



# Springfield CONNECTION

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## SUMMER FUN

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# Fairfax Promotes Bike Safety

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Riding from Kingstowne to Fairfax,  
Jeffery Holmes wears his 2012 Bike to  
Work Day shirt for this year's outing.

## Springfield Days Return June 3-4

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## Fairfax Promotes Bike Safety

BY GRETCHEN KERNBACH  
THE CONNECTION

**T**his year's Bike to Work Day was held on May 19, offering numerous pit stops to bikers spread throughout Northern Virginia. Alexandria, Arlington, Fairfax, Loudoun and Prince William all participated, designating at least two or more locations for the annual event's pit stops.

Within Fairfax County, pit stops such as Fair Lakes, downtown Fairfax City and the Fairfax County Government Center went above and beyond for visiting bikers. Each stop had a selection of healthy snacks for those who stopped on their bike routes. Bananas, granola bars, oranges, water bottles and other goodies were offered from stop to stop.

There were also designated event t-shirts — this year's shirt is purple — given to registrants at each pit stop.

**THE FAIR LAKES** refueling stop even provided bikers with Chick Fil A nuggets and freshly squeezed orange juice donated from Whole Foods. In addition, A-1 Cycling was present throughout the morning in case anyone wanted a free tune-up for their bicycle.

"The first biker was here when we arrived," said Beth Gallagher, an employee with the Fair Lakes League, who arrived on site at 5 a.m. to start setting up the tables.

One of the first of many bikers to stop by Fair Lakes was Ben Smith, coming from Manassas. He has been biking since he was a kid, but only picked it back up three years ago. Bike to Work Day is something Smith has been participating in the past couple of years to complement his resumed biking habit.

"Fairfax County has a great network of very safe, well-maintained bike trails. People generally observe the crosswalk, it is really safe," said Smith. "For those who are worried about their safety, their fears are unfounded."

The Fairfax Government Center provided bikers with free Fairfax County bike maps, bike lights and reflective ankle straps. Also present were two workers from REI, offering their services to bikers who wanted a tune-up. Under their tent were some more free treats including plastic water bottles, mini bottles of bike lubricant and handkerchiefs.

"We are trying to encourage people to be safe," said Nicole Wynands, a transportation planner with the Fairfax County Government, who was also the organizer of the Government Center pit stop.

Wynands emphasized that biking to work, or any location for that matter, is "not as hard and not as far as you think." In such a case, one could bike to a bus stop and get somewhere from there or drive to a location and then start biking.

**THE PIT STOP IN DOWNTOWN** City of



**Bryan Allen stops at the REI tent at the Fairfax Government Center on his way to Fairfax Corner from Great Falls.**



**After stopping in downtown Fairfax City, a group of friends continue their ride to work together.**

PHOTOS BY GRETCHEN KERNBACH/THE CONNECTION



**As well as offering free safety equipment to bikers, multiple raffles were held at the Government Center pit stop.**

Fairfax was buzzing with five tents set up, including appearances from the American Automobile Association (AAA), Massage Green Spa and Spokes Etc.

Similar to the Government Center, the AAA tent was promoting bike safety with free giveaways like reflector lights and light-up bracelets.

"Find a friend, find someone who can help map out a commute with you. Use the Fairfax county bike map, it is a great resource for finding a way to get to work or to get to the doctor or supermarket," said Douglas Stuart, a volunteer with the Fairfax Alliance for Better Bicycling.

Stuart has been participating in Bike to



**At the downtown Fairfax City pit stop, Fairfax Academy Administrator Diego Wilson stops for coffee on his way to work.**

Work Day in Fairfax since 2004, but started his tradition in 1998 riding to work in other locations.

Whether it is a national event, or just riding for fun, Sgt. Sean Sutherland, with the City of Fairfax police, reminds drivers to "give bikers three feet." It is important to share the road.



# County Launches Innovation Challenge

Challenge brings together several hundred attendees who “might normally not cross paths.”

BY ANDREA WORKER  
THE CONNECTION

**T**he Fairfax County Human Services Council thinks it's time to shake things up, to build a new strategy for identifying, addressing and funding solutions for human service needs in the community, and they've taken the first step in that direction by hosting the Innovation Challenge on May 18.

Evidence from the recent Fiscal Year 2018 Budget process and the data collected in the “Human Services Needs Assessment” published last year, show a trend where more of the county's residents require some type of assistance. In the words of Board of Supervisors Chairman Sharon Bulova, “Demand is outstripping resources.”

During the budget proceedings, some programs and initiatives were left unfunded, or given less than requested, and other initiatives and needs were rolled forward for future consideration.

Seven months ago, Human Services Council members Dr. Patrice Winter (Braddock District) and Thomas Goodwin (Providence District) “hatched an idea,” Winter told the attendees at the Innovation event. She said that the two convinced each other that a broader network of people from a greater variety of disciplines and experiences was needed to bring a fresh perspective to the various problems. With the support of their council colleagues and from county personnel, Winter and Goodwin directed their idea into the Challenge that brought several hundred attendees together who, as Winter put it “might normally not cross paths.”

In her letter to the Innovation Challenge participants, Bulova called the

community-driven program “unprecedented in that it brings together leaders of all elements of the emerging 21<sup>st</sup> century human services community: businesses, established and startup; financiers in social impact investment; social entrepreneurs; philanthropists and foundations; nonprofits, and outstanding thought leaders in academia. Fairfax County employees,” wrote Bulova, “are here primarily to listen.”

**THE PRESENTERS** and the attendees covered a range of varying interests and experiences. In her opening remarks, Winter acknowledged that everyone present — speakers, panelists and audience members — came to the table with their own underlying agendas, causes or points of view. She asked that those agendas be “left in the parking lot. Models, strategy and process,



PHOTOS BY ANDREA WORKER/THE CONNECTION

**A diverse audience gathered for Fairfax County Human Services Council's Innovation Challenge, an event seeking greater community engagement to address the county's challenges.**

not issues, are our directions this morning.”

Speaking to the attendees, Goodwin applauded the audience's presence at the event, telling them that by being there, they were participating in an experiment in community engagement. Working together produces significant results, he affirmed.

“We know that,” said Goodwin, using the example of the county's Diversion First program that seeks to direct persons with intellectual disabilities and mental health issues away from imprisonment to treatment when they come into contact with law enforcement for nonviolent offenses. “Five agencies work together across turf” to make Diversion First work, said Goodwin.

The Innovation Challenge, intended to be the launch for a series of events, set forth three main objectives:

- ❖ Exchange information about state-of-the-art innovations that can address health and human service challenges.
- ❖ Elicit new ideas from public and private partners to enhance services and maximize resources.
- ❖ Set the stage for specific recommendations about service enhancements and resources required to present to relevant stakeholders in the future.

The first section of the program offered presentations from persons working directly in Human Services in neighboring Montgomery County, Md. When questioned on seeking funds from the business community or other non-governmental sources, Sharon Friedman, project director of Montgomery Moving Forward, advised that the key is to develop partnerships early.

“We don't show up afterwards and ask for money,” said Friedman. Instead, possible collaborators are asked to be at the table from the start, “when the needs and the challenges are explained and discussed.”



**Fairfax County Supervisor Dan Storck (D-Mount Vernon) discusses some of the issues with Human Services Council Member Thomas Goodwin (Providence District). Along with Council member Dr. Patrice Winter, Goodwin “hatched the idea” for the Challenge. Supervisors Cathy Hudgins (D-Hunter Mill) and John Foust (D-Dranesville) also attended the event.**

Speaker Dr. Sallie Keller, professor of Statistics and director of the Social and Decision Analytics Laboratory of the Biocomplexity Institute of Virginia Tech (“Yes, what a mouthful!” agreed Keller) offered insights on “designed data collection” in the Human Services arena and work being done to better measure outcomes. “The goal is to democratize data ... and to provide new language for communication ... that can become a unifying thing around different disciplines.”

After a section devoted to “Progressive Funding Opportunities,” the organizers set the “social experiment” in motion with a series of “Reverse Pitches” to drive home

the collaborative approach that Winter, Goodwin and colleagues hope to see develop from this first Innovation Challenge.

**THE IDEA** is to “pitch” community issues and have businesses consider them and offer their suggestions and potential solutions, instead of the traditional “company pitches a product model.” For the Innovation Challenge, real problems were shared, and real companies, who had been paired with the problem-presenters in advance for the sake of demonstration, came back with possible innovations, services, technologies, or skills sets that might be applied to solving the problem.

The topics chosen were familiar challenges for many in the audience. Heads nodded in acknowledgement when “Caregiver Support Services,” “Transportation Options for Older Adults and Individuals with Disabilities,” and “Skills Training for Today's Employment” were presented to the partnered businesses.

Fairfax County, like many jurisdictions across the country, is facing the challenge of widening gaps between the human services needs of its residents and the county's ability to deliver those needs within its budget constraints. With the kick-off of the Innovation Challenge, the Fairfax County Human Services Council is seeking to perform what they call a “much needed facelift” on the traditional methods of addressing those challenges. The public is encouraged to learn about the council at [www.fairfaxcounty.gov](http://www.fairfaxcounty.gov), search Human Services Council and to review the “Human Services Needs Assessment” which is also available on the county's website.

For details on area parks, services, and communities, see [www.fairfaxcounty.gov](http://www.fairfaxcounty.gov). Search for tax bills, property transfers, and employment opportunities.



## News

Edison High School senior Vincent Mai, center, is presented a scholarship by the Alexandria Rotary Club May 23 for his achievements in the Advanced Network Administration program. Making the presentation at Belle Haven Country Club are Rotarians Charles Ballou, left, and Jim Carmalt.

PHOTO  
CONTRIBUTED



## Edison's Mai Receives Rotary Award

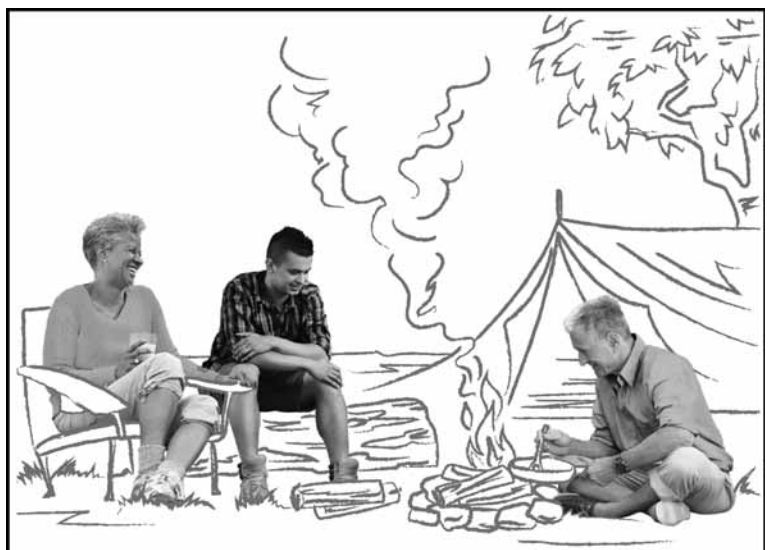
Vincent Mai, a senior at Edison High School Academy, was awarded a scholarship by the Rotary Club of Alexandria for his outstanding achievements in the Advanced Network Administration program.

The award was presented to Mai at the organization's May 23 meeting at Belle Haven Country Club. The scholarship recognizes a graduate of Edison High School Academy as part of the Rotary

Club's commitment to support career development and workforce needs in the local business community.

Mai, who is captain of the school's varsity tennis team, had the highest GPA in the Network Administration program. He will attend Virginia Tech in the fall.

— JEANNE THEISMANN



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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

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PHOTOS BY MIKE SALMON/THE CONNECTION

**Nancy Jo Manney — with the oversized gold scissors, Mike McGurk and Maria Hatcher, the plaza property manager, endure the heat on Bike To Work Day 2017.**

## New Bike Parking Rack At Springfield Plaza

**B**icyclists in Springfield now have another option when parking their bikes at Springfield Plaza. Officials cut the ribbon May 19 on a custom bike rack near David's Bridal on Old Keene Mill Road. It was Bike To Work Day, where Nancy Jo Manney at the Greater Springfield Chamber of Commerce manned the Springfield pit stop earlier, so biking was on her mind. "Central Springfield is more walkable and bikeable, if we can get them here, there's not a lot of bike parking," she said.

The bike rack is from Transurban, a company better known for the express lanes on I-495 and I-95. It's part of their community grant program that provides funding for community programs in the corridors around their projects. North Springfield was impacted by the I-495 express lanes a few years ago, and then by I-95 express lanes after that. From the 395 community grant program, Transurban has also funded a Walking and Biking program at Polk Elementary School in Alexandria, SCAN of NoVA for prevention of child abuse and Meals on Wheels.

Transurban spokesperson Mike McGurk was at the ribbon cutting. "Our wider mission as a company is to improve transportation in communities," McGurk said.

Transurban is now working on the I-395 express lanes all the way to the Pentagon and Crystal City. "There's grants all the way up 395 available," he said. In other cases, these grants have been used for trees and shrubs, and a similar bike rack was installed on Maple Avenue in Vienna a few years ago.

— MIKE SALMON



**The new bike rack at Springfield will give future bicyclists an option when parking their bike at Springfield Plaza.**

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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:

Fair Lakes Circle and Fair Oaks Mall – Shuttles to and from festival entrance. Visit [celebratefairfax.com/info/travel-lodging/](http://celebratefairfax.com/info/travel-lodging/) for additional shuttle bus information and a map.

For more information, call 703-324-3247 or visit [www.celebratefairfax.com](http://www.celebratefairfax.com).

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**For a full list of 2017 events visit**  
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**PHOTO GALLERY!**

**“Me and My Dad”**

To honor dad on Father's Day, send us your favorite snapshots of you with your dad and The Connection will publish them in our Father's Day issue. Be sure to include some information about what's going on in the photo, plus your name and phone number and town of residence. To e-mail photos, send to:

[editors@connectionnewspapers.com](mailto:editors@connectionnewspapers.com)



## CALENDAR

Send entertainment notes to the Connection at [connectionnewspapers.com/Calendar/](mailto: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](http://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](mailto: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](http://www.fpow.org) for each month's location. Prior to attending, complete the online application found [www.fpow.org](http://www.fpow.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](http://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](mailto: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](http://www.fairfaxvd.com). 703-273-3638.

**English Conversation Groups** weekly at George Mason, Burke Centre, and Lorton Libraries Practice and improve your English. Day and start times vary. Visit: [va.evanced.info/fairfaxcounty/lib/eventcalendar.asp](http://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/](http://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](http://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 [Chelsea.roseberry@fairfaxcounty.gov](mailto:Chelsea.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.czartlesslessons.com](http://www.czartlesslessons.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.czartlesslessons.com](http://www.czartlesslessons.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.czartlesslessons.com](http://www.czartlesslessons.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/](http://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/](http://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](http://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](http://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. Performance by Rose Hill Elementary School's Rose Hill Players. Visit [edisonhs.fcps.edu/](http://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 6 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.shopfairfaxva.com](http://www.shopfairfaxva.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/](http://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/](http://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 [jessicambowser@gmail.com](mailto:jessicambowser@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](http://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](http://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](http://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](http://www.springfielddays.com) for more.

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](mailto:SpringWmConn@yahoo.com).

for researchers at this archive. Visit [www.burkehistoricalsociety.org](http://www.burkehistoricalsociety.org).

**"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](http://www.afyp.org).

### 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/](http://celebratefairfax.com/) for more.

### 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](mailto: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](http://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

### 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/](http://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

### 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](mailto:Fairfax275@gmail.com) or visit [Fairfax275.org](http://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](mailto:Fairfax275@gmail.com) or visit [Fairfax275.org](http://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](http://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](mailto:dhakenson@verizon.net).

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## NEWS



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.

### 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](http://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](http://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](http://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](mailto:Lisa.Callahan@fairfaxcounty.gov). Go to [www.fairfaxcounty.gov/dfs/olderadultservices/ltombudsman/](http://www.fairfaxcounty.gov/dfs/olderadultservices/ltombudsman/).

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](http://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](http://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](http://www.fairfaxcounty.gov/OlderAdults) and click on Volunteer Solutions.

### BULLETIN BOARD

Send notes to the Connection at [connectionnewspapers.com/Calendar](http://connectionnewspapers.com/Calendar).

answer period with attendees. Visit [www.fairfaxcounty.gov/fcdot](http://www.fairfaxcounty.gov/fcdot).

#### 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

#### 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.

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# Springfield Days Return June 3-4

For almost 50 years, Springfield Days, a community-wide week end-long celebration has been the unofficial kick-off to summer. Held on June 3 and 4, this year's free events begin with a fun run and conclude with a cardboard boat regatta celebrating Fairfax County's 275th anniversary. In between there's a pet event, craft and fun fair, car show and book sale.

Springfield Days takes place the weekend after Memorial Day each year in Springfield. The events of the weekend are organized and managed by an all-volunteer staff.

The event has a long history, dating back to the mid-20th century with an annual celebration with food, games, fireworks, and music held on July 4. Most events took place in the big field at Old Keene Mill Road and Commerce Street (where Giant and K-Mart are today).

In the 1980s the business community began a new tradition called Springfield Days that connected the business and residential community through sidewalk sales and special events. That tradition has evolved into a community-wide celebration bringing together the business and residential communities, Fairfax County Park Authority, and service organizations. Andrews Federal Credit

Union is the 2017 presenting sponsor.

Visit [springfielddays.com](http://springfielddays.com).

## Event Schedule

### SATURDAY/JUNE 3

**5K fun run and 1 mile walk.** 8:30 a.m., leave from and return to Metro Run & Walk at 7261 Commerce St., Springfield.

**PetFest.** 9 a.m.-3 p.m. at South Run RECenter, 7550 Reservation Drive, Springfield. The event features blessing of the pets, pet focused vendors, rescue pet adoptions, pet photos, food vendors, entertainment. Leashed pets are welcome.

**Craft & Fun Fair.** 9:30 a.m.-2:30 p.m. at Springfield United Methodist Church, 7047 Old Keene Mill Road, Springfield. In addition to more than 45 crafters and vendors, there are activities for children, musical entertainment, and food and ice cream trucks.

**Car Show.** 10 a.m.-2 p.m. at American Legion Post 176, 6520 Amherst Ave., Springfield. Registration starts at 8 a.m.; no charge to show a car. All makes and models welcome including antiques, classics street rods, muscle cars, customs and exotics. Multiple trophies for different classes will be awarded.

**Book Sale.** 10 a.m.-5 p.m. at Richard Byrd Library, 7250 Commerce St., Springfield. Book sale proceeds support the Friends of Richard Byrd Library, its children's programs, periodicals and more.

### SUNDAY/JUNE 4

**Cardboard Boat Regatta.** Boat check-in begins at 8 a.m.; races begin at 11 a.m. at Lake Accotink Park, 7500 Accotink Park Road, Springfield.



PHOTOS COURTESY OF G.C. 'GARY' BLACK, III



## Springfield Rotary Awards Scholarships

Springfield Rotary Foundation has awarded two \$1,000 scholarships to Edison Academy students Natalie E. Lorca — pictured with Wayne Chiles of the Rotary Club of Springfield — and Vincent D. Mai (right).

## 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](http://www.pohick.org).

## Greater Springfield Chamber Honors First Responders

A Sheriff's deputy who leads a team of divers for a charity Polar Plunge, a police officer who also serves as a Cub Scout leader and a volunteer for the Greater Springfield Volunteer Fire Department were honored by the Greater Springfield Chamber of Commerce at its 5th Annual Above & Beyond event last Friday.

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 breakfast at the Springfield Golf and Country Club. Among those in attendance to honor the first responders were Fairfax County Supervisors Pat Herrity and Jeff McKay, Fairfax County Sheriff Stacey Kincaid and Fairfax County Chief of Police Col. Edwin C. Roessler Jr.

Kincaid provided the keynote speech, which included a brief rundown of all the community activities deputies take part in.

The three award recipients are:

❖ Private First Class Tom Black of the Fairfax County Sheriff's Office who, among other volunteer activities, leads a team of divers for Camp Sunshine's Polar Plunge

fundraising event in Fairfax County. Founded in 1984, the camp provides retreats combining respite, recreation and support for children with life-threatening illnesses and their families.

❖ Private First Class Anthony Capizzi of the Fairfax County Police Department serves as a Boy Scouts of America den leader and cub master for first through fifth graders, taking them on hikes, a week-long resident camp and other activities.

❖ John "JJ" Jackson has been a volunteer member of the Greater Springfield Volunteer Fire Department since 1987. Jackson operates Canteen 422, which is regularly in service around the county for a wide range of events. He has become the go-to

person regarding the operation Canteen 422.

The three recipients chose the charities to receive donations from the event. Each organization was awarded \$1,300 at the breakfast by Greater Springfield Chamber Chair Meghan Snyder.

Black's beneficiary is Camp Sunshine and its Polar Plunge program; Capizzi's beneficiary is the Boy Scouts of America and Jackson's beneficiary is the Greater Springfield Volunteer Fire Department.

In addition, \$1,100 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](http://springfieldchamber.org).

## FAITH NOTES

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

703-978-3500.

**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](http://www.stmatthewsumc.org) or

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Mitchell. 703-451-1500 or [www.fbcspringfield.org](http://www.fbcspringfield.org).

**Grace Presbyterian Church** offers Sunday school for all ages at 9:15, and a blended worship service 10:30 a.m. every Sunday morning. Coffee and fellowship follows worship. Nursery care is provided from 9-11:45 a.m. 7434

Bath Street, Springfield. 703-451-2900 or [www.gracepresby.org](http://www.gracepresby.org).

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



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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/](http://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](http://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](http://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](http://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](mailto:Eileen.thompson1@gmail.com).

### ONGOING

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**Course.** At PHILLIPS, 7010 Braddock Road, Annandale. A series of classes and in home consultations taught by PHILLIPS' counselors. Open to all local families. Call Stacy Strykowski at 703-658-9054.

#### Thermal Camera Loan

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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.

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**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 as 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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**Mary Hovland 703-946-1775**  
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**Carol Hermandorfer 703-216-4949**



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**David Levent 703-338-1388**



**Fairfax - \$649,900**

Gorgeous 4 BR Colonial in beautiful Middelridge. Home offers year round sunroom, deck with hot tub, trees line back yard providing privacy for perfect entertaining. Garage holds three cars (perfect for boat or antique car lover).

**Sheila Adams 703-503-1895**



**Fairfax - \$867,000**

Beautiful 5 bedroom, 4.5 bath home with an open floor plan that shows like new. Gourmet kitchen with new SS appliances, new carpet and newly painted. Gorgeous 1/3 acre flat lot in a cul de sac. Close to everything!

**Kathy O'Donnell 703-338-7696**



**Lorton - \$769,000**

Exquisite contemporary sited on 5-acres in the water front community of Hallowing Point. Over \$110K in improvements, offering solarium, wraparound deck, pool and updated kitchen & bathrooms. The community amenities include a private beach & boat ramp into navigable water.

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**David Billups 703-967-8700**



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Gorgeous estate home on premium golf course lot w/ wooded buffer in 55+ community. 6600+ total SF (\$500+ fin). Main level master bedroom. Eat-in kit w/lots of counters & cabinetry. Huge finished lower level. 3 car garage. Amazing community amenities.

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**Gerry Staudte 703-309-8948**



**Fairfax Station - \$1,085,000**

Light filled luxury with spectacular views all around! This 6000+ sq. ft. custom beauty has 4 bedrooms & 4.5 baths, with a potential 5th bedroom. Wonderfully updated kitchen & baths. Enjoy paradise from out on the decks to the pool & gardens. Amazing location, close to shopping, 195 and great schools.

**Dana-Jean LaFever 703-609-3479**



**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.

**Steve Wharton 703-627-0103**



**Town of Clifton - \$1,125,000**

Custom farmhouse on 2.10 acres. Craftsmanship and attention to details shows throughout! Gourmet kitchen, luxury baths, custom moldings, hardwoods, and so much more!

**Carol Hermandorfer 703-216-4949**



**Fairfax Station - \$1,075,000**

Elegant custom contemporary rambler with fabulous 4 stall barn, on 5 acres backing to bridle trails in exclusive horse community of Glenvermont. Wonderfully updated kitchen and baths, with many age-in-place features. This gorgeous home presented on the 2015 VA Garden Club Homes Tour. Must see!

**Dana-Jean LaFever 703-609-3479**



**Fairfax - \$559,900**

Picture Perfect! Absolutely adorable home offering 4 nice size bedrooms, 2 1/2 + 1/2 baths, brand new Hi efficiency furnace & heat pump, new carpet, partially finished basement. Completely private yard.

**Sheila Adams 703-503-1895**



**Manassas - \$444,999**

Ready to move in 4 bedroom, 3.5 bath, single family colonial. Wood floors in foyer, kitchen and eat in kitchen area. Finished basement with workshop & additional built storage. Enjoy the Fenced back yard with deck and garden. Visit Sunday!

**Kinder Saund 202-369-5597**



**"Committed to Earning the Loyalty of Our Clients by Providing Unparalleled Professionalism and Exceptional Service While Supporting Our Community."**

