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PHOTO BY TIM PETERSON/THE CONNECTION

## Yom Hashoah Every Day

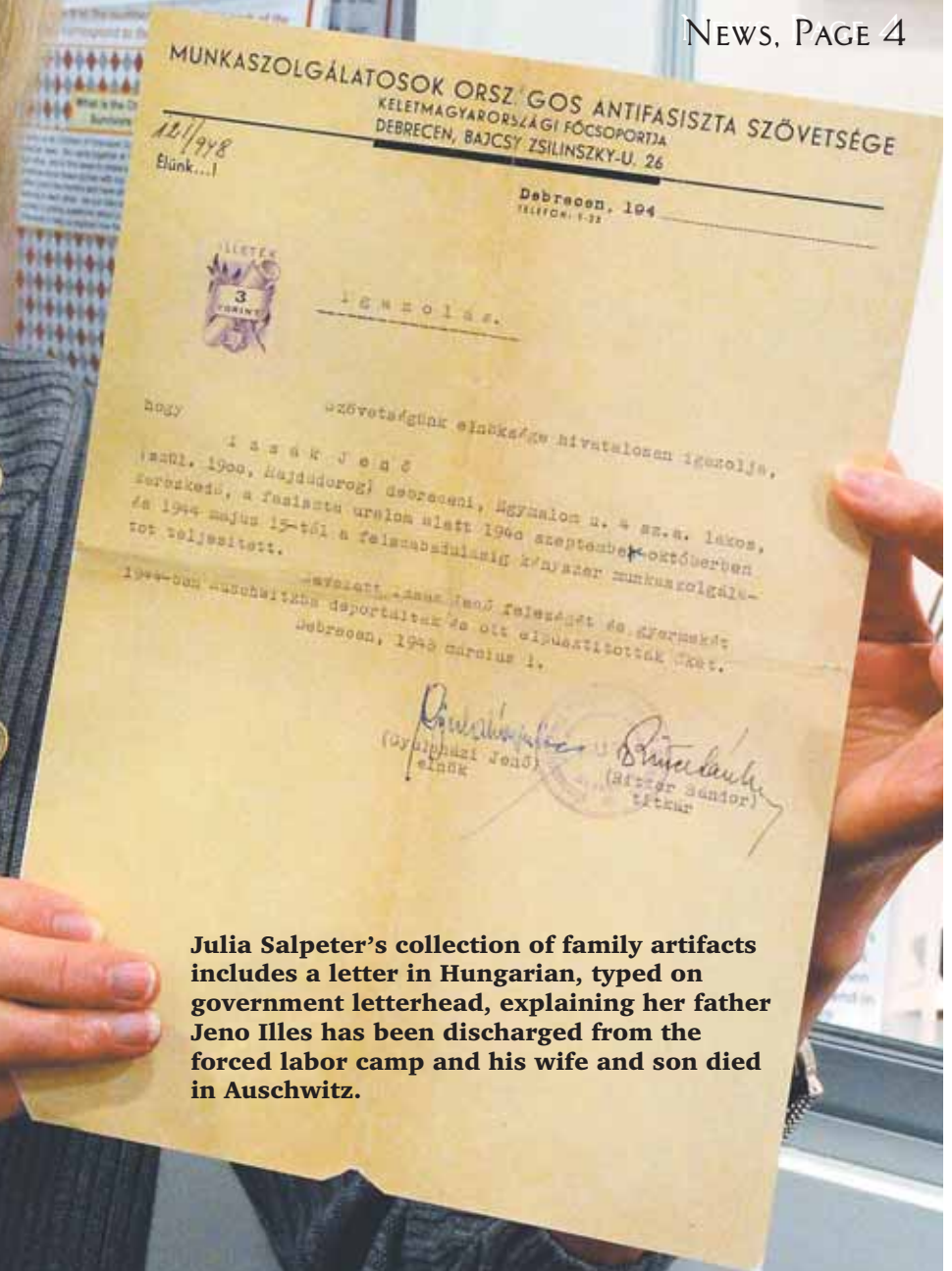
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Julia Salpeter's collection of family artifacts includes a letter in Hungarian, typed on government letterhead, explaining her father Jenő Illes has been discharged from the forced labor camp and his wife and son died in Auschwitz.



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**Bursts of Speed and Color at Union Mill Elementary**  
 Teacher and parent “color throwers” during Union Mill Elementary PTA Color Run.

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Union Mill Elementary School students participate in the PTA Color Run.



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PHOTOS BY TIM PETERSON/THE CONNECTION

**The Hispanic Leadership Alliance awarded scholarships to 14 high school seniors who are graduating and becoming the first in their family to attend college.**



**Friends, families and Hispanic and Latin American club members celebrated with the 14 recipients of the 2016 Hispanic Leadership Alliance Scholarships on May 9.**

## Yes, Se Puede

### Hispanic Leadership Alliance awards scholarships to 14 seniors

BY TIM PETERSON  
THE CONNECTION

**W**est Springfield High School senior Fernanda Justiniano-Rivero fought back tears as she thanked her mother for everything. “She worked three jobs, barely raised me, would come home and be so tired,” Justiniano-Rivero said. “But she still would bring me gifts, ask me if I did my homework. I used to pretend we would travel the world and it be just us, I would live in a fairy tale.”

When Justiniano-Rivero graduates in June, she will be the first in her family to attend a post-high school institution, a feat she and 13 other Fairfax County seniors were recognized for at the school system’s Gatehouse Road headquarters in Falls Church on May 9.

For the 11th year, the Hispanic Leadership Alliance awarded scholarships to highly motivated and successful Latin American students whose “dreams are simple, but profound,” said Alliance president Jane Cruz.

“The students told powerful stories of childhood and adolescent trauma, and detailed how they had overcome the effects of it,” Cruz said of the 38 application essays her organization received from 18 schools around the county. “Their stories were more poignant and more heart-wrenching than in previous years, showing the empowerment that comes from self-motivation, from a deep understanding of their worlds.”

“I hope to travel to developing countries and help other people who can’t help themselves,” said Falls Church High School senior Katherine Cespedes Escalera, who received the Engineering Scholarship. “My parents helped me and I want to help other



**Retired Fairfax County Public Schools ESOL teacher Delia Bisgyer (left) awards Edison High School senior Rafael Hoyos Justiniano (right) the Resiliency Scholarship. An undocumented minor since age two, Justiniano is working with a lawyer to become eligible for a new visa and to achieve permanent residence for his family. With an International Baccalaureate diploma and 4.2 GPA, he plans to study to become a doctor.**

people.”

Escalera plans to study engineering at George Mason University in the fall.

Herndon High School senior Diego Flores wants to help other people through his love of science as well. After spraining a ligament in his knee and undergoing reconstructive surgery, he was inspired to pursue physical therapy as a vocation.

“This is a really great moment,” Flores



**Hispanic Leadership Alliance president Jane Cruz (center) presents scholarships to (from left) Mount Vernon High School senior Rosemary Morataya Grimaldi, Lake Braddock Secondary School senior Renata Urbina de la Flor, Robinson Secondary School senior Daniel Tortoza López and West Springfield High School senior Fernanda Justiniano-Rivero.**

said, “that gives us more hope we can achieve, that more of the work is paying off.”

Marvin Figueroa, senior policy advisor for U.S. Sen. Mark Warner (D), gave a keynote speech explaining how his family moved to the Bronx, New York City from his native Honduras. He wanted to work to help support the family, but his mother told him he had a different objective.

“My contribution to the house would be I was the first college graduate,” Figueroa said. And he did, earning a scholarship to Vanderbilt University and then completing a master’s degree at Harvard.

“My story is our story,” said Figueroa. “Please continue moving forward.”

Fairfax County School Board members Dalia Palchik (At-large) and Sandy Evans (Mason) also attended the awards banquet.

Palchik herself was tearful hearing the students’ stories. “They’re so driven, so caring, so grateful,” she said, “to their teachers and parents, who work really, really hard.”

With all the obstacles students face, Palchik continued, it’s difficult not to give up. “So many people do. It’s great we highlight what’s going well, it’s lovely to celebrate.”

Mount Vernon High School senior Rosemary Morataya Grimaldi came to the United States with her family when she was 10.

“These are the blessings that inspire you to keep going, to get up in the morning even if you went to

bed at three,” she said. “To show my parents their sacrifices were worth it; their efforts are worth so much, are so valuable, so we can get higher education and be successful.”

**“My contribution to the house would be I was the first college graduate.”**

**— Marvin Figueroa, senior policy advisor for U.S. Sen. Mark Warner**

# Yom Hashoah Every Day

## Children of Holocaust Survivors at Temple B'nai Shalom display family artifacts.

BY TIM PETERSON  
THE CONNECTION

**F**airfax resident Frank Kohn's family heirloom silver candlestick holders never should've made it out of Berlin.

Nine days before the Nazis closed the border in October, 1941, the family of Kohn's mother Ruth was headed to the Dominican Republic, where many Jewish people were seeking refuge. All bags leaving the country were being inspected to make sure they contained nothing valuable.

But as the 100-plus-year-old heirlooms had come from Kohn's great-grandparents, they were packed anyway. Kohn delicately handles the sticks as he recounts the story of a German inspector checking the family's bags.

"He said, 'These are tin,' Kohn recalled with a proud smile, placing them head to tail, side by side, back in an imaginary duffel bag.

The silver candlestick holders are among the few artifacts and primary sources of information Kohn has for his extended family in Germany and Austria. For the next month, and the first time ever, it's all on display near the lobby of Temple B'nai Shalom in Fairfax Station.

**MAY 4 AND 5** marked Yom Hashoah, a day of Holocaust remembrance in the Jewish faith. Last year at this time, several members of the temple's Children of Holocaust Survivors support group gave talks to the congregation about their experience. This year, they decided to pull together artifacts and photos from seven families and showcase them for the temple membership.

For many like Fairfax Station resident Julia Salpeter, these photographs, documents and other items are their only link to their families' lives before and during the war.

Salpeter's collection includes a letter in Hungarian, typed on government letterhead, she found in a family safety deposit box. The brief text explains her father Jenő Illes has been discharged from the forced labor camp "munkasolgalat." His wife and son had been deported to Auschwitz, where they died.

For a long time, Salpeter's only knowledge of her half-brother George Izsak was from a plaque with his picture on her parents' dresser.

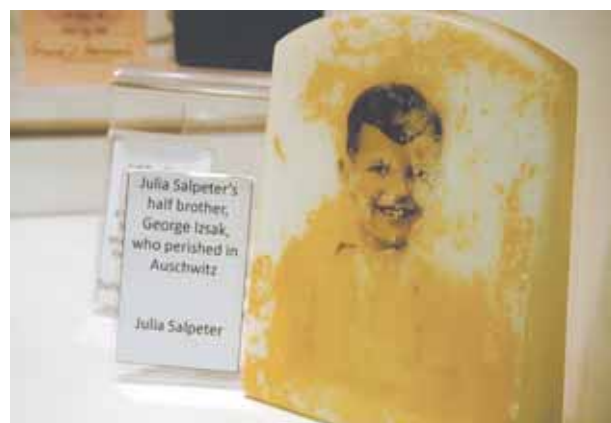
"My parents never talked about the Holocaust," she said, "and we were raised to never ask."

In fact, Salpeter's mother Irma (Jenő's second wife) participated in Steven Spielberg's 1996 project interviewing Ho-



PHOTOS BY TIM PETERSON/THE CONNECTION

**Heirloom candlestick holders are among the few artifacts and primary sources of information Frank Kohn has for his extended family in Germany and Austria.**



**For a long time, Julia Salpeter's only knowledge of her half-brother George Izsak was from a plaque with his picture on her parents' dresser.**



**Frank Kohn's area of the Children of Holocaust Survivors display includes heirloom silver candlestick holders, a menorah and prayer books.**

locaust survivors. But she never shared her story with Salpeter until handing over tapes of her interviews in 2006.

"Finally, I have to do this," Salpeter remembers her mother saying.

For Kohn, growing up in New Jersey in the 1960s, his parents did talk about the Holocaust, making up for its absence in

school textbooks.

Exploring their common thread is the mission of the Children of Holocaust Survivors support group. The group meets four times a year to discuss questions posed by Senior Rabbi Amy Perlin.

"They'd never discussed with peers what it was like to grow up with this," Perlin said.



**Members of the Temple B'nai Shalom Children of Holocaust Survivors support group gathered family artifacts and photos to showcase in observance of Yom Hashoah.**

"I bring a topic, they all share... to watch their eyes... their common thread surprises them. It's all they have."

Kohn describes himself and other children of Holocaust survivors as being "wired differently."

"What we observe on Yom Hashoah, I have it every single day of my life," he said.

Perlin said the children of survivors take on a responsibility of preserving not just their family's sacred history, but the Jewish identity as well. "They are the first-line storytellers," she said.

**PART STORYTELLING**, part community-building, part catharsis: Members of the support group spent six emotional weeks together assembling the Yom Hashoah display.

"It just came alive," Kohn said, "It was very personal for all of us."

"These children want to educate future Jews," Perlin said. "A systematic mass extinction of this magnitude, thank God, has not happened since this time. And even in their hour of exile, their parents wanted to preserve their Judaism."

Kohn's mother lives in Greenspring Village and is one of two Holocaust survivors in the B'nai Shalom congregation. Salpeter's mother Irma died at 94 in November 2014.

Before she told her daughter her story, Irma opened up to Rabbi Perlin. "We sat on her balcony in Fairfax Station," Perlin said, "and I was in Auschwitz."

"We remember this history, and hope it never happens again."

# SCHOOLS

## South County High School Student Named Presidential Scholar

Peter Wang, a student at South County High School, has been named a 2016 U.S. Presidential Scholar, a program administered by the U.S. Department of Education.

The following FCPS students were named semifinalists in the 2016 Presidential Scholars program: Anthony Glad of Edison High School, Matthew Sun of Thomas Jefferson High School for Science and Technology (TJHSST), Samuel Hsiang of TJHSST, and Ai Mochida of TJHSST.

Each year, the White House Commission on Presidential Scholars, appointed by President Obama, selects high school schol-

ars based on their academic success, essays, school evaluations and transcripts, as well as evidence of community service, leadership, and demonstrated commitment to high ideals. This year, more than 5,600 candidates qualified.

Of the 160 U.S. Presidential Scholars named this year, one young man and one young woman are named from each state, the District of Columbia and Puerto Rico, from U.S. families living abroad, plus 15 chosen at-large and 20 U.S. Presidential Scholars in the Arts.

A ceremony to honor all Presidential Scholars will take place June 19 in Washington, D.C.

### SCHOOL NOTES

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

**John Cossio**, of Springfield, graduated from Illinois Wesleyan University in spring 2016. He majored in voice.

**James Lau**, of Springfield, was elected to the honor society Phi Beta Kappa. Membership recognizes the highest academic achievement, moral character, responsible citizenship, and broad intellectual curiosity. James is the son of Michael & Audrey Lau of Springfield.

Twins **Brian** and **Kevin Zamfino**, West Springfield High School Class of 2015,

graduated from U.S. Air Force Basic Military Training in March 2016. They are the sons of Joe and Joanne Zamfino.

**James Lau**, of Springfield, was inducted into Omicron Delta Kappa, the national leadership honor society for college men and women at Hampden-Sydney College in Farmville, Va.

**Kayla Zellmer** of Fairfax has been named to the Dean's List for the fall 2015 semester at St. Mary's College in Indiana.

**Reilly Brown**, a sophomore English major at Dickinson College in Carlisle, Pa., has been named to the dean's list for the fall 2015 semester. She is a graduate of West Springfield High School, she is the daughter of Patrick Shaw and Nicole Brown of Springfield.

**John Hollinger**, of Fairfax, was awarded Dean's list at Canisius College in Buffalo, N.Y.

**Sarah Boyle from Marshall High School, Razan Elbaba from Oakton High School, and Rosy Molina from Fairfax High School** on Feb. 24, 2016 were recognized at the annual Scholastic Art Awards ceremony with a 2016 Uphoff Scholarship from the Arts Council of Fairfax County. Each student received a \$1,000 prize and their work is on public display at the Ernst Community Cultural Center from Feb. 21 through March 3. To find out more about the Arts Council's Uphoff Scholarships program, visit <http://artsfairfax.org/grants/programs/uphoffscholarship>.

**Jessica M. Ochoa, Helene J. Decosse, Alexis J. Fahrney**, of Fairfax, **Samantha E. Kinde**, of Springfield, and **Zoe L. Kemprecos**, of Fairfax Station, are on the Dean's List at Boston University for the fall 2015 semester.

**Brian P. Bosse** graduated with a degree of master of arts in International Relations from Boston University.

**Hannah Emily Sandler**, of Fairfax Station, has been named to the president's list at James Madison University for the fall 2015 semester. Students who earn president's list honors must carry at least 12 graded credit hours and earn a GPA of 3.900 or above. Sandler is scheduled to graduate in 2019 and is majoring in health services administration.

**Hannah Emily Sandler**, of Fairfax Station, has been named to the president's list at James Madison University for the fall 2015 semester. Students who earn president's list honors must carry at least 12 graded credit hours and earn a GPA of 3.900 or above. Sandler is scheduled to graduate in 2019 and is majoring in health services administration.

**Caroline Dickson**, of Fairfax, has been named to the Dean's list at the University of Maine for the fall 2015 semester.

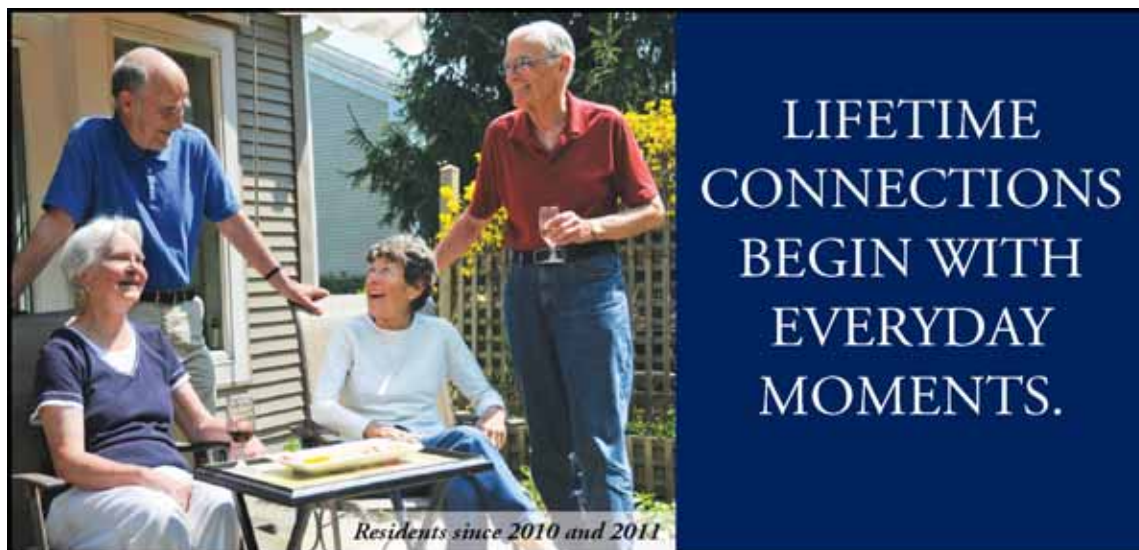
**Tae Yang You**, of Fairfax, graduated with distinction from the University of Wisconsin-Madison's College of Letters and Science with a bachelor of science Communication Arts, Physics.

**Sarah Ann Hughes Cushing-Spiller** a first-year student at Hollins University has been named to the Dean's List for the 2015 fall semester. Cushing-Spiller is the daughter of Mr. Bob Cushing and Mrs. Chris Hughes of Springfield. She is a graduate of Robert E. Lee High School.

Fairfax Station resident, **Hannah Emily Sandler**, has been named to the president's list at James Madison University for the fall 2015 semester.

**Cadet Martin C. Krawczak** of Springfield earned top honors during the winter semester at The Citadel. Krawczak was selected for the school's President's List. He was also awarded Gold Stars and Dean's List for earning a grade point ratio of 3.7 or higher. Krawczak graduated from West Springfield High School in 2013 and is majoring in Business Administration and minoring in German at The Citadel in South Carolina.

U.S. Air Force Air National Guard Airman 1st Class **Alex F. Calancha Vargas** graduated from basic military training at Joint Base San Antonio-Lackland, San Antonio, Texas. Calancha Vargas is the husband of Veronica T. Baya of Burke.



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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](http://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](http://www.fairfaxcounty.gov/olderadults) and click on Chronic Disease Management Program or call **703-324-5489**, TTY 711. (Preregistration required.)





**More**

Locations of former Nike missile sites, [ed-thelen.org/loc-v.html#W-64](http://ed-thelen.org/loc-v.html#W-64)

Christopher J. Bright, [www.christopherjohnbright.com/about.htm](http://www.christopherjohnbright.com/about.htm)

Fairfax County Public Library Programs, [www.fairfaxcounty.gov/library/events/](http://www.fairfaxcounty.gov/library/events/)

**The Lorton Nike missile site with all the weapons in full display.**

# Missiles, Guns in the Backyard and the School Parking Lot

## Library series delves into the secrets of Fairfax County.

BY ABIGAIL CONSTANTINO  
THE CONNECTION

The first of three Forgotten Fairfax series debuted on Saturday, May 7 at the City of Fairfax Regional Library. The topic was steeped in Cold War history — the Nike Missile and gun sites that dotted the landscape of Fairfax County from the '50s to the '60s, which were installed to protect Washington, D.C. from Soviet air attacks.

Dr. Christopher J. Bright spoke to a full room about three Nike-Ajax missile and six gun sites. The missile sites were located in a dairy farming area east of Herndon that is now Great Falls; in central Fairfax County, southwest of the City of Fairfax; and on property owned by the Lorton prison.

The sites that held 90 mm and 120 mm anti-aircraft guns were located in Langley, now part of the Federal Highway Administration and CIA; Hunting Ridge and McLean, near the intersection of Margarity and Toll roads; Vienna, north side of I-66; Franconia, now Key Middle School; Hybla Valley, now Huntley Meadows Park; and Fort Belvoir, now the playing field of Walt Whitman Middle School.

Bright's presentation included slides that overlaid aerial photographs of the sites with a current street maps, which shows how Fairfax County has evolved from mostly farmland to its present communities.

**ACCORDING TO BRIGHT**, the sites were located in rural areas that were not very populated. However, some land belonged to already established farms.

Bright also said that local leader and dairy farmer Mark Turner did not want to give up dairy land to the government; and in order to build the Herndon site, now in Great Falls, the government acquired part of Turner's land by condemnation — the formal act of exercising eminent domain.

Some attendees remember playing as children in the remnants of these sites after they were dismantled. Three people raised their hands when someone asked if there were people in the audience who served in these types of military installations.

Rick Blankenship, of Vienna, was in the Army Air Defense in the Federal Republic of Germany; he was stationed in a similar site. "It was pretty scary from



**Virginia Room archivist Chris Barbuschak (left) has been corresponding with guest speaker Christopher J. Bright since he was a child and saw a plaque about the Nike Missile sites in Fairfax County. They finally met in person on Saturday, May 7, for the Forgotten Fairfax series presented by the City of Fairfax Regional Library.**

the standpoint that the Soviets were just miles away," he said.

The Fulda gap is the defining gap where they would meet Soviet forces on the line. "For the aircraft, we were fairly close. It wouldn't take them hours to get to our location, as they would if they were coming to the United States, it was minutes," said Blankenship.

Wayne Jordan, of Fairfax Station, grew up in Maryland and remembers the feeling of growing up during the Cold War. He remembers people being worried about missiles coming from Cuba and how "they were saying everybody was storing food in the basements." He also remembers having to do "those ridiculous drills in school, as if they were going to make any difference."

**TWO MORE** Forgotten Fairfax talks are scheduled for the summer. Debbie Robison, a preservation consultant, will talk about Fairfax County's forgotten mills and locating historic mill ruins on Saturday, June 4.

On Saturday, Aug. 6, Heather Bollinger, assistant archivist at the Fairfax Circuit Court Historic Records Center, will present how work creating a slavery index from county records.



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## 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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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.





**Miss Adelaide (played by senior Sam Sharrett) performs "A Bushel and a Peck" with the Hotbox Girls.**



PHOTOS CONTRIBUTED

## Closing Weekend of South County High School's Production of 'Guys and Dolls'

Colorful costumes, clever dialogue and snappy songs flood the stage at South County High School in the closing weekend of the theatre department's production of Damon Runyon's "Guys and Dolls," Friday and Saturday, May 13-14.

This romantic comedy, with music and lyrics by Frank Loesser, is set in 1950 in New York City. Good ol' reliable Nathan Detroit has made the foolish vow of holding a craps game for all of his fellow gangsters to delight in. The problem is, he's short on the cash needed to hold it. In a chancy wager to obtain the needed funds, he makes a bet with the charming Sky Masterson, involving the impossible feat of successfully taking a religious "doll" to Havana.

"I chose this musical because it is a very different show in genre from our heavy production last year of 'Les Miserables,'" said South County drama teacher and show director Kathie McCormally.

Featuring a cast, crew, and orchestra of 90 students, the show includes the musical talents of senior Kyle McKnight (Sky Masterson), senior Ethan Schulze (Nathan Detroit), sophomore Gabi Mancusi and senior Alia Mahboob (double-cast as Sarah Brown), junior Rebekah Klimkowski and senior Samantha Sharrett (double-cast as Miss Adelaide), senior Joseph Bright (Nicely-Nicely Johnson), and senior Franco Diaz (Arvide Abernathy).

"My favorite part of the show has been bringing the characters to life along with the rest of the cast," says Bright. "The characters are of such a different dialect and time period. It's a lot of fun while at the same time challenging to portray them."

The final shows run this weekend: May 13 and 14 at 7:00 p.m.

Tickets are \$15 (general admission) and \$12 (senior citizens and students). Advanced tickets can be purchased at [www.southcountytheatre.org](http://www.southcountytheatre.org).

The Dale S. Rumberger Auditorium at South County High School is located at 8501 Silverbrook Road, Lorton.



**Straitlaced Sarah Brown (played by senior Alia Mahboob) steals the heart of the suave gambler Sky Masterson (senior Kyle McKnight), as they sing "I've Never Been in Love Before."**



**Colorful costumes, sets and songs abound in South County High School's 'Guys and Dolls.'**



PHOTO COURTESY OF THE ARTIST

**Martha Graham Dance Company**

## 'Great Performances' Continue at Mason

**Center for the Arts announces next season's 'Great Performances.'**

BY DAVID SIEGEL  
THE CONNECTION

Once again, George Mason University Center for the Arts will dazzle audiences with a wide array of celebrated artists from around the world with its upcoming 2016-17 "Great Performances" series.

"I am excited about the 2016-17 season, because I believe it falls right in line with our mission to provide the best in the performing arts to the Northern Virginia community, and at the same time provide the students studying the arts with professional examples to emulate," said Thomas Reynolds, director of Artistic Programming, Marketing and Audience Services for the College of Visual and Performing Arts (CVPA) at Mason.

With well over three dozen performances, the new "Great Performances" season runs from September 2016 through May 2017. Some highlights include the legendary Martha Graham Dance Company, eye-popping acrobatics of "The 7 Fingers of the Hand," the Taj Express with its luxurious "Bollywood Musical Revue" and the renowned National Symphony Orchestra of Ukraine among many others.

Returning to the Center for the Arts will be the Virginia Opera bringing a series of op-

era masterpieces such as "Turandot" to their Northern Virginia home as well as Jeffrey Siegel's "Keyboard Conversations." The Holiday performances will include the Vienna Boys Choir and A Canadian Brass Christmas and others. Engrossing theater performances will again be in abundance with offerings such as "Judgement at Nuremberg" from L.A. Theater Work.

"We have a diverse group of professional singers, dancers, actors and instrumentalists who not only come to the Center to perform extraordinary concerts, but to spend time with Mason students as well as students in the schools in Northern Virginia to engage their minds and hearts in the creation of art," added Reynolds.

The annual "Arts by George!" Gala will bring "The Midtown Men" on Sept. 24. The group is composed of stars from the original cast of Broadway's "Jersey Boys." This year's "Arts by George!" was an opportunity "to do something different while maintaining the spirit of what has become one of the arts events in Northern Virginia," said Reynolds. "The Midtown Men" will perform favorites from the 1960s and not just of "The Four Seasons."

Finally, the "Arts by George" event also showcases the artistic work of George Mason University/CVPA students and is a fundraiser for student scholarships. Over \$1.3 million for scholarships have been raised over the years, indicated Rick Davis, Dean, CVPA.

So, get ready, the new season is ready for audiences.

# ENTERTAINMENT

Send notes to the Connection at [connectionnewspapers.com/Calendar/](http://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](http://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](http://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](mailto: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@fcacdstd.org](mailto:publicrelations@fcacdstd.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](http://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](http://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](mailto: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](http://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](http://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](http://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](mailto: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](http://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](http://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](http://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](http://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](mailto: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>.

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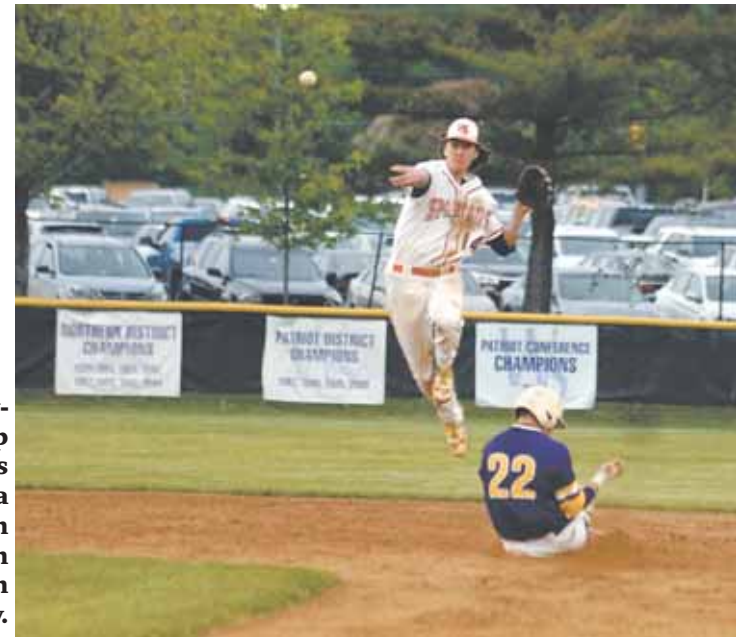
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**West Springfield catcher Matt Stallings catches a throw from second baseman Isaak Lyons for a third-inning force out.**



**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

**W**est 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.

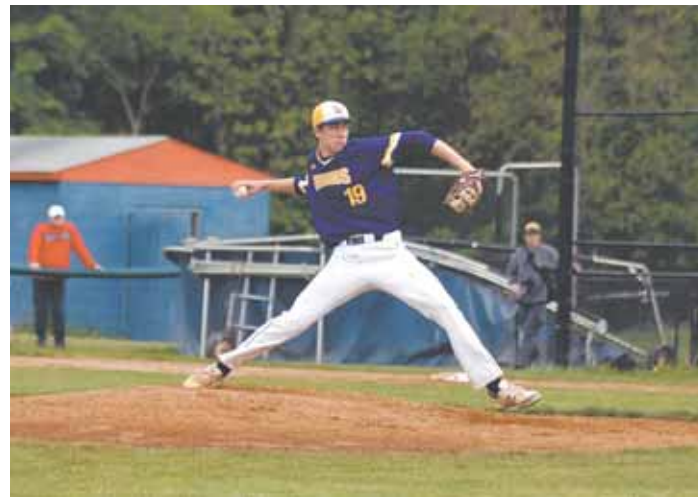
After being no-hit for 5 1/3 innings, the West Springfield baseball team scored three runs in the bottom of the sixth and pulled out a 3-1 victory over rival Lake Braddock on Tuesday night at Tugwell Yards.

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.

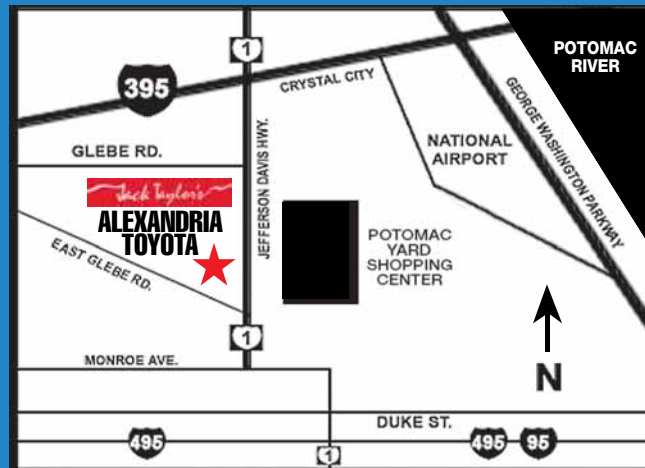
Lake Braddock will be the No. 2 seed in the conference tournament and also gets an automatic berth in the region tournament. The Bruins fell to 14-5 overall and 10-3 in the conference. Lake Braddock concluded the regular season against South County on Wednesday, after The Connection's deadline.

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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**SPRING SAVINGS**

**TOYOTA GENUINE SERVICE**  
**DETAIL SPECIALS**  
STANDARD HAND-WASH & VACUUM  
Recommended Monthly  
**\$39.95**  
Vacuum carpets, floor mats, upholstery & trunk, wipe down dash board, console & door panels, wash wheels, tires & fender wells, hand wash exterior door jams, and dress tires.

**TOYOTA GENUINE SERVICE**  
**LUBE, OIL & FILTER SERVICE SPECIAL**  
**\$5 OFF \$10 OFF**  
NON-SYNTHETIC SYNTHETIC  
INCLUDES: Change oil (up to 5 qts.), install Genuine Toyota oil filter, inspect & adjust all fluid levels and complimentary multi-point inspection with print out.

**TOYOTA GENUINE SERVICE**  
**COMPLIMENTARY MULTI-POINT INSPECTION**  
INCLUDES: Inspect tires, brakes, wipers, lights, belts & hoses & fluid levels.

**GENUINE TOYOTA SIGHT LINE WIPER BLADES \$10 OFF ANY PAIR**  
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Recommended Every 6 Months  
**\$139.95**  
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**VARIABLE DISCOUNT**  
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# CLASSIFIED

## 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.

**Sr. Programmer Analyst –**  
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**26 Antiques 26 Antiques 21 Announcements**

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**ABC LICENSE**  
Greatwall Billiards, LLC trading as Greatwall Billiards, 7062-7066 Spring Garden Dr, 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. Luan Nguyen, Owner  
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 21 Announcements**

**LEGAL NOTICE**  
According to the Lease by and between Cristin Halla (of unit 1083) 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: baby items, boxes, ect. Items will be sold or otherwise disposed of on Friday May 20, 2016 @ 12:00pm at 11325 Lee Hwy Fairfax VA 22030 to satisfy owner's lien in accordance with state statutes.

**28 Yard Sales**

**MULTI-FAMILY GARAGE SALE SAT. MAY 14, 9-1, 10311 SHILOH STREET, FAIRFAX CITY ANTIQUE PLATES, COLLECTIBLES AND BOOKS. FURNITURE, HOUSE WARES, HOME DÉCOR AND MUCH MORE.**

**21 Announcements 21 Announcements**

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**YARD SALE, Sat. May 14, 8-12, 5819 Oakland Park Dr, Burke 22015. LOTS of stuff! Home & girls clothing.**

Be a part of our **Wellbeing** pages, the first week of every month.

Delight in our **HomeLifeStyle** sections, the second week of every month. Peek at the top real estate sales, glimpse over-the-top remodeling projects, get practical suggestions for your home.

Celebrate students, camps, schools, enrichment programs, colleges and more in our **A-plus: Education, Learning, Fun** pages, the third week of every month.

Questions? E-mail sales@connectionnewspapers.com or call 703-778-9431



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**21 Announcements 21 Announcements 21 Announcements**

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Long-term use of baby/talcum powder is linked to ovarian cancer. If you or a loved one suffered from ovarian cancer after using Johnson's Baby Powder, Shower to Shower or other talcum powder, you may be entitled to substantial compensation. Call us at 1-800-THE-EAGLE now. No fees or costs until your case is settled or won. We practice law only in Arizona, but associate with lawyers throughout the U.S.

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— Ethiopian Proverb

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# HOME & GARDEN

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## BULLETIN

Send notes to the Connection at [connectionnewspapers.com/Calendar/](http://connectionnewspapers.com/Calendar/) 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.

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

**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](http://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](http://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](mailto:livingfree@jccag.org) or [see www.jccag.org](http://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](http://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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Secluded waterfront commu-  
nity of 5 acre+ homesites  
with spectacular water views  
and Fairfax County parkland!  
Solid brick home backs to

lake with approx. 3,888 sq ft of living space. 5/6 bedrms, 3 totally remode-  
led full baths, 2 fireplaces, formal dining rm, deluxe kitchen w/ eating  
space adjoins Fam Rm leading to 92' deck overlooking lake! Rec Rm w/ bar,  
game/hobby rm, storage rm, bonus rm could be used as bedrm. Huge separa-  
te barn/workshop, covered RV pad, circular DW, and much more! Call  
Steve Childress NOW for private showing..... 703 981-3277



Fairfax Station \$679,900  
Stunning Colonial in Beautiful Crosspointe. 5 BRs, 3 1/2 Baths, New  
Hardwood floors on main level, + New Stainless Steel Appliances,  
Granite, Back Splash + New Master Bath + New Carpet Upper  
Level, Freshly Painted thru-out, Lovely Deck w/Pergola, over-looking  
14,535 Sq Ft Lot. Nothing to do but move right in.



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Fairfax  
Penderbrook  
\$495,000  
Move-in  
ready!  
Gorgeous  
garage TH.  
Awesome  
floor plan.  
Rear

kitchen/fam rm combo. Modern eat-in KT w/island, sile-  
stone counters, S/S appls. Deck. Gorgeous hdwds. Sep LR  
& DR. Lg MBR w/vaulted ceiling, W/I closet, lux bath. Nice-  
sized BR's. Walkout rec rm w/frpl. Sep laundry/storage rm.  
Fenced yard w/patio. Freshly painted.



Fairfax \$745,000  
Lovely Colonial in Hampton Forest community with over  
3600 sq. ft. on two levels with 4 BRs, 4.5 BAs, two story  
foyer, gourmet kitchen, hardwood floors on main level, and  
much more. Walk to pool & tennis courts.



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UPDATED BEAUTY – 2 stop lights to D.C.! \$100,000 in NEW  
upgrades, 4BR, 3FBA, 2HBA, Gourmet Kit w/island, Fam rm off  
Kit, 3 gas Fpls, refin HDWDS & NEW carpet, Den, Liv, Din, Rec,  
Wkshp, Storage, f/d W&D, private gated Yard, Patio, 2-car Gar,  
Gas Generator. Close to Tysons Corner, Giant, & McLean Schools.



Gainesville Heritage Hunt 55+ \$539,900  
GORGEOUS! Water view! 3-lvl SFH w fin W/out LL. 4 BRs  
(2 main lvl), 4BA, Grnt Kit w Silestone cntrs & Islnd,  
Brkfst, HDWDS on 2 lvls, Din, Fam w Gas Fpl, Sun rm,  
Laundry, Loft, 2 Decks, 2 car Gar, Irrig syst. Cul de sac  
close to Clubhs and gate.



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\$2350/mo



Woodbridge \$1,340,000  
Gorgeous custom build – all-brick Mike Garcia home on a 5  
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Spectacular wide water views from three sides. Huge gourmet  
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700 SF entertainment-ready deck. Private boat dock & gazebo.  
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Sunny End Unit  
2 BR, 2 FB, 1 HB  
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Run. Updated  
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floors, deck,  
fenced yard.  
Open floor plan.



Springfield  
\$615,000  
All updated and  
ready for you!  
Kitchen and all  
baths are  
newer, refin-  
ished hard-  
wood flooring,  
four spacious  
bedrooms all  
with hardwood. Enjoy the finished lower level with rec  
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newer HWH and HVAC West Springfield HS. Seconds to  
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