

Police to Continue Improving Transparency

Public Safety Committee reviews recommendations for police use of force and communications; vote scheduled for June 21.

By Tim Peterson
The Connection

airfax County Supervisors and the Public Safety Committee met Tuesday May 10 to review police use of force and communications policy recommendations from the Police Executive Research Forum (PERF) and Ad Hoc Police Practices Review Commission.

"The Fairfax County Police Department will continue to strengthen and improve transparency at all levels," Roessler said in the May 6 statement when releasing the long delayed report on communications from PERF. "We welcome the review as we further our re-engineering of information release policies and procedures to keep all members of our community informed."

A primary purpose of the meeting was for the supervisors to discuss the recommendations before working on a action item for their implementation. The board is scheduled to vote on the action item June 21.

At the beginning of the meeting, committee chairman Supervisor John Cook (R-Braddock) announced the recommendations concerning Freedom of Information Act requests, tasers and body cameras would not be part of the day's discussion. Consideration of body cameras in particular will be pushed back until next year.

Phillip Niedzielski-Eichner, chairman of the Ad Hoc commission Use of Force subcommittee, addressed the perceived speed of Fairfax County implementing recommendations from the commission and PERF (some recommendations overlap).

CITING the County's own matrix that breaks down each recommendation by topic, stakeholders and status, among other identifiers, Niedzielski-Eichner computed that 16 percent (11) of the commission's use of force recommendations have been



Photo by Tim Peterson/The Connection

The Board of Supervisors Public Safety Committee meets May 10 to discuss the final Police Department use of force and communications recommendations from the Police Executive Research Forum.

implemented since the full set was presented to the Board of Supervisors Oct. 8, 2015. Only seven percent (14) of all the recommendations have been implemented, he said, while 59 percent are still categorized as "under review."

"Since this report is the only widely publicly available metric of progress against the Commission recommendations," Niedzielski-Eichner said, "is it any wonder that the community is left with the false impression — in my judgment — that the County may not be committed to implementing the Commission and PERF recommendations?"

Niedzielski-Eichner proposed creating a more public user-friendly project plan that gives a clear task description, the steps required, an estimated and realistic schedule to complete it and whose responsibility it is. Board of Supervisors Chairman Sharon Bulova was receptive to the feedback. She said the County's matrix may not be the easiest to follow, and putting it in another form might be more encouraging for community members to weigh in.

On the topic of transparency in communication, release of an officer's name in a lethal use of force incident sparked lengthy discussion. PERF's recommendation for waiting five days after the incident was shorter than the Ad Hoc commission's recommendation of within a week. Chief Roessler said he would prefer to wait up to 10 days in order to complete a thorough risk assessment for the officer involved and his or her family.

Commonwealth's Attorney Raymond F. Morrogh explained there is some restraining complexity in how he is and is not able to talk about a criminal case while an in-

ternal investigation is ongoing. But he said it is lawful to release a "carefully worded factual statement" regarding each incident.

Det. Sean Corcoran, president of the Fairfax Coalition of Police Local 5000 and a member of the Ad Hoc commission, said release of an officer's name who's involved with a lethal incident can elicit "vile things put out there on the internet."

"Why does the name release become a lightning rod?" Corcoran said. "Who benefits?"

Merni Fitzgerald, chair of the Ad Hoc commission communications subcommittee, responded that officers and the police department shouldn't have anything to hide. With information about the officer provided besides the name, they would be identifiable anyway, she argued.

"The key is being frank and upfront" Fitzgerald said. "Transparency and openness must be guiding principles."

IN THIS AREA, PERF recommended "a general presumption of disclosure" in its final report. "This change avoids taking a blanket approach to withholding information and emphasizes that the decision to release must be made on a case-by-case basis."

PERF's Director of Applied Research and Management Tom Wilson quoted former Washington, D.C. Metropolitan Police Chief Charles Ramsey, saying, "Transparency is the right thing to do. An officer cannot expect to shoot someone and remain anonymous."

The next Public Safety Committee meeting is scheduled for July 19. Oversight, including establishing an independent civilian auditor and civilian review panel, will be on the agenda for discussion.

The full report of findings and recommendations from the Police Executive Research Forum is available online at www.fairfaxcounty.gov/police/inside-fcpd/pdf/perf050516.pdf. The report from the Ad Hoc Police Practices Review commission is available at www.fairfaxcounty.gov/chairman/pdf/adhoc-final-10.8.15.pdf.

- Crime Report –

Theft at Springfield Town Center

Officers from the Franconia District station are investigating a larceny that occurred on Saturday, April 30, at around 8:06 p.m. The manager of the Finish Line store located at 6500 Springfield Mall reported that two men concealed merchandise and other items in shopping left and the store. The suspects were described as black and approximately 25 to 35 years old. Both suspects were approximately 5-feet-8 inches to 6-feet tall and were wearing black hats, white T-shirts, dark jeans and black jackets. Anyone with information is asked to contact Crime Solvers electronically by visiting http:// www.fairfaxcrimesolvers.org or text-a-tip

by texting "TIP187" plus your message to CRIMES(274637)** or by calling 1-866-411-TIPS(8477), or call Fairfax County Police at 703-691-2131

Two Arrested for Credit Card Fraud

Two men from Fairfax and Alexandria, both 27, were arrested and charged with credit card theft on April 29.

Officers from the West Springfield District station observed a disabled vehicle in the middle of Rolling Road near Viola Street on March 14, when what began as a routine traffic incident resulted in arrests for a major credit card fraud ring. Officers noticed what appeared to be unlawful drug paraphernalia in the vehicle. They also found several credit cards, gift cards, and identi-

fication cards in the vehicle. The driver, a 27-year-old man from Fairfax, was arrested and charged with possession of a controlled substance. He was taken to the Fairfax County Adult Detention Center, where he released bond. Detectives from the Financial Crimes Unit began to investigate the origin of 54 gift cards and credit cards that were found on the person and in his vehicle, 35 of which were discovered to be stolen or cloned with stolen information. Upon further investigation, detectives tracked information written on some of the cards and information located in the vehicle, to stolen UPS and FedEx packages indicative of fraudulent behavior and identity theft. Information relating to a second suspect was developed and detectives identified many more victims throughout the Northern Virginia area. After a thorough and complicated investiga-

tion, several cases of credit card fraud, forgery, and theft were successfully n k e Following the arrests, search warrants were executed on the suspects' residences in Alexandria and Fairfax. Additional stolen and cloned credit cards were recovered along with methamphetamine, numerous credit card readers, and credit card encoders. Detectives also discovered additional victims as a result of the search warrants, bringing the total potential number of victims to over 90. Anyone with information about this crime is asked to contact Crime Solvers electronically by www.fairfaxcrimesolvers.org or text-a-tip by texting "TIP187" plus your message to CRIMES(274637)** or by calling 1-866-411-TIPS(8477), or call Fairfax County Police at 703-691-2131.



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

Yes, Se Puede

Hispanic Leadership Alliance awards scholarships to 14 seniors

BY TIM PETERSON
THE CONNECTION

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 heartwrenching than in previous years, showing the empowerment that comes from selfmotivation, 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



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



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

"My contribution to the

first college graduate."

house would be I was the

— Marvin Figueroa, senior policy

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 Rose-

mary 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."

Community Remembers Holocaust, Honors Victims and Survivors

Observance sheds light on first war crimes tribunal.

By Marti Moore The Connection

alls 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 Nuremburg trials. "We got out of Germany before the war broke out," she said. Herrmann was born in Nuremburg 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 7

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.

Andrews Federal Credit Union to Host Job Fair

Andrews Federal Credit Union will host a Job Fair at the Residence Inn Marriot in Springfield on Wednesday, May 18, 2016. On-the spot interviews will be conducted with qualified candidates for part-time and full-time financial service representatives, as well as full-time head tellers.

Professional attire and copies of your resume are required. For complete job descriptions, please visit www.andrewsfcu.org and click on the "Careers" link at the bottom of

Streetlight Community **Outreach Ministries to** Host a Dinner for Hope

Streetlight Community Outreach Ministries has invited community for an evening of fellowship and a special fundraising dinner, Building Hope, to 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.

Building Hope Fundraising Dinner will be held on Friday, May 20, at Hilton Springfield, 6550 Loisdale Road, Springfield. Reception begins at 6:15 p.m. Dinner is served at 7:20 p.m.

"This fundraising dinner is to kick-off our campaign to raise \$500,000 by Aug. 1, 2016," says Rose Powers, Streetlight Executive Director. "Each month we feed hundreds of area homeless in an open and friendly environment where we can connect them to social, financial, and medical support services they need. This dinner celebrates our mission and spirit."

A financial appeal will be made at the end of the dinner program to support StreetLight's fundraising goal to raise \$500,000 by Aug. 1, 2016, to purchase land for the Hope Center project. This event is for guests 18-years and older only. You can reserve space or an entire table at the event online at www.thestreetlight.org



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OPINION

America's Anti-Trafficking Efforts.

... Hollow victories for public accolade.

By Dr. Kimberly Mehlman-Orozco

ach 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 COMMENTARY 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-

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 whacka-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

ber of the U.S. House of Representatives from 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-Clio

Who Is My Neighbor?

BY CHRISTOPHER FAY

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

COMMENTARY 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-

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 contro-

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, hich 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 atwww.-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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NEWS DEPARTMENT:

Kemal Kurspahic

kemal@connectionnewspapers.com

Abigail Constantino

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

Tim Peterson Community Reporter 703-314-0789 tpeterson@connectionnewspapers.com

Jon Roetman

Sports Editor • 703-752-4013 jroetman@connectionnewspapers.com

ADVERTISING:

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

Steve HoganDisplay Advertising, 703-778-9418
shogan@connectionnewspapers.com

Andrea Smith

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

Debbie Funk

National Sales 703-778-9444

debfunk@connectionnewspapers.com

David Griffin

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

Editor & Publisher

Mary Kimm mkimm@connectionnewspapers.com @MaryKimm

Executive Vice President

Jerry Vernon jvernon@connectionnewspapers.com

> **Editor in Chief** Steven Mauren
>
> Managing Editor Kemal Kurspahic
> Photography: Art/Design: Laurence Foong, John Heinly
> Production Manager:
> Geovani Flores

Special Assistant to the Publisher

jtheismann@connectionnewspapers.com @TheismannMedia

CIRCULATION: 703-778-9426 Circulation Manager:

circulation@connectionnewspapers.com



PHOTOS BY MARTI MOORE/THE CONNECTION



Fairfax County resident Michel Margosis, 87, was part of the Jewish diaspora of World War II. At age 14, he escaped Belgium and hid in Southern France, then Spain and Portugal, in a clandestine departure to America without his family.



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."

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.

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."

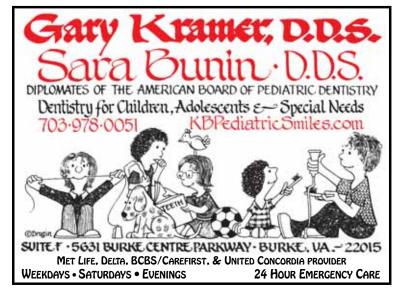
Next year's Holocaust Remembrance Day is April 23 and will observe displaced persons and their struggles to find a home.

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 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.

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HomeLifeStyle



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

ured 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.

invest in quality pieces.

Philip Smith, design consultant for Offenbachers, recommends **Kingsley Bate** outdoor furniture. He advises clients to

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

natural palettes, making an effort to mix materials whenever possible."

— Philip Smith, Design Consultant for Offenbachers

"I have looked to fresh, light and

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."

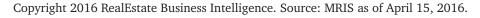
Using a variety of levels for decks and patios is a trend that Winn advises homeowners to avoid. "They may look good, but they often limit the functionality of the spaces and can be tripping hazards for unaware guests," he said.

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, 137 Springfield homes sold between \$830,000-\$172,500. This week's list represents those homes sold in the \$830,000-\$475,000 range. For the complete list, visit www.ConnectionNewspapers.com

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From left — Ngan Bui, Jay Bruce, Nicolette LaPalme and Koryn Freeman are a few of the students that represented Hayfield Secondary at this year's National Japan Bowl, held on April 14-15 at the National 4-H Youth Conference Center in Chevy Chase, Md.

(From left) TJHSST students Jowey Kwon, Joshua O'Cain, Shay Le, Hayun Chong, Kathy Kang, Austin Riopelle, Ashwin Shrinivasan, Woohyeong Cho and (not pictured) Tanvi Handankar represented their school at this year's Japan Bowl Competition. Preparation typically begins early in the school year. The school's Level 2 team received third place.

Local Students Do Well at National Japan Bowl

Thomas Jefferson High School and Lake Braddock Secondary Take Home Awards.

By Marissa Beale
The Connection

anguage students put their knowledge to the test at this year's 24th annual National Japan Bowl Competition. Students from Lake Braddock, Hayfield, Thomas Jefferson (TJHSST), South Lakes, Langley, Falls Church and Westfield high schools competed, representing the state of Virginia.

More than 200 students from 76 teams around the country were part of the competition, which tests students' knowledge of language, culture, history, geography and current events, and also gives them a chance to meet other students who share their interest in Japan and its language.

"I loved meeting new people at Japan Bowl, and the acts during the competition were pretty fun, too," said Saila Salam, a student at Lake Braddock Secondary.

Students were divided into levels 2, 3 or

4 and competed based on how long they studied Japanese. Succeeding at the competition requires commitment from all team members, especially because students must know about topics that their textbook may not cover.

"The students form a group in the late October. Because the area of study is so large, we normally divide up among the group," said TJHSST Japanese teacher, Koji Otani. "For example member A is specialized in history and member B is specialized in kanji and so forth...The upperclassmen give advice and check the study guide that younger students make."

THE COLLABORATION at TJHSST paid off, where the Level 2 team consisting of Khue Le, Joey Kwon and Kathy Kang received third place. Additionally Lake Braddock's Level 3 team of Sophia Cheung (captain), Rachel Flatt and Jieun Kim captured third place. The trio competed last

year as a Level 2 team and also placed. The secret to success?

"We accumulated study packets for the competition starting in January. I studied for the months leading up to the competition in moderation and really crammed the last two weeks," said Cheung. "My favorite part about Japan Bowl this year was reuniting with my friends that I met in Japan last summer, as well as being able to compete with them in the final rounds."

While placing at the competition is significant, teachers hope that participating in the Japan Bowl will motivate students in their language study and also cultivate interests in other languages.

"I prepared by reading books on Japanese grammar and vocabulary," said Mason Beldon, a student at Langley High School. "My favorite part was simply learning so much information. I now know so much more about a topic I'm interested in. I plan to continue taking Japanese throughout high school and into college if possible."

"I will definitely study Japanese for rest of my life and possibly French or other languages," agreed fellow student Ikgyu Shin Chevy Chase, Md.

at Langley.

"I plan to learn Chinese and Korean," said Ngan Bui, a student at Lake Braddock.

For other students, careers related to Japan are of interest.

"In college, I want to study Japanese and go to Japan to teach English," said Jay Bruce. "Seeing how much the other students knew [at the Japan Bowl] was impressive. It's crazy to see how much dedication goes into it."

"I moved from Italy and started school at Hayfield in the middle of the school year. Spanish, French and German classes were already full, so I had to choose between Arabic, Latin and Japanese. I chose Japanese and would like to possibly transfer to a Japanese university later on."

"Level 1 was the easiest level. The grammar is the toughest part," said Bruce.

THE JAPAN BOWL was developed and has been sponsored by the Japan-America Society of Washington D.C. since 1993. This year's Japan Bowl competition was held April 14-15 at the National 4-H Center in Chevy Chase. Md.

Shimp Named Virginia Winner in Teacher of the Year Contest

studies at West Springfield High School, is one of two teachers in Virginia named a state winner in the Patricia Behring Teacher of the Year competition, sponsored by National History Day.

Each state can nominate one middle and one high school teacher for the state award; these individuals are then considered for the national award. Shimp coordinates the National History Day program at West Springfield, planning and coordinating its incorporation into all World History II honors and AP World History classes. She works with other social studies teachers and advises them on how to mentor their students through the process while managing all of the logistics for the competition. Shimp also

volunteers as a judge for junior level projects at the regional level. She has shared her knowledge on World History Day with other Fairfax County Public Schools social studies teachers via a presentation on the program at a social studies in-service in 2015.

Shimp believes it is not enough to know what happened, but why events in history took place, and the impact they had on a global scale. As an example, when she teaches a lesson on 19th century Japanese industrialization, she has students analyze the lyrics to a Japanese baseball team's fight song from that period. They learn the background of baseball in Japan, read the lyrics, and search for evidence of key themes such as nationalism, westernization, tradi-



Stephanie Shimp

tional values, and imperialism. Students learn that primary sources are more than documents recording events, but that they can also provide valuable insight into why things happen.

Shimp says her students benefit immensely from participating in National History Day projects. "Not only were my students learning research skills, they were learning to analyze and synthesize materials, and put together smaller pieces to cre-

ate a complete project," she explains. "They were seeing connections between history and the world around them, and because they were able to select topics they were interested in, the students were really engaged and proud of their work."

A teacher at West Springfield since 2013, Shimp teaches Advanced Placement World History, World History I honors, and is a homebound instructor for English 9 and World History I honors. She also serves as the school's Scholastic Bowl It's Academic team coach. She previously taught at Lee High School and in Norfolk Public Schools for six years. Shimp earned a bachelor's degree in history from Longwood University and a gifted education endorsement from James Madison University.

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 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. 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/.

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@fcacdst.org.

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-

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. "**The Other Side of Cannabis**." 7 p.m. Angelika Film Center and Cafe, 2911 District Ave., Fairfax. Virginia premiere. Panelists will include Diana Rodriquez, 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-

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 thestreetlight.org.

SATURDAY/MAY 21

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



"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.

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/2016fundraiser.

THURSDAY-SUNDAY/JUNE 2-5

Summer Book Sale. Thursday, 3-9 p.m. Friday, 10 a.m.-6 p.m. Saturday, 10 a.m.-5 p.m. Sunday, noon-2 p.m. Richard Byrd Library, 7250 Commerce St., Springfield. 703-451-

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

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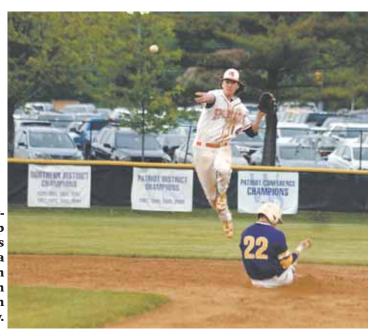
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Sports



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

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.

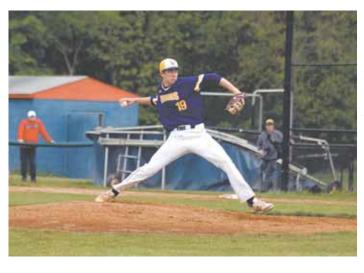
After being no-hit for 5 1/3 innings, the West Springfield baseball team scored three runs in the bottom of the sixth and pulled out a 3-1 victory over rival Lake Braddock on Tuesday night at Tugwell Yards.

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 inningending 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

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 Luedecking and Thomas each had one hit for Lake Braddock. Driscoll and Luedecking 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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21 Announcements 21 Announcements

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beverages. Luan Nguyen, NOTE: Objections to the issuance of this license must be

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21 Announcements

CANC

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Ethiopian Proverb

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 puréed 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 nolonger-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. 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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BULLETIN

Send notes to the Connection 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.

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@connection newspapers.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@fairfaxcirclehurch.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 seewww.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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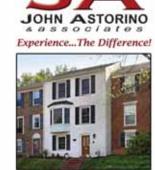


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