



Fairfax Station CONNECTION Clifton & Lorton

Jordan Butts, 5, of Lorton, gets measured for his Child I.D. by Nydia Guzman during the Hope and Health Festival on Saturday, May 20, 2017, at Lorton Library. The service was offered by the Fairfax County Sheriff's Department.

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Hope and Health Festival Held in Lorton

Clifton Homes
Tour Proves Grand

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20 years of Running Celebrated

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NEWS

Homes Tour Proves Grand

BY GRETCHEN KERNBACH
THE CONNECTION

On May 18, the 45th annual Clifton Homes Tour, put on by the Clifton Community Woman's Club, featured three houses located in Clifton and Fairfax Station. The continuous walk-through tour presented the 11,000-square-foot Andreotta home, the "Gone with the Wind" themed Spikes home and the historically designed Atwell home.

The Clifton Community Woman's Club is a 501(c)(3) organization, therefore the proceeds from the tour go straight to charities. The profits go into "almost 20 different charities, including the Joe Gibbs, the Ronald McDonald House, the battered women's shelter and scholarships," said CCWC member Sara Acuff.

For its 45th year, the homes tour added a few new features. At the marketplace, which was in the Clifton Presbyterian Church, "Trinkets and Treasures" made its debut. The table was filled with old, cherished items donated by the women of the CCWC for purchase.

In addition, the three houses were not the only stopping points on the tour. A 52-foot-long RV was open for exploring as well as a massive garage to house it.

"Every year, we are fortunate to donate about \$20,000 to scholarships, food banks, and charities because of the generous support of local businesses and sponsors, our visitors, and most importantly, the homeowners who graciously open their homes to us," said Michele Belisle, CCWC publicity chair.

Each house offered visitors a different experience, ranging from antique elegance to simple modernity. The families who opened their homes also provided tourists with intriguing sights, alternating between homemade exquisite dolls and popular sports memorabilia. Despite the style-variances from house to house, each location was as intriguing as the last in its own unique way.

The Spikes Home

"It is grand. It is a grand mansion," said Clifton resident Sue Ann Wallace, commenting on her initial thoughts when walking into the house marked first on the tour.

After climbing up 16 steps and walking through the front door into the entrance foyer, "grand" is right. Visitors were faced head-on with an impressive, central staircase, surrounded by arched openings, columns and not to mention the crystal chandelier hanging overhead.

"When I was growing up I was a fan of 'Gone with the Wind,' so it was really neat to be in a house that had all sorts of southern touches. I loved the staircase, it made me feel like a southern belle walking down those steps," Belisle said.

In the midst of the expansive space were a couple portraits of Scarlett O'Hara in the



The Clifton Community Woman's Club's publicity chair Michele Belisle oversees the booth in front of the Spikes home.



Mark Andreotta (far right) tells guests about his vehicles in the separate garage.

PHOTOS BY GRETCHEN KERNBACH/THE CONNECTION



From left: Ginny Ax and Kay Gilbert run the "Trinkets and Treasures" table at the marketplace.



At the Andreotta home, Clifton resident Susie Holman puts on protective booties before entering.

living room and dining room, an Elvis-themed guest room complete with a plush chair in the shape of a high heel and a basement complete with Brazilian wood floors.

The Andreotta Home

The second stop on the tour provided tourists with three ventures — an RV that

sleeps eight, a giant garage filled with an impressive motorcycle collection and a four-story home.

"It is elegant, but warm. You see family and friends having fun and being comfortable. Yet, they used every nook and cranny for elegant hospitality," said Springfield resident Tanya Green, who was enjoying her

very first time on the Clifton Homes Tour.

The many treasures on display in the home included Thai vases, a hookah from Egypt, a puppet from Prague and specially made Terracotta Warriors. Upon entering the basement, guests got a full view of the

SEE CLIFTON, PAGE 13



The Hope and Health Festival Welcome Committee (from left): Erin Merrell, Eiora Teddy and Hiba Sassi.



CERT (Community Emergency Response Team) members (from left): Jim McPheeters, Charlotte Hicks, and Jonathan Kiell.

Hope and Health Festival Held in Lorton

Event provided health screenings and services for low-income families.

The fifth annual Hope and Health Festival took place on Saturday, May 20, 2017, behind Lorton Library in Lorton. The event provided health screenings to low-income families and information on county services like Medicaid and food stamps. Some of those in attendance included the INOVA Lorton HealthPlex, which provided blood pressure and stroke screenings; Health Access Assistance Team (HAAT), which provided info on SNAP, Medicaid and county health clinics; and the Area Agency on Aging, to name a few. Also on hand were the Mason Neck Lions Club Van, which did hearing and sight screenings; and the Kaiser Mobile Health Unit, which did BMI, glucose, and blood pressure screenings.

“The Hope and Health Festival, which is a partnership between the Lorton Community Action Center, South County Cares and the Lorton Library, is designed to provide information and screenings to families in the greater Lorton area,” said Linda Patterson, Executive Director with LCAC. “This is a great opportunity for families to gain information and remain healthy regardless of income. We’re excited about all the organizations that joined us here today and know that it will make an impact on all the families participating.”

She added, “Here in this part of the county, transportation is a big issue so having this event in their own back yard is critical.”

— STEVE HIBBARD



The LCAC secured 5,000 pounds of free produce from the Capital Area Food Bank to give out at the Hope and Health Festival. From left: Hayfield and South County High School students Mir Abbullah, 16; Taequan Barbour, 18; and Nelson Watson, 17, help distribute food.



Dr. Gina Pham of Brite Stars Pediatric Dentistry passes out toothbrushes and prizes during the Hope and Health Festival.



Kylee Present, 8, of Lorton, and Ilious Gonzales, 7, of Lorton, make crafts with Patti Pernazzani of the Lions Club of Mason Neck.



Saim Mehmood, 7, of Lorton, gets his Child I.D. taken from Fairfax County Sheriff Deputy Kent Lwin.

NEWS

It Started with a Shoe

Local author publishes novel.

BY ABIGAIL CONSTANTINO
THE CONNECTION

It started with a shoe. Northern Virginia author Christina June's first published novel, "It Started with Goodbye," was inspired when the author saw an abandoned shoe on the road right after homecoming. Somebody had a really good time, and that is when June realized she needed to write a Cinderella story.

The framework of the novel is a contemporary retelling of the fairy tale. The protagonist is a 16-year-old girl under a parental imposed house arrest after getting in trouble. But instead of moping or throwing a tantrum, she decides to channel her life by being productive; and in the process, she starts a design business, finds new friends and discovers that there is more to her family members than she once thought.

June has worked with children her whole life, and writing a young adult novel was natural. "It picked me," she said. Positive experiences in high school and college added to her predisposition, as well. "Little moments of what you're supposed to be, most of that happens when you're a teen," she said.

June has been writing for a couple of years, and "It Started with Goodbye" is the fourth book she has



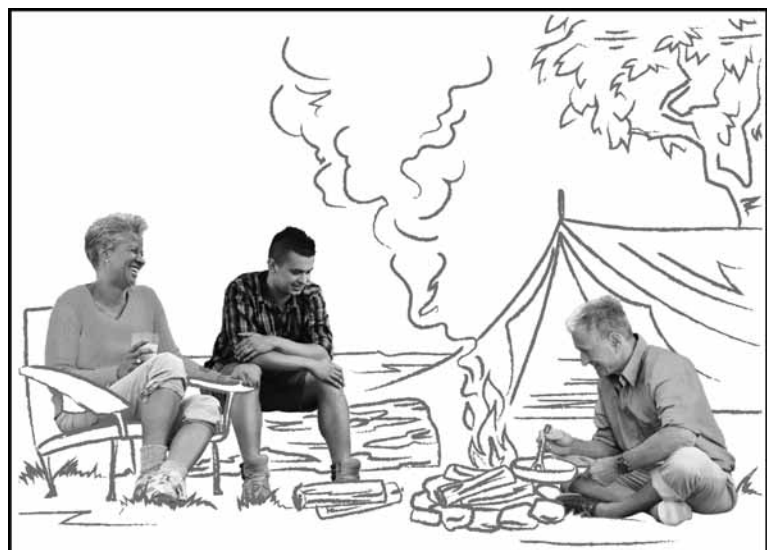
Christina June's first book, "It Started with Goodbye," came out May 9.

PHOTO
COURTESY OF
CHRISTINA JUNE

written. As a full-time school counselor, she does not have the luxury of writing all the time but she finds pockets of time.

June will participate in a panel on feminism in young adult fiction June 11 at the Books in Bloom book festival in Columbia, Md. For more information, visit www.downtowncolumbiamd.com/books-in-bloom/.

"It Started with Goodbye" is available from various retailers. A companion to the novel is slated for publication in 2018. You can find more information on christinajune.com/.



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OPINION

Keep Virginia Green

BY KENNETH R. "KEN" PLUM
STATE DELEGATE (D-36)

For more than a half century signs along the roadsides and ads in local newspapers featured Smokey the Bear with a message "Keep Virginia Green." His reference was to forest fire prevention, of which he said 9 out of 10 could be prevented. Forest fires were a big concern because wood products were big business in Virginia.

A campaign continues today with a "Keep Virginia Green" theme as part of the "Keep Virginia Beautiful" effort. It has a broader meaning as it now includes stopping littering and other actions consumers can take as part of caring for the environment in the Commonwealth.

Maybe the most meaningful effort ever taken to protect Virginia's environment was announced last week by Gov. Terry McAuliffe — that he had signed an Executive Directive ordering the Department of Environmental Quality to begin the process of establishing regulations in Virginia that will reduce carbon emission from power plants. As the Governor explained, "As the federal government abdicates its role on this important issue, it is critical for



states to fill the void...Virginia will lead the way to cut carbon and lean in on the clean energy future." The current federal administration has moved to rescind actions of the Environmental Protection Agency to reduce carbon in the atmosphere and to act on climate change.

While proponents of states' rights may applaud the shift from the federal to the state governments, wind currents from power plants and airborne pollutants do not recognize state boundaries. It is critically important that other states follow the actions of Gov. McAuliffe.

According to the press release announcing the Governor's Executive Directive, the Commonwealth has seen an increase from just 17 megawatts of solar installed to more than 1,800 megawatts in service or under development. Revenues in the rapidly growing clean energy sector have risen from \$300 million to \$1.5 billion between 2014 and 2016. In the last year alone, solar installations have risen

nearly 1,200 percent. The number of Virginians employed by the solar industry rose 65 percent to 3,236 — twice the number of jobs supported by coal. An analysis by The Solar Foundation quoted in the release said that Virginia is now second in the Southeast and ninth in the nation for year-over-year solar growth. As of 2017, Virginia is first in the Southeast for corporate clean energy procurement.

Dominion Energy, the Commonwealth's largest electricity producer, announced earlier that it intends to follow the federal Clean Power Plant regulations even if they are rescinded by the current administration. Older coal-powered plants are being converted to natural gas or closed. The company will be subject to any additional regulations that result from the Governor's Executive Directive.

It is heartening to see the number of citizens who have expressed a greater interest in environmental matters as they realize the threat to current protections under the new administration. We need to thank and applaud the Governor for his action and at the same time keep the pressure on federal and state elected officials to see that our air is kept clean and safe. I am pleased that both the Sierra Club and the League of Conservation Voters have recognized my efforts in this regard.

LETTERS TO THE EDITOR

Virginia Needs to Adopt California Fuel Economy Goals

To the Editor:

In response to Governor McAuliffe's directive to Virginia's DEQ to cut carbon pollution, Virginia should adopt Obama's and California's fuel economy goals: 54.5 mpg by 2025. Do climate-change dismissives — especially those who drive gas-guzzlers — ever go outside? Do they ever run, walk, or ride a bike beside a road so that they have to breathe in car exhaust?

I loathe walking beside roads, and when I've gone on long bike rides, I've noticed that "yahoos" in pickup trucks — especially the diesel models, like to "floor it" when they pass a group of bike riders, so that we are forced to get a lungful of carbon monoxide, methane, sulfur and nitrous oxides, polyaromatic hydrocarbons, and heavy metals. I'd like to see if they could get out of their three-ton "exhaust sprayers" and pedal up a two-mile grade.

Have they ever hiked in the mountains, away from traffic noise (which I despise), and breathed in pure, oxygen-rich air? My grandfather, a doctor from Marion, N.C., used to take a bicycle inner tube filled with mountain air when he went to the city, so that he could breathe the air from that tube with his car windows rolled up. To him (even with the rubber smell), that air was better than the exhaust-filled city air.

To Trump, those bike-riders and hikers are losers, especially compared to selfish status-

seekers who can afford a Cadillac Escalade, Lexus LX 570, Dodge Viper, or other ridiculously heavy and/or powerful gas hog. And who cares about wildlife, the hapless victims of our pollution? I do, for one! Shouldn't everyone be outraged to learn that:

- ❖ 25 percent of cars are causing 90 percent of the air pollution we breathe;
- ❖ in 2016, about 76 different models of vehicles weighed at least 6,000 lbs. (which are exempt from annual depreciation caps);
- ❖ eight of the most expensive luxury cars get the worst gas mileage (e.g., 14 miles per gallon or less overall).

With the strong evidence correlating dementia, Alzheimer's, and cancer with breathing car exhaust, Trump and the GOP plan to roll back national car emission standards. (My very health-conscious wife was just diagnosed with cancer, and with all the walking we do, breathing exhaust likely contributed to its onset.) Why doesn't Virginia join California to adopt the 54.5 mpg-by-2025 goal? It's the very least we should do!

John H. Fringer, III, P.E.
Reston

Heart-Breaking Responses on Homelessness

To the Editor:

Homelessness is a word that can conjure up a variety of emotions. For some it might be

sympathy or contempt for those affected by it. For others it might be a fear of it possibly happening to them. The desire to find out how people felt on this subject served as the catalyst for my project team in a George Mason University communications class.

As part of the class project we had the opportunity to partner with the Fairfax County Office of Public Affairs and the Office to Prevent and End Homelessness. When we were informed about the current situation involving homelessness in the county, I was shocked. We were told that back in 2008, approximately 1,800 people were found to be homeless in the county. Although there has been an almost 50 percent reduction in homelessness since then, it had never occurred to me that a significant number of people in the area were going through this problem.

We wanted to know more about what others thought about homelessness in the county. We decided to do a survey of county residents about their thoughts on homelessness and report on what we found out. We sent the survey out on March 23 and promoted it through social media and email. After two weeks, we got the results and I think what we learned surprised all of us.

Almost 1,600 people filled out the survey. One of the responses revealed that 65 percent of those who responded believe homelessness affects them personally. Some people said they often saw people who were homeless, while others said they have never seen a person who is homeless in the county. Yet, what broke my heart were the comments that read "They are

SEE LETTERS, PAGE 15

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Lorton & Clifton
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NEWS

New Businesses Attracted to County

34 businesses add nearly 2,300 jobs to the local economy.

During the first quarter of 2017, the Fairfax County Economic Development Authority (FCEDA) provided services and resources to 34 businesses that are adding 2,297 jobs in Fairfax County.

Many of these businesses are in the information technology sector, including IOMAXIS of Springfield, which announced it would add 555 jobs, and CACI International, which is located in multiple areas

of the county and is creating 401 jobs. Carahsoft, an information technology provider based in Reston, announced the addition of 300 jobs.

While IT firms were among the job leaders, Fairfax County's increasingly diversified economy was highlighted by the announcement that Helix Electric Inc. of Chantilly, an energy firm, is adding 416 jobs and that Aerotek, a staffing solutions provider in Fairfax, is adding 200.

SCHOOL 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.

Kami Richter, of Alexandria, graduated from Fort Lewis College (Durango, Colo.) in December. Richter received a bachelor's degree with a major in an-

thropology.

U.S. Air Force Airman 1st Class **Kelly C. Quispe** graduated from basic military training at Joint Base San Antonio-Lackland, San Antonio, Texas. Quispe is the daughter of Nicanor and Edelvina Quispe of Springfield. She is a 2007 graduate of Bishop Ireton High School.



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SUMMER FUN, FOOD & ENTERTAINMENT



ART COLE PHOTOGRAPHY

At night, the spinning wheel lights up the sky.



Various acts will be featured on several stages throughout the government center grounds.
BY MATT BRYANT



PHOTO COURTESY OF CELEBRATE FAIRFAX!

People, food and monkeys are part of the scene at Celebrate Fairfax!



BY MIKE SHUPP

The petting zoo is always popular.

36th Celebrate Fairfax! Festival

Over the weekend of June 9-11, the grounds at the Fairfax County Government Center will be full of rides, games, food and entertainment as the 36th Annual Celebrate Fairfax! Festival celebrates the county. Kicking off the entertainment Friday night on the main stage is the rock band Bush, followed by Everclear the next night and a Sunday Brew Fest to wrap up the festival.

Over the three days, there will be 300 exhibitors, food vendors, and interactive activities. Celebrate Fairfax! showcases live concerts on eight stages, Innovation Health Children's Avenue, a petting zoo, the Fairfax County Karaoke Championship, carnival rides, and great festival foods. The free Fairfax Express Trackless Train Ride circles the fair grounds offering rides for all.

Schedule:

- ❖ Friday, June 9, 6 p.m.-midnight
- ❖ Saturday, June 10, 10 a.m.-midnight
- ❖ Sunday, June 11, 11 a.m.-7 p.m.

Festival Location:
12000 Government Center Parkway, Fairfax, VA 22035

Free Parking:
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CALENDAR

Send entertainment 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

Storytime in the Park. Tuesdays through May 30, 10:30 a.m. at Old Town Square, Fairfax. Visit fairfaxva.gov/parksrec or call 703-385-7858.

Senior Line Dancing 1-2 p.m. Little River Glen Senior Center 4001 Barker Court, Fairfax. Line Dancing is a gentle, social form of aerobic activity. Studies have shown it aids in warding off Alzheimer's disease. No previous experience needed. Cost: \$5 per 8 week session. barbriba@hotmail.com 703-524-3739

Fairfax Pets on Wheels New Volunteer Orientation First Wednesday of each month. 7:30-9 p.m. 3001 Vaden Drive, Fairfax. An orientation for new volunteers interested in visiting residents of nursing homes and assisted living facilities with their approved pets through the Fairfax Pets On Wheels program is held the first Wednesday of every month starting at 7:30 p.m. Visit www.fpow.org for each month's location. Prior to attending, complete the online application found www.fpow.org/volunteer. Please do NOT bring pets to this orientation. Also, see weather policy for possible cancellations. www.fpow.org, 703-324-5424 or dfspetsonwheels@fairfaxcounty.gov.

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. moorefit@yahoo.com or 703-499-6133.

Exercise Program Mondays and Fridays at 9:30 a.m. year-round at Lord of Life Lutheran Church, 5114 Twinbrook Rd. Fairfax. The exercises are for strength, balance and maintaining limberness. Contact SCFB office at 703-426-2824 for more information.

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, however we ask that you try to attend regularly. RSVP.Naama.Gold@jccnv.org.

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

English Conversation Groups weekly at George Mason, Burke Center, and Lorton Libraries Practice and improve your English. Day and start times vary. Visit: va.evanced.info/fairfaxcounty/lib/eventcalendar.asp

Stories From Strawberry Park 10-11 a.m. Tuesdays in Mosaic, Strawberry Park, 2910 District Ave., Fairfax. Enjoy a live interactive performance each week. For ages 10 and under. Held outside in Strawberry Park. In inclement weather and October through April, storytime will be held in Angelika Film Center. Visit www.fxva.com/listing/mosaic-district/2326/.

Funday Monday 10:30 a.m., every Monday at Old Town Hall, 3999 University Drive, Fairfax. There will be music, movement, storytelling, performances, crafts, and more. It is open to children of all ages, however especially for those who haven't yet started school. Programs are free and

open to the public, donations are gratefully appreciated. There is ample free parking in the downtown area, and stroller access at the rear of Old Town Hall on Main St. 703-385-7858 www.fairfaxva.gov/culturalarts

Kingstowne Farmers Market opens. 4-7 p.m. every Friday through Oct. 27, at Kingstowne Giant Parking Lot, 5870 Kingstowne Center, Alexandria. Freshly picked, producer-only vegetables and fruit, from-scratch bread (including gluten free), baked goods, kettle corn, salsa, hummus, cake pops, fruit popsicles, and ice cream. Email Chelsi.roseberry@fairfaxcounty.gov or call 703-642-0128 for more.

CAMPS & CLASSES

Drawing Plus Color and Craft Fun Camp. July 3-7, 9:30-11:45 a.m. at Woods Community Centre, 10100 Wards Grove Circle, Burke. Instructor Carol Zeitlin. Ages 5-8. Visit www.czartlessons.com or call 703-250-6930 for more.

Drawing Camp. July 3-7, 12:30-3:15 p.m. at Woods Community Centre, 10100 Wards Grove Circle, Burke. Instructor Carol Zeitlin. Ages 8 and up. Visit www.czartlessons.com or call 703-250-6930 for more.

Fine Arts and Crafts Camp. July 24-28, 12:30-3:15 p.m. at Burke Presbyterian Church, 5690 Oak Leather Drive Instructor Carol Zeitlin. Drawing and/or watercolor, mixed medias. Ages 8 and up. Visit www.czartlessons.com or call 703-250-6930.

SUNDAY/MAY 28

Burke Historical Society. 3:30 p.m. at Pohick Regional Library, 6450 Sydenstricker Road, Burke. Jon Vrana, BHS President, will speak on the Civil War's effects on local civilians. Visit www.burkehistoricalsociety.org/ for more.

MONDAY/MAY 29

Memorial Day Ceremony. 2 p.m. at Ox Hill Battlefield Park, 4134 West Ox Road, Fairfax. The Father William Corby Division of the Ancient Order of Hibernians will offer a program that blends music with historical remembrance, the laying of flowers, and a color guard. Visit www.fairfaxcounty.gov/parks/oxhill/ or call 703-324-8662 for more.

THURSDAY/JUNE 1

Hometown Thursdays Kickoff. 6:30-8:30 p.m. at Old Town Square, 3999 University Drive, Fairfax. The Back Pages Band is the first of a series of local bands that play on Thursday nights. Free. Visit www.fairfaxva.gov for more.

FRIDAY/JUNE 2

Bingo. 7 p.m. at 4081 University Drive, Fairfax. The Fairfax Volunteer Fire Department hosts smoke-free Bingo every Friday night. All proceeds go to purchasing fire and rescue equipment. Visit www.fairfaxvfd.com or call 703-273-3638.

FRIDAY-SATURDAY/JUNE 2-3

"The Mad Adventures of Mr. Toad." Friday, at 7 p.m., and Saturday, at 1 p.m. and 7 p.m. at Thomas A. Edison High School, 5801 Franconia Road, Alexandria. Performances by Rose Hill Elementary School's Rose Hill Players. Visit edisonhs.fcps.edu/ for more.

SATURDAY/JUNE 3

Walking Tour of Old Town Fairfax. 10-11:30 a.m. at Historic Fairfax Courthouse, 4000 Chain Bridge Road. Tours lasting approximately 90 minutes will begin in front of the Historic Fairfax County Courthouse, corner of Chain Bridge Road and Main Street, and include a short tour of the Ratcliffe-Allison House, \$10/adults; \$5/youth, ages 6-12, children 5 and under are free. All proceeds benefit the preservation of the City of Fairfax's public historic properties. Call 703-385-8414.

Scent Workshop. 10:30-11:30 am at Fair Oaks Mall, 11750 Fair Oaks Mall, Fairfax. Family Workshop opens with Lawrence F. Lowery's illustrated book, "Fragrant as a Flower," and includes hands-on sensory experiences that help children and their grown-ups learn about our sense of smell. \$25. Children in grades pre-K to 1. Visit www.shopfairoaksmall.com for more.

Kidz Korner Summer on the Square. 10:30-11:30 a.m. at Old Town Square, 3999 University Drive. A variety of children's activities and entertainment in Old Town Square. Free show. Visit www.fairfaxva.gov/ for more.

Fido Fest. 11 a.m.-2 p.m. at Sherwood Community Center, 3740 Old Lee Highway. Visit www.fairfaxva.gov/ for more.

Climate Change Documentary. 1 p.m. at Kingstowne Library, 6500 Landsdowne Center, Alexandria. The Kingstowne Cares Conservation Club hosting a post-screening discussion with special guests State Sen. Scott Surovell (D-36) and Seth Heald, Chair, Virginia Chapter of the Sierra Club. Free. Space is limited, RSVP to jessicabowser@gmail.com.

Sounds of Pohick. 4 p.m. at Historic Pohick Church, 9301 Richmond Highway, Lorton. St. Francis Choir and St. Cecilia/St. Alban Choir, both for children; the Pohick Pickers, the Pohick Bell Choir, the Pohick Early Church Music Ensemble, Choir of Pohick will perform. Call 703-339-6572 or visit www.pohick.org for more.

SATURDAY-SUNDAY/JUNE 3-4

Civil War Living History Weekend. Various times at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road. Demonstrations of camp life, musket firings, candle making, Civil War reenactors from the Victorian Dance Ensemble of the Civil War Dance Foundation in formal ball dress of the time dancing and teaching authentic dance steps of that period. Admission: museum members and ages 4 and under, free; ages 5-15, \$2; 16 and older, \$5. Visit www.fairfax-station.org, or call 703-425-9225 for more.

Springfield Days. Various times, in

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SUMMER FUN



Cardboard Boat Regatta

Springfield Days, featuring rides, games and a cardboard boat regatta at Lake Accotink, take place the weekend of June 3-4, at multiple sites in Springfield. Visit SpringfieldDays.com.

Springfield Plaza, 7206 Old Keene Mill Road. Events begin with a fun run and conclude with a cardboard boat regatta. Visit www.springfielddays.com for more.

"Mulan" Performance. 12:30, 4:30, and 7:30 p.m. both days at the GMU Center for the Arts, Harris Theatre, 4400 University Drive. Acting for Young People acting school is doing a stage adaptation of Disney's animated film. Visit www.afyp.org.

SUNDAY/JUNE 4

Yoga on the Square. 10 a.m. at the Old Town Square, 3999 University Drive. Bring a yoga mat and a water bottle. Call 703-385-7858 for more.

Historic Sydenstricker

Celebration. noon at the Historic Sydenstricker Schoolhouse, 8511 Hooes Road, Springfield. Fairfax County Historic Marker dedication and celebration at the Historic Sydenstricker Schoolhouse. Free. Call 703-455-2935 or email info@sydenstrickerschoolhouse.org.

Wine, Whiskers and Wags. 1-5 p.m. at Paradise Springs Winery, 13219 Yates Ford Road, Clifton. Benefit hosted by Friends of the Fairfax County Animal Shelter. Wine tasting, food, a Silent Auction, raffle and much more. Well-behaved children and dogs welcome. Admission is \$40/person in advance and \$45 at the door. Visit ffcas.org for more.

FRIDAY/JUNE 9

Meet the Author. 11:30 a.m. to 1:30 p.m. at Springfield Golf & Country Club, 8301 Old Keene Mill Road, Springfield. Great Harvest Bread Company Jeff Connelly, will share how they may be a national company, but they have the spirit

and heart of a locally owned small business. Also Keith Clemons, will be speaking about the book he authored. Call 703-922 6438/703-913-9844 or visit SpringWmConn@yahoo.com.

JUNE 9-11

Celebrate Fairfax. various times at the Fairfax County Government Center, 12000 Government Center Pkwy., Fairfax. Community-wide celebration with art, musical performances, and rides. Everclear is on the main stage on Saturday night. Visit celebratefairfax.com/ for more.

SATURDAY/JUNE 10

Hypothermia Skills. 11 a.m.-noon at Burke Lake Park, 7315 Ox Road, Fairfax Station. Mark Chapin, the founder of the Mountaineer Wilderness outdoor program in Virginia and West Virginia, an Air Force veteran and graduate of the Wilderness Survival School and Sea Survival School will be sharing his knowledge with teens and adults. \$10. Call 703-323-6600 or visit www.fairfaxcounty.gov/parks/burkelakepark/ for more.

TUESDAY/JUNE 13

Women Only Golf Tournament. 9 a.m. at Greendale Golf Course, 6700 Telegraph Road, Alexandria. It's Captain's Choice on the front 9 and better ball on the back 9 for two-person teams. \$45. Call 703- 971-6170 for more.

BHS Research Seminar. 7-9 p.m. at Burke Centre Library, 5935 Freds Oak Road. "Using the Washington Library at Mount Vernon" is the topic. Staff from the Washington Library at Mount Vernon will describe the resources available and procedures

for researchers at this archive. Visit www.burkehistoricalsociety.org.

THURSDAY/JUNE 15

Historic Interpretation. 7-9:30 p.m. at the Sherwood Community Center, 3740 Old Lee Highway, Fairfax. Event topic is "Nicholas Fairfax, 14th Lord Fairfax of Cameron." Email Fairfax275@gmail.com or visit Fairfax275.org for more.

THURSDAY/JUNE 17

Fairfax County's 275th Anniversary. 10 a.m.-4 p.m. at the Sherwood Community Center, 3740 Old Lee Hwy, Fairfax. Family friendly activities, live entertainment, history exhibits, living history, historical organization booths and displays. Email Fairfax275@gmail.com or visit Fairfax275.org for more.

Father's Day Golf Tournament. 8 a.m. at Burke Lake Golf Course, 7315 Ox Road, Fairfax Station. Compete in closest-to-the-pin-contests, and prizes will be awarded for the top three places in all three divisions. \$65 per team. Call 703-323-1641 for more.

SUNDAY/JUNE 18

Father's Day Jazz Brunch. noon-1:30 p.m. at Hilton Garden Inn Fairfax, 3950 Fair Ridge Drive. By Fairfax NAACP. Visit fairfaxnaacp.org for more.

SATURDAY/JUNE 24

Mosby Spring Bus Tour. 8 a.m. at the Truro Rectory, 10520 Main Street, Fairfax. Local Civil War historic tour. Call 703-971-4984 or email dhakenson@verizon.net.

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editors@connectionnewspapers.com

Lorton resident Belle McCarthy, a South County Middle School student, displayed her artwork at Workhouse Arts Center in Lorton.

PHOTOS BY
NICOLE FERGUSON/
THE CONNECTION



Young Artist Discusses Inspiration

Belle McCarthy displayed her artwork in the South County Pyramid Art Show in Lorton.

BY NICOLE FERGUSON
THE CONNECTION

Every year, art teachers from the Fairfax County elementary schools, middle schools and high schools select their students' best artwork, and award those artists with special congratulations and a presentation for everyone to come and see. The 12th Annual South County Pyramid Art Show was held in March in the Vulcan Muse, W-16 building at the Workhouse Arts Center in Lorton.

Among the young artists featured was Lorton resident Belle McCarthy, who attends South County Middle School.

Her eighth grade art teacher, Jan McCormack presented Belle with her award — a congratulatory place in the Pyramid Art Show. Belle said she felt honored and proud that her work would be on display for so many people.

Explaining how she conceptualized her canvas artwork, she said it was a class assignment which used a mixed media self portrait, and she wanted to mix black and white with the color spectrum to show that your true colors shine through when you're doing what you love. Asked what inspired her design, she said she was inspired by everyone's different art styles, whether it's music, drawing, painting, and then decided she wanted her portrait to show that you're at your best when you're doing things that you love.

Belle has been drawing for as long as she can re-



Art Teacher Jan McCormack looking at Belle McCarthy's art in the Pyramid Art Show.

member, and she recalls drawing for hours after school every day in early elementary, and that she started painting in sixth grade. When asked what her favorite style of artwork is, she said she really loves Impressionism, and that Van Gogh is her favorite artist. She said she likes the way he put emotion and passion into his work, which has inspired her since probably second grade.

Portraits are Belle's favorite art form, and she said she has always been interested in how we can recreate unique humans with such simple tools. She likes to draw portraits of famous people; and she has drawn Kurt Cobain, Ariana Grande, Adele, Odell Beckham, and more. She has drawn people she admires, but said she has also drawn people because of interesting facial features or just for practice. She started taking commissions last year.

She said, "I think drawing is a big part of who I am, and it makes me happy, so I will always do it and continue practicing."

Belle also enjoys basketball and writing, and she said she thinks if she does choose an art career, it would be as a fine artist or an art therapist.

She said, "I know I still have a lot to learn, but I think every artist is different because of the style they express their art in. We all have different stories, that's why we express them differently."

AREA ROUNDUPS

Historic Church to Host 'Sounds of Pohick'

"The Sounds of Pohick" annual concert in the Historic Church will be held on Saturday, June 3 at 4 p.m. All ages are welcome.

Musical groups featured are the St. Francis Choir and St. Cecelia/St. Alban Choir, both for children; the Pohick Pickers, an instrumental group; the Pohick Bell Choir, who will ring handbells and handchimes; the Pohick Early Church Music Ensemble, which sings 16th and 17th century anthems; and the Choir of Pohick, the nearly 40-voice adult choir. Musical in-

struments include guitars, fiddle, bass, tin whistle, Celtic harp, organ, piano, keyboard and percussion. There is no charge for the concert, but a free will offering will be collected. A reception follows in the parish hall after the concert.

Historic Pohick Church is located at 9301 Richmond Highway, Lorton, on U.S. Route 1 between Telegraph Road and Pohick Road. For more information, call the church office at 703-339-6572, or visit www.pohick.org.



PHOTO CONTRIBUTED

Elise Neil Bengtson, CEO of Volunteer Fairfax, and Nicole Owings-Fonner, Senior Program Manager at Volunteer Fairfax, received the check at a luncheon on April 11 from Karen Berube, AVP Population Health Services, Inova Health System.

Volunteer Fairfax Awarded Inova Health System's Community Health Promotion Grant

For more than 40 years, Volunteer Fairfax has served Fairfax County, creating better communities through service. In April 2017, Inova Health System, an organization equally dedicated to making a positive impact on our community, awarded the volunteer center with a Community

Health Promotion Grant in the amount of \$8,000. This award will be used to support the RSVP volunteer program that seeks to engage adults, 55 years or better, in service as a two-fold solution to simultaneously meet community need and enhance the lives and health of older adults.

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.

Fairfax Baptist Temple, at the

corner of Fairfax County Parkway and Burke Lake Roads, holds a bible study fellowship at 9 a.m. Sundays followed by a 10 a.m. worship service. Nursery care and children's church also provided. 6401 Missionary Lane, Fairfax Station, 703-323-8100 or www.fbtministries.org.

VOLUNTEER EVENTS & OPPORTUNITIES

Fairfax County's free **Family Caregiver Telephone Support Group** meets by phone on Tuesday, June 13, 7-8 p.m. This month's topic is Vacationing: How to Make it Work When You're a Caregiver. Register beforehand at www.fairfaxcounty.gov/OlderAdults and click on Telephone Caregiver Support Group. Call **703-324-5484**, TTY 711.

Fairfax County is offering a free **Medicare 101 presentation** on Wednesday, June 21, 10-11:30 a.m. at Reston Community Center, 2310 Colts Neck Road, Reston. Find out more at www.fairfaxcounty.gov/olderadults and click on Medicare and Insurance Counseling- VICAP.

The **Fairfax Commission on Aging** meets on Wednesday, June 21, 1 p.m. at the Falls Church City Community Center, Teen Center, 223 Little Falls St., Falls Church. The public is welcome to attend and join in the comment period that begins each session. Find out more at www.fairfaxcounty.gov/dfs/olderadultservices/coa.htm. Call **703-324-5403**, TTY 711 for meeting access needs.

The **Northern Virginia Long Term Care Ombudsman Program** needs volunteer advocates for

residents in nursing homes and assisted living facilities. Training provided. Contact Lisa Callahan at **703-324-5861**, TTY 711 or email Lisa.Callahan@fairfaxcounty.gov. Go to www.fairfaxcounty.gov/dfs/olderadultservices/lcumbudsman/.

The **Chronic Disease Self-Management Program** needs volunteer leaders to facilitate workshops in Fairfax County. Training is planned for summer or fall. Contact ElderLink at **703-324-5374**, TTY 711, or go to www.FairfaxCounty.gov/DFS/OlderAdultServices/chronic-disease.htm.

Respite Care volunteers give family caregivers of a frail older adult a well-deserved break so they can shop, attend appointments or meet friends. Training provided. Contact ElderLink at **703-324-5374**, TTY 711. Go to www.fairfaxcounty.gov/dfs/olderadultservices/caregiver.htm.

Fairfax County's Volunteer Solutions needs volunteer drivers to drive older adults to medical appointments, Meals on Wheels drivers and coordinators, and recreational assistants at senior centers. Call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/OlderAdults and click on Volunteer Solutions.

20 years of Running Celebrated

By GRETCHEN KERNBACH
THE CONNECTION

Neighbors and friends alike gathered on May 20 in Old Town Clifton for the 20th Annual Clifton Caboose Twilight Run. Newman Road was shut down from 5:30 to 7:30 so two different races could be put on — a 3K and a 5K, open to all ages.

Put on by the Clifton Betterment Association (CBA), member Lynn Strang said that planning takes “a lot of logistics, team work, community spirit and plenty of fellowship.” As part of the planning committee for the past four years, Strang enjoys how every year the fun run is bringing together old and new friends.

“It all comes together to create an event that really brings neighbors together for a fun Saturday afternoon where we get exercise, entertainment and a chance to celebrate 20 years of an event,” said Strang.

The overcast weather and relatively low temperatures made it the ideal weather for a fun run.

Among the attendees at the event were members of the Willow Springs Running Club, the Clifton Baptist Church and the Clifton-Centreville Animal Hospital. Several coworkers from the animal hospital wore matching shirts dedicated to Dr. Jamie Netschert, who lost his two-and-a-half-year battle to cancer back in November.

Running participants ranged in age, including dogs beside their owners and the youngest of children in strollers being pushed by their parents. Reston Runners was present at the race, responsible for setting up the finish line and a time clock.

The 3K occurred first, with Union Mill fifth grader Mason Hencken finishing first overall with a time of 6:59. Members of the Clifton Baptist Church sat in chairs alongside the road and rang cowbells for every finisher crossing the line.

Ice pops and participant ribbons were awarded at the end of the finish line.

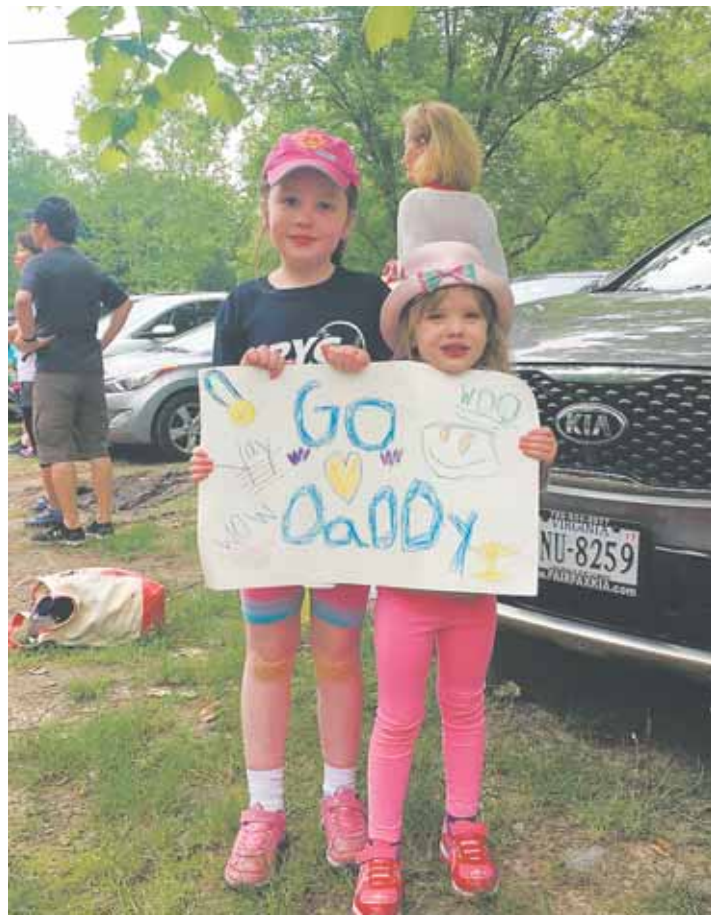
The 5K was shortly underway after the 3K race ended, several of the runners partaking again just for fun. First to finish overall was 19-year-old Luke Jones, a rising sophomore at Virginia Tech, who finished with a time of 17:50.

Also partaking in the 5K was 82-year-old Robert Gurtler, who had no problem crossing the finish line. The Plains local has run the Clifton Caboose all 20 years.

Following both races there was an after-party held at the barn off Main Street. Watermelon, bananas, pretzels and other snacks were available to the participants as well as beer for those of age. Local bands Pleasure Train and the Randy Thompson performed inside the barn. Outside the barn on display were the sponsors of the event and all 20 Clifton Caboose t-shirts.

Attendees also enjoyed a giant bonfire — the youngest of them appreciating the moon bounce that was also present beside the barn.

First through third place awards were



From left: Hannah and Delia McDonagh hold up the sign they made for their dad, Ciran McDonagh.



Robert Gurtler, 82, crosses the finish line of the 5K. The Plains local has run the Clifton Caboose all 20 years.

given out dependent on age groups and gender, as well as two scholarships. Winners received medals and gift certificates from sponsoring companies.

20th Annual Clifton Caboose Fun Run brings neighbors together.

PHOTOS BY GRETCHEN KERNBACH/THE CONNECTION



From left: Wendy and Olivia Clay came to the Fun Run to walk the 3K together.



Union Mill fifth grader Mason Hencken is the first to cross the 3K finish line.

In addition, Cassidy Milne, William and Mary bound, and Emily Noonan, University of Virginia bound, both received \$1,000 scholarships on behalf of the CBA.

After the award ceremony, runners and bystanders had the rest of the night to mingle with neighbors and friends over a fun afternoon of exercise.

NEWS



PHOTOS BY GRETCHEN KERNBACH/THE CONNECTION
Sara Acuff speaks to a few tourists about the details of the RV.



At the Acacia Masonic Lodge, CCWC historian Sharon Emory supervises the wreath-making demonstration.

Clifton Homes Tour Meets Goals Set

FROM PAGE 3

Andreotta's sports memorabilia collection, including autographs from Mickey Mantle, Tiger Woods, Brett Favre and Michael Jordan.

"I love showing off people's homes and knowing all the money we collect goes to charity," said CCWC member Christine O'Hara.

The Atwell Home

The inspiration behind this house's layout comes from the site of Robey's Mill. Both the house on the historical lot and this modernized version follow a three-story above ground design with a left two-story wing and a full front porch.

Michelle Stein, President of the Clifton Betterment Association, found the Atwell home to be her favorite because it was the most modern.

"The dining room was beautiful. Very well, decorated but still simple," said Stein.

Although the house was technically the most historical stop on the tour, its inside design proved to be the most contemporary of the three. The extensive renovations complemented the house's original floor plan, while the antiques on display still brought its history to life.

Home Tour Results

Approximately 250 people went through the homes during the day, and about 70 volunteers worked as hostesses and at the two churches and Masonic Lodge for the Silent Auction and other sales.

The Clifton Community Woman's Club met its goal of increasing the number from four to five annual scholarships worth \$2,000 each as well as contribute \$10,000 to other local charities. The number of tickets sold online tripled this year from 2016.

After visitors finished up the tour, people were encouraged to swing by the Clifton Presbyterian Church for a silent auction and minimarket. Vendor CJ Inspirations was present alongside the numerous tables filled with items for auction.

At the Acacia Masonic Lodge was a wreath-making demonstration as well as light refreshments. In addition, the Clifton Primitive Baptist Church was open for tour-goers to visit.

Local businesses and homeowners in Clifton are encouraged to reach out Homes Tour Chairs, Bev Worek (bvwork@aol.com) and Kay Gilbert (kaygilbert@cox.net), as planning for next year's tour begins this summer.

AREA ROUNDUPS

Historic Church to Host 'Sounds of Pohick'

"The Sounds of Pohick" annual concert in the Historic Church will be held on Saturday, June 3 at 4 p.m. All ages are welcome.

Musical groups featured are the St. Francis Choir and St. Cecelia/St. Alban Choir, both for children; the Pohick Pickers, an instrumental group; the Pohick Bell Choir, who will ring handbells and handchimes; the Pohick Early Church Music Ensemble, which sings 16th and 17th century anthems; and the Choir of Pohick, the nearly 40-voice adult choir.

Musical instruments include guitars, fiddle, bass, tin whistle, Celtic harp, organ, piano, keyboard and percussion. There is no charge for the concert, but a free will offering will be collected. A reception follows in the parish hall after the concert.

Historic Pohick Church is located at 9301 Richmond Highway, Lorton, on U.S. Route 1 between Telegraph Road and Pohick Road. For more information, call the church office at 703-339-6572, or visit www.pohick.org.

COMMUNITIES OF WORSHIP

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Sunday School 10:10 AM

Sun. Evening – Realtime Worship & Youth 6 PM

Family Night – Wednesday 7:15 PM

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News

'Ride of the Patriots' To Be Held Sunday, May 28

As many as 4,000 motorcycles will flock to the Fairfax Harley Owners Group and Patriot Harley-Davidson's 19th Annual "Ride of the Patriots" for the Memorial Day Weekend gathering of the motorcycle riding community to pay tribute to America's servicemen, women and veterans and raise awareness of American POW and MIA soldiers of all wars.

After assembling at Patriot Harley-Davidson on Lee Highway in Fairfax on Sunday, May 28, the parade of bikers will follow a route to the Pentagon where it will join with hundreds of thousands of other bikers from around the country and the world for the 30th annual "Rolling Thunder." The massive parade of bikes will then head to the National Mall and the Vietnam Veterans' Memorial in D.C. to pay their respects to fallen comrades and to remember those who have given their lives for their country. All motorcycle riders and the public are invited to attend.

Motorcycles will begin to line up in the eastbound lanes of Fairfax Boulevard between Draper Drive and Eaton Place starting at 6:30 a.m. A short parade featuring both City and County of Fairfax officials along with State and Congressional representatives, police, fire and rescue units, Veterans groups, the Fairfax High School Marching Band, and the Firefighters' Emerald Society Pipe Band will begin at Captain Pell's at 7:30. A send-off ceremony will begin at 8 a.m., and will feature keynote speaker Lt. Col. Jonathan M. Velishka who has held various Field Artillery command positions around the world including Iraq, Afghanistan and Korea. Velishka is currently attending the National War College at the National Defense



PHOTO BY EMMA HARRIS/THE CONNECTION

A motorcycle blazes by, flying an American flag and a Prisoners of War and Missing in Action flag, as part of the Ride of the Patriots on Sunday, May 25, 2014.

University.

Following the ceremony, there will be a full police escort of the Ride of the Patriots to the Pentagon by the Fairfax County Motor Squad and units from the City of Fairfax, Fairfax County Sheriff, Arlington County Motor Squad and other local jurisdictions. The route will follow Lee Highway to Nutley Street to Route I-66 to Route 110 to the Pentagon. To put the size of this procession of bikes into perspective, the leading bikes will have arrived at the Pentagon before the final bikes have left the starting point in Fairfax.

To show support, fellow citizens line streets and overpasses along the route, wave flags, cheer and honor the riders and the war heroes they represent. Recommended observation points for spectators include locations along Lee Highway eastbound toward Nutley Street, The Pan Am Shopping Center and all overpasses inside the Beltway on eastbound Route 66.

BULLETIN BOARD

Send notes to the Connection at connectionnewspapers.com/Calendar/ 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.

VOLUNTEERS NEEDED

Shepherd's Center of Fairfax-Burke serves those 50 and older who no longer drive. **Volunteer drivers** are needed for trips (Monday-Friday) to medical appointments and companion shopping within the Fairfax/Burke area.

Office workers are needed to answer phones in the SCFB office (Monday-Friday) to match drivers and those who need rides. Call 703-323-4788.

THURSDAY/MAY 25

Teen Resilience and Coping Strategies. 6-8 p.m. at Merrifield Center, 8221 Willow Oaks Corporate Drive, Fairfax. conversation on strengthening connections within families and helping teens cope with adversity and emotional challenges. Visit www.inova.org for more.

SUNDAY, MAY 28

Patriotic Sunday. 8:45 and 11 a.m. at Jubilee Christian Center, 4650 Shirley Gate Road. Special music and message. Call 703-383-1170, or see www.jccag.org for more.

THURSDAY/JUNE 1

Burke Road Realignment Meeting. 7 p.m. at the West Springfield Governmental Center, 6140 Rolling Road. The meeting will begin with time to review the project plan and display boards and a formal presentation at 7:15 p.m. FCDOT staff will then host a question and answer period with attendees. Visit www.fairfaxcounty.gov/fcdot for more.

JUNE 9-11

White Elephant Sale. Various times at St. Mary's Church, 5200 Sideburn Road, Fairfax. Jewelry, antiques, furniture, sports, housewares, electronics, games and toys. \$5 admission Friday; free both Saturday and Sunday. Call 703-978-4141 for more.

TUESDAY/JUNE 11

Dementia Caregivers Support

Group. noon-1:30 p.m. at the Lord of Life Lutheran Church, 5114 Twinbrook Road, Fairfax. Sponsored by the Shepherd's Center of Fairfax-Burke. The group is for those caring for someone with dementia or interested in learning more about providing caregiving to a person with a disorder that affects memory and cognition and may impact behavior and physical abilities. Before attending, contact the facilitator, Eileen Thompson at 703-451-8626 or Eileen.thompson1@gmail.com.

ONGOING

Positive Parenting Strategies

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LETTERS

FROM PAGE 6

like pigeons, you feed one with money and more will flock in" and "You don't want homeless people in your neighborhood because they create trash." It seemed that many people were more hung up on the negative image they feel homeless individuals create for the county instead of their plight. Some of the comments were difficult for us to read, while others were heart-felt and inspiring.

My classmates and I learned a lot through our project on homelessness, but mostly I think it is that we (even college students) all have the ability to assist those in need.

Giovonny Bland
Communications/Public Relations
George Mason University

Rep. Comstock Goes an Extra Mile

To the Editor:

If customer service quality is any indication of community leadership, hats are off to U.S. Rep. Barbara Comstock's D.C. office. Since I live in her district, I've sent correspondence to House offices before on issues I care about, but hers went the extra mile to respond back.

The personal phone call I received two days later from a staffer answering my question and giving Rep. Comstock's thoughts on the issue surprised even someone as jaded as me, and I've been working in media and communications for more than 15 years. The personal touch her office instituted is a rare form of civility on the Hill, and it's nice to see it happening in a political environment that is anything but polite.

Rep. Comstock may have a tough race ahead next year, but her constituents are getting stellar constituent service today from her office.

Robert Baylor
Fairfax Station

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.

St. Matthew's United Methodist Church, 8617 Little River Turnpike, Annandale, offers a traditional service on Sundays at 8:15 and 11:15 a.m. and a contemporary service on Sundays at 9:45 a.m. www.stmatthewsumc.org or 703-978-3500.

The Immanuel Bible Church MOPS group meets on Mondays at 7 p.m. at Immanuel Bible Church, 6911 Braddock Road, Springfield. MOPS is for pregnant or parenting mothers of children from infancy to kindergarten. 703-922-4295 or www.MOPS.org.

First Baptist Church of Springfield, 7300 Gary St., Springfield, has traditional and contemporary Sunday services at 10:30 a.m., Sunday school at 9:15 a.m. Special worldwide services offered at special times throughout the year in English, Spanish and Ethiopian. The pastors are Jim Weaver and Jason Mitchell. 703-451-1500 or www.fbcspRINGfield.org.

The Cranford United Methodist Church, located at 9912 Old Colchester Road, Lorton, hosts prayer and healing services on the first Thursday of each month at 6:30 p.m. Worship service is at 11 a.m., and fellowship is at 12:30 p.m.

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Woe Is Not Me



By KENNETH B. LOURIE

When I think about being diagnosed with lung cancer, I don't think, why me. I might think, why not me, but I definitely think, now what. The idea/strategy being: moving forward, not recriminating or regretting backward. As Popeye the Sailor man so often said: "I y'am what I y'am." Although I doubt he was talking about having lung cancer. How could he? He ate all that spinach, canned though it was. Besides, he's a cartoon character.

And as much as and often as he ate it — and it always helped him overcome whatever predicament Brutus had put him in, is as little and infrequent as I ate it. Perhaps that was because my mother cooked vegetables in a pressure cooker so by the time I saw them on my plate, they no longer resembled a vegetable nor were they the least bit appetizing. To say the vegetables were limp and lifeless does a disservice to all things characterized as 'limp and lifeless.' In fact, I can still remember the first time I ate a vegetable that was not d.o.a. It was at my mother-in-law's house; she was a wonderful cook. She made asparagus for this memorable meal and served it in a beautiful antique china serving dish. When the dish came my way, I stuck my fork in the asparagus to serve myself and heard a sound, a poof. I was taken aback, sort of. It was a sound I had never heard before — from a vegetable. As I learned that night, it was the sound of a vegetable that had not been cooked beyond its edible life.

That's not to imply that avoiding vegetables contributed to my diagnosis. Hardly. It simply says that vegetables were not a part of my childhood. Meat and potatoes were, as was my standard go-to meal: cream cheese and American cheese on bread. It was the sandwich of my youth and it has remained very much a part of my adulthood as well. It may not sound appetizing to you; to me, it represents all the comforts of home — heaven on Earth between two slices of bread or open-faced on a bagel or English muffin. Simple but oh so effective — and delicious.

Not to be totally oblivious to my underlying medical condition, I do realize that modifying my eating habits is a prudent and sensible consideration. However, I rationalize that need-to-feed with the explanation that, as a cancer patient (and anyone else, really), if I am to continue to attempt to thrive while I survive, I need to be happy, positive and relatively stress free. After all, this cancer business: characterized as "terminal" by my oncologist; chemotherapy (and its well-known side effects) every five weeks, C.T. Scans quarterly, M.R.I.s every six months, P.E.T. and Bone scans every so often, face-to-face quarterly appointments with my oncologist and all the associated fears and anxiety surrounding this rather unpleasant experience, and you can imagine, even agree perhaps, that living in the trenches as us cancer patients do, we need help — in any number of ways; personal and professional.

And though I am mindful of what I eat, I don't want to abuse the privilege of survival I've been given. I never want to take it for granted, especially considering my original "13-month to two-year" prognosis. By the same token, life is for living. As Andy Dufresne (Tim Robbins) said to "Red" (Morgan Freeman) in the movie "Shawshank Redemption": "Get busy living or get busy dying." Since I'm in no hurry to die, I need to find a balance in how I live. Being miserable because of what I can't eat won't work for me. I'm just not flexible/mature enough in my eating choices; never have been. I still eat like a child, but now I have a man-sized problem.

I imagine the longer I live with cancer, the more vigilant I have to be. Then again, if it ain't broke, is there any reason to fix it? Do I leave well enough alone or do I try to grow up and eat my age, not my shoe size? I mean, I am eligible for Social Security.

Kenny Lourie is an Advertising Representative for The Potomac Almanac & The Connection Newspapers.



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Reston - \$525,000

Just Listed. Large end-unit in Loft Ridge. 4 Bedroom, 3.5 Bath, 3 level townhome sparkles. Great lot looking into woods and toward Alexandria & DC. It has 2 fireplaces, walks out to 2 wood decks off Kitchen and Rec Room. Refinished Cherry floors.

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