

and Oakton Vienna CONNECTION

Karen Jaynes, founder and creator of Smoothie-Licious, and her daughter Katie Jaynes, have just finished making their last smoothies for the day at Oak Marr's brand new smoothie cart.

PHOTO BY CAROLINE BURR/THE CONNECTION
OPINION, PAGE 6 ♦ ENTERTAINMENT, PAGE 8 ♦ CLASSIFIEDS, PAGE 10

WELLBEING

PAGE 12

Smoothie Bar Comes to Oak Marr

NEWS, PAGE 4

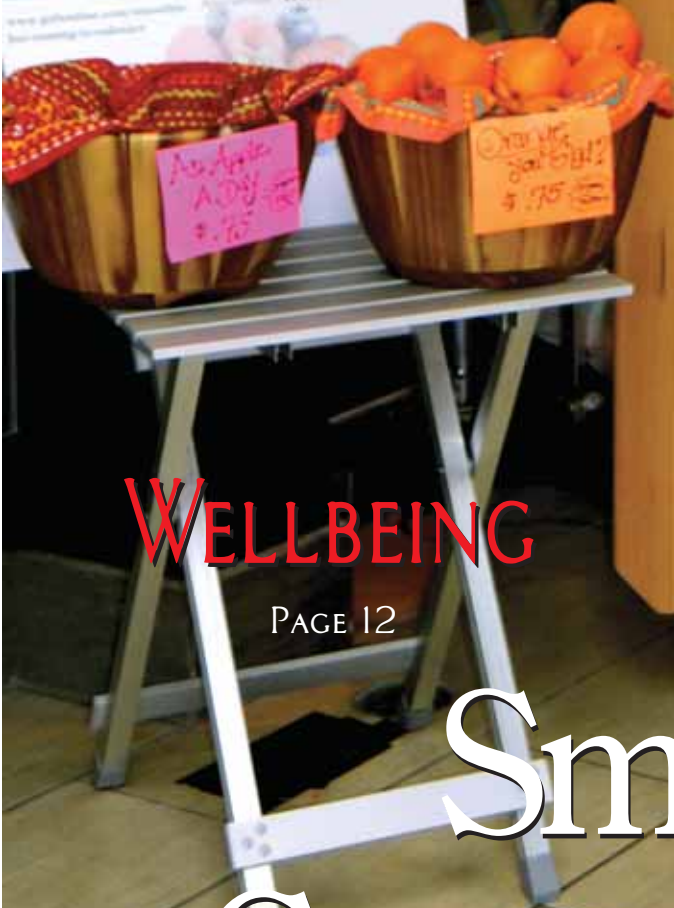
A Neighborly Market

NEWS, PAGE 3

Vienna Firefighter Receives
Senior Firefighter Shield

NEWS, PAGE 4

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FAITH

Faith Notes are for announcements and events in the faith community. Send to vienna@connectionnewspapers.com. Deadline is Friday at noon.

St. Dunstan's Episcopal Church, 1830 Kirby Road, McLean, holds traditional services every Sunday at 8:15 and 10:15 a.m. Visit www.stdunstans.net.

Vienna Christian Healing Rooms are open every Saturday, 1-4 p.m., at 8200 Bell Lane. A team of Christians is available to anyone requesting prayer. Free and open to the public. Visit www.viennachristianhealingrooms.com.

Chesterbrook United Methodist

Church is at 1711 Kirby Road, McLean. Worship service is at 11 a.m. Visit www.ChesterbrookUMC.org.

Emmanuel Lutheran Church, 2589 Chain Bridge Road, Vienna, is holding Sunday evening worship service in a less formal atmosphere and more intimate setting to help you get ready for the week ahead. Sundays, 6 p.m. Communion offered. No childcare. Call 703-938-2119 or visit www.elcvienna.org.

Andrew Chapel United Methodist Church holds Centering Prayer Group Fridays, 9:30 a.m. at 1301 Trap Road, Vienna. The hour begins with a

20-minute prayer period, followed by a brief reading related to Centering Prayer. Call the church at 703-759-3509.

The Jewish Federation of Greater Washington and the Jewish Outreach Institute offer the Mothers/Parents Circle, an umbrella of free educational events and resources. Jewish rituals, ethics and the creation of a Jewish home, regular meetings and group Shabbats and holidays. Participants include Sha'are Shalom, Congregation Beth Emeth, Temple Rodef Shalom and the Jewish Community Center of Northern Virginia. Visit ShalomDC.org.

Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton, offers the Religious Exploration program for all children, from pre-K toddlers through high school seniors, emphasizing exploration of all religious traditions while developing a personal spiritual path. The program offers classes on Saturday afternoons and Sunday mornings. 703-281-4230.

Trinity United Methodist Church, 1205 Dolley Madison Blvd., McLean. Sunday worship services are at 8:30 and 10:30 a.m. Sunday School for young adults follows the 10:30 a.m. worship services and for children at 9:30

a.m. Youth Group for grades 7-12 meets Sundays at 5 p.m. A 20-minute service of Holy Communion is held each Wednesday at noon. 703-356-3312 or umtrinity.org.

Passages DivorceCare. For those experiencing the pain of separation or divorce, the caring community at Vienna Presbyterian Church offers Passages DivorceCare. This 15-week program offers a path toward healing. Vienna Presbyterian Church is located on the corner of Maple Avenue (Rt. 123) and Park Street in Vienna. Cost to cover materials is \$20, scholarships available. Call 703-938-9050, go to www.viennapres.org.

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www: www.fbcv.org

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PHOTOS BY ELLEN BARKER/THE CONNECTION

Meg Cooksey of Ginger Cakes Bake Shoppe sells baked goods, including scones and cookies.



PHOTO COURTESY OF MARY KAY CLAUD

Shoppers line up at Garner's Produce for fresh fruits and vegetables.

A Neighborly Market Oak Marr Farmers Market opens 2017 season.

BY ELLEN BARKER
THE CONNECTION

Located outside the Oak Marr Rec Center, the Oak Marr Farmers Market began its 2017 season May 3 and will continue through the summer and fall. From 8 a.m. to noon on Wednesdays, the market boasts a variety of vendors, with products ranging from produce to garden advice to scones.

Shoppers at this market can expect a neighborly atmosphere and a positive experience with vendors and other shoppers.

"The interaction is polite and friendly," said John Adams, a vendor representing Stallard Road Farm. Most of the farm's products are made by Adams' wife, a registered herbalist.

Other vendors agree with Adams' assessment. "This is a great market. I get along really well with all my fellow vendors. I have a really nice customer base that I keep up with all through the year through an email list I do," said James Bourne. Bourne sells eggs, meats, and cheeses at his stand, The Lamb's Quarter.

Meg Cooksey, of Ginger Cakes Bake



PHOTO COURTESY OF MARY KAY CLAUD

Fruits and vegetables at Garner's Produce stocked and ready for shoppers.

Shoppe, sells sweets, including scones and cookies. "Everybody's so friendly and helpful," she said. "It's been nice."

"It's just a very friendly environment," said Mary Kay Claus, Market Manager for the Oak Marr Farmers Market. "There's very little turnover with our vendors, so I think

we have a lot of customer loyalty and vendor loyalty." Only one new space was open for vendors this season, a testament to the positive ties vendors have to this market.

Garner's Produce has been coming to the market for around 15 years. Niquita Dowell describes the selection of seasonal produce

the farm offers. "Our big sellers are normally our tomatoes, watermelon, and corn, which obviously come during the summer, but during the winter we do have a lot of greens and beets as well." In the coming weeks, Donwell says that customers can look forward to tomatoes, which are starting to come in a bit early. Karen Jaynes comes to the Oak Marr Farmers Market every Wednesday for her business, Smoothie-Licious, and personal shopping. "I'm buying strawberries for my business," Jaynes said, "but personally I come in for my lunch." Sharon Cartwright comes to the market most weeks to purchase produce and meat. This season, she has found the strawberries to be particularly good.

Havilah Vangroll has recently begun coming to the Oak Marr Farmers Market. She buys fruits and veggies. "The golden beets are to die for," Vangroll said. She also recommends the cauliflower.

The market will continue to meet weekly on Wednesdays until Nov. 15. For a full list of vendors, visit Fairfax County's Oak Marr Farmers Market page at www.fairfaxcounty.gov/parks/farmersmarkets/viennamkt.htm.



Chris Reid of Knouse Fruitlands sells a variety of apples and other fruits and vegetables.



Niquita Dowell and Dana Boyle of Garner's Produce offer seasonal produce to shoppers.



Katie Jaynes, 13, daughter of Smoothie-Licious founder, Karen Jaynes, helps her mom make smoothies at Oak Marr's new smoothie cart.



Yoga instructor Karen Jaynes, and her daughter Katie Jaynes stand in front of Oak Marr RECenter, home to Jayne's new smoothie cart.

PHOTOS BY CAROLINE BURR/THE CONNECTION

Smoothie Bar Comes to Oak Marr

Smoothie-Licious opens at the RECenter, serving healthy nutrition to the Oakton community.

BY CAROLINE BURR
THE CONNECTION

After a long-awaited opening, frequenters of the Oak Marr RECenter knew exactly where to turn for their post-workout smoothies. On May 8, the blenders at Smoothie-Licious were in full gear. Founder and creator, Karen Jaynes, is the brains behind Oak Marr RECenter's new smoothie cart. A yoga teacher for 16 years, Jaynes has been teaching yoga throughout Fairfax County for 13 years.

Fairfax County Park Authority (FCPA) has been on mission to support and create a healthy directive and lifestyle. Smoothie-Licious fits into that mission. "Using healthy



Karen Jaynes, founder of Smoothie-Licious, starts working on preparing her last smoothie of the day for an Oak Marr patron.

food as fuel and nourishment..." said Jaynes, "it's a mission that I'm passionate about." With the help of Kirt Chase, General Manager at Oak Marr and the support of FCPA, Jaynes was able to pour her passion for smoothies into a business.

THE IDEA for Smoothie-Licious came about unexpectedly. "I make a lot of smoothies," Jaynes said. "And one day I decided to put on Facebook Live that I was

making a smoothie... I came to work later that day and Kirt Chase had seen my video on Facebook." He told Jaynes he had been thinking about opening a smoothie bar at Oak Marr for some time and after seeing the video, he thought Jaynes would be the perfect person to develop the idea and bring it to life. Surprised and intrigued, Karen Jaynes agreed to the challenge and crowd funded the entire initiative.

Setting a goal of \$20,000 in January, Jaynes managed to raise about \$11,000 in four short months. "Ninety-five percent of the people who donated to the cart are my students. They're really what made this possible," Jaynes said.

With a passion for eating local, Jaynes makes a concerted effort to take care of the earth. "We are cutting down on waste because we are using such fresh ingredients," Jaynes said. "We are being really gentle with the earth." Even the cups are made of corn. Using fresh ingredients not only cuts down on waste, but it supports local farmers. Every Wednesday, from 8 a.m. to noon, there's a farmers market in the Oak Marr parking lot. When possible, Jaynes gets as much local and seasonal fruit and vegetable as she can from there.

For all the fruits and vegetables used in

the smoothies, Jaynes makes sure they are as fresh as can be. "The fruits we use are picked at their peak ripeness so they are able to ripen naturally, as they should, at peak freshness." The most popular flavor so far is Royal Karma, a blend of strawberries, banana, oranges, chia seeds and coconut milk.

Jaynes's two children will be helping to make smoothies this summer. Jaynes is also hiring high school and college students to work at the smoothie cart. This local, woman-owned business not only benefits the gym-goers, golfers, and students of Oak Marr, Smoothie-Licious is open to the entire community.

"This is set up in a really ideal way," Karen Jaynes said, "I have two of the best jobs in the world – teaching yoga and making smoothies. I'm really blessed and humbled."

STOP BY Smoothie-Licious seven days a week. Check the Facebook page for hours of operation. Interested in supporting Smoothie-Licious?

Visit www.gofundme.com/smoothie-bar-coming-to-oakmarr for more information. Smoothie-Licious can also be found on Instagram at #oakmarrsmoothies and oakmarrsmoothies.

Vienna Firefighter Receives Senior Firefighter Shield

On Friday, June 2, Fire Chief Richard Bowers and Deputy Chief Cochrane presented Master Technician Leo Sullivan with the Senior Firefighter shield. This designation honors the most senior firefighter in the department in terms of years of service. Sullivan, who was in the 58th Recruit School, started in January 1983 which means he has 34.5 years of service to the residents of Fairfax County. He is currently stationed at Fire Station 2, Vienna, C-Shift. This time around there is actually a tie for Senior Firefighter with his Recruit School 58 classmate Master Technician Dave May from Fire Station 41, Crosspointe, A-Shift. May should be receiving his Senior Firefighter shield soon.

PHOTO COURTESY OF
FAIRFAX COUNTY FIRE & RESCUE DEPARTMENT



NEWS

Bank Robbery Suspect Arrested

A bank robbery suspect is being held without bond on Wednesday, May 31 after being charged with bank robbery and escaping from police custody. Officers responded to the report of a bank robbery in progress at the PNC Bank at 6805 Old Dominion Drive in McLean May 30 at 4:47 p.m. A man walked into the bank, displayed a handgun and demanded money from bank employees. After receiving cash, the suspect walked out of the bank and left in a gray pickup truck. There were no injuries. A description of the suspect and vehicle went out over the police radio.



from the back of the police cruiser by slipping out of the handcuffs; which is uncommon but not impossible. He then reached through a partially opened rear window and unlatched the door. He ran across Chain Bridge Road, and officers ran after him.

Dinh ran up to a delivery truck, got in and attempted a carjacking while implying to the driver he had a weapon. Officers caught up to Dinh in the truck. The driver was not injured.

At 4:58 p.m., patrol officers spotted the suspect in a gray 2007 Toyota Tundra at the intersection of Anderson Drive and Dolley Madison Boulevard in McLean. Officers took him into custody. They found a gun and cash from the bank in the truck. The suspect, 25-year-old Hao The Dinh of Manassas, was taken to Police Headquarters at 4100 Chain Bridge Road.

Officers took Dinh to the Adult Detention Center where he was charged with robbery, use of a firearm in the commission of a felony, possession of a firearm by a felon, carjacking, and escape without force.

Upon arriving, Dinh escaped

BULLETIN BOARD

To have civic/ community events listed, visit connectionnewspapers.com/Calendar/. The deadline for submissions is noon on Friday.

THROUGH SUMMER

Vienna Street-sweeping Program.

The Town of Vienna began its annual street-sweeping program beginning March 20. The Town is divided into eight sections for purposes of the sweeping program. During the first pass through Town, the Public Works Department asks that residents not park on the street. Find the "sweeping" sections at viennava.gov/sweeping. Additionally, signs will be placed on streets marking a window of 7-10 days during which the truck will come through. Contact public works at 703-255-6380.

MONDAY/JUNE 12

VDOT I-66 Meeting. 6-8:30 p.m. at Oakton High School, 2900 Sutton Road, Vienna. Plans to transform 22.5 miles of I-66 from I-495 to Gainesville will be featured. Visit Transform66.org or email Transform66@VDOT.Virginia.gov.

TUESDAY/JUNE 27

Public Meeting. 7 p.m. at the Great Falls Grange, 9818 Georgetown Pike, Great Falls. The Fairfax County Park Authority has started an update of the Turner Farm Park master plan and would like to gather input on the plan from community residents. Information session and discussion is open to the public. Visit www.fairfaxcounty.gov/parks/plandev/turnerfarm.htm, call 703-324-8662 or email Parkmail@fairfaxcounty.gov.

VOLUNTEERS NEEDED

Contact Volunteer Solutions at 703-324-5406 or www.fairfaxcounty.gov/dfs/olderadultservices/volunteer

WWW.CONNECTIONNEWSPAPERS.COM

solutions.htm.

❖ **The Lewinsville Senior Center** in McLean needs instructors for the following classes: Art, Self-Defense, Chair Exercise, Indoor Gardening, Basic Spanish, Basic French, Ballroom Dance and Basic Guitar.

Shepherd's Center of McLean-Arlington-Falls Church, 1205 Dolley Madison Blvd., McLean continues to have an urgent need for new volunteers to help area senior citizens get to and from their medical and therapy appointments. To find out more about the Shepherd's Center and how you can volunteer to provide transportation and other services, call the Center at 703-506-2199 or e-mail the Center at info@scmafc.org. The Center's website is www.scmafc.org

ONGOING

Master Gardener Training. The Fairfax County Master Gardener Association offers plant clinics, home turf training or speakers for homeowner's meetings. Fees vary. Visit fairfaxgardening.org or call MG Help Desk at 703-324-8556 for more.

The Golden Girls of Northern Virginia, a senior women's softball league, is looking for players. Any woman over the age of 40 is encouraged to join. All skill levels are welcome. The games are on Wednesday evenings and Saturday mornings in Vienna. For more information, visit www.goldengirls.org.

Are You A Caregiver? Shepherd's Center of Oakton Vienna Caregivers' Support Group takes place first & third Thursday of each month. February 2nd and 16th, 2017 from 10:00 a.m. to 11:30 a.m. Join us at the Unitarian Universalist Congregation of Fairfax (UUCF) - Program Building, 2709 Hunter Mill Rd, Oakton, VA. For more info contact facilitator, Jack Tarr, 703-821-6838 jtarr5@verizon.net.

JUNE 10TH

HOME RENOVATION

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Saturday, June 10th, 2017- 10am-2pm

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OPINION

Vote On or Before June 13

In-person absentee voting continues through June 10.

On 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. For more information on voting in Fairfax County including sample

ballots, see 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. You can also email photos to editors@connectionnewspapers.com.



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.



The Kilic family of Vienna, from left, Cemal, Erdal, Yasemine and Emine, at the American Turkish Friendship Association Ramadan Iftar dinner at the Government Center.

A Meal Among Neighbors

American Turkish Friendship Association and County dine together for Ramadan.

BY ANDREA WORKER
THE CONNECTION

Traditionally 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 tra-

ditions 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

SEE MEAL, PAGE 10

Vienna & Oakton
CONNECTION

www.ConnectionNewspapers.com

An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

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School Board Names Superintendent Finalist

The 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 narrowing 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



Brabrand

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.



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- Understanding the impact of family dynamics on decision-making
- Ideas and techniques to ensure everyone's voice is heard
- What to stop doing, start doing and keep doing when conflicts arise and emotions become charged
- Determining how much participation your loved one should have in decision-making conversations
- Identifying resources to offer additional support



Vivek Sinha, MD, is the Co-Founder & Chief Medical Officer of Belleview Medical Partners. Dr. Sinha's "House-Call" practice provides care to patients in their homes or assisted living residences.



Mikki Firor is the president of Trovato, LLC, a dementia consulting company. Mikki provides education, support and guidance to help families and professionals navigate the diagnosis, prognosis and full experience of dementia.



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ENTERTAINMENT

Send entertainment announcements to connectionnewspapers.com/Calendar/. Deadline is Friday at noon for the following week's paper. Photos/artwork encouraged.

ONGOING

Art at the Library. Various Vienna artists work on display in June at the Patrick Henry Library, 101 Maple Ave. E., Vienna. Reno Number Eleven Steam Locomotive is one of five pictures supplied by the Vienna Arts Center. Visit www.ViennaArtsSociety.org.

"On the Bay" Photographs. Normal business hours through July 1 at Katie's Coffee House, Village Center, 760 Walker Road, Great Falls. Silvia Gonzalez Roman will exhibit her pictures taken around the Chesapeake Bay. Visit oldbrogue.com/katies-coffee-house/ or call 703-759-2759 for more.

"Slice of Life: Great Falls." Normal business hours through July 1 at in the TD Bank, 9901 Georgetown Pike. Jill Banks exhibits her oil paintings during bank opening hours seven days a week including "First Friday Art Walk" on June 2 until 7 p.m. Visit www.greatfallsstudios.com.

Julie Cochran Photography. Various times through July 29 at the Vienna Arts Gallery, 513 Maple Ave. W. Exhibit called "Lotus-Palooza." Call 703-319-3971 or visit www.ViennaArtsSociety.org.

Sunny Days Art. Artists exhibition through July 29 at the Vienna Arts Center, 115 Pleasant St., NW. Sunny Days exhibition. Call 703-319-3971 or visit www.ViennaArtsSociety.org.

Free Tai Chi. Every Saturday, from 7:55-9 a.m., Introduction and Beginners' Practice, meet on the outdoor basketball court located

directly behind the Dolley Madison Public Library, 1244 Oak Ridge Ave. in McLean Central Park, McLean. Call 703-759-9141 or visit www.FreeTaiChi.org for more.

The Golden Girls of Northern Virginia, a senior women's softball league, is looking for players. Any woman over the age of 40 is encouraged to join. All skill levels are welcome. Play on Wednesday evenings and Saturday mornings in Vienna. Visit www.goldengirls.org.

First Sunday Jazz Brunch 11-2 p.m. Recurring monthly on the 1st Sunday at Bazin's on Church 111 Church St N.W., Vienna. Enjoy brunch accompanied by the soft jazz sounds of Virginia Music Adventure. Visit www.fxva.com/listing/bazins-on-church/1686/

The Freeman Store & Museum Wednesday through Sunday noon-4 p.m. 131 Church St. NE, Vienna. The Freeman Store & Museum is dedicated to Preserving and promoting Vienna's heritage through the identification, preservation, and interpretation of history significant places, events, and persons. Historicviennainc.org

Weekly Storytime. Wednesday and Saturday. 11 a.m. Barnes & Noble, 7851 L Tysons Corner Center, McLean. Themes and titles vary. Free admission.

Bingo Night. Sundays. 4 p.m. Flame Room, Vienna Volunteer Fire Department, 400 Center St. S, Vienna. \$10. www.vvfd.org/bingo.html.

Gentle Yoga. Thursdays, 6:30 p.m. Emmaus United Church of Christ, 900 E Maple Ave. E., Vienna. Saturdays, 9:30 a.m. Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton. Gentle Kundalini Yoga, one free



PHOTO BY
KEN FRYE

Art at Meadowlark

Various times through June 30 at the Meadowlark Gardens, 9750 Meadowlark Gardens Court, Vienna. Ken Frye is the Vienna Arts Center artist of the year. Call 703-319-3971 or visit www.ViennaArtsSociety.org.

introductory session, senior discounts. Increase flexibility, improve breathing and health, reduce stress. Ravi Kaur has 15 years experience teaching yoga. \$15 per session. www.edimprovement.org. 571-213-3192.

Fishing Rod Rentals 8700 Potomac Hills St., Great Falls. Rentals available during visitor center hours. Fishing tackle and live bait are available for purchase. Reservations required for group rentals. \$6/rental (2 hour max). Valid driver's license required. Rod/reel combinations are perfect for beginners and children. A Virginia or Maryland freshwater

fishing license is required for those 16 years or older. The park does not sell fishing licenses. www.fairfaxcounty.gov/parks/riverbend-park/

Colvin Run Mill open 11 - 4 p.m. daily, closed Tuesday. 10017 Colvin Run Road, Great Falls. Fairfax County's operational 19th century water powered gristmill, offers recreational and educational activities for all ages through daily tours, school programs and special events. Fees: \$7/adult, \$6 students 16+ with ID, \$5 children & seniors. Admission to park is free except for some special events.

Art Classes at The Arts of Great Falls, 756 Walker Road, Great Falls. A variety of classes are available. Visit www.greatfallsart.org for more.

THURSDAY/JUNE 8

Griffin House Concert. 7:30 p.m. at Jammin Java, 227 Maple Ave., Vienna. \$20 or \$25 door. Call 877-987-6487 or visit www.jamminjava.com for more.

FRIDAY/JUNE 9

Julia Brennan and Ruth B Concert. 6:30-8 p.m. at the The Tysons Corner Metro Station Plaza, 1961 Chain Bridge Road. Part of the Tyson's Concert Series. Visit www.tysonscornercenter.com.

Summer on the Green Concert. 6:30 p.m. at 144 Maple Ave. E., Vienna. Featuring the Vienna Idol Finals. Free. Visit www.viennava.gov or call 703-255-6360.

SATURDAY/JUNE 10

Meet the Artist. 11:30 a.m.-1:30 p.m. the Great Falls Public Library, 9830 Georgetown Pike, Great Falls. Meet Rosemarie Forsythe and learn about her exhibit titled "Conceptual Illuminations" which runs through July 1. Visit www.greatfallsstudios.com.

Family Fun and Soccer. 2-6 p.m. at Great Falls Nike Park, 1199 Utterback Store Rd, Great Falls. Games, prizes and food to benefit the Nike 7 Turf Fund. \$40. Visit www.greatfallsnmc.org.

Meet the Author. 6 p.m. at the Tysons Corner Barnes and Noble, 7851 L Tysons Corner Center, McLean.

SEE ENTERTAINMENT, PAGE XX



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Immigration Panel Hears Residents' Outcry

People raise their voices regarding immigration rights.

BY GRETCHEN KERNBACH
THE CONNECTION

Although the goal of the June 3 community forum regarding Fairfax County immigration rights was to further connect the county to its Hispanic residents, the meeting ended in disagreement and confusion with attendees chanting “not one more.”

The panel discussion was hosted by Fairfax County government in cooperation with WZDC Telemundo Washington D.C. The objective was for county residents to be able to come in and ask questions about law enforcement, public education and immigration policies.

On the panel was Chairman of the Fairfax County Board of Supervisors Sharon Bulova. Accompanying her was Chief of Police Colonel Edwin C. Roessler Jr., and 2nd Lt. Alma Smith from the Fairfax County Sheriff's Office. Also in attendance was School Board member Dalia Palchik, CASA executive director Gustavo Torres, senior manager of CASA legal services Nicholas Katz, and Simon Y. Sandoval-Moshenbuerg, an immigrant advocacy program legal director from the Legal Aid Justice Center.

Hosting the forum was Telenoticias news anchor Sulema Salazar and reporter Alonso Castillo. To eliminate the language barrier between audience and panel, a translator was present at the forum.

BEFORE THE FORUM BEGAN, audience members were given the option to write their questions on notecards if they did not wish to speak before the panel with a microphone. In addition, stickers reading “Say no to ICE” were given out by attendees.

The first of many questions posed to the panel regarded students' safety in their schools. Palchik took the lead on answering, reassuring the audience that there is a federal law in place that protects the privacy of families and students. Furthermore, students do not have to worry about being taken by ICE at the hands of school administration.

Bulova added to Palchik's statement, pointing out lines seven and eight in the Fairfax County Statement on Diversity and Inclusion. Line seven reads: “Whereas, Fairfax County Public Schools complies with the federally mandated requirements that we educate all children, regardless of immigration status.” Line eight reads: “Whereas, the School Board is committed to maintaining a safe, inclusive and welcoming learning environment for all children in our public school system and (FCPS) values the richly diverse backgrounds of our students and families.”

“It's important for people to feel comfortable coming to and working with our po-



From left: Alonso Castillo, Sulema Salazar, Board of Supervisors Chairman Sharon Bulova, Colonel Edwin C. Roessler Jr., 2nd Lt. Alma Smith, Dalia Palchik, Gustavo Torres, Nicholas Katz and Simon Y. Sandoval-Moshenbuerg. Castillo and Salazar welcome the audience before the panel starts their introductions.



Sulema Salazar hosts a line of audience members who want to ask their questions to the panel directly.

lice department. When people are victims of a crime, it's important for our board to make it clear that we are not ICE,” said Bulova. “It's our job to keep our community safe.”

Another question asked was: What kind of documents are requested at the time of a traffic violation? Roessler responded that a driver's license would be requested of the driver.

That question allowed Roessler to further explain that Fairfax County police officers are not immigration agents; they do not conduct raids.

ICE, U.S. Immigration and Customs Enforcement, started to become a central theme of the forum. Sandoval-Moshenbuerg emphasized the importance of having a family plan if immigration agents ever do at-



Alonso Castillo and Sulema Salazar prepare note cards with questions on them from the audience.

tempt to seize a family member.

The focus of the panel soon changed direction, concentrating on Fairfax County's relationship with ICE. It was not too long ago, Falls Church resident Liliana Cruz Mendez was pulled over for a broken headlight. However, a minor traffic violation landed her in ICE's hands and now she faces deportation.

“They found out she didn't have a license. ICE was there at the traffic stop and they took her into custody. Fortunately, under the Obama administration, we were to get a stay of removal for her, which is basically saying this is not the kind of person we want to deport from this country,” said Katz.

Mendez is a mother to a 10-year-old son and a 4-year-old daughter.

“She got granted prosecutorial discretion



Diane Alejandro (left) expresses her concerns with the Fairfax County police during the open mic part of the forum.

several times. Then, two and a half weeks ago, she went in for a regular check-in with ICE, and instead of giving her another year, they said they're going to deport her. We have been fighting them to change their decision ever since,” Katz added.

This recent situation stirred the audience at Saturday's panel, they wanted to know why ICE was on the scene at a simple traffic stop. Audience members later stated that they believe Fairfax County's compliance with ICE is a mere contract, something that can be canceled or renewed. “It appeared to me that Fairfax County has the authority to rescind that agreement. Will you agree to cancel the agreement with ICE?” asked Diane Alejandro, a volunteer with People Power, a grassroots member-mobilization project created in opposition to President Donald Trump.

IN THE HEAT OF THE MOMENT, audience members started yelling out of turn, challenging the panel to answer questions one after another on Fairfax County's collaboration with ICE. Sandoval-Moshenbuerg stepped in and assured the audience that it is in written policy, since 2007, that the police department not take place in any immigration raids. Therefore, officer retraining could be a possible solution.

“You see hundreds and thousands of people across the country charged with immigration-related offenses. You're an immigrant, you can't get a license, so they charge you with driving without a license. That is a huge problem. I commend Fairfax County police for their policy but they have to go even further,” Katz said.

What started out as composed and orderly, turned into audience members speaking over the panel and each other. County officials made it clear that they are here to help immigrants, not deport them.

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OPINION

A Meal Among Neighbors

FROM PAGE 6

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.”

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 Akpinar, 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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ENTERTAINMENT

FROM PAGE 6

Author Gene Barr will be signing copies of his book, "A Civil War Captain and His Lady: A True Story of Love, Courtship, and Combat." Visit stores.barnesandnoble.com/store/2238 or call 703-506-2937 for more.

Thomas Pandoffi in Concert. 7:30 p.m. at Great Falls UMC, 10100 Georgetown Pike. Pianist Thomas Pandoffi. \$40. Visit www.greatfallsumc.org for more.

MONDAY/JUNE 12

Musician Alex Hassan. noon-3 p.m. at Emmanuel Lutheran Church 2589 Chain Bridge Road, Vienna. Hassan will be playing melodies from the era between World War I and World War II. \$10 required by June 6. Call 703-281-0538 for more.

THURSDAY/JULY 13

Tyler Hilton and Kate Voegele Concert. 6:30-8 p.m. at the The Tysons Corner Metro Station Plaza, 1961 Chain Bridge Road. Part of the Tyson's Concert Series. Visit www.tysonscornercenter.com or call 703-893-9401 for more.

The McLean Historical Society. 7:30 p.m. at the Balls Hill Government Center, 1437 Balls Hill Road, McLean. Historian Jim Lewis who will address "The Evolution of the Fairfax/Loudoun County Boundary Line & J.E.B. Stuart's Most Difficult Achievement During the American Civil War. Free and open to the public. Call 703-356-8223 for more.

WEDNESDAY/JUNE 14

Summer on the Green Concert. 6:30 p.m. at 144 Maple Ave. E., Vienna. Featuring Rocknocoeros. Free. Visit www.viennava.gov.

JUNE 14-AUG. 15

"Summer in the City" Art Show. Normal business hours at Brightview, 10200 Colvin Run Road, Great Falls. Members of Great Falls Studios will exhibit their work in a show. Call 703-759-2513 for more.

FRIDAY/JUNE 16

Chillin' on Church. 6:30 p.m. at Church St., Vienna. Water games. Visit www.viennava.gov or call 703-255-6360.

Artists Reception. 7-9 p.m. at the Vienna Arts Center, 115 Pleasant St., NW. Artist Davi D'Agostino will be on hand to talk about his work. Call 703-319-3971 or visit www.ViennaArtsSociety.org for more.

Casey Abrams Trio. 7:30 p.m. at Jammin Java, 227 Maple Ave., Vienna. Call 877-987-6487 or visit www.jamminjava.com for more.

SATURDAY/JUNE 17

White Ford Bronco Concert. 6:30-8 p.m. at the The Tysons Corner Metro Station Plaza, 1961 Chain Bridge Road. Part of the Tyson's Concert Series. Visit www.tysonscornercenter.com or call 703-893-9401 for more.

Wesley Stace Concert. 7:30 p.m. at Jammin' Java, 227 Maple Ave. E., Vienna. He's touring in support of Wesley Stace's John Wesley Harding, recorded with The Jayhawks at Flowers Studio in Minneapolis. Visit www.jamminjava.com/ or call 703-255-1566 for more.

SUNDAY/JUNE 18

Father's Day Golf Tournament. 8 a.m. at Oak Marr Golf Complex, 3200 Jermantown Road, Oakton. 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.

American Legion Breakfast. 8 a.m.-noon at Post 180, 330 Center St., N., Vienna. Buffet includes omelets, blueberry pancakes, sausage, bacon and more. Adults \$9, children 12 and under \$3. Call 703-938-6580 for more.

Rosi Golan Concert. 7:30 p.m. at Jammin' Java, 227 Maple Ave. E., Vienna. Previewing new album "Collecting Bullets." \$15-25. Visit www.jamminjava.com for more.

THURSDAY/JUNE 22

James Arthur Concert. 6:30-8 p.m. at the The Tysons Corner Metro Station Plaza, 1961 Chain Bridge Road. Part of the Tyson's Concert Series. Visit www.tysonscornercenter.com or call 703-893-9401 for more.

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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 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.

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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