



Fairfax Station

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Hannah Johnson, 16,
of Fairfax Station,
with her Great
Pyrenees named Thor.

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PET CONNECTION



Enjoying the View

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County Pursuing Environmental Goals

Bulova hosts County Environmental Showcase.

BY ANDREA WORKER
THE CONNECTION

Part exhibition, part symposium, and part networking opportunity — there was something for everyone even vaguely interested in environmental issues at the Environmental Showcase, hosted by Fairfax County Board of Supervisors Chairman Sharon Bulova on Saturday, July 22 at the county's Government Center.

The Fairfax County Environmental Vision was first adopted by the Board of Supervisors in 2004, when U.S. Rep. Gerry Connolly (D-11) was the board's chair. Working with then-Supervisor Bulova and others like Supervisor Penny Gross (Mason District), an environmental advisory committee was established to help develop and direct the region's environmental agenda.

The board recently updated the Vision document, so the event provided the community with some insight into the revisions. It also acknowledged the achievements of local government departments and non-profit organizations and civic groups, while recommitting to the task of protecting the local environment and developing models of sustainability as the county continues to grow.

There were kudos enough to go around.

Bulova noted Fairfax County reduced its per capita emissions by 10 percent from 2005 to 2012 and reduced greenhouse gas emissions from public buildings by 21 percent from 2006 to 2015 — at the same time that county properties have grown in square footage.

More than 60 percent of the county's Fairfax Connector buses are "mini-hybrids" which utilize engine cooling systems to reduce emissions and save on fuel bills.

BOTH BULOVA AND CONNOLLY noted the county's goal to increase tree cover in Fairfax County by 45 percent by 2037 has already been met — and exceeded. In addition, according to the Park Authority, said Connolly, the goal of preserving 10 percent of all land in the county is well within reach. "9.26 percent there," said Connolly. "Only 1,864 acres more to go."

Connolly also praised the board for "once again taking a leadership role" and adopting a resolution to sign on to the National Climate Action Agenda to uphold the standards agreed upon by 195 nations at the Paris Climate Summit. "President Trump has withdrawn us from the agreement," said Connolly. "Congratulations. We've joined the ranks of Nicaragua and Syria, the only two other countries who refused to sign ... and Nicaragua only declined because they thought it didn't go far enough."

Much of Connolly's remarks centered on the redevelopment of Tysons Corner.



Fairfax County Board of Supervisors Chairman Sharon Bulova was the host of the Environmental Showcase at the Government Center: "We've come along way since the adoption of the first Environmental Vision, but there's always work to be done."

"Consider the revolutionary provisions developed by the citizens Tysons Task Force. America's Next Great City is being built in a transit-oriented manner ... ensuring for the first time in Fairfax County that transit, biking and walking will be the safest, most convenient modes of transportation."

Connolly listed a number of additional achievements that had been made, and pointed out that all had been accomplished in partnership with the business community. He also paid tribute to the "unsung heroes in much of our environmental progress," referring to the hundreds of individuals and civic groups who have not only advocated in support of environmental protection, but also put in the hours and added their expertise for the good of the whole community, today and for the future.

A diverse panel of government employees and business leaders made presentations highlighting the partnership that Connolly spoke of. Kambiz Agazi, who Bulova introduced as the "Environmental Orchestra Conductor," is the county's environmental coordinator. Agazi mentioned some of the changes in "Vision 2.0" and also informed the audience that a new "environmental inventory" measuring environmental impact and improvements would be soon forthcoming.

Also present from Fairfax County government were James Hart, planning commissioner, and Susan Hafeli, senior utility analyst.

Tom Fleury, executive vice president of Bowman Consulting; Dr. Dann Sklarew, Ph.D. from George Mason University; and Steve Smith, principal with Cooper Carry architects, all spoke of innovations within their various disciplines that were aimed at marrying profitability with efficiency and environmental stewardship.



U.S. Rep. Gerry Connolly (D-11) was a guest speaker at the event. Connolly was the board chair when the first Environmental Vision for Fairfax County was developed and adopted.



The panel at the Showcase symposium and Q&A. From left: James Hart, Fairfax County Planning Commissioner; Tom Fleury, executive vice president, Bowman Consulting; Steve Smith, principal, Cooper Carry; Susan Hafeli, Fairfax County Senior Utility Analyst; and Dr. Dann Sklarew, George Mason University professor and Sustainability Initiatives coordinator. Kambiz Agazi, Fairfax County Environmental Coordinator, also joined in.

Smith had the assembly particularly interested in the description of his company's pilot project, re-designing a test floor in a hotel to align with "wellness building concepts." "In these rooms, even the shower is thinking about your health" with a Vitamin C infused water flow, he said. Before and after the speakers' presentations and questions for the panel, an estimated crowd of about 200 visited booths set up in the conference center lobby and in the main forum.

In the week ahead Reston Association will be reviewing its first major "RASER" — Reston Association State of the Environment Report. The work for the 190-page document was conducted over the last year by Doug Britt and a nine-person volunteer army who donated more than 1,000 hours to the task of unbundling information from a variety of sources and physically viewing, monitoring, testing and observing the natural environment in the area. The Reston booth drew quite a crowd, including Joan

Kaspowicz of Vienna ("just over the Reston line") who was impressed by the quantity of information being gathered and the work planned to restore and protect those resources.

Patrick Keenan, hotel operations project manager with Maryland-based B. F. Saul Company, Hospitality Group, stopped by to visit with Raea Jean Leinster, self-described "Chief Yuck Officer," of Yuck Old Paint recycling company. B. F. Saul is a client of Yuck. "Everybody can do their part," said Keenan.

THE YOUNGER GENERATION made its presence felt at the Showcase, as well. Members of ESLI — Eco-Schools Leadership Initiative — were also on hand. Sophia Applegate, a rising senior at Oakton High School, joined Madison High School rising junior Kathryn Hammond and VCU fresh-

man Archana Nakkara of Vienna to talk about the program that helps other youths learn about environmental issues and start their own environmental initiatives. The three met at an ESLI Conference, and their mutual interest in environmental protection has brought them together to help spread the word. "We love to do the programs especially in the middle schools and even younger. It's great to get kids started early, knowing how important it is to protect the Earth we live on and the community we live in," said Applegate.

There was no disagreement among those gathered. The work needed to be done on environmental issues and on combining the goals of growth and sustainability will probably never be done. "Things keep changing. People, technologies, the world around us, and we need to keep looking ahead to be ready," said Bulova.

The Fairfax County Environmental Vision can be reviewed at www.fairfaxcounty.gov/living/environment/sustainability/.



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SCHOOLS



Winning in Nashville

Lake Braddock Secondary School Family, Career and Community Leaders of America (FCCLA) joined more than 7,500 FCCLA student leaders, members, and advisers at the Music City Center in Nashville, Tenn, July 2-6 to participate in the annual FCCLA National Leadership Conference (NLC). Competing with over 4,200 STAR Event participants in Nashville, Lake Braddock students Maria Herbas (right) and James Brandow (left) won a 1st Place Gold Medal in the entrepreneurship category for their International Bakery business plan; Kaitlyn Sam (middle) achieved 2nd Place Silver Medal in the Nutrition and Wellness category for her “3 Peas in a Pod T.E.A.M. (Together Everyone Achieves More).

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SCHOOL NOTES

Send notes to the Connection at south@connectionnewspapers.com or call 703-778-9416. Deadline is Friday.

Abhishek Mishra of Clifton, Probable career field: Computer Science, graduate of Thomas Jefferson HS for Science and Technology, has received College-Sponsored Merit Scholarship from University of Maryland.

Christine H. Wang of Clifton, Probable career field: Aerospace Engineering, graduate of Thomas Jefferson HS for Science and Technology, has received College-Sponsored Merit Scholarship from Purdue University, a state-assisted university system with students on five campuses. Among the 25 largest colleges and universities in the nation, Purdue's West Lafayette campus enrollment exceeds 34,000. Undergraduate education at the West Lafayette campus is organized by academic schools: Agriculture; Consumer and Family Sciences; Education; Engineering; Liberal Arts; Management; Pharmacy; Nursing and Health Sciences; Science; Technology; and Veterinary Medicine.

Lillian Clark, of Fairfax Station, made the dean's list at University of Kentucky for the spring 2017 semester. Clark is working on a Doctor of Pharmacy.

Samantha Isabel Orellana, of Fairfax Station, made the dean's list at University of Kentucky for the spring 2017 semester. Orellana is a freshman studying political science.

Erimias Birie, of Lorton, has been placed on the president's list during the spring 2017 semester at New River Community College (Dublin, Va.).

Megan Linton, of Clifton, graduated from University of Wisconsin-Madison's College of Engineering with a Bachelor of Science-Engineering Mechanics.

Jeffrey Dinackus, of Fairfax Station, was awarded the AP U.S. Government, AP Environmental, and Honors Utopia/Dystopia Outstanding Performance Certificates for the 2016-17 school year at Randolph-Macon Academy (Front Royal, Va.). At that time, Jeffrey was a senior at the Academy. Jeffrey is the son of Tom and Lisa Dinackus.

Kwaku Bonsu Dwamena, of Lorton, received an Associate in Business degree from Spartanburg Methodist College (Spartanburg, S.C.).

Savannah Bolton, of Fairfax Station, was named to the spring 2017 semester dean's list at Stevenson University (Owings Mills, Md.).

Katherine Hough, a Fairfax Station resident, has made the dean's list for the spring 2017 semester at George Mason University, Volgenau School of Engineering. She is currently earning her Bachelor of Science degree in computer science.

Genevieve Dietz, of Fairfax Station, has been named to the president's list for spring 2017 at Georgia Southern University (Statesboro, Ga.).

NEWS

Dominion Awards Grant to Children's Science Center

The Children's Science Center, a non-profit organization whose mission is to instill a love of learning STEM in all children by providing them opportunities to explore, create and be inspired, recently received a \$10,000 grant from the Dominion Energy Charitable Foundation. Funds will be allocated to support several environmental education programs that Center is coordinating over the coming months. Each year, 50,000 visitors explore the Children's Science Center Lab located at Fair Oaks Mall in Fairfax County.

"The Lab recently celebrated its second birthday and will welcome its 100,000th visitor this year," said Nene Spivy, executive director of the Children's Science Center. "This generous financial support from companies like Dominion Energy promotes educational enrichment and STEM learning for children of all ages in Northern Virginia, and we appreciate Dominion's commitment to inspiring the next generation of innovators," Spivy added.

"When reviewing their grant application, we were very impressed by the scope and the creativity of the Center's educational outreach," said Deborah T. Johnson, regional policy director for State and Local Affairs at Dominion Energy. "It's a pleasure to lend our support to initiatives that connect children with the environment in a memorable and meaningful way."

The Children's Science Center kicked off summer teaming up with "The Great Sunflower Project," a national research effort that encourages children to count and re-



PHOTO CONTRIBUTED

Adalene "Nene" Spivy (left), Executive Director of the Children's Science Center, accepts a \$10,000 check from the Dominion Energy Charitable Foundation presented by Deborah Johnson, Regional Policy Director for State & Local Affairs.

port the pollinators in their own backyards. "We are thrilled for our children to have a chance to be part of a national research effort and are very grateful to Dominion Energy Charitable Foundation for this grant to encourage environmental stewardship," said Spivy.

Other Center initiatives supported by this grant include two sessions of "Dream It, Build It: Nature Center" a week-long summer camp where participants will create a nature center and learn about green architectural design, plus a rotating series of activities and experiments on topics such as ocean chemistry and many more. Visit www.childsci.org.

of all people. Experience true acceptance and true Catholicism. www.MySaintAnthonys.org.

Calvary Hill Baptist Church, 9301 Little River Turnpike in Fairfax, conducts Worship team practice for the Praise Band in the Sanctuary every Thursday at 7 p.m. All are welcome. 703-323-1347.

Jubilee Christian Center will have a Patriotic Service on Sunday, May 28, 8:45 and 11 a.m., featuring special music and message. Jubilee is located at 4650 Shirley Gate Rd., Fairfax. There will be no 6 p.m. service on May 28. For information, call 703-383-1170, or see www.jccag.org

St. Anthony of Padua American National Catholic Church, 10383 Democracy Lane, Fairfax, holds mass for Contemporary Catholics every Sunday at 12:30 p.m. St. Anthony's is an independent Catholic parish, inclusive and accepting

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OPINION

Help End Domestic Violence

There were 1,483 calls to the domestic violence hotline in 2016, averaging 124 calls per month.

BY JOHN C. COOK
DISTRICT SUPERVISOR (BRADDOCK-R)

Strong families are held together by love, support, and commitment. They are the very foundation of a strong society. If the core of the family is replaced by violence, then all of society is weakened.

Domestic violence affects one in four Fairfax families and causes nearly 1,600 arrests in Fairfax every year. It is almost guaranteed that anyone reading this knows a victim of domestic violence, even if they are unaware of it. These statistics alone paint a dire picture. However, there is a way you can make a positive difference.

GUEST EDITORIAL

Fairfax County's Domestic Violence Prevention Council, which I chair, rolled out the "Make the Call" campaign earlier this year. Its purpose is to encourage victims and witnesses of domestic violence to call Fairfax County's 24-hour domestic and sexual violence hotline at 703-360-7273. This number is completely safe and confidential. The hotline is staffed by experts always ready to offer information, counsel, and resources to victims and concerned citizens. Callers can receive vital information on where



to find shelter, legal resources, financial aid, and even a safe haven for their animals. Anyone can call to learn about the signs of domestic violence and even confirm possible incidents.

The hotline is proving to be highly effective and even lifesaving. The Fairfax County Office for Women received 1,483 hotline calls with an average of 124 calls per month in 2016. At least 98 percent of those who called for services said the hotline better prepared them to make a safety plan. This call can mean the difference between life and death for those escaping abuse.

Domestic violence is sometimes difficult to identify for bystanders, as well as victims. Abusers will often convince their victims that

they deserve the abuse, which shames victims into hiding the problem instead of speaking out. Many abusers threaten their victims with harsher, deadlier punishments if they look for help. These and other factors make domestic violence more difficult to recognize without the help of a seasoned professional. This is why we need more people to make the call when they have that gut feeling that something is amiss.

For bystanders, it could be a black eye, a passing reference, or even a loud argument overheard next door. You do not have to be sure. If you think domestic violence maybe happening, make the call and let professionals help.

For victims, the hotline is available whenever you need it. If you feel threatened, alone, or unsafe in your own home, please make the call. You do not have to go through this difficult time alone. The staff at the hotline is here for you at any hour of the day and will do everything they can to help secure you and your family's safety.

Again, the number is 703-360-7273. Please, make the call, it could save a life.

Victims and witnesses of domestic violence can call Fairfax County's 24-hour domestic and sexual violence hotline at 703-360-7273.

LETTERS TO THE EDITOR

'Catastrophic Events' Can Happen to Anyone

To the Editor:

I am a senior citizen and I have read about the situation with health care or lack of in this country. Your article mentioned many factors that the general public is ignorant of. I personally believe that a country's strength and greatness is reflected in how they treat the least of their people.

We have failed on an epic level as a people. No person wants to be on welfare, Medicaid, public assistance or food stamps. The prevailing ignorant opinion by the vastly uninformed public is that it is an easy ride and that the individuals on welfare want to live off the state.

The truth of the matter is that "catastrophic events" can happen to anyone and it only takes the loss of employment and devastating medical bills to suddenly be forced to be on state assistance. It is a true nightmare. It is a degrading humiliating process and I honestly cannot think of anyone who truly wanted to be on Medicaid or welfare. It puts a person in a negative life-altering position where the

judgment by people is harsh and unsympathetic. People make assumptions that those on assistance are no good lazy bums getting a "free ride."

The truth is that President Johnson and his "great society" brought about the demise of social security. He opened the doors to the looting of the program for non-related financial projects.

I am an independent voter. I am a senior. I used to be an employee of United Airlines. I lost all my benefits and do not have any retirement. I also was a part time teacher. I have no teacher's pension. I have no savings and no retirement to fall back on and am living on S.S.I. of \$735 a month and that is my sole income. It is impossible to live on this. I have no money by the middle of the month.

I injured myself in a freak accident at Dulles airport. I lost my job. it was a devastating loss for me. I could not find any work. I was forced out of desperation to apply for Medicaid. I do not like Medicaid because the types of cli-

ents I have to associate with and choice of doctors is very limited. Having grown up in a family where my mother was a Democrat and my father a Republican I have

had two viewpoints. My maternal grandfather was with the Burlington Northern Railroad 30-

SEE LETTERS, PAGE 15



"Victor the Vulture is our new office pet. While he's not very cuddly, we enjoy his visits to our office balcony, which he uses to 'scope' out the area. From time to time we get to watch him dive bomb from the fifth floor of the Government Center. Although we are unsure of his success rate. Victor is bigger than most cats and I wouldn't want him near mine!"

— BOARD OF SUPERVISORS CHAIRMAN SHARON BULOVA

Fairfax Station,
Lorton & Clifton
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NEWS

Nomadic Display Moves to Lorton, Creates New Jobs

Gov. Terry McAuliffe announced that Nomadic Display, a worldwide leader in trade show displays, invested \$940,000 in connection with its headquarters relocation within Fairfax County and will create 30 new jobs. Virginia successfully competed with North Carolina for the project.

Nomadic Display, which relocated its headquarters to the Lorton area of Fairfax County in September 2016, will hire new employees by 2019. Through the Virginia Jobs Investment Program (VJIP), 61 existing employees will be retrained on new products and processes.

"Nomadic Design has long made its high-quality products in Fairfax County, and it is wonderful to see the company continuing to grow here," said Gerald L. Gordon, Ph.D., president and CEO of the Fairfax County Economic Development Authority (FCEDA). "Advanced, light industrial manufacturing diversifies the Fairfax County economic base and business community and helps provide the county with long-term economic stability."

Founded in 1975, Nomadic Display is a leading producer of display solutions for purchase or rent.

Its high-quality, lightweight displays help companies market their businesses in a cost-effective way at trade shows, corporate events, road shows, airports, shopping malls, and showrooms. The company uses eco-friendly practices in the design, fabrication, and delivery of its displays and graphics. Its award-winning displays can be seen in showrooms and online.

Owner Eric Burg expressed how pleased he is to have the business resources and support available in Virginia.

"Fairfax County is truly an exemplary case study on how to keep jobs here in the state. The people are the key, and we rely on their knowledge and experience to provide superior products and customer service. We chose to expand here in Virginia because the highly-skilled workforce provides limitless opportunities for growth and success."

"As a leading producer of display solutions for purchase or rent, Nomadic Display has been helping businesses effectively market around the world for over 40 years, and we are proud the company has chosen to relocate its headquarters in Fairfax County," McAuliffe said.

PET CONNECTION

Gentle Giant of Burke

"Meet Doobie on the left, Emma on the right and I'm Cheryl Sheppard (of Burke). We adopted Emma from Fairfax animal shelter when she was just a puppy, eight years ago. She's the alpha of the pack and always first to greet us howling when we come home from work. Doobie's not three steps behind. Doobie was adopted from our good friend who rescued him from a shelter in North Carolina five years back when Doobie was 2 years old. Doobie is a gentle giant with a big heart. He's learned so much from Emma but Doobie is still working on his table manners. Without these two I'm sure this photo, taken at Lake Mercer, wouldn't have happened. Our family is blessed to have these paws in our household."

— SUBMITTED BY
KEVIN SHEPPARD, BURKE

Cheryl Sheppard, of Burke,
with Doobie on the left and
Emma on the right in a
photo taken at Lake Mercer.



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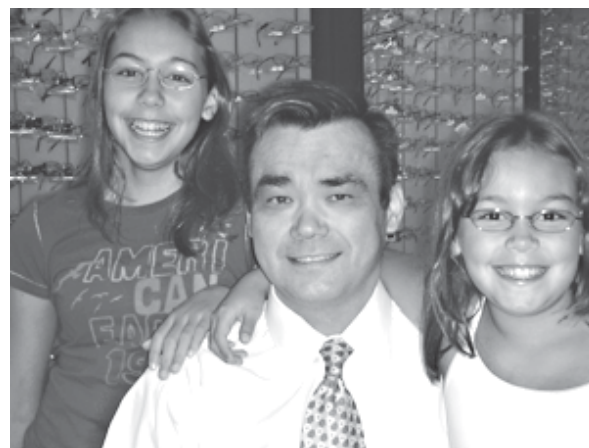
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Gandalf the Grey was adopted from the Fairfax County Animal Shelter by Teddy Schroder from Clifton.



Marsha Pierce of Fairfax Station sent this photo of Ryan and Gretchen Pierce's little black and white dog named Gracie Belle. She loves hanging out at the Pierce Bar LL Ranch in Wimberley, Texas. "Safety first" as she wears her little doggie life vest while standing on a kneeboard.



Special Connection

This is the picture of our family English bulldog Bandit with Ryan Saba. In this picture Bandit is 10-weeks old and Ryan is 23 working for Horn Point Laboratory and about to start a master's program at the University of Maryland. On the day the picture was taken, Ryan drove from Cambridge, Md., just to see Bandit. They were inseparable: Ryan would be wrestling with the little puppy, taking him for walks (mainly carrying him in his hands), turning Bandit into the next Hollywood star by taking countless pictures and videos and letting the puppy fall asleep in his

arms exhausted from all the play. This picture was taken three years ago, just days before the tragic car accident took Ryan away from us and Bandit. This picture of a smiling young man and his beloved puppy will always be very special and dear to our family and everyone who knew Ryan. Today Bandit is a 3-year-old beautiful and loving dog who is full of energy and who will always remind us of that special connection he had with Ryan and the connection we will always have with Bandit.

— KATE SABA, FAIRFAX STATION



Dog Kisses

A snuggle moment between Audrey Herod of Springfield and her dog Magic. Audrey received a letter from Santa saying that her Christmas gift was to pick out a canine friend from a shelter. She then went looking for the perfect pal and found Magic at Arlington's animal shelter. It was love at first site for both of them!

Marsha Pierce's two dogs, Dexter and Dia. They were enjoying a shopping trip to the Petco in Burke.



PET CONNECTION



Cinco de Mayo



Mardi Gras

Boxer for All Occasions

Our Boxer is certainly a lovable guy. Named for the British holiday Boxing Day (Dec. 26, the day he came home to us), he's developed quite a fan club, both in person and on his Facebook page, where he posts pictures for holidays.

Boxer is a 3-year-old Dutch with striking good looks ... we think that he's handsome enough in his "tuxedo" to be considered as the next James Bond and he obviously has plenty of romantic appeal. He is a vegetarian who likes quiet dinners with family, rearranging the "furniture" in his cage and watching "Dancing With The Stars," although he is disappointed that they have yet to perform the Bunny Hop.

Our little guy (he weighs about six pounds) loves to meet new people and is particularly fond of children. He will happily sit for ages being petted and will repay you with bunny kisses (licking your fingers). Although he is clearly adorable, rabbits have a life expectancy of up to 10 years and require daily socialization and attention, in addition to their regular food and supplemental fresh veggies – while Boxer obviously turns on the charm for the camera, please recognize that caring for a bunny is much more than just a photo op.

— SUSIE NUÑEZ

Boxer's humans are occasional contributors to The Connection and his grand-humans' family manages circulation for the Springfield/Burke/Fairfax editions each week.



Easter 2015



Santa



St Pat



Valentines Flowers

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Despite his best efforts, NBC4's David Culver eventually had to pull his "weapon" to bring the angry bar patron under control with the aid of his partner Officer Reem Awad in the de-escalation exercise.



Kathy Stewart from News Radio WTOP gets some pointers from 2nd Lt. Dan Pang in how to conduct a traffic stop.

Behind the Badge

Police offer members of the media insight on a "Day in The Life" of local law enforcement providers.

BY ANDREA WORKER
THE CONNECTION

Think you know what you would do if you were dispatched to handle a domestic dispute? Or if you were handling a "routine" traffic violation and the driver, sitting behind darkly-tinted windows wouldn't obey your instructions? Or you were called to the scene of a horrific accident where lives have been lost? With the exception of those who officially work these situations, members of the press probably get a closer look at these events than the average citizen, but a group of area media personnel were put to the test by several Fairfax County's police officers who gave them a glimpse of life behind the badge at the inaugural Fairfax County Police Department (FCPD) Media Police Academy.

"It's our first-ever academy for the media," said Julie Parker, FCPD Media Relations director, who came to her position from a background in journalism. The department currently runs a Citizens' Academy and a Teen version, but as Parker said, it's the media that "cover us ... we felt that there isn't enough education ... for reporters covering very serious topics." Parker also said that the FCPD was looking for feedback from the media.

THE BRAINCHILD of 2nd Lt. Dan Pang, who served as co-host, instructor, mentor and supervisor of the media rookies, the July 20 all-day session was held at the Fairfax County Criminal Justice Academy in Chantilly — the same facility where police recruits start their training in hopes of passing muster and eventually hitting the streets to "serve and protect."

Making it into those ranks in Fairfax County requires eight hours of psychological testing, extensive background checks, and six months of Academy training comprising lectures, practicals and skills training in defense, driving and firearms training. "You have to get each skill right, respond appropriately in each scenario," said Pang. There's coaching and counselling to correct mistakes, but the newbies are sub-



Fairfax County Police Chief Ed Roessler takes a working lunch with the Media Police Academy class and answers questions about new policies and police training, use of force, release of information, and more.

ject to a "three strikes and you're out" rule.

If the recruits make it that far, they move on to 90 days in the real world, with a field officer partner. Pass that test, and the recruit is now a rookie and it's time to do the job solo, or as a partner.

Pang took his "students" into the emotional life of a police officer. "It's a roller coaster," he said. "You try to turn it off and on, but it's not always so easy to do. We are in a constant state of elevated alertness. Failure to do so could kill us."

Pang used the terms "hypervigilance" and "stimulus habituation" and referenced the book "Emotional Survival for Law Enforcement, A Guide for Officers and their Families," by Kevin Gilmartin, Ph.D. to describe what life is like for himself and his fellow officers.

According to Gilmartin and other research, when law enforcement personnel get home, they may actually experience a "chemical dump" of the adrenaline and other chemicals that have kept them in this state. It can be such an overpowering relief to the brain and body that the officer almost literally shuts down. Pang and several of his colleagues who participated in the session spoke about times when they have



"Sir, put down the hammer!" NBC4 news anchor and reporter David Culver tries to calm an angry man in the de-escalation exercise.

PHOTOS BY
ANDREA WORKER/
THE CONNECTION

come home and "just hit the couch and went out like a light."

There are other effects on a police officer's personal life that have been noted. "Cops tend to like toys," said Pang. Things like boats, ATVs and electronic gadgets "can compensate for the high when you're not on duty. Cops can become impulse buyers." He acknowledged that it's a trait that is not always conducive to a harmonious family life.

There are also societal effects resulting from a police officer's daily lifestyle. Alienation from friends and family can occur as some law enforcement personnel feel only their fellow officers can really relate to them. Amp that feeling up over time and that alienation can cause some officers to see everyone around them as untrustworthy.

With all that they see and that they do, and with the personal toll that their work can take on them, it's probably no wonder that 85 percent of law enforcement personnel have experienced some kind of negative mental health symptoms. Almost 84 percent have been witness to, or involved in a traumatic event. More than 20 percent have suffered from some level of Post Traumatic Stress Syndrome and 27 percent have

admitted to depression. The suicide rate for those working in law enforcement is three times the rate of the general population.

A veteran officer agreed to share a personal story with the attendees, having been involved in more than one fatal shooting encounter during [his/her] career. The condition for opening up in this way was a request for anonymity. No recording. No note-taking. "As you can perhaps understand," said the officer, "these were difficult situations and experiences — for me, my family and for the families of the victims." The officer did not wish to bring new attention to these events and cause additional pain or concern for anyone involved.

Both events were ultimately declared as justified uses of force, and, in fact, in one case the officer's actions saved further loss of life or injury to other officers and members of the public. But the scrutiny, the investigations, the sudden removal from the job and the familiar surroundings and support from fellow officers, as well as the fear of retaliation against the officer or family members, made for "the most difficult time of my life" — and through it all you have to deal with the gravity of your own actions.

SEE FAIRFAX POLICE, PAGE 11

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Fairfax Police Host Media Academy

FROM PAGE 10

TO ILLUSTRATE HOW QUICKLY a situation can turn deadly — regardless of training or preparedness — the class reviewed some bodycam videos that also highlighted the “power of perspective.” Watching real-life scenes of traffic stops and one of an eviction from different angles and sources, and in one case, with and without sound, gave everyone pause for thought. Viewed from just one perspective, or in silence, judgments were quickly made as to who was responsible for the violent outcomes. As more sources were layered in, or sound introduced, that certainty quickly faded, or positions even reversed.

“I think you get the point,” said Pang. Kathy Stewart, an attendee from WTOP, agreed, saying the video exercise just emphasized the importance of “getting the whole story” and of the power that lies in the hands of those reporting.

Next on the agenda was strapping on 30-plus pounds of gear (holster, “gun,” handcuffs, etc.) to perform some “traffic stops” in the back parking lot, after some tips on where to stop a vehicle, how to approach it, what to look for, how to address the driver and other occupants, and how to stay as safe as possible.

PFC Mark Pollard of the Motor Squad, who helped run the exercise, was an approachable and thorough instructor, but hadn’t much sympathy for complaints about heat. “We’re out here, no matter what. Sun, snow, rain. That’s our job.”

“Driver” Fred Sanborn of Springfield has attended the Citizens Police Academy and seemed to relish his role as one of the difficult citizens being stopped. Waving-off the “officers” who approached, Sanborn just kept on with his cell phone conversation and then argued every step of the way.

Pollard was pretty matter-of-fact when some of his media students looked back in hesitation at Sanborn’s failure to cooperate. “Deal with it if they don’t listen to you,” was his response. “Stay polite,” he added, “and use your ‘command control’ voice.”

The debrief from this exercise showed that in their anxiety to do things right and not miss a step, everyone overlooked something potentially deadly — like a knife on the dashboard, or a small handgun hidden alongside a driver.

OTHER HANDS-ON EXERCISES had the faux-recruits responding to a call of a domestic dispute, or being dispatched to calm an increasingly violent individual. “These are very much every-day occurrences,” said Pang, “and the often the most dangerous.”

Even in these controlled circumstances, with cameras recording and at least a few of their peers silently watching, many of the participants admitted that the situations still had a physical effect.

David Culver, an anchor and reporter with Washington’s NBC News 4, was one of the media students who successfully diffused an escalating situation without injury or worse, but when he felt forced to draw his



The role-playing volunteers seemed to enjoy putting the media recruits through their paces. Driver Fred Sanborn of Springfield, a Citizen’s Police Academy graduate, said that he and his cohorts – front seat passenger Gabe Goldberg of Falls Church, and backseat potential baddie Ed Pouncey of Sully – were actually “taking it pretty easy on these guys. We’d be tougher on the real recruits.”

PHOTOS BY ANDREA WORKER/THE CONNECTION



Brian Trompeter from the Sun-Gazette Newspapers steps out of the patrol car, ready for action. “It’s a little unnerving,” he said. Most of the media “cops” found it difficult to approach the vehicles without their hands on their “guns.”

“weapon” to control the “suspect” he said that during the “encounter” he still felt his heart racing.

In between stepping in and out of the role of law enforcers, there were portions of the program designed specifically for those in attendance. Police Chief Ed Roessler joined the group for a working lunch and answered questions about increasing efforts to infuse the department with transparency, the recent formation of the Citizen’s Police Review Board, the effect of social media on policing, and other issues.

Transparency and an additional outlet for citizens to turn to are the right way forward, according to Roessler, who acknowledged that the changes are difficult for many. “There is a certain level of fear and anxiety among the troops,” he said. So many recent deadly incidents that have occurred in police departments around the country are not only tragic for the victims, but they add another level of stress and difficulty for the officers who are just trying to do the right thing and protect, even to the extent of

putting their own lives on the line.

Despite the obstacles, Roessler remains committed to supporting changes in training, departmental policies and furthering community engagement. The chief pointed to the department’s strong relationship with the All Dulles Area Muslim Society (ADAMS) Center that straddles the line between Fairfax and Loudoun counties.

“That’s a relationship that both parties have been building since the ’90s” and has served the community well many times since then, most recently during the investigation into the murder of 17-year-old Nabra Hassanen of Reston, who was a member of the mosque. While many were immediately categorizing Hassanen’s death as a hate crime, even in the midst of their shock and grief, ADAMS Center released a statement thanking FCPD and the Loudoun County Sheriff’s department for their “diligent efforts in investigating and apprehending a suspect.”

Major Christian Quinn, Commander Division III, Patrol Bureau and Assistant



2nd Lt. Dan Pang of the Fairfax County Police Department, who served as the Media Police Academy co-host and primary trainer, was a driving force behind the event.

Commonwealth’s Attorney Casey Lingan, joined Parker in a further Q&A session. The timing and the amount of information being released to reporters was the predominant issue.

Human nature may make some hesitant to speak to media outlets. “No one likes to be humiliated. There is definitely a growing sense that people are looking for that ‘gotcha’ moment,” said Quinn.

Parker said that the Media Relations Bureau was dedicated to making accurate information available as quickly as possible. All three gave examples where information had to be held for legal reasons, or should be held to protect the investigation or the rights of those involved.

ABC7 newsman Sam Sweeney questioned circumstances where reporters are “pushed back from a scene” while neighbourhood residents were allowed to move more freely around the area. The trainers answered that there could be legitimate reasons for holding back reporters and others — particularly in scenes where the presence of more people might make it even more difficult for the police to keep an eye on all activities — but Parker reminded that the police information officer on scene is available. “And if you think you are having a problem, you can always call our office. We will do our best to get you information and access.”

Media Police Academy ended with a “Shoot-Don’t Shoot” simulation. In the controlled exercise, Peggy Fox with WUSA9 and John Aaron with WTOP “saved the day” even though in the stress of the situation, they failed to notice innocent bystanders walking in the background. “It’s a real eye-opening experience,” said Aaron.

The Police Department plans to make the Media Police Academy an annual event to keep the dialogue open between law enforcement and the people who bring their stories to the public.

Citizens interested in getting a more in-depth look at policing in the community may consider applying for the Citizens Police Academy at www.CPA@fairfaxcounty.gov. The department also has a Facebook page with information about current police actions and tips for safety.

ENTERTAINMENT

Send entertainment notes to the Connection at connectionnewspapers.com/Calendar/. Dated announcements should be submitted at least two weeks prior to the event.

WEDNESDAY/JULY 26

Pop Up Adventure Playground. 10 a.m.-noon at Kutner Park, 3901 Jermantown 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.

THURSDAY/JULY 27

Summer Under the Stars Concert. 8 p.m. Veterans Amphitheater (adjacent to City Hall), 10455 Armstrong St., Fairfax. City of Fairfax Band. Visit www.fairfaxband.org or call 703-385-7855.

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! No pets allowed except service animals. For more details visit www.fairfaxva.gov/rocktheblock

Topgolf and a DJ. 7-10 p.m. at Topgolf, 6625 S. Van Dorn St. Golf, music from Silver DJ, food and drink. Visit topgolf.com/us/alexandria/ or call 703-924-2600.

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.

Scarf Painting Workshop. noon-3 p.m. at the Fairfax Art League Village Gallery, 3950 University Drive. The Fairfax Art League invites the public to a hand painted scarf workshop. \$10. Call 703-569-8760.

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.

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.

MONDAY/JULY 31

Funday Monday for Children. 10:30 a.m. in Old Town Square, 3999 University Drive, Fairfax. Storytelling and songs. Weather permitting. Visit www.fairfaxva.gov or call 703-385-7855.

TUESDAY/AUG. 1

Night Out at Random Hills. 6-8 p.m.

Cirque du Soleil’s “OVO” – Main characters, from left: The Foreigner, Ladybug, and Master Flipo.

PHOTO COURTESY OF
CIRQUE DU SOLEIL



Soaring into Eagle Bank Arena

Cirque du Soleil’s “OVO” brings colorful imagination to GMU stage.

BY DAVID SIEGEL
THE CONNECTION

Skillful daredevils with big, off-beat imaginations will be arriving in Northern Virginia. It is Cirque du Soleil’s touring production of “OVO” with seven performances at the Eagle Bank Arena in Fairfax.

“OVO” starts when a larger than life “community of colorful curious insects is disrupted when a most colorful funky blue fly called The Foreigner unexpectedly arrives with a special package: a mysterious large egg,” said Cirque du Soleil publicist, Nicolas Chabot in a recent interview. OVO is egg in Portuguese, said Chabot.

“What was once a quiet, thriving community of ants, spiders, crickets, dragon flies, even some not so frightening mosquitoes and fleas all have to deal with something new in their midst,” added Chabot. The wise, eccentric Master Flipo, chief of the insect community, is startled. But a shy Ladybug senses that the community will be disrupted for the good.

“OVO” was created by Deborah Colker, the first

female director in Cirque du Soleil history. “Colker wanted to develop a family friendly experience bringing the secret life of the colorful insects often hidden away at our feet to view,” said Chabot. “And the bugs are not creepy at all.

“The ‘OVO’ community is visually striking, full of quirky insects who perform astounding physical stunts,” said Chabot. They rush about to eat, crawl, play, annoy each other, and even look for friendships. All with non-stop energy.

The cast of OVO comprises 50 athletic performing artists. They will perform in a center ring, on walls, on high wires and even perform hold-one’s-breath feats in the heights of the Eagle Bank Arena. As they perform, they will jump, contort, tumble, juggle and twist to defy gravity and audience expectations. A lively seven-piece band will add energy to the show, playing original music composed by Berna Ceppas based upon the Bossa Nova, Funk, Electro and even Samba.

Bright, colorful costumes will display the acrobatic insects in lively groupings of energetic cute bugs. “OVO” will showcase the insects working together to form and celebrate their community,” said Chabot.

“OVO” is a big, exciting picture book that will come alive through human imagination and the skills of performers out to please the audience; no matter what age. “OVO” aims to be wide-eyed fun, showing that colorful bugs of many kinds can live peacefully together.

Where & When

Cirque du Soleil presents “OVO” at Eagle Bank Arena, George Mason University (Fairfax Campus), 4500 Patriot Circle, Fairfax. Performances Aug. 16-20, 2017. Doors open one hour before performance. Tickets: \$39-\$167. Premium Producer tickets and special price family pack tickets packages also available. Call 703-993-3000 or visit www.eaglebankarena.com.

Fairfax. Wear comfortable clothes and bring a mat. Class will take place in Old Town Square at the pergola. Weather permitting. Visit www.fairfaxva.gov/.

THURSDAY/AUG. 3

Flora Fauna for Kids. 11-11:45 a.m. at Hidden Pond Nature Center, 8511 Greeley Blvd., Springfield. Learn about fish in the pond. \$5. Ages 3-6. Call 703-451-9588.

The Excellent Drivers concert. 6:30-8:30 p.m. at Old Town Square, 3999 University Drive, Fairfax. Musical, family-friendly event. Free.

Visit www.fairfaxva.gov/.

FRIDAY/AUG.4

Main Street Clarinet Quartet concert. 7-8 p.m. at Old Town Plaza, 3955 Chain Bridge Road, Fairfax. Musical, family-friendly event. Free. Visit fairfaxva.gov/.

Bingo. 7 p.m. at Fire Station 3, 4081 University Drive, Fairfax. Smoke free. \$1,000 jackpot. Visit www.fairfaxva.gov/.

Topgolf and a DJ. 7-10 p.m. at Topgolf, 6625 S. Van Dorn St. Golf, music from Rush Hour DJ, food and drink. Visit topgolf.com/us/

alexandria/ or call 703-924-2600.

SATURDAY/AUG. 5

Singles Dinner and Movie Night. 5 p.m. at Uncle Julio’s at Fairfax Corner, 4251 Fairfax Corner Ave. \$32 at door includes dinner, soda, tip and movie ticket. Sponsored by New Beginnings, a support group for separated/divorced men and women. Call 301-924-4101 or visit www.newbeginningsusa.org.

Topgolf and a DJ. 7-10 p.m. at Topgolf, 6625 S. Van Dorn St. Golf, music from Tnyce DJ, food and drink. Visit topgolf.com/us/alexandria/ or call 703-924-2600.

SUNDAY/AUG. 6

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.

MONDAY/AUG. 7

Funday Monday. 10:30 a.m. at Old Town Square, 3999 University Drive, Fairfax. Mr. Skip will perform for children. Free. Call 703-385-7858 or visit www.fairfaxva.gov/culturalarts.

WEDNESDAY/AUG. 9

Tai Chi. 6:30-7:30 a.m. at Old Town Square, 3999 University Drive, Fairfax. Weather permitting. Wear comfortable clothes and bring a mat. Class will take place in Old Town Square at the pergola. Free. Call 703-385-7858 or visit www.fairfaxva.gov/culturalarts.

THURSDAY/AUG. 10

Flora Fauna for Kids. 11-11:45 a.m. at Hidden Pond Nature Center, 8511 Greeley Blvd., Springfield. Learn about “dirt critters,” in the area. \$5. Ages 3-6. Call 703-451-9588.

SUNDAY/AUG. 13

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

Model Train Show. 1-4 p.m. at Fairfax Station Railroad Museum, 11200 Fairfax Station Road. The Northern Virginia NTRAK members will hold a N gauge T-TRAK model train show. Museum members, free; adults 16 and over, \$4; children 5-15, \$2; under 4, free. Information on the museum and shows is at www.fairfax-station.org or call 703-425-9225.

Meet the Artist Reception. noon-3 p.m. at the Workhouse Arts Center, 9601 Ox Road, Lorton. Art Quilts Exhibit by fiber artist Marisela Rumberg, exhibit runs Aug. 9-Sept. 3. Visit www.MariselaRumberg.com.

Meet the Author. 2 p.m. at the Fairfax Museum and Visitor Center, 10209 Main St., Fairfax. “Reston: A Revolutionary Idea.” Author and biographer Kristina Alcorn will discuss the history of Reston and sign and sell her book, “In His Own Words: Stories from the Extraordinary Life of Reston’s Founder, Robert E. Simon, Jr.” Free. Fairfax Museum and Visitor Center, 10209 Main St., Fairfax. 703-385-8414.

THURSDAY/AUG. 17

Flora Fauna for Kids. 11-11:45 a.m. at Hidden Pond Nature Center, 8511 Greeley Blvd., Springfield. Learn about insects in the area. \$5. Ages 3-6. Call 703-451-9588.

Lucia Valentine Concert. 6:30-8:30 p.m. at Old Town Square, 3999 University Drive. Grab dinner at one of the many restaurants in downtown, and listen to great music. Free. Call 703-385-7858.

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Charlie at the Pool

Mary-Alice Cohen of Fairfax Station sent these pictures with her 'precious Pomeranian pet, Charlie.' He was too scared to join her in a friend's swimming pool.



Charlie finally joins Mary-Alice on the float.



Mary-Alice Cohen of Fairfax Station with her pet Charlie and friend Elizabeth Carey.



Charlie deserved a hug after a day of trepidation at the pool.



PHOTO CONTRIBUTED

Cheryl Sheppard, of Burke, with Doobie on the left and Emma on the right in a photo taken at Lake Mercer.

Gentle Giant of Burke

"Meet Doobie on the left, Emma on the right and I'm Cheryl Sheppard (of Burke). We adopted Emma from Fairfax animal shelter when she was just a puppy, eight years ago. She's the alpha of the pack and always first to greet us howling when we come home from work. Doobie's not three steps behind. Doobie was adopted from our good friend who rescued him from a shelter in North Carolina five years back when Doobie was 2 years old. Doobie is a gentle giant with a big heart. He's learned so much from Emma but Doobie is still working on his table manners. Without these two I'm sure this photo, taken at Lake Mercer, wouldn't have happened. Our family is blessed to have these paws in our household."

— SUBMITTED BY KEVIN SHEPPARD, BURKE



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Navarro & Family LLC trading as The Wine Attic, 7145 Main St, Clifton, Fairfax County, VA 20124. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine & Off Premises Gourmet Shop; Delivery Permit license to sell or manufacture alcoholic beverages. Renee Navarro, Managing Member.

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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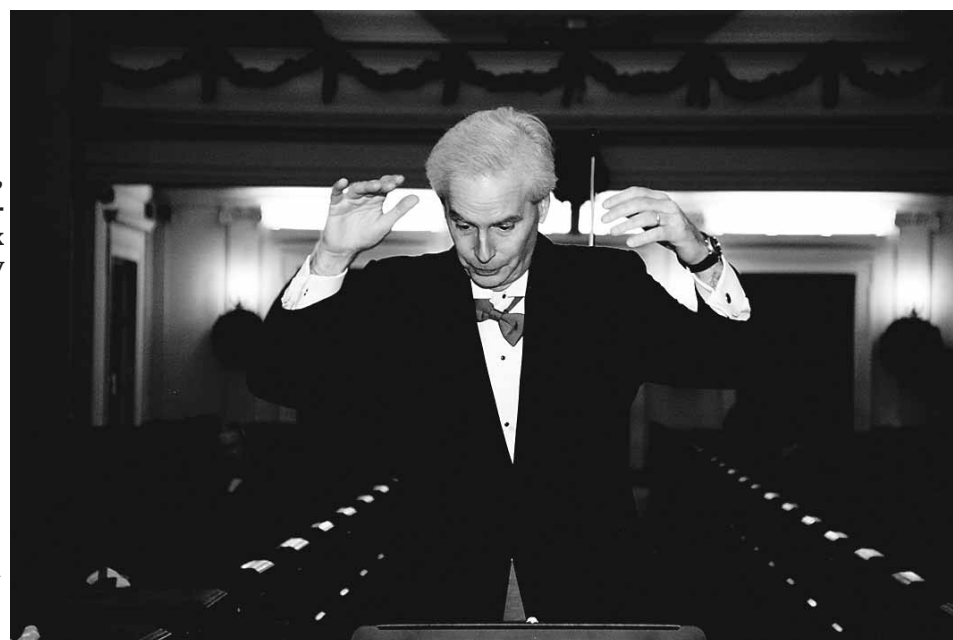
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**Doug Mears,
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**Doug Mears,
Fairfax Choral
Society long time
artistic director
to retire.**

BY DAVID SIEGEL
THE CONNECTION

After nearly four decades shaping and inspiring the Fairfax Choral Society (FCS) to be at the forefront of Washington area choruses; artistic director Doug Mears will be retiring this fall. One of the largest choral groups in the region, the FCS provides classes and opportunities to perform for more than 300 choral singers from preschool through adult.

"His talent, passion and creative programming have inspired and educated our singers," said long-time FCS member and Board Chair Barbara Tuset. "During his tenure he also provided the chorus with extraordinary experiences with guest composers and conductors. Each performance left us hungry for the next challenge. Doug will be missed by all of us at FCS."

When asked what kept him so committed to the FCS, Mears said, "The opportunity to collaborate with talented, hard-working, dedicated, and inspiring singers; and with great composers from throughout music history, to present masterworks of choral music for our community and the world."

Mears noted that "Choral singing continues to be the most popular form of participation in the performing arts." He cited national data that nearly 25 percent of American households have at least one choral singer; around 42.6 million choral singers, both adult and children.

"The FCS artistic staff can certainly attest to the value of choral singing for young people, as we have seen its impact on our own singers, ever since the FCS Youth Choruses began," added Mears.



Fairfax Choral Society Adult Chorus

Details

For additional information about the retirement of Fairfax Choral Society (FCS) artistic director Doug Mears and the upcoming FCS season, visit www.fairfaxchoralsociety.org or call 703-642-3277.

While Mears noted many memorable musical achievements, "perhaps most memorable have been the opportunities we have shared, offering our music for special and significant occasions in our members lives; weddings, funerals, retirements. And, of course, to see children who began their musical training in the FCS Youth Choruses develop into outstanding musicians and continue their musical aspirations professionally and as members of our volunteer adult Symphonic Chorus."

Mears went on to say, "Tragically, funding for the arts in our region has been on a downward spiral in recent years. We believe that music is not a luxury but a necessity."

Concert pianist, composer and conductor Paul Leavitt has been named Interim Director, Fairfax Choral Society. Leavitt begins his tenure after a celebratory concert for Doug Mears at National Presbyterian Church, Washington, D.C. on Nov. 12, 2017.

Under Leavitt's leadership, the Fairfax Choral Society's mission will continue as it has for the past 56 years; to enrich lives through the performance, education, and appreciation of choral art.

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VOLUNTEERS NEEDED

Haven of Northern Virginia provides support, compassion, information and resources to the bereaved and seriously ill. To become a Haven volunteer, please call 703-941-7000 to request an orientation. Volunteers must complete a 30-hour training and commit to one year of service answering Haven phones (2.5 hours weekly). Next training is scheduled for fall 2017.

AUG. 2-30

Fit for Life Classes. 11 a.m.-noon at the Bruen Chapel United Methodist Church, 3035 Cedar Lane, Fairfax. Fairfax Fit for Life Classes are sponsored by the Shepherd's Center of Oakton-Vienna to improve strength, balance and mobility for older adults. Call 703-281-0538 or email eileentarr1@verizon.net.

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

ONGOING

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.

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.

LETTER

FROM PAGE 6

plus years and was vice president at one time of the railroad union so my mother was very workers rights oriented and my father's family were bankers. My paternal grandfather was vice president of National Boulevard Bank in Chicago. So I get an interesting perspective.

It does not make sense to me that they are going after this failsafe program for the most disadvantaged of our country. This is a safety net. There are so many other programs that need to be examined. But I cannot understand this assault on the human condition of our citizens. There are black ops programs that get unlimited funding. The waste is in these special interest programs. No one is investigating the \$100 toothpicks. Somehow the health and welfare programs are the target for cutting when in actuality government waste in these other pet projects should be addressed. We have projects that have no accountability.

Valerie Benson
Burke

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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					

Taking Care Of Business



By KENNETH B. LOURIE

The cats. The car. The dentist. The pancreatic enzymes. It was a week that typically isn't. As often as my credit card was swiped these past few days, I'm amazed its magnetic strip is still magnetized. To quote my deceased mother, Celia: "It's enough already."

Oh well, what's done is done, though it definitely needed doing. And aside from the fact that I didn't have the actual money, fortunately I had the available credit, which I was grateful to have had. I mean, how long can you put off necessary evils/expenditures before they rear their ugly consequences? And though money doesn't grow on trees (linen actually), credit seems to, and so the to-do list now has some cross-outs/"has-dones" finally.

Now the anxiety about neglecting the "to-dos" is replaced by the worry about the cost/need-to-pay the "having-dones." Nevertheless, the cats have had their vaccinations shot current.

The car now has a passenger window that goes down – and back up, a check-engine light that no longer illuminates, a blower that will now provide heat in the winter and a defogger when needed, and as it turns out a bit of unexpected air conditioning.

The dentist has referred me to an oral surgeon (since the teeth were both "unrestorable"/not root canal candidates) who will extract two teeth from my mouth and hundreds more from my bank account/probably credit card – again, but no doubt get me back on a course of dental correction.

The pancreatic enzymes, the most expensive bottle of pills I buy (I consume upwards of 55 pills per day) is an expense I incur every three months and does something to help my immune system keep the lung cancer in-check, a priority if there ever was one.

Paying to keep on playing (so to speak), by maintaining this kind of normalcy enhances the feeling that life is indeed still being played. And not that my attitude/philosophy in such responsibilities is totally affected by yours truly having been diagnosed with a "terminal" form of cancer: non-small cell lung cancer, stage IV, to be specific, but as the old punchline says: "It doesn't hurt." And avoiding hurt is definitely part of the fighting-cancer strategy; along with avoiding stress, eating healthy, exercising and boosting one's immune system.

I guess what I'm realizing that I have two lives, sort of, the usual and customary life: work, play, day-to-day stuff and the cancer life: lab work, chemotherapy, scans, oncologist, pills, lifestyle changes, etc. On some days, they are parallel. On other days, they intersect. And though they may be separate, they are inter-related. What benefits one is likely to positively affect the other.

Additionally, a negative in one life will likewise have an adverse consequence in the other. However, the requirements to maintain their respective lives is different. Yet balance/co-existence must be maintained in order for one to remain "together."

Two separate halves will not make for a responsible whole, but rather lead to an emotional one. And if there's one attribute that a cancer patient/survivor must have, it is emotional wherewithal. Failure to do so in one's cancer life will likely spill over into the non-cancer life (and vice-versa) and cause a kind of an adult version of failure to thrive.

Cancer might win the battle in the end but you can't let it win the battle in the interim. Fulfilling your every-day responsibilities helps give that life the kind of accomplishment that aids and abets in your fight against your cancer life. Moreover, handling your cancer life gives you the confidence and optimism to live your non-cancer life.

Granted, the two lives might not exactly be the best of friends, but they must be partners of a sort. The sort that is independent, appreciative, respectful and considerate.

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

7

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