

WELLBEING

PAGE 6

2017
Virginia
PRESS
Association
Award-Winning
Newspaper

Burke CONNECTION

Tim, Betsy and
Natalie Moore of
Burke wait for the
fireworks celebra-
tion at the Work-
house Arts Center
in Lorton on
Saturday July 1.

Celebrating Independence Day Around the Region

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**Sending Thanks
For a 'Selfless Act'**

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**Cherry Run Elementary
Honored for Excellence**

News, PAGE 3



Thank you to the 2017 LBSS PTSA All Night Grad Party Supporters!

The Lake Braddock Senior Class of 2017 and their families would like to thank the following businesses, organizations and individuals for their support of the PTSA-sponsored alcohol- and drug-free All Night Graduation Celebration which was held on June 19th, 2017, at the Audrey Moore RECenter at Wakefield Park. We are grateful for their generous contributions and commitment to the young people of our community. Please support these organizations that invest in the success of Lake Braddock Secondary School.

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We'd like to thank the faculty and staff of LBSS and especially the LBSS PTSA for supporting the All Night Graduation Celebration.

A huge thank you to our volunteers: the parents, friends and relatives of the Classes of 2017, 2018, 2019 and 2020.

We would also like to extend a special thank you to the Burke Volunteer Fire and Rescue Department and the Fairfax County Police for their vital presence at our party. Finally, we'd like to thank the staff of the Audrey Moore RECenter for all their help in making the night run smoothly.

Make plans now to support our 2018 party on June 12th, 2018.



PHOTO BY BONNIE HOBBS/THE CONNECTION

Some of the crowd enjoying the Independence Day parade near Old Town Hall in Fairfax City.



The lawn of the Workhouse Arts Center in Lorton was packed with families setting up their blankets and lawn chairs before the fireworks began on Saturday, July 1 for the Independence Day Celebration.

PHOTOS BY STEVE HIBBARD/THE CONNECTION

Celebrating Independence Day Around the Region

The crowds came out to the Workhouse Arts Center in Lorton for its Independence Day Celebration, which was held on Saturday, July 1. Families set up their own picnics with blankets and lawn chairs on the campus green in the 90-degree heat. In addition to the fireworks, there was food, craft beer and wine, and live music provided by Shane Gamble. To beat the heat, visitors could duck into the art exhibits in the air-conditioned artist's studios at the former Lorton Prison.

The Orange Hunt community in Springfield showed its patriotic side on the Fourth of July by holding its annual Independence Day Parade on Sydenstricker Road from Hunt Valley Elementary and ending at Orange Hunt Elementary. More than 100 people participated, mostly children from local Boy Scouts, Cub Scouts, Brownies, and Girl Scouts troops, and the parade participants far outnumbered the spectators.

— STEVE HIBBARD



The Fourth of July Parade in the Orange Hunt community on Sydenstricker Road in Springfield, which started at Hunt Valley Elementary and ended at Orange Hunt Elementary School.

Cherry Run Elementary Honored for Excellence

On Wednesday, June 7, Del. Eileen Filler-Corn (D-41) presented copies of House Joint Resolution 1047 to Cherry Run Elementary School's Principal Mark Bibbee as well as Cherry Run PTA's President Joanna Sampson and Immediate Past President Elizabeth Cassaday. This resolution honors Cherry Run for its selection as a 2016 - 2018 National PTA School of Excellence designation for its leadership and accomplishments in building strong, effective family-school partnerships. "I was pleased to have the opportunity to present this resolution to Principal Bibbee as well as Ms. Sampson and Ms. Cassaday," said Del. Filler-Corn. "I am grateful for all the work they have done to build a strong relationship between the school and its surrounding community," she added. The Burke-based elementary school was one of only fourteen schools in Virginia to receive this honor.



AREA ROUNDUPS

Burke Girl Fatally Struck by a Train Near Clifton

Detectives are investigating the death of a 13-year-old girl who was fatally struck by a train June 28, around 3 p.m. The victim has been identified as Reyhan Safoglu, of Burke. She was hiking in the area of Bull Run Bridge, near Clifton, with her 13-year-old cousin and 21-year-old brother.

According to the police, the two teens were walking on the bridge when a train approached. The boy was able to get out of the way; unfortunately, the girl could not get off the tracks and was struck.

The fire department responded and pronounced her dead at the scene. The detectives responded to investigate and are working closely with family, public safety partners in Manassas Park and the railway and railroad companies. The victim was a student at Lake Braddock Secondary School.

The investigation is ongoing and detectives are working closely with Reyhan's family. School Liaison Commander is also working with the family and school officials to provide support, as needed.

OPINION

Send in Pet Photos Now

The Pet Connection, a twice-yearly special edition, will publish the last week of July, and photos and stories of your pets with you and your family should be submitted by July 20.

We invite you to send us stories about your pets, photos of you and your family with your cats, dogs, llamas, alpacas, ponies, hamsters, snakes, lizards, frogs, rabbits, or whatever other creatures share your life with you.

Tell us the story of a special bond between a child and a dog, the story of how you came to adopt your pet, or examples of amazing feats of your creatures.

Do you volunteer at an animal shelter or therapeutic riding center or take your pet to visit people in a nursing home? Does your business have a pet? Is your business about pets? Have you helped to train an assistance

dog? Do you or someone in your family depend on an assistance dog?

Or take this opportunity to memorialize a beloved pet you have lost.

Just a cute photo is fine too. Our favorite pictures include both pets and humans.

Please tell us a little bit about your creature, identify everyone in the photo, give a brief description what is happening in the photo, and include address and phone number (we will not publish your address or phone number, just your town name).

Email to editors@connectionnewspapers.com or submit online at www.connectionnewspapers.com/pets. For advertising information, email sales@connectionnewspapers.com or call 703-778-9431.

EDITORIAL



Ryane and Charlie

Pet Connection, July 2016: Ryane Devlin of Clifton and her best canine friend Charlotte - "Charlie" catching a few Z's. Charlie will be one year old in late August. She is very friendly and energetic.

LETTERS TO THE EDITOR

Withholding Funds Hurts WMATA

To the Editor:

The following open letter was addressed to Secretary U.S. Department of Transportation.

Dear Secretary Chao,

As representatives of public transit customers in the Commonwealth of Virginia, we write to express our concerns regarding the Federal Transit Administration's (FTA) Feb. 10, 2017 decision to withhold federal transit grant money in response to incomplete efforts to establish a new State Safety Oversight Program (SSOP) for the Washington Metropolitan Area Transit Authority (WMATA).

On Feb. 8, 2016, the FTA gave notice that the Metropolitan Safety Commission (MSC), a new SSOP to succeed WMATA's Tri-State Oversight Commission, must be in place and certified by the FTA on or before Feb. 9, 2017. On Feb. 10, 2017, with no new SSOP certified, the FTA announced it would exercise its authority to withhold five percent of federal funds authorized in fiscal year 2017 under the Urbanized Area Apportionments Program (49 U.S.C. 5307). The initial withholding equated to \$8.9 million, and is expected to total \$15 million if the withholding continues to the end of the current fiscal year. This withholding will not just impact funding for WMATA, but for broader infrastructure maintenance throughout Virginia, Maryland, and Washington, D.C.

The decision to withhold these federal funds has created significant uncertainty amongst state and local governments in terms of

budget planning and stability. Should the withholding of funds continue throughout the remainder of the fiscal year, the governments and their transit systems will be faced with a number of difficult decisions about the manner in which they allocate their limited resources. Under a worst-case scenario, they would be forced to make cuts to good repair efforts or reduce service to their respective communities, either of which would be harmful to our constituents. We agree safety must be a top priority, but eliminating funding for infrastructure repair would directly contradict a SSOP's stated goal.

Given the FTA must engage in this process with 29 other transit agencies nationwide by 2019, we appreciate the complexity of the issues that were considered in making the decision to withhold these funds. However, we must emphasize — as many of us have expressed previously either directly to you, your predecessor, or the FTA — that the timing of both the notice and the deadline set by FTA were arbitrary in that there seemed to be little or no consideration of the legislative calendars of the Virginia General Assembly or the General Assembly of Maryland.

The FTA timetable effectively gave Virginia and Maryland less than one full legislative session to negotiate amongst each other and the District, draft the proposal, navigate it through the respective lawmaking bodies, and sign it into law. The unreasonable require-

ments FTA put forth were not simply for the SSOP to have a legal foundation by the February 2017 deadline, but to have the program fully certified by FTA, which necessitates months of work after passing legislation, including, but not limited to, appointing commissioners, hiring staff, and leasing office space. We are therefore led to believe that FTA either set their requirements without providing fair consideration to the unique institutional challenges that exist within the jurisdictions, or the FTA set them with a deadline so unrealistic that failure was unavoidable.

Given the concerns we have raised in this letter regarding FTA's shortsighted approach to this matter, and in light of the demonstrated progress which has been made, we respectfully request that your office work with the FTA to explore a compromise in which part of these withheld funds can be released as a show of good faith, as the jurisdictions continue their work to construct a stable SSOP. Lending further justification for this request is the real progress that has been made with respect to organizing the MSC. At the time this is written:

- ❖ Virginia, Maryland, and the District (the jurisdictions) have each enacted legislation to enter into an interstate compact to form the MSC;

- ❖ The jurisdictions have submitted a detailed draft certification plan to FTA for review (though FTA has not yet provided formal

feedback on the plan);

- ❖ Joint resolutions have been introduced in both the House of Representatives and the Senate to grant Congressional approval to the MSC compact;

- ❖ The Senate has passed its version of the joint resolution;

- ❖ The House Judiciary Committee, which has sole jurisdiction over the joint resolution, has ordered the House's parallel version of the resolution to be reported favorably to the full House; and

- ❖ We are requesting that the measure be taken up for consideration as soon as possible.

We appreciate the FTA's important safety work, especially its temporary safety oversight role with respect to WMATA. Without FTA's diligence, more harm may have come to WMATA's customers. But we must find an equitable solution to this matter.

We look forward to partnering with you, Madam Secretary, as well as the FTA to ensure safety remains the top priority in all transit systems and that reforms are made to accomplish a transit agency that provides safe, reliable service to our constituents. We appreciate your thoughtful consideration of this request.

U.S. Rep. Barbara Comstock,
U.S. Rep. Bob Goodlatte,
U.S. Rep. Robert J. Wittman,
U.S. Rep. Scott Taylor,
U.S. Sen. Tim Kaine, and
U.S. Sen. Mark R. Warner

Burke CONNECTION

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Sending Thanks for a ‘Selfless Act’

Dominion Energy crew steps in to help Burke family with totaled car on I-64.

BY BASMA HUMADI
THE CONNECTION

Chris Grose was heading back home to Burke with his two children, Holly, 15, and Jameson, 3, after Holly’s soccer team had just won their regional tournament and were now on track to go to nationals.

“The rains were heavy but had lightened up,” Grose said. “I was picking up speed a little bit but the rains had turned back on very heavy, very quickly. As I was slowing down I was coming over the rise of a hill and as I was going down I hydroplaned and that caused me to lose control of the car.”

It was a Monday afternoon at around 2:30 p.m. on June 19 when Grose’s car hydroplaned and got totaled. Thankfully, all passengers in the vehicle were able to get out safely with minor scratches and bruises.

“The whole back end was smushed and the top was smushed,” Grose said. “We ran into the embankment that was on the left side and we slipped. From where we were sitting the roof was intact and so it was three of us in the car and we landed upright. My door was the only door that would open [but] once I figured out everyone was okay, that wasn’t so bad.”

SEE SENDING THANKS,
PAGE 10

Dominion Energy crew members who stepped in to help. Kneeling, from left, Rick Miller and Stacey Groah; standing: Troy Blankenship, John Angotti and Daniel Jordan.



After hydroplaning and having the car being totaled, Chris Grose and children, Holly and Jameson, left with minor bruises and scratches.

PHOTOS COURTESY OF CHRISTOPHER GROSE



From left: Holly Grose, 15, Chris Grose, retired army officer, and Jameson, 3, were the three passengers involved in the accident.



Great Harvest Bread Company Supports Animal Shelter

Jeffrey Connelly, owner of Great Harvest Bread Company’s Burke and Lorton stores, presents Celia Flye, Executive Director for Friends of the Fairfax County Animal Shelter, a check for \$646. The donation was collected from Connelly’s Easter promotion when \$2 from each Honey Bunny sold was put aside to benefit the Friends of the Fairfax County Animal Shelter.



Retiring Flags

Cub Scout Pack 1683, chartered by the Newington Forest Community Association, conducted a flag retirement ceremony at the annual Pack Crossover Campout, June 3-4, 2017 at TISCOM. This solemn ceremony retired flags that belonged to the Newington Forest Community Association.



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WELLBEING

Meditation as Medicine

**Practice linked to
improvements in health.**

BY MARILYN CAMPBELL

In her dimly lit basement in Great Falls, Mary Beth Kogod sounds a meditation bell that echoes through the room. The 12 people sitting on cushions in a circle around her close their eyes and listen to the gentle sounds of her voice.

"If your mind begins to wander, gently guide it back to the sound of my voice," said Kogod, as she leads the group in a mindfulness meditation session.

The practice of meditating to aid with ills running the gamut from stress and anxiety to pain and depression is on the rise. According to the National Institutes of Health (NIH), 18 million people practiced some form of meditation in 2015, and the number of Americans who engage in the practice has doubled over the last 15 years.

"We have more smartphones and other electronics that consume us and give us constant access to stressful events we see on the news," said Kate Love, who runs the Open Mind-Open Heart meditation group in Bethesda. "There is the expectation that we need to be available and informed all the time. This expecta-

SEE MEDITATION, PAGE 7



PHOTO CONTRIBUTED

Kate Love of the Open Mind-Open Heart meditation group in Bethesda says that meditation can help reduce stress.

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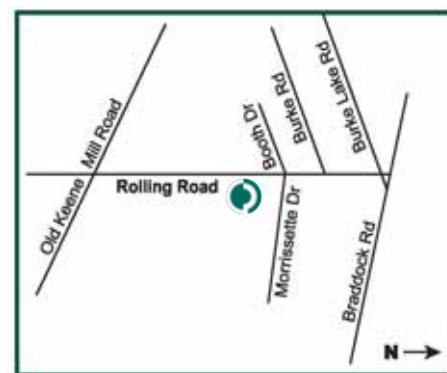
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Improving One's Health

FROM PAGE 8

tion wasn't in place 10 years ago."

Love says that while scientific research to back up these claims is limited, it is growing. For example, a study funded by the National Center for Complementary and Integrative Health at NIH shows that mindfulness practices have a positive impact on insomnia.

Meditation usually entails sitting relatively still and quiet, as in Kogod's meditation session, and focusing on one thing, such as a sound, an image or one's own breath.

"I teach clients concentrative meditation where they focus on one thing," she said. "I also teach mindful meditation where people try to cultivate a sense of awareness of what is happening in their body. For example, what thoughts pass through your mind as you sit quietly? What sounds do you hear? What emotions do you feel? The work comes when you notice these sensations and then let them go."

A 2011 study by the Association for Psychological Science showed that meditation can be effective in boosting memory and concentration. Settings for this

mind-body practice now range from workplaces to classrooms.

Amber Wilson, a fourth grade teacher, guides her students in mindfulness meditation practices most afternoons during the school year. "A lot of my students have difficult home environments which affects their ability to concentrate in school," she said. "When I stop them between subjects and let them chill out a little bit, it really makes a difference in their performance, even after just five minutes."


Meditation can also help with addiction treatment, says Warren Schelter, Ph.D., a psychologist with a practice in Alexandria. "It can instill a sense of calm and overall wellbeing," he said. "Anxiety and depression often go hand-in hand with addiction, which is why a calming meditation practice might be effective for some people."

Schelter underscores the fact that meditation should not replace traditional medicine. "I would recommend that anyone experiencing symptoms of mental or physical illness see a medical doctor first," she said. "Mediation should work in conjunction with traditional medicine, not in place of it."

"There is the expectation that we need to be available and informed all the time. This expectation wasn't in place 10 years ago."

— Kate Love

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PET Connection

Publishes: July 26, 2017 • Ads close: July 19, 2017

Connection readers love their pets. This keepsake edition will feature photos, anecdotes, advice and more about beloved family pets. Reach pet owners where they live in a section sure to attract and hold their attention.

The Pet Connection will publish on July 26, 2017, and photos and stories of your pets with you and your family should be submitted by July 19. We welcome short stories about how you got your pet, a noteworthy talent or anecdote about your pet, tales of the bonds between your family and your pet, plus drawings, paintings or other artwork of your pet by children or adults.

Find more information about submissions online at www.connectionnewspapers.com/pets.

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ONGOING

Snoopy and Belle in Fashion.

Various times through July 18 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/ for more.

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

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.

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.

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

Funday Monday 10:30 a.m., every Monday at Old Town Hall, 3999 University Drive, Fairfax. There will be music, movement, storytelling, performances, crafts, and more. It is open to children of all ages, however especially for those who haven't yet started school. Programs are free and open to the public, donations are gratefully appreciated. There is ample free parking in the downtown area, and stroller access at the rear of Old Town Hall on Main St. 703-385-7858 www.fairfaxva.gov/culturalarts

Kingstowne Farmers Market opens. 4-7 p.m. every Friday through Oct. 27, at Kingstowne Giant Parking Lot, 5870 Kingstowne Center, Alexandria. Freshly picked, producer-only vegetables and fruit, from-scratch bread (including gluten free), baked goods, kettle corn, salsa,



Art Camp

In July, there are art camps available in Burke 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 for more.

hummus, cake pops, fruit popsicles, and ice cream. Email 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 for more.

THURSDAY/JULY 6

Summer Under the Stars concert. 8 p.m. Veterans Amphitheater (adjacent to City Hall), 10455 Armstrong St., Fairfax. Main Street Community Band. Visit www.fairfaxva.gov or call 703-385-7855 for more.

SATURDAY/JULY 8

Historic School Bus Tour. 9 a.m.-2 p.m. Tour will begin at Fairfax Museum and Visitor Center, 10209 Main St., Fairfax. "Bus Tour to Three Historic Fairfax County Public Schools." Bring a bag lunch and closed drink. \$45/county residents, \$47 non-residents. Register at www.fairfaxcounty.gov/parks/parktakes. Code: 3163926301

Community Blood Drive. 10:30 a.m.-2:30 p.m. at Patriot Harley-Davidson, 9739 Fairfax Boulevard in Fairfax, Virginia. Donors should allow one hour for the process, and each will receive a complimentary Super Donor t-shirt courtesy of Inova Blood Donor Services. Visit inova.org/donateblood

using sponsor code 5255 or call 703-352-5400.

Lesson Zero Concert. 8-midnight at The Epicure Café, 11104 Lee Highway, Fairfax. This band is from Springfield. Free. Visit www.reverbNation.com/lessonzero for more.

SUNDAY/JULY 9

Mason Family on Roosevelt Island. 2 p.m. at the Fairfax Museum and Visitor Center, 10209 Main St., Fairfax. Bradley Krueger, a National Park Service Cultural Resources Specialist for the George Washington Memorial Parkway, will tell the little-known history of George Mason's family on the island. Free admission. Call 703-385-8414 for more.

JULY 10-14

Vacation Bible School. 9 a.m.-noon at Historic Pohick Church, 9301 Richmond Highway, Lorton. For 3-year-olds through 5th-grade. Free. Call 703-339-6572 or visit www.pohick.org for more.

WEDNESDAY/JULY 12

Fashions and Tea. 11:30 a.m.-1 p.m. at Springfield Golf & Country Club, 8301 Old Keene Mill Road, Springfield. Springfield Christian Women Connection sponsoring fashion consultant, Dana Elmini, exploring the notion of "Simply Comfortable." In addition Gail Alicia will speak about "Surviving the Grand Canyons of Life." \$20. Call 703-922 6438, 703-913-9844 or email SpringWmConn@yahoo.com for more.



PHOTO COURTESY OF THE CLASS ACT THEATRE COMPANY

"The Complete History of Fairfax (The Musical)" cast, from left: Christopher McDonnell, Hillary Leersnyder, Jesse Pollack, and Alex Poirier.

Fairfax History As a Musical

"The Complete History of Fairfax (The Musical)" will be performed at two Fairfax County venues: the James Lee Community Center Theater and the Workhouse Arts Center.

❖ "The Complete History of Fairfax (The Musical)" at James Lee Community Center Theatre, 2855 Annandale Road #101, Falls Church. Performances, July 6, 7 and 8, 2017 at 7 p.m. and Sunday, matinee, July 8, 2017, at 2 p.m. Tickets: \$10. Tickets www.eventbrite.com/e/the-complete-history-of-fairfax-the-musical-tickets-33287877939 available at the door or visit:

❖ "The Complete History of Fairfax (The Musical)" at the Workhouse Arts Center. 9518 Workhouse Road, Lorton. Performances July 13, 14 and 15, 2017, at 7 p.m. Tickets: \$12. Call 703-584-2900 or visit www.workhousearts.org.

THURSDAY/JULY 13

Draw/Paint Live Model. 10:30 a.m.-2:30 p.m. at Old Town Hall, 3990 University Drive, Fairfax. A clothed model will pose for artists to draw or paint for three hours at the Fairfax Art League's Art&Lunch. Bring art supplies and lunch or buy at local restaurants. Call 703-385-7858 for more.

Yoga. 7-9 p.m. at Old Town Square, 3999 University Drive, Fairfax. Wear comfortable clothes and bring a mat, weather permitting. Free. Visit www.fairfaxartleague.net or call 703-587-9481 for more.

Summer Under the Stars Concert. 7:30 p.m. Veterans Amphitheater (adjacent to City Hall), 10455 Armstrong St., Fairfax. Children's Concert - City of Fairfax Band. Visit www.fairfaxband.org or call 703-385-7855 for more.

JULY 13-15

Fairfax Musical. 7 p.m. at Lorton Workhouse Art Center, 9518 Workhouse Road, Lorton. The Class Act Players Theatre Company presents "The Complete History of Fairfax: The Musical" as a part of Fairfax County's 275th anniversary celebration. Visit www.workhousearts.org for more.

SATURDAY/JULY 15

Indoor Yard Sale. 8 a.m.-2 p.m. at Indoor Gym, 4915 Ox Road, Fairfax. The Fairfax Salvation Army will be hosting an indoor yard sale. Various items are being collected and all proceeds benefit local Fairfax Salvation Army Youth Programs. Email nansi.canasayala@uss.salvationarmy.org or call 703-385-8700 for more.

SUNDAY/JULY 16

Battle of the Bands. 3-8 p.m. at Lakeside Park/Royal Lake, 5216 Pommeroy Drive, Fairfax. Braddock District's Battle of the Bands. Ten bands, three food trucks. Music, neighbors and food. If it rains, it's cancelled. Email Linda.Bufano@fairfaxcounty.gov or call 703-425-9300 for more.

THURSDAY/JULY 20

Lunch N' Life. noon-2 p.m. at Burke Presbyterian Church, 5690 Oak Leather Drive, Burke. The guest presenter will be Elizabeth Gray, Esq., speaking on legal issues for older adults. \$10. Sponsored by Shepherd's Center. Call 703-273-5730 or see www.scfbva.org for more.

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PEOPLE

Massage Envy Burke Employees Named Regional Esthetician and Therapist of the Year

Massage Envy, provider of therapeutic massage and skincare services, has named Beysith Novella as a Regional Esthetician of the Year and Megan Santos as a Regional Therapist of the Year. Both are of the Massage Envy Burke franchised location.

From a staff of more than 25,000 professional therapists and estheticians collectively employed across the franchise network, winners were recognized for their high levels of professionalism, exceptional client care and consistently upholding the tenets of therapeutic touch.

Novella has been a member of the Burke team for two years. She is the location's lead esthetician, helping train and mentor other estheticians, while taking great care of clients. Santos has been a dedicated member of the Burke team for nine years. As lead therapist, she helps train and mentor other massage therapists, while taking care of clients.

Henry Kim and Stephen Vereb, Massage Envy Regional Multi-Unit Franchise Owners, said about Novella and Santos, "Their approach to client care represents the gold-standard and we are pleased that this has been acknowledged at the national level."

For more information, visit www.massageenvy.com



Beysith Novella



PHOTOS CONTRIBUTED
Megan Santos

Give Blood, Save Lives

The American Red Cross is facing a critical blood shortage and is issuing an emergency call for eligible blood and platelet donors of all blood types to give now and help save lives. Blood donations have fallen short of expectations for the past two months, resulting in about 61,000 fewer donations than needed and causing a significant drawdown of the Red Cross blood supply. The shortfall is the equivalent of the Red Cross not collecting any blood donations for more than four days. "It's crucial that people donate now to meet the needs of patients every day and to be prepared for emergencies that require significant volumes of donated blood," said Nick Gehrig, communications director, Red Cross Blood Services. "Every day, blood and platelet donors can help save lives, and right now these heroes are needed to give as soon as possible." To schedule an appointment to donate, use the free Blood Donor App, visit redcrossblood.org or call 1-800-RED CROSS (1-800-733-2767).

Upcoming blood donation

opportunities

Fairfax Blood Donation Center, 2720 Prosperity Avenue, Suite 200:

7/5/2017: 12:45 p.m. - 8 p.m.
7/6/2017: 12:45 p.m. - 5:45 p.m.
7/7/2017: 7:45 a.m. - 3 p.m.
7/8/2017: 7:45 a.m. - 3 p.m.
7/9/2017: 7:45 a.m. - 2:45 p.m.
7/10/2017: 1:15 p.m. - 8:30 p.m.
7/11/2017: 10:45 a.m. - 5:45 p.m.
7/12/2017: 12:45 p.m. - 8 p.m.
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7/23/2017: 7:45 a.m. - 2:45 p.m.
7/24/2017: 1:15 p.m. - 8:30 p.m.
7/25/2017: 10:45 a.m. - 5:45 p.m.
Herndon
7/10/2017: 2 p.m. - 7 p.m., St. Timothy's Episcopal Church, 432 Van Buren St.
Reston
7/5/2017: 3 p.m. - 8 p.m., St. Thomas a Becket RCC, 1421 Wiehle Ave
7/12/2017: 10 a.m. - 3 p.m., Reston Library, 11925 Bowman Towne Dr.
7/14/2017: 8 a.m. - 1:30 p.m., U.S. Geological Survey, 12201 Sunrise Valley Dr

For more information, visit redcross.org or cruzrojaamericana.org, or visit us on Twitter at @RedCross.

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THE CONNECTION NEWSPAPERS

Not An Auto-Matic Fix



By KENNETH B. LOURIE

But a fix nonetheless, of our 17-year-old back-up car, a 2000 model year Honda Accord. On balance, since inheriting it from mother in 2008, it has been an exceptionally reliable and reasonably-priced second car and one which I'm happy to own. I drive it approximately 7,000 miles per year and not over long stretches. In effect, it is our local car. And considering there is no monthly car payment and the insurance/maintenance costs are low, as a non-car guy who only wants to get from point "A" to point "B", I can live with it "Big time," to quote our current President.

Now I'm at a bit of a crossroads, however. (And not that this is a "cancer" column per se, but it is a column affected by yours truly being a cancer "diagnosee.") I am dropping the car off at my local mechanic, Tony, later today because there are some warning signs and idiot lights suggesting I do so. First, the infamous "check engine" light is illuminated. Its yellow which Tony said is not as bad/urgent as if it were red. Nevertheless, to turn it off/fix the underlying problem (since it doesn't appear to be the gas cap) will likely cost hundreds. The preliminary assessment is that the fault is emission related.

The second area of concern is temperature, specifically how poorly my car's air conditioner is cooling and how loud the fan controlling it is when engaged even when one/low is selected. Adding insult to summertime discomfort, the passenger-side window doesn't slide down, either when using its own power-window switch or the master control on the driver's side. To summarize, I have one window (the driver's side) that can go down and extremely limited air conditioning. I wouldn't say it's hot in the car, but I'm sure any normal person would. Having had previous conversations with Tony about these repairs, I know the dollars needed to right these wrongs might not make any sense given the age and mileage on the car and the diagnosis of its owner. Yet here I am trying think long term, not cancer term. What to do?

I don't want to be miserable driving the Honda anymore (and it is me who's driving it). But I only need the air conditioning for another six to eight weeks or so – and not every day, and rarely at night. I do need to open the windows though for eight to 10 months, not so much during the winter and rarely on cold nights, but opportunities do present themselves. Spending the hundreds/possibly thousands of dollars for all repairs now however might make me miserable, too. The question persists then for any of us who own/want to maintain older cars: when are you throwing good money after bad? Ergo: when is enough, enough? (I sound like Carrie Bradshaw from "Sex and the City.")

Would I be better off spending the repair money on a newer car and enjoy whatever warranty protection I could muster and thus minimize future repair bills or not? The only problem with buying that 'newer car: it's likely (heck, there's no 'likely' about it) there will be a monthly car payment which at present I do not have, and in so having one will definitely make me miserable.

Factor in my health status and I can't stop asking myself: do I solve a problem that affects the quality of my life today at the expense of tomorrow (pun intended) or do I plan/repair for tomorrow and suffer the consequences of having done so today?

As a stage IV, non-small cell lung cancer patient originally characterized by my oncologist as "terminal" and given a "13-month to two-year" prognosis to boot back in late Feb., 2009, I've always tried to live my life and make decisions as if I had a future beyond what I was told.

And for the past eight years and four months, I have pretty consistently maintained that approach. Still, the longer I live, the more my underlying medical diagnosis impacts my thinking/judgment. Unfortunately, worlds sometimes collide and reality is up for grabs. And occasionally decisions are made in a "bizarro" kind of way where topsy is turvy and vice versa. Welcome to my whirled.

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

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NEWS

Sending Thanks for a 'Selfless Act'

FROM PAGE 5

It was Dominion Energy crew that first saw the crash, stepped in, helped to direct traffic and helped Grose's family before a state trooper arrived at the scene.

Five Dominion Energy crewmembers — Ricky Miller, Stacey Groah, Troy Blankenship, John Angotti and Daniel Jordan — saw the totaled car sticking out into the left lane and immediately assisted the family by ensuring they were safe and waving to oncoming cars to slow down.

"I've been in some downpours and I don't think I've ever been that wet," said Miller in an email sent to the Connection. "I'm glad that they're not injured and maybe we did help stop another vehicle from crashing into them."

Grose admired the selflessness of the Dominion Energy crew and how speedily they responded upon seeing Grose and his family.

"They took it upon themselves to ensure that traffic did not flow in the left lane because it was probably about 15 minutes before the state trooper arrived," Grose said. "Had they not been there, coming over that hill, people who would've come over that hill - even if they were going a reasonable speed - with the wet and everything, they surely would've hit us again."

The Dominion Energy crew also helped to retrieve some items that flew onto the road including Grose's family stroller and his daughter Holly's cell phone.

Jacqueline Grose took to Facebook and wrote a post on the Dominion Energy Virginia page thanking them.

"It felt really nice when I saw that, but I don't feel that we did anything different than any other private citizen or Dominion Energy employee would have done," said Miller. "Some of our training just kicked in, like trying to help them in the minivan and the traffic control."

Grose personally believes the fact no one was hurt and that crewmembers stepped in to help is a miraculous thing which happened.

"Everybody, when they hear I was in an accident, they're like 'Okay. Are you okay?'" Grose said. "But then when they see the pictures, a lot of people are almost tearful about 'Wow, that is miraculous.'"

"I do just want to ensure that thanks go to the Dominion Power guys," Grose said. "I really think that having survived the crash, we were still in great danger from potential oncoming traffic. They, for whatever reason, I think it was a God-thing, but they had a convoy moving and I don't know where exactly it was moving to or from, but they happened to be behind us and immediately reached out. These guys taking that initiative is really a great thing for us."

7

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Sought-after Main lvl Master suite, a Kitchen addition with huge island, table space & access to tiered deck, updated baths, finished lower level, and so much more! A gem in South Run Oaks community!

Find More Information at: www.Hermendorfer.com



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Burke \$645,000
Lovely Burke Home. 5 Bdrms, 3.5 Baths, 2 Car Gar. Kitchen remodeled with corian counters, SS

appliances, ceramic tile flooring & tile backsplash. Stone walkway and matching front porch. New Windows in 2014. New blinds 2016. 2 Zone Heating. Baths remodeled 2014. Hardwood floors main level. Fin Basement w/ new carpeting & full bath. Lovely Signal Hill neighborhood. Call for addtl details & pricing.



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Fairfax/Middlebridge - \$625,000

Move in ready home in sought after Middlebridge! 4 Bed-rooms, 2.5 baths, 2 car garage and 3 fin levels! Private deck with electric awning, stairs to fenced yard. New flooring, fresh paint and many updates throughout. Quiet cul de sac street. Robinson school pyramid. Scoop it up and make it your own.



JUDY SEMLER
703-503-1885
judys@Inf.com



Burke - \$750,000

Beautiful classic colonial with 2-story foyer * Formal living & dining rms * Main level den * Light filled eat-in kitchen with brick cooking alcove, granite, bay window * Spacious family rm w/gas fpl opens to deck * Wood flrs * Master suite features dressing area, large walk-in closets & bath * LL offers rec & game rms, dining area, bdrm, bath, storage rm & walks out to lush back yard * Visit 9424WoodedGlen.com



Fairfax Station - \$665,000

Fairfax Station subdivision colonial * Cul-de-sac location * Beautifully updated eat-in kitchen with custom cherry cabinets including a built-in pantry & granite counters * Wood floors * 5 bedrooms & 3.5 baths * Main level laundry room * Walkout lower level features recreation room, bedroom, bath & storage area * So many wonderful features! Call Judy for more information. Visit www.DenauighnCourt.com



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Fairfax Station - \$899,000

Come home to this wonderful remodeled, center hall colonial with 4 bedrooms, 3.5 baths, in-law/au-pair suite, a beautiful barn and riding arena, nestled on 6 sprawling acres. Enjoy incredible views, lush pastures, deep woods and extensive trails in the equestrian community of Plantation Hills.



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OPEN HOUSE, SUNDAY, JULY 9, 1-3 PM
Springfield - \$549,900

BR Split Level on a lovely tree lined street. Great location for Ft. Belvoir, Fx Co Pkwy, Springfield Metro, Schools, and Shopping. Single garage, Fireplace, Game Room, Patio and terraced yard.

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OPEN SUNDAY 1-4



Clifton • 5 acres w/ Pool • \$1,175,000

NEW LISTING!



Annandale • Elevator! • Custom colonial
\$1,150,000



NEW LISTING!
OPEN SUNDAY 1-4 PM!



Sterling • Shows like a Model Home!
End unit TH w/ Garage • \$459,900

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Under Contract Over List Price of \$719,900



9213 Silverline Drive, Fairfax Station | Sheffield Model in Crosspointe
Buyers are currently seeking similar homes... it's a great time to Sell.
Give me a call to List Today!



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Fairfax \$649,900
Gorgeous 4 BR Colonial in beautiful Middlebridge. Home offers year round sunroom, deck with hot tub, trees line back yard providing privacy for perfect entertaining. Garage holds three cars (perfect for boat or antique car lover).
Call Sheila 703-503-1895.



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Reston - \$410,000
New on the Market!
Fabulous bath renovation! Updated and well cared for 3BR TH close to Metro. 2 SGD offer lots of light in Kit/DR and lead to large deck w/roll-out awning overlooking trees. Walk-out on LL.



ELLIE WESTER
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Fairfax Station - \$729,900
New on the Market!

Beautifully maintained and improved home in the desirable Fairfax Station neighborhood. Over 2800 finished space with updated baths and kitchen, 4 bedrooms, main level library as well as replacement windows. Half acre with common area on three sides. Neighborhood swim club and tennis.



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