

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

Fourth of July in Fairfax City

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PHOTO BY BONNIE HOBBS/THE CONNECTION

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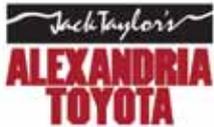
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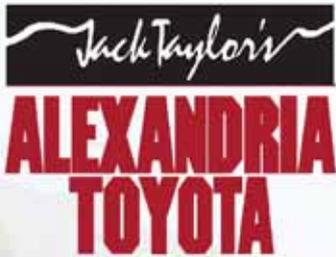
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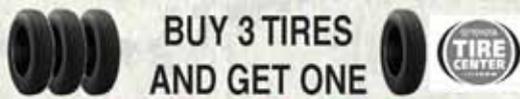
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Council Deadlocks; Meyer Breaks Tie

University Drive Extension gets green light.

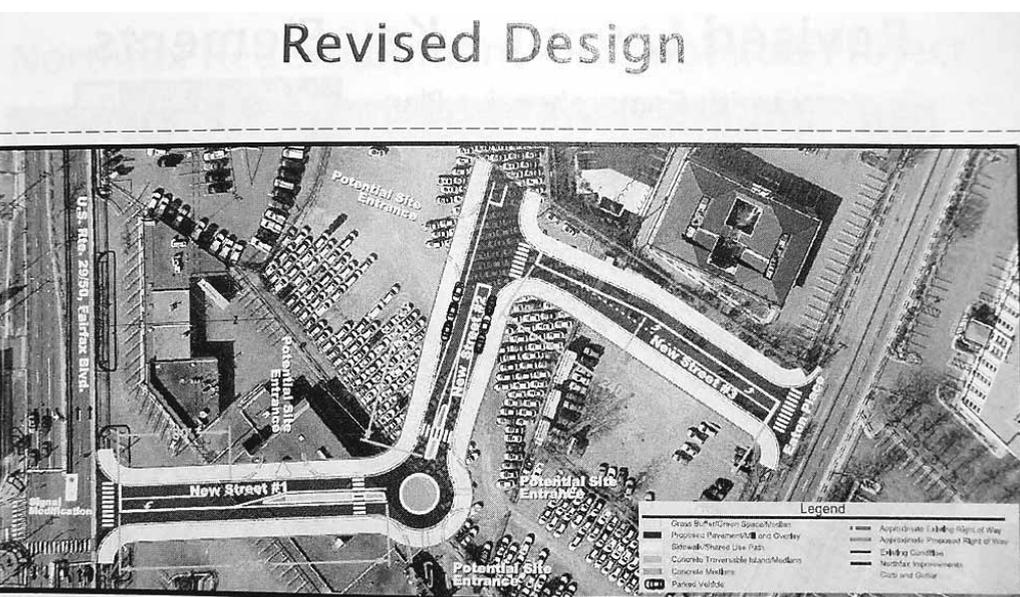
BY BONNIE HOBBS
THE CONNECTION

Love it or hate it, the extension of University Drive from Fairfax Boulevard to Eaton Place will be built. The Fairfax City Council deadlocked on the matter during its June 13 public hearing, with Mayor David Meyer voting yes to break the tie and greenlight the road.

The City's Comprehensive Plan recommends the road extension as part of an expanded roadway grid to provide more travel routes and better connectivity within the Northfax area. And Fairfax received some \$10 million in federal, Smart Scale funds for this project, geared toward maintaining connectivity with University Drive to the south.

"If we don't proceed with this project, this money would be returned to the commonwealth," said Transportation Director Wendy Block Sanford. And in the end, Meyer concluded that Fairfax shouldn't pass up the chance to use federal funds for the improvement of the City.

The project includes: A roundabout for mid-block traffic calming; dog-leg bend in the road; sidewalks; access to adjacent par-



Drawing showing the design of the proposed University Drive extension.

cells; on-street parking in the center of what's being called New Street 2; and a 10-foot-wide, shared-use, bike/pedestrian path along all the frontages. Turn lanes on each side of the road lead to Eaton and Fairfax Boulevard.

Brooke Hardin, director of Community Development and Planning, said the road's design fits into the City's Comprehensive Plan. Its alignment travels through part of the existing Fairfax Shopping Center and car dealership. However, said Hardin, although Northfax would be divided by this street, large-enough land parcels would be left to develop; and with consolidation,

there could be a 4.5-acre site.

Sanford said the road's design was emailed to City staff by a citizen and was also given to them by a council member. On New Street 3, she said, there'll be a stop sign, but no traffic control on Eaton. "Cars can turn left from the new street onto Eaton," she said. "But at rush hour, it'll be difficult."

Hardin said the shopping-center owners wondered if the roundabout diameter could be widened and the whole thing shifted closer to Fairfax Boulevard; and he said "both things could be done."

"If costs are more than anticipated and

more than the amount of funds we have, what would we do to obtain the rest of the money?" asked Councilwoman Ellie Schmidt. Sanford said the City would apply for NVTA, revenue-sharing or other type of funds. Typically, she said, "We're able to find other funding."

Councilman Dan Drummond asked about the process going forward regarding public input and construction-award requirements. "The 60-percent design public hearing is required, but you could have more," replied Sanford. "At 100-percent design, we'd put the project out to bid and it would come to City Council for the award [of the construction contract]."

AT 60-PERCENT DESIGN, she said they'd know the exact gradient and location of the roundabout, plus where landscaping would go. Furthermore, said Public Works Director David Summers, "You'd know the slopes and grades and if you'd need retaining walls. And you can start obtaining right-of-way and moving utilities."

To take advantage of the Smart Scale funds, the project must be awarded by Dec. 31, 2020.

The work would be done in 2021 and take all that year to construct; the road wouldn't be operational until 2022.

"Some people are concerned about trucks

SEE UNIVERSITY DRIVE, PAGE 5

Residents Weigh in on Road Extension

They say it would attract both traffic and businesses.

BY BONNIE HOBBS
THE CONNECTION

Before the Fairfax City Council voted on the University Drive extension, several residents expressed their opinions during the public hearing. Representing the Fairfax City Citizens for Smarter Growth, Bob Reinsel Sr. said, "We believe the extension of University Drive is an important step in making Northfax on Fairfax Boulevard into a central commercial area and a more attractive destination."

He noted many residents' concerns about the resulting increased traffic jeopardizing pedestrian and bike safety on University Drive south of Fairfax Boulevard. But he said the dogleg and roundabout will likely slow

traffic in the extension, thereby lessening impacts on University between Fairfax Boulevard and Kenmore Drive.

"People gravitate toward compact, walkable areas with short street blocks," said Reinsel. "Businesses want to locate there. The creation of a local street network in this commercial corridor will improve access to jobs, stores and services for City residents. It will create a block structure that can attract high-quality, mixed-use development. This is essential to building the tax base needed to support high-quality schools and other public services, while reducing the burden on residential property taxes."

Diane Henn liked the road's recently revised design and said that shopping center needs an upgrading. "A new, dynamic, shopping center would certainly be a boon to the City," she said.

"But I'm still dubious about the potential traffic congestion."

Bob Kemp said the increase in University Drive traffic is still a concern, and "it shouldn't wait until 2022 to be addressed. Speed has increased, too, so I'd say, 'Hold off on this project until additional concerns in the area can be addressed.'"

However, Councilman Jeff Greenfield said the City could use General Fund money to alleviate residents' challenges on University Drive. For example, he said, "We could put in bump-outs to slow traffic and help people get out of their driveways." And Transportation Director Wendy Block Sanford said funding has been earmarked do some spot improvements there in this new, fiscal year."

University Drive resident Margaret Teer said, "Walking across my street is incredibly difficult; drivers aren't concerned about the residents' safety. And a lot of people park on the road; so [with this plan], residents who've lived there 30 years would have to park their cars elsewhere."

Neighbor Amy Anspach said a cut-through from downtown Fairfax to I-66 via

University "is not what the residents want. And the time this project will take – five years – will leave Northfax vacant for a long time." But another speaker said it's already a cut-through and the road extension will make the land more attractive to developers, so he supports the project.

Colin Riley, however, called roundabouts "hideous" and said the project costs "a tremendous amount of money that'll benefit a few, commercial-property owners and not City residents." And Talya Schultz, who'd recommended the dogleg, said the developers and property owners should build the road, themselves.

Daniel Feng doubted this project would improve traffic congestion. And, added Carol Troy, "Just because you can, doesn't mean you should. If the citizens don't want it, maybe we should give the money back." The Council also received several comments online and via email; six were in favor of the road extension and 24 were opposed.

"People gravitate toward compact, walkable areas with short street blocks."

— Bob Reinsel Sr., Fairfax City Citizens for Smarter Growth

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?

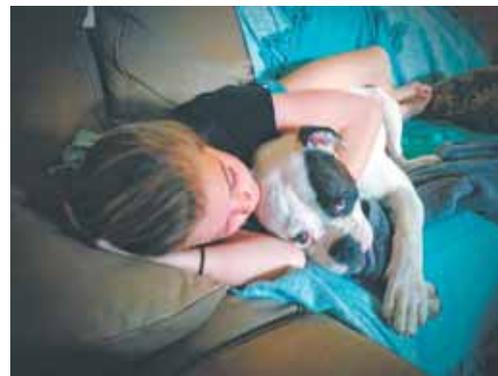
Or take this opportunity to memorialize a beloved pet you have lost.

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).

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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

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University Drive Extension Approved

FROM PAGE 3

in the roundabout and turning radius,” said Councilman Michael DeMarco. “If a grocery store is approved for that parcel – and no trucks are allowed on University Drive – where would truck traffic go?”

Hardin explained that, “At Fairfax Shopping Center, trucks would enter off Fairfax Boulevard into a driveway on the eastern end of the site and proceed to the north side of the property to a loading dock. They’d exit where the roundabout is, and it would be designed so that trucks would be able to use it without a curb there.”

Then, following the public hearing, the Council members discussed the project before voting on it. “We appreciate every conversation and all the comments,” Councilman Jon Stehle told the residents. “I think we’ve done a lot to address many of the concerns.”

However, Schmidt said, “I don’t believe we’re ready to move forward on this project because we still don’t know how Northfax will be developed – so we don’t know where to put the road. Compact, walkable blocks are desirable and businesses gravitate there, but we still have vacancies downtown in that type of area.”

“And we don’t know how big an impact the traffic will have on University Drive, which is basically a residential street,” she

continued. “Cut-through traffic happens, and we need to address the safety concerns on the existing road. [So] I encourage my colleagues to pass on this.”

But, asked DeMarco, “If not now, when? We’ve been talking about Northfax since the ’80s and ’90s.” He then read a report done several years ago by a GMU professor who said the City should focus on Northfax for economic development.

NOTING THE MANY PUBLIC HEARINGS and Council meetings about this road, Councilwoman Janice Miller was disappointed in the lack of consensus. She listed the many, different viewpoints the residents have, both pro and con, and said she agrees with each one.

“I dislike all the traffic that clogs our roads and [believe] this community should redevelop in a reasonable manner,” she said. “Landowners and developers should have some skin in the game and contribute a fair share in the development of their properties.”

“We’re moving into a new phase of redevelopment in this community, partially driven by landowners, developers and lend-

ers,” explained Miller. “How do we move this project forward with thin community support, a Comprehensive Plan still in development and a Fairfax Boulevard Master Plan over 10 years old?”

“I will vote no this evening because I still believe we have too many unknowns and too much confusion from the residents about what’s planned.

The current divide will sink the best of projects and plans. We should consider a Visioning Plan for Northfax similar to the plan developed for Lotte Plaza at Fairfax Circle. We should meet with landowners again to strategize about future development, [plus] complete and adopt the Comprehensive Plan with community input. And City Council needs to improve its direct communication with residents.”

Drummond said the road extension will benefit the City’s economic development and, if Fairfax doesn’t take the money, it’ll go to another jurisdiction. He also believes redeveloping Northfax will encourage people to shop here, instead of just traveling through.

Councilman Jeff Greenfield said, “If we

don’t extend University Drive, traffic will increase on it as development continues to increase around the city. But what’s most important is redevelopment of that shopping center and economic redevelopment.”

However, he added, “I believe developers’ dollars will eventually come into play, so tonight I’m not going to support this project. I think we cannot ignore the concerns of the residential community. I’m not hearing convincing arguments that this project won’t increase traffic on University, especially south of Fairfax Boulevard.”

The Council then voted, with Stehle, Drummond and DeMarco in favor and Miller, Greenfield and Schmidt against. Meyer then voted yes and the extension was approved.

“The Fairfax Boulevard Master Plan was developed in 2007, but we’ve experienced a significant recession, plus sequestration, that had a significant effect on this city,” said Meyer. “[And] costs to educate our schoolchildren have risen.”

“Northfax is the single, largest, developable parcel in the City – 20 acres on each of the east and west sides of Fairfax Boulevard,” he continued. “I’ll continue to work with the Council on traffic issues on University and throughout the City. But I think that, in five years, the wisdom of tonight’s decision will become obvious.”

“If not now, when? We’ve been talking about Northfax since the ’80s and ’90s.”

— Councilman Michael DeMarco

WEEK IN FAIRFAX

City Businesses Remain Open During Construction, Road Repairs

The City of Fairfax reminds residents and visitors that city businesses — restaurants, retail, service and more — remain open and ready to provide service. Construction dust and growing pains are temporary, but consumer options and satisfaction are always available in the City of Fairfax.

The City of Fairfax and the Fairfax City Economic Development Authority (EDA) have launched a new campaign, “Fairfax is Open for Business,” to remind consumers that all city businesses are open during temporary traffic disruptions.

Look for special promotions and purchasing opportunities involving businesses in Old Town Fairfax — and, in the near future, in other parts of the city, including: Northfax (the intersection of Route 29-50/Fairfax Boulevard and Route 123/Chain Bridge Road), Kamp Washington (the intersection of Route 29/Lee Highway, Route 50/Fairfax Boulevard, and Route 236/Main Street), as well as other areas in the city.

Business owners who would like to find out more about these opportunities are encouraged to check out the EDA website (www.fairfaxcityeda.org) and

Facebook page (<http://www.facebook.com/fairfaxcityeda>) as well “Latest News” on the city website (www.fairfaxva.gov). Information: EconomicDevelopment@fairfaxva.gov, 703-385-7851.

Evenings on the Ellipse Concert Series Begins July 6

On Thursday evenings from July 6 through Aug. 24, the backyard of the Fairfax County Government Center will be alive with fun music and good company. Employees, nearby residents and music lovers can stop by after work with lawn chairs and picnic blankets. Complimentary wine tastings and glasses of wine for purchase will be provided by local wineries, and a farmers market and occasional food trucks will be in the front parking lot of the Government Center.

In case of rain, the concert will be moved inside. Chairman Sharon Bulova of the Fairfax County Board of Supervisors hopes to see you there. Thanks to Friends on the Ellipse and corporate sponsors, this concert series is free and open to the public. Evenings on the Ellipse Summer Concert Series will be held every Thursday, July 6 through Aug. 24, 5:30 – 7 p.m. at Fairfax County Government Center Backyard, 12000 Government Center Pkwy.



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Sundays, June 18 through August 13, 7 - 8 pm
Reston Town Square Park

restontowncenter.com/events

Reston Town Center continues its commitment for community events and free entertainment all year long.

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The U.S. Old Guard Fife and Drum Corps



American Legion Post 177's float.

PHOTOS BY BONNIE HOBBS/THE CONNECTION



Fairfax City police maneuver their motorcycles.

Fourth of July in Fairfax City



Springfield/South County Youth Club.



Giant penguin balloons seem to wave and smile at the crowd.



Girl Scouts on University Drive.



Fairfax High Alumni Kazoo Band



Fairfax High's band marches down Main Street.



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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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Tiny Dancers Present 'Cinderella'

On June 11, more than 300 young dancers from Tiny Dancers' Fairfax and Mosaic studios wowed the audience of family and friends with their performance of 'Cinderella'. Starting with the 'Daddy/Daughter' dance for the youngest 'Wiggletoes' dancers, and moving on to ballet, tap and hip hop, the dancers performed custom choreographed numbers in a fanciful rendition of this favorite fairy tale. Tiny Dancers, located in Fairfax, offers a specialized program of ballet, tap and hip-hop for children ages 2-12. The company also offers classes in Alexandria and Mosaic. For more information, visit www.tinydancers.com or call the Fairfax studio at 703-385-5580



SCHOOL NOTES

Send notes to the Connection at south@connectionnewspapers.com or call 703-778-9416. Deadline is Friday. Dated announcements should be submitted at least two weeks prior to the event.

Elizabeth Naka, of Fairfax, was named to the dean's list at Lehigh University (Bethlehem, Pa.) for the spring 2017 semester.

Sara Kline, of Fairfax, has been named to the dean's list at the University of Nebraska-Lincoln (Lincoln, N.E.) for the spring semester of 2017.

Kaitlyn Pugh, of Fairfax, a current master's student, will travel to Kenya in July 2017 as part of the Global Field Program offered

through Miami University's (Oxford, Ohio) Project Dragonfly.

To inspire students in grades 4-12 to explore their passion for renewable energy and engineering, KidWind, the international leader of clean energy education, hosted the National KidWind Challenge at the American Wind Energy Association WINDPOWER 2017 Conference & Exhibition in Anaheim. A total of 23 high school and 33 middle school teams competed for the chance to win the grand prize of \$1,000, the second place prize of \$500, and the third place prize of \$250. The 2017 National KidWind Challenge Champions included the **SPINNERS from Lanier Middle School** in second place. Visit kidwindchallenge.org.

Send entertainment notes to the Connection at connectionnewspapers.com/Calendar/ or call 703-778-9416. The deadline is the Friday prior to the next paper's publication at noon. Dated announcements should be submitted at least two weeks prior to the event.

ONGOING

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.

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.

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

Cafe Ivrit (Hebrew Cafe). Wednesdays. 8:15-9:15 a.m. Jewish Community Center of Northern Virginia, 8900 Little River Turnpike, Fairfax. Shalom (hello) Did you always want to converse in Hebrew? Join Na'ama each week for conversational Hebrew. You will learn and practice Hebrew in a fun and interactive way while learning more about Israel. Free, however we ask that you try to attend regularly. RSVP Naama.Gold@jccnv.org.

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

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

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

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

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/



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.

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.

Tai Chi. 6:30-7:30 a.m. at Old Town Square, 3999 University Drive, Fairfax. Wear comfortable clothes and bring a mat, weather permitting. Free. Call 703-385-7858 for more.

THURSDAY/JULY 13

Draw/Paint Live Model. 10:30 a.m.-2:30 p.m. at Old Town Hall, 3999 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.

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 expectation 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.

"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

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



PHOTO CONTRIBUTED

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

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."

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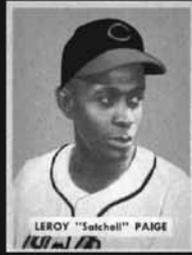
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Legals

ABC LICENSE
Blue Iguana Group, LLC trading as Blue Iguana, 12727 Shoppes Lane, Fairfax, VA 22033. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a wine and beer on and off premises/keg license to sell or manufacture alcoholic beverages. Clifton Wilcox, President. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

Legals

ABC LICENSE
CHEN WEN BIN (ZHENXIN LLC) trading as WARAKU, 9539 BRADDOCK RD, FAIRFAX, VIRGINIA 22032. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a WINE AND BEERS ON PREMISE license to sell or manufacture alcoholic beverages. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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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.



Beysith Novella

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.



PHOTOS CONTRIBUTED

Megan Santos

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

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).

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.
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 - 7/22/2017: 7:45 a.m. - 3 p.m.
 - 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](https://twitter.com/RedCross).

Upcoming blood donation

BULLETIN BOARD

Send notes to the Connection at connectionnewspapers.com/Calendar/ or call 703-778-9416. The deadline for submissions is the Friday prior to publication. Dated announcements should be submitted at least two weeks prior to the event.

VOLUNTEERS NEEDED

Shepherd's Center of Fairfax-Burke serves those 50 and older who no longer drive. **Volunteer drivers** are needed for trips (Monday-Friday) to medical appointments and companion shopping within the Fairfax/Burke area. **Office workers** are needed to answer phones in the SCFB office (Monday-Friday) to match drivers and those who need rides. Call 703-323-4788.

THROUGH AUG. 25

Summer Lunches. The Fairfax County Public Schools Office of Food and Nutrition Services will be hosting the FEEDS (Food for Every Child to Eat During Summer) BBQ program, a USDA-funded program is free to all children 18 years and under and \$2 for adults. There is no registration involved, and open to everyone. Meal service will be provided at the following sites Monday-Friday, 11:30-1 p.m. No service on July 3 and 4. In the Springfield area, FEEDS is offered at the following schools:

- * Springfield Gardens Apartments, 6116 Cumberland Ave.
- * Springfield Square Apartments, 7000 Rhoden Court, starts at noon
- * Chelsea Square Apartments, 5734 Backlick Road, starts at noon

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. to speaking on legal issues for older adults. \$10. Sponsored by Shepherd's Center. Call 703-273-5730 or see www.scfbva.org for more.

ONGOING

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

Thermal Camera Loan Program. Learn where the energy is leaking out of the home with a special attachment for the iPhone or Android. Visit www.fairfaxcounty.gov/energy or call 703-324-5955 for more.

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.

Fairfax Rotary Club Meeting 12:15-1:30 p.m. Mondays. American Legion, 3939 Oak St., Fairfax. Meetings with luncheon and program. fairfaxrotary.org.

NARFE Monthly Meeting Every Second Tuesday 11:30 a.m. American Legion Post 177 located at 3939 Oak Street, Fairfax. NARFE Fairfax 737 monthly luncheon meeting. Enjoy lunch accompanied by a special program. Lunch at noon. Cost: \$11 Speaker/Program-12:45PM. rrharney2@cox.net 703-501-0020

Civil War Research scholarship to a public or private high school senior who resides in Fairfax, Fairfax City, Prince William County, Manassas City, or Manassas Park from the Bull Run Civil War Roundtable in Centreville, Va. Visit bullruncwrt.org for more.

Fairfax-based non-profit Britepaths offers free Financial Education Classes Sessions at various locations in the Fairfax County area to low- and middle-income adults who reside throughout Northern Virginia. The offerings are free and open to the public, but reservations are required. <https://britepaths.org/news/get-financially-fit-new-year>

Reminder Crime Prevention - Please contact the Fairfax County Police Department at 703-691-2131 (non-emergency) to report ANY suspicious activity, no matter how small or insignificant it may seem at the time. It is better if police reports can be called in while the suspicious activity is in progress to the extent possible.

The Northern Virginia Long Term Care Ombudsman Program needs volunteer advocates for residents in nursing homes and assisted living facilities. Contact Lisa Callahan at 703-324-5861, TTY 711 or email Lisa.Callahan@fairfaxcounty.gov. Also visit www.fairfaxcounty.gov/dfs/olderadultservices/ltombudsman/

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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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