survivors

Delegate Eileen Filler-Corn's (D-41) bill, HB 475 passed the House of Delegates unanimously on Monday. The bipartisan bill requires the Department of Education to review regulations and suggest revisions to existing guidelines relating to a return to learn protocol for students who have been treated for pediatric cancer.

"These students are coming back, often, from a brutal regimen of chemotherapy or radiation or surgery or all of the above. Until now, students who have courageously fought back – against both the disease and the treatment – have had difficulty returning to their classroom. My bill, HB 475 seeks to change that. It will help parents know what questions to ask. It will help schools be prepared for a student's return and most importantly ensure a student's transition back to school is as smooth as possible," said Filler-Corn.

Pediatric cancer survivors can face a bevy of complications upon achieving remission. Cognitive late effects impact attention and concentration, short term memory and processing speed. The physical late effects may include fatigue, low stamina, hearing loss or neuropathy in the hands or feet, along with numerous others.

Alma Morgan, an educational consultant with VCU Medical Center, who specializes in oncology and hematology patients was extremely pleased with the bill's passage.

"While the survival rate for childhood cancer has improved significantly, we have to be educated on the late effects of treatment and how the late effects impede academic success. Many times these late ef-



Marisa Cherry, parent of a pediatric cancer survivor, Del. Eileen Filler-Corn, Alma Morgan, educational consultant at VCU Medical Center, Anne Mauck, certified nurse practitioner and pediatric oncology nurse at VCU Medical Center.

fects do not show up until several years after treatment...The Return to Learn protocols can educate both staff and parents, as well as address specific modifications and accommodations for all children returning to school following treatment," said Morgan.

The bill builds on Filler-Corn's previous work, when her bill which placed language for a "Return to Learn" protocol into the Virginia Board of Education's concussion guidelines was signed by the governor in 2014. The legislation requires school personnel to accommodate the gradual return to the classroom of a student suffering a concussion. The appropriate time away is based on a recommendation of the student's doctor, in consultation with school administrators.

HB 475 will be heard by the Virginia Senate after crossover on Tuesday, Feb. 16.



Robinson sophomore Madeline Dozier waits to donate blood for the first time, with the drive's name-sake Sadie Lauer.

PHOTO COURTESY OF
AMY DOZIER

Friends of Sadie Blood Drive Returns on Valentine's Day

In early 2010, friends of the Lauer family in Burke pulled together and organized an impromptu blood drive to support three-month-old Sadie Lauer, who was then diagnosed with neuroblastoma. Sadie underwent several surgeries to remove the cancerous mass in her neck, which required a large supply of replacement blood. The drive fell on Valentine's Day.

The overwhelming community response inspired the "Friends" group to establish an annual blood drive in honor of Sadie, who is alive and in remission. Now with her as a mascot, organizers hope to continue raising awareness of childhood cancer, as well as

supplying Inova Blood Donor services with putting much-needed blood on the shelf.

The seventh annual Friends of Sadie Community Blood Drive is scheduled to take place on Sunday, Feb. 14 at the Woods Community Center, 10100 Wards Grove Circle in Burke, from 9 a.m. until 4:30 p.m. For more information, visit www.friendsofsadie.org or inova.org/donateblood to schedule an appointment, Sponsor Code 7637 or Sponsor Name: Friends of Sadie. A photo ID is required to donate. Donors should allow one hour for the process.

—TIM PETERSON



Inova staff members gather with Anna (center left) and Sadie Lauer (center right) outside The Woods community center in Burke, after completing the sixth annual Friends of Sadie Blood Drive.

Grow Your Food, Grow Your Health

The Grow Your Health Festival will be on Saturday, March 5 at Fairfax High School, 3501 Rebel Run, Fairfax, from 9 a.m. to 5:30 p.m.

A project of the Northern Virginia Whole-Food Nutrition Meetup Group, the festival presents 60 exhibitors, plus learning opportunities and more for home gardening, sourcing organic and local food, and nutrition and wellness for adults and children.

Classes and talks on gardening, nutrition and wellness will be offered through the day in the exhibit hall of farmers, food artisans,

gardening services, and wellness products and services. Learn to start a garden and know exactly what goes into the foods you eat. Holistic techniques to achieve better health will also be covered.

Attendees can also meet farmers who sell direct to consumers and deliver weekly to convenient drop sites throughout Northern Virginia. There will also be an opportunity to shop in the 2016 Pre-season Farmers Market and a viewing of the documentary "Growing Cities."

For young farmers and gardeners, there will be activities, such as, kids' yoga, indoor

recess and quiet floor play.

Admission ticket of \$10 (online) or \$15 at the door includes all activities. Admission is free to children 16 and under.

This is the fourth Grow Your Health Festival. Jack Moore, leader of the Northern Virginia Whole-Food Nutrition Meetup Group said, "This event is important for learning of the benefits of local, organic, foods, and for the contributions we're able to make to foster the whole-food perspective on good nutrition."

Proceeds from the Grow Your Health Festival

will benefit the Weston A. Price Foundation and local nonprofits that share the festival's mission.

For tickets and information, go to <http://www.GrowYourHealthNoVa.com>.

The GYH Festival is organized by the Northern Virginia Whole-Food Nutrition Meetup Group (<http://www.meetup.com/WholeNutrition/>), which has more than 1,500 members. The group is devoted to sharing sources and education for locally-based food and options to gain best nutrition and health practices.

Fourth Grow Your Health Festival on March 5.

Meeting on Wastewater Laterals

Repairs to wastewater laterals — individual pipelines carrying wastewater from buildings — often affect public right-of-way. Repairs can be expensive and require immediate response. So the City of Fairfax is considering the establishment of a lateral repair and replacement support program that would share a portion of the costs with customers who experience failures within city streets and easements.

Toward that end, a public-outreach meeting will be held Tuesday, Feb. 16, at 7 p.m. at the Civil War Interpretive Center, 3610 Old Lee Highway in Fairfax. For more information, call 703-385-7850. Currently, property owners are responsible for maintenance and repair of these lines and are encouraged to obtain additional insurance or utility support for these expensive repairs which can cost \$30,000 or more.

Help Families Stay Warm

When the weather is cold, many local families can't afford the luxury of turning on the heat in their homes to stay warm. So the Fairfax-based nonprofit, Our Daily Bread (ODB), is trying to raise at least \$16,000 by the end of February to help them.


"It's incredible to think that, in prosperous Fairfax County, 148,000 people live in or near poverty," said ODB Executive Director Lisa Whetzel. "When you're paid by the hour, losing work days because of snow, school cancellations or illnesses makes it so hard to pay for life's necessities."

To contribute, go to www.odbfairfax.org. To share the campaign page on social media, use the hashtag #KeepFXKidsWarm. All donations will go directly toward financial assistance for Fairfax County residents in need.

Volunteers Needed to Drive Cancer Patients

Volunteers are needed to drive cancer patients to treatment for The American Cancer Society's Road to Recovery program in Northern Virginia.

To volunteer contact Leah.seldinsommer@cancer.org or 804-527-3719; or to learn more visit www.cancer.org/involved/volunteer/road-to-recovery-volunteers.




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OPINION

Limiting Local Authority

Assembly rushes bill limiting proffers without addressing who will pay for infrastructure.

In Virginia, a Dillon Rule state, local governments have only the powers explicitly granted by the General Assembly. And what the assembly gives, the assembly can take away.

It's the reason, for example, that localities have limited means of raising revenue and limited taxing authority. And those limited means are one reason localities have turned to proffers, payments and improvements to infrastructure agreed to by builders as part of approval and zoning changes for new development.

Members of the General Assembly, including many who represent only Fairfax County districts, agree with builders that in many places, the way local governments are using proffers is unfair, even out of control.

Many point to Loudoun County, where builders pay substantial cash proffers, as an example. And to other counties where large, off site intersection improvements were required.

Everyone seems to agree that the "abuses" are not taking place in Fairfax, Arlington and Alexandria. But the restrictions apply to these areas as well.

How are local governments supposed to pay for the costs of growth? Should the lion's share be paid by existing residents through increase

property taxes?

This is a complex question, not one that should be rushed.

But right now, the General Assembly is rushing to restrict proffers and to give developers and builders substantial clout in legal challenges to local government action. And they are doing this without any consideration to how localities will replace the resources they will lose.

EDITORIAL

It's time to slow this process down, and for a reasoned consideration. What exactly are the abuses that require action? Look at specific examples and address the specifics.

Local delegates voting in favor of the bill restricting local proffer authority included Dave Albo (R-42), Eileen Filler-Corn (D-41), Charniele Herring (D-46), Patrick Hope (D-47), Tim Hugo (R-40), Paul Krizek (D-44), Mark Levine (D-45), Ken Plum (D-36) and Vivian Watts (D-39).

Local delegates who voted against the bill included Jennifer Boysko (D-86), David Bulova (D-37), Mark Keam (D-35), Kaye Kory (D-38), Jim LeMunyon (R-67), Alfonso Lopez (D-49), Kathleen Murphy (D-34), Mark Sickles (D-43), and Marcus Simon (D-53).

The Virginia Senate was expected to vote for

an amended version of the bill on Tuesday, Feb. 9.

Reasonable action will fall to the conferees in reconciling the House and Senate versions, and to the governor, who would be able to amend the bill before signing or veto.

— MARY KIMM

MKIMM@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.

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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Failure to Perform

To the Editor:

I am a student at Lake Braddock Secondary School and was displeased by homeowners in my community who failed to remove their cars from the streets knowing that plows would be coming through or shovel their sidewalks. Streets were not able to be fully plowed due to residents leaving their cars in the streets. Additionally, some residents did not shovel their sidewalks even as late as today (Feb. 4). The failure of these residents to perform resulted in school closure for over a week.

Rob Romasco
Burke

James Heger
Burke

BULLETIN BOARD

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/ THROUGH 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.

LETTERS TO THE EDITOR

Lodge a Protest or Pick a President

To the Editor:

On March 1 Virginia voters in the Democratic Presidential primary will choose between Senator Sanders and former Secretary of State Hillary Clinton. Voters wanting a Democratic President should ask three questions:

1. Does the candidate have a vision and policies that reflect the direction I want to see our country go?

2. Can the candidate win, not just the Presidency, but help Democrats pick up 4 seats needed to take back the Senate, narrow the 59 seat GOP majority in the House, and help Democrats at the state and local level?

3. Can he/she do the full spectrum of the job: oversee and lead domestic and foreign policy, make progress with a divided government and serve as Commander-in-Chief?

Both candidates agree on the need to reverse the concentration of power and income inequality, infrastructure investment, cam-

paign finance reform, climate change, universal healthcare coverage, and support of women's, voting, and gay rights; collectively a sharp contrast to Republican positions. Differences emerge on approach.

Two examples: financial regulation and healthcare. Senator Sanders's proposal to "break up the big banks," while emotionally satisfying, doesn't go far enough. Unlike Secretary Clinton, he ignores that Dodd Frank contains tools to do just that, and is silent on corralling risk across all types of financial companies. His "Medicare for All" outline not only leaves serious questions unanswered, but is based on wildly optimistic assumptions of "savings" and taxes needed, not to mention the "gridlock" producing effect of a contentious debate about restructuring one seventh of the US economy. At the policy level, Sec Clinton is thorough, comprehensive, fiscally responsible, realistic and relentless. In terms of electability and ability to do the full job, those who have served with Senator Sanders over his 25 year congressional career, and know the challenge of governing, including the last three Demo-

cratic Governors of Vermont, his Vermont Senate colleague and the seven Senate

Democratic incumbents up for reelection want her on the top of the ticket, as do 39 of the Senate's Democrats. None have endorsed Sanders.

The selection of a President is far more than strong protest against economic injustice and a "rigged system", but the selection of a leader who has been tested and can effectively defend and build on the progress we have made. Senator Sanders deserves our respect. Secretary Clinton has earned our vote.

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NEWS DEPARTMENT:
fairfax@connectionnewspapers.com

Kemal Kurspahic
Editor ♦ 703-778-9414
kemal@connectionnewspapers.com

Abigail Constantino
Editorial Assistant
703-778-9410 ext.427
aconstantino@connectionnewspapers.com

Bonnie Hobbs
Community Reporter ♦ 703-778-9438
south@connectionnewspapers.com

Jon Roetman
Sports Editor ♦ 703-752-4013
jroetman@connectionnewspapers.com
[@jonroetman](https://twitter.com/jonroetman)

ADVERTISING:
For advertising information
e-mail:
sales@connectionnewspapers.com
703-778-9431

Debbie Funk
Display Advertising/National Sales
703-778-9444
debfunc@connectionnewspapers.com

Karen Washburn
Display Advertising, 703-778-9422
kwashburn@connectionnewspapers.com

Andrea Smith
Classified Advertising, 703-778-9411
classified@connectionnewspapers.com

David Griffin
Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Editor & Publisher
Mary Kimm
mkimm@connectionnewspapers.com
[@MaryKimm](https://twitter.com/MaryKimm)

Executive Vice President
Jerry Vernon
jvernon@connectionnewspapers.com

Editor in Chief
Steven Mauren
Managing Editor
Kemal Kurspahic
Photography:
Deb Cobb, Craig Sterbutzel
Art/Design:
Laurence Poong, John Heinly
Production Manager:
Geovani Flores

Special Assistant to the Publisher
Jeanne Theismann
jtheismann@connectionnewspapers.com
[@TheismannMedia](https://twitter.com/TheismannMedia)

CIRCULATION: 703-778-9426
Circulation Manager:
Ann Oliver
circulation@connectionnewspapers.com



PEOPLE

Paul VI Junior Earns a Perfect Score

Paul VI Catholic High School in Fairfax is celebrating junior Landon Labuskes for earning a perfect score on his AP Calculus AB exam. AP exams are based on a 5-point scale, where a 5 is equivalent to a grade of A in the corresponding college course. Labuskes received the top score of 5. Labuskes not only received the top score of 5, but was one of only 12 students in the world to earn every point possible on the AP Calculus AB exam, receiving the maximum score on each portion of the test.

Of approximately 4.5 million AP exams taken by 2.5 million high school students in 2015, only 322 students earned every point possible on an AP exam, a truly rare accomplishment.

Labuskes took the AP Calculus AB exam in spring 2015, as a PVI sophomore.



Landon Labuskes

PHOTO CONTRIBUTED

Vietnam Combat Art Exhibit Extended Through Feb. 15

The traveling exhibition of "Vietnam Combat Art," which commemorates the 50th anniversary of the end of the Vietnam War, has been extended through Feb. 15 at the Fairfax Museum and Visitor Center, 10209 Main Street.

This traveling exhibition features 39 pieces of art from the collection of the Department of the Army's Center for Military History.

As the conflict in Vietnam escalated in 1965, the Army Chief of Military History inaugurated the Army Art Program to document military operations and Army life in Southeast Asia. Both professional military and civilian artists recorded the war experience through photographs, field sketches, and notes and then worked in studios to produce art based upon their observations.

The traveling exhibition was produced by the Cities of Roanoke and Salem; Roanoke



"Veteran" by William E. Flaherty.

County; the Town of Vinton; and the Stonewall Jackson Chapter of the Association of the United States Army.

Admission to the exhibit is

free. The Fairfax Museum and Visitor Center is open from 9 a.m. to 5 p.m. daily. Information: www.fairfaxva.gov or 703-385-8414.

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VDOT Virginia Department of Transportation

Transform 66 Inside the Beltway Project Arlington County, City of Falls Church and Fairfax County Design Public Hearings

All hearing times are 6-8 p.m., with a brief presentation beginning at 6:30 p.m.

Monday, March 7, 2016

Washington-Lee High School Cafeteria
1301 N. Stafford Street
Arlington, VA 22201

Tuesday, March 8, 2016

Eagle Ridge Middle School Cafeteria
42901 Waxpool Road
Ashburn, VA 20148

Wednesday, March 9, 2016

VDOT Northern Virginia District Office
4975 Alliance Drive
Fairfax, VA 22030

Visit Transform66.org to view a live stream of this presentation at 6:30 p.m.

The Virginia Department of Transportation (VDOT), in partnership with the Virginia Department of Rail and Public Transportation (DRPT), will host Design Public Hearings for the Transform 66 Inside the Beltway Project. Improvements involve converting I-66 to dynamically-priced toll lanes in the peak direction during morning (eastbound) and afternoon (westbound) rush hours between I-495 (the Capital Beltway) and U.S. Route 29 in Rosslyn, along with implementing a series of multimodal improvements that will benefit toll users of I-66. Information related to proposed locations and design of toll gantries and signage will be available at the hearings, as well as a presentation on how the toll system will operate.

In accordance with the National Environmental Policy Act (NEPA) and 23 CFR 771, draft Categorical Exclusion (CE) documentation has been prepared in cooperation with the Federal Highway Administration and is available for review and comment. VDOT staff will be available to discuss the environmental studies underway and the coordination with appropriate regulatory agencies to obtain information about the resources in the project's vicinity. A public notice for review and comment on the final CE documentation will be posted at a later date. In compliance with the National Historic Preservation Act, Section 106 and 36 CFR Part 800, information concerning the potential effects of the proposed project on properties listed in or eligible for listing in the National Register of Historic Places is also provided in the environmental documentation.

Stop by to learn more about the project, discuss your questions with project staff, and attend the formal presentation.

Review project materials at the hearings, including the draft CE, traffic technical report, plans, project schedule, and right-of-way, environmental and civil rights information. Materials are available for review at www.Transform66.org, at public locations listed on the project website, or VDOT's Northern Virginia District Office at 4975 Alliance Drive in Fairfax. Please call 800-FOR-ROAD (800-367-7623) or TTY/TDD 711 to ensure availability of appropriate personnel to answer your questions.

Give your written or oral comments at the hearings or submit them to Amanda Baxter, Special Projects Development Manager, at the VDOT Northern Virginia District Office (address noted above). You may also e-mail comments at any time to Transform66@VDOT.Virginia.gov. Please reference "Transform 66 Inside the Beltway" in the subject line. Comments must be postmarked, emailed or delivered to VDOT by March 24, 2016 to be included in the public hearing record.

VDOT ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you need more information or special assistance for persons with disabilities or limited English proficiency, contact VDOT's Civil Rights Division at 800-367-7623 or TTY/TDD 711.

State Project: 0066-96A-358, P101 UPC: 107371

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Black History Month television specials will air throughout February on Fairfax Public Access Channel 10, Fairfax Public Access International Cable and Fairfax Public Access Spiritual TV 36 — the noncommercial community cable channels carried on Verizon FIOS TV and Cox Communications.



Honoring Black History

Fairfax County's Cable Network presents programs in celebration of Black History Month.

Fairfax Public Access (FPA) will air a special series of movies and documentaries throughout the month of February in recognition of Black History Month. The series movies include "The Emperor Jones" starring Paul Robeson, "The Jackie Robinson Story" starring Jackie Robinson and Ruby Dee and "The Mark of the Hawk" starring Sidney Poitier and Eartha Kitt. The documentaries in the series include the Academy Award-Winner "Nine from Little Rock" and the World War II documentary "The Negro Soldier," produced by Hollywood great Frank Capra.

FPA states that, "The series motion pictures are notable for their fine performances and presentation of black Americans in a manner that broke away from Hollywood's negative stereotypes, while the documentaries explore important milestones in Black History."

The Washington Metropolitan Area Transit Authority (WMATA) or Metro is the exclusive sponsor of the 2016 Black History Month specials. Metro services include Metrorail, Metrobus and MetroAccess. "We are extremely pleased to have WMATA serve as this year's underwriter of our Black History Month television specials," states Fairfax Public Access executive director Chuck Pena.

FPA is Fairfax County's nonprofit community media center and cable network.

FPA's television channels are carried by Verizon FiOS TV and Cox Communications in Fairfax County, and by Comcast in Reston. For complete schedule go to www.fcac.org/blackhistory.

Black History Month Offerings

❖ **"THE EMPEROR JONES" (1933)** - Stars Paul Robeson in his iconic motion picture role. Based on Eugene O'Neill's play of the same name, Robeson plays Brutus Jones, who uses his wits from being a Pullman porter to the ruler of a Caribbean island and to his eventual hubris and downfall. When "The Emperor Jones was" released in 1933, it was the first time a black actor's name was given top billing in a motion picture over a white actor.

❖ **"THE MARK OF THE HAWK" (1957)** - Starring Sidney Poitier and Eartha Kitt, "The Mark of the Hawk" is set in the post-World War II period, as the British Empire's African colonies were beginning to achieve independence. Aided by his beautiful wife, played by Eartha Kitt, Poitier's character must navigate between two opposing blocs — one supporting the interests of the colonial British landowners and the other representing the interests of the native Africans — both groups possessing factions with violent intentions. Poitier works to avoid bloodshed on either side.

❖ **"THE JACKIE ROBINSON STORY" (1950)** - Jackie Robinson stars as himself along with the actress Ruby Dee ("A Raisin in the Sun," 1961) in this epic biography, which chronicles the life and career of Jackie Robinson — the first

black American to play major league baseball in the modern era. On April 10, 1947, Robinson made history when he took to the field in his Dodgers uniform and was instrumental in the Dodgers winning the National League pennant that year. Later that same year, Robinson was named the National League's Rookie of the Year, and was voted the League's Most Valuable Player in 1949. In 1962, he became the first black American elected to the Baseball Hall of Fame.

❖ **"NINE FROM LITTLE ROCK" (1964)** - This Academy Award-winning documentary tells the story of the 1957 integration of Little Rock Central High by nine black students. On the first day of school, a white mob gathered in front of the school, and Governor Orval Faubus deployed the Arkansas National Guard to prevent the black students from entering. In response, President Eisenhower ordered troops from the 101st Airborne Division to protect the students for the remainder of the school year. The students' integration of Central High became a major milestone in the Civil Rights movement.

❖ **"THE NEGRO SOLDIER" (1942)** - This World War II-era documentary was produced by acclaimed Hollywood film legend Frank Capra, and was both written by and starred Carlton Moss, a young black man who had been director of the Harlem Federal Theater. Declared by black poet Langston Hughes as, "the most remarkable Negro film ever flashed on the American screen," "The Negro Soldier" shows the heroism, determination and sacrifice of African Americans in the nation's fight against tyranny for the cause of freedom, during a period when much of that freedom was not extended to people of color.

HomeLifeStyle



While red is often the go-to floral color for Valentine's Day, shades of pink, peach and purple can offer elegance and romance.

PHOTO COURTESY OF MERRIFIELD GARDEN CENTER

Stylish Valentine's Day Table Settings

Flowers and candles create romantic designs.

BY MARILYN CAMPBELL
THE CONNECTION

Fresh flowers and candles are an easy way to add elegance and romance to a Valentine's Day table. From dramatic to understated, local tastemakers offer suggestions for setting the mood for a memorable dinner.

"Candles are key to set a romantic atmosphere," said Marika Meyer of Marika Meyer Interiors in Bethesda, Md. "Soft lighting is flattering to all of us and creates a sense of intimacy for conversations."

The ambience is enhanced, says Meyer, when the candlelight glints off of metallic accessories like candlestick holders. "You can use silver, mercury, glass or even gold or brass to help move the light," she said.

In fact, gold accents are a current trend, says Angela Phelps of Le Village Marche in Arlington. "They pair well with pinks, reds, and fuchsias," she said. "So, as you're planning a romantic dinner at home, think about incorporating china, vases, candle votives, trays, and glassware with a gold trim for a stunning table."

Metallics combined with a few pops of a soft color help create an elegant setting. "White and silver tables can be very romantic — for example, a white tablecloth, mirrored or silver placemats, silver flatware and crystal stemware," said Fay Johnson, an interior designer with J.T. Interiors in Potomac, Md. "The centerpiece [could be] a silver ice bucket with white and blush colored roses and a



PHOTO COURTESY OF IVY LANE

A table setting by Alexandria-based Ivy Lane's Alex Deringer and Courtney Cox incorporates fresh flowers.

array of assorted size candles and votives."

For a more traditional table, Johnson stated that "a black, white and red table can be very dramatically romantic. A black and white tablecloth [such as] a houndstooth or herringbone ... pattern with red, glass stemware, white dinner plate, a ruby-red glass salad plate and silver flatware."

Johnson suggests completing the look with a crystal or silver vase filled with red roses and accented with few red glass votive candles.

Johnson believes that not all centerpieces need to be flowers. She suggests filling three compote dishes, graduating in size, with chocolates and red and pink rose petals for table design with a touch of whimsy.

A vase can add a powerful style impact. "A vase is like a frame for



PHOTO BY ANGIE SECKINGER

Kelley Proxmire created an intimate table setting with a variety of glasses, candles and fresh flowers.

a picture," said Linda Wilson-Vertin, floral designer with Merrifield Garden Center in Fair Oaks. "A clear vase is like not having a frame on the picture."

Instead, choose a vase that has visual interest or one that is meaningful on a personal level. "I like using things that are special to the individual," said Wilson-Vertin. "I ask clients to bring in a container that they like so that I can create an arrangement that works with it."

While red is often the go-to floral color for Valentine's Day, Wilson-Vertin says that shades of pink, peach and purple can offer elegance and romance. "Go with what works for you and what works in your home," she said. "For example, red doesn't work in my home, so I use watermelon and apricot."

Consistency adds an unexpected touch of enchantment. A monochromatic palette conveys more ro-

"As you're planning a romantic dinner at home, think about incorporating china, vases, candle votives, trays and glassware with a gold trim for a stunning table."

— Angela Phelps of Le Village Marche

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NEWS

Emily Dillard (center) gives directions for the Cake Walk.

PHOTOS BY BONNIE HOBBS/
THE CONNECTION



From left, eating ice cream together are high-school students Sela White, Abby Clouse and Mary Bruniany.

Chocolate Treats All Around

The Fairfax Chocolate Festival was Feb. 6-7.



From left, vendors Brian Farrow and David Burton of the Capital Candy Jar.



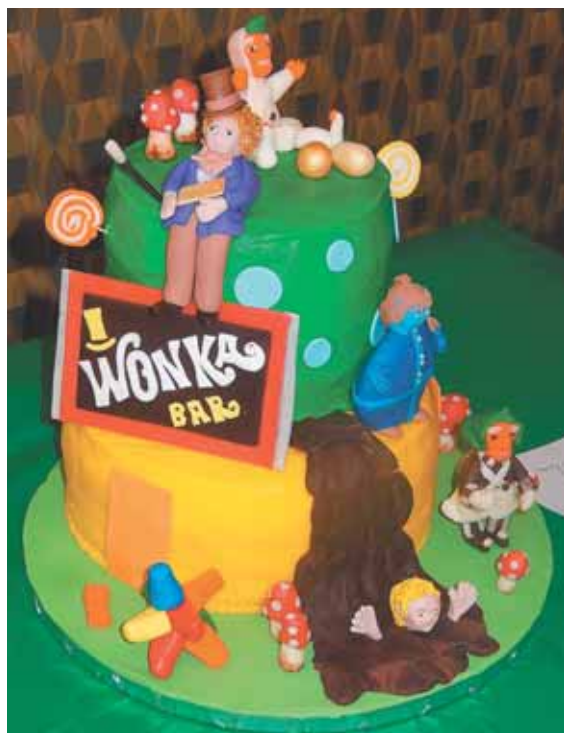
(From left) Alistair Leith, 11, and Ryan Sword, 12, dip treats into the chocolate fountain.



Hanadi Eljari and daughter Rama, left, of Le Papiyon Chocolatier.



John Kim, 10, with his chocolate-drenched strawberry.



First-place cake in the amateur division.



This cake won first place in the professional category.



Gardening-themed cupcakes.

CALENDAR

Send notes to the Connection at 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.

THURSDAY/FEB. 11

Art and Lunch. 10:30 a.m.-2:30 p.m. Old Town Hall, Second Floor, 3999 University Drive, Fairfax. Bring lunch and enjoy the company of other artists. There will be a group critique. For more information contact Kathleen Stark at knstark72@gmail.com, or call 703 569-8760. Free. New members welcome. www.fairfaxartleague.net. 703 587-9481.

Art Reception. 7-9 p.m. 3999 University Drive, Second Floor, Fairfax. Come enjoy refreshments, meet the artists and be a part of your local artist community. New members welcome. www.fairfaxartleague.net. 703 587-9481.

Marrying an Ice Cream Factory. 1 p.m. The Jewish Community Center of Northern Virginia, 8900 Little River Turnpike, Fairfax. A film about a son's personal journey between his parent's different worlds and his attempts to better understand his father and the complexities of family loyalty. It is 72 minutes long and in Hebrew with English subtitles. Free. www.jccnv.org. 703-537-3000.

FRIDAY/FEB. 12

Old Town Hall Performance Series-U.S. Navy Country Current. 8 p.m. Old Town Hall, 3999 University Drive, Fairfax. The United States Navy Band Country Current is the Navy's premiere country-bluegrass ensemble. Under the direction of Senior Chief Musician Keith Arneson, Country Current is nationally renowned for its versatility and "eye-popping" musicianship, performing a blend of modern country music and cutting-edge bluegrass.

SATURDAY/FEB. 13

Fairfax Art League Member Meeting and Demo. 10 a.m.-Noon. The Village Gallery, 3950 University Drive, Fairfax. An art demonstration by Richard McMurray. Free. www.fairfaxartleague.net. 703-587-9481.

Family Reunion Workshop. 7:30 a.m.-2 p.m. Hyatt Regency Fairfax, 12777 Fair Lakes Circle, Fairfax. Free, one-day session that offers cost-saving tips on planning a family reunion, Q&A sessions with experts in the field, as well as access to Fairfax County hotels and other service providers. Registration includes breakfast, lunch, and a sneak preview of the new Smithsonian National Museum of African American History and Culture. Free. Register by contacting Dean Miller at dmiller@fxva.com.

SATURDAY-SUNDAY/FEB. 13-14

"Romeo and Juliet." Saturday, 8 p.m. Sunday, 2 p.m. George Mason University Center for the Arts, 4373 Mason Pond Drive, Fairfax. Director Bernard Uzan and conductor James Meena leads a cast of internationally renowned singers. A Virginia Opera production. \$48-\$98. cfa.gmu.edu. 888-945-2468.

THURSDAY/FEB. 18

Fairfax Antique Arts Association. 10 a.m. Green Acres Senior, 4401 Sideburn Road, Fairfax. Pat Meder will lead an entertaining discussion on her book, "The Inside Story of Catch-22," based on her research of her father's Army Air Force group in



PHOTO CONTRIBUTED

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

Ongoing

FUN-Exercise. Thursdays, noon-12:50 p.m. Grace Presbyterian Church Family Room, 7434 Bath St., Springfield. Inova certified exercise instructor leads a moderate level exercise class with music and current events conversation. Muscle, Balance, Strength Training using stretch bands and weights both standing and seated exercises. Instructor donation is \$5. Contact Chris Moore at moorefitt@yahoo.com or 703-499-6133.

Al-Mutanabbi Streets Starts Here DC 2016. Through Feb. 28. George Mason University Art Lab, 9518 Workhouse Way, Lorton. A book arts and cultural festival throughout the Washington, DC, area. Major exhibitions, programs, and events will commemorate the 2007 bombing of Baghdad's historic book-selling street, celebrate the free exchange of ideas and knowledge, and stand in solidarity with the people of Iraq. www.workhousearts.org. 703-584-2908.

Deborah Schwartzkopf. Through Feb. 28. W-16 McGuireWoods Gallery, 9518 Workhouse Way, Lorton. Seattle ceramic artist Deborah Schwartzkopf sets in motion complex and functional forms with simple parts. www.workhousearts.org. 703-585-2900.

Adventures in Learning. Mondays, 8:30 a.m.-2:45 p.m. April 4-May 9. Lord of Life Lutheran Church, 5114 Twinbrook Road, Fairfax. community, personal development, finance, and more. Afternoon breakouts are book club, bridge, and canasta. Bring a brown bag lunch. \$30. www.scfbva.org. 703-426-2824.

Art Classes. Tuesdays. Jan. 30-April 2 and Feb. 2-March 15. Woods Community Centre, 10100 Wards Grove Circle, Burke. Winter art classes. Art lesson for youth 8 and up. Drawing plus color 5-8 years. Art workshop/Chinese brush painting for teens and adults. Ongoing enrollment. \$11/\$15 per class. Carol Zeitlin, www.czartlessons.com. 703-250-6930.

Cafe Ivrit (Hebrew Cafe). Wednesdays. 8:15-9:15 a.m. Jewish Community Center of Northern Virginia, 8900 Little River Turnpike, Fairfax. Shalom (Hello)! Did you always want to converse in Hebrew? Join Na'ama each week for conversational Hebrew. You will learn and practice Hebrew in a fun and interactive way while learning more about Israel! Free (we ask that you try to attend regularly). RSVP Naama.Gold@jccnv.org.

Smoke Free Bingo (with breaks for smoking friends). 7 p.m. Every Friday. Fairfax Volunteer Fire Department, 4081 University Drive, Fairfax. Free coffee, entertaining callers, \$1,000 jackpot. www.fairfaxvd.com. 703-273-3638.

"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.

3-2-1 Act for Ages 9-11. 7-8 p.m. Wednesdays, Feb. 10, 17, 24. Truro Anglican Church, Upper Room, 10520 Main Street, Fairfax. Learn to perform with little or no preparation. This class is an introduction to improvisational acting in a fun, relaxed environment with popular improv teacher Mr. Andrukonis. \$30 per student. <http://www.fairfaxcitytheatre.org/workshops-classes.html>.

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 wildlife 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/>.

Royal Lake Campfire Saturdays. Feb. 20, March 12, April 30. Starts between 6:30-7 p.m. Royal Lake Park, 5344 Gainsborough Drive, Fairfax. Join us for an evening campfire at Royal Lake. Adventure awaits as you explore the woodlands and lake-front spots where wildlife hides and resides, guided by a naturalist. Program ends with a cozy campfire, bring whatever you like to roast, s'mores provided. Different topics. \$8-\$10. <http://www.fairfaxcounty.gov/parks/press/html/psa067-15.htm>.

Italy whose members inspired the characters in Joseph Heller's hilarious novel. Non-members welcome. Free. 703-273-6090.

SATURDAY/FEB. 20

Roy Assaf Trio and Tamar Barzel. 7 p.m. Jewish Community Center of Northern Virginia, 8900 Little River Turnpike, Fairfax. Israeli jazz pianist Roy Assaf and author of "New York Noise, Radical Jewish Music and the Downtown Scene" Tamar Barzel. Author talk at 7 p.m. is free. Performance at 8 p.m. \$20-\$34. www.jccnvarts.org. 703-537-3000.

Open Mic Coffee House. 6:30-9 p.m. Calvary Baptist Church, 9301 Little River Turnpike, Fairfax. The public is invited for good food, good music, good company. Everyone's welcome. Free. 703-955-2039.

Glass Icon. 10 a.m.-1 p.m. W-10, 9518 Workhouse Way, Lorton. Learn this 17th-century method to create a simple Christian icon. A 5"x7" framed Archangel Michael or Gabriel will be reverse painted in class. \$8 payable to instructor for paints and other materials. Bring 5" x 7" frame. \$65. www.workhousearts.org. 703-584-2900.

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SPORTS

WS Gymnastics Wins Conference 7 Championship

Levine, Dotson finish 1-2 in all-around.

BY JON ROETMAN
THE CONNECTION

West Springfield sophomore gymnast Abbie Levine described her average vault performance as “kind of iffy sometimes.” Freshman teammate Hannah Dotson was nervous about throwing a new vault during competition.

The Spartans’ top two gymnasts entered the Conference 7 championship meet with uncertainties regarding vault. By the end of the night, however, Levine and Dotson each medaled in the event and helped West Springfield end an eight-year title drought.

Levine placed first on vault, Dotson took third and the West Springfield gymnastics team won the program’s first conference/district championship since 2007 on Feb. 4 at West Potomac High School.

The Spartans produced a first-place score of 143.2 and qualified for regionals. Lake Braddock earned the conference’s other regional berth, finishing runner-up with a score of 141.95.

“I knew day one when I saw this team that we could do it,” West Springfield head coach Diana Edgell said, “and that has been the goal all year long, so I am thrilled.”

LEVINE, a former Level 9 club gymnast at Capital Gymnastics, received a score of 9.5 on vault while throwing a Tsukahara pike. She said she was surprised by her performance, which turned out to be part of a stellar overall effort.

Levine won the conference all-around title, finishing with a score of 37.525.

“I had a really great meet, personally,” Levine said. “I was surprised by it.”

Along with her first-place finish on vault, Levine won the conference beam championship (9.2), placed second on bars (9.4) and tied for second on floor (9.425).

“Abbie is fearless,” Edgell said. “She will go for it and the pressure just makes her better. She has risen to the occasion time and time again.”

Dotson, also a former Level 9 club gymnast at Capital Gymnastics, placed second in the all-



The West Springfield gymnastics team won the Conference 7 championship on Feb. 4 at West Potomac High School.



West Springfield sophomore Abbie Levine won the all-around title at the Conference 7 gymnastics meet on Feb. 4.

around with a score of 36.725. She finished third on vault, scoring 9.3 with a tucked Tsukahara despite throwing it for the first time in competition this season.

Dotson said she was “a little bit” nervous.

“I wanted to land on my feet,” she said.

Dotson won the conference bars championship with a score of 9.55. She tied for second on floor (9.425) and tied for ninth on beam (8.45).

“Hannah is young and excited and driven,” Edgell said, “and really has a confidence about her that is impressive for someone that’s only a freshman.”

West Springfield junior Abby Stout placed second on beam (9.175) and sixth on bars (8.4), tied for 15th on floor (8.425) and tied for 20th on vault (8.4).

“Abby Stout has been a leader of our team all year long and she really pulled through for us on beam when we really needed her to,” Edgell said, “and that was an outstanding performance — her best of the season.”

Spartans freshman Alex Marsden took fourth on vault



West Springfield freshman Hannah Dotson tied for second on floor during the Conference 7 gymnastics meet on Feb. 4.

(9.25), eighth on beam (8.65), tied for ninth on bars (7.7) and finished 10th on floor (8.85).

T.C. Williams’ Cailyn Lager placed third in the all-around (36.275), followed by the Lake Braddock trio of Jordan Clark (36.075), Hannah Johnson (35.85) and Jordan Tautges (35.375). The top four in all-around qualify for regionals, along with anyone who scores 35 or better.

Lake Braddock’s Clark won the conference floor championship with a score of 9.525.

Woodson (126.525) finished third in the team competition, followed by South County (118.925), Mount Vernon (116.125), T.C. Williams (108.95) West Potomac (79.425) and Annandale (64.25).

THE 6A NORTH REGION championship meet is scheduled for Saturday, Feb. 13 at Patriot High School.

“I think we can do really well,” Edgell said. “I know we have a lot of girls that qualify individually for state and I hope that we can come together as a team and do it again.”

PHOTO BY JON ROETMAN/THE CONNECTION



BY CRAIG STERBUTZEL/THE CONNECTION

The Robinson girls’ swim and dive team won the 6A North region title on Feb. 6 at Oak Marr Recreation Center.

Robinson Girls’ Swim and Dive Wins Regionals Boys’ team finishes fourth.

BY JON ROETMAN
THE CONNECTION

The Robinson girls’ swim and dive team captured the 6A North region championship on Feb. 6 at Oak Marr Recreation Center, holding off Langley and Oakton, who combined to win the last five state titles.

Robinson won the event with a score of 222. Langley finished runner-up (194), followed by Oakton (183), McLean (178), West Potomac (163) and Yorktown (141.5).

“They were phenomenal,” first-year Robinson head coach Michael Fones said. “Not only our superstars, but we had every single person giving everything.”

Senior Hannah Baker was a primary point-scorer for the Rams, winning the 100 free and placing second in the 50 free.

Baker, the two-time defending state champion in the 100 free, turned in an All-American time of 50.58 seconds, edging West Potomac sophomore Cassidy Bayer by one-one hundredth of a second. In the 50 free, Baker recorded a time of 23.38 (All-American consideration), finishing behind Yorktown senior and defending state champion Suzanne Dolan (23.19).

Baker also helped the 200 free and 400 free relays finish first.

“Hannah Baker,” Fones said, “is phenomenal.”

The Robinson 200 free relay (Lisa Zangla, Grace Gartman, Livi Schmid, Baker) turned in an All-American time of 1:35.83. The 400 free relay (Zangla, Gartman, Schmid, Baker) earned All-American consideration with a time of

3:29.77.

Zangla placed fourth in the 200 IM (2:05.93).

The Robinson boys’ team placed fourth with a score of 184. Langley won the title with a total of 229.5, followed by Patriot (215) and McLean (187).

Seniors James Murphy and James Jones led the way for Robinson.

Murphy, the two-time defending state champion in the 200 free and 500 free, finished first and second in the events, respectively, on Saturday. Murphy won the 200 free with an All-American time of 1:35.76, besting his own meet record by two seconds. In the 500 free, Murphy finished runner-up to West Springfield junior Lane Stone, turning in an All-American time of 4:26.17.

Stone broke Murphy’s meet record by nearly two seconds with an All-American time of 4:23.73.

Jones, the two-time defending state champ in the 50 free and 100 free, also turned in a first- and second-place finishes. Jones won the 50 free with an All-American time of 20.56, and finished runner-up to Annandale senior Aaron Boyd in the 100 free. Jones beat his previous meet record with an All-American time of 45.25, but finished five-one hundredths of a second behind Boyd.

The Robinson 400 free relay (Murphy, Peter Brukx, Luke Jones, James Jones) finished first with meet-record and All-American time of 3:04.68.

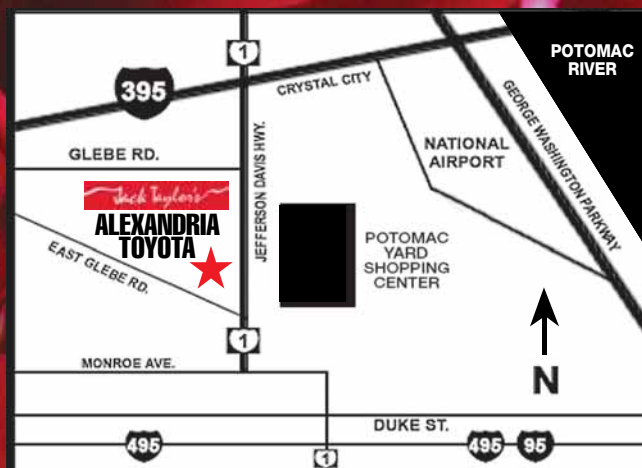
The 6A state diving championship meet is scheduled for Feb. 19 at Oak Marr. The 6A state championship swim meet is scheduled for Feb. 20 at George Mason University.

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21 Announcements

NOTICE OF SALE OF PODIATRY PRACTICE

Due to his anticipated retirement, as of February 1, 2016 the podiatry practice of Dr. Stuart L. Kramer has been sold to Nova Foot and Ankle PLLC under the direction of podiatrists Dr. Stanley Idiculla and Dr. Ami Parikh. Patient care will continue uninterrupted at the same office location (7007 Backlick Court, Springfield VA 22151) and with the same telephone number (703-642-5340). Dr. Kramer continues to work at the office seeing patients on a part time basis. Upon receipt of a written request signed by the patient or the authorized representative of a patient, Nova Foot and Ankle will forward a copy of the patient's record to the patient or to another health care provider designated by the patient. Written requests for records should be directed to Nova Foot and Ankle at the above address. A copying fee and an administrative fee as well as a charge for postage will be applied to cover the costs of reproducing and mailing each record

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.

21 Announcements

21 Announcements

OBITUARY



Helen C. (Gomulka) Longworth, 83, passed away peacefully on Tuesday, February 2, in Fairfax, VA.

Born in Glen Lyon on Apr. 21, 1932, she was the daughter of the late John & Angela (Chlepa) Gomulka.

Helen was a graduate of Newport Twp. High School. She was employed as a nurse by the Retreat State Hospital, Hunlock Creek, and as a LPN at Sacred Heart Hospital, Chester. She served many with a smile at Yom's Deli, Swarthmore and Burger King, Springfield.

She was a member of Holy Spirit Parish/St. Adalbert's Church, Glen Lyon.

Helen performed with the Notre Dame de Lourdes Players Club & the Bell Choir, Swarthmore. In Virginia, she helped outreach to active military via the Little River Glen Senior Center. Helen sang to staff and other participants of the PACE Inova Cares for Seniors program. She enjoyed bingo at Sunrise George Mason, Fairfax.

She was preceded in death by her husband; George A. Longworth; her step-brother, Joseph Korshalla and his wife Lillian.

Surviving is her loving family, daughter, Roberta A. Longworth, granddaughter, Michelle L. Opdahl (Thomas R. Bowser), great-grandchildren, Elise O. Bowser and Thomas G. Bowser and brother, Edward J. Gomulka.

Family and friends are invited to attend a Mass of Christian Burial on Saturday at 10 am in Holy Spirit Parish/St. Adalbert's Church, with Rev. Louis Kaminski officiating. Interment will follow in St. Adalbert's Cemetery, Glen Lyon. There are no public calling hours. In lieu of flowers, donations may be made in memory of Helen to Little River Glen Senior Ctr. Advisory Council (4001 Barker Ct., Fairfax, VA 22032) or Family Services Assn. of NE PA, (31 West Market St., Wilkes-Barre, PA 18706).

Arrangements are by the George A. Strish, Inc. Funeral Home.

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21 Announcements

21 Announcements

TRUSTEE'S SALE OF VALUABLE IMPROVED REAL ESTATE

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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
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21 Announcements

21 Announcements

ABC LICENSE

Salia, LLC trading as Holiday Inn Express, 6401 Brandon Ave, Springfield, VA 22150. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) FOR a Wine and Beer on Premises license to sell or manufacture alcoholic beverages. Anisur Khan, member NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date to the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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

21 Announcements

ABC LICENSE

Mungkorn Thong, Inc trading as Sisters Thai, 4004 University Dr, Fairfax, VA 22030. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On & Off Premises, license to sell or manufacture alcoholic beverages. Jaturon Sirrote, owner NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date to the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

21 Announcements

ABC LICENSE

Food3group LLC trading as The Spice Route, 11750 Fair Oaks Mall, Unit J-141, Fairfax, VA 22033. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer on premises license to sell or manufacture alcoholic beverages. Gopal Kapoor, member 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

21 Announcements

ABC LICENSE

DL United, LLC trading as Jacalito Grill, 8081 Alban Rd, Suite A, Springfield, VA 22150. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Beer and Wine on and off premises on Premises license to sell or manufacture alcoholic beverages. Dioniris De Leon 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 www.abc.virginia.gov or 800-552-3200.

21 Announcements

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hardwoods, 2 main level bedrooms and full bath, plus 3 more bedrooms & full bath upstairs. A wonderful updated kitchen and breakfast room, and terrific first floor sun room. Finished lower level could be used as an in-law/au pair suite. Lots of room and charm!

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