

Burke CONNECTION



From left, Chairman Sharon Bulova, Delegate Eileen Filler-Corn, Robert Harding, Jon Vrana and Mike Copperthite unveil the historical marker commemorating the Copperthite Race Track in Burke on July 31, 2016. Copperthite is the great great grandson of Henry Copperthite. Harding's great grandmother Catherine Copperthite McCoy was Henry's oldest child.

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NEWS



PHOTO CONTRIBUTED

From left, CALEA Executive Director W. Craig Hartley, Jr., Major Richard Perez, Maj. Gun Lee, Col. Edwin C. Roessler Jr., Accreditation Manager Camie King, Sgt. Kevin White, 2nd Lt. Rex Pagerie, and CALEA Executive Board President Richard Myers at the national accreditation ceremony in Baltimore in July 30.

Fairfax County Police Receive National Accreditation

Commission on Accreditation for Law Enforcement Agencies recognized compliance with 484 standards.

BY TIM PETERSON
THE CONNECTION

In a hearing in Baltimore's inner harbor on Saturday, July 30, the Fairfax County Police Department received a formal recognition of its national accreditation from the Gainesville, Virginia-based Commission on Accreditation for Law Enforcement Agencies, CALEA.

"It means we're meeting the best practices in law enforcement, to put it pretty simply," said Camie King, a civilian who's worked as a crime and intelligence analyst for FCPD for more than a decade, but most recently King is serving as the accreditation manager.

King's job since FCPD entered into a self-assessment arrangement with CALEA in October 2014 has been to review the county's police force policies up against the 484 standards set forth by CALEA based on best practices in law enforcement around the globe.

The standards fall into the categories of: Public safety agency capabilities to maintain law and order; Agency effectiveness and efficiency in the deliv-

ery of public safety services; Cooperation and coordination with other public safety agencies, and with other agencies in the criminal justice system, and Citizen and employee confidence in the goals, objectives, policies, and practices of the agency.

When there were gaps, such as not having installed cameras in police cars, King was responsible for managing the process to shore up policy and practice, and then proving FCPD's compliance with the standard in a report. Camera's were phased into most cars between 2013 and 2014.

In April earlier this year, several representatives from CALEA visited Fairfax County for four days for an on-site assessment. Baltimore's announcement, at a CALEA conference, was the culmination of that review: All the standards were met or exceeded by FCPD in practice.

"We've had an outside perspective come in and review our policies and processes," King said. "That outside perspective has told us we are in line with the best practices with law enforcement worldwide."

"For us, we had excellent police to begin with," she continued, "it was just shoring up, having that room for improvement. We were really able to see a huge benefit for our agency."

King said CALEA's reviewers were particularly impressed with Chief Edwin Roessler's Diversity Council, military reintegration program and the hosting of the World Police and Fire Games in 2015.

Each year, there will be a less formal electronic review of Fairfax County's maintenance to the standards by CALEA. They will send assessors onsite every four years, with the next visit coming in April 2020.

New Policy Outlines Public's Rights to Record Police Activity

With the development and prevalence of increasingly portable technologies, people of all ages are capturing more and more moments on video, including law enforcement activity. On June 1, the police department issued a new departmental policy pertaining to anyone who might record police activity, whether it be something they see as a passerby or a direct interaction with an officer - according to FCPD Public Affairs Bureau.

The policy was proactively created and implemented to ensure the protection of everyone's First, Fourth, and Fourteenth Amendment rights. Additionally, it was developed using the US Department of Justice, Civil Rights Division, guidance letter in Christopher Sharp v. Baltimore City Police Department, et. al. and the Statement of

Interest in Mannie Garcia v. Montgomery County, Maryland, et. al.

The FCPD General Order, 603.1, includes procedural guidance to officers who encounter individuals recording them while they are in performance of their public duty. You can review General Order 603.1 in its entirety here; however, to summarize a few key points:

❖ Anyone has the right to "observe, photograph, or record police activity in an area accessible to, or within view of the general public."

❖ Officers shall not inform or instruct anyone that recording police activity, if within their legal right, is prohibited nor shall officers otherwise ob-

SEE RECORDING, PAGE 5



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



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

Communities Observe National Night Out

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

BY TIM PETERSON
THE CONNECTION

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

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

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

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

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

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

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



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

vention effort."

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

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

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

Gary Saturen, neighborhood watch coor-

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

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

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

everyone's happier for it."

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



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

PHOTOS BY TIM PETERSON/THE CONNECTION



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



John “Andy” Bennett demonstrates with a harnessed horse in a setup like the ones that once competed more than 100 years ago at Copperthite Race Track, grounds now inhabited by the Burke Nursery and Garden Center.



PHOTOS COURTESY OF MIKE COPPERTHITE

The vintage pie delivery truck was joined by other period Fords of the Nation’s Capital Model T Ford Club, which was celebrating its 50th anniversary.

Copperthite Race Track Receives Historical Marker

2,000-person grandstand once stood in Burke.

BY TIM PETERSON
THE CONNECTION

More than 100 years since Copperthite Race Track opened in Burke, harnessed race horses once again trotted back and forth on the same grounds, now inhabited by the Burke Nursery and Garden Center.

The race track, including a 2,000-person grandstand, was built by local entrepreneur Henry Copperthite. Elected officials, community members and seven generations of the Copperthite family came together on July 31 for a celebration unveiling the Fairfax County historical marker for the track.

“In 1897, Henry Copperthite purchased the Silas Burke Farm and constructed nearby one of Virginia’s finest harness racing facilities,” the marker reads. “The race-track, whose grandstand sat 2,000, opened on July 4, 1908. Horse, harness, motorcycle and car races were featured at the track. Special trains from the Washington, D.C. area brought visitors to Burke, where they could stay at the new hotel. Families enjoyed agricultural fairs, Fort Myer cavalry drills, balloon ascensions, baseball games, athletic contests and dances at a pavilion. For almost a decade, thousands were entertained at the Copperthite racetrack and fairground.”

Copperthite’s great great grandson Mike Copperthite lives in McLean and is proprietor of the family business Henry started, the Connecticut Copperthite Pie Baking Company of Georgetown. Mike has spent the last four years working on getting the marker erected.

THE COPPERTHITE PIE BUSINESS was once the largest of its time, Mike said, with 15,000 employees putting out 50,000 pies a day. Debbie Robinson, chair of the historical marker committee, said in order for there to be a marker, it was important for



Debbie Robinson, chair of the historical marker committee, said in order for there to be a marker, it was important for Mike and his supporters do extensive research of primary source documents and prove all the facts.

Mike and his supporters to do extensive research of primary source documents and prove all the facts. The marker text, as a result, is heavily footnoted, drawing from period newspapers including “The Washington Post,” “The Sunday Star” and “The Alexandria Gazette.”

“We appreciate what happened in the past, the people who came before us,” Robinson said, “and what they did for our communities, like Henry Copperthite.”

In addition to the racetrack and grandstand, Copperthite built a hotel, sidewalks and a grocery store.

The morning of the marker unveiling, Mike Copperthite, who was joined by seven generations of the Copperthite family, served 600 of the famous pies out of the back of an original 1914 Ford Model T pie delivery truck.

The vintage vehicle was joined by other period Fords of the Nation’s Capital Model T Ford Club, celebrating its 50th anniversary. After appearing in Burke, the club members drove to the Fairfax Station Railroad Museum for another viewing.

To give spectators a feel of the harness horse-racing atmosphere, a horse and rider



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Delegate Eileen Filler-Corn, D-41, who represents the Burke area in the Virginia General Assembly, said she’s always interested in learning more about history and was delighted to “share this momentous occasion.”

took two eighth of a mile laps on the grass along Burke Road. The running is being submitted for consideration as a record for the longest time between races at the same track.

Delegate Eileen Filler-Corn, D-41, who represents the Burke area in the Virginia General Assembly, said she’s always interested in learning more about history and

was delighted to “share this momentous occasion.”

Fairfax County Board of Supervisors Chairman Sharon Bulova said celebrating history in this way helps us “understand what we are,” and gives “a better idea of where we want to go, what we want to be.”

MAKING LIGHT of the ongoing work of regulating food trucks in Fairfax County, Bulova referenced the 1914 Ford pie delivery truck. “What goes around comes around,” she said.

Jon Vrana, president of the Burke Historical Society, commented that in this area, there tends to be more focus on the Civil War-era history rather than turn of the century.

“The world was changing,” Vrana said. “This shows this area has rich history across the spectrum. It extends the understanding of the variety and diverse history we have in Fairfax.”

AREA ROUNDUPS

Springfield Gains U-Haul Location

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

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

Recording

FROM PAGE 2

struct the ongoing recording.

❖ The filming of such activity may not interfere with officers engaged in the public discharge of their duties, jeopardize their or others' safety, violate the law or incite others to violate the law.

❖ If officers feel the recording is interfering with the performance of their public duties or poses a safety hazard for the person recording or anyone at the scene, an officer may request or redirect that person to a safer location, while still respecting their right to film in the public domain.

❖ Should a person who is recording be found in violation of a criminal law (e.g., obstructing an investigation, disregarding an established crime scene perimeter), they may be subject to criminal charges.

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

Singers Wanted

Do you love to sing? Make new friends? Bring joy to others through music? Singers wanted for the Celebration Singers, a women's show choir performing at various community sites in Northern Virginia. Practice is held 10:30 - 2:30, starting again in September on Wednesdays in Burke. Contact either Barb Male, 703-250-5294, email barbmale@yahoo.com or Gayle Parsons, 703-644-4485, email gparsons3@cox.net.

❖ If a person who is filming police activity also capture evidence of a crime being committed, an officer is likely to request from the person filming that they voluntarily provide them a copy of it or allow the officer to temporarily take custody of the phone for evidentiary purposes. It is with rare exception that an officer may seize a recording device without consent from its owner; the policy provides specific instruction to officers.

It is FCPD's goal to provide Fairfax County residents and visitors with the highest level of police service and professionalism. You can also view an episode of our local government channel 16 cable show, On the Beat, for a brief video summary of the new policy (see the second segment, which starts at minute 05:00): On the Beat, episode #24



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Burke/Burke Centre \$169,950
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OPINION

An Open Letter to Readers and More

Buy an ad in our annual Newcomers and Community Guide.

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

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

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

I have a special favor to ask:

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

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

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

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

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

But it's more than a charitable effort.

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

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

The deadline for the Newcomers and Community Guide is Aug. 17. Digital enhancements and support are available. More information

at email sales@connectionnewspapers.com or call 703-778-9431.

Share Tips about Community

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

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

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

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

See last year's community guides by going to www.connectionnewspapers.com/PDFs/ and scrolling down to Newcomers.

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

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

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

BY MEREDITH LUHRS

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



PHOTOS CONTRIBUTED

Meredith Luhrs

which are simply identified as V-J Day.

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



Henry and Elsie Luhrs with their children in 1946.

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

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

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

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

SEE V-J DAY, PAGE 7

Burke
CONNECTION

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NEWS DEPARTMENT:
burke@connectionnewspapers.com

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

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

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

Steve Hogan
Display Advertising, 703-778-9418
shogan@connectionnewspapers.com

Andrea Smith
Classified Advertising, 703-778-9411
classified@connectionnewspapers.com

Debbie Funk
National Sales
703-778-9444
debfunk@connectionnewspapers.com

David Griffin
Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Editor & Publisher
Mary Kimm
mkimm@connectionnewspapers.com
@MaryKimm

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

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

Special Assistant to the Publisher
Jeanne Theismann
jtheismann@connectionnewspapers.com
@TheismannMedia

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



OPINION

Helping Make Democracy Work

My internship in Supervisor Cook's office.

BY MARCELL SUBERT

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

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

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

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

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

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

V-J Day

FROM PAGE 6

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

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

THE AUTHOR LIVES IN VIENNA.

FAITH NOTES

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

Jubilee Christian Center of Fairfax is restarting its "Living Free"

support groups for the Spring on Wednesdays, starting on Mar. 30, 7:15 p.m. The support groups are free, and will cover "Stepping into Freedom," "Concerned Persons Group" (for family and friends of addicts), "Understanding and Overcoming Depression," "The Image of God in You," and "Handling Loss

and Grief." There will also be Christian Education classes for all ages and Membership Class #2 meeting on Sundays, 10:10 a.m. 4650 Shirley Gate Road, Fairfax. For information or to register, call 703-383-1170, email livingfree@jccag.org or see www.jccag.org.

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WELLBEING

Staying Fit and Healthy on Vacation

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

BY MARILYN CAMPBELL
THE CONNECTION

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

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

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

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

Part of that planning includes bringing packable equipment and appropriate clothing for exercise. "Pack resistance bands for



PHOTO COURTESY OF CHRISTIAN ELLIOT

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

strengthening exercises, and a jump rope is a great way to get cardio. Those are lightweight and easy to pack," said Catie Bocker, NP-C, MSN, director of the Student Health Center at Marymount University in Arlington. "Whatever you do, keep it simple and fun. If we make it too complicated it might not work."

GETTING ACTIVE with family and friends is one way that

Bocker made exercise enjoyable during a recent vacation. "I led a bodyweight circuit for my family every morning when I was on a beach vacation recently," she said. "We were staying on the beach and we would wake up each morning and do a workout."

Part of the appeal of bodyweight exercises is that they can be done virtually anywhere and require no equipment. Bocker recommends 60-second exercise intervals with

15 seconds of rest between each set.

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

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

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

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

They're great when going through security."

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

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

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

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

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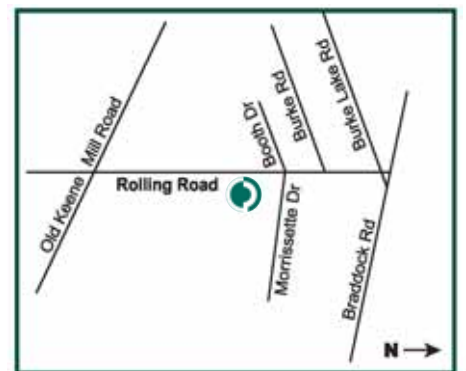
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Challenged Brain, Healthy Brain?

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

BY MARILYN CAMPBELL
THE CONNECTION

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

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

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

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

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

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

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

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

Over a three-year period, the researchers



PHOTO COURTESY OF ANA NELSON

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

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

"Activities that required an engagement of executive functioning, like planning, volunteering or any task that get your mind

thinking, those types of experiences are where we're seeing the best protection against cognitive decline," said Amy E. Coren, Ph.D., J.D., assistant professor of Psychology at Northern Virginia Community College in Alexandria. Coren was not involved with the study.

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

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

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

Fighting Cancer, One Stroke at a Time

Swim-a-Thon event raises money for INOVA's 'Life With Cancer.'

On Sunday, July 10, the South Run Community Pool held their annual Swim-a-Thon charity event to raise funds and awareness for cancer, a cause that runs deep through this close-knit neighborhood community: Swimmers swam, kicked and floated across the pool in order to raise funds and awareness for INOVA'S "Life With Cancer" organization. The Swim-A-Thon marked the 9th consecutive year for this event, which was coordinated by friends Liam Kelly, Brenden Duffy, Jordan Krug, and members of the South Run Swim Team.

Proceeds from the swim-a-thon are awarded to INOVA'S "Life with Cancer" charity. This year, more than 40 people swam a total of 1,453 laps, totaling over \$1,680 in donations. The South Run Swim Team has collected close to \$20,000 for this organization since it was adopted nine years ago.

The neighborhood Swim-A-Thon was created to engage the community in the fight against cancer; a fight that has



PHOTO CONTRIBUTED

From left: Molly Murphy, Liam Kelly and Brenden Duffy.

deeply affected many South Run families over the years. Given another successful year, the South Run community seems to be keeping that fight alive one stroke at a time.

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Members of the audience stand to show their support for not changing the name of JEB Stuart High School.

PHOTOS BY
TIM PETERSON
THE CONNECTION

Working Group to Consider Re-Naming JEB Stuart High School

Fairfax County School Board seeks additional community engagement on divisive issue.

BY TIM PETERSON
THE CONNECTION

Coming off its recent decision to postpone the implementation of new regulations for transgender students, the Fairfax County School Board has moved action on the possible re-naming of J.E.B. Stuart High School in Falls Church to a later date as well.

At its July 28 meeting, the last until school starts again, the board voted in favor of creating a working group that will “further consider community concerns” around re-naming the school.

The current namesake was a Confederate cavalry leader, which has sparked divisive controversy within the student body, alumni and community.

The issue was brought to the school board by a group of concerned students from Stuart who said it was shameful to attend a school named for a figure from the darker side of Virginia and the United States’ past.

Others say Stuart the man is not being given fair respect — that the context, the era, norms and beliefs in which he lived are not being taught at the school, much less considered in whether the name should change or remain the same.

THE SCHOOL BOARD has already done some outreach to gauge the community pulse, including a survey, for which board chair Sandy Evans said they received more than 500 responses.

Evans said they’ve looked back to School Board records from 1958, when Stuart was being named. She said not much rationale for the name was found.

“We can’t know what was in their hearts and minds,” Evans said on Thursday night at the meeting. But she said, the current board needs to be “reflective and responsive to all members of our diverse community.”

One motion and then a replacement were offered for the working group. A distinction in the alternative made clear that the working group would not ultimately decide a new name for the school, or even that one should be decided.

While it appeared the first motion presupposed that the working group result in a name change, it prompted Springfield District representative Elizabeth Schultz to comment that would be “the antithesis of what a democracy is.”

Per FCPS, the successful motion directs that, “The working group will weigh the pros and cons of a name change; continue to ensure public engagement and determine the extent of support for change; ex-



Vice chair Jane Strauss, center, speaks directly to the students from JEB Stuart High School who attended the School Board meeting July 28 in support of changing their school’s name.

plore public-private partnerships to finance any name change; examine ways to prevent added burdens on the school’s booster clubs, PTSA, and Stuart school administration; decide the best method for transitioning from an old name to a new one; ensure proper record retention; and set the best timing for such a change, if approved by the Board.”

The ad hoc working group will comprise students, parents, Stuart community members, alumni and business leaders chosen by the Superintendent and with the Board’s blessing, FCPS said.

Findings and recommendations from the working group will be due back to the School Board by March 2017.

Some have said the issue is divisive enough, creating the working group will just drive the wedge further.

“No one will walk away comfortable with what we decide tonight,” said At-Large member Ryan McElveen.

He said a difficult task before the board and community is “How to remember the past while honoring and respecting a diverse community.”

Shirley Ginwright is president of the Fairfax County NAACP, which has partnered with the Stuart student group for changing the school’s name.

AFTER THE DECISION by the board, she said the two groups have conducted and presented the board with extensive research, including that Stuart served for the Union army before he went to the Confederacy. “JEB Stuart was a traitor,” Ginwright said. “Is that who we honor?”

2012 Stuart graduate Nicholas Pisciotta was among alumni and opponents to changing the name who attended the meeting. Pisciotta said the name change has already and will continue to be a “distraction from the real needs of the school.”

Rather than put special effort into finding money that would be required to update school grounds, team uniforms, in the event of a name change, Pisciotta and others say that special effort could be better spent raising money for other uses around Stuart.

The board didn’t specify the size of the working group, nor when it will be created.

CALENDAR

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

ONGOING

Evenings on the Ellipse. 5:30-7 p.m. Thursdays through Aug. 25. Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Fun music and good company. Paradise Springs and The Winery at Bull Run will be offering complimentary tastings of their premium reds and whites. If it rains, concerts will be moved inside to the Government Center Forum. <http://www.fairfaxcounty.gov/parks/performances/>

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

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

Rock the Block! 6:30 p.m. Every fourth Friday through Oct. 28. Old Town Square, 3999 University Drive, Fairfax. Come any way you can - walk, run, ride your bike or drive! You don’t want to miss out on this brand new concert series! Food is available for sale. Bring chairs and or blankets to sit on. Kids - wear swim suits and bring towels. Enjoy the new spray pad. No Pets allowed except service animals. fairfaxva.gov.

The Farmer’s Market at Springfield Town Center. May 7- Nov. 19, 10 a.m.-2 p.m. Through November. Corner of Spring Mall and Loisdale roads, Springfield. Enjoy fresh baked goods, produce, vegetables & fruits, meats & cheeses, and a host of other vendors. springfieldtowncenter.com.

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

Lovers and Madmen. June 18-Aug. 19. Epicure Cafe, 11104 Lee Highway, Fairfax. Features local artists. epicurecafe.org.

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

Plant Clinic. 9 a.m.-noon. Sundays till end of September. Lorton Farmers Market, 8990 Lorton Station Blvd., Lorton. Conducted by Master Gardeners. Answer gardening question, identify plants and insects, soil tests, etc. fairfaxgardening.org.

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

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

Moore at moorefitt@yahoo.com or 703-499-6133.

Cafe Ivrit (Hebrew Cafe).

Wednesdays. 8:15-9:15 a.m. Jewish Community Center of Northern Virginia, 8900 Little River Turnpike, Fairfax. Shalom (Hello)! Did you always want to converse in Hebrew? Join Na’ama each week for conversational Hebrew. You will learn and practice Hebrew in a fun and interactive way while learning more about Israel! Free (we ask that you try to attend regularly). RSVP.Naama.Gold@jccnv.org.

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

THURSDAY/AUG. 4

Evenings on the Ellipse. 5:30-7 p.m. Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Leonard, Coleman and Blunt (Motown). Fun music and good company. Paradise Springs and The Winery at Bull Run will be offering complimentary tastings of their premium reds and whites. If it rains, concerts will be moved inside to the Government Center Forum. <http://www.fairfaxcounty.gov/parks/performances/>

SATURDAY/AUG. 6

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

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

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

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

Get Pop Cultured - Marvel. 7 p.m. Barnes and Noble Fairfax, 12193 Fair Lakes Promenade, Fairfax. Come early for sneak peak editions of the latest Marvel character, Mosaic (while supplies last). We will round out the celebration with trivia games, coloring stations and fun photo ops with our Incredible Hulk props. 703-278-8527.

MONDAY-WEDNESDAY/AUG. 8-10

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

SPORTS

The Burke Centre Penguins 15-18 Boys set the Colonial Swim League new Medley Relay record. From left — Luke Jones, Vincent Cleal, Jacob Anglin, and Austin Henry.



PHOTO CONTRIBUTED

Burke Centre Penguins Set New Records

The Burke Centre Penguins, competing in the Colonial Swim League, had a great day of swimming, with the boys 15-18 Medley Relay setting the Colonial Swim League record, bettering the old mark of 1:51.47 with a new record time of 1:49.49. A record being smashed by such a large margin in the Colonial Swim league is very

rare considering the league has been around since 1962. Coach Erika Tighe said she knew the boys could do it and was all smiles after the race.

Other outstanding meet performers from the Burke Centre Penguins included: Lilly Cleal-bettering a 25 year old 11/12 50 meter Freestyle team record with a time of 28.90;

JT Schmid bettering a 27 year old 9/10 50 meter Backstroke team record with a time of 38.27; Ellie Oswald bettering her own 13/14 50 meter Backstroke team record from earlier this year with a time of 31.78; Ellie Oswald, Jeanne Seanor, Sophia Kim, and Shelby Cleal bettering the 13-14 200 meter Medley Relay team record with a new time of 2:13.96.



From left — Luke Jones, Vincent Cleal, Jacob Anglin, and Austin Henry with their coach Erica Tighe.

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SPECIAL CONNECTIONS CALENDAR
 Advertising Deadlines are the previous Thursday unless noted.

AUGUST
 8/17/2016.....A+ Camps & Schools – Back to School – Private Schools
 8/24/2016.....Newcomers & Community Guide Pullout
 8/31/2016.....Connection Families: Enrichment, Care & Back to School

SEPTEMBER
 Labor Day is September 5
 9/7/2016.....Wellbeing
 9/14/2016.....HomeLifeStyle Pullout – Real Estate & New Homes
 9/21/2016.....A+ Camps & Schools Back to School, Open Houses
 9/28/2016.....Connection Families: Fall Fun, Food, Arts & Entertainment

OCTOBER
 10/5/2016.....Wellbeing Senior Living Pullout
 10/12/2016.....HomeLifeStyle
 10/19/2016.....A+ Camps & Schools
 10/26/2016.....Connection Families
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- Oak Hill/Herndon Connection
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PHOTO COURTESY OF SAINT MARY OF SORROWS

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



PHOTOS BY TIM PETERSON/THE CONNECTION

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

New Design for Saint Mary of Sorrows Church Moves Forward

Neighbors upset by height primarily.

BY TIM PETERSON
THE CONNECTION

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

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

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

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

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

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

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



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

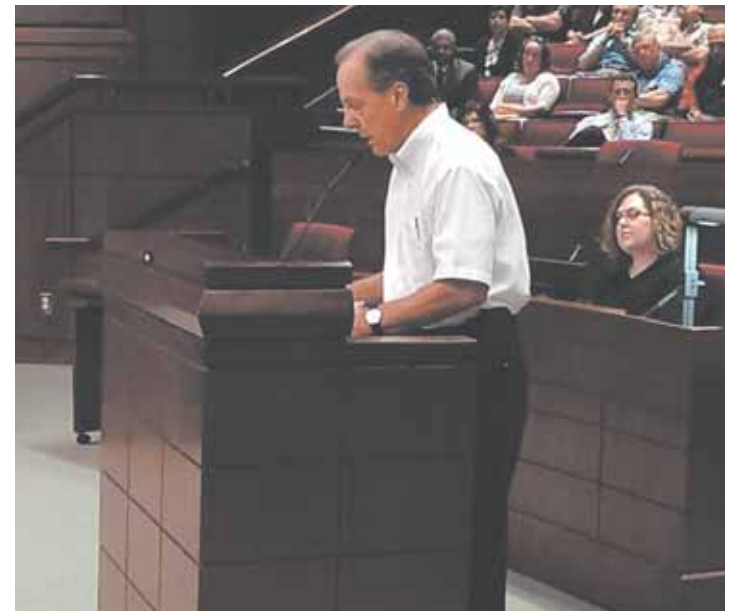
of the new church who oppose the new design.

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

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

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

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



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

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

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

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

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

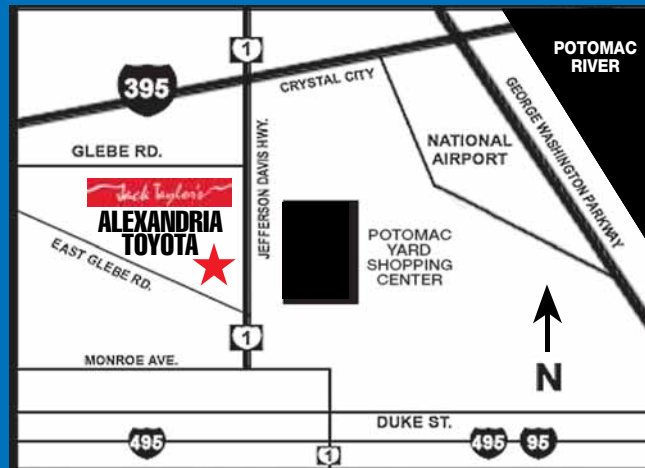
Stroble presented the church's case before the BZA on July 27. A handful of adjacent neighbors including Swietlick showed up in opposition, while a few dozen parishioners and clergy took up a sizeable chunk of seating in the Fairfax County Government Center's large auditorium.

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

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

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

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

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

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

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

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

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

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

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

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

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

Kyle Austin Walsh, of Fairfax, graduated from Averett University in June 2016. was among the 261 students to receive diplomas during Averett University's May 7 Commencement.

Megan R. Seymour, Megan F. Cummins, Thomas S. Cohen, of Fairfax, **Joshua D. Harlowe, Samantha E. Kinde, Melissa A. Schwartz**, of Springfield; **Sean C. Baird**, of Fairfax Station; graduated from Boston University in spring 2016.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



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