



Springfield CONNECTION

Franconia ♦ Kingstowne ♦ Newington

WELLBEING

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Supervisor Pat Herrity (R-Springfield) hands out lollipops during the July 4 parade through Orange Hunt Estates.

Soggy Yet Spirited

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Four More Years for Garza

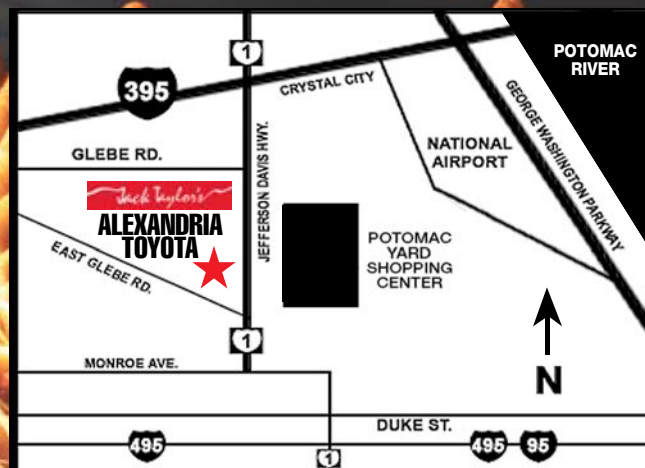
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Torres Walks Free

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-



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.

School Board renews Superintendent Garza’s contract.

PHOTOS COURTESY OF FAIRFAX COUNTY PUBLIC SCHOOLS



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.”

WEEK IN SPRINGFIELD

Police Chief Releases Video of Deadly Collision

The crash investigation is still continuing into the April 2, 2016 fatal collision between a Fairfax County Police cruiser and 26-year-old Jeffrey Ponce Aguilar of Alexandria.

While the investigation is ongoing, Chief Edwin Roessler on July 1 released a video clip from the dashboard-mounted camera of the marked cruiser that struck the pedestrian.

The collision took place around 11 p.m. on a rainy Saturday night.

The patrol officer was driving northbound on Beulah Street when Aguilar stepped in front of them in the intersection at Old Beulah Street,

The car’s windshield wipers can be seen going back and forth quickly to clear the heavy precipitation.

Commonwealth’s Attorney Ray Morrogh concluded his investigation June 17. Morrogh’s legal opinion was no criminal wrongdoing in the incident.

—TIM PETERSON

Dollar Tree to Open in Springfield

Dollar Tree plans to open a new store in Springfield. “Dollar Tree continues to grow,” said Chelle Davis, Dollar Tree spokesperson. “We are proud to be part of the Springfield community and are looking forward to our July 14 grand opening.” The Springfield store is 6,953 square feet and will be lo-

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.

cated at 7045 Brookfield Plaza.

10U Firebirds Announce Tryouts

The 10U Firebirds — a competitive fastpitch softball organization dedicated to teaching softball, teamwork, leadership and sportsmanship to young ladies of above-average, athletic ability — have announced open tryouts for the 2016-2017 season. The organization focuses on creating a competitive team of girls having fun while playing the game they love. The team practices year-round in Fairfax County and aims to compete at the “B” level and above.

Recent accomplishments of the team include winning the tournament championship at both the Potomac River Clash and Crown Trophy NIT, while taking home third place in the Open Division at the NSA Virginia State Tournament in Williamsburg. The team is currently practicing and preparing for a July trip to Buffalo, New York to compete in the NSA Eastern World Series.

For the 2016-2017 season, the team is looking to add experienced players with 2006 birth years, but all players will be considered. Register for tryouts and join mailing list to be informed of the latest tryout information and start times: <http://tinyurl.com/firebirds2016>

For questions, see the team website: <http://nvgsafirebirds06.shutterfly.com>, or contact Coach Ericka Burrini at: ecapra29@yahoo.com

Open practice: July 30, Tryouts: Aug. 6, both held at Wakefield Forest Elementary School, 4011 Iva Lane, Fairfax.

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 worldwide 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

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NEWS DEPARTMENT:
springfield@connectionnewspapers.com

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

Abigail Constantino
Editorial Assistant
703-778-9441
aconstantino@connectionnewspapers.com

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

Jon Roetman
Sports Editor
jroetman@connectionnewspapers.com
[@jonroetman](https://twitter.com/jonroetman)

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

Steve Hogan
Display 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](https://twitter.com/MaryKimm)

Executive Vice President
Jerry Vernon
703-549-0004
jvernon@connectionnewspapers.com

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

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

CIRCULATION: 703-778-9427
Circulation Manager:
Ann Oliver
circulation@connectionnewspapers.com



PEOPLE

Chandra Kumar Selected as the New Executive Director at Greenspring

Chandra Kumar has been selected as the new executive director at Greenspring, an Erickson Living retirement community in Springfield. In this role, Kumar will oversee the daily operations at the 58-acre campus with nearly 2,000 residents.

Kumar has more than twenty years of experience in the senior living industry, including serving the past two years as the associate executive director at Riderwood, an Erickson Living community in Silver Spring, Maryland.

"We are very excited to have Chandra leading the team at Greenspring," said Erickson Living's vice president of Regional Operations Chip Warner. "She is a proven leader in senior living who has tremendous passion for this work and has consistently delivered superior quality services and health care for older adults."

Kumar's career history also includes serving as administrator for Friends House, a continuing care retirement community in Sandy Spring, Maryland, vice president for Amertel Communication, as well as health care administrator



PHOTO CONTRIBUTED

Chandra Kumar

and assisted living manager for Marriott Senior Living Services and its successor, Sunrise Senior Living.

Kumar holds a B.S. degree in Accounting from the University of Maryland, College Park, and an M.A. in Management of Aging Services from the Erickson School of Aging at the University of Maryland, Baltimore County. She has been a licensed Nursing Home administrator in Maryland for over twenty years.

Further information about Greenspring can be found at <http://bit.ly/hRFmTc>.

MAIN-LEVEL REMODELED HOME TOUR

Saturday, July 16th, 12pm-4pm

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SCHOOL NOTES

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Kyle Austin Walsh, of Fairfax, and **Abigail Lynn Lackey**, of Springfield, were named to the honors list for the 2016 spring 2016 semester at Averett University in Danville.

Katherine Marie Hough, of Fairfax Station, is on the dean's list at George Mason University for spring 2016.

Anna Kormis, of Springfield, graduated from Emory and Henry College in spring 2016.

Kyle Austin Walsh, of Fairfax, graduated from Averett University in June 2016. was among the 261 students to receive diplomas during Averett University's May 7 Commencement, **Megan R. Seymour**, **Megan F. Cummins**, **Thomas S. Cohen**, of Fairfax, **Joshua D. Harlowe**, **Samantha E. Kinde**, **Melissa A. Schwartz**, of Springfield; **Sean C. Baird**, of Fairfax Station; graduated from Boston University in spring 2016.

Helene J. Decosse, **Alexis J. Fahrney**, **Jessica M. Ochoa**, of Fairfax, are on the dean's list at Boston University for spring 2016.

Seth Lehman, **Thet San**, of Fairfax, graduated from Furman University in spring 2016.

Luke Hartman, **Natalie Heinitz**, of Springfield, graduated from Manhattan College in spring 2016.

Maria Larrazabal Carrillo, of Fairfax is on the dean's list for May 2016 at Iowa State.

Kayse McGough of Fairfax is on the dean's list for May 2016 at St. Mary's College.

Jared Rondeau of Clifton, graduated May 2016 Triple Major in Physics, Mathematics, and Chemistry from Emory and Henry College.

Moriah Dreisbach, of Fairfax, is on Union University's president's list for spring 2016.

Irene Martinko, of Springfield, is on the spring 2016 dean's list at Muhlenberg College in Allentown Pennsylvania.

James F. Agnew, **Kyle T. Deivert** and **Nathaniel Oliver**, of Fairfax, are on the dean's list at Hampden-Sydney College.

Cameron Kisailus, of Franconia, graduated from Gonzaga College High School. He will be attending the University of Pittsburgh.

Michael Gerlach's, of Fairfax Station, is on the dean's list at James Madison University for spring 2016.

Kara Anne Crennan, an alumna of West Springfield High School Class of 2011, graduated from the United States Air Force Academy in June 2016.

Liana Ruiz was awarded the Virginia Credit Union Scholarship of \$2,500 scholarship She will graduate from Robinson High School in June 2016 and will attend Virginia Tech in the fall.

Ketty Klimchuk, of Fairfax, is on the spring 2016 dean's list at Johnson State College in Vermont.

Abdullah Al Nouman, of Fairfax, graduated with a master of science, biomedical sciences from Iowa State University in spring 2016.

Robel Teffera, of Fairfax, graduated in spring 2016 with a bachelor of science in international business from Quinnipiac University.

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THE CONNECTION
NEWSPAPERS

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

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

"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

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 con-

cussion 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.



PHOTO CONTRIBUTED

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.

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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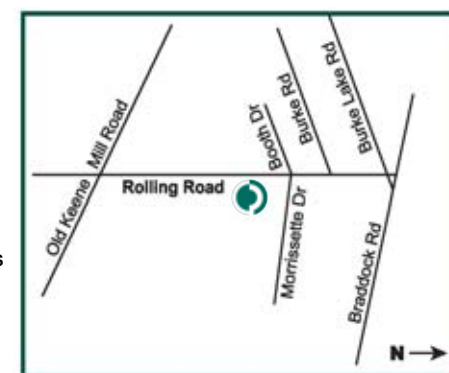
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Send Your Photos & Stories Now to editors@connectionnewspapers.com or complete our online form at connectionnewspapers.com/pets

Be sure to include your name, address and phone number, and identify all people and pets in photos. Submission deadline is July 20.



PHOTOS BY TIM PETERSON/THE CONNECTION
Members of the community swim team Cottontail Cobias shouted cheers while riding in their parade float.



Boy and Girl Scouts groups were among the dozens of participants who made up the Orange Hunt Estates Independence Day parade, despite soggy conditions.

Soggy Yet Spirited

Orange Hunt Fourth of July parade rolls despite rain.

BY TIM PETERSON
THE CONNECTION

Light rain began to fall shortly before the 1 p.m. start of the annual Fourth of July parade across Sydenstricker Road in Springfield. Supervisor Pat Herrity (R-Springfield) said unlike the more robust City of Fairfax

parade earlier in the day, he was expecting a few more constituents in the parade itself than along the route.

"It's a sign of a strong community," he said.

As the Boy and Girl Scouts, swim team members and church groups paraded across Sydenstricker Road, spectators lined up along the sides of the streets.

Rain began to fall harder, but the parade rolled on, continuing from Hunt Valley Elementary School to Orange Hunt Elementary School. Soggy yet spirited, everyone enjoyed some ice cream and a little shelter at the conclusion of the route.



Del. Eileen Filler-Corn (D-41) distributes American flags and candy among constituents during the July 4 parade through Orange Hunt Estates.



Community members assemble behind a Fairfax County Police officer before embarking on the Independence Day parade through the Orange Hunt neighborhood.



Supervisor Pat Herrity (R-Springfield) hands out lollipops during the July 4 parade through Orange Hunt Estates.



Left, Del. Dave Albo (R-42) hands out his trademark mini foam footballs during the July 4 Orange Hunt Estates parade.

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.

The Farmer's Market at Springfield Town Center. 10 a.m.-2 p.m. Through November. Corner of Spring Mall and Loisdale roads, Springfield. Enjoy fresh baked goods, produce, vegetables & fruits, meats & cheeses, and a host of other vendors. springfieldtowncenter.com.

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.

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.

Carolina Shag. Wednesdays. 6:30-10 p.m. Arlington/Fairfax Elks Lodge, 8421 Arlington Blvd., Fairfax. Free lessons at 7:30 p.m. No partners needed. Dinner menu. \$8. Under 21 free. nvshag.org.

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

Cafe Ivrit (Hebrew Cafe). Wednesdays. 8:15-9:15 a.m. Jewish Community Center of Northern Virginia, 8900 Little River Turnpike, Fairfax. Shalom (Hello)! Did you always want to converse in Hebrew? Join Na'ama each week for conversational Hebrew. You will



PHOTOS 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.

learn and practice Hebrew in a fun and interactive way while learning more about Israel! Free (we ask that you try to attend regularly). RSVP Naama.Gold@jccnv.org.

signing. 703-385-8415.

WEDNESDAY/JULY 13

Springfield Christian Women's Connection. 11:30 a.m.-1:30 p.m. Springfield Golf and Country Club, 8301 Old Keene Mill Road, Springfield. Featuring DC Washington, Lavonde Moore. \$20. **RSVP by July 8** to 703-922-6438 or SpringWmConn@yahoo.com.

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.

Summer Concert Series. 7:30-8:30 p.m. Lee District Park, 6601 Telegraph Road, Franconia. Featuring City of Fairfax Concert Band. <http://www.fairfaxcounty.gov/parks/performances/lee-district-nights.htm>.

THURSDAY/JULY 14

Summer Sundae Series. 7-9 p.m. Immanuel Bible Church, 6911 Braddock Road, Springfield. Guest speaker is Richard Lee, International Justice Mission. immanuelbible.net.

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/>.

FRIDAY/JULY 15

Summer Concert Series. 7:30-8:30 p.m. Lake Accotink Park, 7500 Accotink Park Road, Springfield. Featuring Billy Coulter. Bring your family and friends, and a picnic dinner. <http://www.fairfaxcounty.gov/parks/performances/braddocknights.htm>.

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.

Ballroom Social Dance. 8-10:30 p.m. W-16 McGuire Woods Gallery, 9518 Workhouse Way, Lorton. Features dancing, complimentary refreshments and cash bar. Professional ballroom instructors will lead the event. Arrive early for a 30-minute mini-lesson. Third Saturday of every month. All skill levels welcome. \$10. www.workhousearts.org. 703-584-2900.

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/

FAITH NOTES

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

Harvester Presbyterian Church, 7800 Rolling Road, Springfield, will hold Cave Quest Summer Bible Camp on July 18-22, 9:00 a.m.-Noon. The camp is for rising first-graders through rising sixth-graders. To register, go to www.harvesterpca.org. At the bottom of "Upcoming Events" click on "Register Here". There is no charge. For more information, call 703-455-7800 or email office@harvesterpca.org.

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

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.

Lord of Life Lutheran offers services at two locations, in Fairfax at 5114 Twinbrook Road and in Clifton at 13421 Twin Lakes Drive. Services in Fairfax are held on Saturdays at 5:30 p.m. and Sundays at 8:30 and 10 a.m. Services in Clifton are held on Sundays at 8:15 and 10:30 a.m. 703-323-9500 or www.LordofLifeva.org.

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The Mount Vernon Gazette
Zone 4: Centre View North
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21 Announcements

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

21 Announcements

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21 Announcements

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21 Announcements

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!!

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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 Church, 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/
ltcombudsmen/.

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
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Lake Occoquan 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 bedrms, 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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Falls Church \$1,820,000 Phillips Estate

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jennifer.boyce@longandfooster.com
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Woodbridge \$1,340,000

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Manassas \$515,000

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Fairfax \$439,900
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Access the Realtors Multiple Listing Service: Go to www.searchvirginia.listingbook.com