



Fairfax Station

CONNECTION Clifton & Lorton

WELLBEING

PAGE 6

Despite a somewhat cloudy sky, fireworks at the Workhouse Arts Center went off as planned, beginning around 9:10 p.m. with the singing of "The Star-Spangled Banner."

Workhouse Gleams Under Rockets' Red Glare

NEWS, PAGE 8

Four More Years for Garza

NEWS, PAGE 3

Torres Walks Free

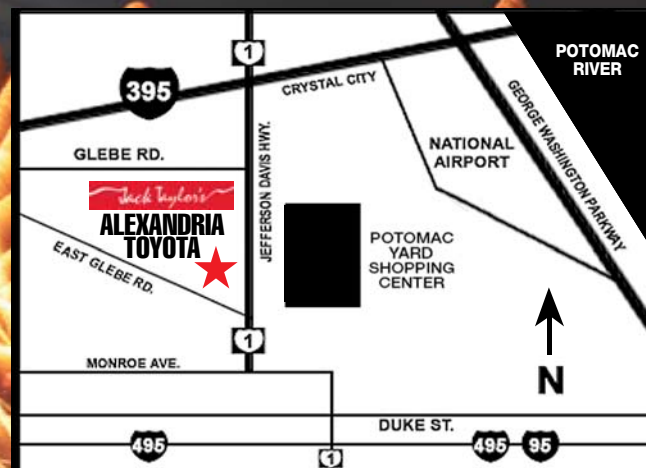
NEWS, PAGE 3

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**Let's
Go
Places**

Four More Years

BY TIM PETERSON
THE CONNECTION

Fairfax County Public Schools has secured four more years with Dr. Karen Garza at the helm as superintendent.

The School Board members voted unanimously to extend her contract through June 30, 2020 at their June 30 meeting.

“Dr. Garza has been an agent of positive change for Fairfax County Public Schools,” School Board Chair Pat Hynes, said in a statement, as she was absent from the meeting. “She has positively engaged the community in a number of critical issues and has been a passionate advocate for our students and teachers.

“Dr. Garza’s leadership has included creation of the Portrait of a Graduate, now viewed as a national model,” Hynes’ statement continued, “Ignite, FCPS’ five-year strategic plan; the implementation of later high school start times; the elimination of early-release Mondays; and investments in teacher pay and lowering class size, all of which have had a significant, positive impact for our students and staff members.”

At-large board member Ilryong Moon sec-

School Board renews Superintendent Garza’s contract.

PHOTOS COURTESY OF FAIRFAX COUNTY PUBLIC SCHOOLS



The Fairfax County School Board members applaud Dr. Karen Garza after renewing her contract as superintendent for four more years.

onded acting chair and Mason District representative Sandy Evans’ motion for the extension.

“Dr. Garza has not only the right skill set, but also temperament to continue leading,” he said.

Braddock District representative Megan McLaughlin added, “We are deeply deeply

fortunate in this great county of over one million people, the 10th largest school system in the country, that we have been able to not only bring you here, but continue building on a relationship with you.”

“You have led with vision and courage and innovation, and I want to thank you for that,” Evans said.



Dr. Karen Garza thanks the board, leadership team and school community for their continued support.

After the unanimous vote in support of Garza, she took a few moments to thank the board, the leadership team and the school community.

“You took a chance on me, that Texas girl, and brought me here,” Garza said. “Thank you for your continued support, absolutely, this vote of confidence.”

“I think we’re the best in the United States,” she continued. “The possibilities are endless for what else we can do in this school system, the ability to really shape and lead the work at the state and national level.”

Torres Walks Free

Former police officer released five days after sentencing for killing John Geer.

Former Fairfax County Police Officer Adam Torres walked free Wednesday morning, June 29. He was the first officer in the force’s history to be charged with killing someone.

Five days after being sentenced to serve 12 months in prison for the felony charge of involuntary manslaughter of Springfield resident John Geer in 2013, Torres was released from Fairfax County Adult Detention Center at 8 a.m. on June 29.

Torres had been in jail since August 2015. The Fairfax Circuit Court judge counted the time served in determining the release.

Commonwealth’s Attorney Raymond Morrogh said following the sentencing



that 10 months is typical for release of a prisoner serving a year-long sentence. At the time, Morrogh estimated Torres would be released within a few weeks of the sentencing.

Attorneys said Torres would be returning to a wife, two young children and an infant that was born recently.

Wearing a button-up blue-checked shirt and carrying a few personal effects, Torres walked to a car and declined to answer questions.

— TIM PETERSON

Farmers Markets in the Area

Thursday
♦Government Center: May 5 - Oct. 27, 3 p.m. - 7 p.m.; Fairfax County Government Center, 12000 Government Center Parkway.
Saturday
♦Burke: May 7 - Dec. 17, 8 a.m. - Noon; VRE

parking Lot, 5671 Roberts Parkway

Sunday
♦Lorton: May 1 - Nov. 13, 9 a.m. - 1 p.m.; VRE parking lot, 8990 Lorton Station Blvd.; SNAP accepted, bonus dollar program.



Burke Lake Park - Septic Field Study

PHOTO COURTESY OF FAIRFAX COUNTY

The 7,000-foot sewer line will connect to a new proposed clubhouse and facilitate connecting to other park amenities, a release from Fairfax County said.

Construction Beginning in August on Burke Lake Park Sewer Line

Construction is set to begin Aug. 8 on around 7,000 feet of sewer line running throughout Burke Lake Park.

The line will connect to a new proposed clubhouse and facilitate connecting to other park amenities, a release from Fairfax County said.

Construction is expected to last until April 2017.

Effects of the construction may include temporary trail closures or detours and in-

creased traffic around the park entrances. After Labor Day, the park’s volleyball courts will be closed for the remainder of the construction.

More information is available from project manager Eric Inman, whose contact information is eric.inman@fairfaxcounty.gov for email and 703-324-8698 by phone.

—TIM PETERSON

OPINION

Hungry in Summer

There are hungry children in Northern Virginia, more so in summertime.

Summer for most children in Northern Virginia is a time of fun and activities, camp and vacation, trips to the pool and possibly to the library. Specialized camps and activities tuneup sports skills and academic skills. Parents try to ensure snacks are at least somewhat healthy.

In this environment, most of us don't come into much contact with families that might be having trouble feeding their children. We can't imagine that there are children who are hungry in summer.

But many children in our region don't know what their next meal will be in summer. During the school year, many have depended on school to provide breakfast and lunch during the school year. Volunteers have stepped in to provide backpacks to go home with hungry students on the weekend.

In the City of Alexandria, 60 percent of students in public schools qualify for subsidized meals at school.

In Fairfax County, that overall number is

lower at 27.5 percent, but in many areas, more than 50 percent of students qualify for subsidized meals at school.

In Arlington, more than 30 percent of students qualify for subsidized meals at school.

But most of the students who counted on school meals during the school year are not in school for the summer.

Submit Photos to Pet Connection

The Pet Connection, a twice-yearly special edition, will publish on July 27, and photos and stories of your pets with you and your family should be submitted by July 17.

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

Our favorite pictures include both pets and humans.

Please tell us a little bit about your creature,

Locations for Summer Meals

http://www.fairfaxcounty.gov/ncs/pdfs/summer_meals-2016_open_sites.pdf
http://www.fairfaxcounty.gov/ncs/pdfs/summer_meals-2016_closed_sites.pdf

Fairfax County operates more than 20 open sites in areas where more than 50 percent of students qualify for free or reduced meals where students can go in summer for breakfast and/or lunch. These locations are along the Route 1 corridor, in Herndon, Reston, Fairfax, Chantilly, Lorton, Falls Church and more. See links above for locations.

It also falls to many nonprofits and food pantries to fill the gaps, and those organizations need help keeping food available.

Identify everyone in the photo, give a brief description what is happening in the photo, and include address and phone number (we will not publish your address or phone number, just your town name).

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LETTERS TO THE EDITOR

What Was Founding Fathers' Intent?

To the Editor:

On this Independence Day (July 4, 2016) I am reading Paul Carlock's letter ("Gross Misreading of the Second Amendment," The Connection, June 29-July 5, 2016) setting forth his views on the meaning of the Second Amendment. In his letter he is suggesting that our Senator, Tim Kaine, and our Congressman, Gerry Connolly, "simply do not understand history." Well, I don't know how well either of these gentlemen understand history, but I sure hope they have a better grasp of it than does he. His insistence on his understanding of what he refers to as "the truth behind the Founder's intent when they wrote the Second Amendment," gives one pause. Let's review! Our nation was founded on July 4, 1776. Our Founding Fathers were those who, on that day, pledged their lives, their fortunes, and their sacred honor. During the course of the war that followed their proclamation of the creation of our nation, 13 of the 56 Founding fathers were killed or died from wounds and hardships caused by the war. But the infant Republic they had founded prevailed. Some years later, a determined group of men led by Alexander Hamilton

decided they didn't much care for the way the country was governed and constructed a new form of government with less Democracy and a much more powerful central government. But Alexander Hamilton, despite all the musical hoopla on Broadway, was not a "Founding Father." (He is more correctly referred to as a "Framer.") In fact, of the 56, Founding Fathers only a handful played any role in writing the Constitution or any of its amendments, and only six Founders signed the final document. Consequently, it's a bit of a stretch to claim to be able to discern what the Founding Fathers intended. They were, for the most part, hardly involved.

Peter M. Storm
Vienna

Joining Climate Defenders

To the Editor:

Since I was a young child, the environment has been an important part of my life. Climate change is threatening us today both near and far. Here in Burke, we had to deal with two foot snowfall for the past six years, which is very abnormal for this area of Virginia. Being 50 percent Brazilian, I feel strongly that the deforestation of the Amazon Rainforest is devastating a world-wide natural treasure.

Just last week, Governor McAuliffe signed an executive order to create a task force in order to target carbon emissions in our state of Virginia. I am very proud to have a governor that is truly taking action in trying to help out our environment of Virginia. With Richmond being one of the asthma capitals of the U.S., our state needs more environmentally conscious action from Governor McAuliffe. Though Governor McAuliffe has taken the first step, there is still more work to be done.

Due to my strong investment in wanting to better our environment, I joined Environment Virginia's Climate Defenders campaign. I work to mobilize voters to have their voices heard on environmental issues. I'm always looking for more volunteers to help us make a difference.

Join me in supporting clean power in Virginia by spreading the word. Write a letter yourself, call your State Senator, or get your friends involved in our campaign. Email me at tgoering@environmentvirginia.org to learn more.

Theo Goering
Burke

Focus on Wind and Solar Power

To the Editor:

Virginia's transition to clean energy is now underway. On Tues-

day, June 28, Governor Terry McAuliffe issued an executive order to create a workgroup that will spend the next year determining how to reduce Virginia's carbon emissions. This important first step will go forward in spite of opposition delaying President Obama's Clean Power Plan, making Virginia a key leader in combating climate change.

Having lived in northern Virginia all my life, I am proud to see our state standing up for the environment. Those living in Norfolk and Tangier Island are already struggling with rising sea levels, and Richmond has been named an Asthma Capital by the Asthma and Allergy Foundation of America. Across the state, myself and other asthma patients, today's children, and the elderly have and will continue to be particularly hurt by the effects of climate change. The action Governor McAuliffe took yesterday benefits us all.

I hope to see our state focus on wind and solar power as we go forward, not only for our own benefit, but for the sake of the example we will set for the rest of the country. As a recent high school graduate, I will be working with Environment Virginia this summer to focus on this cause. Contact daniel@environmentvirginia.org for volunteer opportunities to join me.

Marley Finley
Falls Church

Fairfax Station,
Lorton & Clifton
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From left: Christine Manley, Transurban; Brett Johnson, Ava Spece and Martin Cervantez, Workhouse Arts Foundation; and Mike McGurk, Transurban.

Express Lanes Award the Workhouse Arts Foundation a Community Grant

Transurban, the operator of the 495 and 95 Express Lanes, announced that the Workhouse Arts Foundation will receive a grant this quarter through the 495 and 95 Express Lanes Community Grant Program for their Service member Community Art Partnership and Exchange (SCAPE) Scholarships.

The scholarships provide visual arts and art therapy classes to active and retired service members.

"As the long-term operator of the Express Lanes, we are committed to being good neighbors and giving back to our community through our 495 and 95 Express Lanes Community Grant Program," said Mike McGurk, senior

corporate relations associate, Transurban. "We are pleased to support the efforts of the Workhouse Arts Foundation to benefit the region's active and retired military population through the arts."

"The Workhouse Arts Foundation is honored to have been awarded a grant through the 495 and 95 Express Lanes Community Grant Program," said Ava Spece, president and CEO, Workhouse Arts Foundation. "Through the funds provided by Transurban, we're confident that the SCAPE program will continue to be successful for years to come."

For more information, visit ExpressLanes.com.

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WELLBEING

Strategies for Preventing Concussions This Summer

Local physician is pioneering traumatic brain injury treatment.

BY MARILYN CAMPBELL
THE CONNECTION

Summer has been dubbed "trauma season" by health care professionals. Warm temperatures make swimming, biking, hiking, waterskiing and other outdoor activities irresistible during the summer, but this also means a rise in concussions and other injuries. In fact, every 19 seconds someone in the United States sustains a traumatic brain injury.

The National Institutes of Health define a concussion as mild traumatic brain injury caused by an external force, such as a blow to the head. Symptoms can include a headache or neck pain, nausea, ringing in the ears, dizziness or fatigue, while serious symptoms include seizures, trouble walking or sleeping, weakness, numbness, or decreased coordination, re-

peated vomiting or nausea, confusion and slurred speech.

Michael Lewis, M.D. is the president of the Brain Health Education and Research Foundation in Potomac, Maryland. Lewis, who retired from the U.S. Army after more than 30 years of service, is dedicated to improving public health. He spent the last five years of his military career working on nutritional interventions to help prevent and treat brain injuries from physical and psychological trauma.

His interest in brain injury treatment was sparked by the 2006 explosion at the Sago coal mine in Sago, West Virginia. The blast and collapse trapped 13 miners for nearly two days.

"Only one guy survived," said Lewis. "They used high dose omega-3 fish oil to help his brain recover from carbon monoxide poison. I wondered if it would help



Dr. Michael Lewis recently opened a medical practice in Potomac, Maryland that focuses on concussions and brain health.
PHOTO COURTESY OF MICHAEL LEWIS

soldiers recover from traumatic brain injury. I put together a program to do that kind of research for the military. How can we improve from the inside out for any soldier or athlete who is at risk for head injury?"

Lewis' focus is on the clinical use of omega-3 fatty acids for the prevention, acute treatment, and rehabilitation of brain injuries from traumatic brain injury and concussions, stroke, PTSD, and other conditions.

On a more personal level, Lewis' 16-year-old son Isaac attends Winston Churchill High School and plays two sports often associated with concussions: football and lacrosse. Lewis says his son has never sustained a concussion, but he is

"The value you get from sports far outweighs the risks, but we should mitigate the risks as much as possible."

—Michael Lewis, M.D., president, Brain Health Education and Research Foundation

working with the school's athletic staff on strategies to prevent concussions among athletes. He also makes sure his son takes fish oil every day.

"The value you get from sports far outweighs the risks, but we should mitigate the risks as much as possible," Lewis said. "I implement this with my own 16-year-old son." He also advises his patients to "take a fish oil supplement every day or eat good sourced salmon."

Symptoms of a concussion might not be immediately apparent. "The more subtle symptoms are those that appear days or weeks after an injury," said Lewis. "The personality might change, a person might become more irritable, have brain

fog or have trouble thinking, or their head feels like it's stuffed with cotton." Among the signs that one might have sustained a concussion are a "loss of consciousness, followed by marked confusion," said Robert Wade, Ph.D., dean of nursing, Northern Virginia Community College's Medical Education Campus, "Most likely a headache, too."

No two injuries are the same. "Each concussion is different, which means the same child could have different symptoms during different concussions," said Ryan Wildenhain, head of sports medicine at Marymount University.

When students are back in school, parents should watch for another common indicator of concussions in student athletes. "One of my warning signs are grades that are falling off," said Lewis. "A straight 'A' student whose grades drop is a warning sign. A good kid who all of a sudden becomes irritable should prompt questioning. Kids are not always good at telling, they tend to want to play through it — it's part of our culture."

Wearing proper protective equipment is recommended as a way to prevent concussions. "Minimizing the risk of a child sustaining a concus-

sion is extremely difficult and dependent on the type of activities the child does," said Wildenhain. "Every child should be properly educated on how concussions occur, the signs and/or symptoms of a concussion, and how to avoid dangerous situations for the specific activity they intend to do."

Lewis warns that even protective equipment isn't foolproof.

"Even if you're wearing a football, hockey or motorcycle helmet, when you hit something, another helmet or another head, it causes injury," he said. "If coaches see anything that is any way questionable they should get them off the field and out of harm's way. I think it's a parent's duty to stop the game and pull the kid out of a game if they see something that a coach doesn't see or doesn't respond to."

Challenge Benefits Veterans

Local veteran opens gym, Rebel Fit USA.



Air Force Veteran Beny Blaq, owner and founder of Rebel Fit USA, will host a Pushups for Charity challenge to support veterans and active duty military.

A local Air Force veteran is challenging the community to push its physical limits for a good cause. Beny Blaq, founder of Rebel Fit USA, is hosting a Pushups for Charity challenge to support veterans and active duty military. The challenge coincides with the grand opening of Blaq's new fitness facility located at 2088 Daniel Stuart Square, Woodbridge.

"As an Air Force veteran, the Pushups for Charity challenge is

very important to me, especially knowing firsthand the sacrifices our military, veterans and their families make every day," said Blaq. Rebel Fit USA is a team-oriented

health and fitness community specializing in expert coaching through a personalized, hands-on approach. The Pushups for Charity challenge starts at 9 a.m., after Rebel Fit's first morning class. Prizes will be awarded to the top fundraiser as well as the male and female who complete the most pushups within the 90 second timeframe. Rebel Fit USA has set a goal of raising \$10,000 and completing more than 5,000 pushups.

Registration for the Rebel Fit Pushups for Charity team is available online at: <https://www.crowdrise.com/benyblaq-pushupsforcharity2016/fundraiser/benyblaq>.

— MARILYN CAMPBELL

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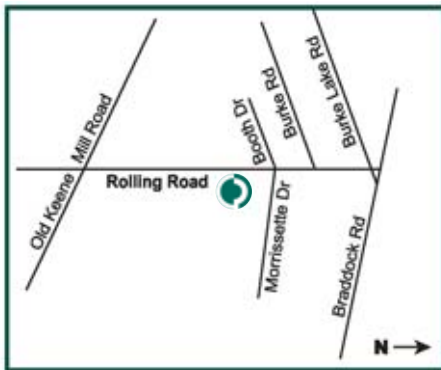
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PHOTO BY TIM PETERSON/THE CONNECTION

Thousands of visitors got their fill of fireworks July 2 at the Workhouse Arts Center in Lorton, two days before Independence Day.



Before darkness fell, those close enough to the Rizer Pavilion tent to hear and see were entertained by acts, including the electrified and driving African sounds of Peter Mawanga and the Amaravi Movement.

Workhouse Gleams under Rockets' Red Glare

Arts center in Lorton hosts thousands for fireworks display.

BY TIM PETERSON
THE CONNECTION

Thousands of visitors got their fill of fireworks July 2 at the Workhouse Arts Center in Lorton, two days before Independence Day.

As the sun went down that Saturday night, visitors to the former prison were able to explore open art galleries and resident artists' studios.

Several food trucks were set up near the entrance to the arts center, filling the in-



Workhouse CEO Ava Spece spoke to community members about patriotism and the power of art as a community-building tool.

creasingly crowded central lawn area with mingling aromas of grilled meats, vegetables and various fried snacks.

Before darkness fell completely, those close enough to the Rizer Pavilion tent to hear and see were entertained by acts including the electrified and driving African sounds of Peter Mawanga and the Amaravi Movement, and pop and rhythm and blues covers from PBC Vocal Band.

Workhouse CEO Ava Spece spoke to community members in between acts. "It's this weekend that we celebrate our love of country and fellow man," she said. "It's this weekend that that the coldest of American hearts feel the warm swell of patriotic pride."

Spece introduced Lt. Col. Christopher Tomlinson, Fort Belvoir Headquarters Battalion Commander. Tomlinson reminded everyone to "take time to think about those who are deployed, at this time, that they're there."



Fort Belvoir Headquarters Battalion Commander Lt. Col. Chris Tomlinson reminded everyone to "take time to think about those who are deployed, at this time, that they're there."



Area residents celebrated July Fourth on July 2 at the Workhouse Arts Center in Lorton.

Despite a somewhat cloudy sky, fireworks went off as planned, beginning around 9:10 p.m. with the singing of "The Star-Spangled Banner." A single rocket climbed into the crowd's view, timed perfectly with the line "rocket's red glare."

The full display picked up just as the singer completed "and the home of the brave."



Despite a cloudy sky, fireworks at the Workhouse Arts Center went off as planned, beginning around 9:10 p.m. with the singing of "The Star-Spangled Banner."



Artist Foon Sham's "Escape (Segment)," made in 2016 from pine wood, was among the art installations and galleries visitors could explore before the fireworks display on July 2 at the Workhouse Arts Center in Lorton.

CALENDAR

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.

ONGOING

Evenings on the Ellipse. 5:30-7 p.m. Thursdays through Aug. 25. Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Fun music and good company. Paradise Springs and The Winery at Bull Run will be offering complimentary tastings of their premium reds and whites. If it rains, concerts will be moved inside to the Government Center Forum. <http://www.fairfaxcounty.gov/parks/performances/>

Rock the Block! 6:30 p.m. Every fourth Friday through Oct. 28. Old Town Square, 3999 University Drive, Fairfax. Come any way you can - walk, run, ride your bike or drive! You don't want to miss out on this brand new concert series! Food is available for sale. Bring chairs and or blankets to sit on. Kids - wear swim suits and bring towels. Enjoy the new spray pad. No Pets allowed except service animals. fairfaxva.gov.

Redder Blood. Fridays and Saturdays, 8 p.m. Sundays, 2 p.m. and 7 p.m. July 8-31. New School of Northern Virginia, 9431 Silver King Court, Fairfax, Virginia 22031. A premiere co-production between the Hub Theatre and the Jewish Community Center of Northern Virginia, written by Helen Parfumi. Follows character Sadie, a woman who hears the voice of God. \$20-\$30. www.jccnv.org. thehubtheatre.org. 703-537-3000.

Mestey Films Productions presents: Live Onstage: The Wizard of Oz in Fairyland. 1 p.m. Workhouse W-3 Theatre, 9518 Workhouse Way, Lorton. Every Saturday from July 2-30. Children's theatre production combining the stories of "The Wizard of Oz" with "Aladdin," "Alice in Wonderland" and "Snow White." \$14.50 adults, \$11.50 children 12 and under. www.workhousearts.org. 703-584-2900.

Peace: Our True Nature: Watercolor Batik by Amy Rivard. June 8-July 9. Workhouse Arts Center, Building W-9 Gallery, 9601 Ox Road, Lorton. Visitors will encounter watercolor batik paintings on Kinwashi rice paper, created by Rivard in the spirit of the present moment. amyrivardpaintings.com.

Plant Clinic. 9 a.m.-noon. Sundays till end of September. Lorton Farmers Market, 8990 Lorton Station Blvd., Lorton. Conducted by Master Gardeners. Answer gardening question, identify plants and insects, soil tests, etc. fairfaxgardening.org.



PHOTO COURTESY OF HUB THEATRE

Cast members of Hub Theatre's "Redder Blood": (from left) Dawn Ursula (as the Voice of God) and Jenna Sokolowski (as Sadie) will perform at the John Swaye Theatre in Fairfax, July 8-31.

SATURDAY/JULY 9

8th Annual Ice Cream Social.

Noon-4 p.m. Workhouse Arts Center, 9518 Workhouse Way, Lorton. Includes a handmade bowl and ice cream, performance by The Great Zucchini, a raffle and a dunking machine (\$5 for three balls). All proceeds benefit the Workhouse Arts Center Ceramics Program. \$20. www.workhousearts.org. 703-584-2900.

Mount Vernon Nights: Global Arts Bolivian Dance and Music. 7-8 p.m. Workhouse Arts Center, 9518 Workhouse Way, Lorton. Features traditional Bolivian music and dancing. Free. www.workhousearts.org. 703-584-2900.

Burke Lake Boat Fishing. 8 a.m. Meet at Burke Lake Marina, 7315 Ox Road, Fairfax Station. Students learn about the fish in Burke Lake as well as tricks to catch them. Clinic includes instruction and a trip around the lake by boat. Bring your own rods, bait and tackle or rent them from the park. Ages 10 - Adult. Children younger than 13 must be accompanied by a registered adult. Students over age 16 must have a valid fishing license, call park for details. \$35 in-county, \$37 out of county. <http://parktakes.fairfaxcounty.gov/>.

Campfire Saturdays: Stargazing. 8:30 p.m. Burke Lake Park, 7315 Ox Road, Fairfax Station. Enjoy a stroll along the shores of the lake and learn about the constellations, their stories and other features of the night sky. Ages 2-Adult. Children must be accompanied by an adult registered in the program. \$12. <http://parktakes.fairfaxcounty.gov/>.

SUNDAY/JULY 10

"Lipstick Brigade: The Untold Story of Washington's World

War II Government Girls." 4 p.m. Fairfax Museum and Visitor Center, 10209 Main St., Fairfax. Personal stories of some 100,000 young women recruited from across the nation to staff wartime government positions. Book talk/signing. 703-385-8415.

WEDNESDAY/JULY 13

Pop-Up Adventure Playground. 10 a.m.-noon. Van Dyck Park, 3720 Old Lee Highway, Fairfax. Free. All ages. Child care not provided. 703-385-7858. karen.lussier@fairfaxva.gov.

THURSDAY/JULY 14

Children's Concert. 6:30-9 p.m. City of Fairfax Veterans Amphitheater, 10455 Armstrong St., Fairfax. Join the City of Fairfax Band and Sandy Spring Bank for this annual Fairfax tradition. Free balloons and ice cream for the kids. Instrument petting zoo, followed by a concert of your favorite tunes. Free. fairfaxband.org.

Evenings on the Ellipse. 5:30-7 p.m. Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Doc Scantlin and his Imperial Palms Orchestra. Fun music and good company. Paradise Springs and The Winery at Bull Run will be offering complimentary tastings of their premium reds and whites. If it rains, concerts will be moved inside to the Government Center Forum. <http://www.fairfaxcounty.gov/parks/performances/>.

SATURDAY/JULY 16

Goodbyes Book Release. 5 p.m. The Old Fire Station No. 3, 3988 University Drive, Fairfax. Rock and roll, red carpet celebration for Fairfax City author Leslie Welch's debut novel "The Goodbyes." www.lesliewelch.com.



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SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

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7/20/2016.....A+ Camps & Schools

7/27/2016.....Connection Families: Our Pets

AUGUST

8/3/2016.....Wellbeing

8/10/2016.....HomeLifeStyle

8/17/2016...A+ Camps & Schools - Back to School - Private Schools

8/24/2016...Newcomers & Community Guide Pullout

8/31/2016.....Connection Families: Enrichment, Care & Back to School

SEPTEMBER

Labor Day is September 5

9/7/2016.....Wellbeing

9/14/2016.....HomeLifeStyle Pullout - Real Estate & New Homes

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21 Announcements

LEGAL NOTICE

According to the Lease by and between Michelle Urrutia aka Shelly Urrutia (of unit 1047) 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: furniture, clothes, tubs, christmas decor, boxes, ect. Items will be sold or otherwise disposed of on Friday July 22, 2016 @ 12:00pm at 11325 Lee Hwy Fairfax VA 22030 to satisfy owner's lien in accordance with state statutes.

According to the Lease by and between Terrance Pinner (of unit 4147) 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: bags, clothes, shoes, ect. Items will be sold or otherwise disposed of on Friday July 22, 2016 @ 12:00pm at 11325 Lee Hwy Fairfax VA 22030 to satisfy owner's lien in accordance with state statutes.

21 Announcements

21 Announcements

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21 Announcements

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MULTI-PROPERTY REAL ESTATE AUCTION

Wed July 20th @ 2pm

Town Point Club Conference Room
101 W. Main St, Norfolk VA 23510

OVER \$3.5 ++ MILLION DOLLARS OF PROPERTIES TO BE AUCTIONED OFF!!
10 OREO BANK PROPERTIES & 1 TRUSTEE FORECLOSURE ORDERED SOLD

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21 Announcements

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BULLETIN BOARD

Send notes to the Connection at 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.

TUESDAY/JULY 12

Grief Walk Support Group. 7-8:30 p.m.

Immanuel Bible Curch, 6911 Braddock Road, Springfield. A place where hurting people can find healing and hope in Christ.
immanuelbible.net.

WEDNESDAY/JULY 13

Cops and Kids Day. 10 a.m.-1 p.m. Stacy C.

Sherwood Community Center, 3740 Old Lee Highway, Fairfax. Meet the police chief, see demonstrations. Snacks and questions with officers. Contact Sgt. Hinesley at police.information@fairfaxva.gov or 703-273-2889 to register.

Mental Health Resources for Local Youth.

1:30-3:30 p.m. Conference Center Rooms 9, 10, 12000 Government Center Parkway, Fairfax. Learn about the integrated network of community-based services and supports that are organized to meet the challenges of youth with serious mental health and other complex needs and the services designed to assist their families. Register at farifaxcounty.gov/ncs/cic. 703-324-3453.

THURSDAY/JULY 14

Traveling with Dementia. 3 p.m. Insight

Memory Care Center, 3953 Pender Drive, Suite 100, Fairfax. Learn some tips for travel when your loved one has dementia; keeping your loved one safe, maintaining a routine, and setting realistic expectations for everyone. 703-204-4664 to RSVP or visit InsightMCC.org for more information.

WEDNESDAY/JULY 20

COBRA/04 Industry Day. 8 a.m.-4 p.m. 6550

Loisdale Road, Springfield. Military medical research conference on the upcoming DoD solicitation Omnibus 4 to acquire military medical research. Elements include medical simulation and information sciences, infectious diseases, military operational medicine, combat casualty care, and clinical and rehabilitative medicine. Advanced registration is available and recommended. Free. phil.borja@gmail.com. www.ee-volve.com.

Dementia Roadtrip. 1 p.m. Insight Memory Care

Center, 3953 Pender Drive, Suite 100, Fairfax. Taboo topics of dementia care, including taking away the keys, sexuality, incontinence, and wandering. 703-204-4664 to RSVP or visit InsightMCC.org for more information.

THURSDAY/JULY 21

Coffee and Conversation. 8:45-10 a.m. The

Bistro at Courtyard Springfield, 6710 Commerce St., Springfield. Lake Accotink Master Plan. Landscape architect Gayle A. Hooper with the Park Authority will lead the discussion. For registration information, 703-866-3500.

ONGOING

Burke Rotary Club Meeting. Tuesdays from

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

Burke Lake Seniors Golf League seeks

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

The Northern Virginia Long Term Care

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

Fairfax County needs volunteers to drive older adults to medical appointments and wellness programs.

For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.



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View more photos at www.hermendorfer.com



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Great home conveniently located on a small Cul-de-Sac - Immaculate & ready to move into immediately! Recently renovated - New Refrigerator - HW Floors - Family Rm with Bay Window & Built-ins adjacent to Kitchen - Separate Laundry Rm.



McLean \$369,900

2 bedroom, 2 bath 1,300+ sq ft condo in luxury high rise...walkable to Silver Line Metro! Granite and stainless eat-in kitchen. Beautiful views, wrap-around balcony, garage parking!



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Lake Ocoquan Shores RARE OPPORTUNITY \$700,000

Secluded waterfront community 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 bedrooms, 3 totally remodeled full baths, 2 fireplaces, formal dining rm, deluxe kitchen w/ eating space adjoins Fam Rm leading to 62' deck overlooking lake! Rec Rm w/ bar, game/hobby rm, storage rm, bonus rm could be used as bedrm. Huge separate barn/workshop, covered RV pad, circular DW, and much more! Call Steve Childress NOW for private showing.... 703 981-3277



Oakton \$725,000

Wonderful 2400+ sq ft home, over \$175,000 of updates: roof, gutters, windows, front door, stone work, heat pump, water heater, garage door, hardwood floors, propane gas fireplace, Kitchen with 42" maple cabinets, granite counters, breakfast bar, SS appliances. Enjoy the outdoors from wraparound deck or glass/screened porch. Call us for an appointment.



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jim.fox@LNF.com
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Falls Church \$1,820,000

Phillips Estate
Stunning custom colonial nestled on secluded 1.6+ acre. Carriage house with 3-car garage & in-law suite. Nearly 8,000 SF w/10' ceilings, gorgeous hwdws, coffered ceilings, custom woodwork. Expansive chef's kitchen with large W/I pantry. Banquet-sized DR w/butler's pantry. Stately library w/built-ins. 1.5 mile to Metro. Minutes to DC. Instant Equity. Priced below assessed & appraised values. Call Ki Hatch 571-214-1870



Burke \$425,000

Stunning 4-BR, 3.5 Bath 3-level end unit townhome w/gorgeous kitchen - new cabinets, appliances, granite. Updated baths, newer HVAC, upper & lower decks, fenced yard in sought after Burke Centre with all the amenities. Just steps away from local shopping and the VRE.



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Beautifully updated 2 Lvl "Turnberry" - fin walkout out lower lvl! Grmt Kit w NEW granite cnts, NEW SS Appls, NEW paint & carpet, HDWDS, Liv, Din, Fam rm off Kit, Sun rm, Deck, LL w Rec, BR, BA, Workshop, Storage.



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Woodbridge \$1,340,000

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Open Sunday

Fairfax Penderbrook \$779,900

Open Floor Plan

Wow Kitchen!

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TBD

Private Setting

Cul-du-Sac

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Manassas \$515,000

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Updated SFH on wooded 1 acre lot. 4, possible 5 BRs, 3.5 BA. Hardwood floors. FR w/vaulted ceiling & gas FP. Updated MBA & W/I closet in MBR.



Fairfax \$439,900

Newly Listed
Convenient
Kings Park West townhome with fresh updates to include paint and carpet. Hardwood floors on the main level and kitchen has newer cabinets. Walkout finished basement to patio and low-maintenance landscaping. Minutes to GMU and Robinson Secondary School.

Access the Realtors Multiple Listing Service: Go to www.searchvirginia.listingbook.com