Celebrating 100th Birthday
News, Page 8

Staying Fit and Healthy on Vacation
Wellbeing, Page 6

Communities Observe National Night Out
News, Page 3

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

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

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.

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 into heavy, grimy balls which were then collected “for the war.” Every boy had one in his pocket. Our mothers gathered to roll bandages into heavy, grimy balls which were then collected “for the war.”

My father was a boat builder on the Potomac river...an ideal place for neighborhood children to play and stand in astonishment 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 and daddy. Then we were off! 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 go 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 and daddy. Then we were off! 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 go.

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 and daddy. Then we were off! 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 go.
Springfield Gains U-Haul Location

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

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

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

V-J Day

FROM PAGE 4

drive through the towns along the shore of the Raritan Bay and make a lot of noise at the homes of his employees. So we started out — Lawrence Har- hor, Keyport, Keansburg, Belford, Leonardo. Every- where 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.

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

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

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

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

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

“We woke up early, got in a jog and we would wake up each morning when I was on a beach vacation recently,” she said. “We were staying on the beach and we would wake up each morning and do a workout.”

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

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

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

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

In addition to planning to exercise while on vacation, packing a gym … and the concierge can tell you about nearby trails for hiking or walking,” said Brocker.

“In addition to planning to exercise while on vacation, packing a "flight case" can quell hunger while sightseeing or waiting at the airport. "Stop by the grocery store and pick up healthier snacks," said Brocker. “Go-to foods for me are nuts or dried fruit. They’re great when going through security.”

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

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

It’s also a good idea to choose restaurants and peruse menus at your destination before leaving on vacation. “Research your options,” said Brocker. “Lake 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.”

A healthy body starts with a healthy mouth!

At Peter K. Cocolis, Jr. and Associates, we believe optimum oral health is key to total body health and well-being. These days, going to the dentist is not just about taking good care of your teeth; it is about taking good care of your health. Problems in your mouth can be signs of trouble elsewhere in your body. Your oral exam reveals important information about your general health.

Whether your family seeks general preventive maintenance, cosmetic, or advanced restorative and implant dentistry to transform your smile’s function and appearance, Drs. Cocolis and DaSilva are renowned by peers and patients alike for exceptional personalized care in a friendly, safe and state-of-the-art environment.

Consistently named “Top Dentist” in Northern Virginia magazine and among the “Best Dentists in the Metropolitan Area” in Washingtonian magazine, Drs. Cocolis and DaSilva exceed industry standards in the time they dedicate to continuing education and service. Our skilled and compassionate team pairs patient education with the latest dental techniques and technology, offering an extensive array of dental services including digital x-rays, injection-free laser procedures, CAD-cam same-day porcelain crowns, tooth whitening, Invisalign, and veneers. We offer a variety of sedation options including oral sedation and nitrous oxide (sleep dentistry) and are dedicated to easing all aspects of your dental experience.

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- Endodontic (root canal) therapy
- Periodontal (gum) therapy including scaling and root planing
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**Wellbeing**

Staying Fit and Healthy on Vacation

By Marilyn Campbell

The Connection

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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 has the most protective effect on the brain.

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

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

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

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

“With the brain, like other parts of the body, you use it or lose it.”
— Dean Hartley, Ph.D., Alzheimer’s Association

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.”
Greater Springfield Chamber Honors First Responders

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

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

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

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

The four award recipients are:

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

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

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

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

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

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

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

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

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

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

Celebrating 100th Birthday

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

Maria has proven to be a strong woman full of wisdom and a heart of gold. She is a faithful believer in God, and always taught those around her about her beliefs. She dedicated her life to raising her children and grandchildren. She taught her family to be kind, thankful, humble, selfless and to love one another.

She enjoys singing, dancing, but mostly, praying the rosary with her close ones. She has lived in Springfield for more than 30 years.

Family photo, from left: Rosa Ayala (granddaughter), Jose Pablo Ayala (son), Maria Vicenta Ayala (birthday girl), Marianela Ayala (daughter-in-law).
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Smoke Free Bingo (with breaks for smoking friends). 7 p.m. Every Thursday. Fairfax Volunteer Fire Department, 4081 University Drive, Fairfax. Free coffee, entertaining callers, $1,000 jackpot. www.fairfaxcounty.gov/733-273-3638.

SATURDAY/AUG.

FORGOTTEN FAIRFAX: Uncovering Slaves in County Records 11 a.m. Fairfax County Civic 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. 703-724-0300.

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School Notes

Send notes to the Connection at south@connectionnewspapers.com or call 703-778-9411. Deadline is the Friday before publication. Dated announcements should be submitted at least two weeks prior to the event.

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

Jane Gibbons-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.

Luke Hartman, 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 Mays, of Fairfax, 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 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.

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

Lake Hartman, Natalie Heinitz, of Springfield, graduated from Marymount University in spring 2016.

Seh Lehman, of Springfield, graduated from Marshall College in spring 2016.

Allison Righter Mays, of Fairfax, is on the spring 2016 dean's list at Virginia State University.

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

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

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

Cameron Kcisallel, of Pennsylvania, graduated from Gonzaga College High School. He will be attending the University of Pennsylvania.

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

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

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

Ketti Buehrn, 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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