



# Springfield CONNECTION

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## WELLBEING

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The anaconda-themed "Snakeinator," made it back to the beach, and the sailors kept dry during the Cardboard Boat Regatta, capping off the Springfield Days celebration on June 3-4.

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VIRGINIA

2017

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**Lee District Lord & Lady Fairfax, Richard Knapp and Michele Duell, with Supervisor Jeffrey McKay (D-Lee).**



**Springfield District Lady & Lord Fairfax, Nancy-jo Manney and Mike Thompson, with Supervisor Pat Herrity (R-Springfield).**

PHOTOS BY ANDREA WORKER/THE CONNECTION

## County Honors Lord & Lady Fairfax

Every year since 1984, two individuals from each of the nine Fairfax County magisterial districts, as well as two from the at-large “domain” of Board of Supervisors Chairman Sharon Bulova are honored for their service to their communities or for particular acts of heroism. For their dedication, these community caretakers are named Lord and Lady Fairfax for the year.

The 2017 honorees were feted at a reception at the County Government Center on the morning of June 6. Following this gathering, the Lords and Ladies were escorted into the Board Auditorium where their accomplishments were publically acknowledged and each received a certificate declaring their status.

The Lords and Ladies will be making a few more appearances during their reigns, including at the signature celebration for Fairfax County’s 275<sup>th</sup> anniversary, which will take place in the area surrounding the Historic Fairfax Courthouse in central Fairfax, on June 17. Just to add another “jewel in the crown” of this event which promises fun and festivities for the whole family, the real Lord and Lady Fairfax will be joining celebration all the way from Great Britain. Nicholas Fairfax, 14<sup>th</sup> Lord Fairfax of Cameron, and Lady Annabella will help celebrate the founding of our county from when the area was part of lands owned by his ancestor, the 6<sup>th</sup> Lord Fairfax of Cameron. In announcing the visit by Lord and Lady Fairfax (the originals), Chairman Bulova laughed that the noble guests seemed a bit confused by the fact that there were more peers in Virginia whom they would be meeting. “Only here in Fairfax,” she told him. “We’re special.”

— ANDREA WORKER

### At-Large – Chairman Bulova

Lord Fairfax: John J. “Jeff” Lisanick is a

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**At-large Lady & Lord Fairfax, Jane Miscavage and John J. “Jeff” Lisanick, with the Fairfax County Board of Supervisors Chairman Sharon Bulova.**

former client at New Hope Housing’s Eleanor U. Kennedy Shelter. Desiring to give back to the homeless community, he joined the Consumer Advisory Council (CAC) as an original member in 2012. Since being elected Chair of the CAC in 2013, he has been a member of the Governing Board with a goal of preventing and ending homelessness. Jeff took his passion to end homelessness to a new level in July 2015 when he was hired by New Hope Housing as the Residential Coordinator of the same shelter in which he was once a client. He now serves as the Coordinator of Residential Services, overseeing seven different sites.

Lady Fairfax: Jane Miscavage has been an incredible asset to both Fairfax County Public Schools and our community at large. In 2007, Jane began serving as a founder and manager of the Food Allergy Support Group of Northern Virginia, where she helped over 400 families access up-to-date allergy research and health care professionals. Her commitment to children and families continued through her service to #IamFCPS, a grassroots organization that advocated for a fully funded 2017 FCPS budget, and later,

as the Vote Yes Meals Tax Campaign Manager. Currently, Jane Miscavage continues to serve our schools as Vice President of the Fairfax County Council of PTAs.

### Lee District

Lord Fairfax: Richard Knapp is a truly dedicated citizen of Fairfax County, working tirelessly to reinvigorate and preserve Fairfax’s past while also bettering the future of the Route One Corridor. This is demonstrated by his hard work on the Old Mount Vernon High School Reutilization Task Force and its Steering Committee, helping bring a landmark back to life. His co-chairmanship of the Embark Advisory Group has revealed a great guiding hand in easing transit in Lee District, and his continued work with the Pinewood Lake HOA and as the Lee representative on the Southeast Fairfax Development Corporation shows dedication to his neighbors.

Lady Fairfax: Michele Duell’s commitment to improving the standard of living for the residents of Lee District is hard to match. Her service with the Friends of Richard Byrd Library saw the creation of Educators’ Night,

a great program that helps teachers get free books, while her dedication to pedestrian safety led to the installation of Fairfax County’s first HAWK Signal. Her work with the Springfield Civic Association helped give a voice to residents and their needs within local government, and her active support of her FCPS neighborhood elementary schools contributed to student enrichment initiatives.

### Springfield District

Lord Fairfax: Mike Thompson, a Senior Vice President at a public relations company in Alexandria, is heavily involved in Springfield and Fairfax County, and has held multiple committee positions. Among these positions, he serves as the secretary of the Fairfax County Park Authority board and was elected to the Board of Visit Fairfax in 2016. Serving on the Fairfax County Athletic Council since 2009, he has helped update the county’s field and gym allocation policies.

Additionally, he worked with the Department of Neighborhood and Community Services and started a countywide soccer program, which brought in professional trainers to work with young players from underserved communities. Among multiple awards, Mike has received a Distinguished Partner Award from Fairfax County’s Department of Community and Recreation Services, and was named the Community Champion of Springfield District.

Lady Fairfax: West Springfield resident Nancy-jo Manney has served as president and CEO of the Greater Springfield Chamber of Commerce since 1998. She is a member of the Virginia Association of Chamber of Commerce Executives, the Coalition of Northern Virginia Chambers, Virginia Chamber of Commerce and US Chamber of Commerce. Nancy-jo is also vice president of the Transportation Association of Greater Springfield and helped plan the 2017 Springfield Days Festival.



# Three Republicans Running for Governor Offer Dueling Tax Plans

Cut taxes or raise taxes? GOP primary debate offers an unusual array of options.

BY MICHAEL LEE POPE  
THE CONNECTION

**Y**ou know that old saying that nothing is certain in life but death and taxes? Here in Virginia, there's another certainty: Every year is an election year.

This year features a primary fight between three Republicans running for governor, each with his own separate and distinct tax plan.

"Well this is really more of a conversation than Republicans usually have about taxes," said Stephen Farnsworth is a professor at the University of Mary Washington. "You have a candidate willing to increase taxes, a candidate willing to abolish the income tax and then, I guess, the Goldilocks plan, which is in the middle."

The Goldilocks in this campaign is former Republican National Committee Chairman Ed Gillespie. Back in March, he outlined a proposal that would lower the state income tax rate on people who make more than \$17,000 a year from 5.75 percent to 5.15 percent. For someone making more than \$60,000 a year, that would mean about \$400 less in taxes a year. Gillespie's proposal relies on revenue growth rather than spending cuts to pay for the tax cuts.

"Our rates were set in 1972," said Gillespie during the one and only debate of the primary season. "They have not come down in 45 years, and other states around us have been moving."

The idea is classically Republican: cut taxes and predict that will turbo charge the economy, creating jobs in the process. It's the kind of trickle-down economics that fueled the rise of President Ronald Reagan back in the 1980s. Gillespie is selling the tax cut plan as a clean break from the last four years of Democratic leadership in the Executive Mansion, a move to the center right for a state that's sharply divided.

"It would also result in hard-working Virginians who have had stagnant wages but rising costs over the past three, four, five years when our economy has been stagnant having nearly \$1,300 more in our pockets to spend as we see fit."

**ONE IDEA** that's not classically Republican is raising taxes. But that's what state Sen. Frank Wagner (R-7) wants to do with the gas tax. He's proposing a plan that would raise the gas tax in an effort to raise money for building roads while avoiding high-cost tolls that have become prevalent in Northern Virginia and Hampton Roads.

"I can't remember a Republican candidate for statewide office in Virginia running on a tax increase," said Quentin Kidd, a political science professor at Christopher Newport University. "And there probably aren't a dozen nationally in the last decade or two decades who have run on a tax increase like Frank Wagner is right now."

Meanwhile, Wagner is suspicious of Gillespie's tax proposal. Specifically he's critical of how it's been sold. For example,



**Ed Gillespie**

Age: 55  
Experience: Chairman of the Republican National Committee and counselor to the President in the George W. Bush administration  
Bachelor's Degree: The Catholic University of America  
Place of birth: Mount Holly Township, New Jersey  
Profession: lobbyist



**Corey Stewart**

Age: 48  
Currently: Chairman of the Board of Supervisors, Prince William County  
Bachelor's Degree: Georgetown University's School of Foreign Service  
Juris Doctorate: William Mitchell College of Law  
Profession: attorney



**Frank Wagner**

Age: 61  
Bachelor's Degree: U.S. Naval Academy  
Military service: nine years in U.S. Navy  
Place of birth: Ruislip, England  
Profession: businessman

"Let me tell you something," Wagner said during the debate. "It's easy to say that when you're sitting here and you've never been in state government."

To solve the problem, Wagner is proposing raising the gas tax to pay for buildings roads. The proposal echoes an earlier era in Virginia politics, when Gov. Harry Byrd suggested using the gas tax as a way to finance building roads while avoiding debt. In Wagner's plan, raising the gas tax would avoid higher tolls on roads in Northern Virginia and Hampton Roads. Plus the proposal is built on a sliding scale, which would mean the tax would actually decrease when gas prices rise.

"We have an \$18 billion deficit in the Virginia Retirement System. We have a Rainy Day Fund for a recession that should be at \$2.4 billion. It's down to less than \$300 million right now."

**REPUBLICANS USUALLY** run on cutting taxes. And although Gillespie has a moderate plan for cutting taxes, another candidate in the race has an extreme proposal, one that some Republicans are calling unworkable. Prince William County Board of Supervisors Chairman Corey Stewart wants to eliminate the income tax.

"Virginia hasn't had a significant surplus in revenues, unanticipated unaccounted for revenues, in 10 years," said Stewart during the televised debate. "Ed's plan is completely dependent on that. It hasn't happened. It's a charade."

Stewart's solution? Ask state departments to identify how they would slash their budgets 30 percent, and then use those cuts as a menu to reduce spending.

"My tax plan is dependent on a cut in spending," he said. "We are going to reduce the rate from 5.75 percent to 4.75 percent in a single year."

Within a decade, Stewart says, the income tax would be eliminated altogether.

"That's wishful thinking," said Republican strategist Dan Scandling. "That's not going to happen because what are you going to replace it with? Are you going to do something on property taxes and push it all onto the localities? I don't think that's going to go over very well."

## Top Gillespie Donors

- ◆ \$1.5 million from Let's Grow Virginia, a Henrico-based PAC, funded in part by Hilton Worldwide and Carly Fiorina's super PAC
- ◆ \$100,000 from Dwight Schar, a McLean-based homebuilder with NVR Homes
- ◆ \$50,000 from Florida-based private prison company GEO Group, which operates Lawrenceville Correctional Center, Virginia's only private prison
- ◆ \$50,000 from Edward St. John of the Maryland-based commercial real-estate agency St. John Properties Inc.
- ◆ \$40,000 from Richard DeVos of the Michigan-based investment management firm Windquest Group (husband of Education Secretary Betsy DeVos)

## Top Wagner Donors

- ◆ \$205,000 from Wagner's Senate campaign committee, funded in part by the Virginia Senate Republican Caucus and the Republican Party of Virginia
- ◆ \$23,000 from William Magann of the Portsmouth-based concrete contractor W.F. Magann Corp
- ◆ \$10,000 from Stephen Ballard of the Virginia Beach-based general contractor S.B. Ballard Inc
- ◆ \$10,000 from Kenneth Allen Hall of the Virginia Beach-based Hall Pontiac GMC
- ◆ \$10,000 from Virginia Beach-based commercial real estate firm Pembroke Enterprises

## Top Stewart Donors

- ◆ \$429,000 from Stewart's Prince William County committee, funded in part by the Republican Party of Virginia and the Republican Party of Prince William County
- ◆ \$35,000 from Christopher Ekstrom of the Texas-based private equity firm Ekstrom Properties LLC
- ◆ \$30,000 from Manassas-based information technology company Progeny Systems Corp
- ◆ \$20,500 from Charles Robbins of the Newington-based home health care company CR Associates
- ◆ \$10,000 from Ahmet Aksoylu, an Oakton-based Realtor with Aksoylu Properties

Gillespie's plan would save \$1,300 a year for families that make more than \$100,000 a year. But that's well under the median household income in Virginia, which is

\$65,000. On the campaign trail, Wagner has attacked Gillespie's plan as an irresponsible giveaway to the rich — one that isn't rooted in experience in government.

## Board Names Superintendent Finalist

**T**he Fairfax County School Board has selected Dr. Scott Brabrand as the finalist for the position of superintendent of Fairfax County Public Schools (FCPS), pending final Board approval at its meeting June 8. Brabrand currently serves as the superintendent of the Lynchburg City Schools in Lynchburg. Brabrand previously worked at FCPS in several roles including assistant superintendent, principal of Fairfax High School, assistant principal, associate principal, and teacher.

Brabrand was selected as finalist following a nationwide search led by the firm of Hazard, Young, Attea and Associates. The board received input from parents, employees, and the community before candidates were brought forward. The board initially interviewed candidates in early February before nar-

rowing the field for second interviews. A committee of 19 staff and community members interviewed semi-finalists and provided feedback to the board prior to the finalist selection.

Brabrand earned his bachelor of science in foreign service degree in international economics from Georgetown University in 1990, and his master's degree in education from The George Washington University. In 2003, he completed his doctoral work in educational leadership and policy from Virginia Tech. Prior to joining FCPS as an employee, he served as volunteer at FCPS while working as assistant manager for Bell Atlantic.

Following Board approval, it is anticipated Brabrand will begin a four-year term on July 10.



# Democratic Candidates for Governor Run to the Left

Two candidates try to ignore moderate records and repackage themselves as hardcore progressives.

BY MICHAEL LEE POPE  
THE CONNECTION

**R**egrets? Candidates for the Democratic nomination for governor have probably got a few. But Lt. Gov. Ralph Northam has too few to mention. During a debate on NBC4 late last month, Julie Carey asked the lieutenant governor what kind of mistakes he's made that he regrets during a recent televised debate, Northam did not talk about about his two votes for George W. Bush in 2000 and 2004. And he didn't talk about taking money from Dominion, the utility that wants to build controversial pipelines through the state.

"Well I tell you I don't really have any regrets, Julie," said Northam. "But what I did learn was when I started in Richmond in 2008 as a senator ..."

And then Northam told a story about his efforts to get a smoking ban passed in Richmond after initial opposition from Republicans. One of the old verities of political life in Virginia is that if you're explaining, you're losing. And the lieutenant governor was not about to start explaining his support for Republicans. And he wasn't about to start explaining the \$40,000 he's accepted from Dominion and its executives during his run for governor. So he changed the subject.

"Not sure that qualified as a mistake," responded Carey. "But let's try you Mr. Perriello on that."

That's when former U.S. Rep. Tom Perriello (D-5) talked about an issue that his critics have been focused on since the day he announced his candidacy earlier this year: a vote he made during his time in Congress to deny federal funding for abortions in taxpayer-subsidized health insurance plans under the Affordable Care Act. Supporters of Northam have been using Perriello's vote in favor of the Stupak-Pitts Amendment as a way highlight Northam's long history supporting women's reproductive rights.

"That amendment and the eventual compromise was highly restrictive, said Perriello during the NBC4 debate. "And in working with reproductive justice advocates since then understanding just how much of a step backwards it was in that space."

**THAT EXCHANGE** reveals a curious phenomenon in the race for the Democratic nomination this year. Both candidates are trying to run to the left, abandoning their previously moderate or even center-right positions on a number of issues. So which



**Lieutenant Governor Ralph Northam and former U.S. Rep. Tom Perriello (D-5) debate in Fairfax County.**

## Ralph Northam

Age: 57  
Currently: Virginia's 40th Lieutenant Governor; previously served in the Virginia Senate  
Bachelor's Degree: Virginia Military Institute  
Medical Degree: Eastern Virginia Medical School  
Place of birth: Nassawadox, Va.  
Profession: pediatric neurologist

## Tom Perriello

Age: 42  
Served one term in U.S. Congress, Va. 5th district  
Bachelor's Degree: Yale University  
Juris Doctorate: Yale Law School  
Place of birth: Ivy, Va.  
Profession: attorney

## Top Northam Donors

- ❖ \$200,000 from venture capitalist Michael Bills of Bluestem Asset Management LLC
- ❖ \$110,000 from Henrico-based Common Good VA, a committee set up by Gov. Terry McAuliffe in March 2014 to raise political donations during his time as governor
- ❖ \$77,000 from Thomas DePasquale of the software company Outtask LLC
- ❖ \$52,500 from Conrad Hall, retired president and CEO of Norfolk-based Dominion Enterprises
- ❖ \$50,000 from Washington-based DGA Action, a super PAC funded by Democratic Governor's Association

## Top Perriello Donors

- ❖ \$500,000 from Sonjia Smith, Charlottesville philanthropist
- ❖ \$250,000 from George Soros of New York-based Soros Fund Management LLC
- ❖ \$230,000 from the New York-based activist network Avaaz Foundation
- ❖ \$125,000 from Alexander Soros, New York executive and philanthropist (son of George Soros)
- ❖ \$75,000 from Courtney Smith, financial advisor with New York-based East Rock Capital

candidate has a more difficult transformation? Opinions are divided. Virginia Tech political science professor Robert Denton says Perriello will have a more challenging time selling voters on his new progressive persona.

"He has to explain that at the time I wasn't countering my beliefs, attitudes or values related to abortion," said Denton. "But I was looking at my constituents in the Fifth Congressional District and therefore trying to represent them." Others aren't so sure. University of Mary Washington professor Stephen Farnsworth says Northam is in a more perilous position explaining his votes for Bush.

"The anger that you see among Democrats really I think is going to create a sense that the votes for Bush were more problem-

atic," said Farnsworth. "Perriello may be better able to explain away the very conservative nature of his old congressional district." Perhaps the more thorny issue for Northam is his position on the controversial pipelines Dominion wants to build in Virginia. Despite being asked multiple times on the campaign trail, the lieutenant governor has yet to take a stand one way or the other. Northam says the multibillion projects could create jobs and boost the economy. "Obviously we want the pipeline to be built with science and transparency," Northam said during the first debate in April. "We also need jobs in the commonwealth of Virginia."

Perriello has made his opposition to pipelines a centerpiece of his campaign, and he's pledged to reject campaign contributions from the utility. Perriello says all that money

Dominion plans to spend on the two pipelines in Virginia could be put to better use.

"I've opposed these two pipelines," he said during that first debate. "I believe for a fraction of that \$6.7 billion, we could put tens of thousands more people to work on clean energy, energy efficiency, localizing food production and other measures."

**THE DEBATE** over guns has also been a sticking point in the Democratic primary. On the campaign trail, Northam has criticized Perriello for changing his position on the National Rifle Association, a group that once endorsed his campaign for Congress. During one of the televised debates this year, Northam turned to Perriello and reminded voters that he has received support from the NRA during a time when concerns were mounting over gun control in America.

"That was since 2010," said Northam. "You served in Congress from 2008 to 2010. That was after the Virginia Tech tragedy. What has changed about the National Rifle Association between 2010 and 2017?"

Perriello responded that times have changed. "Well, you know, you and I have both have all done guns. You know that. You were a deciding vote after Virginia Tech on something that prevented Fairfax and other communities from being able to demand fingerprinting on concealed carry permits.

That was a deciding vote. There was never a moment where I was a deciding vote for the NRA." Both of the candidates support free community college for Virginia students, although they differ on how to finance it. Northam says no tax increase would be needed to finance his plan; students would engage in public service to pay for free community college in high-demand areas.

"If they become certified in one of these areas, then they will give one year back in public service at which time they will get paid," said Northam. "So it's not like they're out there working for free."

Perriello says a tax increase will be needed, especially for those making more than half a million dollars a year. He says that would allow people who attend free community college to have the dignity to come home at night and tuck their children into bed.

"We don't need people giving back in service," said Perriello. "We have a private sector with jobs ready to hire people if we help them just a little bit to get that certificate and have the dignity of the kind of job they can support a family with."

PHOTO BY MICHAEL LEE POPE/THE CONNECTION



# OPINION

## Vote On or Before June 13

### In-person absentee voting continues through June 10.

**O**n June 13, every Virginia voter has the opportunity to vote in the Primary Election to choose the candidates for their chosen party for governor and lieutenant governor.

Ralph Northam and Tom Perriello are vying to be the Democratic nominee for governor.

**EDITORIAL** Ed Gillespie, Cory Stewart and Frank Wagner are seeking the Republican nomination for governor.

For lieutenant governor, Justin Fairfax, Gene Rossi and Susan Platt are seeking the Democratic nomination.

Bryce Reeves, Glenn Davis Jr. and Jill Vogel compete for the Republican nomination for lieutenant governor.

In Fairfax County, there are primaries for

Democrats in two delegate seats as well, the 67th District and the 42nd.

In the 67th, three Democrats, John Carey, Karrie Delaney and Hannah Risheq face off for the right to run against incumbent Del. Jim LeMunyon (R).

In the 42nd, long-time Del. Dave Albo (R) is giving up his seat; two Democrats and three Republicans are seeking to be on the November ballot to replace him. The Democrats, Tilly Blanding and Kathy Tran, will appear on the primary ballot.

The Republican candidate for the 42nd District will be chosen by GOP party canvass on June 10 at South County Middle School, 10 a.m. to 3 p.m. Eligible voters of the 42nd district will choose between Steve Adragna, Michael Drobnis and Lolita Mancheno-Smoak.

The filing deadline for independent and non-primary party nominees is June 13 at 7 p.m. for the November general election.

For in person absentee voting, available through June 10, see [www.fairfaxcounty.gov/elections/absentee.htm](http://www.fairfaxcounty.gov/elections/absentee.htm). For more information on voting in Fairfax County including sample

ballots, see [www.fairfaxcounty.gov/elections/upcoming.htm](http://www.fairfaxcounty.gov/elections/upcoming.htm)

### Send Father's Day Photos

Father's Day is Sunday, June 18, and once again the Connection will publish a gallery of Father's Day photos. Every year at this time, the Connection puts out the call for photographs of fathers and their children, grandfathers and their children and grandchildren.

Send in photos with the following information: the town where you live, the names of everyone in the picture, the approximate date the picture was taken, the ages of the children and a sentence or two about what is happening and where the photograph was taken. Be sure to tell us your town name and neighborhood. Photos are due by June 12.

You can submit your photos online at [www.connectionnewspapers.com/fathersday](http://www.connectionnewspapers.com/fathersday). You can also email photos to [editors@connectionnewspapers.com](mailto:editors@connectionnewspapers.com).



**Zeynep Cakmak, a student from Clifton, welcomed attendees and gave a brief explanation of Ramadan and the Iftar meal.**



**Chairman Sharon Bulova enjoys the offerings at the Ramadan dinner with (left) Mustafa Akpinar, CEO with the Rumi Forum for Interfaith Dialogue and Intercultural Understanding and (right) Emre Celik, president with Rumi, organizers of the event.**

PHOTOS BY ANDREA WORKER/THE CONNECTION

## A Meal Among Neighbors

### American Turkish Friendship Association and County dine together for Ramadan.

BY ANDREA WORKER  
THE CONNECTION

**T**raditionally speaking, the reporter wanders the perimeters of an event, then dashes in to get the scoop with a key subject, a quote or two and maybe a photo. Then it's back to the sidelines to scout out the next newsworthy moment.

#### UP CLOSE

There were certainly a lot of traditions being observed at the Ramadan Iftar dinner at Fairfax

County Government Center on May 31, organized by the American Turkish Friendship Association (ATFA) and hosted by Board of Supervisors Chairman Sharon Bulova — but the reporter as pure observer was not one of them.

Instead, demonstrating the spirit of friendship that ATFA seeks to promote, this reporter was “adopted” for the event by the Kilic family of Vienna — father Erdal, mother Emine, daughter Yasemin, and son Cemal, who have been in the country since 2015. While the actual assignment was attended

to, with interviews, photographs and hasty scribbling of highlights from speeches, in between it all, however, Ermine kept urging “come, sit down with us, eat” as she pointed to the plate she had put together for the new “family member.”

**THE EVENING** marked the third time that Fairfax County officials have hosted the joint community outreach. The Iftar is the evening meal when Muslims end their daily fast at sundown during the holy month of Ramadan. After a brief introduction and some insight into the meaning of Ramadan by Zeynep Cakmak of Clifton, Bulova welcomed the hundred-or-so attendees, comprising all ages, ethnicities, and religious

beliefs.

Citing “our diversity as the greatest asset in Fairfax County and what truly makes us special,” Bulova said it was “appropriate” to host the dinner at the Government Center. “This is the gathering place for our community and we welcome all of our neighbors here.”

Iman Mehmet Ayaz of the Institute of Islamic-Turkish Studies in Fairfax, thanked Bulova and the county for “making us feel included. These days it is extra meaningful to be welcomed and made comfortable, here at the center of our government.” Ayaz added that having such a diverse group at the Iftar dinner reflected the “true spirit of Ramadan.”

SEE MEAL, PAGE 15

## Springfield CONNECTION

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## LETTERS

### Blanding for 42nd

To the Editor:

My vote on June 13 will be for Tilly Blanding, the Democratic nominee for District 42. Tilly is a proven fighter and a community leader. She has the progressive voice we need in Richmond. Tilly has been working in this district for almost 30 years, as a social worker, community organizer, and a volunteer for many of our county's great programs.

I have known Tilly for many years. I recently shared with her that I was laid off from my job after 25+ years of dedicated service. She asked if I still had health coverage because she knows that I have Type 1 Diabetes, and I told her I didn't qualify for VA Medicaid. Her passion and conviction to fight for Medicaid expansion will help Virginians who need medical care, people like me. I have overcome my circumstance, but that can't be said for everyone. What about veterans, the mentally ill, senior citizens, children and low-income Americans? Tilly will fight

for Fairfax families.

Tilly understands the challenges facing our district. She was a social worker for almost three decades at Child Protective Service where she found the solutions needed to protect children from dangerous situations. She also helped found the first three Family Resource Centers in Fairfax County, trained people to become foster parents, and oversaw 13 community-based programs and partnerships. She has lobbied in Richmond for Medicaid expansion, livable wages, and protections for women's rights for many years. Tilly has the tenacity and the fortitude needed to fight for our Democratic values in Richmond.

I know she has my support on June 13 and I urge you to vote for Tilly Blanding, Democrat for Delegate, District 42.

**L. C. Carter**

Resident of Fairfax County,  
District 42

### Gillespie for Governor

To the Editor:

In 2016, Virginia grew at an anemic 0.6 percent! The nation grew more than twice as fast. Several years of anemic growth has caught up to us, with over a billion-dollar shortfall in the state budget.

Yes, the federal government plays a big role, but much of our destiny is in our own hands. The answer is effective, policy driven leadership that is hyper fixated on lifting up Virginia. If we don't grow, we can't take care of all Virginians. Ed Gillespie has been laying out policy after policy specifically designed to grow Virginia. Ed didn't come up with these ideas in a vacuum either, he created working groups that pulled in expertise from every corner of the Commonwealth to study, debate, and craft an entire growth platform.

The Cutting Taxes for ALL Virginians Plan cuts individual income tax rates by 10 percent across-the-board, creating more than 53,000 new full-time, private sector jobs.

The FAITH In Our Government for ALL Virginians Plan will close

loopholes and give Virginians a better opportunity to hold elected leaders accountable for their actions.

The Efficiency + Effectiveness: A Government that Works for ALL Virginians Plan will reorient government to more successfully address Virginia's problems, demand evidence-based solutions, right-size our government to better steward taxpayer dollars, and incentivize our state government workforce to be more responsive to the needs of all Virginians.

The Removing Barriers to Job Creation for ALL Virginians Plan will bring meaningful reform to remove barriers to job creation, making it easier for businesses to grow and thrive in the Commonwealth. It focuses on standing up for Virginia's job creators, reforming Virginia's regulatory climate, reforming occupational licensing and streamlining business formation. Step one, vote this June 13 for Ed Gillespie.

**Gabe Venturi**

Reston

### Write

The Connection welcomes views on any public issue.

The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

Letters to the Editor ♦ The Connection  
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Email [south@connectionnewspapers.com](mailto:south@connectionnewspapers.com)

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## 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.

**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.

**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.

**The Guhyasamaja Buddhist Center**, 10875 Main St., Fairfax City provides free classes to both newcomers and advanced practitioners of Tibetan Buddhism. The center emphasizes working with the mind and learning how to understand the workings of the mind, overcoming inner causes of suffering, while cultivating causes of happiness. Under the direction of Lama Zopa Rinpoche, the center is a place of study, contemplation and meditation. Visit www.guhyasamaja.org for more information.

**Clifton Presbyterian Church**, 12748 Richards Lane, Clifton, offers Sunday worship services at 10 a.m. and Cup of Fellowship at 11 a.m. Nursery care is provided from 9:45-11:15 a.m. Christian education for all ages is at 9:45 a.m. 703-830-3175.

## News

# Inspired to Run

## Kathy Tran and Tilly Blanding wye for the 42nd District seat in Richmond.

By THOMAS KENDZIORA  
THE CONNECTION

A standing-room-only crowd was on hand for Wednesday night's 42nd District Democratic forum at the West Springfield Government Center—to listen to two women.

Candidates Tilly Blanding and Kathy Tran are competing for the party's delegate nomination. The district has been served by Republican Del. Dave Albo for 24 years, but he announced in April that he would not seek reelection. The Democratic party views this district as a prime flip target in November. The district voted 57 percent for Hillary Clinton in November to Donald Trump's 37 percent. Clinton won every precinct in the district except one, Fountainhead.

Both candidates said they were inspired to run in large part because of the 2016 election result. With the women's march taking place one day after Donald Trump's inauguration, there are a lot of newly energized citizens who are taking a more active role in politics at all levels, Tran said. Tran called the energy at the forum “undeniable.”

“I think having two women running is very

exciting,” Blanding said. “We both attended the Emerge Bootcamp Training a couple of months ago, and there were 30-something women from around the state in that training. So it's very, very exciting to see women coming in there and taking charge, especially after what happened to Hillary [Clinton], the disappointment there. I think that's why you see so many women running, not just in Virginia but around the globe.”

Blanding and Tran discussed education, health care and state transportation, among other issues, during the 90-minute debate, which was moderated by Mike Henry, chief of staff for Sen. Tim Kaine (D-VA). While the two candidates agreed on most matters of policy, their differing styles were on display. Blanding, for instance, made a point to involve the room during her points (“Raise your hand if you've been in traffic”), while several of Tran's talking points centered on friends or family members.

Tran's time working at the U.S. Department of Labor and the National Immigration Forum gives her experience dealing with legislation. She played a role in implementing the Workforce Innovation and Opportunity Act, and her vision includes an emphasis



From left: Moderator Mike Henry and Democratic candidates Kathy Tran and Tilly Blanding debate a variety of issues during a forum at the West Springfield Government Center on Wednesday.”

on improved education.

“As a legacy, [my husband] and I want to make sure that all our kids know that we're doing absolutely everything we can when our country is facing this moment of crisis,” Tran said in her closing statement.

Blanding spent three decades as a social worker in the region. She came out of retirement to enter this race, and said she will

place a premium on listening and inclusiveness during her campaign and beyond.

“My door will swing on open hinges to people in my region,” Blanding said. “They can come to me because that's what I'm being elected for: to help people.”

The primary election for the Democrats in this race is June 13, and the winner will run against one of three Republican candi-

dates — Steve Adragna, Michael Drobnis or Lolita Mancheno-Smoak — in the general election on Nov. 7. The Republican candidate will be chosen at a Primary Canvass on June 10.

## Kathy Tran

Career: Department of Labor; National Immigration Forum  
Education: Duke (undergrad); Michigan (Masters)  
Focus of First Bill: Increased investment in education

## Nelfred “Tilly” Blanding

Career: Retired social worker  
Education: South Carolina State  
Focus of First Bill: Improved Pre-K education enrollment

## GOP to Hold Primary Canvas

42nd District GOP Primary Canvass will be held, June 10, 10 a.m.-3 p.m. Firehouse Primary between the three candidates to be the Republican nominee for the 42nd House of Delegates seat is open to eligible voters of the 42nd district. South County Middle School, 8700 Laurel Crest Drive, Lorton.

PHOTO BY THOMAS KENDZIORA/THE CONNECTION

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# Getting Hurt in the Gym

## Prevent and treat workout injuries.

BY MARILYN CAMPBELL

While sustaining an injury isn't on anyone's list of fitness goals, a recent study by the Center for Injury Research and Policy shows an increase in gym-related injuries in recent years. Corrective exercise is among the strategies for recovering from workout-related injuries, but fitness experts are also emphasizing prevention.

"Generally speaking, at some point it's good following an injury to perform corrective exercises to rehab injured muscles," said Joel Martin, Ph.D., Exercise, Fitness and Health Promotion Graduate Program coordinator and assistant professor of Kinesiology at George Mason University.

"Depending on the stage of the healing process the exercises may focus on getting blood flowing to the injured area, regaining strength in injured muscle or correcting poor movement patterns that contributed to the injury."

One of the most common causes of sports or workout related injuries is performing an exercise incorrectly, says Martin. "You

should take the time to learn proper form and seek the help of an exercise professional for advice as to how to perform various exercises," said Martin. "Investing the time to learn how to move well at the beginning of an exercise program will pay off in the long run."

Failing to do warm-up exercises before a workout and increasing the intensity of the exercise too quickly — either within the exercise session or across multiple exercise sessions — are among the leading causes of workout injury, says Martin. Not following safety procedures is another.

"Some of the most serious exercise injuries happen from not using common sense," he said. "These can come in a variety of forms, but may be due to trying to show off, not wearing proper shoes or equipment for the exercise mode, exercising in unsafe environments, or not using a spotter for heavy lifts."

Even with safety measures in place, Parker Bryant, a personal trainer based in Bethesda, Md., tells his clients that injuries can happen, even to the most cautious athletes. "For many common injuries, especially a muscle that's sore because it's been over-used, I usually advise clients to apply ice for about 20 minutes several times a day to reduce any swelling and to rest the injured body part," he said.



PHOTO COURTESY OF GEOFF ROBISON

**Geoff Robison of Custom Kinetics in McLean shows a client how to use corrective exercise.**

For those dedicated to fitness, being told to rest can be hard to hear, says Geoff Robison of Custom Kinetics in McLean, but he says that it is possible to be active while recovering from an injury. "One of the hardest things for a runner with an injury to hear is that they have to stop running," Robison said. "But one of the worst things you can do when you have an injury is lay down and not move. Movement, when done properly, can be very healing. It can bring blood flow and realign your body."

Exercise can be used to help heal some workout or sports related injuries, says Robison. "Everyone who walks in our door gets taken through an assessment," he said. "Whether it's low back pain, a knee problem or shoulder pain, we find the root cause of the problem."

Once the problem is identified, Robison and his team of trainers work to create an exercise program that is designed to decrease pain and build fitness.

One example that he uses to explain his therapeutic strategy is knee pain, which he says is one of the injuries he sees most often in clients. He observes the client's movements to help determine the cause of the problem. "Maybe it's coming from the foot, because the foot is not strong enough, so your knees cave in when you squat," he said. "Maybe your glutes [gluteal muscles] are weak or maybe your quads [quadriceps] are weak. Strengthening these muscles can help stabilize the leg and help relieve knee pain."

Robison builds an exercise regimen that is designed to address a specific issue or injury. "One exercise that I might use is the clam shell where clients lie down on their side and open and close their knees," he said. "When it's a case of muscle overuse, I might use a foam roller or resistance bands to loosen and strengthen the muscles."

Bryant says that an injury can be an opportunity to try a new type of workout. "For example, if you're a runner, but your knees are bothering you, stop running for a while and try swimming to give your knees a rest," he said. "After you're been pain-free for more than a week, you're probably healed. When you do return to your normal exercise routine, don't dive in with the same intensity as before your injury. Gradually work your way back so that you don't reinjure yourself."

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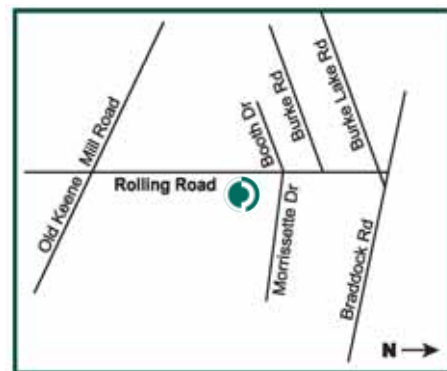
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Sharon Bulova, Chairman of the Fairfax County Board of Supervisors, launched the first race at Lake Accotink.

## Cardboard Boat Regatta Still a Hit at Springfield Days

By Mike Salmon  
The Connection

June is the month for community celebrations, but there's hardly an activity around the County like the Cardboard Boat Regatta, capping off the Springfield Days celebration on June 3-4. The beach-head at Lake Accotink was lined with the homemade boats which were mostly decorated under the loose theme of Fairfax County's 275th birthday.

Various groups were entered into the race, including the county's School Aged Child Care (SACC) teams that got out the duct tape, cardboard and historic ideas as they crafted their boats. This included the Knicker Bocker boat, named after the famous 1922 snowstorm, or the 29 Diner boat named after a diner that's been in Fairfax for 70 years, or the Celebrate Fairfax boat from Union Mill Elementary school in



Car classics were on display at the American Legion Post 176.

Centreville that had a ferris wheel in the middle. "We're celebrating the 275th anniversary," said the parent who helped build the Union Mill boat.

Most of the crews were decked out in sailor hats of some sort, except the 29 Diner boat, who had authentic paper chef hats that the new owner John Wood found

when he took over the diner three years ago.

Then there were ballet dancers Melanie Becker, 13, and Anastasia Shafer, 13, who were ballerinas for the Nutcracker production this past holiday season at the Virginia Ballet Company in Fairfax. Their boat was sound, but just in case "we have our bathing suits under-



Lake Braddock alumni Sarah Waye and a 1959 Mercedes Benz, owned by Rod Grimm of Springfield.

Tanner Helgason, 10, holds up the box of original 29 Grill chefs hats the crew donned to get their boat across the finish line. The 29 Grill of Fairfax sponsored a boat in the Cardboard Boat Regatta.



neath," the ballet costumes, said Becker.

Sharon Bulova, the Chairman of the Fairfax County Board of Supervisor's, was on hand to sound the buzzer for the first race. "I love this race, my absolute favorite," she said. "This is the best activity for the SACC program, they do research and engineer how to build something that will float," she said.

When the races started, there was lots of cheering, paddling and swimming by the contestants, proving that there is never too much duct tape when trying to get a cardboard boat to float. The ballerinas from the Nutcracker were successful, even when the boat appeared to be heading out to sea after passing the buoy to turn around, and they came in second for their heat. "We came up with a strategy beforehand," said Shafer. The "Unsinkable," from Alexan-

dria and Columbia, Md., had a motto of their own. "Good edges, good seams and good friends," said Charlotte Granahan, 14.

Other Springfield Days activities for the weekend included a crafts fair in at the Springfield United Methodist Church, a 5K fun run, a petfest and a car show the day before.

"It's bringing the businesses, the civic groups and residents together," said Nancy Jo Manney, the Greater Springfield Chamber of Commerce executive director. At one time, Springfield Days was a bigger event, with a Miss Springfield beauty pageant and a carnival in the parking lot of Springfield Plaza or then Springfield Mall, but economics may have played a factor in planning those activities. "It gets harder and harder for the shopping centers to give up parking spaces," Manney said.



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## ENTERTAINMENT



PHOTO BY ARIANNA DOMINGUEZ

### Mozart in Havana

On Sunday, June 18, Simone Dinnerstein with the Havana Lyceum Orchestra will be playing at the George Mason University Harris Theatre, in Fairfax. Pictured here, pianist Simone Dinnerstein (center in white) is in Cuba with Havana Lyceum Orchestra members during the recording of "Mozart in Havana."

Send notes to the Connection at [connectionnewspapers.com/Calendar/](http://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. Email [barbriba@hotmail.com](mailto:barbriba@hotmail.com) or call 703-524-3739.

**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. [moorefitt@yahoo.com](mailto:moorefitt@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](mailto: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.fairfaxva.com](http://www.fairfaxva.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)

**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, 2870 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

**Art Camp.** Various times July 3-7, July 24-28, and July 31-Aug. 4 at the Woods Community Center, 10100 Wards Grove Circle, Burke or the second location is Burke Presbyterian Church, 5690 Oak Leather Drive, Burke. Lessons by Carol Zeitlin. Call 703-250-6930 or visit [www.czartlessons.com](http://www.czartlessons.com) for more.

#### JUNE 8-10

**Summer Book Sale.** Various times at the Burke Centre Library, 5935 Freds Oak Road. Featuring books for adults and kids and other media for summer vacations. Call 703-249-1520.

#### 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](mailto:SpringWmConn@yahoo.com).

**Music on the Plaza.** 7 p.m. at the Old Town Plaza, 3955 Chain Bridge Road, Fairfax. Music and dance performances. Visit [www.fairfaxva.gov](http://www.fairfaxva.gov) for more.

#### 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.

#### SATURDAY/JUNE 10

**FootGolf National Qualifier.** 1:30-9 p.m. at Pinecrest Golf Course, 6600 Little River Turnpike. Pinecrest Golf Course will host the U.S. National Qualifier for the American FootGolf League. Visit [www.fairfaxcounty.gov/parks/golf/pinecrestgc/](http://www.fairfaxcounty.gov/parks/golf/pinecrestgc/) or call 703-324-8782.

#### SUNDAY/JUNE 11

**Tiny Dancers Ballet Recital.** 10:15 a.m. (Fairfax studio); 1:15 p.m. and 3:45 p.m. (Mosaic studio) at W.T. Woodson High School, 9525 Main

SEE ENTERTAINMENT, PAGE 14

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# Kingstowne Market: Small in Size, Big in Taste

Vendors bring their own flavor to the market.

BY GRETCHEN KERNBACH  
THE CONNECTION

Although the Kingstowne Farmers Market is smaller in size compared to other markets in Fairfax County, its taste is nothing less. Every Friday from 4 to 7 p.m., in the Kingstowne Town Center, vendors line up and put their products out for sampling and purchasing. Among the present farms were C&T Produce, Elda Gardens, Linda Vista Farm and McCleaf's Orchard. Each tent providing their own array of fresh crops ranging from strawberries to lettuce. McCleaf's Orchard, out of Biglerville, Pa., displays beets, asparagus, Fuji apples, broccoli, cauliflower and other fresh produce for the public to buy. Koby Griest, an employee of the vendor, said the most popular product is "usually the fruits during whatever sea-



A long line forms out of the C&T Produce tent.

son they're in."

Kiwi Kuisine, out of Alexandria, put their own spin on fresh fruits and veggies by blending them together into different juices. To name a few: "Crazy Carrot" contains carrots and passion fruit, "Red Dragon" is made from red beets and "Kiwi Monster" has kiwi and kale. In addition to their juices, Kiwi Kuisine offers their signature meat pies to visiting shoppers. They vary in ingredients. For example, market-goers can choose from steak and garlic mushroom, roast lamb, curry chicken or spicy

veggie. Also present at the Kingstowne Farmers Market is Kiko Frutti, offering all natural frozen fruit pops. Thirteen different flavors are available ranging from watermelon raspberry to pina colada. Each pop goes for \$3 or 10 can be purchased for \$27.

The Inside Scoop parks its food truck in the lot, offering shoppers cold treats in the heat of the day. Ice cream cookie sandwiches, sundaes and milkshakes are just some of the treats present.

Colonial Kettle Corn also takes part in the market. The Spring-

field-based company cooks up its kettle corn on the spot for that carnival feel on an everyday Friday afternoon. Likewise, Sweet Nuna Middle Eastern Delicacies, Kylie's Pop Shop and Salsa Las Glorias are all present at the farmers market. Visitors can swing by each tent for a completely different experience. Sweet Nuna sells hummus, baklava, tabouli, lentil soup and pita bread/chips. Kylie's Pop Shop offers a selection of different flavored cake pops. Salsa Las Glorias puts out varying styles of salsa and guacamole for pur-

chase. "We come here every week, we love the community that's here," said Alexandria local Elizabeth Krantz. "Since we come every week we know a lot of the people and vendors, they recognize us and know our orders."

Celebrate Me, a dessert bakery out of Woodbridge, offers macaroons, mini sugar cookies, cupcakes and cheesecake in a jar. In addition, information is given out at its tent regarding cake and cookie decorating classes.

The Kingstowne Farmers Market will be running until Oct. 27.



Springfield locals Robyn (left) and Rose Palompo enjoy their fruit pops from Kiko Frutti.



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# ENTERTAINMENT



## Independence Celebration

On Saturday, July 1, fireworks will be featured at the Independence Day celebration, 5-9:30 p.m. at Lorton Workhouse, 9518 Workhouse Way, Lorton. Community, family friendly, music. Call 703-584-2900 or visit [workhousearts.org](http://workhousearts.org) for more.

FROM PAGE 12

St., Fairfax. Call 703-785-5580 or visit [www.tinydancers.com](http://www.tinydancers.com) 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.burkehistorical.society.org](http://www.burkehistorical.society.org) for more.

## WEDNESDAY/JUNE 14

**Alzheimer's Documentary.** 2-4 p.m. at Harris Theater, George Mason University, 4400 University Drive, Fairfax. "Alzheimer's: Every Minute Counts" documentary screening and discussion. Call 202-480-0706 or email [rsvpva@arden-courts.com](mailto:rsvpva@arden-courts.com).

**Tai Chi Class.** 6:30-7:30 a.m. at Old Town Square, 3999 University Drive, Fairfax. Every Wednesday through August, weather permitting. Free. Visit [www.fairfaxva.gov](http://www.fairfaxva.gov) or call 703-385-7858 for more.

## 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.

**Havana Lyceum Woodwind Quintet.** 7 p.m. at Jewish Community Center of Northern Virginia, 8900 Little River Turnpike, Fairfax. Fairfax Symphony presents Simone Dinnerstein with the Havana Lyceum Orchestra. \$35 or \$25. visit [www.fairfaxsymphony.org](http://www.fairfaxsymphony.org) or call 888-945-2468 for more.

## FRIDAY/JUNE 16

**Music on the Plaza.** 7 p.m. at the Old Town Plaza, 3955 Chain Bridge Road, Fairfax. Music and dance performances. Visit [www.fairfaxva.gov](http://www.fairfaxva.gov) 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.

**Kidz Korner Children's Event.** 10:30-11:30 a.m. at Old Town Square, 3999 University Drive, Fairfax. A variety of children's activities and entertainment. Free. Visit [www.fairfaxva.gov](http://www.fairfaxva.gov) or call 703-385-7858 for more.

**Navy Sea Chanters Concert.** 6-7 p.m. at the Workhouse Arts Center, 9601 Ox Road, Lorton. Performing music from sea chanteys to Broadway tunes. Visit [www.fairfaxcounty.gov/parks/performance](http://www.fairfaxcounty.gov/parks/performance) for more.

**Father and Daughter Dance.** 6-9 p.m. at Sherwood Community Center, 3740 Old Lee Highway, Fairfax. Girls celebrate Father's Day with dads, grandads, big brothers, godfathers and family members, dancing, games, prizes and food. \$30. Call 703-385-7978 or email [parksrec@fairfaxva.gov](mailto:parksrec@fairfaxva.gov) for more.

## SUNDAY/JUNE 18

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

**Father's Day Jazz Brunch.** noon-1:30 p.m. at Hilton Garden Inn Fairfax, 3950 Fair Ridge Drive. By Fairfax NAACP. [fairfaxnaacp.org](http://fairfaxnaacp.org).

**Havana Lyceum Orchestra.** 5 p.m. at George Mason University Harris Theatre, Fairfax. Fairfax Symphony presents Simone Dinnerstein with the Havana Lyceum Orchestra. \$45, \$38, \$30. visit [www.fairfaxsymphony.org](http://www.fairfaxsymphony.org) or call 888-945-2468 for more.

## JUNE 21-JULY 18

### Snoopy and Belle in Fashion.

Various times in Fair Oaks Mall, 11750 Fair Oaks Mall, Fairfax. A celebration of Washington D.C.'s political style, dolls will feature presidential outfits. Visit [www.shopfairoaksmall.com](http://www.shopfairoaksmall.com).

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# OPINION

## A Meal Among Neighbors

FROM PAGE 6

In addition to the chairman, representatives from all branches of county law enforcement and safety agencies and other departments were on hand to show their neighborly support. Supervisor John Foust (D-Dranesville) was also in attendance, as were Del. Vivian Watts (D-39), Del. Mark Sickles (D-43), and deputy county executive for public safety, David Rohrer.

Watts, who was hosted by a local family during a 2008 visit to Turkey, said it was “so sad what is happening in that extraordinary place.” With the tensions and unrest in their native country, and the spike in anti-Muslim sentiment that many Turkish immigrants have faced in their new homeland, Watts is saddened that many “must feel like no place is home. That’s why it is all the more important to be here as part of the bridge to connect people.”

Mustafa Akpınar, CEO of the Rumi Forum and an organizer of the event, agreed that of late “it seems like we are all on double shifts on our mission to be part of the community, but we love diversity and we celebrate it.” Back to the Kilic table, where Emine carefully described each of the delicacies that she had picked out for my enjoyment, while still telling me that she, too, worries about the state of affairs in Turkey. “But we are so glad to be here, where things are so possible.”

Cemal, a smiling and anything-but-shy 11-year-old, was happy to talk about a wide range of subjects; why we are gathered here — “to better learn to communicate with each other” to cars — “Sorry, I am more for Lamborghini than Ferrari.”

Yasemin spent her first year here studying primarily in Turkish while she perfected her English — which seemed pretty perfect already. The 16-year-old student at Oakton High School is exploring the paths her future might hold. “I like math, for sure, but lately I am thinking about politics, or the law, something that I can do to help everyone have a better life.” She also loves to write — “I am working on a book” — so journalism is also a possibility.

**ALL AROUND US**, people were talking, laughing, and just getting to know each other a little better. The Imam’s call to prayers after the meal was the only pause. The gathering continued for many, once everyone had come back together.

Time to go and actually write the story, despite pleas from Emine, Yasemin and Cemal (dad Erdal was off meeting and mingling with other groups) to stay a bit longer and chat. Duty calls, but not before receiving an invitation to attend a Turkish cooking class with Emine and a class in Ebru, the traditional Turkish “marbling” art form with Yasemin. No regrets on breaking with journalistic tradition on this one occasion, and learning some new ones with a room full of neighbors.

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## I Hope I'm Right



By KENNETH B. LOURIE

Having been a cancer “diagnosee” now for eight years and exactly three months — as I sit and type on May 27, 2017, a lifetime considering the original “13 month to two-year” prognosis I was given on February 27, 2009, I have learned much about cancer that I didn’t know. In fact, I’ve learned everything about cancer I know now because previously I knew nothing. Growing up I heard/experienced very little about cancer. My parents were healthy as was my immediate family (aunts, uncles, cousins).

And even though I spent many Sundays with my parents visiting my grandparents in nursing homes, the diseases/afflictions I remember hearing most about were diabetes, Parkinson’s, Leukemia and high cholesterol. Never cancer or any condition that I associated with cancer. I realize now how lucky we all were. I wouldn’t say I took good health for granted, but I might have taken it as a given. Not any more.

Everyday I wake up, as my father used to say, is a good day; and ever since I was diagnosed in early 2009, most days — all things considered, and I do consider all things, have been good days. I have been extraordinarily fortunate in how my body and mind has reacted to being diagnosed with a “terminal” disease: non-small cell lung cancer, stage IV. Rarely have I ever gone one step forward and then two steps backward.

Oh sure, the early hairless days of heavy-duty chemotherapy (infused for six hours every three weeks) were challenging, but it was a process I had to endure — so far as I knew (I know a bit more now and there are many more choices/protocols than ever before).

It reminds me of a long-ago M\*A\*S\*H episode in which “Hawkeye” met a South Korean woman after she drove — a Cadillac — into the 4077th. She needed medical help for her family. Col. Potter ordered “Hawkeye” to return with the woman back to her home.

Begrudgingly he went along, mistakenly thinking she felt a sense of entitlement. After a short time treating her family he learned how wrong he had been. Later that day, “Hawkeye” saw the woman walking up a nearby trail carrying buckets of water on a pole. When he asked her why she was doing that (getting the water that way, from wherever); she replied:

“Because that’s where the water is.” It struck him — and apparently — it struck me, too. As a cancer patient/survivor, that has always been my approach/attitude. “Next man up,” a common sports refrain; no excuses, keep moving forward.

Over the years, I have met many cancer patients; at the Infusion Center, at conferences, at work and at play. And I may be biased (no ‘maybes’ about it), but I have to say, we’re a fairly hearty and resilient bunch. Getting diagnosed with a terminal disease — frequently out of the blue, is not exactly the stuff of which dreams are made. Quite the contrary.

Nevertheless, many of the cancer patients I’ve met seemed to have faced their demons and are standing tall against the worst kind of adversity. Bette Davis is often credited with the quote: “Old age is not for sissies.” Well, neither is cancer. It seems to be for everybody, everywhere. Unfortunately, cancer is an indiscriminate, equal opportunity death destroyer; all ages, all races, all ethnic groups, all populations.

According to “Medical News Today,” “One in two people will develop cancer in their lifetimes.” So getting cancer is either a matter of time, inevitable or a random-type miracle if it doesn’t affect you. For many of us who’ve been affected already, we’ve come to learn that cancer isn’t the automatic death sentence it used to be, especially for us lung cancer patients. The research dollars and enthusiasm going into defeating this scourge are at their most significant in decades, perhaps ever.

Now is not the time to give up hope. It’s time to embrace it.

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





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