



# Fairfax CONNECTION

## WELLBEING

PAGE 8

Isabella Flores, 5, accepts a new pencil and coloring book from Fairfax County Police Capt. Chris Marsh Tuesday evening. Flores and her father, Frank, 56, attended a National Night Out block party with Marsh Aug. 2 in Random Hills near Fairfax Corner.



## Building Safer Communities

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## News

**The Cleaning Authority of Fairfax collected 224 bags of canned food totaling 994 lbs for the Food for Others food bank.**



## Collecting Food for Others

The Cleaning Authority of Fairfax collected 224 bags of canned food totaling 994 pounds for the Food for Others food bank over the summer as part of a national initiative, The Cleaning Authority CARES.

The Fairfax location, led by franchisee Terry Wallace, ranked third nationally out of hundreds of participating locations for number of bags collected.

The Cleaning Authority CARES campaign was launched by the brand earlier in 2016 and was developed to help millions of food insecure households throughout the United States. It is designed to engage each of the brand's franchisees nationwide.

Through the program, a brown paper bag was left in the home of each client with information about the campaign and a request to be filled between cleaning visits. The

cleaners then collected donations from homes and returned them to the office.

After several weeks, the location owners donated the food to partnering organizations.

Founded in 1989, The Cleaning Authority has been franchising for almost 20 years and has more than 200 locations in the United States and Canada. Completing more than 1.7 million cleans last year, the company is responsible for the proprietary "Detail-Clean Rotation System" designed to guarantee a thorough clean. The Cleaning Authority is an environmentally responsible residential cleaning franchise committed to using Green-Seal Certified® cleaning products. For more information, visit [www.thecleaningauthority.com](http://www.thecleaningauthority.com) or follow them on Twitter @LiveLifeWeClean.

### AREA ROUNDUPS

## Springfield Gains U-Haul Location

U-Haul Company of Virginia has announced that Budget Self Storage has signed on as a U-Haul neighborhood dealer to serve the Springfield community. Budget Self Storage at 7331 Steel Mill Drive will offer U-Haul trucks, trailers, towing equipment, support rental items and in-store pick-up for boxes. Hours of operation for U-Haul rentals are 9:30 a.m.-4:30 p.m. Monday-Saturday.

Reserve U-Haul products at this dealer location by calling: 571-421-1641 or visiting <https://www.uhaul.com/Locations/Truck-Rentals-near-Springfield-VA-22150/014091/>

Budget Self Storage partners David Sislen and Andrew New are teaming with the industry leader in do-it-yourself moving and self-storage to better meet the demands of Fairfax County.

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THE CONNECTION NEWSPAPERS





PHOTOS BY BONNIE HOBBS/THE CONNECTION

**Wednesday July 27, firefighters responded to the fire around 11 a.m. on the 12100 block of Fairfax Hunt Road.**

## Police Investigating Two Deaths in Fairfax Fire as Murder-Suicide

**F**airfax County Police have released the name of Roy Eugene Rumsey, 58, as one of the two dead bodies that were found during a house fire in Fairfax on July 27.

According to FCPD spokesman Don Gotthardt, it could be another ten days before the medical examiner's office identifies the second body, a young child.

There hasn't been any relationship established between the toddler and Rumsey, but police said the deaths are being investigated as a possible murder-suicide.

Gotthardt said detectives believe the incident to be domestic in nature, contained to the house and not a threat to public safety.

They're not looking for any outside perpetrators.

"If the child is who they think it is, then the child was supposed to be there at that time," Gotthardt said. "There are some ideas of who the child might be."

Talking with neighbors, Gotthardt said police heard no one believed a child existed at the residence. It appeared just Rumsey was living there.

Rumsey was the apparent owner of the home on the 12100 block of Fairfax Hunt Road, where firefighters responded to the fire around 11 a.m. on July 27.

Working with the Fairfax County Fire and Rescue Department, police said they believe



**Fairfax County Police have now released the name of Roy Eugene Rumsey, 58, as one of the two dead bodies that were found during a house fire in Fairfax on July 27.**

the fire "was incendiary in nature."

According to Fire and Rescue spokesperson Ashley Hildebrandt, that means the fire was intentionally lit, but under circumstances where they know it shouldn't be lit.

That, as opposed to arson, which Hildebrandt said the National Fire Protection Association defines in its "Guide for Fire and Explosion Investigations" as "The crime of maliciously and intentionally, or recklessly, starting a fire or causing an explosion."

FCPD said they will continue to update

on the case through their Twitter account @FairfaxPolice and blog [www.fcpdnews.wordpress.com](http://www.fcpdnews.wordpress.com).

Police ask anyone with information about the incident to contact Crime Solvers electronically by visiting [www.fairfaxcrimesolvers.org](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.

—TIM PETERSON

## FACETS Kicks off Literacy Program and Recognizes Honor Roll Students

FACETS hosted a party July 8 to kick off its summer literacy program in several low-income Fairfax communities.

The party followed the recent FACETS Honor Roll celebration, where 58 Fairfax youth who participate in FACETS' youth programs were honored for their academic achievements.

These summer programs are part of FACETS' efforts to engage youth and break the cycle of generational poverty.

The Literacy Party gathered youth from several low-income communities, providing each child with two books to read over the summer and emphasizing educational enrichment. Earlier in the summer, FACETS hosted an Academic Achievement Party at the Sherwood Community Center for youth it serves that earned A's and B's on their report cards and for those graduating from high school. This year, all high school seniors are going on to higher forms of education. The event also recognized eight adults who finished their degrees and are moving on to higher education.

"We love to help our youth stay engaged in education and celebrate their



PHOTO COURTESY OF FACETS

**In FACETS Honor Roll celebration 58 Fairfax youth who participate in FACETS' youth programs were honored for their academic achievements.**

academic successes. The support and encouragement we provide throughout the year is designed to give them tools to navi-

gate the educational process in order to give them more opportunities. This year was particularly exciting with so many students

excelling and we hope to maintain that over the summer through our literacy program," said Margi Preston, executive director, FACETS.

One of those success stories is Stephen Amoako, who grew up in Ragan Oaks and participated in FACETS' youth program. Amoako just finished his first year at Virginia Tech, making the dean's list both in the fall and spring. Amoako shared: "My first year at Virginia Tech couldn't have went any better than it did. I thank FACETS for the network I have built, and all the help I received from them while I was in high school because the experience I had with their programs enabled me to continue to strive for success."

Recognizing the benefits of programs like FACETS', Amoako also volunteered at Tech to help youth in a low-income neighborhood with homework and other activities.

FACETS' youth program operates year-round in four low-income, subsidized housing communities offering a con

SEE FACETS, PAGE 7



# Firearms Training Center Is Moving Forward

Will give local police a more modern firing range.

BY BONNIE HOBBS  
THE CONNECTION

**T**he current firearms training center for the City's Police Department was built in 1985 of cinderblock and wood. It has six firing lanes, a small classroom, a weapons-cleaning area and a office that doubles as an armory.

But it doesn't meet the needs of the police in future years. The air-ventilation system limiting officers' exposure to airborne lead is nearing the end of its life, and acoustical treatments are necessary to limit hearing loss at the firing range.

Furthermore, two more firing lanes are needed to provide more training for live-fire drills and tactical team-movement exercises. So a new training center is being built and is now in the design process.

However, when the Fairfax City Council originally gave the go-ahead for the project in April 2014, the plan was to renovate and expand the existing facility into a modern, two-story affair, and a design to that effect was drawn up. But further examination determined that the building is unsuitable for renovation and can't support the additional weight needed for expansion.

"The walls cannot be reused and built on," said Sonya Shields, project architect and design consultant with HGA, the architects designing the facility. "So we should demolish it." She was speaking during a Council work session in June during which she updated the members on the project's changes.

**AS THINGS TURNED OUT**, a single-story building with an expanded footprint will cost an estimated \$850,000 less than a two-story facility. It'll be constructed of masonry, concrete and reinforced steel. And, said

**Fairfax Police Chief Carl Pardiny is looking forward to having a new, police firearms training center.**

BONNIE HOBBS  
THE CONNECTION



Shields, "We're excited about this project and are glad the City picked us."

There'll be a place for cleaning weapons and storing ammunition, as well as two classrooms – one to be used for simulations. "Officers will look at moving targets, up and down tracks across the range, and can stop and turn," explained Shields. "Plus the simulator training-graphics will make them feel like they're in public and have decisions to make when they're in dangerous situations."

Fairfax City Police Chief Carl Pardiny added that having a larger simulations training room will enable more than one officer to confer on tactical decisions.

The City of Falls Church is interested in a

partnership in the new facility, and GMU is considering it. If they become reality, these entities will share in the center's construction and operating costs.

"We've been in partnership with this [existing] range for 30 years," said Falls Church Police Chief Mary Gavin. "It's an important, vital aspect of our public safety, and we're working with Chief Pardiny to get GMU to the table."

Councilman David Meyer asked if the new building will meet the needs of Fairfax, Falls Church and GMU in 2030, 2040 and 2050. "We now have 66 sworn officers, and a simulation system not only simulates live fire, but does it using the most modern technology," replied Pardiny. "And right now, this

is the size footprint we can afford to put in this location without reducing the size of the operational space."

In April 2014, the City approved \$3.4 million for the firearms facility; it also received \$591,000 from the state. But now, two years later, costs have risen and the total price tag is estimated to be \$4.9 million.

"The City's portion of the funding has already been taken care of, and we're looking to our partners to close the gap," said City Manager Bob Sisson.

"They could either pay capital or operating costs up front, or the debt service on the loan," added Finance Director David Hodgkins. "We're really asking them to help with the \$4.9 million total."

Councilwoman Ellie Schmidt asked Pardiny what the City's police officers would do after their building is demolished. He said they would "work with surrounding jurisdictions to see if we can find space during the year or longer it would take to tear down the old building and construct the new one."

**THE DESIGN** for a new, one-story, 7,000-square-foot facility still has to be completed, and Councilwoman Janice Miller asked how long it would take. Shields said it'll take nine months to a year to get the necessary permits, while the final design is being done. "We hope to be ready for construction in June 2017," she said.

Miller also asked how the operating costs will be divided between the partners, once the center is up and running. And Pardiny said it'll be "proportional, based on the number of sworn staff and officers using the building."

Meanwhile, he asked for the Council's approval to go ahead with the negotiations with the other potential partners. He also asked the City to approve a contract with HGA for \$400,000 for the facility's final design. The Council did so at its June 14 regular meeting; this money was already appropriated in April 2014 when the project was originally financed and funded.

## New Jeep, Trucks and Off-road Business Opens in Fairfax City

**Q**uality Performance Group, QPG, an automotive aftermarket company focusing on Jeeps, pickup trucks and off-road vehicles, recently opened on Draper Drive in Fairfax City.

The store also sells retail items such as WeatherTech and Justice Brothers products, among others, and plans to expand into fabrication and classic car restoration and updates in the future.

"We are excited to become an asset to the Fairfax City area and serve the many Jeep and off-road owners and enthusiasts in the region," said Scott Gilbert, QPG owner. "We work one-on-one with

our customers to provide them products and services to meet their needs and specifications. Interest in off-road events and as a hobby continues to grow nationally and we are pleased to serve this market."

QPG is open Monday-Friday from 9 a.m.-5:30 p.m. and can be found on Twitter @QualityPerformG

For more information call 703-543-6433.

**Quality Performance Group's (QPG) Jeep, the "Orange Beast," won the Dealers Choice Award at the Novajeeper's Show and Shine Event in June.**



PHOTO CONTRIBUTED



# NEWS



**Kelly Heo, 13, accepts a new pencil and coloring book from Fairfax County Police Capt. Chris Marsh Aug. 2. It's the first National Night Out block party for Heo and her mother, Stella Heo, 47, far left. Both ladies moved from Korea last year to the Random Hills townhouse community near Fairfax Corner.**



**Joan Lussos, 3, holds the new coloring book Fairfax County Police Sgt. Trevor Steranko gave her Tuesday evening and tells him she will use her new plastic cup to drink her favorite beverage: peach juice. The Fair Oaks District Station officer admits his son prefers cranberry juice. Both participated in a National Night Out block party Aug. 2 in the Random Hills townhouse community near Fairfax Corner.**

PHOTOS BY MARTI MOORE/THE CONNECTION

## Building Safer Communities

### Crime is not welcome at 12 National Night Out block parties in the Fair Oaks District.

BY MARTI MOORE  
THE CONNECTION

**A**t first, National Night Out was a simple gesture citizens made to show their support for local law enforcement: Turn on the front porch light the first Tuesday night in August.

For the next few years, citizens nationwide turned on their lights and sat outside on their front stoops to show criminals they're not welcome.

During the next two decades, the movement grew into block parties and carnivals at which residents celebrate safe neighborhoods with cookouts, potluck dinners and ice cream socials.

"It helps build community relations," says Fairfax County Police Department Master Police Officer Richard "Wayne" Twombly, who oversees crime prevention for the Fair Oaks District Station.

Nearly 50 residents of the Random Hills townhouse neighborhood near Fairfax Corner held a National Night Out block party Aug. 2. Children beat the heat of a humid summer evening and stayed cool throwing water balloons by the community swimming pool.

Twombly said the Random Hills gathering was among 12 events throughout the Fair Oaks District — the largest of which occurred in the Franklin Farm subdivision.

Anne Marie McCaslin, 37, said Tuesday was her fourth year participating in National Night Out. She heads the social committee of the Random Hills Community Association and believes this annual event has helped her neighborhood build a community in which law enforcement officers are comfortable patrolling their streets and residents feel comfortable having a police presence.

Although her homeowners association doesn't have a community crime watch program, "We do pay attention," McCaslin states. She and her neighbors check police blotters on a regular basis.

Random Hills resident Gene Lin, 45, said their previous National Night Out events were ice cream socials. As board treasurer of the HOA, Lin budgeted for pizza this year plus shaved ice delivered by the Ono Hawaiian Ice truck driven by Clifton business



**Anne Marie McCaslin, 37, holds her 24-month-old son, Toby, and watches their young neighbors line up for free shaved ice at a National Night Out block party held Aug. 2 in the Random Hills townhouse community near Fairfax Corner. She appreciates her local law enforcement agency and doesn't want her kids to be afraid to ask for help from police officers when they need it.**

owner Mark Collier.

**FCPD OFFICERS** Lt. J. Krause and Capt. Chris Marsh gave free coloring books, pencils and stickers to little kids before making their rounds to other National Night Out activities in Fair Oaks.

Despite recent public outcry across the country over police shootings, Marsh claims, "We have seen a lot more citizens stop by the station dropping off cookies and cards" as a show of community support for local law enforcement.

"It's a partnership community and police have together," Marsh states. He believes it's an understanding "we are all in this situation together when it comes to public safety."

National Night Out started out in 1984 with funds from the U.S. Department of Justice that were distributed to 400 communities across the country by the National Association of Town Watch.

The nonprofit association — based in Wynnwood, Pa. — boasted 1,200 block parties in Minneapolis alone this year says NATW volunteer Allison Kostiuik.

The main goal, she says, is to get neighbors together with their law enforcement officials in non-emergency situations to find ways to build safer communities. Visit <https://natw.org> to learn how you can organize your own block party or carnival for next year's National Night Out.

**FOR INFORMATION** on crime prevention and awareness, read the FCPD website at [www.fairfaxcounty.gov/police](http://www.fairfaxcounty.gov/police) — including a section about "What to Do When You Are Stopped by Police."



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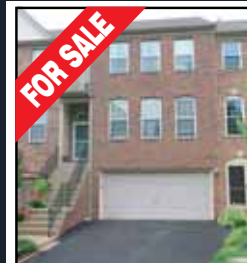
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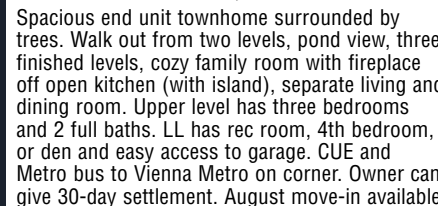
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# OPINION

## An Open Letter to Readers and More

### Buy an ad in our annual Newcomers and Community Guide.

**H**as your organization been featured in the Connection Newspapers, or the Alexandria Gazette Packet or the Mount Vernon Gazette or the Centre View or the Potomac Almanac?

Have any of our papers taken note of your business when you and/or your employees pitch in to help the community? Or when you opened your doors or celebrated a milestone?

Are you an elected official whose messages are enhanced by coverage of issues in the Connection? Do you work for a part of local government that has asked for help getting the word out about a need or a new initiative or accomplishments?

I have a special favor to ask:

Buy an ad in our Newcomers and Community Guide. Please.

Show your support for our organization which continues to be here to support the forces of good in our communities.

Our annual Newcomers and Community Guide is a pullout section that will appear in the the Aug. 24, 2016 edition of all 15 Connection Newspapers, published by Local Media Connection. Deadline is Aug. 17.

We are creating a quality special issue, and we need your help. Whether you invest in a small ad in a single paper (super affordable), or a full page in all 15 of our papers (super value), we appreciate your help this month.

#### EDITORIAL

To put on my publisher's hat (and not my editor's hat) for a minute, if you have a marketing budget, and you value coverage of local newspapers (not just ours), why wouldn't you spend a portion of that budget (any portion) supporting that platform? There is a cautionary tale in the abrupt closure a year ago of the chain of local papers that served Montgomery and Prince George's counties in Maryland, as an extreme example.

For the same reasons that organizations, businesses and campaigns know they want local newspaper coverage, newspaper advertising is an effective way to reach voters, residents, clients. The Connection reaches more than 200,000 readers, in print and online, including remarkable demographics. Our readers include local and national decision makers in the public and private sector.

According to an independent study during the last presidential campaign, cited by the National Newspaper Association: 86 percent of voters who cast ballots in the last election read newspapers in print or online; 79 percent of voters ages 18 to 34 read newspapers in print or online; 91 percent of voters who contribute to campaigns read newspapers in print or online.

The deadline for the Newcomers and Community Guide is Aug. 17. Digital enhancements and support are available. More information at email [sales@connectionnewspapers.com](mailto:sales@connectionnewspapers.com) or

call 703-778-9431.

### Share Tips about Community

We need help from our readers for our annual Newcomers and Community Guide.

We're hoping to share special places, activities, events, organizations and volunteer opportunities. What should someone new to your neighborhood know about? Events that should not be missed? Organizations that do a great job? Places to volunteer? Tips for navigating your PTA or your school's front office? A great place to see the sunset? We'd love to have your photos to go along with your suggestions.

What are your favorite parks? Favorite historic sites? What tips do you have for someone getting to know the community?

We will publish a selection of local tips along with a plethora of information useful to newcomers and long-time residents alike, including our award-winning Insiders Guide to the Parks, and information on how to vote and more.

See last year's community guides by going to [www.connectionnewspapers.com/PDFs/](http://www.connectionnewspapers.com/PDFs/) and scrolling down to Newcomers.

Email tips and photos to [editors@connectionnewspapers.com](mailto:editors@connectionnewspapers.com) or send as a letter to the editor via the website at <http://www.connectionnewspapers.com/contact/letter/> by Wednesday, Aug. 17.

— MARY KIMM

[MKIMM@CONNECTIONNEWSPAPERS.COM](mailto:MKIMM@CONNECTIONNEWSPAPERS.COM)

## What We Did on V-J Day Vienna resident's memories of the end of the war.

BY MEREDITH LUHRS

**M**emories of WW II in an American child's mind are a distinct set of curiosities — special activities removed from the ordinary day to day routine of growing up. We accumulated aluminum from candy wrappers, tin foil, and wrapped it into heavy, grimy balls which were then collected "for the war." Every boy had one in his pocket. Our mothers gathered to roll bandages for the Red Cross, volunteering "for the war." Evenings at six, we stood back and kept silent for the ritual of the nightly news, when our parents huddled around the radio, listening to serious and somber voices, hearing the strange names of places in the world become familiar by much reporting. Much straining to hear and shushing of innocent prattle identified short wave broadcasts coming over the Atlantic from London. These memories were completely somber, and remain so. I must turn the page when I recall a completely different set of events



PHOTOS CONTRIBUTED

Meredith Luhrs

which are simply identified as V-J Day.

We lived by a lake, and my father was determined that every child in the neighborhood should be able to swim. Riding in the truck bed was a normal, everyday event for us bigger children, as my father came home from work every day at five during the summer, loaded any and all into the truck, driving to a park which had a lake and sandy beach...an ideal place to learn to swim. He taught us — one by one — to swim, and to enjoy the water. He also taught us to



Henry and Elsie Luhrs with their children in 1946.

pick wild blueberries! This detail will explain why we were so surprised to see him in the middle of a summer day, and why it was natural for neighborhood children join in our V-J Day adventure.

It was a hot humid day in August. We didn't know it was V-J Day. The story begins when my father came home at noon. We quit playing and stood in astonishment at this never before event, immobile seeing him and his truck in the

middle of the day. Smiling, he went straight into the house. A few moments later my parents came out and announced the war was over. Japan had surrendered. How we cheered. We danced with excitement as a roll of red, white and blue bunting was pulled from the front seat, and my parents began to unfurl it, securing it to the lumber rack of the truck. There was no protocol for celebrating the end of a war, so what happened next was a thoroughly American invention: Make noise and let the joy be heard! Pot and pans, lids and wooden spoons were rounded up, and distributed to neighborhood kids and to my older brother and me as we climbed into the truck bed. My mother got into the cab with the baby on her lap, and my little sister climbed in between her mommy and daddy. Then we were off! But where were we going?

My father was a boat builder on the bay shore of New Jersey. The natural thing, in his mind, was to

SEE V-J DAY, PAGE 7

Fairfax  
**CONNECTION**

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## OPINION

# Helping Make Democracy Work

## My internship in Supervisor Cook's office.

BY MARCELL SUBERT

In recent months, a good deal of attention has been directed towards the ongoing race for the White House. The presidential election season - and the scrutiny surrounding it - may cause one to lose sight of where the power in our democracy really lies — at the local level. In the past three weeks I have had the privilege of working for Braddock District Supervisor John Cook as a part of the Fairfax County Youth Leadership Program. In my time here, I have discovered the true presence of our local government, and I have been able to observe democracy at work in its most effective form.

When something has gone awry in our community, from something as simple as overgrown grass in a neighbor's yard to large-scale residential flooding as a result of poor construction site drainage, the call comes into this office, not 1600 Pennsylvania Avenue. When it comes to the everyday issues that affect residents in Fairfax County, such as neighborhood disputes, transportation, and a variety of other public services, local government has a considerable impact on resident lives. In this office I have become cognizant of the fact that true democracy is

vested in the echelons of our county government and the citizens who interact with it.

The cohesion between different local government entities is an important factor in local government. The Braddock District office works closely with many other government entities, such as the Park Authority, the Health Department, and many state government bodies to connect residents of the Braddock District to whatever service they require. This level of convenience can help ensure a community that operates very efficiently.

The Fairfax County Youth Leadership program is a terrific opportunity for civic-minded high school juniors to learn the ins and outs of their local government. The program combines informative monthly meetings with lessons about various county departments and services with a summer internship to gain hands-on experience in the daily operation of these county entities.

In my time here in the Braddock District office, I have seen first-hand the impact that a local government has on the community. It acts as a tool for the betterment of the community by its citizens. I would highly recommend the Fairfax County Youth Leadership Program as a wonderful way to become engaged in one's community. The experiences you gain are indispensable. And, as national elections are just around the corner, it is crucial that we do not lose sight of the importance of government at the local level and its influence over our community.

## V-J Day

FROM PAGE 6

drive through the towns along the shore of the Raritan Bay and make a lot of noise at the homes of his employees. So we started out — Lawrence Harbor, Keyport, Keansburg, Belford, Leonardo. Everywhere we went, with our pot banging and shouting, we saw other people celebrating. Everyone came out onto their lawns, greeting us with jumping and wav-

ing, shouting and cheering. It was a day of victory, it was a day of joy. The war was over. It was almost dark when we pulled into the driveway, sweaty, hoarse, and happy. Mosquitoes stuck to our sticky arms and faces, those big ones! We were bathed and sent to bed with a great treasure — the memory of how our family celebrated the end of the war. I was seven.

THE AUTHOR LIVES IN VIENNA.

## FACETS

FROM PAGE 3

tinuum of supportive services to prevent and end homelessness.

At Robinson Square, Ragan Oaks, Wedgewood, and Barros Circle, staff and volunteers offer an array of educational, preventative and enrichment programs

to help youth, including mentoring and tutoring, and a variety of classes such as literacy, art, computer, and substance abuse and dating violence prevention. The Literacy and Academic Achievement parties are designed to inspire young people to stay focused on academics as a means to break the cycle of poverty.

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# WELLBEING

## Staying Fit and Healthy on Vacation

Advance planning is key to maintaining a healthy diet and fitness on the road.

BY MARILYN CAMPBELL  
THE CONNECTION

Listening to Christian Elliot describe part of a recent vacation that he took with his wife, Nina, you might think he was attending a fitness bootcamp.

"We woke up early, got in a jog and I did push-ups on a step, lunges on a dirt road," said Christian Elliot. "As long as you have gravity ... you can exercise."

While August vacations offer a chance to renew and rejuvenate, carving out time to exercise and creating opportunities for nutritious food are keys to maintaining a healthy lifestyle while on holiday.

"The biggest thing about eating healthy and exercising on vacation is planning ahead," said Elliot, a personal trainer and founder of TRUE Health and Wholeness in Arlington. "People plan their vacation in pretty good detail, but they fail to plan where and how they're going to work out."

Part of that planning includes bringing packable equipment and appropriate clothing for exercise. "Pack [resistance] bands for strengthening exercises, and a jump rope is a great way to get cardio. Those are lightweight and easy to pack," said Catie Brocker,



PHOTO COURTESY OF CHRISTIAN ELLIOT

**Nina and Christian Elliot plan ahead to incorporate a healthy diet and exercise into family vacations with their children Naomi, 8, Caleb, 6, Noah, 2, and Cohen, 7 months.**

NP-C, MSN, director of the Student Health Center at Marymount University in Arlington. "Whatever you do, keep it simple and fun. If we make it too complicated it might not work."

**GETTING ACTIVE** with family and friends is one way that Brocker made exercise enjoyable during a recent vacation. "I led a bodyweight circuit for my family every morning when I was on a beach vacation recently," she said. "We were staying on the beach and we would wake up each morning and do a workout."

Part of the appeal of bodyweight exercises is that they can be done virtually anywhere and require no equipment. Brocker recommends 60-second exercise intervals with 15 seconds of rest between each set.

"I do an upper body exercise, a

**"Whatever you do, keep it simple and fun. If we make it too complicated it might not work."**

— Catie Brocker,  
Marymount University

lower body exercise, sit ups and some type of cardio," she said. "For example, push ups, squats, jumping jacks and a sit up. There are fitness and workout apps out there that you can use if you feel intimidated by creating your own bodyweight circuit. If you write out a few exercises before you leave for vacation, you're far more likely to do it."

From swimming laps in a hotel pool to walking laps around an airport terminal while waiting for a flight, there are many ways to get

creative with exercise.

"Hotels usually either have a gym ... and the concierge can tell you about nearby trails for hiking or walking," said Brocker.

In addition to planning to exercise while on vacation, packing a small, portable stash of fruit, vegetables or trail mix can quell hunger while sightseeing or waiting at the airport. "Stop by the grocery store and pick up healthier snacks," said Brocker. "Go-to foods for me are nuts or dried fruit. They're great when going through security."

For those who, like the Elliots, will be traveling with children, child-friendly snacks are a must. "We have to manage their low blood sugar with quick energy hits," said Elliot. "Our kids love the grass-fed beef sticks or beef jerky."

"You can't deprive yourself and say 'I'm not going to have ice cream at all,'" said Janet Zalman, founder of the Zalman Nutrition Group. "You can say, 'I'm going to have ice cream one or two times, but I'm not going to eat the supersize, I'll have a kiddie size.'"

It's also a good idea to choose restaurants and peruse menus at your destination before leaving on vacation. "Research your options," said Brocker, "Like anything else you do, you have to plan and research it so that you can be an informed consumer."

Finally, if you decide to splurge on a favorite food, make it count. "When you go off the rails and eat high calories food, make sure it's fabulous," Zalman. "Most people cheat out of convenience, but if you're going to cheat, cheat high."

## Challenged Brain, Healthy Brain?

Social engagement and mentally challenging jobs might keep Alzheimer's disease at bay.

BY MARILYN CAMPBELL  
THE CONNECTION

Most days of the week, Ana Nelson can be found educating others about Alzheimer's disease in her role as vice president of Programs and Services for the Alzheimer's Association National Capital Area Chapter. Her free time is spent touring historical sites in Northern Virginia and staying fit through competitive running and other activities. She's currently training for the Marine Corps Marathon.

"I have worked in the (Alzheimer's disease) field for 30 years and have always been a promoter of healthy lifestyles," said Nelson. "When you're sightseeing and asking questions, you're stimulating and challenging your mind. When I enter and train for races, I'm interacting with other people and staying socially engaged."

Nelson is incorporating into her life key elements that are credited with staving off age-related mental decline. In fact, jobs and activities that require complex thinking and social connections can help



PHOTO COURTESY OF ANA NELSON

**Ana Nelson of the Alzheimer's Association and her husband Jim stay fit and socially engaged through competitive running. A new study shows that social connections can help build resilience and prevent age-related cognitive decline and dementia.**

**"With the brain, like other parts of the body, you use it or lose it."**

— Dean Hartley, Ph.D.,  
Alzheimer's Association

The study suggested that working with people in challenging jobs such as Nelson's had the most protective effect on the brain.

"With the brain, like other parts of the body, you use it or lose it," said Dr. Dean Hartley, Ph.D., director of Science Initiatives for the Alzheimer's Association. "If you don't use it, it goes away."

Activities that require planning and processing information challenge the brain. "Sitting in front of the television is detrimental," said Hartley. "Being passive doesn't stimulate the brain."

In this study, researchers tried to answer questions about whether mentally challenging occupations and activities protected cognitive function against the impact of poor diet. Scientists studied 351 older adults who were living independently and adhering to a Western diet, which researchers said included red meat, potatoes, foods made with white flour and sugar.

Over a three-year period, the researchers found this type of diet to be associated with cognitive decline in older adults. However, individuals in the study diet who consumed a Western diet, but also had a mentally stimulating lifestyle, were protected from cognitive decline.

"Activities that required an engagement of ex-

ecutive functioning, like planning, volunteering or any task that get your mind thinking, those types of experiences are where we're seeing the best protection against cognitive decline," said Amy E. Coren, Ph.D., J.D., assistant professor of Psychology at Northern Virginia Community College in Alexandria. Coren was not involved with the study.

Not all types of social interaction have been shown to be equally beneficial to healthy brain functioning, notes developmental psychologist Dr. Linda Cote-Reilly, associate professor of Psychology at Marymount University in Arlington. "Older adults who have a lot of social interaction because they need assistance with activities of daily living do not experience these interactions as positive," she said. "People are helping them because they have lost the ability to do the tasks themselves and are dependent on other people."

However, Coren, Hartley and other researchers say that more research is needed.

"The study was done by a well-respected group of scientists, but we can't say that if you stay socially and mentally active you won't get this disease," said Pamela Greenwood, Ph.D., associate professor of Psychology at George Mason University. "There have only been a handful of these studies to date and the results have been inconsistent. For some, it doesn't have a big impact and for others it does."

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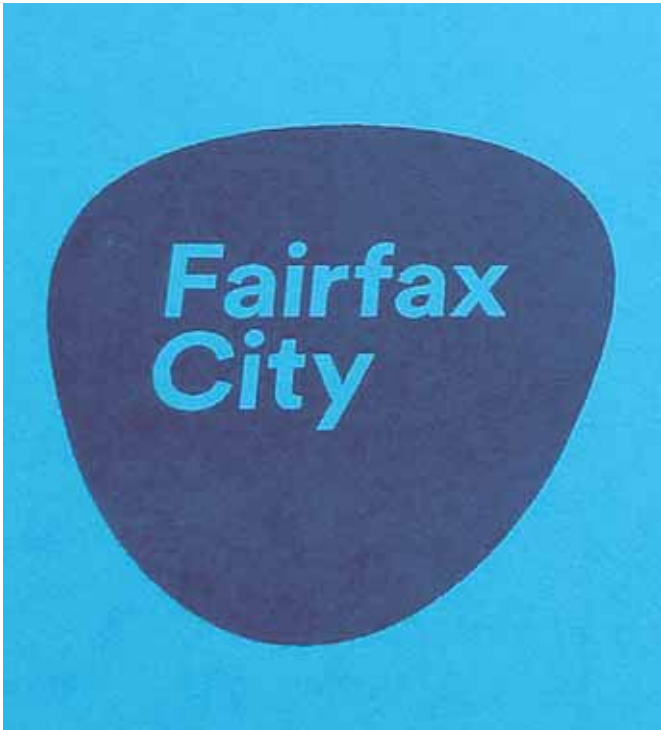
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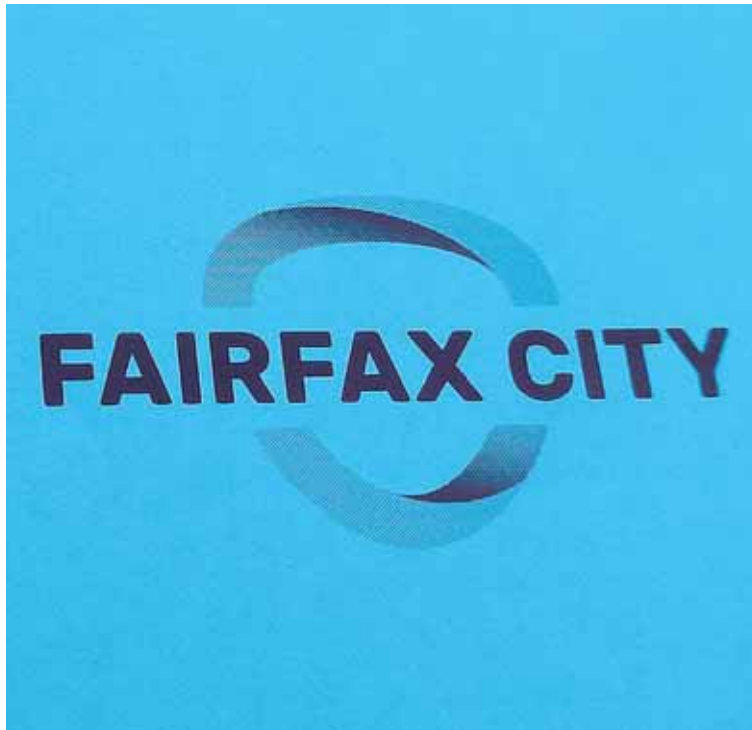
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Logo one (color is just for illustration).



Logo two (color is only for illustration).



Kate Kirkpatrick of Gensler

# Fairfax Mulls New Name, Logo and Slogan

BY BONNIE HOBBS  
THE CONNECTION

**S**hould the City of Fairfax change its name to Fairfax City? What should its new logo look like? What shape should it be, and what colors? These and other questions have been under consideration by the City Council as it determines the City's brand and identity.

A year ago, Council gave the City's Economic Development Authority \$300,000 for this project. And this spring, marketing firm Gensler was selected to review Fairfax's current brand use and strategy.

Meanwhile, a branding committee of residents and City staff met over a six-month period and collected information from residents, business owners and City departments. They were asked to list Fairfax's strengths and weaknesses, and this information was presented to Gensler. Then during May and July work sessions, the Council received a progress report.

Kate Kirkpatrick, communications strategist with Gensler, said the City needs to determine what it wants to be and what it wants to be known for, and then Gensler can help tell its story "in the most compelling and consistent way." It'll also develop a brand marketing plan and help launch it.

**DESCRIBING THE CITY'S STRENGTHS**, people called it historic, stable, affordable, diverse, business-friendly, responsive, compact and well-located, with highly engaged citizens. They also liked its Old Town Square, CUE bus system and proximity to Metro and George Mason University. Negatives were that it's "car-centric and not pedestrian-friendly, and has no clear identity or stated long-term vision."

So to better promote what the City has to offer, Gensler will aid it in defining and then expressing its essence, promise and personality. "This is to help the City expand and grow to keep it the place that people love," said Kirkpatrick. "The brand is the promise and expectation of what people will get from living and visiting here."

Stressing a centered theme, she said Fairfax is accessible and centrally located for people and businesses. It's also established, while still evolving and embracing change, and its residents have a positive outlook with a "real sense of connectedness to the community and its leaders."

Kirkpatrick also touted the City as being friendly, welcoming and inclusive, filled with "active, capable and forward-leaning"

people. However, she said, if it changed its name from the City of Fairfax to Fairfax City, it would be a "refreshing, streamlined" way for people to view it.

Councilman David Meyer said it was originally the Town of Fairfax before becoming a city, and Councilwoman Janice Miller said Fairfax City is "easier to say." Councilwoman

Ellie Schmidt said the change was fine with her.

"We are the Fairfax City Council and we're in Fairfax City Hall," added Mayor Scott Silverthorne. "I think we can be both the City of Fairfax and Fairfax City."

The broader question, said Meyer, is "How is the City perceived? It's much more than simply a name." Councilman Michael DeMarco said it'll take a cultural change and some advocacy, and Kirkpatrick said Gensler will give the City all the tools it needs to carry it out.

Currently, said Silverthorne, "There's inconsistency around the City when it comes to marketing ourselves. We've got different

logos and signage even within departments, such as Parks and Rec. There has to be some theme." Parks and Recreation Director Cathy Salgado then said the City will receive a style guide telling it when and how to use the new logo.

"Part of it is a pride thing," said Silverthorne. "I want the residents to want to live here."

"The devil will be in the details and it'll be extremely important," added Councilman Jeff Greenfield. "Are we changing the City signs? Are we completely changing from the City of Fairfax to Fairfax City? And what are the costs associated with it? What about the City schools? And when will the new name apply – and to which events?"

Kirkpatrick and her team returned again to the Council on July 5 to present the branding committee's two, final recommendations regarding brand strategies and logos. She suggested the slogan, "Live Life Centered," and showed one logo shaped like a guitar pick with the words, "Fairfax City," in a small typeface inside it, and another logo of an open ring with a larger-sized "Fairfax City" written boldly across it.

She also presented artist's renditions illustrating what each logo might look like on various City signs and business cards. And based on the colors in the City's seal, she suggested a possible color palette that could be used for the changes.

"Fairfax is a special place with a good story to tell, and we want to help you do it," said Kirkpatrick. "This is the end of our expression phase and the start of our launch phase."

Gensler graphic designer Pierce Fisher then explained how the logo could be applied. He said the guitar-shaped one is actually the shape of the existing City seal. "It could be put on buses, business cards, apps, social media and streetlight banners," said Fisher. "And it could be looked at as a win-dow – something you can look through to

see what's behind it. However, the other logo is more energetic, has more movement and is more colorful and inclusive."

Kirkpatrick said the committee preferred the second one, as did Chris Bruno, the City's new economic development director. But she stressed that the City seal would still be used for the City flag and official documents. "You could start using it now and go public with it at the Fall Festival," said Kirkpatrick.

Schmidt said a logo would give Fairfax consistency, and Councilman Jon Stehle said it would unify "all the City departments, instead of each having its own logo. And the second logo provides that energy look and fluidity."

Agreeing, DeMarco said that one is "more modern and fresher. But I don't like the word, "centered." I'd prefer "connected" – to the City, within it and on social media."

**SILVERTHORNE** said he and Bruno also prefer "connected," as does the City's transportation staff. Meyer called the second logo "distinctive and unique" and said the City should give it a special rollout. He also noted that "connectedness has an IT component to it, plus a sense of community and being connected to each other – because that's the essence of a city."

Miller called the first logo "bland and forgettable" and liked that the second one has "Fairfax City" through its center "and, subliminally, being the center of everything." And she, too, favored "connected" in the slogan.

"So we're in unison on the second logo and 'Live Life Connected,'" said Silverthorne. "We can change our stationery, Facebook and social media accounts digitally, so we can do that first."

He then asked City Manager Bob Sisson to have someone "coordinate the changes and determine costs, as well as plans for a logo rollout."



# ENTERTAINMENT

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

## 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/performance/>

**Storytime in the Park.** Tuesdays, 10:30 a.m. Aug. 2, 9, 16, 23, 30. Old Town Square, 3999 University Drive, Fairfax. 703-385-2712.

**Wednesday Morning Tai Chi.** 6:30 a.m. Aug. 3, 10, 17, 24, 31. Old Town Square, 3999 University Drive, Fairfax. At the pergola. 703-385-2712.

**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](http://fairfaxva.gov).

**The Farmer's Market at Springfield Town Center.** May 7-Nov. 19, 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](http://springfieldtowncenter.com).

**Color Me Happy.** 7-8:30 p.m. Mondays July 18, Aug. 15. Kings Park Library, 9000 Burke Lake Road, Burke. Discover your inner Picasso. coloring pages from books designed especially for adults. Coloring pages, pencils and markers provided. Free. 703-978-5600.

**Lovers and Madmen.** June 18-Aug. 19. Epicure Cafe, 11104 Lee Highway, Fairfax. Features local artists. [epicurecafe.org](http://epicurecafe.org).

**Fairfax Rotary Club Meeting.** 12:15-1:30 p.m. Mondays. American Legion, 3939 Oak St., Fairfax. Meetings with luncheon and program. [fairfaxrotary.org](http://fairfaxrotary.org).

**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](http://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](http://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](mailto: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?



PHOTO CONTRIBUTED

**The Pohick Church Docent Guild will host a Garden Party on Saturday, Aug. 13 at the Historic Pohick Church.**

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**Smoke Free Bingo** (with breaks for smoking friends). 7 p.m. Every Friday. Fairfax Volunteer Fire Department, 4081 University Drive, Fairfax. Free coffee, entertaining callers, \$1,000 jackpot. [www.fairfaxvd.com](http://www.fairfaxvd.com). 703-273-3638.

## THURSDAY/AUG. 4

**Evenings on the Ellipse.** 5:30-7 p.m. Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Leonard, Coleman and Blunt (Motown). 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/performance/>

## SATURDAY/AUG. 6

**Forgotten Fairfax: Uncovering Slaves in County Records.** 11 a.m. Fairfax City Regional Library, 10360 North St., Fairfax. Curious about the history of enslaved African-Americans in Fairfax County? Heather Bollinger, assistant archivist at the Fairfax Circuit Court Historic Records Center, will present how they're creating a slavery index from county records. All ages. Free. 703-324-8380.

**Kidz Korner.** 10:30 a.m. Old Town Square, 3999 University Drive, Fairfax. A variety of children's activities and entertainment in Old Town Square. Oh Susannah. Fun and songs. Free. <http://www.wkffairfax.com/>.

**Double Bubble Run.** 10 a.m.-4 p.m. Van Dyck Park, 3720 Old Lee Highway, Fairfax. Foam Stations, Bubble Station, Lots of Obstacles, and 50 Ft Share Slide. Pre-registration required: [fairfaxva.gov/specialevents](http://fairfaxva.gov/specialevents).

**John Reilly: Lovecraft and Tesla - Fingers to the Bone.** 2 p.m. Barnes and Noble Fairfax, 12193 Fair Lakes Promenade, Fairfax. Meet locally based author John Reilly and pick up copies of his latest manga work "Fingers to the Bone." 703-278-8527.

**Get Pop Cultured - Marvel.** 7 p.m. Barnes and Noble Fairfax, 12193 Fair Lakes Promenade, Fairfax. Come early for sneak peak editions of the latest Marvel character, Mosaic

(while supplies last). We will round out the celebration with trivia games, coloring stations and fun photo ops with our Incredible Hulk props. 703-278-8527.

## MONDAY-WEDNESDAY/AUG. 8-10

**JA Entrepreneurship Summit.** JA Finance Park, 4099 Pickett Road, Fairfax. Students will be presented with a problem and will work in teams to develop solutions that they will ultimately pitch Shark Tank-style to a panel of Greater Washington business leaders. Grades 9-12. Information and registration at <http://www.myja.org/programs/entrepreneurshipsummit>.

## WEDNESDAY/AUG. 10

**Pop Up Adventure Playground.** 10 a.m.-noon. Kutner Park, 3901 Jermantown Road, Fairfax. Join in your neighborhood park this summer for LEGO, Games, Crafts, Coding, and more. Free. 703-385-7858 [karen.lussier@fairfaxva.gov](mailto:karen.lussier@fairfaxva.gov)

## THURSDAY/AUG. 11

**Evenings on the Ellipse.** 5:30-7 p.m. Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. The Sixth Generation (60s Rock). 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/performance/>.

## FRIDAY/AUG. 12

**Junior Club Championship.** 8 a.m. Burke Lake Golf Course, 7315 Ox Road, Fairfax Station. Junior golfers compete in the season-ending tournament. An 18-hole individual stroke tournament for all age divisions: 10 and under, 11-13, 14-17. \$35. [Roberta.Korzen@fairfaxcounty.gov](mailto:Roberta.Korzen@fairfaxcounty.gov)

## SATURDAY/AUG. 13

**Kidz Korner.** 10:30 a.m. Old Town Square, 3999 University Drive, Fairfax. A variety of children's activities and entertainment in Old Town Square. Mr. Skip. Free. <http://www.wkffairfax.com/>.

**Christopher Leibig - Almost Mortal.** 5 p.m. Barnes and Noble Fairfax, 12193 Fair Lakes Promenade, Fairfax. Meet local author and attorney Christopher Leibig and discuss Almost Mortal - his newest legal thriller. 703-278-8527.

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PHOTO COURTESY OF SAINT MARY OF SORROWS

The church hired a new architect and decided on a completely new design, a more traditional, Greek revival-style building.



PHOTOS BY TIM PETERSON/THE CONNECTION

A handful of adjacent neighbors showed up in opposition, while a few dozen parishioners and clergy took up a sizeable chunk of seating in the Fairfax County Government Center's large auditorium.

## New Design for Saint Mary of Sorrows Church Moves Forward

Neighbors upset by height primarily.

BY TIM PETERSON  
THE CONNECTION

**S**aint Mary of Sorrows Catholic Church in Fairfax has taken a crucial step forward in building a new home. In 2001, the church received approval to build a new structure to accommodate its growing ministry. That would sit on an unused portion of the roughly 15 acres of land the diocese owns in the area of Sideburn Road, Zion Drive and Concordia Street.

However, Saint Mary's wasn't able to secure funding to move forward with the project.

In the intervening years, desire for a new home among the congregation didn't change, but the vision for it did.

The church hired a new architect and decided on a completely new design, a more traditional, Greek revival-style building. "We want a Catholic church," said Timothy Dwyer of Fairfax Station, "not a secular meeting house with a cross on top." Dwyer is a parishoner and also building chair for Saint Mary's. He spoke July 27 before the Fairfax County Board of Zoning Appeals.

In 2001, the church received a special amendment permit to proceed with the new building. Now that the plans have changed, they require another amendment from the BZA.

In his remarks, Dwyer referenced the Durga Temple, which stands prominently at the corner of Hoes Road and Silverbrook Road in Fairfax Station. It has a sizeable pyramid over the entryway, topped with the Om mantra symbol. "It looks like a what it is, a Hindu temple," Dwyer said.

Though Fairfax County staff recommended approval of the new plans, which call for a slightly smaller capacity than the old planned church, there are two dozen residents with homes adjacent to the site



Lynne Stroble is the attorney representing Saint Mary's on the issue.

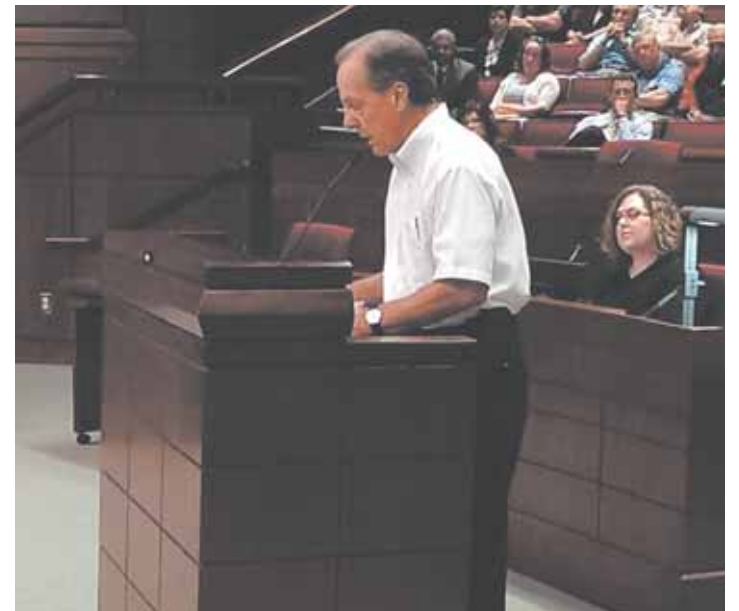
of the new church who oppose the new design.

**PRIMARY AMONG THEIR COMPLAINTS** is the proposed height of the church. In 2001, an extensive dialogue process with neighbors resulted in a church that was 42 feet high at its tallest point. When plans came in for the new church, that height grew to 60 feet, not including a 90-foot bell tower. "We feel we've been given a bait and switch," said Beverly Harris, who lives on Concordia Street and whose lot stands to be one of the most severely impacted by the new church.

The church has called several community meetings, beginning in October 2015. In addition to the height, neighbors like Harris also spoke out in dissatisfaction with the building style change.

"It's so different in character," Harris said. "In my neighborhood Country Club View, the houses are American Colonial. In Bonnie Brae, California Contemporary."

Bill Swietlick, another adjacent neighbor, said the design would violate Fairfax



Bill Swietlick, another adjacent neighbor, said the design would violate Fairfax County's comprehensive plan.

County's comprehensive plan. "Churches are supposed to not be of a size and scale that impacts the surrounding community or the order of the area and I fear that's exactly what's going to happen," Swietlick said. "We view it as McMansioning of institutions in residential neighborhoods. In other areas, they would be given an open door, a green light to do likewise."

After meeting with community members, Saint Mary's did make several changes to their plans, just not enough to fully appease the neighbors.

The bell tower was axed, the max height was lowered about six feet and the overall orientation of the building has been shifted to be further away from the closest neighbors' property. Lynne Stroble is the attorney representing Saint Mary's on the issue. Requests for interviews with church staff and Rev. James Barkett were directed to her. "There's always a balance we're trying to achieve," she said, "to be able to address community concerns and protect the integrity of that design. With the compromises

we've made, I think we've met that balance."

Stroble presented the church's case before the BZA on July 27. A handful of adjacent neighbors including Swietlick showed up in opposition, while a few dozen parishioners and clergy took up a sizeable chunk of seating in the Fairfax County Government Center's large auditorium.

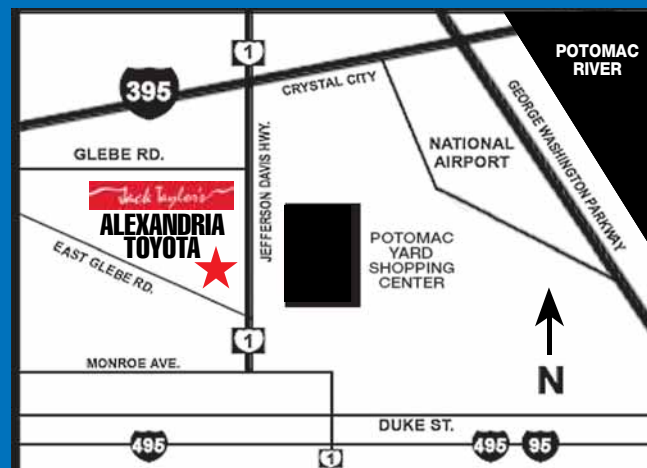
**ULTIMATELY**, the BZA approved the proposal unanimously. Stroble said the next step for Saint Mary's is processing a site plan, which she said could take nine months to a year to complete. Building would commence shortly after that gets approved.

Swietlick said he was disappointed the BZA made no additional restrictions or limitations, or acknowledged the adjacent neighbors' property values which opposers think will be negatively affected by the church. "But when we look back," Swietlick said in an email, "we can appreciate where the church started out and what we were able to achieve since May. Had we not gotten involved, the original proposal from back then may have become a reality."



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should be submitted at least two weeks prior to the  
event.

**Jonathan Whittington, Kathryn Herring,**  
**Emma Zettlemoyer**, of Springfield; **Bridget**  
**Ray** and **Kirsten Chase**, of Burke; received  
\$2,000 scholarships from the Scholarship for Mili-  
tary Children Program in July 2016.

**Jane Gibbins-Harding**, of Springfield, was  
named to the dean's list at Bethany College for  
spring 2016.

**U.S. Air Force Airman Brian A. Zamfino**  
graduated from basic military training at Joint Base  
San Antonio-Lackland, San Antonio, Texas.  
Zamfino is the son of Joanne and Joseph Zamfino  
of Springfield. He is a 2015 graduate of West  
Springfield High School.

**Thomas Miskimins**, of Fairfax, graduated  
with a master of arts, in Spring 2016 from the  
University of New Haven.

**Jordan Ecker**, of Fairfax, is on the spring 2016  
dean's list at the University of Minnesota-Twin Cit-  
ies.

**Caroline Dickson**, of Fairfax, is on the spring  
2016 dean's list at the University of Maine-Orono.

**Allison Righter Moore**, and **Sarah Ann**  
**Hughes Cushing-Spiller**, of Springfield, is on  
the dean's list at Hollins University, for the 2016  
spring semester.

**James Butler**, a Lake Braddock Secondary  
School graduate, was inducted into the Naval  
Academy Class of 2020 on June 30, 2016.

**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, Jes-**  
**sica 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 Spring-  
field, 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 at-  
tending 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. 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 Ver-  
mont.

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





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