

From left: Meg Hanrahan, Burke;
Jim McDaniel, Springfield; and
Melinda Englebrejsson, Fairfax Station;
holding the packaged birthing kits
readied for shipment to Haiti.

Answering the Call to Action

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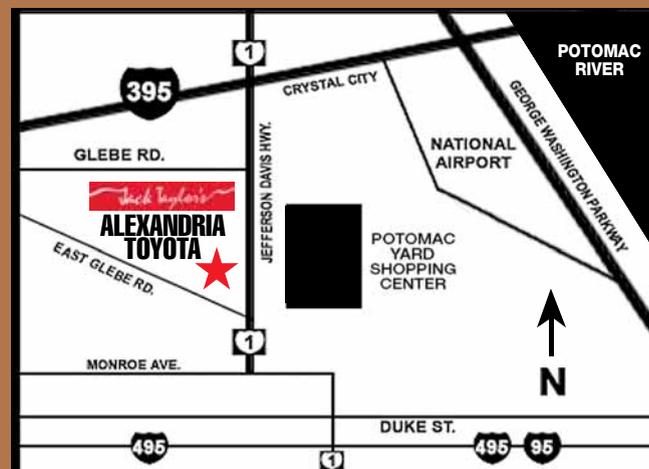
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TOYOTA Let's Go Places

Glancing Back to 2014, Looking Forward to 2015

Springfield Town Center, World Police and Fire Games, Occoquan.

BY TIM PETERSON
THE CONNECTION

Springfield Town Center

A crowd of eager shoppers gathered Oct. 17, 2014, for the grand opening of the Springfield Town Center, a completely revitalized version of the long dilapidated Springfield Mall.

The first in a multi-phase redevelopment plan for the area that includes new residential and office space, the born-again retail now destination hopes to draw diverse clientele from around the region with higher end vendors like British fashion brand Topshop, designer Michael Kors and a fresh batch of restaurants including Maggiano's Little Italy.

"People in this end of the county have waited literally decades to have their mall returned to them," said Supervisor Jeff McKay (D-Lee). "This is by order of magnitude biggest thing that happened this year."

"Folks in Lee District were just euphoric," said Board of Supervisors Chairman Sharon Bulova. "It's breathed new life into that part of Springfield."

World Police and Fire Games

About 12,000 athletes from over 70 countries, roughly the draw of the Olympics, will descend on Fairfax County from June 26 to July 5 this summer. Members of police and fire departments around the world, they also train rigorously to compete in a variety of sports and activities.

The county isn't building any new infrastructure to accommodate the games and the expected 30,000 spectators; rather it's spreading the activities out across George Mason University facilities, park facilities, down into Loudoun County and up into Maryland.

"Already there's a lot of buzz and efforts underway to make sure we do right by that opportunity," said Board of Supervisors chairman Sharon Bulova.

"This is huge for Fairfax County to have won these games. Some of the previous locations have been in Belfast, Australia, New York. So for a county to have bid on and won these games is a real feather in our cap."

"It's going to be a huge boost, over \$60 million in economic impact," said Delegate Eileen Filler-Corn (D-41).

"And it's a great way to show our support for the first responders who are also true athletes, training hard for this for years."



(From left) Springfield Town Center General Manager Eric Christensen, Vornado President Mitchell Schear, Koinonia Executive Director Robert Patitti and Supervisor Jeff McKay (D-Lee) cut the ribbon to officially open the Springfield Town Center.



A rendering of the Jean R. Packard Occoquan Center, the primary part of a huge renovation to Occoquan Regional Park.

Former Lorton Prison and Occoquan Area

Over the summer in 2014, the Board of Supervisors approved a \$30 million bank bailout of the struggling Workhouse Arts Center. "That was a bad deal for the county's taxpayers," said Supervisor Pat Herry (R-Springfield). "It was the third year in a row we raised taxes for our homeowners: 7 percent, for 14 percent over three years. We haven't made the tough decisions we need to make."

Also in the summer, the supervisors voted to close the Lorton landfill earlier than its owner's proposed date of 2025. "Given what was on the table," said Herry, "I was supporting the decision not to approve a major expansion of the landfill. It was the right decision and big victory for the citi-

zens of Lorton and South County."

Occoquan Regional Park will be undergoing renovations beginning in 2015, including a brand new events center named for the late Jean R. Packard, the first female chairman of the Board of Supervisors, trailblazing civic leader and quarter-century representative on the Northern Virginia Regional Park Authority (now NOVA Parks). "The events center is the biggest deal," said Bulova, "but also they'll be improving the trail network, some historic features and adding a Suffragette memorial."

Transportation Improvements

With money finally coming in from the 2013 transportation bill delegates Tom Rust (R-86) and Dave Albo (R-42) helped bring

about, as well as the county's passage of a transportation bond referendum in 2014, roads like the Fairfax County Parkway and Old Keene Mill Road are being repaved. "The state was so broke, there wasn't enough money to put in one stoplight," said Albo. "This bill, Bob McDonnell's big achievement, basically cut the gas tax, raised sales tax and created billions of dollars for roads." Other developments going forward in 2015 include extending Shirley Gate Road to the Fairfax County Parkway and updating the connecting Popes Head Road interchange, and improving the intersection at Kings Highway, Van Dorn Street and Telegraph Road. Herry is also optimistic about the completion of the I66 corridor improvements study completed in 2014, as well as the Fairfax County Parkway corridor improvement study getting underway in 2015. "We're expecting interstate level volumes by 2030," he said. "We need to get in front of the problem."

"In terms of mileage, we don't talk that way," said Congressman Gerry Connolly (D-11). "We talk about time: How long does it take? Our congestion is such it's immaterial how far it is. We haven't passed a long term transportation and infrastructure bill; we've only been doing it year by year and need immediate reform."

Additional Highlights

Good going on behind the scenes: "I enjoyed events around so many of the nonprofits, out there helping folks who need the help the most," said Delegate David Bulova (D-37). "We've got FACETS, Our Daily Bread, Court Appointed Special Advocates for children, the LAMB center, Katherine K. Hanley Family Shelter. Just wonderful stories of everyday heroes going above and beyond."

Full-Day Mondays implemented in Fairfax County Public Schools: "We've had some issues with funding and how it happened," said supervisor John Cook (R-Braddock), but the policies are good there. Those and pushing back start times are positives in the schools."

"Obviously it's an election year," said McKay. "The entire Board of Supervisors, school board, delegates, among others. That's exciting. It gives us an opportunity to get a good exchange of ideas out there, get the public more civically involved."

"Our \$168 million budget shortfall," said Herry. "Our poor economic growth, dealing with that is going to be a big thing in 2015. Our region ranks below Detroit, and has for the last three years. We have to open Fairfax for business again."

Phase I construction of the Silver Line Metro and securing financing for Phase 2: "Talk about something that's going to be transformative for the next several generations," said Delegate Bulova. "It's making people mobile in different ways; it's really started to show the power of some of the investments we're starting to make in transportation at the General Assembly."

New 95 Express Lanes opened in 2014.



PHOTO COURTESY OF MICHAEL LIEBERMAN

John Geer standing in his doorway in Springfield, minutes before he was shot by a Fairfax County Police officer.



PHOTO BY MARY KIMM/THE CONNECTION

Chairman of the Board of Supervisors Sharon Bulova speaks to reporters about the shooting death of John Geer on Jan. 5 at the Fairfax County Government Center.

Judge Rules Against County

Prying free some details on Geer shooting.

BY TIM PETERSON
THE CONNECTION

It's been more than 16 months since John Geer of Springfield was shot and killed by a Fairfax County Police Department (FCPD) officer. And since the Aug. 29, 2013 shooting, scant information on the incident has been provided by the FCPD or the county Board of Supervisors, such as an explanation of what transpired up to and following the shooting, and the identities of the officers involved. They've kept this information from the media, the public and the Geer family, citing an ongoing federal investigation into the death.

That was until Jan 5, when Fairfax County released a 304-word statement regarding the events surrounding Geer's death. For the first time, the officer who shot Geer was named: PFC Adam Torres, who the statement said, "fired a single shot that struck Geer."

"We've had policies in place regarding when a police officer's name and information is released," Board of Supervisors chairman Sharon Bulova said Monday night. "Usually it's a matter of weeks. In this particular case it turned out to be an unusual situation that took longer."

Police had been called to Geer's house by his partner and mother of his two daughters Maura Harrington, over a domestic dispute. The statement says officers, "including a trained negotiator," talked with Geer for over half an hour while he stood in the doorway of his house, arms raised above his head and resting on the doorframe.

"Geer was reported as having multiple

firearms inside the home," the statement says, "displaying a firearm that he threatened to use against the police, and refused the officers' requests that he remain outside and speak to them."

Torres then shot Geer in the chest when he began lowering his hands.

ACCORDING TO THE STATEMENT a SWAT team entered Geer's house, after Geer died, and found a loaded, holstered handgun on the stairs by where he had been standing.

"A large amount of citizens have guns in their home. Does that give them the right to come and shoot you?" said Jeff Stewart of Chantilly, a friend of Geer's for over 25 years who witnessed the shooting.

"At the time he was shot he wasn't bearing any arms. He owned them. Why is it relevant to the release? Does a loaded gun show intent? The burden fell on the police to defuse the situation, let the guy go inside, chill out."

Geer's father Don didn't hear about the county's release until someone called to say it was happening on television.

"The press release I felt was very tainted towards the police department," he said. "It depicted John as being a terrorist or something, had all these guns in the house. He was a hunter. It didn't sound like that."

THOUGH THE COUNTY'S STATEMENT refers to a Circuit Court ruling that they "may release some information pertaining to the Aug. 29, 2013, officer-in-

involved shooting of John Geer," the Dec. 22 opinion from judge Randy Bellows was a court order.

After a Dec. 19 hearing in Fairfax, Bellows quickly turned around a response forcing the county to produce more than 100 documents being sought by lawyer Michael Lieberman in a \$12 million civil suit over Geer's death. According to Lieberman, the county had previously objected to all but six of 127 requests for documents.

"That's pretty amazing to have a judge turn around and give you a 12-page opinion over a weekend," said Lieberman. "He obviously worked on it all weekend, he listened carefully."

The documents include everything from 911 calls and witness statements to the medical treatment of Geer and blood pattern examination. Bellows is holding off granting or denying production of several documents as they relate to the county's internal investigation or the federal investigation. He gave the county 30

days to produce all the others.

The FCPD has defended their silence so far through the criminal investigative privilege afforded by the Virginia Freedom of Information Act (FOIA). The department declined to comment for this story and the Fairfax County Attorney's office didn't respond to an interview request.

In his opinion piece, Bellows wrote: "The entity seeking to assert the criminal investigative file privilege is no longer responsible for any aspect of the criminal investigation and the entity that is now solely responsible for the criminal investigation has

made it clear that it has taken no step to discourage the custodian of the criminal investigative files from disclosure of most of the files at issue."

Bellows referred to correspondence between U.S. Sen. Charles Grassley of Iowa and Assistant Attorney General Peter Kadzik, acknowledging that the case currently sits with the U.S. Department of Justice, not the state's attorney or the FCPD. Grassley, ranking member of the Senate Judiciary Committee, sent formal inquiries to FCPD Chief Edwin Roessler and U.S. Attorney Dana Boente about the case in November 2014. He sent another letter to Fairfax County Commonwealth's Attorney Raymond Morrogh in December.

Kadzik answered Grassley that the FCPD wasn't instructed to withhold information about the shooting, only the federal investigation.

Lieberman has continued to criticize the Board of Supervisors, who have authority over the FCPD and allowed the silence from that department to continue.

For Stewart and the Geer family, the continued silence, even with this recent disclosure, has been frustrating and painful.

"It's surreal enough to watch your friend get shot," said Stewart. "It goes to a whole different level when no one's held accountable."

"I can't figure out why I've had to go through this miserable 16 months in order to hear anything being done at all," said Don Geer. "Closure would be why someone pulled the trigger and killed my son, that's as much as I can expect at this point in time. A better idea of why did it happen."

SEE GEER, PAGE 5



PHOTO COURTESY OF JEFF STEWART

John Geer

Members of the South County High School Swim and Dive Team donated toys at South Run RECenter.



PHOTO BY TIM PETERSON/THE CONNECTION

South County Swim and Dive Team Donates Toys

Before filling the pool for warm-ups, members of the South County High School Swim and Dive team filled the Toys for Tots collection box at South Run RECenter. The team decided to give collectively at their final dual meet before Christmas break, a Dec. 19 faceoff with the team from Robert E. Lee High School.

Laurie Strickland of Springfield has organized the toy drive for the last four years. Strickland is the fitness director at South Run. "We sit in a pretty affluent area," she said. "And we challenge our commu-

nity to give back."

The drive ran from Nov. 17 until Dec. 19 and yielded about nine boxes of toys, according to Strickland. She estimates the total count was around 500, which all went to a Marine Corps depot in Dumfries for distribution.

That final night of the drive, the South County boys team defeated Lee by a score of 191 to 107. The girls team also won, scoring 178.5 to Lee's 126.5.

— TIM PETERSON

Overnight I-66 Closures in January

All lanes of Interstate 66 in one direction will close intermittently between midnight and 5 a.m. on several dates in January for the installation of gantries. Each closure will last up to 30 minutes.

The scheduled closures on I-66 are as follows:

- ❖ **Tuesday, Jan. 6 into Wednesday, Jan. 7:** Westbound immediately beyond the Route 28 overpass (Exit 53)
- ❖ **Thursday, Jan. 8 into Friday, Jan. 9:** Eastbound between Route 28 (Exit 53) and Fairfax County Parkway (Exit 55)
- ❖ **Monday, Jan. 12 into Tuesday, Jan. 13:** Eastbound

- between Route 123 (Exit 60) and Nutley Street (Exit 62)
- ❖ **Wednesday, Jan. 14 into Thursday, Jan. 15:** Westbound just beyond Nutley Street (Exit 62) at the Vaden Drive overpass
- ❖ **Monday, Jan. 19 into Tuesday, Jan. 20:** Eastbound just beyond the Fairfax County Parkway underpass (Exit 55)
- ❖ **Wednesday, Jan. 21 into Thursday, Jan. 22:** Westbound just before the Fairfax County Parkway underpass (Exit 55)
- ❖ **Monday, Jan. 26 into Tuesday, Jan. 27:** Eastbound just before the Fairfax County Parkway underpass (Exit 55)

- ❖ **Wednesday, Jan. 28 into Thursday, Jan. 29:** Westbound just beyond the Fairfax County Parkway underpass (Exit 55)
- Message signs will be posted in advance of the work so that motorists can use alternate routes.

The closures are part of the Virginia Department of Transportation's ongoing effort to install 36 new gantries as part of the I-66 Active Traffic Management System (ATMS).

The traffic system is scheduled to begin operating between Route 29 in Centreville and the Capital Beltway in early 2015.

For more information, visit http://www.virginiadot.org/projects/northernvirginia/i-66_atms.asp

Geer Shooting Statement Released

FROM PAGE 4

SUPERVISOR Pat Herrity (R-Springfield) agrees transparency has been a problem.

"We need to be transparent and we haven't been," he said in a recent interview. "The county attorney is supposed to provide advice, we make decisions. I think we've been following overly protective legal advice instead of making the right decision in this case, is really what it boils down to."

Lieberman said he sees this action by the county as "preemptive damage control." He continued, "The only positive thing I take out of it is some claim they're finally going to change the policies."

Bulova admitted the Board of Supervisors, FCPD and County Attorney's policies on information shar-

ing all need to be examined. "In retrospect," she said, "our policies need to be changed to provide information sooner if there is a delay like this."

She also addressed the possibility of revisiting creating a citizen's police advisory council.

"At least it's getting their attention," Geer said. "The idea of the police investigating the police just doesn't work. That's all there is to it."

Lieberman is optimistic that future hearings will help produce more documents, and for now at least some answers to 16-month-old questions are coming forward.

"The nightmare of John's shooting isn't ever going to end," he said, "but the nightmare of what the county's done, at least we can see the light at the end of the tunnel for getting over that part."



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OPINION

Happy New Year

Focused on community.

Happy New Year. We need your help in 2015. As local, weekly newspapers, the Connection's mission is to deliver news readers need close to home, to help readers enjoy great local places and events, to advocate for community good, to call attention to unmet needs, to provide a forum for dialogue on local concerns, and to celebrate and record milestones and events in community and people's lives.

If you know people or organizations doing important work, something newsworthy or something that might make a good feature story, let us know. We want to know if someone in your family or your community published a book, became an Eagle Scout, raised money for a good cause, accomplished a feat like running a marathon or having an art show.

We publish photos and notes of a variety of personal milestones and community events, including births, engagements, weddings, anniversaries, awards and obituaries. Send a photo and tell us about it in 200 words or so to editors@connectionnewspapers.com.

We are also interested in events at your church, mosque, synagogue, community center, pool, school, club, etc. To have the best chance of getting an event included in our calendar ahead of time, email us the details of the event (who, what, where, when, why) at least two weeks ahead of time. Email to XXXXXX@connectionnewspapers.com. Events generally must be open to the public and either free or at nominal cost to be included in

calendars.

After your events, email us a photo and a note so we can consider including it in our coverage. Be sure to include the names of all the people who are in a photo, and say when and where the photo was taken.

We also publish notes about news and events from local businesses. Notes about openings, new employees, anniversaries are welcome.

In covering the issues, we strive to provide a voice for our readers. We look forward to hearing from you.

EDITORIAL

The Connection Newspapers are published by Local Media Connection LLC, an independent, locally owned company. The publications and websites include the Alexandria Gazette Packet, the Mount Vernon Gazette, the Centre View, the Potomac Almanac and individual Connection papers and websites serving McLean, Great Falls, Vienna/Oakton, Oak Hill/Herndon, Reston, Springfield, Burke, Fairfax, Fairfax Station/Clifton/Lorton, Arlington, Centreville, Chantilly/Fair Oaks, Alexandria and Mount Vernon.

The publications and websites have won hundreds of awards for news and community coverage just in the past few years, including the Virginia Press Association Award for Integrity and Community Service for coverage of efforts to prevent and end homelessness, and Best in Show for information/art for coverage of local parks.

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— MARY KIMM,
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LETTERS TO THE EDITOR

A Wonderful Article

To the Editor:

What a wonderful article you wrote, Kareese ("How I Left..." by Kareese Akinloba, grade 8, Irving Middle School, Children's Connection, January 1-7, 2015). Your writing ability is beyond your years. And reading it brought back so many memories. For someone at the beginning of life to someone at the other end, let me tell you to rejoice in what lies ahead. I was a happy 7-year-old when my father walked into the house in Berkeley, Calif., some 60 years ago..and announced that my mother and I were going to join him in a small town called Puerto Ordaz, Venezuela. I was not old enough to develop the ties to Berkeley that you had to Southern California but I had the 7-year-old's equivalent. This led me to a wonderful life in a new place, a new language, new friends, new experiences and while I still think at this late stage that Berkeley was "home" I know it is hardly that. The best part of

every new experience is that so much of it stays with you. And so many of your friends will become friends for life. So rejoice, young lady, for before you lies a great new world with people, ideas, values and customs that you can pick and choose from. A veritable buffet of life at your fingertips. And when you reach the other end of the journey, as have I, you will have a wonderful book of memories and a great host of friends to live with. I have only two pieces of advice. Keep in touch with your friends for when they are gone that opportunity is forever lost. And see as much of this wonderful world as you possibly can. It is full of wonder and will write your pages of life that you will read and reread many years from now.

Michael Valentine
Fairfax Station

You can read Kareese's story on page 4 at <http://connectionarchives.com/PDF/2014/123114/Springfield.pdf>

MORE LETTERS, PAGE 7



497

days since a Fairfax County police officer shot unarmed John Geer standing in the doorway of Geer's home in Springfield, then let him bleed to death on Aug. 29, 2013. It took 495 days for the police to name the officer involved, PFC Adam Torres. No other information has been released about the incident, no explanation, no grand jury, no charges. (as of Jan. 7, 2015)

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Lorton & Clifton
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LETTERS

Taking Exception on Express Lanes

To the Editor:

An article was recently published in your newspaper discussing the new I-95 express lanes (95 Express Lanes Open, The Connection, Dec. 18-24, 2014). One statement in the article read, "Construction manager for the project John Morse, of VDOT, said that the addition of a third lane will solve a number of problems and give people options other than waiting in traffic." Creating the express lanes, however, does not resolve a primary underlying issue. Along vast stretches of heavily congested I-95, including in Prince William County, there are only three lanes for traffic. The express lanes are just a partial solution. I-95 is the busiest highway on the East Coast. Tens of thousands of out-of-town travelers use this highway daily. These travelers likely will not know to have an EZ-Pass Flex to access these lanes, much less pay a potentially high dollar figure to use them. Local travelers also have to incur a substantial daily fee unless they manage to have three passengers. Plus, the toll lanes end after the I-495 interchange, leav-

ing those without three passengers subject to driving in the main line of I-395. Northern Virginia is continuing to grow. The express lanes did not add any additional lanes to I-95, allowing for traffic to continue to jam the highway.

Abigail Ross
Woodbridge

Beautiful But Deadly

To the Editor:

Gone are the summer delights of giant Hostas shaded by dense foliage. Masses of purple coneflower and Zinnias jostling for the attention of winged things are a now just a dream of the past. Winter is fully entrenched, and nature has now turned us to the more subtle and stark beauty of our coldest months. The greens of the woods have given way to sober shades of gray and brown, and our gardens sport a slumbering, bedraggled look as they anticipate spring.

In the meantime, we may delight in holly trees and other evergreens that grant our roving eyes a supplement of color during these drear months.

But I cringe as I pass the

Nandina that inhabit so many gardens in our area. With its ostentatious clusters of bright red berries, Nandina is a show-stopper in the garden this time of year. Unfortunately, it is also a heart-stopper for our hungry songbirds that reside year round in Northern Virginia.

Oftentimes called "Heavenly Bamboo," *N. domestica* is actually in the Berberidaceae family. It is invasive to our area, and all parts of it are toxic, especially when ingested in quantity, such as by berry-loving Cedar Waxwings. In 2009, the University of Georgia determined that dozens of dead Waxwings found in Thomas County, Ga., had ingested large amounts of Nandina, which caused major organ-system hemorrhage.

I was going to plant this beautiful but deadly plant in my own garden, until I blundered upon the aforementioned research. Now I must be content with my Nandina-free yard, which currently boasts more lurking wire-grass than hibernating crocus. If you've got *N. domestica* in your garden, would you consider pulling this wicked weed, which, after all, is neither "heavenly," nor "bamboo?"

Amanda Christman
Clifton

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Top Fitness Trends for 2015

BY MARILYN CAMPBELL
THE CONNECTION

The beginning of a new year is often a time when many resolve to begin a fitness plan or to ramp up their current routine. Officials at the American College of Sports Medicine rang in the New Year by releasing the organization's annual survey of the top fitness trends for 2015.

From push-ups to plank, bodyweight training tops ACSM's list of fitness trends. Low cost and mobile, this routine takes exercise back to the basics: think pull-ups and squats. "You really don't need equipment or a gym membership, and there's almost no cost involved," said Katrina Salum, a personal trainer based in Arlington. "It's effective because you can build muscle and burn fat simply by using your own body weight for resistance."

The popularity of bodyweight moves are due to the ease in which they can be incorporated into your daily routine, said Salum. "You can do three sets of eight squats while you're brushing your teeth and 10 pushups while you're waiting for your coffee to brew."

THE PRACTICE of alternating intense periods of aerobic activity with low intensity exercises, known as high-intensity interval training (HIIT), is number two on the list of trends. Varying exercises can stave off boredom, a factor that leads many people to abandon their fitness practice," said Scott Goldberg, a personal trainer in Potomac, Md. "Most HIIT routines can be done in 30 minutes," he said. "One simple routine is warming up by walking on a treadmill, then doing 10 squats, 10 push ups and 10 planks followed by a 30-second fast-paced sprint. Then walk slowly in place for four minutes to rest then repeat the entire routine five times."

Taking classes or training sessions from licensed, certified and educated fitness professionals is number three on the list. Traditional weight training is number four, followed by enlisting the help of a personal trainer and combining exercise and nutrition into a fitness plan, which are numbers five and six respectively.

"To be healthy you need to exercise, but also eat foods that are good for you," said Gretchen Juliano, a dietician in Old Town Alexandria. "Eating foods that are low in

carbs and high in protein before working out forces your body to burn fat and gives you energy."

Fitness industry pros say yoga is number seven. "The practice of yoga gives you muscular flexibility through the stretching involved in the yoga poses," said Dawn Curtis, East Meets West Yoga Center in Vienna.

"It is like vitamins. The real affect is doing it over time and incorporating it into your life rather than just doing it once."

— Sara VanderGoot

"Yoga also provides immune strengthening. A regular yoga practice will also help with your healthy tissue maintenance and healthy growth of new muscles, bones, tendons, and ligaments, which are essential body components for fighting disease."

Curtis points to the detoxifying effects

of yoga.

"A regular yoga practice will increase your blood circulation, which in turn helps flush out toxins from your body," she said. "As your body flushes out these toxins, to be released by the stretches of the muscle movement, they are replaced with new nourishing nutrients for a healthier body and mind...Students with a regular practice...report [having] long lasting results both physically and mentally, especially with reducing stress."

A commitment of practicing two to three times each week is necessary for noticeable results.

"Consistency is the key in yoga," said Sara VanderGoot of Mind the Mat Yoga and Pilates in Arlington and Alexandria. "It is like vitamins. The real effect is doing it over time, and incorporating it into your life rather than just doing it once."

Yoga is not a quick fix, but a very powerful transformative practice if done regularly over time."

Fitness programs for seniors make the list at number eight. "Even 30-minutes of strength training and 20 minutes of aerobics 2 or 4 times a week can help us fight

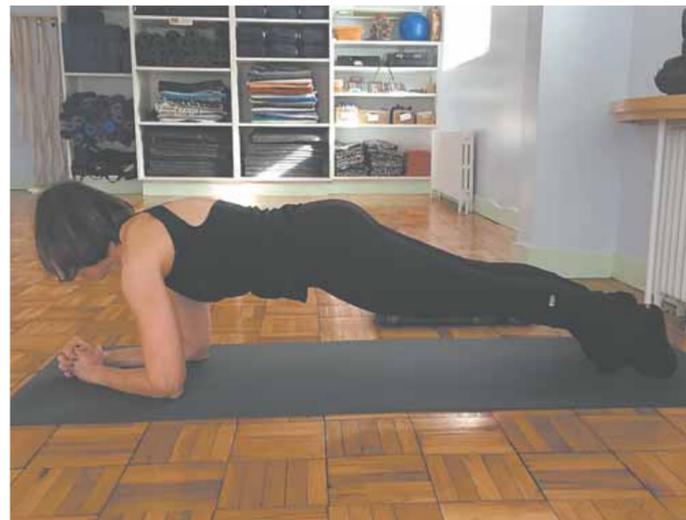


PHOTO BY MARILYN CAMPBELL

Bodyweight training, which includes exercises such as plank, is the top fitness trend for 2015 according to the American College of Sports Medicine.

diseases like diabetes and heart disease as we age," said Goldberg.

FUNCTIONAL FITNESS EXERCISES, those that make your body stronger for everyday activities like doing laundry, lifting small children or simply using good posture

when sitting at a desk, come in at number nine on the ACSM list while group personal training sessions are number ten.

"One of the benefits of working out with a group is accountability," said Salum. "It's also less expensive than hiring a personal trainer and can be more fun."

VOLUNTEER OPPORTUNITIES

Volunteer Solutions of Fairfax County Division of Adult and Aging Services provides meaningful volunteer opportunities to improve the lives of older adults and adults with disabilities in Fairfax County. To volunteer for any of the following positions, please complete an online registration form at <http://www.fairfaxcounty.gov/dfs/volunteer/VolReg/VolunteerRegistration.aspx>. For more information please call 703-324-5406, TTY 711, email VolunteerSolutions@FairfaxCounty.gov or visit <http://fairfaxcounty.gov/olderadults> and follow the link to "Volunteer Solutions".

❖ **The Lewinsville Senior Center in McLean** needs an office assistant on Tuesdays and Thursday from 10 a.m. to 2 p.m. and instructors for the following classes: Current Events, Knitting/Crocheting, Certified Arthritis Exercise, Ballroom Dance, Square Dance, and Tai Chi.

❖ **The Kingstowne Center for Active Adults in Alexandria** needs a Van Driver to take participants on outings and instructors for the following classes: Mosaic Art or Jewelry Making and Belly Dancing.

❖ **The Gum Springs Senior Center in Alexandria** needs a Spanish teacher for a beginner's class one hour on Tuesday, Wednesday, or Thursday between the hours of 10 a.m. to 1 p.m.

❖ **Korean Meals on Wheels** needs Korean-speaking volunteers to deliver meals 11 a.m. to 1 p.m. Monday, Wednesday and Friday in Centreville, Reston and Annandale.

❖ **Meals on Wheels** - Transport meals to older adults or adults with disabilities Monday, Wednesday and Friday, midday. Program also needs driver coordinators and group coordinators. Commitment: two hours/month and longer. Volunteer opportunities are available near where you work or live. Employee groups are welcome to share a delivery commitment. Check us out on YouTube now!

❖ **The Annandale Adult Day Health Care Center** in Annandale needs Spanish-

speaking social companions Monday-Friday from 3 p.m. to 5 p.m.

❖ **Fairfax County** needs volunteers to drive older adults to medical appointments and wellness programs; urgent need in Reston area.

❖ **The Hollin Hall Senior Center in Alexandria** needs a DJ to provide a wide array of music from ballroom to line dancing, Wednesdays from 2 p.m. to 4 p.m., a Ballroom Dance Instructor to teach a class on Thursday afternoons and an Italian Instructor.

❖ **The Wakefield Senior Center** in Annandale needs Bilingual English/Spanish Activity Leaders, Tuesday-Friday, 10 a.m. to 2 p.m. to assist in engaging Spanish-speaking and English-speaking participants in center activities. They also need certified instructors for classes in Ballroom Dance, Pilates, Chair Exercise and Ballroom Dance. Volunteer instructor positions could lead to part-time employment.

❖ **The Sully Senior Center** in Centreville needs a certified personal trainer, preferably with experience working with older adults, for one hour, twice a week.

❖ **Volunteers, who are fluent in American Sign Language**, are needed in Reston, Herndon and Vienna to provide clients with direct assistance (not interpretation) with computers, grocery shopping, or social visiting.

❖ **Respite Care volunteers** give family caregivers of a frail older adult a well-deserved break so they can go shopping, attend a doctor's appointment or just have coffee with a friend. Volunteers visit and oversee the safety of the older adult for a few hours each month. Support and training are provided. Contact Emmy Thompson at 703-324-7404, TTY 711, or Maura.Thompson@fairfaxcounty.gov.

❖ **Adult Day Health Care and Senior Centers** - Visit centers to assist with fitness activities, arts and crafts, meal time, entertainment and much more.

❖ **Grocery Shopping** - Shop for an older adult or accompany them to the grocery store. Commitment: two hours every other week.

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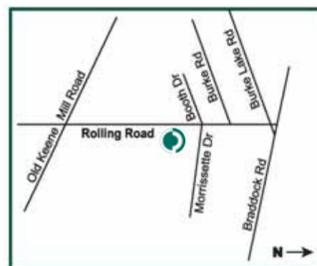
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Andy Ilachinski describes his colorful, powerful and magically manipulated images as “Synesthetic Landscapes,” referencing the psychological, creative – even mystical – experience of synesthesia, a joining of the senses (smelling sounds, hearing colors, feeling shape) to communicate a point of view to another through his photographs. View his photos through Feb. 9, 2015 at the Jewish Community Center of Northern Virginia, 8900 Little River Turnpike, Fairfax.

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

THROUGH MONDAY/JAN. 19

Dada Re-Discovered. Building W-16 Vulcan Gallery, Workhouse Arts Center, 9518 Workhouse Way, Lorton. Dada Re-Discovered explores how contemporary media and ideas can filter past Dada concepts and artwork. The exhibit will feature sound, video, performance and other visual mixed media. 703-584-2900. www.workhousearts.org.

THROUGH SATURDAY/JAN. 31

Exhibit of Colorful Nutcrackers. 11 a.m. - 4 p.m. Closed on Tuesdays. Sully Historic Site, 3650 Historic Sully Way, Chantilly. See an amazing array of nutcrackers, both old and new, in a colorful case exhibit. Did you ever wonder where the craze for collecting nutcracker dolls came from? Nutcrackers have a fascinating history. The first nutcrackers were produced to crack nuts more effectively and the oldest known metal example, on exhibit in Tarent, Italy, is from the third or fourth century B.C. The Leavenworth Nutcracker Museum in Leavenworth, Washington, shows a bronze Roman nutcracker dated between 200 B.C. and 200 A.D. German nutcrackers, made as decorative pieces, were developed around 1500. Early nutcrackers were in the shapes of animals, birds and people. Later, they were made in the likeness of kings, soldiers, church leaders and ruling class figures. Fine wood carved nutcrackers were created across Europe, especially in France and England by the 15th and 16th centuries. Admission: \$7/adult, \$6/student, \$5/senior or child.

THROUGH SUNDAY/FEB. 8

Dressing for the Occasion: An Exhibition of Costumes and Textiles Representing Fairfax Personalities and Events. Exhibition. Fairfax Museum & Visitor Center, 10209 Main Street, Fairfax. Open daily 9 a.m.-5 p.m. 703-385-8414.

THROUGH MONDAY/FEB. 9

“Synesthetic Landscapes.” Jewish Community Center of Northern Virginia, 8900 Little River Turnpike, Fairfax. Andy Ilachinski describes his colorful, powerful and magically manipulated images as “Synesthetic Landscapes,” referencing the psychological, creative – even mystical – experience of synesthesia, a joining of the senses (smelling sounds, hearing colors, feeling shape) to communicate a point of

view to another through his photographs. Showcase artists: Marcia Gordon, “Gems by Meg;” Piper Strong, Metal Works/Judaica; and Joyce Zipperer, metal sculptor/mixed media/metal shoes and jewelry. www.jccnvarts.org.

The Bravura Ensemble - Chamber Music Classics.

8 p.m. Old Town Hall, 3999 University Drive, Fairfax. The Bravura Ensemble is a Washington D.C.-based chamber group devoted to performing chamber music repertoire ranging from 18th-century works to modern-day music. Clarinetist Albert Hunt earned a Doctor of Musical Arts Degree from The Juilliard School and has performed around the world as a soloist and chamber musician. He has also played in orchestras such as the Cleveland Orchestra, the New York Philharmonic, and the Orchestra of St. Luke's. Violinist Rachelle Betancourt is a member of the Frankfurt Radio Symphony Orchestra in Germany and is an international competition winner. She frequently performs solo and chamber music recitals in the Americas and in Europe. Come join us for an evening of chamber music featuring clarinet, piano and strings.

SATURDAY/JAN. 10

QuinTango performs at the Jewish Community Center of Northern Virginia, 8900 Little River Turnpike, Fairfax. 8 p.m. Tickets: \$29 non-members JCCNV, \$24 JCCNV members and seniors. \$19 for those under 30. For tickets information call 703-537-3000 or visit: www.jccnv.org

TUESDAY/JAN. 13

Tai Chi. 10 a.m. Burke Centre Library, 5935 Freds Oak Rd., Burke. Come and experience the benefits of Tai Chi introduced by Dante Gilmer of Still Water Tai Chi Center. Wear comfortable clothes that allow movement. Adults. 703-249-1520.

WEDNESDAY/JAN. 14

S.T.E.A.M. Storytime. 10:30 a.m. Burke Centre Library, 5935 Freds Oak Rd., Burke. Science, Technology, Engineering, Art, and Math (STEAM). Each month we will focus on one of these subjects with stories and activities appropriate for preschoolers. Age 4-5 with adult. 703-249-1520.

THURSDAY/JAN. 15

Magic Tree House Club. 4:30 p.m.

Burke Centre Library, 5935 Freds Oak Rd., Burke. Let's read the eleventh story in the series Lions at Lunchtime by Mary Pope Osborne. The magic tree house takes Jack and Annie to Africa where they meet up with wonderful wild animals. School age. 703-249-1520.

World War II Washington.

7 p.m. Burke Centre Library, 5935 Freds Oak Rd., Burke. Sixty years ago, numerous military personnel, contractors, and “government girls” converged on Washington. Where did they live, work, and socialize? Relive the stories or share your own with Carol Bessette, retired Air Force intelligence officer, Vietnam veteran, Certified Master Tour Guide in the Washington, DC area, and Washington history lecturer. Adults. 703-249-1520.

The Friday Morning Music Club.

11 a.m. Old Town Hall, 3999 University Drive, Fairfax. A community of music lovers and musicians, the Friday Morning Music Club, Inc., has promoted classical music in the Washington area for over 120 years. FMMC's public concerts—now held throughout the week—provide performing members with a host of outlets for their talents as well as delighting audiences in Washington DC, Maryland, and Virginia. All concerts are free and performed as a public service.

FRIDAY/JAN. 16

Frozen Movie Sing-Along and Craft Event. 6 p.m. Sherwood Community Center, 3740 Old Lee Highway, Fairfax. Do you want to build a snowman? Bring a parent and your friends before the movie to make snowflakes, craft an Olaf, put together a Frozen necklace, and also either Sven reindeer antlers OR an Elsa tulle cloak to make and take home. A Smorgasbord of cheese sandwiches, Olaf noses (carrot sticks), and FROZEN Ice cream cups will be served. If you prefer, or if allergies are a concern, you are welcome to pack food of your choosing or eat before the party. Fee: \$12 per child (Deadline to register: Wed, Jan. 14). parksrec@fairfaxva.gov

SATURDAY/JAN. 17

Teen Advisory Board (TAB) Meeting. 10:30 a.m. Burke Centre Library, 5935 Freds Oak Rd., Burke. Board members meet biweekly to plan and implement projects and programs that will enhance library services for teens. Age 13-18. 703-249-1520.

SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

JANUARY

1/7/2015 Wellbeing, Renewal, Resolutions
1/14/2015 HomeLifeStyle
Martin Luther King Jr. Day is Jan. 19
1/21/2015 A+ Camps & Schools
1/28/2015 Neighborhood Outlook
1/28/2015 Winter Fun, Food, Arts & Entertainment;
Valentine's Preview

FEBRUARY

2/4/2015 Valentine's Dining & Gifts I
2/4/2015 Wellbeing – National Children's Dental
Health Month
2/11/2015 HomeLifeStyle
2/11/2015 Valentine's Dining & Gifts II
Valentine's Day is Feb. 14 • Presidents Day is Feb. 16
2/18/2015 A+ Camps & Schools
2/25/2015 Pet Connection Pullout

MARCH

3/4/2015 Wellbeing
3/11/2015 HomeLifeStyle Real Estate Pullout
3/18/2015 A+ Camps & Schools
3/25/2015 Spring Fun, Food, Arts & Entertainment
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- Reston Connection
- Springfield Connection
- Vienna/Oakton Connection

ENTERTAINMENT



QuinTango, chamber tango quintet, performs at the Jewish Community Center of Northern Virginia in Fairfax Jan. 10.

PHOTO COURTESY OF QUINTANGO

Magical Music and Dance

QuinTango comes to JCC in Fairfax on Jan. 10.

BY DAVID SIEGEL
THE CONNECTION

Tango. The word conjures earthy dance and sizzling music. “Tango dance best exhibits this: two people create a dance so seamlessly, so beautifully it takes your breath away,” said Joan Singer, founder of Northern Virginia’s QuinTango. “Tango endures because it is real... it’s intense, it’s intimate, it’s courageous.”

Soon you will be able to see the allure and emotions of the tango for yourself as the Jewish Community Center of Northern Virginia (JCCNV) is bringing QuinTango to local audiences. It is to be a lively evening of music, spirited dancing by two Argentine dancers, and stories behind how immigrants brought the tango to the public’s attention first in Argentina; then the world.

The QuinTango musical troupe includes two violins, cello, bass and piano playing the rich, sultry sounds of the classic tango orchestra’s repertoire.

QuinTango has performed at the White House and Lincoln Center. The group has worked with the Washington Performing Arts Society’s educational programs and is part of the Virginia Commission for the Arts Touring Performing Arts program. The group has also received a WAMMIE music award from the

Where and When

QuinTango at the JCC of Northern Virginia, 8900 Little River Turnpike, Fairfax. Performance: Saturday, Jan. 10 at 8 p.m. Tickets: \$29 non-members JCCNV, \$24 JCCNV members and seniors. \$19 for those under 30. For tickets information call 703-537-3000 or visit: www.jccnv.org

Washington Area Music Association.

The troupe wants to create a dialogue with the audience. “We promise to give you our all - and in return we rely on your feedback, your sighs, your applause, your rapt attention,” said Singer. “Together we can create a few hours of musical intimacy which will sustain us both long after the concert is over.”

“We are creating something new every performance. Part of creativity is vulnerability - and in seeing it, in allowing it, the audience becomes part of the intimacy,” added Singer. “We want people to understand what tango is - and to fall in love with it.” For some tango cultural references; Al Pacino won the 1992 Oscar dancing the tango in “Scent of a Woman.” There was also Broadway’s 1976 Tony Award winning “Chicago” with its musical number “Cell Block Tango” later performed by Catherine Zeta-Jones in the Academy Award winning 2002 movie “Chicago.” “I think the audience will come away with an appreciation of the history of Tango.” This includes “the ways Eastern European immigrants and the tango benefited each other,” said Dan Kirsch, JCCNV cultural affairs director.

“Tango is exciting, it’s engaging, it’s often on the edge,” noted Singer. Don’t resist it.

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Top Moments in 2014 Area Sports

Woodson boys' basketball looks for third straight region title.

The following is a look at some of the top moments in area sports during 2014 and what lies ahead in 2015.

Woodson boys' basketball repeats as region champ

The Woodson boys' basketball program graduated the majority of its starting lineup from the team that captured the 2013 Northern Region championship.

That didn't stop the Cavaliers from making a return appearance in 2014.

After a dramatic one-point win over Herndon in the 6A North region semifinals, Woodson, led by then-junior point guard Eric Bowles, faced Lake Braddock in the championship game. It was the fourth meeting of the season between the two teams, with the Bruins having won the first three by a combined eight points. The fourth meeting ended with a 66-56 Woodson victory and the Cavaliers' second straight region title. "It's a different group of kids," Woodson head coach Doug Craig said after the game. "... A lot of them didn't get to experience it last year or really be a big part of it — they were on the team but maybe didn't get a chance to play out on the floor. Tonight, they got a chance to be out there on the floor and do a great job."

Woodson finished the season with a 21-9 record and reached the state semifinals.

Robinson boys' lacrosse wins state title

The Robinson boys' lacrosse team started the 2014 season by dropping three of its first four games. The Rams quickly righted the ship, however, winning its final 17, capturing Conference 5, 6A North region, and VHSL state championships along the way.

The Rams blasted Langley 15-3 in the region final. When the two teams met again nine days later in the state championship game, Robinson pulled out a 9-7 win.

South County softball captures state championship

South County had been one of the region's top softball programs for several seasons, but each year ended in postseason disappointment. The 2014 Stallions were the team that finally got over the hump, winning the program's first state championship.

Despite playing most of the season with-



Woodson point guard Eric Bowles takes a celebration selfie after the Cavaliers defeated Lake Braddock to win the 2014 6A North region title.



The South County softball team finished 26-3 in 2014 and won the 6A state title.

out injured shortstop Whitney Burks, who now plays for Stanford, South County finished 26-3. The Stallions captured the program's second region title with a 2-1 victory over Lake Braddock, and defeated First Colonial 1-0 in the state semifinals.

On June 15, South County beat Cosby 4-1 in the 6A state championship game at Robinson Secondary School.

Then-senior pitcher Rebecca Martin was one of South County's best players in 2014 and throughout her four years on the varsity.

"She's been clutch from Day One," South County head coach Gary Dillow said after the state final. "She came in as a freshman and won that 12-inning game against [West Potomac] for our first conference championship with this group. Nothing fazes her. She's always relaxed. She's pitched every clutch game for us the last four years and usually when we lose, it's because we don't score, it's not because she hasn't pitched well."

Lake Braddock XC shines at state meet

The Lake Braddock boys' cross country team left the competition in the dust in the fall of 2014, winning Conference 7, 6A North region, and VHSL state championships.

At the state meet on Nov. 15 at Great



Alex Corbett's first-place finish at the state meet helped the Lake Braddock boys' cross country team win the second state title in program history.

Meadow, Lake Braddock produced the first- (Alex Corbett), second- (Kevin Monogue) and seventh-place (Colin Schaefer) individual finishers en route to a first-place team finish. The Bruins posted a score of 41, finishing well ahead of second-place West Springfield (92).

It was the second state title in the Lake Braddock boys' program history.

"One of the last things we talked about [prior to the race] was, this is business," Lake Braddock head coach Mike Mangan said after the state meet. "We have done all our investing, we picked all the right stocks, we think, we've done all that and now it's time to cash in on our investment. This is just business."

The Lake Braddock girls also had a strong showing at the state meet, finishing runner-up. Oakton won its second consecutive title.

Bruin sophomore Kate Murphy finished second among individuals. Teammate Daly Ferguson (seventh) also earned all-state with a top-15 finish.

"We ran lights out," Mangan said after the meet, "Oakton was just really good today."

Lake Braddock boys' tennis goes undefeated

The Lake Braddock boys' tennis team cap-

tured the 2014 state championship, finishing a perfect 18-0 along the way.

The Bruins defeated Langley in the region and state finals.

Robinson wrestling wins 3rd title in 4 years

The Robinson wrestling team won its third state championship in four years and produced four individual champions.

Jack Bass (152 pounds), Zak DePasquale (160), Cole DePasquale (182) and Jake Pinkston (285) each won individual titles.

Fairfax field hockey wins region title

The Fairfax field hockey program won its first region championship since 1993 and advanced to the state tournament for the second consecutive season.

The Rebels defeated Chantilly 2-1 in double overtime in the region final before ending its season with a loss in the state semifinals.

Cori Black scored the game-winner for Fairfax in the region final.

"Right when I hit it," Black said after the region championship game, "I felt like it was going to go in."

Fairfax finished the season with a 20-4 record, including the program's sixth consecutive Liberty District/Conference 6 championship.

A look to 2015

*The Woodson boys' basketball team entered 2015 with a 7-2 record before losing to St. Maria Goretti on Jan. 3. The Cavaliers will attempt to win their third consecutive region title. Senior point guard Bowles will play for Central Connecticut State University.

*The West Springfield girls' basketball team concluded the 2014 portion of its schedule with an 8-2 record. The Spartans are looking to repeat as Conference 7 champions and return to the state tournament.

*The Robinson wrestling team looks to win its fourth state championship in five seasons. The Rams graduated three individual state champions.

*The South County softball team returns several talented players from its 2014 state championship squad, but will be without graduated standout pitcher Martin.

*The Lake Braddock baseball program, which won the state title in 2012 and the region crown in 2013, will look to bounce back from a 2014 season in which the Bruins failed to qualify for the regional tournament.

*The Lake Braddock, South County, West Springfield, Hayfield and Robinson football teams will all be coming back from 2014 playoff appearances.

— JON ROETMAN

COMMUNITY



PHOTOS BY TERRANCE MORAN/THE CONNECTION

Volunteers packing the birthing kits at Nativity.



The Geland Family from Burke with grandmother Joan Turner of Fairfax. From left: Mark Geland, Abigail, Joan Turner, Samantha, and Jodi Geland.

Answering the Call to Action

Catholic Church of the Nativity in Burke helps Haitians.

Sixteen years ago Father Martin, the pastor of the Catholic Church of the Nativity in Burke, asked hypothetically, “How much money could be raised if each parishioner donated a small amount each week of Lent?”

The result was \$67,000 and the beginning of a journey to help the poor in Haiti. The result: over 1,100 homes, nine self-sustaining villages each with a sewing, fishing co-op, tilapia farming and animal husbandry. In collaboration with “Food for the Poor,” the parishioners of Nativity have contributed nearly \$4 million in cash and \$2 million in goods.

Four times a year the Church of Nativity travels to Haiti. Each time those who make the trip return with a “personal calling.” Jim McDaniel, head of Nativity’s Operation Starfish put it simply, “making the trip to Haiti results in a personal call for action. When they come back something happens and each individual becomes inspired to make a difference.”

This holiday Meg Hanrahan of Burke and Melinda Englebreksson of Fairfax Station decided to act on their “personal call to action.” Each had experienced difficult births. When Melinda saw the conditions that many Haitian women give birth in she asked a local doctor what was needed to improve conditions. The

supplies needed to improve the conditions of birth were less than \$2.

The two reached out to the Knights of Columbus and the women of Nativity and raised \$1,400. With this they were able to package 700 birthing kits. Each kit had sterile gloves, alcohol wipes, sterile gauze pads, string, a bar of soap, and a #10 scalpel.

With the help of 80-90 volunteers 700 kits were assembled in two hours and readied for delivery to Florida where they would be added to Food for the Poor’s shipping containers. The kits were driven to Florida by a few Nativity parishioners.

— TERRANCE MORAN



Group photo of Nativity parishioners who volunteered to package the birthing kits for Haitian women.

From Left: Meg Hanrahan, Burke; Jim McDaniel, Springfield; and Melinda Englebrejsson, Fairfax Station; holding the packaged birthing kits readied for shipment to Haiti.



Birthing kit with a note of love from Nativity Parish.

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**PUBLIC HEARING FOR TOWN OF CLIFTON
PROPOSED AMENDMENT TO SPECIAL USE PERMIT
PUBLIC HEARING
TOWN OF CLIFTON PLANNING COMMISSION
JANUARY 19, 2015**

Notice is hereby given that the Town of Clifton Planning Com-
mission will hold a Public Hearing on Monday, January 19,
2015 at 7:30 P.M. at the Acacia Lodge Hall, 7135 Main Street,
Clifton, VA 20124 to consider the amendment of the special
use permit of Trattoria Villaggio, located at 7145 Main Street, to
include and authorize the use of outdoor music, specifically
sound (music) that will be distributed by Trattoria Villaggio's out-
door wall mounted and rock speakers, located within the con-
trolled area of the patio, and to be played/heard at a controlled
decibel level no greater than 70 dBA. The application for
the proposed amendment to Trattoria Villaggio's special use
permit, is available for review and downloading on the Town's
website at www.clifton-va.com and a hard copy may be exam-
ined at the Clifton Post Office, 12644 Chapel Road, Clifton VA,
20124. All interested parties are invited to attend
and express their views with respect to the requested
amendment to the Trattoria Villaggio's special use
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ONGOING

Volunteer Fairfax seeks individuals, families, youth and corporate groups for service opportunities at a variety of nonprofit agencies. One-time special events or ongoing activities are available at www.volunteerfairfax.org or call 703-246-3460.

Singers Wanted for the Celebration Singers. The women's show choir is interested in new talent to perform at various Northern Virginia community sites. Practices are Wednesdays 10:30 a.m.-2:30 p.m. in Burke. Contact Gayle Parsons, 703-644-4485 or email gparsons3@cox.net.

Online Scavenger Hunt. Visit Fairfax tasks those interested in becoming "citizen ambassadors" to the county (those informed on fun, creative weekend outings in the area) to find two Fairfax County Ambassador icons hidden throughout the fxva.com website in order to join the ambassador team; those who find all five hidden pins will receive a complimentary gift. www.fxva.com/online-ambassador.

Senior Fall Prevention Classes. 1:30-2:30 p.m., at the Woodlands Retirement Community, 4320 Forest Hill Drive, Fairfax. Tuesday and/or Thursday classes in a heated pool designed to work on balance and core muscles for injury prevention. \$10. 703-667-9800.

American Red Cross CPR, First Aid and AED. Various times, at 2720 State Route 699, Suite 200, Fairfax. One-year certification, digital or print materials and continued education on Mondays through Thursday and Saturday. \$70-110. www.redcrossna.org.

Dementia Care Givers Support Groups. Various times, at Lord of Life Lutheran Church, 5114 Twinbrook Road, Fairfax. The groups are for those caring for someone with dementia or for those interested in learning more about providing care giving to a person with a disorder that affects memory and cognition and may impact behavior and physical abilities. 703-451-8626 or Eileen.thompson1@gmail.com.

SATURDAY/JAN. 10

ADHD in the Workplace: Hot Topics on a Cold Day. 9 a.m. Mason Enterprise Center, 4031 University Dr., Fairfax (Conference Rooms). Important discussion topics with local professionals related to the impacts of ADHD and the need for planning and strategies in career selection and workplace success. Pre-registration discount \$5; at the door fee \$10. More information at www.adhdnova.org or email adhdgrp@Verizon.net.

THURSDAY/JAN. 15

Are You 50 or Better? 12-2 p.m. Fairfax Presbyterian Church, 10723 Main Street, Fairfax. Join in for the next Lunch N' Life sponsored by the Shepherd's Center of Fairfax-Burke on Thursday. The Program will feature the Tallwood Trio with singer, Nancy Riley with music from The Great American Song Book. For reservations, call Faye Quesenberry, 703-620-0161, by Jan. 9. The cost is \$10; checks payable to SCFB. If Fairfax County schools are closed due to weather, reservations will be credited to May's Lunch N' Life. If transportation is needed, call the SCFB office 703-323-4788. See www.scfbva.org for more information.

WEDNESDAY/JAN. 21

Is Forgetfulness a Problem? 1:30 p.m. Memory Care Center, 3953 Pender Drive, Suite 100, Fairfax. What is normal aging versus dementia? When is it time to seek help? A discussion on signs of dementia and testing currently available. Call 703-204-4664 to RSVP and for more information.

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