



Burke CONNECTION

'It's Not Dollars, It's About Lives'

NEWS, PAGE 3

Sen. Tim Kaine (D-VA) speaks with Anna (left) and her mom Angie (right), alongside their nurse during his roundtable on effects of Medicaid cuts from proposed Republican health care bill.

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Sen. Tim Kaine (D-VA) speaks with concerned parents and doctors about what Medicaid cuts would mean.



Parents and pediatricians shared their thoughts on how the health care bill would impact them.

Kaine Hosts Healthcare Roundtable

Roundtable highlights effects of Medicaid cuts from proposed Republican health care bill.

BY BASMA HUMADI
THE CONNECTION

Corinne Kunkel, a Newington resident, and her 5-year-old son, Dylan, are just one of the 600,000 children in Virginia who benefit from Medicaid. At 2 months old, Dylan was hospitalized and went through many different surgeries and medical procedures. Eventually at about 12 months old, he was diagnosed with a rare neuromuscular condition called SMARD (Spinal Muscular Atrophy with Respiratory Distress).

"He requires in-home skilled nursing services, and he also requires a nurse to attend school with him," Corinne said. "For us, affordable and quality healthcare means that Dylan can lead a fairly normal life despite his medical issues. He can live at home, go to school, and participate in the same types of activities that any kid his age enjoys."

Dylan gets his nutrition through a G-tube and relies on a ventilator to breathe. Medicaid provides the bulk of Dylan's health care costs. Though Corinne and her family are covered by their private insurance, it does not cover all the care Dylan needs to receive.

Corinne and her son Dylan, among other concerned parents, pediatricians, and children were invited to share their stories at Sen. Tim Kaine's (D-VA) roundtable on the Senate Republican health care proposal at the Northern Virginia Community College Medical Education Campus in Springfield. The primary focus of the roundtable was to discuss what proposed Medicaid cuts would

mean for the thousands of children dependent on the program.

"For so many Medicaid is about enabling them to live more independently, enabling them to be more successful in school – and that's really what Medicaid does for our kids," Kaine said.

Kaine went on to point out that so far the health care bill is met with strong opposition from Virginia residents.

"The response has been, frankly astounding. In 18 days, my office has received 11,104 calls and letters about the Senate Republican health care proposal. Two per-



Amy Clifford and her son Declan of Richmond.



Sen. Tim Kaine (D-VA) speaks with Amy Clifford.

PHOTOS BY BASMA HUMADI/THE CONNECTION



Sen. Tim Kaine (D-VA) speaks with Anna (left) and her mom Angie (right), alongside their nurse.

cent of those are in favor of it. Ninety-eight percent of those reaching out to us are against it."

Speakers at the roundtable included: Corinne Kunkel and her 5-year-old son Dylan; general pediatrician James L Plews-Ogan; foster parent Angie and her daughter Anna; Jen Reese and her 9-and-a-half-year-old daughter Cailyn; Kim Crawley and her son Isaac; Amy Clifford and her son Declan; and Samuel T. Bartle, MD.

The conditions the young children carry varied from Cerebral Palsy, Metabolic bone disease, genetic anomaly, and feeding tube dependency – among others.

"[It's important to note] the ripple effect Medicaid has in being present and being absent," said Bartle.

"It's not dollars, it's about lives," he said.

Heartbreak and Hope

U.S. Rep. Gerry Connolly addresses Alzheimer's Town Hall.

BY ANDREA WORKER
THE CONNECTION

“Alzheimer’s disease will touch every American family at some time or other. There aren’t many other conditions you can say that about. Today, Alzheimer’s kills more people each year than breast cancer and prostate cancer combined,” said U.S. Rep. Gerry Connolly (D-11) to the attendees of the Town Hall meeting at the headquarters of the National Capital Area Alzheimer’s Association in McLean on Monday, June 10.

Connolly was one of several speakers on the agenda, that included representatives from the National Alzheimer’s Association, the Agency on Aging from Fairfax and Prince William counties, the Virginia Alzheimer’s Commission, and the National Active and Retired Federal Employees Association.

Cindy Schelhorn, senior director of communication with the Alzheimer’s Association, opened the event and Connolly began the session with a personal story about the disease’s effect on his own family. “My Irish immigrant grandmother survived the boat journey to America, even being robbed on the ship. She worked hard. She saved. She was able to bring her own mother and her brothers over from Ireland. She wasn’t able to fight off Alzheimer’s.”

Connolly told of his grandmother’s strength from years of hard work “and walking to Mass everyday.” In some ways, said the congressman, her physical fitness proved to be less than a blessing after the disease struck. “She lived a long time with Alzheimer’s. Watching her fade away before my eyes was one of the most difficult things I had to deal with growing up. The worst is knowing your loved one knows something isn’t right, but there is nothing they can do.”

THE CONGRESSMAN has co-sponsored the HOPE for Alzheimer’s Act and the Palliative Care and Hospice Education and Training Act, supported the RAISE Family Caregivers Act and is a member of the bipartisan Congressional Task Force on Alzheimer’s. But he is concerned. “The President’s FY 2018 Budget, and many of the bills currently on the table would wreak havoc, throwing people out of nursing homes and adult care centers, and severely limiting care and resources for our vulnerable seniors.” A threatened 18 percent cut in the funding for the National Institutes for Health “would gut federally funded research ... it certainly would bring us no closer to a cure,” said Connolly. “And right now, there is no cure. There really isn’t much in the way of treatment.”

“There are about 140,000 Virginians estimated to be suffering from some form of dementia,” said panelist Sharon Davis with the Virginia Alzheimer’s Commission, and she says the effect of the disease takes a toll on the family as well as the afflicted. “I have spent more than half of my adult life



The panel at the Alzheimer’s Town Hall included U.S. Rep. Gerry Connolly (D-11), and representatives from the National and local Alzheimer’s Association, Area Agencies on Aging, the Virginia Alzheimer’s Commission, and the National Active and Retired Federal Employees Association.

Catherine Bergstrom of Annandale relates the hospital experiences of her husband, who suffered from the disease. “It was a hospital ... and they did not know how to deal with this condition or situation. We need to educate and raise awareness even to doctors and medical staff.”



as a caregiver.” Davis’s husband is now a live-in patient at a memory-care facility, suffering from early-onset Alzheimer’s. Her mother lived for 18 years with the disease.

“It’s a tragedy. It’s a disease that robs them of what should be the best years, time they have earned to relax and enjoy.” As Davis pointed out, it’s also a disease that can have devastating emotional and financial impacts on families, as many struggle to cope physically and financially to provide usually round-the-clock care.

Stories of heartbreak and challenges continued, but Karen Hannigan with Fairfax

County Area Agency on Aging wants to get the word out that there is help and support, for the patient and the families and caregivers.

“We operate based on the ‘No Wrong Door Initiative’ model,” said Hannigan.

That model means that persons who call for help don’t encounter a “sorry, wrong department and we can’t help” response. “No matter what, we guide you. Our staff are ‘field-trained.’ We know the system. Let us do the navigating and take away at least that much stress from the situation.”

Negotiating the government regulations,

the gaps between Medicare and Medicaid, the insurance maze, and trying to find appropriate resources while dealing with the actual disease and its effects on the patient, and possibly on the family as caregivers, can be overwhelming. “Call us, Monday through Friday, 8 a.m. - 4:30 p.m. at 703-324-7948,” said Hannigan. “You don’t need to know all of the information. We do. Just tell us your story.”

The National Alzheimer’s Association also offers a helpline. “It’s free care consultation. It’s nationwide. We work with agencies around the country and can help you get to the right people,” said Jane Priest, program manager with the association. “24/7, call us at 1-800-272-3900, or visit the website at www.alz.org.”

Along with more assistance for patients, caregivers and families, Priest and others on the dais and in the audience want to see more focus on education and training, as well. The National Alzheimer’s Association and the regional chapters are dedicating more time and resources on outreach programs. Annandale resident Catherine Bergstrom who attended the event welcomes this initiative.

Bergstrom related the experiences of her husband who had to be hospitalized. “This was a hospital, and they still did not know how to deal with a patient suffering from this disease.”

Sharon Davis of the Virginia Alzheimer’s Commission added her own stories of her husband’s treatment at hospitals and medical facilities that worsened his mental state, instead of improving the situation.

“And what about a patient that can’t communicate to the emergency room staff because of their condition?” asked Connolly, or even worse, the Alzheimer’s sufferer who doesn’t have a caring family member who can help “interpret” during medical transactions or who can advocate on the patient’s behalf?

THE OUTREACH PROGRAMS of the Alzheimer’s Association seek to train the general public, as well as doctors, caregivers, law enforcement personnel and others on how to recognize if someone is suffering from Alzheimer’s or dementia, and how to best react and assist.

Currently, there are no “Dementia Friendly Communities” in Virginia. The model, which seeks to raise awareness of the disease and of dementia in general and offer training and tips for real-life encounters is being tested in other jurisdictions nearby. Toni Reinhart, owner of Herndon-based Comfort Keepers that provides in-home senior and elder care services, wants to change that. This month, she is gathering local service and community leaders in her area to make Herndon a “proof of concept” project. “Herndon is so community-focused. Our leaders are very service-oriented. I think it’s the best place to get this rolling in Virginia.”

SEE TOWN HALL, PAGE 11

WWW.CONNECTIONNEWSPAPERS.COM

Suspicious Death Investigation Underway in Burke

Detectives are investigating the death of a 64-year-old woman found dead in her home. Shortly after 5:30 a.m. on Tuesday, July 11, officers responded to the 9100 block of Bloom Court in Burke after a family member found Fathia Choukri unresponsive. She was pronounced dead at the scene.

According to police, a preliminary investigation uncovered suspicious circumstances. The Office of the Chief Medical Examiner is expected to conduct an autopsy tomorrow to determine the exact cause and manner of death.

Updates will be provided as new information becomes available.

Vandals Cause Damage to White Oaks Elementary

Detectives are investigating after vandals destroyed property in and around White Oaks Elementary School, resulting in more than \$20,000 in damages. Police were called to the 6100 block of Shiplett Boulevard in Burke, around 5:40 a.m. on July 3 after a construction crew found destruction and signs of arson around the property. Damage was noted both inside and outside the school, including on the newly installed playground.

Anyone with information is asked to contact the Fairfax County Police at 703-691-2131 or the Fairfax County Fire Marshal's Office at 703-246-4874.

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Problems for Public Health

Increasing the number of uninsured is bad for the rest of us, and the economy.

The proposed plan in the U.S. Senate to give the wealthiest Americans massive tax cuts by cutting health coverage for people who are poor, have disabilities and elders, would also affect the rest of the population, and the economy.

People without health insurance face economic uncertainty. When they do incur medical bills, they often cannot pay them in full. This increases costs to providers and decreases the ability to participate in the economy.

People without health insurance are sicker than people with insurance, but they also often can't afford to stay home from work, often exposing others to preventable illnesses. They are less likely to have flu shots and other routine immunizations that protect all of us, including those with the weakest immune systems and those who cannot be vaccinated.

U.S. Sen. Tim Kaine was in Springfield this week talking to people who depend on Medicaid coverage. He and U.S. Sen. Mark Warner have been active in opposing these major cuts to health care.

This bears repeating — here are some other consequences of proposals in the Senate bill:

- ❖ Millions of people lose their health insurance — 22 million fewer would have health insurance by 2026 according to the Congressional Budget Office analysis.

- ❖ In Virginia, more than 14,000 veterans could lose coverage under Medicaid.

- ❖ States could opt out of the law's essential health benefits measure, which requires insurers to cover 10 main benefits, including hospitalization, prescription drugs and other services. That is, companies could sell health insurance that wouldn't actually be health insurance. Would Virginia be a state that opts out? Quite likely.

- ❖ Loss of coverage for pre-existing conditions, including cancer survivors, people who had transplants, people with asthma, arthritis, high cholesterol, hypertension, obesity, mental health issues, ADD, etc.

- ❖ Ending annual and lifetime coverage caps would also impact people who get health insurance from their employers and the private insurance market. For example, a serious accident or an illness that requires repeated surgeries or bone marrow transplants could put any one of us over the coverage cap.

- ❖ Medicaid pays public schools for many services for special education students, but the Senate bill removes schools from eligible Medicaid providers, costing Virginia an estimated \$40 million annually; \$3 million in Fairfax County; \$2 million in the City of Alexandria.

- ❖ \$800 billion plus in cuts to Medicaid puts the funding for most people who are currently in nursing homes at risk. Many of these are people who were middle class but outlived

their savings and coverage.

- ❖ In Virginia, the proposed changes to Medicaid would cost the state \$1.4 billion over seven years.

- ❖ Medicaid pays for much of the fight against opioid addiction, including treatment. Cuts would be devastating to efforts to counter the wave of overdose deaths and other effects of addiction.

- ❖ Coverage for mental health treatment, including addiction treatment, is threatened both by cuts to Medicaid and by changes in the private insurance market.

- ❖ There will be greater need for Medicaid over time. More seniors will be poor, as fewer people who are retiring have pensions or adequate retirement savings. The demand for nursing home beds will be increasing as the population ages.

Read last week's editorial, "Killing the Poor to Pay Millionaires," here: www.connectionnewspapers.com/news/2017/jun/27/opinion-editorial-killing-poor-pay-millionaires/

— MARY KIMM

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Send in Your 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.

LETTERS TO THE EDITOR

Girl Scouts Need Help

To the Editor:

Hi! My name is Ella. I'm 9, and I'm from Girl Scout Troop 54029. This year we are participating in the 2017 Girl Scout Bronze Award. The Girl Scout Bronze Award is what junior Girl Scouts do to make a difference in the world. These are the steps we do for the Bronze Award:

- Step 1: Make a team
- Step 2: Get together
- Step 3: Pick a project
- Step 4: Plan
- Step 5: Make a difference

We are making a difference by saving a life! Not a human life, a

life at the animal shelters. We are making donation boxes for toys, beds, anything for pets, really.

The thing my troop needs to tell you is that we have a problem. We need your help to spread the word. We have put out donation boxes around town

and need people to know about them. Also, we hope people will save a life at the animal shelter and make a difference in the world by giving these animals a real home, a place to make them feel loved.

Thank you for reading this letter and know that if you do this huge favor for us, you'll save many lives at the animal shelter.

Donation boxes are located here until July 21:

- ❖ Giant - University Plaza
- ❖ Safeway - Burke Center
- ❖ South Run Regency Pool and Racquet Club
- ❖ Lake Braddock Community Center Office

Thank you,

**Ella Osborne & Troop #54029
(Victoria Wood, Erin Anderson, Lilly Berry, Carys Clayton, and Radha Samuel)**

Trumpcare Is a Very Bad Idea

To the Editor:

Health insurance is more than a

policy, it's peace of mind. It's knowing your family will be cared for and not having to worry about going broke when you get sick. That's why I strongly oppose the Senate healthcare bill.

The more I learn about it, the less I like. Robbing health care from millions of Americans to give yet another tax cut to the rich and powerful is just plain cruel.

Our healthcare system needs to be improved — we all agree on that. But this bill would do exactly the opposite — for no other reason than greed. I urge Senators Kaine and Warner to vote no on the Senate healthcare bill.

Sara Gann
Fairfax



ENTERTAINMENT

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.shopfairfaxmall.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

FUN-Exercise Thursdays, noon-12:50 p.m. Grace Presbyterian Church Family Room, 7434 Bath St., Springfield. Inova certified exercise instructor leads a moderate level exercise class with music and current events conversation. Muscle, Balance, Strength Training using stretch bands and weights both standing and seated exercises. Instructor donation is \$5. moorefitt@yahoo.com or 703-499-6133.

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.

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

Kingstowne Farmers Market opens. 4-7 p.m. every Friday through Oct. 27, at Kingstowne Giant Parking Lot, 5870 Kingstowne Center, Alexandria. Freshly picked, producer-only vegetables and fruit, from-scratch bread (including gluten free), baked goods, kettle corn, salsa, hummus, cake pops, fruit popsicles, and ice cream. Email Chelsea.roseberry@fairfaxcounty.gov or call 703-642-0128.

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-

SEE ENTERTAINMENT. PAGE 10

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- Crab Wontons
- Peach and Blueberry Aguas Frescas
- Salmon BLT Salad/Sandwich
- Very Berry Salad
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Home LifeStyle

Redefining Space

Designer thinks outside the proverbial box.

BY MARILYN CAMPBELL

A local interior designer believes in thinking outside the box when it comes to making the best use of space in one's home.

"My advice to homeowners is to embrace spaces within their homes as if they were never assigned," said Joe Van Goethem of Joseph Van Goethem Interior Design in McLean. "Depending on location, a space previously designated as a walk-in closet can be purposefully transformed into an intimate guest bedroom, home office, or multipurpose wine cellar and bar."

Van Goethem followed his own advice when he transformed a walk-in foyer closet in his home into a multipurpose wine cellar, complete with a wine refrigerator, beer cooler, ice maker and cigar humidor. "Why a walk-in closet if it's seldom used, and only to become an open invitation for hidden clutter?" he asked. "Envision new, functional possibilities for every space within your home."

Van Goethem, who not only designed the space, but also completed the construction himself, believes that "playing with scale and attention to every detail are key when considering the transformation of a confined space such as a walk-in closet," he said. "[The] closet had a nondescript narrow solid door, glued-down wood veneer floor, shelving and hanging rods, and one light fixture."

In finishing the project, Van Goethem widened the door framing to accommodate a new French door and added storage space for a concealed television. He also installed an intercom to allow those in the cellar to communicate with those in the kitchen.

"I ripped up the old floor [and replaced it] with Spanish marble tile flooring," he said. "I added a baseboard and crown moulding, and created a grid of moulding on the walls which I painted with Farrow & Ball's Purbeck Stone. I installed Extra

"My advice to homeowners is to embrace spaces within their homes as if they were never assigned."

— Joe Van Goethem of
Joseph Van Goethem Interior Design

"Details are important in design, but they are everything ... when transforming a small space like the repurposing of a walk-in closet," said Van Goethem.



PHOTO COURTESY OF JOE VAN GOETHEM

Interior designer Joe Van Goethem transformed a walk-in closet in his McLean home into a wine cellar.

Fine Arrowroot Grasscloth hand crafted wallcovering by Phillip Jeffries within the recesses of the grid."

Van Goethem said his goal was to make the design of the new cellar consistent with the aestheticS of

the rest of his home. The space includes a large drum light fixture and side lamps. An oversized cabinet holds the stemware and barware. He added a commissioned seascape painting by California artist Jonathan Koch and modern teapots by Washington, D.C. ceramicist Joe Hicks.

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Home LifeStyle



PHOTOS COURTESY OF MCENEARNEY

This Alexandria home has a monochromatic, gourmet kitchen and an abundance of natural light.

Small Home Gets Big Honor

Old Town home is finalist in national contest.

An abundance of windows and an open floor plan helped a local home garner some national attention. An Old Town Alexandria abode is a finalist in the Living Large in Small Spaces category for HGTV's Ultimate House Hunt 2017 contest. Homes in this category are recognized for a design that maximizes the use of a small space.

"The open design ... gives this small space an airy feel," said Sue Goodhart, The Goodhart Group at McEneaney Associates.

The light-filled home features modern renovations that include a gourmet kitchen, a living room with built-in cabinets and a steel

cable railing. The free-flowing floor plan includes large windows, while the fenced in back yard was designed to be a sanctuary in the middle of city bustle.

"Sleek kitchen cabinetry and a stone table with seating for 12 allows for grand entertaining for the accomplished cook," said Goodhart.

The home is one of eight across the country to become a finalist in the category. Anyone can vote for the 119 Princess St. property online until July 18. See www.hgtv.com/design/ultimate-house-hunt/2017-ultimate-house-hunt/living-large-in-small-spaces.

— MARILYN CAMPBELL



The patio of this Old Town home was designed to be a backyard oasis.

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NEWSPAPERS

An expert is someone who
knows some of the worst
mistakes that can be made in his
subject and how to avoid them.
-Werner Heisenberg

ENTERTAINMENT

FROM PAGE 7

587-9481 for more.

Free Children's Concert. 6:30-8:30
p.m. at Veteran's Amphitheater,
10485 Armstrong St., Fairfax. Free
balloons and ice cream, concert
featuring favorites from Disney and
Loony Tunes, face painting,
instrument petting zoo. Visit
www.fairfaxband.org or call 571-
265-6868 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@](mailto:nansi.canasayala@uss.salvationarmy.org)
uss.salvationarmy.org or call 703-
385-8700 for more.

**Mount Vernon Nights Concert
Series.** 6 p.m. at Workhouse Arts
Center, 9601 Ox Road, Lorton.
Traditional country musical
performance by Robin and Linda
Williams. Free. Visit
www.fairfaxcounty.gov/parks/
performances or call 703-780-7518.

Topgolf and a DJ. 7 p.m. at Topgolf,
6625 S. Van Dorn St. Golf, music
from Mike Krowe DJ, food and drink.
Visit [https://topgolf.com/us/](https://topgolf.com/us/alexandria/)
[alexandria/](https://topgolf.com/us/alexandria/) or call 703-924-2600.

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.

WEDNESDAY/JULY 19

Pop Up Adventure Playground. 10
a.m.-noon at Thais Park, 3401
Pickett Road, Fairfax. LEGO, Games,
Crafts, Coding and more! This
program is free, no registration
required, and all ages welcome. Child
care is not provided. Parents or
guardians are required to attend with
children not old enough to walk to
and play in the park on their own.
Call 703-385-7858 or email
karen.lussier@fairfaxva.gov 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.

Summer Under the Stars concert.
8 p.m. Veterans Amphitheater
(adjacent to City Hall), 10455
Armstrong St., Fairfax. Alte
Kameraden band. Visit
www.fairfaxband.org or call 703-

385-7855 for more.

SATURDAY/JULY 22

**Mount Vernon Nights Concert
Series.** 6 p.m. at Workhouse Arts
Center, 9601 Ox Road, Lorton. Free
old-time musical performance by the
Sheets Family. Visit
www.fairfaxcounty.gov/parks/
performances or call 703-780-7518.
Topgolf and a DJ. 7-10 p.m. at
Topgolf, 6625 S Van Dorn St. Golf,
music from Rhyth DJ, food and
drink. Visit [https://topgolf.com/us/](https://topgolf.com/us/alexandria/)
[alexandria/](https://topgolf.com/us/alexandria/) or call 703-924-2600.

SUNDAY/JULY 23

Z Scale Model Train Show. 1-4 p.m.
at the Fairfax Station Railroad
Museum, 11200 Fairfax Station Road
in Fairfax Station. Z scale is the
smallest mass-marketed model train
available anywhere. Museum
members and ages 4 and under, free;
ages 5-15, \$2; ages 16 and older, \$4.
Visit www.fairfax-station.org, or call
703-425-9225 for more.

JULY 24-28

Fine Arts and Crafts Camp. 12:30-
3:15 p.m. at Burke Presbyterian
Church, 5690 Oak Leather Drive
Instructor Carol Zeitlin. Drawing
and/or watercolor, mixed medias.
Ages 8 and up. Visit
www.czartlessons.com or call 703-
250-6930 for more.

WEDNESDAY/JULY 26

Pop Up Adventure Playground. 10
a.m.-noon at Kutner Park, 3901
Jermantown Rd, Fairfax. LEGO,
Games, Crafts, Coding and more!
This program is free, no registration
required, and all ages welcome. Child
care is not provided. Parents or
guardians are required to attend with
children not old enough to walk to
and play in the park on their own.
Call 703-385-7858 or email
karen.lussier@fairfaxva.gov for more.

FRIDAY/JULY 28

Rock the Block. 6:30-9:30 p.m. at Old
Town Square, 3999 University Drive,
Fairfax. "The Reagan Years," '80's
band is featured. Food available,
Bring lawn chairs or blankets to sit
on, children can wear swim suits and
bring towels to enjoy the spray pad!
www.fairfaxva.gov/rocktheblock

SATURDAY/JULY 29

Taste of Springfield. noon-6 p.m.
outdoors event at the Springfield
Town Center, 6500 Springfield Mall
Drive. Locally focused, family
friendly 'feast-ival' with tastings,
entertainments and activities for all
ages. Weather dependent. Visit
www.tasteofspringfield.com for
more.

**Mount Vernon Nights Concert
Series.** 6 p.m. at Workhouse Arts
Center, 9601 Ox Road, Lorton. Free
musical performance by Jarekus
Singleton. Visit
www.fairfaxcounty.gov/parks/
performances or call 703-780-7518.

SUNDAY/JULY 30

G-Scale Model Train Show. 10 a.m.-
5 p.m. at the Fairfax Station Railroad
Museum, 11200 Fairfax Station
Road, Fairfax Station. The
Washington, Virginia & Maryland
Garden Railway Society (WVMGRS)
will have a G-Scale train display
running. 4 and under free; ages 5-15,
\$2; ages 16 and older, \$4. Visit
www.fairfax-station.org or call 703-
425-9225 for more.

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

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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, Free for all Children, \$2 for adults. 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. 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

SATURDAY/JULY 15

Free Health Screening. 9 a.m.-3 p.m. at the Braddock Road Giant, 10653 Braddock Road, Fairfax. Customers can receive free blood pressure, glucose and cholesterol screenings. Visit www.giantfood.com for more.

JULY 17-21

Adult Bible School. 9 a.m.-noon at Harvester Presbyterian Church, 7800 Rolling Road, Springfield. Free. Email office@harvesterpca.org, call 703-455-7800 or visit www.harvesterpca.org 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. 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.

Town Hall

FROM PAGE 4

Connolly applauded all of these efforts, as he pledged to continue to fight for Alzheimer's funding. "There are 1.1 million people in Fairfax County. Eleven percent are over 65. The fastest growing population is over 80. This is an issue that won't just go away. We need to take action now. Contact your members of Congress — and not just the 'friendlies!' We have a 'moon-shot' for fighting cancer. Well, we need a 'moon-shot' to fight Alzheimer's disease."

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An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them. -Werner Heisenberg						

A Near Catastrophe, Always

By KENNETH B. LOURIE



As I bring our two cat carriers up from the basement in order for "The Buff Boys" to acclimate in anticipation of their impending visit to the veterinarian, I can't help but think back to the spring of 1976. That's when an appointment to mend my male cat, Tillie, nearly went very wrong.

To this day, the circumstances still haunt me. Tillie had been a surprise birthday gift given to me in September 1975, along with a puppy I named Gus (both named after a W.C. Fields' movie, "Tillie and Gus").

Tillie was an all-black domestic short hair. Gus was a German Shepard/St. Bernard mix. He was beautiful. He had a white-ish beige coat, floppy ears and a curly tail.

Introduced to one another at 6 weeks old, Tillie and Gus were the best of friends/siblings. Though I made sure they spent their evenings inside, during the day, both were outside. (We had a fenced-in yard so Gus was confined. Tillie however, as you might imagine was not. He had the run of the neighborhood.)

Sure enough, one day, Tillie got into a cat fight. His tail had been bitten and was beginning to abscess. I knew I had to take him to the veterinarian. However, I was in college and had very little money to spare. Nor did I have a credit card either. (Those were the days before credit card companies solicited college students.) In a financial bind, I called my parents and asked for money (I did work in the dining hall all through college but lived in a house off campus and had the usual room and board-type expenses).

They sent me \$25. (In my mind, I can still see the check.) In addition to whatever other money I could scrape together, I guess it was enough so I took Tillie to the "vet" for repair. He stayed overnight. The next day, I got the call that he was ready for pick-up. That's when the event occurred that has affected me/my animal-owning life going on — four decades plus.

I went by myself. I had a car; a 1970 Ford Maverick, but no cat carrier. I was, apparently, planning on simply holding Tillie in my arms as I had done the day before. However, the pick-up was not nearly as uneventful as the drop-off.

Once I got outside the building, Tillie began squirming (his tail had been shaved and had stitches where the abscess/bite had been inflicted) and broke free from my grasp. He ran off about 20 yards — or so to the rear of this modest one-story building and stopped just shy of a chain-link fence which separated where we all were to another neighborhood — beyond my reach. My fear: had Tillie climbed over that fence somehow, he likely would have been gone forever.

Slowly I approached Tillie, repeatedly calling his name as quietly and reassuringly as I could, trying not to rattle, startle or scare him in any way; presuming post-surgery, in an unfamiliar place, possibly in pain, it might not take much from his father to cause him to scamper off and disappear.

As I casually walked toward him, amazingly, Tillie sort of stood still, enough for me to scoop him up. Which I did and then carefully walked back to my car and drove us both home without any further ado — except for the rest of my taking-cats-to-the-"vet" life. And yes, that means now.

And though I'm not stupid enough to transport cats without cat carriers anymore, I am only at ease once we're back home and have let the cats out of their boxes and released them into the house (all our cats are indoor cats). Throughout this process, I must check the latches on their carriers a half-a-dozen times; in the house, in the car, in the parking lot outside the "vet's" office, in the waiting room, in the examining room and then again afterwards; back in the waiting room while I pay, in the car on the way home and finally in the driveway as I prepare to carry the carriers/cats across the yard and into the house. Once inside with the cats/carriers in hand, finally I can relax. Home at last.

Forty-one years ago; it seems like yesterday, or maybe tomorrow if the "vet" can see us. And that's what worries me. Been there and unfortunately, have done that.

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



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