

Fairfax CONNECTION

Community Remembers Holocaust, Honors Victims and Survivors

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(From left) are 2nd Sgt. Gene Lastfogel, Capt. Chris Hoehne, Pvt. Tom Leoni, Lt. Rudy Segaar and 1st Sgt. Jeff Jones of the 17th Virginia Infantry, Co. D, Fairfax Rifles participating in the 16th annual Fairfax Civil War Day on April 30 at Historic Blenheim.

WEEK IN FAIRFAX

Providence Principal Wins Leadership Award

Leadership Fairfax, a nonprofit organization founded by the Fairfax County Chamber of Commerce, awarded Providence Elementary School Principal Jesse Kraft with its 2015 Educational Leadership Award. "We are so

proud of the work Mr. Kraft does on behalf of the City of Fairfax Schools," said Dr. Peter Noonan, Superintendent of the City of Fairfax Schools. "His leadership permeates not only the school but our community in meaningful and powerful ways. This recognition goes a long way to publicly acknowledge his excellence in education and we celebrate with and for him."

Founded in 1987 by the Fairfax County Chamber of Commerce, Leadership Fairfax is a nonprofit

organization whose goal is to build a base of understanding about the community, educate and inform and to ultimately engage individuals to become agents of positive change in Fairfax County and the Northern Virginia region. LFI sponsors two community leadership programs: The LFI Program and The Emerging Leaders Institute (ELI). Graduates of the programs are leaders in the business, government and nonprofit sectors of Northern Virginia.

Free Training for Professional Care Providers

The Alzheimer's Association National Capital Area Chapter is offering free training to professional care providers in Virginia. The trainings are made possible in part by a grant from the Virginia Department of Social Services. This professional training from the Alzheimer's Association Founda-

tions of Dementia Care allows long-term care staff to learn essential skills for dementia care through role-playing exercises and discussions using realistic film clips and case studies. Each training offers a selection of modules and learning objectives. Certificates of attendance will be available.

Three training dates have been scheduled:

Wednesday, May 18

7:30 a.m. - 12:30 p.m.

The Hermitage of Northern Virginia

5000 Fairbanks Ave., Alexandria

Modules: About Dementia, Enhancing Mealtime, Improving Communications, Understanding Behavior

Thursday, May 19

8 a.m. - 1 p.m.

The Crossings at Chantilly

13921 Park Center Drive #355, Chantilly

Modules: About Dementia, Improving Communications, Making Connections, Understanding Behavior

Thursday, June 16

8 a.m. - 1 p.m.

Alzheimer's Association National Capital Area Chapter

3701 Pender Drive, Suite 400, Fairfax

Modules: End-of-Life: Communication and Advance Planning, Addressing Symptoms, Emotional and Spiritual Support

To learn more about the trainings and the modules offered, visit alz.org/nca. To register for the free training, call the Alzheimer's Association's 24/7 Helpline at 800-272-3900.

STEM Volunteers Needed

The American Association for the Advancement of Science needs scientists, engineers, mathematicians, and physicians to assist Fairfax County's K-12 STEM (Science, Technology, Engineering, Mathematics) teachers during the 2016-17 school year. The details of the collaboration are worked out between the teacher and the volunteer, and may involve giving demonstrations, assisting in lab experiments, lecturing on special topics, assisting with homework, etc. The hours are flexible, and volunteers attend a one-day orientation session before being assigned to schools. If you care about K-12 STEM education and have time to share your knowledge with students and teachers, please send a brief bio with your home address, to donaldrea@aol.com, or call Don Rea, 703-237-7683.

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Preparing for City's Aging Population

The need for senior housing is becoming a consideration.

BY BONNIE HOBBS
THE CONNECTION

Like cities and towns everywhere, the City of Fairfax has a growing percentage of older residents. It also wants them to live happy, healthy, engaged lives for as long as possible in homes that don't meet their needs. Exactly how to do that is something City officials are currently considering.

Carolyn Sutterfield represents the City on the 12-member, Fairfax Area Commission on Aging (COA) – the citizens advisory board for the Fairfax Area Agency on Aging. “We’re a bridge between the people who live here and the agencies that serve them,” she said.

She is helping implement COA's comprehensive, 50+ Community Action Plan and is focusing on library opportunities and affordable, accessible housing for older adults. And during an April 5 City Council work session, she presented a report to the Council members.

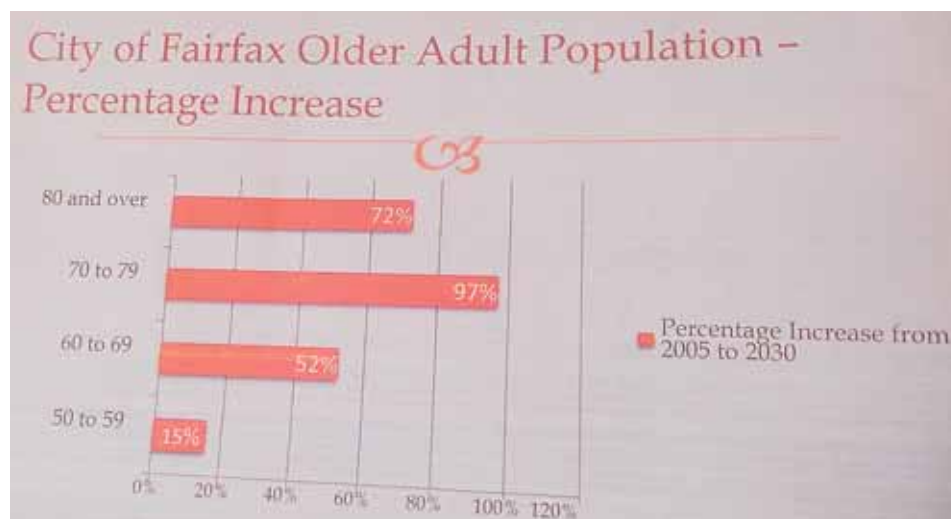
Sutterfield said the number of Fairfax County residents aged 70-79, now comprising 13 percent of the over-age-50 population, is projected to more than double by 2040, and the number of people aged 80 and older will nearly triple. And the City of Fairfax already has slightly higher numbers than the county.

According to City statistician Eric Forman, the City already has a higher percentage of residents aged 65 and up (15.4 percent) than the county (11.4 percent). Some 25 percent of City households contain at least one member over 65, and 25 percent of the detached homes here last sold more than 30 years ago.

That means residents here are aging along with their houses. Furthermore, the City has a higher percentage of older adults than the regional average in every group over age 50. For people aged 60-64, it's 27 percent higher than average, and for residents aged 80-84, it's 93 percent higher.

“That says something about the benefits of living in Fairfax City, said Sutterfield. “However, advances in health care and a generally more active older population than in the past means people are living longer than they used to. Many continue to work well into their 70s, and retirees provide a lot of the volunteer time and energy, not to mention consumer spending, that communities depend on.”

Nevertheless, she said, “There are challenges inherent in the aging of both communities and their residents. In some of our City neighborhoods, more than 35 percent of houses have a resident aged 65 or older.



Older adult population – percent increase.



Fairfax residents with disabilities.

Great Oaks is the highest, at 44 percent, and my own neighborhood, Mosby Woods, is at 32 percent.”

And although long-term population projections don't work as well for small jurisdictions, Forman says that, by 2030, the proportion of City residents aged 80+ is likely to increase by 72 percent, and of those aged 70-79, by 97 percent, based on similar projections for the county.

Sutterfield noted, however, that the incidence of disabilities, primarily ambulatory or hearing/vision, increases in people dramatically after age 65, so “communities and individuals would be wise to plan ahead.” With that in mind, COA and the Agency on Aging began work, three years ago, on the Fairfax 50+ Community Action Plan to make the region more age-friendly.

There were 13 public forums including more than 800 people. The plan also involved people in their 50s because so many of them are caring for older adults.

SEVERAL INITIATIVES dealing with health, technology, transportation, recreation and housing came out of the plan, and Sutterfield is especially interested in housing.

“Where are all of these older folks going

to live?” she asked. “What kind of houses and communities are best for people in their 60s, 70s, 80s, 90s? AARP conducted a 2010 survey about home and community preferences, and 78 percent of all respondents – and 88 percent of those 65 and up – said they wanted to stay in their homes and age in place.”

“So it's clear that people want to remain in the community they love, for as long as possible,” continued Sutterfield. “They're near friends and services and familiar places. But in the

City of Fairfax, many live in homes with stairs outside and the washing machine in the basement. So where do we go now?”

She said the City now has an opportunity to expand and revitalize itself with mixed-use developments, combining apartments or condos with retail and of ce space and community gathering places. She also noted that they should have master bedrooms and bathrooms on the first floor, plus wider hallways.

“As we update our zoning and work on rewriting our Comprehensive Plan, let's commit to building attractive, accessible, 21st-century homes that people can live in safely throughout their lifetimes,” said Sutterfield. “And let some of these homes be located in mixed-use areas, with retail shops and basic services reachable on foot, bicycle or public transportation, so people who can no longer drive can take care of the necessities of daily living.”

She further suggested the City leverage its housing trust fund, relationship with the faith community and talents of nonprofit developers to find ways to include affordable housing in the overall mix. And since people downsizing may need the proceeds from their home sales to live on, Sutterfield said rental apartments are needed, too. She then recommended the City work in conjunction with its medical centers and GMU to create “a network of in-home, service providers that will ensure that those of us who choose to remain in our homes as we age will do so safely.”

“We're largely built out; there's not much open space to develop,” said Mayor Scott Silverthorne. “I think the most logical approach is to have some affordable homes built into mixed-use development. It's not an easy problem to solve; even senior citizens disagree on what senior housing should be.”

“I'd like us to include some language in our Comprehensive Plan to help our seniors age in place,” said Councilwoman Janice Miller. “Many seniors don't know where to find in-home care and the services they need. So we need to establish some goals and have people come in and offer us some housing for seniors.”

COUNCILWOMAN Nancy Loftus said perhaps some senior housing could go on the Paul VI High site when it's redeveloped. And Sutterfield suggested a senior center go there, as well, accessible to transportation.

“I'm hoping we can identify more areas for affordable senior housing,” said Councilman Jeff Greenfield. “We need to set aside housing for seniors in mixed-use buildings.”

“Aging in place also means staying in your community, so it's more broadly defined now,” said Councilman Michael DeMarco. And the reason so many City residents want to stay where they are, added Silverthorne, is because of all the things the City offers, such as activities, public safety, parks, trails and recreation.

Miller then asked City staff to “bring us back some suggestions of how we can incorporate these ideas into our Comprehensive Plan.”

“It's not an easy problem to solve; even senior citizens disagree on what senior housing should be.”

— Mayor Scott Silverthorne

Community Remembers Holocaust, Honors Victims and Survivors

PHOTOS BY MARTI MOORE/THE CONNECTION

Observance sheds light on first war crimes tribunal.

BY MARTI MOORE
THE CONNECTION

Falls Church resident Stella Broll Repper sees art appreciation in a different light than most people.

It was this trade that saved her life nearly 74 years ago, when she and her mother were suddenly removed from a train headed for the largest concentration and extermination camp in Nazi-occupied Poland: Auschwitz.

At the time, they were apprentices of Dutch artist Jo Spier at Theresienstadt, the Nazi concentration camp and ghetto in German-occupied Czechoslovakia — where elderly Jews from Germany, and Jews from Moravia, Bohemia, the Netherlands and Denmark were forced to live.

Spier was an illustrator arrested for his satirical cartoon of Adolf Hitler in a Dutch newspaper and sent to Theresienstadt in 1943. It was there Spier was in charge of an art studio. A Nazi officer ordered Spier's apprentices to make a plaster replica of "The Bamberg Horseman," a life-sized medieval stone sculpture of an equestrian statue that also was the moniker of the German cavalry regiment called "Der Bamberger Reiter."

The colonel complained the project took too long and Spier explained the Nazis kept deporting his assistants. The artist was given 10 people to complete the restoration.

Repper and her mother were called off their ill-fated cattle car. Repper mixed the plaster of Paris needed for the sculpture. Repper lived to tell her story more than half a century later.

Pursuing her passion for art is what keeps Repper alive and well today at age 87.

Some of the works of this Czech-born career artist is showcased through May 19 in "After the Holocaust," an art exhibit at the Bodzin Art Gallery in the Jewish Community Center of Northern Virginia at 8900 Little River Turnpike. Call 703-323-0880 or visit www.jccnv.org.

THE ART DISPLAY is part of Holocaust Remembrance Day, commemorated each year at the JCC in Fairfax and organized by the Jewish Community Relations Council (JCRC) of Greater Washington.

More than 400 people remembered victims and survivors of the Holocaust at an interfaith service held May 1 in the JCC gymnasium.

This year's observance shed light on the first war tribunal that tried Nazi leaders for



Fairfax County resident Irene Weiss, 85, tells an audience about her experience as a 13-year-old teenager at the Auschwitz-Birkenau concentration and extermination camp in Poland, where most of her family was murdered and she toiled daily in forced labor for more than a year with her older sister, Serena. Her eyewitness account received a standing ovation Sunday at a Holocaust Remembrance seminar called "Seeking Justice: 70 Years After Nuremberg."

crimes committed during World War II — including the murder of millions of Jews — in an international court known as the Nuremberg trials.

What separated this historic courtroom event from previous war tribunals is that Nuremberg gave birth to international human rights laws.

Besides the art exhibit, this year's program offered free activities for all generations — including teen dialogues, intergenerational discussions with Holocaust survivors, readings, music, dance and a solemn candle lighting ceremony with pledges of remembrance.

Event organizer and JCRC director Debra G. Linick said more than 100 teenagers used information they learned at the event to participate in mock trials that addressed current issues — such as gender identity, the Syrian refugee crisis and immigration.

Dr. Peter Black, former chief historian for the United States Holocaust Memorial Museum in Washington, was joined by Holocaust survivor Irene Weiss in a seminar



From left: Springfield residents Irene Rehbock, 89, Lore Schneider, 91, and Anne Herrmann, 94, prepare to leave the Yom Ha'Shoah service Sunday night at the JCC in Fairfax. Rehbock was scuttled out of Germany in 1938 aboard the Kindertransport, an organized rescue of nearly 10,000 Jewish children sent from Europe to England in the months leading up to the outbreak of World War II. Schneider's father was a lawyer and judge for the Nuremberg trials. "We got out of Germany before the war broke out," she said. Herrmann was born in Nuremberg in 1929 and escaped Germany aboard the kinder train. Her family, however, did not survive the Holocaust.



Stella Broll Repper of Falls Church stands by some of her works showcased in Fairfax through May 19 at an art exhibit called "After the Holocaust" in the Jewish Community Center of Northern Virginia's Bodzin Art Gallery at 8900 Little River Turnpike.

called "Seeking justice: 70 years after Nuremberg."

Black explained Nuremberg "set an imperfect precedent for a system of international criminal law and agreed upon definitions of certain crimes."

Unfortunately, interest in the war trials waned on both sides of the Iron Curtain, he said, as the Cold War gained momentum.

The United Nations General Assembly pays its respects to Holocaust victims and survivors with an International Day of Commemoration each Jan. 27 — which marks the day in 1945 when Russian troops freed

slaves in Poland from the Nazi concentration and extermination camp at Auschwitz-Birkenau.

Fairfax County resident Irene Weiss, 85, remembers that cold, winter day when she and her sister, Serena, were part of a legion of prisoners led by Schutzstaffel guards on a death march through the forest to another concentration camp in an unsuccessful attempt to evade the Red Army.

Last month, Weiss told 10th-graders at Woodson High School, "Children were condemned to death in the world I came from.

"But what was their crime," she simply asked. There was no court, no jury, no process, Weiss vividly recalled.

Last summer, Weiss went to Lueneburg, Germany and testified against former SS guard Oskar Gröning at a trial for his role as bookkeeper at Auschwitz.

Although Gröning is an elderly man of 94 years and he didn't kill people with his own two hands at Auschwitz, he was a participant and charged in 2014 by German prosecutors as an accessory to the murder of 300,000 people.

Gröning describes himself as a "small cog in the gears" of the extermination machine, Weiss states. "He makes no connection between himself and the process of killing."

Germany has no capital punishment, Weiss says, and Gröning was found guilty then sentenced to just 4 years in prison for his participation in genocide.

She believes he will die waiting for an appeal in what may be one of the last trials for Nazi war criminals.

Weiss' chilling eyewitness account of her experience as a young teen-ager under Nazi rule was recorded last year on film.

Her haunting documentary, "Surviving the Holocaust," was released in January through the Fairfax County Public Schools television network. It can be seen online at

SEE HOLOCAUST, PAGE 5

WWW.CONNECTIONNEWSPAPERS.COM

NEWS

Holocaust Remembered

FROM PAGE 4

http://www.fcps.edu/it/fairfaxnetwork/holocaust/video_segments.html in 15 segments that offer viewers a complete discussion guide.

Part of Weiss' account also can be read at the Holocaust Museum at www.ushmm.org.



MARTI MOORE/THE CONNECTION

THIS YEAR'S Holocaust Remembrance Day began at sunset May 4 with the lighting of a "yahrzeit" — or soul — candle in collective memory of the Nazi genocide of 6 million Jews during World War II.

In her opening remarks for the Holocaust remembrance program, JCRC president Cookie Hymer stated it's the sacred mission of her organization to never forget the losses of the Holocaust "as we struggle to understand its lessons to our lives today." She said the JCRC was formed in 1938 "to provide a voice for our Jewish community as families and brethren in Europe faced a genocidal abyss."

Next year's Holocaust Remembrance Day is April 23 and will observe displaced persons and their struggles to find a home.

Linick says she designs each year's service to touch the hearts and minds of everyone in the community so people of all backgrounds can connect with the program.

She says one of the reasons the Holocaust occurred was because

World War II veteran and retired Army Col. Frank Cohn, 90, participated in the Holocaust Remembrance service in the JCC gym, where he helped read the program's history about the first International Military Tribunal: "The erasing of one people by another may sadly date to the beginnings of mankind," he read. "But creating the word 'genocide' — the naming of these atrocities — took the unique heinousness of the Holocaust. And it took the trials at Nuremberg."

so many Europeans were bystanders and said nothing. The annual dedication teaches us danger lurks everywhere and we need to become upstanders who stop injustice.



This ensemble piece was choreographed by Rebecca Weiss for a Holocaust Remembrance program May 1 at the Jewish Community Center of Northern Virginia under JCC dance director Barri DeFrancisci.

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America's Anti-Trafficking Efforts...

... Hollow victories for public accolade.

BY DR. KIMBERLY MEHLMAN-OROZCO

Each day there is more media on the human trafficking scourge in America with heart-wrenching stories about women, men, and children who are forced, defrauded, or coerced into exploitation. Whether it is the pimped child, the indentured migrant laborer, or the domestic slave, the headlines are always the same “victim saved” and “offender arrested,” but this narrative masks the reality of the situation. Despite being arrested, few traffickers are ever convicted of human trafficking offenses and those who are typically receive “slap on the hand” sentences. All the while, the majority of trafficking survivors are re-victimized and criminalized through arrest, prosecution, detention, and/or deportation. These victims are rarely “saved” as the media stories suggest, but rather remain “disposable people” in the shadows of heartland America.

I first became aware of this reality gap while sitting in an audience of anti-trafficking policy makers, law enforcement officials, and service providers, listening to Frank Wolf (R), mem-

ber of the U.S. House of Representatives from Virginia's 10th district. There were multiple news agencies recording his speech and taking down notes. He was touting the human trafficking prosecution of Peach Therapy, an erotic massage parlor located in my hometown, midway between my mother's home and my high school. Unbeknown to most in the community that surrounded it, the business was a front for a full service brothel. According to the official Department of Justice press release, the massage parlor proprietor, Susan Lee Gross, was bringing girls from South Korea to New York, and trafficking them down I-95 to my Virginian suburb, for the purpose of commercial sexual exploitation.

Representative Wolf portrayed the conviction as a prime example of the efficacy of his federally-funded efforts to combat human trafficking locally. However, prosecuting erotic massage parlors engaged in human trafficking is often described as “playing a game of whack-a-mole;” shut one down and another will pop right back up, sometimes in the same location or under a different name. Victims are often afraid to cooperate with law enforcement and legal representation for offenders will exploit their credibility gaps, such as undocumented foreign national status, drug use, or coerced co-offending. If law enforcement gets too close, offenders will strategically “sell” the business and change the name in order to evade arrest

and prosecution, bringing investigators back to square one.

Not for a lack of trying from law enforcement, but less than .01 percent of human traffickers are ever convicted for their crimes.

The need to combat human trafficking is one of the few issues that all politicians, Republican or Democrat, can agree on. For example, in the race for presidency, Bernie Sanders, Hillary Clinton, Marco Rubio, and Carly Fiorina (to name a few) have all discussed the need to address the human trafficking scourge in the United States. However, legislators, law enforcement, and victim service providers need to be forthcoming regarding the lack of efficacy of current anti-trafficking efforts. Without an evidence base of support, passing new pieces of costly legislation may not be the answer. America needs to understand that behind the politicians touting arrests for public accolade and the click-worthy headlines on federal prosecutions, human trafficking enterprises continue to flourish in plain sight.

With human trafficking especially, law on the books has yet to translate to law in action.

Author Dr. Kimberly Mehlman-Orozco holds a Ph.D. in criminology, law and society from George Mason University, with an expertise in human trafficking. She currently serves as a human trafficking expert witness for criminal cases and her book, “Hidden in Plain Sight: America's Slaves of the New Millennium,” is contracted for publication with Praeger/ABC-Clío.

Who Is My Neighbor?

BY CHRISTOPHER FAY

A recent public meeting concerning Fairfax County's plan to build a temporary shelter for the homeless in Lincolnia brought forth a flood of complaints to the effect of, “yes, we need a shelter, we care about the homeless, but we don't want a shelter anywhere near us.” Some people likened homeless people to criminals.

But who are the homeless? For many people, “homeless” conjures an image of a single man or woman camping in a park with makeshift materials, begging on a corner, or asleep on the Metro for want of a place to lay their heads. In fact, the average age of a homeless person in America is only nine. Of the 3.5 million homeless people in our nation, 1.35 are children. Forty-two percent of children in homeless families are under the age of six. Similarly, 49 percent of the homeless families with children in the Fairfax-Falls Church community are experiencing homelessness due to domestic violence. A homeless person is more likely to be a victim of crime than a perpetrator.

Yet the misconceptions persist. As the Executive Director of Homestretch, a program for homeless families, I see homeless people every day. Homestretch provides housing and comprehensive services designed to propel homeless families out of poverty and crisis. Given the opportunity to develop skills, restore their health, acquire an education, extinguish

debts and increase their income, most families flourish. You might be amazed to learn who around you was once homeless. It could be the person cleaning your teeth at the dentists' office. Or the barista making your skinny latte. It might be your third grader's beloved teacher, the accountant doing your taxes, or the chef at your favorite lunch spot. It might be your cosmetologist or bus driver. It might be the plumber who just fixed that pesky leak in your kitchen. It could be your phlebotomist, your gardener, or your personal trainer. Graduates of Homestretch have entered each of these fields. One recent Homestretch graduate just earned her pharmacist's license. She came into Homestretch homeless and in crisis, fleeing domestic violence, with a young daughter. Given an opportunity to start a new life, she seized the chance. From homelessness to a pharmacist in four years – who among us could do that? What homeless people need is what we all need when crisis strikes – compassion, support, love. And a safe place to sleep, cer-

tainly.

In a political season when we are closing our hearts to the homeless and to refugees, we might want to remember that Joseph, Mary and the infant Jesus were virtually homeless, and certainly refugees, when they fled Judea for Egypt to avoid the violence of Herod. Dr. Martin Luther King, Jr. said, “The ultimate measure of a man is not where he stands in times of comfort and convenience, but where he stands in times of challenge and controversy.”

Together, as a humane community, let's welcome even the “least of these our brethren”, the homeless, into our midst. Surely, giving them a shelter in our neighborhood is the least we can do.

Christopher Fay is Executive Director of Homestretch, which has earned many honors including the Governor's Best Housing Program in Virginia Award, the Blue Diamond Award from the Fairfax County Chamber of Commerce for Outstanding NonProfit, and awards from Leadership Fairfax and Volunteer Fairfax.

CLASSES FOR SENIORS

Take Control of Your Health and Your Happiness. Tuesdays, May 3-June 7, 10:30 a.m.-12:30 p.m. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. Register online at www.fairfaxcounty.gov/olderadults and click on Chronic Disease Management Program or call **703-324-5489**, TTY 711. (Preregistration required.)

Diabetes Self-Management Program. Fridays, May 6-June 10, 10 a.m.-12:30 p.m. Hollin Hall Senior Center, 1500 Shenandoah Road, Alexandria. Register online at www.fairfaxcounty.gov/olderadults and click on Chronic Disease Management Program or call **703-324-5489**, TTY 711. (Preregistration required.)

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PHOTO COURTESY OF BITE ME CANCER

Nikki Ferraro, (wearing cream-colored dress and holding microphone, center), the founder of Bite Me Cancer, is surrounded by fellow cancer survivors during the cake cutting at Bite Me Cancer's "Cancerversary" Dinner, April 23 at the Tower Club in Tysons Corner.

'Cancerversary' Dinner Raises \$55,000 for Bite Me Cancer

Bite Me Cancer, a national nonprofit based in Fairfax, that supports teenagers with cancer and raises funds for thyroid cancer research, raised \$55,000 at its third annual "Cancerversary" Dinner. One hundred fifty people attended the event April 23, at the Tower Club in Tysons Corner, held to celebrate life with cancer survivors and their families; to honor those who have been lost to cancer and to mark the sixth "Cancerversary" of the Bite Me Cancer's founder Nikki Ferraro.

Ferraro was diagnosed with a rare form of thyroid cancer in 2010 when she was 17. She started raising money for cancer research just weeks later even before her first major cancer surgery. Funds raised at the Cancerversary Dinner will be used primarily to support Bite Me Cancer's Teen Cancer Support Bag Program.

"I am overwhelmed by the growth and success of our dinner," Ferraro said. Attendance at this year's event was 50 percent more than last year's dinner and raised four times the amount of money raised at the 2015 event, according to foundation officials. "What began as a celebration for my fourth cancerversary in 2014 has blossomed into our major annual fundraiser," Ferraro said.

Bill Hoover, Chairman of the Board, American Systems; Bobbie Kilberg; Ken Bartee, former CEO of McDonald Bradley, Inc., and Nikki Ferraro sat on the host committee for this year's dinner.

More than 35 cancer survivors who attended the

dinner joined Ferraro at the conclusion of the event to cut a large "Cancerversary" cake.

FOR THE FIRST TIME tables at the Cancerversary Dinner had corporate sponsors that included Baker Tilly Virchow Krause, LLP; Bluestone Capital Partners; American Systems; Training Solutions; Addx Corporation; Merrill Lynch; Squire Patten Boggs; Suntiva, LLC; Gov Place and Talent Sync, LLC.

In addition to raising funds for thyroid cancer research the group provides support, encouragement and understanding for teenagers who have been diagnosed with cancer mainly through its Teen Support Bag project which has served teens in more than 70 hospitals in 29 states and in the District of Columbia.

The support bags designed specifically for teen patients include a stress ball, a journal, Bite Me Cancer baseball cap, a water bottle, an iTunes gift card, a USB drive, a game book, playing cards and a Bite Me Cancer car magnet.

In 2015, 1,200 teen cancer patients received the bags. More than 2,400 teens with cancer have received the bags since the Support Bag program's inception four years ago.

Bite Me Cancer, headquartered in Fairfax, is run entirely by volunteers. To learn more about Bite Me Cancer or find out how you can contribute your time or money to support the foundation, visit www.bitemecancer.org.

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Public Hearing
PLANNING COMMISSION
 Monday, May 23, 2016
 at 7:00 pm
 City Hall
 10455 Armstrong St
 Room 100

City of Fairfax
ZONING REWRITE

The City of Fairfax Planning Commission is holding a public hearing to consider the draft zoning and subdivision ordinances prepared as part of the City's Zoning Rewrite process. Members of the community are encouraged to attend and provide comments.

The purpose of the Zoning Rewrite is to develop clear and user-friendly ordinances that are consistent with present-day plans and policies. The draft ordinances are available on the website below.

www.zoningfairfax.com twitter.com/ZoningFairfax

For more information, please visit our webpage listed above or contact the Community Development and Planning Department at 703.385.7930.

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PHOTO COURTESY OF KELLEY INTERIOR DESIGN

Yellow was the main theme on this Bethesda, Md. porch designed by Kelley Proxmire, principal of Kelley Interior Design. She added complementary accents such as the plates displayed on the wall.



PHOTO COURTESY OF WINN DESIGN + BUILD

Doors, such as a quad-panel gliding door or full-swing French door, create a large opening for joining interior and exterior spaces, a feature of this McLean deck by Michael Winn of Winn Design + Build.

Creating Space for Family Oasis or Outdoor Entertaining

Local designers unveil recent projects and offer tips.

BY MARILYN CAMPBELL
THE CONNECTION

Lured outside by rising temperatures and blue skies, homeowners are deciding that it's time to spruce up patios, gardens and other outdoor living spaces. Local tastemakers are hard at work transforming winter-worn al fresco spaces into lively oases in time for a season of warm-weather entertaining.

"I have already been extremely active this season working with various clients in the region to focus on their outdoor spaces so that they may entertain outdoors as much as possible, for as long as possible this season," said Philip Smith, design consultant for Offenbachers, an outdoor furniture and accessories company with showrooms in Springfield and Fairfax. "I have looked to fresh, light and natural palettes, making an effort to mix materials whenever possible."

"Outside living areas should be an extension of your indoor space and style, so focus your energy on quality products," said Smith. "Consider accessorizing with throw pillows, rugs, lighting and potted plants, and leverage bright colors to be even more playful and on trend each season."

Smith points to a recent project in which he anchored the client's covered porch with four of their existing white Adirondack chairs, adding fresh pops of color with teal and yellow cushions. "It created a great transition from their kitchen, making it a natural extension of where they say most of their guests gather," he said.



"I have looked to fresh, light and natural palettes, making an effort to mix materials whenever possible."

— Philip Smith, Design Consultant for Offenbachers

Philip Smith, design consultant for Offenbachers, recommends Kingsley Bate outdoor furniture. He advises clients to invest in quality pieces.

PHOTO CREDIT
COURTESY OF
OFFENBACHERS

Color is the anchor on a Bethesda, Md. porch that Kelley Proxmire, principal of Kelley Interior Design completely recently. "We used yellow as the main theme and added complementary elements such as plates displayed on the wall," she said. "Adding mirrors to an outside or seasonal space [also] gives it dimension and interest."

Families with luxurious outdoor living spaces are eager to use them often throughout the warm weather months, that's why it's a good idea for homeowners to "invest [and] choose quality pieces that are easy to maintain and can withstand weather, but easily be updated for style as needed over the years," Smith said.

When shopping for outdoor furniture, look for materials that can stand up to

longer use and weather elements. High quality fabrics, says Smith, will not retain moisture and attract mosquitoes.

A longer season also means the need to factor in aesthetically appealing heat solutions, such as a fireplace or fire pit. "They serve as a great focal point and can aid in deterrence of mosquitoes," said Smith.

Creating a seamless transition from a home's interior to an outside living area is a trend that Smith recommends. "For another client whose dining space is closest to the patio entry, I actually brought in a new outdoor bench cushion to use in their dining room to tie in the new grey Lloyd Flanders Mackinac seating just outside on their patio," said Smith. "Since they experience a great deal of direct sunlight, then

early shading due to their trees overhead, we [added] an underlit umbrella to give the most shade during peak times and offer ambience once the sun sets."

Foliage is another weapon in the war on mosquitoes. "Think succulent plant options to minimize water consumption and excess moisture [and] keep mosquitoes away," said Smith. "Feel free to mix materials and pieces to suit what looks and feels good to you to refresh what you already have."

Michael Winn, principal/owner of Winn Design + Build, transformed the deck of a McLean deck home. He advises those considering adding such a space to design an outdoor area which can accommodate larger groups of people when entertaining. For example, he suggests "selecting doors, such as a quad-panel gliding door or full-swing French door, to create a large opening for joining the interior and exterior spaces."

Using a variety of levels for decks and patios is a trend that Winn advises homeowners to avoid. "They may look good, but they often limit the functionality of the spaces and can be tripping hazards for unaware guests," he said.

The guidelines for lighting an outdoor space are the same as interior spaces: ambient, task and accent. "All three should be considered for a layered effect," said Winn.

HOME SALES

In March 2016, 64 Fairfax homes sold between \$1,341,336-\$145,000. This week's list represents those homes sold in the \$1,341,336-\$295,900 range. For the complete list, visit www.ConnectionNewspapers.com

Address	BR	FB	HB	Postal	City	Sold Price	Type	Lot AC	PostalCode	Subdivision
3431 PRESERVATION DR	5	6	2	FAIRFAX	FAIRFAX	\$1,341,336	Detached	0.14	22031	PICKETT'S RESERVE
4429 ROSENWALD LN	4	4	1	FAIRFAX	FAIRFAX	\$1,000,000	Detached	0.14	22030	ELEVEN OAKS
3715 BROADRUN DR	4	3	1	FAIRFAX	FAIRFAX	\$810,000	Detached	0.18	22033	CENTURY OAK
10419 BRECKINRIDGE LN	3	2	2	FAIRFAX	FAIRFAX	\$660,000	Townhouse	0.09	22030	COURTHOUSE SQUARE - NEW
10426 BRECKINRIDGE LN	3	3	0	FAIRFAX	FAIRFAX	\$659,000	Townhouse	0.09	22030	COURTHOUSE SQUARE - NEW
3506 HONEY LOCUST CT	4	3	1	FAIRFAX	FAIRFAX	\$639,900	Detached	0.24	22033	FRANKLIN GLEN
10704 NORMAN AVE	4	3	1	FAIRFAX	FAIRFAX	\$635,000	Detached	0.50	22030	COBBDALE
9905 DUNCAN ST	4	3	0	FAIRFAX	FAIRFAX	\$600,000	Detached	0.68	22031	LITTLE RIVER HILLS
13505 WATER BIRCH CT	4	3	1	FAIRFAX	FAIRFAX	\$600,000	Detached	0.23	22033	FRANKLIN GLEN
13016 MAY HILL CT	6	3	0	FAIRFAX	FAIRFAX	\$589,000	Detached	0.37	22033	GREENBRIAR
4118 PORT RAE LN	4	2	1	FAIRFAX	FAIRFAX	\$534,000	Detached	0.26	22033	GREENBRIAR
13016 POINT PLEASANT DR	4	2	1	FAIRFAX	FAIRFAX	\$533,000	Detached	0.26	22033	GREENBRIAR
13198 BLUE FOX LN	4	3	1	FAIRFAX	FAIRFAX	\$516,100	Detached	0.18	22033	FOXFIELD
4722 WARM HEARTH CIR	3	2	2	FAIRFAX	FAIRFAX	\$515,000	Townhouse	0.07	22033	GREENS AT FAIR LAKES
10328 SAGER AVE #118	2	2	0	FAIRFAX	FAIRFAX	\$507,000	Garden 1-4 Floors	0.23	22030	PROVIDENCE SQUARE
13128 PENNYPACKER LN	4	2	0	FAIRFAX	FAIRFAX	\$500,000	Detached	0.20	22033	GREENBRIAR
12424 OAK RAIL LN	3	3	1	FAIRFAX	FAIRFAX	\$490,000	Townhouse	0.03	22033	FAIR LAKES
3902 GREEN LOOK CT	3	2	2	FAIRFAX	FAIRFAX	\$485,000	Townhouse	0.00	22033	PENDERBROOK
4111 POINT HOLLOW LN	4	2	0	FAIRFAX	FAIRFAX	\$479,000	Detached	0.23	22033	GREENBRIAR
4341 MOUNT CARRIAGE LN	4	3	0	FAIRFAX	FAIRFAX	\$475,000	Detached	0.23	22033	GREENBRIAR
10406 WHITEHEAD ST	4	3	0	FAIRFAX	FAIRFAX	\$470,000	Townhouse	0.04	22030	LAYTON COURT (MEWS)
4115 MEADOW FIELD CT	3	2	2	FAIRFAX	FAIRFAX	\$470,000	Townhouse	0.07	22033	FAIR RIDGE
12476 SWEET LEAF TER	4	3	1	FAIRFAX	FAIRFAX	\$464,900	Townhouse	0.06	22033	FAIR WOODS
4120 BERRITT ST	3	2	0	FAIRFAX	FAIRFAX	\$461,000	Detached	0.23	22030	GREEN ACRES
13120 HEARTHSTONE LN	3	2	1	FAIRFAX	FAIRFAX	\$460,000	Townhouse	0.05	22033	GREENS AT FAIR LAKES
4112 ADDISON RD	2	2	0	FAIRFAX	FAIRFAX	\$455,000	Detached	0.23	22030	MAPLE HILL
10721 JONES ST	4	2	0	FAIRFAX	FAIRFAX	\$453,000	Detached	0.30	22030	JOYCE HEIGHTS
4037 WOODLAND DR	3	2	0	FAIRFAX	FAIRFAX	\$449,000	Detached	0.20	22030	WESTMORE
4112 FERN ST	4	2	0	FAIRFAX	FAIRFAX	\$439,900	Detached	0.19	22030	WESTMORE
4119 FAIRFAX ST	4	2	1	FAIRFAX	FAIRFAX	\$436,000	Detached	0.17	22030	WESTMORE
10235 STRATFORD AVE	4	2	1	FAIRFAX	FAIRFAX	\$432,500	Detached	0.23	22030	LORD FAIRFAX ESTATES
13166 QUAIL CREEK LN	4	3	1	FAIRFAX	FAIRFAX	\$420,000	Townhouse	0.05	22033	FAIR LAKES LAND BAY
12327 SLEEPY LAKE CT	3	2	2	FAIRFAX	FAIRFAX	\$418,000	Townhouse	0.04	22033	FAIR RIDGE
3908 TEDRICH BLVD	3	1	0	FAIRFAX	FAIRFAX	\$400,000	Detached	0.42	22031	FAIRVIEW
4498B BEACON GROVE CIR	3	2	1	FAIRFAX	FAIRFAX	\$400,000	Townhouse	0.03	22033	EAST MARKET II
12402B LIBERTY BRIDGE RD	3	2	1	FAIRFAX	FAIRFAX	\$400,000	Townhouse	0.03	22033	EAST MARKET II
12112 WEDGEWAY PL	2	3	1	FAIRFAX	FAIRFAX	\$395,000	Townhouse	0.05	22033	PENDERBROOK
12131 WEDGEWAY CT	2	3	1	FAIRFAX	FAIRFAX	\$385,000	Townhouse	0.03	22033	PENDERBROOK
3911 EGAN DR	3	2	0	FAIRFAX	FAIRFAX	\$375,000	Detached	0.24	22030	FAIRCHESTER
4480 MARKET COMMONS DR#215	2	2	0	FAIRFAX	FAIRFAX	\$375,000	Mid-Rise 5-8 Floors	0.03	22033	ELAN AT EAST MARKET
3617 SWEETHORN CT	3	2	1	FAIRFAX	FAIRFAX	\$342,500	Townhouse	0.04	22033	FRANKLIN GLEN
4200 ALLISON CIR	3	1	1	FAIRFAX	FAIRFAX	\$333,000	Duplex	0.15	22030	ARDMORE
10940 BYRD DR	5	2	1	FAIRFAX	FAIRFAX	\$320,000	Detached	0.27	22030	WARREN WOODS
12314 STRONG CT #558	2	2	0	FAIRFAX	FAIRFAX	\$315,000	Garden 1-4 Floors	0.03	22033	LINDEN AT FAIR RIDGE
4480 MARKET COMMONS DR#205	1	1	1	FAIRFAX	FAIRFAX	\$310,000	Hi-Rise 9+ Floors	0.03	22033	ELAN AT EAST MARKET
12102 GREEN LEDGE CT #25	3	2	0	FAIRFAX	FAIRFAX	\$309,000	Garden 1-4 Floors	0.03	22033	HEIGHTS AT PENDERBROOK
12104 GREENWOOD CT #301	3	2	0	FAIRFAX	FAIRFAX	\$305,000	Garden 1-4 Floors	0.03	22033	HEIGHTS AT PENDERBROOK
10706 ASHBY PL	3	1	1	FAIRFAX	FAIRFAX	\$295,900	Duplex	0.14	22030	ARDMORE

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Greenfield Asking for Vote Recount

For 22 years, Jeff Greenfield has served as a Fairfax City councilman; but in the May 3 election, he was edged out by three votes. In the official totals, he received 1816 votes and Councilwoman Nancy Loftus, 1819.

Initially, he wasn't planning to ask for a recount. But now – urged by some four dozen people to do so, and in the wake of a negative, anonymous attack on him – he's decided to seek a recount, after all. He explained why during Tuesday night's City Council meeting.

"I believe the voters were duped because of the negative campaigning 36 hours before election day," said Greenfield. "I've never seen that level of it in my 49 years here, and the misinformation and mudslinging was appalling to me."

On Tuesday, a press release was disseminated, door-to-door, incorrectly saying he was going to "sue" Fairfax County Circuit Court for a recount. "I'm not suing," he said during the May 10 meeting. "I'm petition-

ing for a recount – and that's only because dozens and dozens of people reached out to me and asked me to.

"This isn't about any, one individual," continued Greenfield. "It's about ensuring that the integrity of the election process was followed. We now have paper ballots, so there are opportunities for voters to make a mistake. And two [disabled] people I know weren't offered the use of a machine for ADA accommodations and had challenges to vote."

Saying he was "troubled by the inaccurate press release," he said it stated that the City would have to pay for the recount. But, said Greenfield, "It's paid for by the Commonwealth of Virginia." And it's important, he said, because "There are only three votes between us now."

"The difference is .03 percent, so it's extremely close," added Mayor Scott Silverthorne. "And the voters, and both candidates, need to be sure that the information was accurate."

— BONNIE HOBBS

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Children enjoy a hay ride on the grounds.



Luis Vega and daughter Camryn, 2, visit the horses.

Stepping Back in Time

The 16th annual Fairfax Civil War Day was April 30 at Historic Blenheim.

PHOTOS BY
BONNIE HOBBS
THE CONNECTION

With the 54th Massachusetts Volunteer Infantry, Co. B, are (from left) Pvt. Bryan Cheeseboro, 1st Sgt. Louis Carter and Capt. Michael Schaffner.



Lucas Garvey, 11, with Black Forest Artworks, demonstrates blacksmithing. He later turned the glowing end of the steel into a candy-cane-shaped ornament.



(From left) are Capt. Kyle Printz, Pvt. Bud Coffman and Pvt. David Reeves of Carpenter's Battery Artillery.

Also representing the 17th Virginia Infantry, Co. D, Fairfax Rifles are (from left) Becki Bartock, Denise Wierzbicki, Ruth Lastfogel, Eric Bartock and Brendan Bartock, 10.



The group, Dearest Home, performs Civil War era songs.

ENTERTAINMENT

Send notes to the Connection at connectionnewspapers.com/Calendar/ or call 703-778-9416. The deadline is the Friday prior to the next paper's publication at noon. Dated announcements should be submitted at least two weeks prior to the event.

THURSDAY/MAY 12

Spring Into Health Fair. 9 a.m.-1 p.m.. JCCNV, 8900 Little River Turnpike, Fairfax. Dr. Majid Fotuhi, speaker. Wellness vendors, free mini group fitness classes, free personal training assessments and screenings, raffle prizes, giveaways, healthy snacks, and more. \$8-\$15. For registration information, call 703-323-0880.

THURSDAY-SATURDAY/MAY 12-14

"Into the Woods." 7 p.m. with a 2 p.m. matinee on May 14. Russell Theater, Robinson Secondary School, 5035 Sideburn Road, Fairfax. Everyone's favorite storybook characters together for a timeless yet relevant piece and rare modern classic. The 2 p.m. May 14 show is recommended for children. Only Act 1 will be shown on May 14 but there will be a Fairy Tale Festival after. robinsondrama.org.

FRIDAY/MAY 13

Fairfax Fashion Show. 7:30 p.m. Sherwood Center, 3740 Old Lee Highway, Fairfax. Juniors and seniors of FCPS who are in the Fashion Careers class in the Fairfax Academy for Communications and the Arts present their student designed/produced fashion show. \$15. fashioninmotion.ticketleap.com/2016.

Fairfax Choral Society Spring Follies. 7-8 p.m. Richard J. Ernst Cultural Center, 8333 Little River Turnpike, Annandale. The final concert of the Central Campus Youth Chorus season will celebrate the songs of the stage - Spring Follies. \$20/\$25/\$10. office@fairfaxchoralsociety.org.

SATURDAY/MAY 14

Annual Foster Walk. 10 a.m.-2 p.m. Lake Accotink Park, 5660 Hemming Ave., Springfield. Bring awareness to the community about Foster Care and raise money in assisting former foster care youth. Lunch provided. <https://www.crowdrise.com/NOVAFOSTERWALK>.

Lake Accotink Park Campfire Saturdays. 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/>.

Art League Reception. 7-9 p.m. Fairfax Art League Village Gallery, 3950 University Drive, Fairfax. The Fairfax Art League's spring show. 703-385-5658.

Italian Heritage Lodge. 6:30-9 p.m. Knights of Columbus Hall, 3700 Old Lee Highway, Fairfax. fun filled group that meets monthly and participate in entertaining evenings and events. Call 703-818-7656 for additional details.

Gospel Choir of the Castle Church. 7:30 p.m. Living Savior Lutheran Church, 5500 Ox Road, Fairfax Station. Forty-four member choir from Wittenberg Germany. Program will include traditional American spirituals as well as folk songs from other countries. Free. 703-352-1421.



"Diaspora" by Fairfax Station artist Lynn Goldstein is part of the Jewish Community Center of Northern Virginia's "After the Holocaust" exhibit through May 19.

SUNDAY/MAY 15

Delta Sigma Theta Luncheon. 1-3 p.m. Waterford, 6715 Commerce St., Springfield. Paulette Brown, president of the American Bar Association, speaker. For details, contact 703-981-8763 or publicrelations@fcacd.org.

N Gauge Model Trains. 1-4 p.m. 11200 Fairfax Station Road, Fairfax Station. Display of running N Gauge Model Trains. Free-\$4. fairfaxstation.org. 703-425-9225.

Ballet Arts Ensemble of Fairfax Bookfair. 1-5 p.m. Barnes and Noble Fairfax, 12193 Fair Lakes Promenade Drive, Fairfax. An afternoon event for the whole family - performances, demonstrations and activities. 703-278-8527.

5K Run. 10 a.m.-noon. Meadowood Special Recreational Area, 10702 Harley Road, Lorton. This 5K Run is to raise funds to support the riders with disabilities at Simple Changes a non-profit therapeutic riding center. \$25. simplechanges.org. 703-402-3613.

Rooftop Comedy Showcase. 7:30-9:30 p.m. Epicure Cafe, 11104 Lee Highway, Fairfax. Features Kevin Skiffington, Wes Martens, Nic Rennie, Jamel Dotson and Arielle Kaplan. \$5/\$8. coacomedy@gmail.com. 571-230-9177.

THURSDAY/MAY 19

CCWC Homes Tour, Silent Auction, Book Signing. 9 a.m.-5 p.m. Clifton Presbyterian Church, 12748 Richards Lane, Clifton. Hosted by the Clifton Community Woman's Club. cliftoncwc.org. 703-609-3479.

Fairfax Antique Arts Association. 10:30 a.m. Green Acres Senior Center, 4401, Sideburn Road, Fairfax. Christine Smith, an "Avon Lady" for over 30 years will give a brief history of the company which began in 1886, the same year the Statue of Liberty opened in New York City. She will show examples from the past to the present. Members may bring favorites from personal collections. Guests welcome. Free. 703-273-6090.

"The Other Side of Cannabis." 7 p.m. Angelika Film Center and Cafe,

2911 District Ave., Fairfax. Virginia premiere. Panelists will include Diana Rodriguez, LCSW, CADC, INOVA Kellar Center; a Fairfax County Police Department narcotics detective; and a former user in recovery. \$10/\$15. upcfilmosc.eventbrite.com. 703-939-8723.

FRIDAY/MAY 20

Building Hope Fundraising Dinner. 6:15 p.m. Hilton Springfield, 6550 Loisdale Road, Springfield. Support current programs and to launch a capital campaign to build the Hope Center, a projected 45-unit modern apartment complex designed for homeless men and women that will surround them with medical and social support services. Register at thetreetlight.org.

SATURDAY/MAY 21

Spirit Run 5K. 8-10:30 a.m. Burke Lake Park, 7315 Ox Road, Fairfax Station. Supports Holy Spirit School's resource program. Contact Lambie Renner for information at lrenner@holyspiritchurch.us.

Author Event. 2 p.m. Barnes and Noble Fairfax, 12193 Fair Lakes Promenade Drive, Fairfax. Larry Hass will discuss his new book "Harry and Arthur: Truman, Vanderberg, and the Partnership that Created the Free World." 703-278-8527.

19th Annual Clifton Caboose Twilight Run. 6 p.m. Intersection of Clifton Road and Main Street. 5K Run/1 Mile Run/Walk. www.SignMeUp.com/113094.

Reception, "Manifesto." 7-10 p.m. Olly Olly Art Space, 2nd Floor, 10417 Main St., Fairfax. Exhibition of five collections of art by the artists of Northern Virginia's Bunnyman Bridge Collective. "Manifesto" will feature creative experimental art of the hidden away; including sculpture, installation, painting, collage, photography, video and performance. ollyollyart.com. 703-789-6144.

Sip 'N Shop and Socialize Extravaganza. 11:30 a.m.-3:30 p.m. Waterford, 6715 Commerce St.; Springfield. Grab your friends for an afternoon of networking, shopping, hors d'oeuvres and wine tasting as we celebrate our vendors and provide an exclusive shopping experience. \$20. 240-545-5848. ncbwnova.org.

Pohick Church Annual Hodge Podge Yard Sale. 7 a.m.-1:30 p.m. Pohick Church, 9301 Richmond Highway, Lorton. On sale will be furniture, collectibles, household goods, books, clothing and much, much more. All proceeds will benefit the many ministries of Pohick Church. pohick.org. 703-339-6572.

SUNDAY/MAY 29

Ride of the Patriots. 7:30 a.m. Captain Pell's Fairfax Crabhouse, 10195 Fairfax Blvd., Fairfax. Short parade featuring both City and County of Fairfax officials along with state and congressional representatives, police, fire and rescue units, Veterans groups, the Fairfax High School Marching Band, and the Firefighters' Emerald Society Pipe Band. 703-628-2429. ken_lyons@comcast.net.

WEDNESDAY/JUNE 1

Jazz and Wine Fundraiser for OAR. 7:30 p.m. The Winery at Bull Run, 15950 Lee Highway, Centreville. Benefit for nonprofit OAR of Fairfax. Evening under the stars in a beautiful and historic location. The Gregg Byrd Band will provide live jazz music. Heavy hors d'oeuvres will be provided and fine Virginia wines will be available. \$50. <http://www.oarfairfax.org/2016-fundraiser>.



PHOTO GALLERY!

"Me and My Dad"

To honor dad on Father's Day, send us your favorite snapshots of you with your dad and The Connection will publish them in our Father's Day issue. Be sure to include some information about what's going on in the photo, plus your name and phone number and town of residence. To e-mail photos, send to:

editors@connectionnewspapers.com

SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

MAY

5/25/2016.....Connection Families • Summer Fun, Food, Arts & Entertainment
Memorial Day is May 30

JUNE

6/1/2016..... Wellbeing
6/8/2016..... Father's Day Dining & Gifts
6/8/2016..... HomeLifeStyle
6/15/2016..... A+ Graduations & Summer Learning
6/15/2016..... Father's Day Dining & Gifts
Father's Day is June 19

6/29/2016..... Connection Families

JULY

7/6/2016..... Wellbeing
7/13/2016..... HomeLifeStyle
7/20/2016..... A+ Camps & Schools

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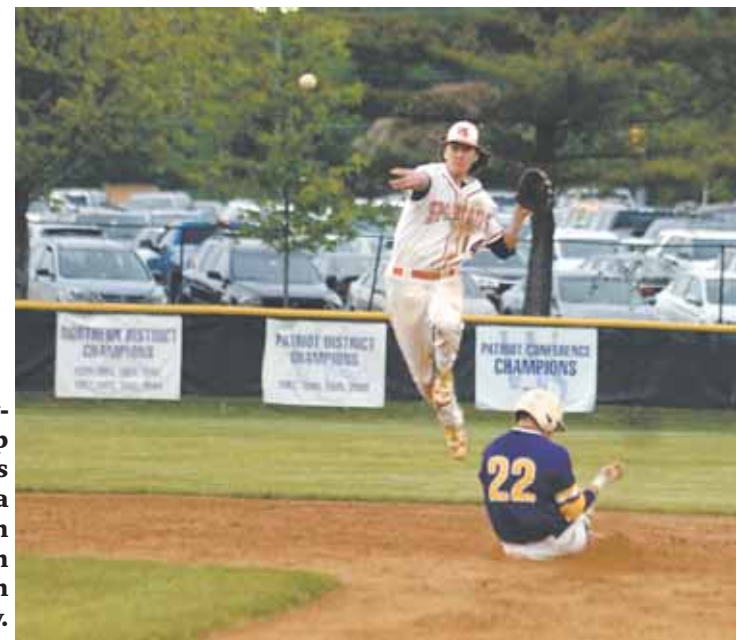
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- Great Falls Connection
- McLean Connection
- Mount Vernon Gazette
- Oak Hill/Herndon Connection
- Potomac Almanac
- Reston Connection
- Springfield Connection
- Vienna/Oakton Connection



West Springfield catcher Matt Stallings catches a throw from second baseman Isaak Lyons for a third-inning force out.



West Springfield shortstop Jared Lyons leaps over a sliding Logan Driscoll in an attempt to turn a double play.

Spartans End Strain's No-Hit Bid, Beat Bruins

West Springfield secures top seed in Conference 7.

BY JON ROETMAN
THE CONNECTION

West Springfield catcher Matt Stallings slid in safely to home plate, jumped in the air and pumped his fist.

The Spartans had finally broken through against Lake Braddock pitcher Wade Strain in this battle for first place in Conference 7 and West Springfield wasn't about to let up.

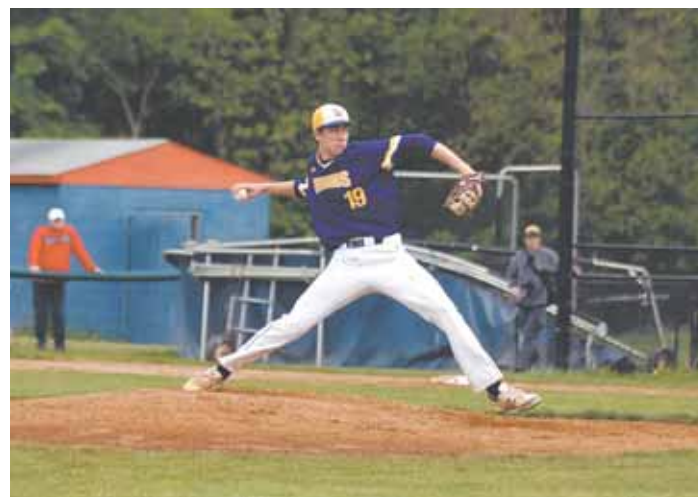
After being no-hit for 5 1/3 innings, the West Springfield baseball team scored three runs in the bottom of the sixth and pulled out a 3-1 victory over rival Lake Braddock on Tuesday night at Tugwell Yards.

West Springfield secured the No. 1 seed in the Conference 7 tournament, which comes with an automatic berth in the 6A North region tournament, and completed a regular-season sweep of the Bruins.

"It is a tremendous accomplishment," West Springfield head coach Jason Olms said about finishing atop the conference standings.

After West Springfield pinch hitter Calvin Pastel drew a one-out walk in the bottom of the sixth, Stallings ended Strain's no-hit bid with a single to center. Pinch runner Robert Cable went from first to third on the play, and a defensive miscue allowed Stallings to take second. Third baseman Brendan Fletcher then put the Spartans ahead to stay with a two-run single to center.

"I knew I was getting a fastball first pitch, so I was trying to drop the hands and knock it into play somewhere and hope it fell," Fletcher said. "I got kind of lucky; it dropped right in center field [and] two runs came around. ... I told [Stallings] before he went up: I said, 'If you get on base, I'm bringing



Lake Braddock pitcher Wade Strain took a no-hitter into the sixth inning on Tuesday.

PHOTOS BY
CRAIG STERBUTZEL
THE CONNECTION

you in."

After a double by second baseman Isaak Lyons and an intentional walk to first baseman Josh Kisner, West Springfield added a third run when center fielder Tom Susa was hit by a pitch with the bases loaded.

Leading 3-1, West Springfield pitcher Jake Williams finished off Lake Braddock in the seventh, striking out the final two Bruin batters.

Williams' performance on the mound was nearly overshadowed by Strain's dominant effort, but in the end it was the West Springfield junior who earned the complete-game win.

"Honestly, it was pretty nerve-wracking at first," Williams said. "Throughout the game, I just did what I could and then my team picked me up at the end."

Williams began the season as the team's closer, but eventually transitioned into a starting pitcher. On Tuesday, the right-hander allowed one unearned run on six hits in seven innings. He walked one, hit two batters and struck out eight. He threw 99 pitches, including 72 strikes, and threw a first-pitch strike to 19 of the 29 batters he faced.

"He pitched incredible," Stallings said. "Best performance so far by him this year

and he's only going to get better throughout the year. He stuck to the game plan, kept getting ahead."

Williams had to pitch his way out of trouble on multiple occasions. He allowed two hits in the top of the first but did not surrender a run. The Bruins put two on in the second, but Williams induced an inning-ending fly ball to right.

Lake Braddock loaded the bases with none out in the top of the third, but Williams limited the Bruins to one run — a sacrifice fly off the bat of third baseman Matt Thomas.

Lake Braddock had at least one runner in scoring position in five of seven innings.

"Jake competed extremely well against a real tough lineup," Olms said. "... Jake has good offspeed and he's got a good fastball as well, but Braddock's tough because they do hit the breaking ball as well as anybody that I've seen in high school baseball. He had to locate. He ... had to make a lot of stressful pitches with runners on base, runners in scoring position and just kept competing and made his best pitches when he really needed to.

"Even that inning where we gave up the run, [Lake Braddock] had bases loaded and was able to get out of it with one, which obviously turned out to be huge."

Lake Braddock head coach Jody Rutherford was not pleased with the Bruins' approach at the plate.

"We had opportunities with runners in scoring position the first handful of innings," he said. "Our guys just aren't tough enough to handle those situations right now."

What made Williams such a tough pitcher to face on Tuesday?

"He has good command," Rutherford said. "He moves his fastball in and out, throws breaking balls, throws a lot of strikes. We just take too many pitches. I don't care what he's throwing over the plate, you can't take one of the first two strikes every at-bat and be a successful team. You can't do that. You've got to swing the bat. We preach it, we preach it, we preach it, but until the kids are going to go do it when the lights are on, we're not going to be as successful as we need to be."

Strain suffered the loss for Lake Braddock. He allowed three earned runs on three hits — all in the sixth inning. He walked three, hit one batter and struck out eight. He threw 62 of 96 pitches for strikes and tossed a first-pitch strike to 18 of the 25 batters he faced.

Ethan Rolland, Nate Contrino, Logan Driscoll, Justin Luedeking and Thomas each had one hit for Lake Braddock. Driscoll and Luedeking each had a double.

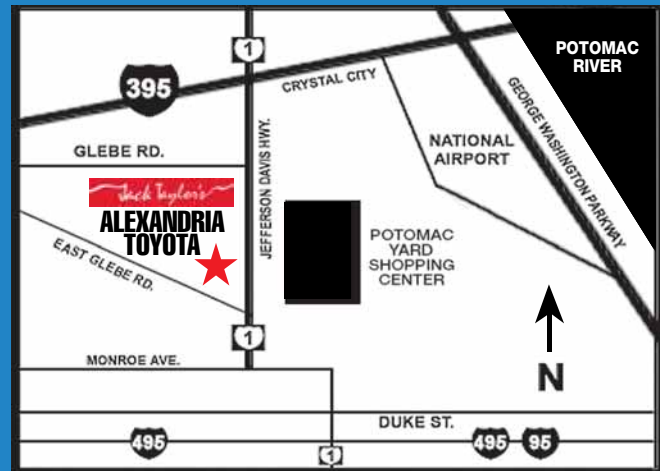
Lake Braddock will be the No. 2 seed in the conference tournament and also gets an automatic berth in the region tournament. The Bruins fell to 14-5 overall and 10-3 in the conference. Lake Braddock concluded the regular season against South County on Wednesday, after The Connection's deadline.

West Springfield improved to 16-3 overall and 11-2 in the conference. The Spartans faced T.C. Williams on Wednesday.

"We're capable of whatever we set our minds to," Stallings said. "Our first goal all year was to come out and get the first seed for our conference and we accomplished that, so we've got a lot more we think we can accomplish."

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Selling When I Should Be Buying



By KENNETH B. LOURIE

There's a familiar sales expression/advisory that says: "It worked so well I stopped doing it." As a long-time (seven-plus years) cancer survivor, I can relate. There are some nutritional and lifestyle changes I've made over the years that have worked so well – presumably, that I've stopped doing them: ingesting three teaspoons of pureed asparagus twice daily, drinking 12 ounces of water mixed with baking soda at least once a day, starting mornings with a fruit and vegetable smoothie, swimming laps in my local pool three times a week, and in general, making fruits and vegetables ("eat the rainbow") more of a priority in my diet and less of a happenstance.

Granted, I've added (I wouldn't say replaced) a few supplements along the way and have continued to do so as a means not to a premature end, but overall, I'm hoping that less is indeed more; rationalizing along the way that maintaining my sunny disposition, positive attitude and sense of humor was more important in this battle royal than being miserable, while adhering to a stricter schedule of non-Western, anti-cancer alternatives.

If anything has been true in my cancer experience, it has been that I've remained true to myself. To invoke a classic Clint Eastwood quote from the movie, "Magnum Force": "A man's got to know his limitations," and I definitely know mine. I've always wanted to know the truth from my oncologist, however discouraging on occasion it has been; and as concerns my nutrition/behavior/lifestyle choices, I might as well be Popeye the Sailor Man, because "I yam what I yam." Certainly, change in general can be good – and necessary quite frankly, but if it makes one miserable in the interim, and in the aftermath too; constantly stressing about how to manage and how to get from point "A" to point "B" and even to point "C," – then what have I really accomplished?

As much as I've tried to assimilate all the information concerning cancer and living with/surviving cancer, I've tried to balance it (after all, I am a Libra) with what I can and cannot absorb/do. Obviously, I don't want to die due to my own neglect/stubbornness/stupidity, but neither can I afford (figuratively speaking) to self-impose unhappiness and anxiety. It's difficult and challenging enough to endure the physical, emotional and spiritual effects a diagnosis of "terminal" cancer can cause; but piling on with external demands, albeit demands that potentially could impede the cancer, are still demands nonetheless. And another thing I've learned from my cancer career (some career), is that my capacity to manage additional demands has been somewhat (I wouldn't say totally) diminished. It's as if my tolerance gene has mutated somehow, just like the healthy genes which have likewise mutated and now become malignant.

However, remaining close-minded to the evolution in lung cancer research and treatment (Immunotherapy, as an example) which has finally happened recently (six new drugs approved by the F.D.A. in 2015 alone; as many as had been approved in the last decade), and considering as well the no-longer-presumptive relationship between nutrition and one's overall health, seems even to me to be penny wise and pound foolish. Moreover, it just doesn't make sense. I suppose that if I want to stay in the game, I have to get back into the game. It will only be too late when the game is over.

Kenny Lourie is an Advertising Representative for The Potomac Almanac & The Connection Newspapers.

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21 Announcements **21 Announcements**

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21 Announcements **21 Announcements** **21 Announcements**

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THURSDAY/MAY 12

Understanding VA Benefits. 3 p.m. Insight Memory Care Center, 3953 Pender Drive, Suite 100, Fairfax. Learn to navigate the VA's system of paperwork and phone calls to get the services you need. Free. Call 703-204-4664 to RSVP or visit InsightMCC.org for more information.

WEDNESDAY/MAY 18

Northern Virginia Transportation Commission Open House/Public Hearing. Open House, 4:30 p.m. Public Hearing, 6 p.m. Reston Station, 1904 Reston Metro Plaza, Reston. On the multimodal components submitted for FY 2017 funding consideration as part of the Transform 66 Inside the Beltway Program. The public comment period is also being extended through close of business on May 23, 2016. novatraansit.org.

Picking a Provider. 1 p.m. Insight Memory Care Center, 3953 Pender Drive, Suite 100, Fairfax. You're worried about memory loss but what do all of the specialists do? Learn more about the roles of primary care physicians, neurologists, and neuropsychologists. Call 703-204-4664 to RSVP or visit InsightMCC.org for more information.

SUNDAY/MAY 22

DDVA Dyslexia Simulation. 4-5:30 p.m. St. Stephen's United Methodist Church, 9203 Braddock Road, Burke. Dyslexia simulation created by the Dyslexia Training Institute. Free. Register at <https://www.eventbrite.com/e/ddva-dyslexia-simulation-tickets-24787012622>.

FAITH NOTES

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

Grace Presbyterian Church in Springfield, 7434 Bath St., is hosting a Camp Hanover Day Camp July 11-15 from 9 a.m.-3 p.m. Children who have completed kindergarten to sixth grade are invited to attend. To register, or for additional registration, visit www.camphanover.org/grace-day-camp

Fairfax Circle Church will hold Christian Sports Camp Monday-Friday, June 27-July from 5:30-8:15 p.m. The church is located at 3110 Chichester Lane, Fairfax. Offers basketball, cheerleading and soccer, as well as a special program for the 4-5 year olds. Children four years to sixth-grade. \$40. fairfaxcirclechurch.org.sportscamp@fairfaxcirclechurch.org

Jubilee Christian Center of Fairfax is restarting its "Living Free" support groups for the Spring on Wednesdays, starting on Mar. 30, 7:15 p.m. The support groups are free, and will cover "Stepping into Freedom," "Concerned Persons Group" (for family and friends of addicts), "Understanding and Overcoming Depression," "The Image of God in You," and "Handling Loss and Grief." There will also be support groups meeting on Sundays, 10:10 a.m. 4650 Shirley Gate Road, Fairfax. For information or to register, call 703-383-1170, email livingfree@jccag.org or see www.jccag.org.

Fairfax Baptist Temple, at the corner of Fairfax County Parkway and Burke Lake Roads, holds a bible study fellowship at 9 a.m. Sundays followed by a 10 a.m. worship service. Nursery care and children's church also provided. 6401 Missionary Lane, Fairfax Station, 703-323-8100 or www.fbtministries.org.

The Guhyasamaja Buddhist Center, 10875 Main St., Fairfax City provides free classes to both newcomers and advanced practitioners of Tibetan Buddhism. The center emphasizes working with the mind and learning how to understand the workings of the mind, overcoming inner causes of suffering, while cultivating causes of happiness. Under the direction of Lama Zopa Rinpoche, the center is a place of study, contemplation and meditation. Visit <http://www.guhyasamaja.org> for more information.



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