

# Springfield CONNECTION

Franconia ❖ Kingstowne  
Newington

## West Springfield's Haynes Signs with West Point

SPORTS, PAGE 12

## WELLBEING

PAGE 8

West Springfield guard Shelby Haynes, seen last season, is signed to play basketball at West Point.

## 2016: The Year Ahead in Springfield

NEWS, PAGE 3

## Area Residents Discuss New Year's Resolutions

NEWS, PAGE 5

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ENTERTAINMENT, PAGE 11 ❖ SPORTS, PAGE 12 ❖ CLASSIFIED, PAGE 14

PHOTO BY LOUISE KRAFFT/THE CONNECTION

# NEWS

**Volunteers packed out over 80,000 care letters from every corner of the nation and 75 care packages to deployed servicemembers and veterans in VA Homes.**



PHOTOS CONTRIBUTED

**Kilroys in Springfield hosted Fourth Annual Christmas Day of "Giving Back."**



## Kilroys in Springfield Hosts Christmas Day of 'Giving Back'

Americas Adopt A Soldier held their Fourth Annual Christmas Day of "Giving Back" on Friday, Dec. 25, at Kilroys in Springfield. The owner of Kilroys, Phillip (Pip) Thomas, a veteran and a supporter of military family, without

hesitation opened his doors again this year for care letter and care packing, saying "When do you want the doors unlocked? Quickly followed by, I'll make the coffee for everyone."

This year's event volunteers

packed over 80,000 care letters from every corner of the nation and 75 care packages to deployed servicemembers and veterans in VA Homes. Big thank-yous to Pip, his staff who volunteered to work and all volunteers. As a grassroots or-

ganization, Americas Adopt A Soldier is powered by "Community Volunteers." Return thank you from deployed troops and veterans will be posted on Facebook. See [www.americasadoptasoldier.org](http://www.americasadoptasoldier.org) for more information.

### AREA ROUNDUPS

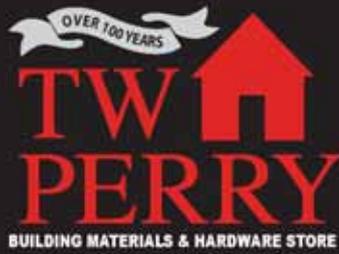
## Registration Open for Encore Chorale's Winter/Spring Session

Registration is open for the Winter/Spring session of the Encore Chorale at locations in Northern Virginia and singers of all vocal experience, age 55+, are welcome to join.

Fifteen weekly rehearsals will begin the week of Monday, Jan. 11 at GMU Potomac Arts Academy Encore Chorale. Rehearsals begin Tuesday, Jan. 12 at 11 a.m. at St. George UMC, 4910 Ox Road, Fairfax. Fee is \$150 for 15 weekly rehearsals, sheet music and performances.

Singers may be seated for rehearsals and performances. Singers will rehearse each week for 90 minutes in preparation for May performances.

Register at the first rehearsal or online at [www.encorecreativity.org](http://www.encorecreativity.org). Call 301-261-5747 for more information.



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2 ❖ SPRINGFIELD CONNECTION ❖ JANUARY 7-13, 2016

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## 2016: The Year Ahead in Springfield

BY TIM PETERSON  
THE CONNECTION

**W**ith winter vacation, unseasonably warm weather and 2015 in their rearview mirrors, community leaders and elected officials from the Fairfax County School Board, Board of Supervisors, General Assembly turn their attention to some of the most significant issues, developments or decisions in 2016:

**FAIRFAX COUNTY SCHOOLS** face a well-advertised projected budget shortfall of \$70 million for Fiscal Year 2017. Superintendent Dr. Karen Garza's Jan. 7 presentation of her proposed 2017 budget at West Potomac High School and again to the School Board that evening should be a culmination community input, a dedicated task force and her individual vision for moving the school system forward.

One of the challenges facing the schools is a rapidly growing student population of over 187,000, 52,000 of which are financially eligible for free and reduced meals. Supporting that growth falls primarily to the Board of Supervisors and the Commonwealth of Virginia, which uses a funding formula that determines wealth based on income and property values to determine how state money is allocated around the Commonwealth.

"Eighty percent of people in the General Assembly benefit from existing funding formula," said Del. Dave Albo (R-42). "It's hard to get it changed, and because of these formulas, it's not very smart to ask the state to pay more money without changing the formula."

Instead, Albo suggests looking for more local financing and grants aimed at assisting some of the school's services for students with mental health disorders or financial challenges.

Gov. Terry McAuliffe (D) recently announced a proposed \$1 billion for education alone as part of his overall proposed budget.

"The Governor has been thinking outside the box as to ways to assist," said Del. Eileen Filler-Corn (D-41). "We as legislators have to continue to do the same: What can we do with the money we have, the formula we have? Is there a chance for changing any of the formulas? How do we find more money?"

With the upcoming presidential election, Springfield District School Board member Elizabeth Schultz isn't optimistic for as much collaboration at the General Assem-



PHOTO BY TIM PETERSON/THE GAZETTE

### Governor Unveils Budget Proposal

**Gov. Terry McAuliffe (D, left) unveiled his budget proposal for \$1 billion in public and higher education investment at Mark Twain Middle School in Alexandria on Dec. 16, as part of the total state budget he rolled out on Thursday, Dec. 17. The education plan includes measures to bring back 2,500 teaching positions throughout the state, pay raises for teachers, closing the achievement gap and funding an expansion of his wife Dorothy's Breakfast After the Bell program, Standards of Learning innovation grants to continue improving testing styles. "If we truly want a world-class economy," McAuliffe said, "we truly need a world-class education system. Laying the foundation for a new Virginia economy all starts, for me, with education."**

bly. "I see political entrenchment gumming up the work within the state," she said. As the biggest burden for funding falls to the Supervisors, Schultz said she is "very worried for the taxpayers: this is going to somehow justify some major increase in property taxes."

But solving the shortfall at the county level may be bigger than a tax increase.

Braddock District School Board member Megan McLaughlin said it's important to remember the \$70 million shortfall is the difference in simply maintaining the current operating and compensation costs for the school system.

"We will continue to have a student population that increases in size and need," McLaughlin said. "We've got to find a long-term workable solution with the Board of Supervisors to help really find the common ground, what it takes to fund the school system that has the reputation FCPS has so appropriately earned."

McLaughlin believes taking a "more shared approach with the Supervisors on how we handle annual employee raises, increased costs to health care benefits and pension benefits" is a good place to start.

"Those are the three biggest cost drivers that FCPS faces every year," she said. "All

the rest we end up cutting around the margins, on the other ten percent, things make us a remarkable school system like robust fine arts, foreign languages, having healthier start times. Those costs are very real."

With Supervisors Dan Storck (D-Mount Vernon) and Kathy Smith (D-Sully) having just left their respective positions on the School Board, Schultz foresees a "real dynamic shift" on the Fairfax County Board.

**THE FAIRFAX COUNTY POLICE DEPARTMENT** said they have already begun implementing some of the 142 recommendations for improvement made by the 37-member Ad Hoc Police Practices Review Commission, which met between March and October in 2015.

Board of Supervisors Chairman Sharon Bulova formed the commission following public demonstrations and media pressure over the release of information surrounding the 2013 fatal shooting of Springfield resident John Geer by then-Fairfax County Police officer Adam Torres.

"I think most of us believe that while we have an excellent police department, we want it to be better," said Supervisor John Cook (R-Braddock). "Times are changing,

there are needs that are pointed out in the report of the commission that need to be implemented."

Two of the more controversial recommendations from the commission include creating a civilian review panel that would discuss complaints against the police and report to the Supervisors, as well as implementing body cameras to record officer interactions with citizens.

On establishing the review panel, Cook said, "I hope we do, I think we will. But we have to decide what it looks like. The board ultimately has to make that decision after talking to officers and community members.

For Supervisor Pat Herrity (R-Springfield), "the devil is in the details" with the panel, which he said would not have had a say in the Geer case, if implemented as the Commission recommended. "There is clear need for the county to be more transparent," Herrity added, "in police incidents of all types, it's a public trust issue."

On body cameras, Herrity is hesitantly supportive, voicing concerns about protecting the privacy of officers and the citizens with whom they interact. Supervisor Jeff McKay is similarly reserved, calling for a more detailed discussion of how they would be implemented.

"I think the majority of our police officers do a good job and want the public to see the job they're doing," McKay said. "The challenge becomes how you handle Freedom of Information Act request, ruin ongoing investigations and train officers on what they need to be recording and not recording."

Newly sworn-in Supervisor Dan Storck (D-Mount Vernon) is generally in favor of the recommendations of the Commission, but expects to spend time during 2016 and beyond with other Board members more substantially reviewing them. "Transparency to me is the core of that," Storck said. "I've led those charges on the School Board in terms of how we do discipline and meetings — they're all open and recorded, essential things we need to do here as well."

**SPRINGFIELD TOWN CENTER** and the potential relocation of the FBI headquarters to Springfield have had and will continue to impact the community into 2016. The federal government continues to weigh the three candidates for the FBI against one another and the longer that takes, the bet



COURTESY OF THE VIRGINIA DEPARTMENT OF BEHAVIORAL HEALTH AND DEVELOPMENTAL SERVICES

**The Northern Virginia Training Center spreads over 80 acres along Braddock Road, including facilities for administration, food service, programs, residences, a warehouse, transportation and therapy.**

# Springfield in 2016

FROM PAGE 3

ter McKay believes Springfield's chances are. Fairfax County has strongly refuted some of the results of the Environmental Impact Study that were incorrect, McKay said, and is working with Congressional allies to help promote the Springfield site as much as possible.

"There are huge ramifications for Springfield in particular, but really for Virginia," McKay said.

Nancy-jo Manney, Executive Director of the Greater Springfield Chamber of Commerce, said some of those ramifications "will be additional demand for central Springfield and surrounding area office space," a commodity of which the county is

running a surplus of empty real estate.

Another, more concrete draw for businesses and retailers to the central Springfield area is the resurgence of Springfield Town Center, which is well on its way to filling all tenant space. Dave and Buster's massive family arcade and restaurant opened as recently as Dec. 21.

"People are starting to return to central Springfield as a destination for shopping," Manney said. "There was a time when people stayed away from the area but definitely we've seen a return."

Springfield Civic Association President Bruce Waggoner said, "the mall means more than just business; it gives Springfield an identity and has an impact on morale, in my view."



PHOTO BY TIM PETERSON/THE CONNECTION

**The vast underground arcade and restaurant Dave and Buster's opened at Springfield Town Center the week of Christmas 2015.**

So far, that impact has been positive. But Waggoner hopes for more from the still relatively new neighbors.

"What else are they doing, what other impact?" he said. "It's not just about mak-

ing money, that's important, but what are they thinking about in terms of impacting the spirit of the community? That would be my challenge to them."



**Yorkshire Terriers, Itsy and Bitsy, are staples of the Greenspring pet parade, loyally attending each year in their favorite mode of transportation – a shopping cart.**



**Rocky and Ebony are Shih-Tzus and were dressed this year as Mr. and Mrs. Claus. Rocky and Ebony are the dogs of residents Jackie Hawes and Cindi Hite.**

PHOTOS BY JESSICA MCKAY



**Resident Kay McCurdy, co-chair of the 2015 Holiday Pet Parade, walked her dog, Kerry, a Havana Silk dog.**



**Jumper, an English Setter and Golden Retriever mix, joined the parade thanks to residents Derek and Rosemary Cundill.**

## Greenspring's Holiday Pet Parade Features Nearly 40 Dogs

Nearly 40 dogs "paw"ticipated in this year's Holiday Pet Parade at Greenspring retirement community in Springfield. The dogs, who pranced along the runway donning their most festive holiday fashions, were those of residents, staff members and special invited guests.

More than 200 attendees packed the Hunters Crossing Conference Center for the parade and saw a variety of unique dogs from a Catahoula Leopard mix to a Schnoodle to a Havana Silk Dog, and many more. This year's special guests included two Newfoundlands, Blue and Sammi, as well as a

Boxer named Zuni, and two Bernese Mountain Dogs named Rolex and Jaimee. Several of the dogs who participated in the parade were also rescue dogs, adopted from a variety of organizations including the Fairfax County Animal Shelter and Lucky Dog, among others.

Each year, the Holiday Pet Parade is sponsored by the Dogs of Greenspring, a resident-run and resident-coordinated social group on campus. Greenspring is a pet-friendly community featuring miles of walking paths and its very own "Bark Park" supporting dog (and owner) socialization. The very first pet parade was held at Greenspring in 2003.

# VIEWPOINTS

## What is Your New Year's Resolution?

**"To find a good internship to build my career."**  
— Allen Pewis, Burke



**"To drink more water everyday and read more books."** — Kayleen Lynch, Burke



**"I hope I stay with this guy, [Shaf Samadi]."** — Clair Nino, Lorton



**"I'm going to be a father in May. I'm hoping to be a responsible, mature adult that can raise a human being that can ultimately grow up to one day become an inspirational, motivational person."** — Theodore Choi, Lorton



**"My New Year's resolution is to wake up a bit more early."** — Sarah River, Springfield



**"My New Year's resolution is to finish my licensure for my teaching degree."** — Marta Rivera, Springfield



**"My New Year's resolution is to get more money by going to school everyday and keep going to work everyday, too. Managing both."** — Alex Castellan, Kingstowne



—ABIGAIL CONSTANTINO

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## New Year's Goals A few wishes for the Virginia General Assembly, more coming ...

**E**xpand Medicaid: Expanding Medicaid to cover as many as 400,000 uninsured people in Virginia under the Affordable Care Act would come at virtually no cost to Virginia and would be a massive boost to Virginia's economy. The local and state economy is suffering from the loss of federal spending in other areas, and it's just plain crazy and mean-spirited to deny medical care for people who can't afford it otherwise, and at the same time, turn away an economic stimulus equal to 20,000 or more jobs and a direct infusion of nearly \$2 billion a year.

❖ **Fund Education:** Localities need more help from the Commonwealth to pay for schools.

❖ **Fostering Futures:** Help teens in foster care by extending services and support, including foster care maintenance payments, to qualifying individuals age 18 to 21 years. The money spent will be matched by Federal dollars, and every dollar spent helping former foster children become independent, self-supporting adults saves a bundle in other costs down the line.

❖ **Stop Predatory Lending:** The local impacts of predatory lending, including some car title loans, can be devastating to struggling fami-

**EDITORIAL**

lies and individuals who get into the cycle of high interest debt. This is not an issue of just allowing more choice as some have claimed. And when someone loses the vehicle he or she needs to get to work, the costs can extend.

### Early Voting for Presidential Primary Starts Next Week

Every year is an election year in Virginia. Just two months ago, Virginia voters faced ballots for almost every state and local elected officials. While candidates spent millions of dollars and not very much changed, some critical races in Virginia have been decided by a fraction of one percent of votes cast.

Elections have had significant consequences here, and the coming election is likely to be in that category.

Early voting (absentee voting in person) for U.S. Presidential Primaries starts Jan. 15, really, starting in just a little more than a week. The official primary date is March 1, but there

is no reason to wait until then to vote.

Voters in Virginia don't register by party, but can only vote in either the Democratic or Republican primary. To vote in the Republican primary, each voter will need to sign a form asserting that he or she is in fact a Republican.

Democrats will choose between Hillary Clinton, Martin O'Malley and Bernie Sanders (in that order).

Republicans will choose among 13 candidates who will be listed in the following order: Marco Rubio, Lindsey Graham, Ben Carson, Rand Paul, Mike Huckabee, Ted Cruz, Donald Trump, Jim Gilmore, Chris Christie, Jeb Bush, Rick Santorum, John Kasich and Carly Fiorina.

For details on absentee voting in Fairfax County, see [www.fairfaxcounty.gov/elections/absentee.htm](http://www.fairfaxcounty.gov/elections/absentee.htm).

For details on absentee voting in the City of Alexandria, see [www.alexandriava.gov/Elections](http://www.alexandriava.gov/Elections).

For details on absentee voting in Arlington, see [vote.arlingtonva.us/absentee/](http://vote.arlingtonva.us/absentee/).

— MARY KIMM  
MKIMM@CONNECTIONNEWSPAPERS.COM

### Reducing Gun Violence

To the Editor:

*U.S. Sen. Tim Kaine released the following statement on Jan. 5 on the executive actions President Obama announced to reduce gun violence.*

Virginia knows all too well the tragedy and pain of gun violence. When I was Governor, Virginia suffered the deadliest mass shooting to date on the campus of Virginia Tech. More recently, the nation witnessed the terrifying shooting of two young journalists from our Commonwealth on live television. And there are too many incidents of domestic violence, suicides and urban violence involving guns that remain outside the coverage of the mainstream press. In the wake of Charleston, Sandy Hook, and countless other tragedies across the country, there's simply no denying that gun violence is one of the most pressing crises that our nation faces. That is why I strongly support the executive actions the President has announced.

The proposals seek a robust and holistic approach focused on strengthening background checks and providing the resources to enforce gun laws, increase mental health treatment and improve reporting to the background check system. They also encourage the use of smart technology to develop safer guns. It's my hope that Congress will not stand in the way of these important actions to protect Americans and their families and that we can work together to find more ways to reduce gun violence.

**Tim Kaine**  
U.S. Senator (VA-D)

### A Workable Solution for I-66

BY DAVE MARSDEN  
STATE SENATOR (D-37)



**T**here was a great deal of concern about "\$17 tolls" inside the beltway on I-66 during the recent election. I shared those concerns as I did not want to set a precedent of tolling a road that we were not adding infrastructure to. As you know solo drivers cannot use I-66 during rush hour and must wait until 9 a.m. and 6:30 p.m. to access the road depending on the direction of travel. While I still have concerns over the tolls, the agreement between the Commonwealth and the Northern Virginia Transportation Commission provides new insight on how this project will work.

I feel better about the tolling as the average toll will cost \$6 and part of the revenue collected will be spent on multimodal (transit) options to improve thru-put on this extraordinary congested highway and will in the future be used to widen the road eastbound. At its December meeting the Commonwealth Transportation Board received a presentation on the congestion benefits of this proposal using the Northern Virginia congestion rating process I helped put in place with Del. Jim LeMunyon (HB 599 and SB 531). The rating process shows that the Governor's proposal will eliminate 26,000 person hours of delay a day in the future. Of all the proposals considered, including a plan that only adds lanes to I-66 inside the beltway, the Governor's plan to improve multimodal options by far reduces the most congestion. If we can reduce the need for

up to a lane of traffic through transit enhancements that will include carpooling, buses, improved van pools, and areas for riders to negotiate shared vehicles (slugging) then the Governor's idea appears to have merit. The same congestion analysis showed that simply widening I-66 eastbound without the transit improvements

and conversion to dynamic tolling would only reduce 6,000 person hour of delay a day — about 20 percent of the benefits compared to the current plan.

Due to growth in the Rosslyn-Ballston corridor and the Coleman decision, a 1977 Federal Department of Transportation decision that gave Arlington County more control over options on I-66, I-66 will never be an easy journey. Arlington has now made concessions for the I-66 project and for the expansion of express lanes from Edsall Road in Springfield/Alexandria to Washington D.C. on I-395. This is welcome progress though not a panacea or these congested roadways. While perfect solutions may not exist, progress is essential and making progress on multi-modal/transit options as well as Express lane extensions and additional lanes are welcome news that will keep us moving forward.

In an ideal world we would have a different solution to I-66. However, the decisions in the past like HOV requirements and taxing gasoline on a wholesale basis limit the choices we have today. Given the current constraints faced in this corridor the Administration's plan offers the best opportunity to improve travel for commuters.



# LETTERS

## Giving Thanks to the Teachers Who Made Me One

To the Editor:

I've known what I wanted to be when I grew up since I was in first grade. That year, I performed in my first musical as Cute Chick #3 in our class production of "Ee-I-Ee-I-Oops. It was a strange little show about Old MacDonald and it made me fall in love with the stage. From that point forward, there has not been a time in my life when I wasn't rehearsing a show, getting ready for an audition, or working through a run.

That is, until two summers ago, when I needed to make some extra money and got a job as a substitute teacher in Fairfax County Public Schools. When I stepped into the classroom there, everything changed.

The students in my class were bright and talented, but they had so many fewer resources and supports than my classmates and I had gotten at our school five minutes down the road. They faced barriers that my friends and I had never dealt with, and as a result were far less equipped than we were to thrive in school.

This struck me as resoundingly unfair, and I knew I had to do something. I thought back on my

own time in school, trying to figure out what it was about my time in school that had helped me succeed. One answer jumped to mind immediately: my teachers.

My third grade teacher, Jennifer Lambert, balanced a successful teaching career with actively performing in local community theatre. She taught me to pursue all of the things I love without compromise. She gave me incredible leadership opportunities growing up, including my earliest choreography experiences.

Jason Linck, my fifth and sixth grade teacher, exemplified holding high standards for his students. He never permitted anything less than our best and created a classroom culture where we deeply believed anything was possible.

Jennifer Knox, my assistant principal in high school, poured her heart into her students in a way I'd never seen in an administrator. Ms. Knox supported students in all of our extracurriculars and in all of our academic tracks. She worked incredibly hard to make our school a better place to learn.

Those teachers were fundamental in my success, and I'll never be able to pay back all that they made possible for me. But I can pay it

forward.

That's why, after graduating from James Madison University in the spring, I'm becoming a teacher through Teach For America, a program that enlists recent grads and career-switchers to teach in high-need communities. When I enter the classroom next fall, I will strive every day to develop my kids into leaders like Mrs. Lambert; create a culture of empowerment and ambition like Mr. Linck; and give my students all of my heart just like Ms. Knox.

I know the work will be hard, but I also know the progress will be powerful and rewarding. So whether you're looking to make a bigger impact yourself or know someone who is, consider teaching. Together, we can give our kids the futures they deserve.

**Elizabeth Garcia**

*Elizabeth Garcia is a 2012 graduate of West Springfield High School and a current senior at James Madison University where she studies Music Theatre. In the fall of 2016 she will be teaching K-12 Music in Arkansas. To apply to teach, visit [www.teachforamerica.org/apply](http://www.teachforamerica.org/apply).*

## Why Drug Problems Remain in 2016?

To the Editor:

As published in your paper, the Fairfax County police described heroin to be a "big problem now" which is "definitely here" amongst certain high school age students as presented to the Lake Braddock Secondary School PTA ("Youth Heroin Use Described As 'a Big Problem', Connection, Dec. 10-16, 2015). A police officer was quoted as saying the friend of a deceased 16 year old user telling him her friend said "I get everything I want, it's handed to me. I don't have no excitement." Ah, among

the temptations encountered by the children of those with money to burn can include self-entitlement, unearned privilege, lack of accountability, fake friends and worst of all: deadly drugs.

But then, that describes the elite electronic and print media as well as certain elected and appointed bureaucrats. With this real problem in mind, President Obama recently decided that releasing 6,000 Federal convicts, mostly incarcerated as major drug dealers, whom liberals view as a "non-violent criminals" undoubtedly will

have no negative impact on society, but rather just "fundamentally transform America" for the worse. Some of these 6,000, no doubt, will be back peddling non-violently (or violently) heroin on the streets of Fairfax County. You can add to that the 104,000 illegal aliens released from jail by Jeh Johnson, Secretary of Homeland Insecurity in 2014 (the figures for 2015 of course are still pending/increasing). The drug flow, of course, across the US/Mexican

SEE LETTERS, PAGE 11



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### JANUARY

1/20/2016.....A+ Camps & Schools

1/27/2016.....Community Guide

1/27/2016.....Winter Fun, Food, Arts & Entertainment; Valentine's Preview

### FEBRUARY

2/3/2016.....Valentine's Dining & Gifts I

2/3/2016.....Wellbeing – National Children's Dental Health Month

2/10/2016.....HomeLifeStyle

2/10/2016.....Valentine's Dining & Gifts II

2/17/2016.....A+ Camps & Schools

2/24/2016.....Pet Connection

### MARCH

3/2/2016.....Wellbeing

3/9/2016.....HomeLifeStyle Real Estate Pullout

3/16/2016.....A+ Camps & Schools

3/23/2016....Spring Fun, Food, Arts & Entertainment

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# Mason, Inova to Collaborate on Personalized Medicine Research

Partnership expected to develop treatments, grow economy.

BY MARILYN CAMPBELL  
THE CONNECTION

Researchers and doctors from George Mason University and Inova Health System will collaborate on a series of personalized medicine research projects under a new partnership between the two institutions. The effort will include joint research on heart disease, cancer and metabolic diseases.

In announcing the agreement late last month, Gov. Terry McAuliffe said that the joint research effort, “will spur opportunities for entrepreneurship, create new companies and generate jobs that will grow our economy and help us prosper.”

Under the agreement, the institutions will share facilities at both the Inova Center for Personalized Health in Merrifield and at Mason’s Science and Technology Campus in Manassas. The partnership calls for the establishment of Inova-Mason Proteomics Center at the Inova Center for Personalized Health campus and Mason-Inova Institute for Personalized Medicine Public Policy and Eth-



PHOTO BY LEVI MAGYAR

**Inova CEO J. Knox Singleton (from left), Gov. Terry McAuliffe, and George Mason University president Ángel Cabrera at a news conference announcing a strategic partnership between Inova and George Mason University.**

ics, which will address public policy and ethical issues related to personalized medicine.

The partnership gives Inova researchers access to Mason’s animal facility where they will be able to test new drugs. Inova CEO J. Knox Singleton, calls the partnership an investment in “research and development to

help keep healthy people healthy and provide precise, effective and personalized treatment to patients we are privileged to serve.”

Inova will contribute \$2.5 million in funding and will work with Mason to raise additional money for the project over the next five years.

A joint steering board made up of key administrators from both Mason and Inova will run the venture. The partnership will establish a joint fellowship board to recruit researchers from around the world.

Mason will also begin offering a graduate certificate program in personalized medicine, which Mason president Ángel Cabrera, says underscores the university’s commitment to “delivering research of consequence that improves lives, drives economic growth and helps solve the most complex problems of our time.”

Gerald L. Gordon, Ph.D., president and CEO of the Fairfax County Economic Development Authority, said, “It is important that two of Fairfax County’s major institutions and economic development assets are formalizing a collaborative relationship today around personalized medicine. Separately Inova and George Mason have strong research capabilities for personalized health but, working together, they will multiply the research and discovery capacities at both which will, in turn, only improve the economic development potential for this burgeoning industry and increase the possibility of spinning out companies and creating high-paying jobs that will improve the general health and well-being. The job creation aspect is important as well because it will further diversify Fairfax County’s economic base.”

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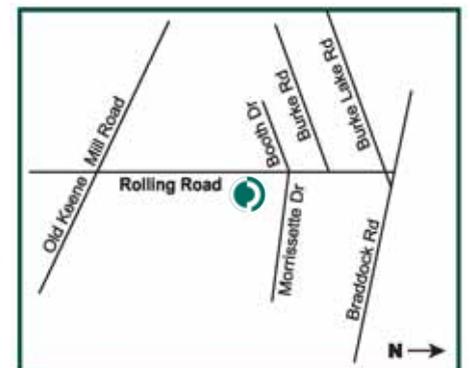
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PHOTO COURTESY OF GEORGE MASON UNIVERSITY

George Mason University Fitness Director Ethan Carter says choose foods and physical activities that you enjoy is a key to successful weight loss.

# Resolving to Lose Weight in the New Year

**What works and what doesn't when it comes to health and fitness.**

BY MARILYN CAMPBELL  
THE CONNECTION

More than half of Americans are resolving to lose weight and get in shape this year, according to a new Nielsen survey, but only eight-percent will achieve that goal.

"People tend to make New Year's resolutions to give themselves a fresh start," said Lyn Chang, a Bethesda, Md.-based marriage and family counselor. "They're also a way of addressing things about ourselves that are dissatisfying and trying to make a change. The problem is that most people create resolutions that are too unrealistic."

Small and practical targets, such as taking a 10-minute walk during lunch or joining an exercise class that meets twice weekly, are more attainable than vowing to spend two-hours a day at the gym, says Domenica M. Rubino, M.D., director, Washington Center for Weight Management and Research in Arlington. "You have to distinguish fantasy from reality and think about making sustainable changes," she said. "When you start setting and achieving small goals it builds your confidence to keep going. One change tends to beget another change, and I think that's particularly true with weight loss."

Successful weight loss requires a multi-pronged approach, says Chang. "Break the larger goal in to smaller steps like creating an exercise routine or practicing healthy grocery shopping and meal planning," she said. "Carefully examining and planning the micro-steps to achieving the larger goal of weight loss is what will increase the chance of success."

Whether choosing food or exercise, the key is making it pleasurable. "If I don't like a certain vegetable, but say that I want to eat it everyday because its healthy, I'll only be able to maintain that for a short time," said Ethan Carter, fitness director at George Mason University. "The same is true for exercise. Fitness is more than dumb bells and bar bells. If you like hiking or yard work, you should choose that as a way of getting exercise."

Rubino encourages clients to view exercise as a gift rather than a means for burning calories. "See it as mood management or a way to feel better," she said. "People who are chronically trying to lose weight tend to resent exercise and activity because it's always connected to their weight, so they see it as pointless. It helps to see it as something that can improve your mood and your overall health and wellbeing. When we're feeling better we can make better choices."

Creating balance is an often-overlooked component of weight loss, but one that can sabotage health and fitness efforts, says Cheryl Mirabella, a nutritionist and wellness coach with Living Whole

Health in Alexandria.

"If you're working hard and don't have a lot of balance in your life then you turn to food for pleasure, but when you're focusing on things that make you happy you naturally turn to healthier food choices and food loses its power as a source of pleasure and reward," she said.

Mirabella asks her clients to create what she calls a joy list. "They jot down a list of things that make them happy like spending time with friends, music or another hobby," she said. "The list is broken down into immediate activities like sitting with a cup of tea and a book, mid-term activities like having lunch with a friend and long-term activities like a week-end trip. The idea is to have a source of inspiration and something to look forward to."

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# School Board Sued over Nondiscrimination Policy Changes

Liberty Counsel challenges board's authority to add sexual orientation and gender identity.

BY TIM PETERSON  
THE CONNECTION

When the members of the Fairfax County School Board added sexual orientation and gender identity to the school system's nondiscrimination policy in November 2014 and May 2015, did they have the authority? A lawsuit filed Dec. 21, 2015 in Fairfax Circuit Court by the Liberty Counsel contends they did not.

"We believe that Virginia state law is crystal clear on this subject, that it deprives local government bodies, such as the Fairfax County School Board, of the authority to expand or contract protected classes under the state nondiscrimination law," said Horatio Mihet, chief litigation counsel with Liberty Counsel.

Mihet is representing Andrea Lafferty, president of the pro-family advocacy group Traditional Values Coalition and opponent of the policy changes, and the plaintiff, a Fairfax County high school student and a minor, whose parents and friends are also named as plaintiffs all under the name "Doe."

The Liberty Counsel complaint contends that the student is finding school an unsafe place to learn in part because "gender identity" isn't clearly defined in the new policy or the student code of conduct. He has expressed fear of punishment for breaking the new nondiscrimination rules regarding transgender students in his bathroom or locker room space, because he does not fully understand what those rules are, according to the suit.

The student plaintiff, Mihet said, "has clear statutory and constitutional rights which are being infringed. In its desire to please one component of its constituency, the School Board has managed to run roughshod over the privacy rights of its students and their parents."

In addition to the suit, Liberty Counsel has also filed a motion for a preliminary injunction that would force the School Board to reverse the policy change immediately, prior to further litigation.

After Liberty Counsel's announcement the suit had been filed, School Board Chairman



Citizens were actively engaged in the discussion leading up to the Fairfax County School Board's 10-1 vote in favor of adding "gender identity" to the district's nondiscrimination policy.



Citizens on both sides of the debate lingered outside Luther Jackson Middle School following the School Board's vote.

Pat Hynes released the statement that once the board was served with it, "our attorneys will review it and file the appropriate response with the court."

"Every child in our school system needs to know they are respected and will not face discrimination," Hynes' statement continued, "and the same thing goes for employees when they walk through our doors."

Springfield District School Board mem-

ber Elizabeth Schultz said she sees the lawsuit as "unfortunate" but thinks that it was "foreseeable."

"I think the current board lunged ahead with what was largely a political agenda," Schultz said. "Now unfortunately we're going to pay the price of a lawsuit. Of course there are better things to spend money on, but now have to be in a defensive position."

Schultz was applauded by many before

the vote on May 7, in an uncommonly crowded auditorium at Luther Jackson Middle School, when she encouraged the board to postpone its vote, engage more with the community on the issue, and ultimately voted against the policy change.

Despite a boisterous crowd that night that was largely opposed to the change, School Board member Megan McLaughlin (Braddock District) said, "This policy update was not as controversial as alluded to and in fact was the right thing to do."

McLaughlin pointed to the results of November's election, saying, "I think the larger community demonstrated that in their decision to return virtually all the incumbents back to this board."

Robert Rigby, teacher at West Potomac High School and president of the Lesbian Gay Bisexual and Transgender-friendly employees' group FCPS Pride, is promoting mediation on the issue, outside of litigation. Rigby released a statement following the lawsuit that he and his organization are working to set up meetings between opponents of the policy change and members of the LGBT community in Fairfax County Public Schools. "The idea is to put real people out there," Rigby said, "invite some transgender kids and parents to meet. We're hoping to change hearts and minds — that's the ultimate hope. We want to start conversations." Rigby believes the move by Lafferty and the Liberty Counsel is a "hail Mary, a last-ditch effort" to affect the board's position, after previous attempts to "drive the ball down the field" at board meetings were unsuccessful.

Regarding the student plaintiff's experience, Rigby said he shouldn't feel afraid. "Transgender teens are not scary, and very aware of the fact that people may feel uncomfortable around them," he said. "They're not out to confront anybody, to scare."

Rigby is continuing to work on facilitating meetings with opponents of the policy, including former School Board members Michelle Brickner and Steve Hunt. "I think we have the right on our side," he said.

Mihet with Liberty Counsel said he believes the preliminary injunction will be heard in the next 60 days. Andrea Lafferty was unavailable for an interview.

## SCHOOL NOTES

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

**Thomas Le** of Clifton is the 2015 recipient of the David C. Jenkins Memorial Scholarship in creative writing.

Le is a student at William and Mary's English Department's Creative Writing Program. Le's essay Hungers won the scholarship in creative nonfiction.

**Moriah Dreisbach**, of Fairfax, has been named to the Fall 2015 Dean's List of Union University in

Tennessee.

Fishburne Military School in Waynesboro, Va. announced that Cadet Sergeant **Timothy Arndt**, of Fairfax Station, was officially named Fishburne Military School's Cadet Non-Commissioned Officer of the Month for October. Arndt is a junior and the son of Mr. and Mrs. David Arndt.

Cadet Arndt is a squad leader for Band Company, is on the Distinguished Honor Roll, and plays football and baseball.

**Arden L. Scott**, of Springfield, received a Master of Science in Media Ventures from Boston University in September 2015.

**Amanda J. Matteo**, of Fairfax, received a Doctor of Occupational Therapy in Occupational Therapy from Boston University in September 2015.

**Joshua Blaz**, a graduate of J.W. Robinson Secondary School, received the Tyree/Parajon, First Year Merit Scholarship at Denison University. The Tyree/Parajon Scholarship is based on academic achievement, leadership and personal merit.

Six students in Fairfax County Public Schools (FCPS) have been named **regional finalists in the 2015 Siemens Competition in Math, Science, and Technology**. The students, who attend South County High School and Thomas Jefferson High

School for Science and Technology (TJHSST), are part of a group of 97 regional finalists who will compete in one of six regional events in November.

Finalists include five TJHSST students — Daniel Chae, Kelly Cho, Harriet Khang, Christina Oh and Michael You — as well as Edward Oh, South County High School.

**Brendan Richard O'Connor** of Fairfax Station has accepted membership in the National Society of Collegiate Scholars. NSCS is a member of the Association of College Honor Societies and is the nation's only interdisciplinary honors organization for first-year and second-year college students. Membership is by invitation only, based on grade point average and class standing. He is

a sophomore at the College of William and Mary.

**William Douglas Krawczak** of Springfield has been recognized by George Mason University on the school's dean's list for his academic achievement during the spring semester.

William graduated from West Springfield High School and is double majoring in English and Economics at George Mason University. Recognition on the George Mason University dean's list is reserved for students who were registered for 12 or more semester hours and received a grade point average of 3.2 or higher with no grade below a C for the previous semester's work.

# CALENDAR

Send notes to the Connection at [south@connectionnewspapers.com](mailto: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.

## THURSDAY/JAN. 7

**Legos in the Library.** 4:30 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. LEGOS await you and your imagination! Bring a friend or make new ones while you build. Age 6-12. 703-249-1520.

## SATURDAY/JAN. 9

**"I'll Never Let You Go" Storytime.** 11 a.m. Barnes and Noble Springfield, 6646 Loisdale Road, Springfield. When you love someone, you stand by them no matter what happens. In this month's Picture Book of the Month, I'll Never Let you Go, we celebrate the beauty of unconditional love. 703-971-5383.

**Kristen Ford.** 9-11 p.m. Dogfish Head Alehouse, 13041 Lee Jackson Memorial Highway, Fairfax. Kristen Ford's indie music fuses folk, reggae, country, and blues with a healthy dose of rock and roll. [www.kristenfordmusic.com](http://www.kristenfordmusic.com).

**Second Saturday at the Workhouse.** 6-9 p.m. 9518 Workhouse Way, Lorton. See the happenings at the Workhouse. [www.workhousearts.org](http://www.workhousearts.org). 703-585-2900.

**"Memories and Myth" Reception.** 6-9 p.m. W-9, The Workhouse Arts Center, 9601 Ox Road, Lorton. An all-media art exhibit by its Associate Artists in Gallery 902. The artists will be on hand to talk about their work and the processes they use.

## SUNDAY/JAN. 10

**Historic Cemeteries of Northern Virginia.** 2 p.m. Fairfax Museum and Visitor Center, 10209 Main St., Fairfax. Book talk and signing with local historian and author Charles A. Mills, who will explore the stories of the famous and not-so-famous people buried in local cemeteries. Free. 703-385-8414.

**Sousa Season Opener.** 2-4 p.m. GMU Center for the Arts, 4373 Mason Pond Drive, Fairfax. The program is full of musical gems and lively encores, and includes marches "Semper Fidelis" and "The Stars and Stripes Forever." 202-433-4011.

## TUESDAY/JAN. 12

**Genealogy 101-Getting Started.** 1-2 p.m. Kings Park Library, 9000 Burke Lake Road, Burke. Get help starting your search for your ancestors. Small group sessions on topics to assist you in a successful search. Session One focuses on organizing your charts and



PHOTOS CONTRIBUTED

**Billy Finch — a resident of Silver Spring, Md.— entertained as Frank Sinatra and revived Sinatra's greatest hits.**



**The "Greenspringettes," residents of the Greenspring community, perform their can-can to "New York, New York."**

## Honoring the Legend

## Greenspring celebrates Frank Sinatra's 100th birthday.

**F**rank Sinatra would have turned 100 years young on Dec. 12, 2015. On Friday, Dec. 11, over 150 members of the generation that lived and loved Frank celebrated his birthday with live music and signature Sinatra cuisine at

Greenspring retirement community in Springfield.

Local performer, Billy Finch — a resident of Silver Spring, Md.— entertained as Frank Sinatra and revived Sinatra's greatest hits, with a tip of the fedora to the Rat Pack. Included among Finch's list

of local impressive performance venues are The Kennedy Center, Wolf Trap, and the White House. D.C. area media icon, Arch Campbell, once described Finch's Frank Sinatra routine as "right on the money".

The performance ended with

surprise guests—the "Greenspringettes," residents of the Greenspring community—performing their ever-popular can-can to "New York, New York" and a special birthday tribute to the Chairman of the Board.

research logs. Get advice using library online resources like Ancestry and Heritage Quest. Adults.703-978-5600.

Fairfax Art League. If attending email Kathleen Stark at [knstark72@gmail.com](mailto:knstark72@gmail.com).

baccalaureate education. His new one-man show, I Feel Funny: True Stories of Misadventure in Stand-Up Comedy, premiered at the 2015 Capital Fringe Festival. \$20-\$29. [Dan.Kirsch@jccnv.org](mailto:Dan.Kirsch@jccnv.org). 703-537-3075.

## LETTERS

FROM PAGE 7

border can be largely attributed to these individuals and of course those who evaded capture, some of whom are also peddling their wares on the streets of Fairfax County. The drug problems in this country over the last seven years can be traced directly to a White House more concerned about the race and ethnicity of criminals than national security as it impacts Northern Virginia. And it will remain a problem throughout 2016.

**Christopher Thompson**  
Springfield

## WEDNESDAY/JAN. 13

**SCWC Birthday Party Featuring the Sojourners.** 11:30 a.m.-1:30 p.m. Find out how the Springfield Christian Women's Connection started. Presentation by Sheryl Buckner entitled "Abandoned But Not Forgotten." Luncheon, door prizes, new friendships. Complementary childcare. \$20. RSVP by Friday, Jan. 8. [SpringWmConn@yahoo.com](mailto:SpringWmConn@yahoo.com). 703-922-6438.

**Mass Murderers and Criminal Minds.** 7:30-9 p.m. W-3 Theatre, 9518 Workhouse Way, Lorton. Dr. Roger Depue, retired FBI Special Agent and one of the pioneers of the FBI's Behavior Science, talks about identifying violent fantasies, "leakage" and warning signs before violent behavior takes place. [workhousearts.org](http://www.workhousearts.org). 703-584-2900.

## THURSDAY/JAN. 14

**Art and Lunch.** 10:30 a.m.-1:30 p.m. Old Town Hall, 3999 University Drive, Fairfax. Presented by the

## FRIDAY-SATURDAY/JAN. 15-16

**Women of Faith Loved The Farewell Tour.** Two-day event. Friday, 7-10 p.m. Saturday, 9 a.m.-5 p.m. EagleBank Arena, 4400 University Drive, Fairfax. Celebration, stories, humor and hope. Popular speakers, powerful dramas and award-winning music combine for an experience that will resonate with women who need the assurance they are loved. [www.WomenofFaith.com](http://www.WomenofFaith.com). [www.ticketmaster.com](http://www.ticketmaster.com).

## SATURDAY/JAN. 16

**Comedy and Music.** 8 p.m. Jewish Community Center of Northern Virginia, 8900 Little River Turnpike, Fairfax. Our featured performer is Adam Ruben, a writer, comedian, storyteller, and, yes, a molecular biologist! He is the author of *Surviving Your Stupid*, *Stupid Decision to Go to Grad School*, a satirical guide to the low points and, well, lower points of post-

## SATURDAY-SUNDAY/JAN. 16-17

**Welcome to the Speakeasy.** Saturday, 8 p.m. Sunday, 1 p.m. W-16, Vulcan Muse, 9518 Workhouse Way, Lorton. Take one part Broadway, add a dash of hot jazz, shake well and you've got the perfect musical martini, served up by a sizzling cast of singers. Featuring both classic and contemporary songs that echo the spirit of the speakeasy. \$20-\$25. [www.workhousearts.org](http://www.workhousearts.org).

## SUNDAY/JAN. 17

**Garden Gauge Model Trains.** Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Washington, Virginia and Maryland Garden Railroad Society will hold their annual G Scale (Garden) Train Show. Free-\$4. [www.fairfax-station.org](http://www.fairfax-station.org). 703-425-9225.

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# SPORTS

Robinson's Taylor Caskey, seen last season, and the Robinson girls' lacrosse team won the 6A state championship in 2015.

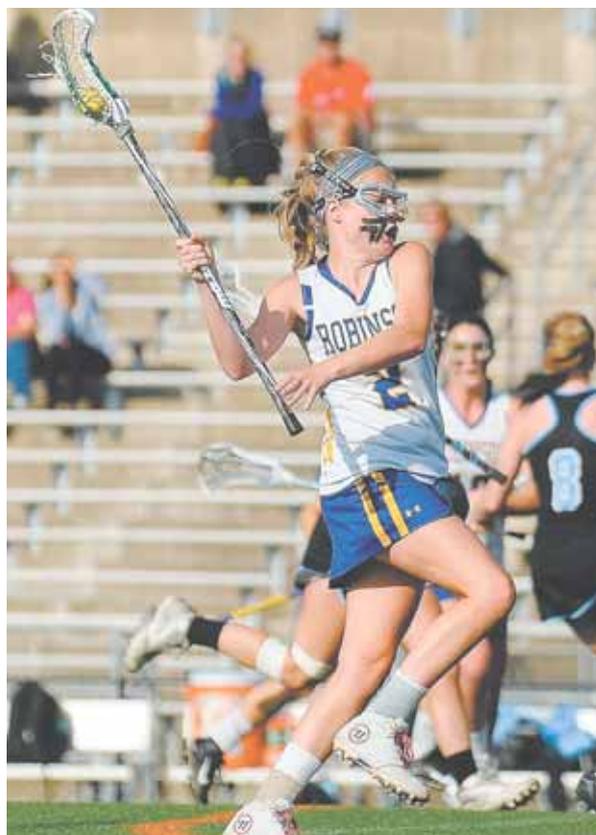


PHOTO BY LOUISE KRAFFT/ THE CONNECTION

## Robinson's Caskey Shares New Year's Resolution

**Q&A: Taylor Caskey wants to give back, volunteer and win the states again.**

**A:** As a junior, Taylor Caskey helped the Robinson girls' lacrosse team win the first state championship in program history. Now a senior, Caskey and the other returning Rams are looking for a repeat.

Caskey was one of Robinson's top offensive threats in 2015. She finished with four goals against Centreville in the Conference 5 championship game, and totaled three goals and one assist against the Wildcats in the state semifinals.

In the fall, Caskey de-committed from George Mason University and is currently weighing her college options. She recently participated in a Q&A via email with The Connection.

**Q:** Did you make any new year's resolutions? If so, what are they?

**A:** I have one primary New Year's resolution for 2016 and it is to do something that involves giving back or volunteering for a cause benefiting somebody else rather than just something for myself. I want to do something that will give me personal gratitude because I helped someone else out; whether that be volunteering to be a Special Olympics coach as I have done in the past or something similar. I also have another resolution and that is to win states again—that would be great.

**Q:** As an athlete, what is one thing you would like to do better in 2016 than in 2015?

**A:** As a senior and a second-year captain on the team, I want to make an even stronger effort to be a leader on the field and set an example for the younger girls. I know as a freshman I was so strongly influenced by the upperclassmen on the team and they had such an impact on how I played. I want to encourage the younger girls to put themselves out there and to take risks because that is how I learned to play.

**Q:** For the Robinson girls' lacrosse team, 2015 went about as well as a season could. How do you approach 2016 when you've already been to the top?

**A:** Last year our team's motto was "One Step at a Time" and that is the same mindset we will follow going into this year. We knew never to look too far into the future because it was the little things that led to major success. Obviously after winning states in 2015, we know that we are going to be taken even more seriously as a team and although we have lost a lot of talent, we still have very strong players and even stronger chemistry on and off the field. As long as we play like a team and focus on tweaking some things, we are confident that it is going to be another exciting season.

**Q:** What would be your ideal way to finish your senior year at Robinson?

**A:** My ideal way to finish my senior year would be with both Robinson lacrosse teams winning states again. It was such an exciting day last year when both the boys and girls won and I know that it was an unforgettable experience for both teams. That was hands down one of the best days of my life because everyone was just beaming and so happy for everybody. I never want my high school lacrosse experience to end but when it has to, I hope it does with another ring.

— JON ROETMAN

## West Springfield's Haynes Signs with West Point

**Q&A: Shelby Haynes on 'going to states and winning everything' and her choice of Army as the next step.**

**S**helby Haynes is in her fourth season as a member of the West Springfield girls' varsity basketball team. During her career, she's helped the Spartans win a pair of Conference 7 championships and make an appearance at the state tournament.

The 5-foot-10 guard helped West Springfield finish the 2015 portion of its schedule with an 8-2 record, including a seven-game win streak to open the season. The Spartans will travel to face Mount Vernon at 7:30 p.m. on Friday, Jan. 8.

Haynes signed a letter of intent to play basketball for Army. She recently participated in a Q&A via email with The Connection.

**Q:** Did you make any New Year's resolutions? If so, what are they?

**A:** I normally don't make New Year's resolutions, but this year when one of my friends asked me if I did, the first thing that popped into my head and out of my mouth was, "Ya, win."

**Q:** As an athlete, what is one thing you would like to do better in 2016 than in 2015?

**A:** Get the team involved. When we play together we win games. With the players we have, if I can help get them more involved during the games it'll be easier for everyone.

**Q:** How do you feel the team is playing entering the 2016 part of the schedule?

**A:** Since we've had many new varsity players, the best thing for our team is to get experience and play as much as we can. Since we have gotten a good 10 games under our belts, the start of the season jitters should be out of the way so we can really focus on the game and not the nerves that come with it.



PHOTO BY LOUISE KRAFFT/ THE CONNECTION

**West Springfield guard Shelby Haynes, seen last season, is signed to play basketball at West Point.**

**Q:** What made Army the right choice for you?

**A:** As I was making my decision on which college to attend there were a few schools that caught my attention. West Point actually contacted me a bit later than most of the other schools, but as soon as they did, I was sold. Everything the academy offers for both athletics and education really just blew me away. My father has served in the army for a little over 20 years and just recently retired, but I had never seriously considered joining or looking at the academies because my focus was on basketball. When I visited West Point I knew there wasn't a better fit for me.

**Q:** As a student, what would be the ideal end to your senior year at WSHS?

**A:** Obviously ideal would be going to states and winning everything. But like every year I just want to get as far as we can as team and just enjoy the ride.

— JON ROETMAN

## Robinson Announces 2016 HOF Class

The Robinson Athletic Hall of Fame Committee announced the 2016 Class of the Robinson Secondary School Athletic Hall of Fame, which will be inducted on Jan. 23.

The fourth class of the hall of fame features state champions, a national champion, All Americans, a former professional athlete, and a coach for the USA Olympic team.

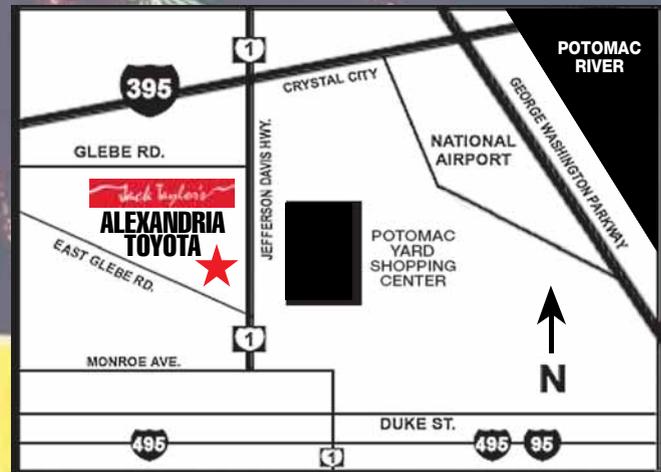
The class will include Durmia Marshall (1990), Mark Alan Krynitskey (1978), Todd Kirtley (1978), Eugene Mitchell

(1998), Dan Gill (2000), Joey Hildbold (1999), Sherry Worsham (1991), Jeri Daniels Elder (1978), Kathy Cotton Beaty (1985), Frank Schaede (1976), coach Jeremy Workman, the 1999 men's cross country team, and the 1981 wrestling team.

The ceremony will take place on the evening of Jan. 23 at the Westfields Golf Club. Tickets can be purchased at <http://robinsonathleticboosters.com/node/272>. Questions can be sent to [robinsonathletichof@gmail.com](mailto:robinsonathletichof@gmail.com).

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**TOYOTA GENUINE SERVICE**  
**WINTER MAINTENANCE SPECIAL \$59.95**

**INCLUDES:** Genuine Toyota oil filter, up to 5 qts of conventional oil\*, inspect windshield wipers, tire rotation, check tire condition, check battery (with print-out), inspect and adjust all fluid levels, inspect air Alexandria Toyota's 27 pt. inspection & cabin air filters

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**INCLUDES:** Install Genuine Toyota front brake pads, inspect front & rear rotors & drums, check tire condition and inspect all hardware. TCMC pads only.

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**TOYOTA GENUINE SERVICE**  
**30000 MILES FACTORY RECOMMENDED SERVICE \$159.95**

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**9 Land 21 Announcements**

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and I will move  
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-Archimedes

**ABC LICENSE**  
H Mart Burke LLC trading as H Mart, 9550 Burke Rd. Burke, VA 22015. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer off Premises license to sell or manufacture alcoholic beverages. Ilyeon Kwon, owner

NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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**21 Announcements 21 Announcements**

**NOTICE OF NONDISCRIMINATORY POLICY AS TO STUDENTS**

Fairfax United Methodist Church Preschool, St. Paul Lutheran Preschool, Fairfax Presbyterian Preschool and Truro Preschool and Kindergarten admit students of any race, color, national and ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students at the school. It does not discriminate on the basis of race, color, national and ethnic origin in administration of its educational policies, admissions policies, scholarship and loan programs, and athletic and other school-administered programs.

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BA of Science Information Systems; knowledge of BASIC, C++, Java, computer software, networking, and security. Proof of legal right to work in U.S.; 40hrs/wk plus overtime; must be able to work a split shift schedule and holidays. Mail all CV's to American Halal Meat 7313 Boudinot Dr., Ste. D&E, Springfield, VA 22150.

**ST. STEPHEN'S & ST. AGNES SCHOOL**  
is hosting an

**EDUCATOR OPEN HOUSE**  
Saturday, January 23 at 9:00 A.M.  
Presentation begins at 9:20

Learn more about teaching at our school and finding jobs in private schools. Teachers of diverse backgrounds and experiences are encouraged to attend.

Register online: [www.sssas.org/educator](http://www.sssas.org/educator)  
1000 St. Stephen's Rd., Alexandria, VA 22304  
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# BULLETIN BOARD

## CLASSIFIED

### 21 Announcements 21 Announcements

#### LEGAL NOTICE

According to the Lease by and between Daniel Beach (of unit 3046) and TKG-StorageMart and its related parties, assigns and affiliates in order to perfect the Lien on the goods contained in their storage unit, the manager has cut the lock on their unit and upon cursory inspection the unit was found to contain: furniture, stereo, computer, ect. Items will be sold or otherwise disposed of on Friday January 22, 2016 @ 12:00pm at 11325 Lee Hwy Fairfax VA 22030 to satisfy owner's lien in accordance with state statutes.

According to the Lease by and between Jennifer Johnson (of unit 3112) and TKG-StorageMart and its related parties, assigns and affiliates in order to perfect the Lien on the goods contained in their storage unit, the manager has cut the lock on their unit and upon cursory inspection the unit was found to contain: painting, nightstand, boxes, ect. Items will be sold or otherwise disposed of on Friday January 22, 2016 @ 12:00pm at 11325 Lee Hwy Fairfax VA 22030 to satisfy owner's lien in accordance with state statutes.

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### 21 Announcements 21 Announcements

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- 3) Model #403 Augusta \$42,450...BALANCE OWED \$16,500

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### 21 Announcements 21 Announcements

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Send notes to the Connection at [south@connectionnewspapers.com](mailto:south@connectionnewspapers.com) or call 703-778-9416. The deadline for submissions is the Friday prior to publication. Dated announcements should be submitted at least two weeks prior to the event.

#### THURSDAYS/DEC. 3-FEB. 3

**Grief Support Group.** 10:30 a.m.-noon. Clifton Presbyterian Church, 12748 Richards Lane, Clifton. The Clifton Presbyterian Church is offering to the church and community a Grief Support Group for those who have experienced a recent death and loss in their lives. This group will offer a safe and supportive place for participants to explore ways to walk the journey of grief and to "wrestle" with difficult, and sometimes unanswerable, questions. Dec. 3, 10, 17; Jan. 7, 12, 21, 28; Feb. 3. [office@cliftonpc.org](mailto:office@cliftonpc.org). 703-830-3175.

#### SATURDAY/JAN. 9

**Sickle Cell Anemia Disease and Trait Seminar.** 12:30 p.m. Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Come get the facts and what you need to know about the disease and trait from guest speaker Barbara Harrison, MS, Certified Genetic Counselor, Howard University Center for Sickle Cell Disease. Free. RSVP by Jan. 5 to [Project13@fcacdst.org](mailto:Project13@fcacdst.org).

### FAITH NOTES

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

Clifton Presbyterian Church is offering a **Grief Support Group**. Offered for eight sessions on Thursdays from Dec. 3-Feb. 3 from 10:30 a.m.-noon for those who have experienced a recent death and loss in their lives.

This group will offer a safe and supportive place for participants to explore ways to walk the journey of grief and to "wrestle" with difficult, and sometimes unanswerable, questions. Dec. 3, 10, 17; Jan. 7, 12, 21, 28; Feb. 3. Clifton Presbyterian Church is located at 12748 Richards Lane, Clifton. [office@cliftonpc.org](mailto:office@cliftonpc.org). 703-830-3175.

## Civil Air Patrol Change of Command and Awards at Burke Squadron

Two long-time members of the Burke Composite Squadron were honored on Dec. 17 in a Change of Command at Irving Middle School in Springfield. CAP Major Stephan Romeo, Commander of the Burke Squadron, relinquished command of the unit to CAP Major Michael Speakmon. Major Speakmon, formerly the Deputy Commander of Seniors, now assumes command of the unit while Major Romeo takes on the role of Advisor to the Commander.

CAP Captain Nelson Alcalde, Commander of the Burke Squadron's parent organization, Group 3 of the CAP's Virginia Wing, was the principal speaker at the ceremony. He praised both officers for their leadership as demonstrated in training exercises and real world operations. Captain Alcalde credited their consistently excellent command influence as the driving force behind the unit's con-

#### SUNDAY/JAN. 10

**Soundscapes Healing Meditation.** 2-3:30 p.m. Accotink Unitarian Universalist Church, 10125 Lakehaven Court, Burke. Come, bring a blanket or yoga mat for lying on the floor, and enjoy the gift of letting go and being connected to deeper peace. Healthy snacks will be provided afterward during Fellowship time. \$15 donation. [www.accotinkuuc.org](http://www.accotinkuuc.org). 703-503-4579.

#### THURSDAY/JAN. 14

**How to Get the Best from Your Cable Company.** 7-8:30 p.m. Kings Park Library, 9000 Burke Lake Road, Burke. Having trouble with your cable services? Learn how deal with cable service problems like outages, blurry screens and frustrating customer service. Learn tips to save money, file complaints and make your community safer from an expert. Adults. 703-978-5600.

**What to Look for in a Facility.** 3 p.m. Insight Memory Care, 3953 Pender Drive, Suite 100, Fairfax. Learn what questions to ask, what to look for on a visit, and how to make choosing a residential facility easier. RSVP. 703-204-4664. [InsightMCC.org](http://InsightMCC.org).

#### WEDNESDAY/JAN. 20

**Virtual Dementia Tour.** 1 p.m. Insight Memory Care, 3953 Pender Drive, Suite 100, Fairfax. The Virtual Dementia Tour (VDT) is designed to help

**First Baptist Church of Springfield** offers Sunday school at 9:15 a.m., followed by a 10:30 a.m. worship service at 7300 Gary St., Springfield. 703-451-1500 or [www.fbcspringfield.org](http://www.fbcspringfield.org).

**Clifton Presbyterian Church,** 12748 Richards Lane, Clifton, offers Sunday worship services at 8:30 a.m. and 11 a.m. Nursery care is provided. Christian education for all ages is at 9:45 a.m. 703-830-3175.

**St. Andrew the Apostle Catholic Church,** 6720 Union Mill Road, Clifton, conducts Sunday masses at 7:30 a.m., 8:45 a.m., 10:30 a.m. and 12:30 p.m. It also offers a Saturday vigil at 5:30 p.m. and a Thursday Latin mass at 7 p.m. 703-817 1770 or [www.st-andrew.org](http://www.st-andrew.org).

**Prince of Peace Lutheran Church,** 8304

simulate the effects of dementia, allowing caregivers to better understand the needs of their loved ones. RSVP. 703-204-4664. [InsightMCC.org](http://InsightMCC.org).

#### FRIDAY/JAN. 22

**Keeping up with the Kids.** Kings Park Library, 9000 Burke Lake Road, Burke. Learn the basics with our one-on-one technology volunteer about the social networking tools that can help you stay in touch with your kids and grandkids. Adults. 703-978-5600.

#### TUESDAY/JAN. 26

**Fairfax 50+ Community Ambassador Program.** 9:30 a.m.-noon. Pennino Building, 12011 Government Center Parkways, Suite 206, Fairfax. This volunteer program trains members of Fairfax County community organizations to help link their fellow members to the county's services for older adults and caregivers. Contact Mena Nakhla at 703-324-5859 or by email at [Mena.Nakhla@fairfaxcounty.gov](mailto:Mena.Nakhla@fairfaxcounty.gov) by Wednesday, Jan. 20.

#### SUNDAY/JAN. 31

**Human Trafficking: Get the Facts and Take Action.** Stacy C. Sherwood Community Center, 3740 Old Lee Highway, Fairfax. <http://www.fairfaxva.gov/host/women/events.html>.

Old Keene Mill Road, Springfield, offers casual worship services on Saturday evenings at 5:30 p.m. featuring contemporary music. More traditional services take place on Sunday mornings at 8:15 and 11 a.m. Sunday School is from 9:45-10:45 a.m. for children and adults. The church also offers discussion groups for adults. 703-451-5855 or [www.poplc.org](http://www.poplc.org).

**Kirkwood Presbyterian Church,** 8336 Carrleigh Parkway in Springfield, supports a Mothers of Preschoolers (MOPS) program on the first and third Wednesday of each month. Meetings are 9:30-11:30 a.m. at the church. All mothers and children are welcome. The program provides mothers an opportunity to get to know other mothers through discussions and craft activities. Register. 703-451-5320.



BY THOMAS ADAMS/BURKE COMPOSITE SQUADRON

**New Squadron Commander CAP Major Michael Speakmon (left) is congratulated by outgoing Commander CAP Major Stephan Romeo (right) and CAP Captain Nelson Alcalde, Commander, Group 3, Virginia Wing, Civil Air Patrol.**

tinued success. Major Speakmon, in his new capacity as Squadron Commander, officiated at the promotion of Cadet Captain Julie Demoyonovich to Cadet Major. Cadet Major Demoyonovich's promotion came in recognition of her outstanding performance as leader, trainer and mentor to the Burke Squadron cadets.

Four other squadron members were also

recognized at the ceremony: Cadet Major Cory Harding who completed Achievement 15 of the Cadet Program, Cadet Basic Daniel Morgan who was promoted to Cadet Airman and Senior Member Sarah Demyonovich who received her Level One certificate signifying her progress in the CAP Professional Development Program.



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