



Springfield CONNECTION

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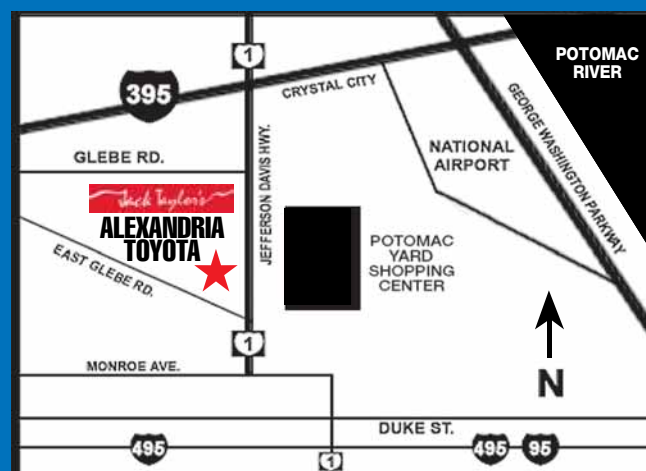
Center, going right, Delegate Eileen Filler-Corn, D-41, Supervisor John Cook, R-Braddock, McGruff the Crime Dog and Supervisor Pat Herrity, R-Springfield, with officers in front of the West Springfield District Government Center before heading out for the 2016 National Night Out to interact with community members on Aug. 2.

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**Let's
Go
Places**



(Center, going right) Delegate Eileen Filler-Corn, D-41, Supervisor John Cook, R-Braddock, McGruff the Crime Dog and Supervisor Pat Herrity, R-Springfield, with officers in front of the West Springfield District Government Center before heading out for the 2016 National Night Out to interact with community members on Aug. 2.



From left, Supervisor Pat Herrity, R-Springfield, Larry Rice, Liz Haransky, West Springfield District Police Commander Cpt. Gervais T. Reed and Gary Saturen meet at the first annual Crosspointe community National Night Out event.

Communities Observe National Night Out

Law enforcement and neighborhoods come together in Fairfax Station, Springfield and countywide.

BY TIM PETERSON
THE CONNECTION

Every night, that's seven nights a week, Amanda Fox and her mother make rounds of the 169 houses in their community of Cardinal Estates in Springfield.

Fox is captain of the neighborhood watch. On National Night Out, however, she's walking around handing out glow-sticks while neighborhood children, parents and police officers watch "Zootopia" on a giant inflatable screen.

First responders from Fairfax County Police, Fire and Rescue, the Sheriff's Office, Virginia State Police and other first responders spent the night on Aug. 2 visiting special events being held in their communities.

The goal is to promote interaction, respect and trust between the various agencies and the people they're sworn to protect. And to remind and help educate community members to be more vigilant and aware of their surroundings.

"It's great to get the community actively involved, aware of crime," Fox said. "We have dog-walkers, runners, people out and about. If you see something, call it in."

Captain Gervais T. Reed is Commander of the West Springfield District Station for Fairfax County Police. He took over at the beginning of July, though he's been with the department for 26 years.

Speaking at another National Night Out gathering in the Crosspointe neighborhood of Fairfax Station, he said the special event is the department's "number one crime pre-



Sheriff's Deputy Morgan Walker, right, hands over the keys to his cruiser to a couple neighborhood boys in The Patterns neighborhood of Fairfax Station.

vention effort."

"It's more eyes and ears out there," he said in an interview.

Reed called National Night Out a "tremendous opportunity for the community to come out and show strong ties."

"We get wonderful support in Fairfax," he continued. "We've always had a really good relationship, we've never taken that for granted. In some communities it's a challenge, but it's not here."

Gary Saturen, neighborhood watch coor-

dinator for Crosspointe, is with the Community Emergency Response Team that put on the event in that neighborhood. It included demonstrations of first aid and CPR, and the Sheriff's office creating safety identification cards for children.

Saturen said he really likes the chance for people to interact with the public safety infrastructure.

"They're human beings like the rest of us," he said. "They support us, we support them,

everyone's happier for it."

Supervisor Pat Herrity, R-Springfield, toured half a dozen different events with Captain Reed. He's been attending National Night Out events since he was elected in 2008. That community support "is part of what makes Fairfax County great," he said. "We learn what issues are happening, crime and otherwise, and remind people they have a supervisor," Herrity added. "We all get to hear what's important for them."



Community members in Fairfax Station meet with members of the Sully District Fairfax County Police station.

PHOTOS BY TIM PETERSON/THE CONNECTION



First responders from Fairfax County Police, Fire and Rescue, the Sheriff's Office, Virginia State Police and other first responders spent the night on August 2 visiting special events being held in their communities, like this dinner off Colchester Road in Fairfax Station.

OPINION

An Open Letter to Readers and More

Buy an ad in our annual Newcomers and Community Guide, please.

Has 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.

But it's more than a charitable effort.

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 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/ and scrolling down to Newcomers.

Email tips and photos to 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

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

BY MEREDITH LUHRS

Memories 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 5

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FAITH

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.

First Baptist Church of Springfield offers Sunday school at 9:15 a.m., followed by both traditional and contemporary worship services at 10:30 a.m. at 7300 Gary St., Springfield. 703-451-1500 or www.fbcspRINGfield.org.

Jubilee Christian Center of Fairfax is restarting its "Living Free" support groups for the Spring on Wednesdays, starting on Mar. 30, 7:15 p.m. The support groups are free, and will cover "Stepping into Freedom," "Concerned Persons Group" (for family and friends of addicts), "Understanding and Overcoming Depression," "The Image of God in You," and "Handling Loss and Grief." There will also be Christian Education classes for all ages and Membership Class #2 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 see www.jccag.org.

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/TruckRentals-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.

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.

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.

V-J Day

FROM PAGE 4

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.


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Staying Fit and Healthy on Vacation

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



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.

strengthening exercises, and a jump rope is a great way to get cardio. Those are lightweight and easy to pack," said Catie Brocker, 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 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 super-size, 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."

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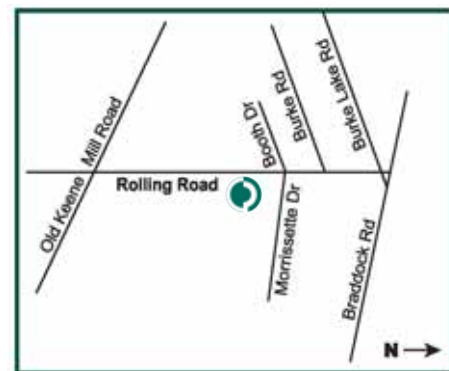
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WELLBEING

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 build resilience and delay age-related cognitive decline and dementia, according to a new study presented at the Alzheimer's Association International Conference (AAIC) 2016 last week.

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.

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

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



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.

"Activities that required an engagement of executive 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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Greater Springfield Chamber Honors First Responders

A Sheriff's deputy who flies terminally ill patients to treatment facilities and a firefighter who builds boards that teach autistic children to type were two of the four first responders honored by the Greater Springfield Chamber of Commerce at its fourth Annual Above & Beyond Luncheon on Monday.

The annual event recognizes first responders in the Greater Springfield area who better their community by quietly volunteering personal time, energy and funds to fill a need outside of their day-to-day duties. In addition to honoring first responders, a portion of the event proceeds go to the charitable organizations represented by the honorees.

More than 50 businessmen and businesswomen, first responders and elected officials attended the luncheon at the Springfield Golf and Country Club. Among those in attendance to personally honor the first responders were Supervisor Pat Herrity (R-Springfield), Fairfax County Sheriff Stacey Kincaid and Fairfax County Chief of Police Col. Edwin C. Roessler Jr.

The awards were presented by Dave Statter of STATter911 Communications, LLC. Statter is a former television and radio reporter who, in his youth, was a firefighter, EMT, dispatcher and cardiac rescue technician. Dave spent 38 years in broadcasting in the Washington, DC, area before retiring in June of 2010. He has been operating STATter911.com, which provides fire and EMS news from the area, the nation and the world, since May 2007.

The four award recipients are:

❖ Northern Virginia Community College Police Officer Jamesian "Dillon" Emmanuel, whose volunteer activities include assisting with the annual Mission of Mercy event, CAMP Med and National Night Out.



PHOTO CONTRIBUTED

From left — PFC Robert Swartz III, Fairfax County Sheriff's Office; Master Technician George Moore, Fairfax County Fire and Rescue Department; MPO J.T. Frey, Retired, Fairfax County Police Department; and Lt. D.J. Anglin on behalf of Officer Jamesian "Dillion" Emmanuel, Northern Virginia Community College Police Department.

❖ Fairfax County Police Department Master Police Officer J.T. Frey, who has retired after 28 years serving from the West Springfield station. Over the years, he organized 33 National Night Outs.

❖ Fairfax County Fire and Rescue Department Master Technician George Moore, who works with autistic children, hand-creating communication devices and teaming up with professional surfers to teach them to surf.

❖ Fairfax County Sheriff's Office Private First Class Robert "Bob" Swartz III, a licensed pilot who teamed up with Angel Flight, a nonprofit organization that transports financially needy patients to specialized medical care. All Angel Flight pilots volunteer their time, their airplane, fuel and any other costs associated with the flight.

The four recipients chose the charities to receive donations from the event. Each organization was awarded \$660 at the luncheon.

Officer Emmanuel selected the NVCC Education Foundation as his beneficiary. The Foundation was established in 1979 to raise private financial support to develop new courses and programs. Funds are used to provide various types of support including scholarships,

faculty development, program support and capital needs.

Officer Frey's beneficiary is the Officer Down Memorial, a national organization started in 1996 by a local law enforcement officer who now works for the Fairfax County Police Department at the West Springfield Station. The Officer Down Memorial is dedicated to honoring America's fallen law enforcement heroes.

Master Technician Moore's beneficiary is Indo Jax Surf School. Indo Jax is committed to empowering disadvantaged, medically fragile and special needs children by exposing them to the ocean environment and teaching them to surf.

PFC Swartz's beneficiary is Angel Flight Mid-Atlantic. Angel Flight utilizes more than 550 volunteer pilots to transport patients to specialized medical care. It's a coordinating service, matching volunteer pilots willing to donate their time and aircraft to the individuals in need.

In addition, \$645 was donated to the Greater Springfield Chamber of Commerce Foundation, which provides scholarships to area students. For more information about the Chamber visit springfieldchamber.org.



PHOTOS BY WAUDAH WILLOUGHBY

From left — Maria Leonzo (daughter), Lady Emigdia (niece), Maria Vicenta Ayala (birthday girl), Maria Elvira Rodriguez (daughter).

Celebrating 100th Birthday

Beloved mother, grandmother, and great grandmother, Maria Vicenta Ayala Amaya of Springfield celebrated 100 years of living. Born on July 24, 1916 in El Salvador, she made the journey to North America more than 35 years ago with her eight children.

Maria has proven to be a strong woman full of wisdom and a heart of gold. She is a faithful

believer in God, and always taught those around her about her beliefs.

She dedicated her life to raising her children and grandchildren. She taught her family to be kind, thankful, humble, selfless and to love one another. She enjoys singing, dancing, but mostly, praying the rosary with her close ones. She has lived in Springfield for more than 30 years.



Family photo, from left: Rosa Ayala (granddaughter), Jose Pablo Ayala (son), Maria Vicenta Ayala (birthday girl), Marianela Ayala (daughter-in-law).

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ENTERTAINMENT

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

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.

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.

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.

Fairfax Rotary Club Meeting. 12:15-1:30 p.m. Mondays. American Legion, 3939 Oak St., Fairfax. Meetings with luncheon and program. 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.

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 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.

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. 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.fairfaxva.gov>

www.wkfairfax.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.

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

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I-95 Fairfax County Parkway

Flyover Ramp

Fairfax County

Design Public Hearing

Tuesday, September 6, 2016, 6:30 - 8:30 p.m.

Presentation at 7 p.m.

Island Creek Elementary School

7855 Morning View Lane, Alexandria, VA 22315

Find out about plans to construct a flyover ramp from northbound I-95 to northbound Fairfax County Parkway (Route 286). The project will also eliminate the loop ramp from northbound I-95 to northbound Fairfax County Parkway, and add left-turn lanes at the end of the ramp at Fairfax County Parkway and Loisdale Road.

In accordance with the National Environmental Policy Act (NEPA) and 23 CFR 771, an Environmental Assessment (EA) was prepared for review and comment at a public hearing on June 16, 2010. Pursuant with the National Historic Preservation Act, Section 106 and 36 CFR 800, information concerning the potential effects on properties listed in or eligible for listing in the National Register of Historic Places was also included in the EA. The Federal Highway Administration (FHWA) issued a Finding of No Significant Impact (FONSI) decision on May 30, 2012. On behalf of FHWA, VDOT is reevaluating the project for any design changes and the potential impacts, for changes in applicable environmental law and regulations, or for new information in general that may have occurred since issuance of the FONSI.

Stop by between 6:30 p.m. and 8:30 p.m. to view displays and learn about the project. VDOT staff will be available to answer your questions. A brief presentation will begin at 7 p.m.

Review project materials at the hearing, including the EA, plans, project schedule, and right-of-way, environmental and civil rights information. Materials are available for review at www.virginiadot.org/projects, at the meeting, or during business hours at VDOT's Northern Virginia District Office located at 4975 Alliance Drive in Fairfax. Please call ahead at 703-259-1794 or TTY/TDD 711 to schedule an appointment with project staff.

Give your written comments at the hearing, or submit them by October 6, 2016 to Mr. Zamir Mirza, Project Manager, Virginia Department of Transportation, 4975 Alliance Drive, Fairfax, VA 22030, or email meetingcomments@VDOT.virginia.gov. Please reference "I-95 Fairfax County Parkway Flyover Ramp" in the subject line.

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SCHOOL NOTES

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9416. Deadline is Friday. Dated announcements
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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