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Schools

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

Michael Van Meter, of Springfield, won a \$2,000 scholarship from the Scholarships for Military Children Program. He plans to attend the University of Virginia this year.

Brian M. Ward of Springfield, graduate of W. T. Woodson HS, Probable career field: Political Science, has received College-Sponsored Merit Scholarship from Boston College, a coed Jesuit university located in Chestnut Hill, Mass. Boston College consists of 13 schools, colleges, and institutions and includes colleges of Arts and Sciences, Management, Education, and Nursing. The college awards professional, master's, and doctoral degrees.

Stephen Choi, of Alexandria, graduated from the Rochester Institute of Technology (Rochester, N.Y.) with an M.S. in mechanical engineering.

Bruce Bland, of Springfield, who is studying computer science made the dean's list for the 2017 spring semester at Rochester Institute of Technology (Rochester, N.Y.).

Andrew Ward, of Springfield, who is studying management information systems made the dean's list for the 2017 spring semester at Rochester Institute of Technology (Rochester, N.Y.).

Jay Shackley, of Springfield, who is studying mechanical engineering made the dean's list for the 2017 spring semester at Rochester Institute of Technology (Rochester, N.Y.).

Cathryne Szczepanik, of Springfield, who is studying new media design made the dean's list for the 2017 spring semester at Rochester Institute of Technology (Rochester, N.Y.).

Kimberly Elizabeth Ross, of Springfield, graduated from Vassar College (Poughkeepsie, N.Y.). Ross majored in international studies, French and francophone studies.

She is the daughter of Van N. Ross and Elizabeth Marum Ross.

Megan Moody, of Springfield, graduated from Miami University (Oxford, Ohio) with a Bachelor of Science in Kinesiology and Health degree.

The following Springfield area students have been name to the dean's list at Clemson University (Clemson, S.C.) for the spring 2017 semester:

- * Tyler R. Ard, majoring in mechanical engineering
- **♦ Megan Elizabeth Kauffeld**, majoring in elementary education
- **Timothy Johns Gleason**, majoring in English
- * Thomas Harwood Meiller, majoring in mathematical sciences

Heather M. Berg, of Springfield, has been named to the president's list at Clemson University (Clemson, S.C.) for the spring 2017 semester. Berg is majoring in nursing.

Hailee Reeder, of Alexandria, has been awarded a Bachelor of Fine Arts degree in Studio Art BFA from McMurry University (Abilene, Texas).

Cameron Lewis, of Springfield, graduated with a Bachelor of Arts in rhetoric and communication from University at Albany-SUNY.

Stephen Choi, of Alexandria, graduated from Rochester Institute of Technology (Rochester, N.Y.) with a B.S. in mechanical engineering.

Taylor Boyd, of Springfield, earned dean's list honors at Saint Joseph's University (Philadelphia, Pa.) for the spring 2017 semester. Boyd studies accounting in the University's Haub School of Business.

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Mission BBQ General Manager Michael Ordonez and catering staff Amy Galloway, Nina Dalal and Victoria Everhart give a pulled chicken slider sandwich to Lt. Timothy Forrest Aug. 1 at a National Night Out block party in the Franconia Police District. "Our mission is to serve and serve those who serve," Ordonez said.



Cristina Rodriguez, 19, of Fairfax County Police Explorer Post 2252 helps Reedha Zarman, 8, turn on the lights of a police cruiser as McGruff the Crime Dog keeps his cool on a humid summer evening Tuesday during National Night Out block party in a cul-de-sac on Indian Run Parkway.

Mission: Community Policing Police, neighbors build trust, celebrate National Night Out.

By Marti Moore THE CONNECTION

severe thunderstorm could not keep Howard County, Md., resident Evan Hotto, 35, away from his mom's annual National Night Out block party on Aug. 1.

"I come for the free food," Hotto admits as he hugs his mother — a neighborhood watch volunteer who throws the annual National Night Out block party in her tightknit community tucked in a corner northeast of the Springfield Interchange.

So do the residents of Bren Mar and police officers of the Franconia District Station as they enjoy a potluck supper and pulled chicken sliders from the Mission BBQ restaurant in Kingstowne.

General Manager Michael Ordonez donated more than enough barbecue sandwiches to feed nearly 80 people who attended the Bren Mar block party Tuesday evening in a cul-de-sac off Indian Run Parkway.

Since its June opening in the Landsdowne Centre at Beulah and Telegraph roads, Mission BBQ has made an effort to reach out to local first responders, Ordonez said.

National Association of Town Watch founder Matt Peskin said Tuesday this is the 34th year of National Night Out, which promotes partnerships between communities nationwide and their local police to make their neighborhoods safer places to live.

THIS INITIATIVE started in 1984 with 400 neighborhoods and this year sees 16,000 registered communities across America. He says neighbors often meet for the first time on this particular night.

"It's an important program," says Peskin, who believes getting to know your neighbor is the crux of crime prevention.

Bren Mar residents Dottie Bolds and Alan Phillips agree.

"We keep each other advised if www.ConnectionNewspapers.com



Bren Mar resident Sandra Mason, 51, bags fresh popcorn for her neighbors from the machine borrowed from the community pool house. She has lived in Bren Mar for four years and met many of her neighbors at last year's block party.

something's going on if not appropriate," Bolds said. She has lived in the neighborhood for 21 years. Bolds raised two children who attended school with Phillips, 39. Janice Grogin, 67, says her late mother was an original resident of Bren Mar since their family home was built in 1956. They notice many people who move to their neighborhood stay a long time.

According to its 2016 annual report, the Fairfax County Police Department has more than 1,400 law enforcement officers in a jurisdiction that boasts more than 1.1 million residents. It operates on an annual budget of more than \$182 million dollars.

Franconia is one of eight district stations in the county with 125 police officers who help more than 130,000 residents in a long precinct in southeast Fairfax County, squeezed on both sides by Interstate 95 and Fort Belvoir.

FCPD spokesman Master Police Officer Don Gotthardt says community policing has



All is better now as Bren Mar community watch leader Sue Hotto hugs her son, Evan, Tuesday after he drove his young family in what felt like hurricane conditions in Maryland along the Capital Beltway.

evolved through the years but one thing hasn't changed: it's about establishing and maintaining relationships.

"Building trust in the community," he said, "helps the department address quality of life

Although her neighborhood of more than 425 homes has no formal watch group, Bren Mar resident Sue Hotto, 68, has bridged her community with their local law enforcement agency for 15 years. She was part of the first graduating class of the Fairfax County Citizens' Police Academy.

Since her retirement from Gallaudet University, Hotto also has carved out time to serve Bren Mar as president of the Citizen's Advisory Committee — which meets the third Wednesday of each month September through June at 7 p.m. in the Franconia District Station's community room at 6121 Franconia Road in Alexandria.

Crime Prevention Unit MPO Allie Eggers says her station has a great relationship with

Hotto and together they organize community donation drives during the holidays for area food banks.

Hotto's son admits when he was a teenager, he used his dad's car once to test drive his boundaries and was busted by his mother. He believes her tireless efforts as a volunteer for police service helped straighten him out.

Auxiliary Police Officer C. Velasquez expressed his hometown pride and reported Franconia had 44 block parties — more than a neighboring police district that boasted 45 National Night Out events last year.

"We beat out Mason," he exclaimed. "We're now the largest in the county."

VISIT natw.org to learn more about organizing a block party or carnival for next year's National Night Out.

For information on crime prevention and awareness, visit the FCPD website at www.fairfaxcounty.gov/police.

Low-Turnout High-Stakes Special Election for School Board

Countywide at-large seat to be determined by Aug. 29 special election; early voting is underway.

> BY MICHAEL LEE POPE The Connection

ould there be a worse time to hold a special election? August is a time when people do any thing they can to get out of the region, which transforms into a swampy sauna in late summer. Nevertheless, election officials are preparing for an Aug. 29 special election to fill the at-large seat vacated by School Board member Jeanette Hough in May. If Hough had waited just a few more days to resign, voters would have been able to vote in the general election this November. But the timing of Hough's resignation will prompt a late summer special election, a phenomenon experts say helps Republicans.

"Oftentimes a lower turnout election is going to feature a wealthier and whiter electorate," said Geoff Skelley at the University of Virginia Center for Politics. "But if the political energy of the moment is particularly high, which I would say it is right now, it could potentially go a different way."

Fairfax County School Board members serve in non-partisan seats. But Democrats and Republicans endorse their preferred candidates, and Hough had been endorsed by Republicans. Traditionally, Democrats have a harder time with special elections because the electorate tends to be more conservative than the general population. So the timing is good for Republicans, although not necessarily perfect.

"The disparity would be even more pronounced early in August," said Stephen Farnsworth at the University of Mary Washington. "By late August, people tend to be done with their vacations. If you have students going off to college, for example, you are likely dealing with that by late August, if not mid-August.

No Democrat has ever won a summertime special election in Fairfax County, which means this special election is the Republicans to lose. Two candidates who have not been endorsed by either party will also be on the ballot.

CHRIS GRISAFE, 37, is a native of Lake Havasu City, Ariz. He was raised in California, and he's lived in Northern Virginia for 12 years. He currently lives in the Penderbrook neighborhood of the Providence District. He does not have any children in the school system, but he has served on Superintendent's Business Advisory Committee, the Bonds Committee and the Adult Education Advisory Committee. He has a bachelor's degree in political science and philosophy from Loyola Marymount University and a master's degree in business administration from Virginia Tech. Professionally, he is a national security specialist. In 2011, he waged an unsuccessful campaign for the Providence District seat on the Fairfax County Board of Supervisors. He is the candidate endorsed by the Republican

"I think we can be better served than we have been," said Grisafe. "It's important for us to understand how we are impacting student achievement and to prioritize investments for the classroom. I don't think we can gain that insight unless we are doing independent program evaluations."

On the issue of the budget, Grisafe would like to make government more accessible, increasing the amount of information that's available to the public while making it easy to get and understand. He said that would go a long way to help members of the Board of Supervisors understand the management of resources at Fairfax County Public Schools. It could also help School Board members when they need to make a case for increasing funding.

"The biggest critique I've heard from the county supervisors is that there's not transparency in the schools budget," he said. "For example, if you go to the annual report it shows variances on the board documents. But if you really want to understand position numbers, you have to drill down five or six clicks into a different part of the website."

On the issue of class size, Grisafe was dismissive of the idea that the average class size was a metric that means all that much. On the campaign trail, he recently met the parent of a 4th-grade student at Chesterbrook Elementary School whose student was in a class with 33 students.

"The county has a policy for elementary schools not to exceed 29 students," he said. "And there are a number of schools that are exceeding that and basically violating the policy which isn't being enforced."

On the issue of trailers, he said he doesn't know enough to have a position.

"I guess I would want to understand the impact trailers have on the quality of education," he said. "I don't think that trailers are ideal. I haven't studied the trade offs here for trailers."

On transgender bathrooms, he does not support the Obama-era policy of requiring schools to allow students to use the restrooms of the gender they identify with. Rather, he said, the potential conflicts should be handled on a case-by-case basis.

"I think the way the schools are handling the situation now where it's on a case-bybase basis with the schools is what it needs to be for right now until we answer some broader questions of what follow-on policies flow from that," he said. "I personally would like to see more unisex bathrooms."

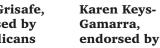
On the issue of J.E.B. Stuart High School's controversial name, he said he doesn't have a position one way or the other on the name. But he does have a position on the way the school system handled the issue, which he described as a "quintessential example" of a process that should never be repeated



Sandra Allen, Independent



Chris Grisafe, endorsed by Republicans





Democrats



Michael Owens. Independent

because it's been so divisive.

"If you're going to make a moral case of J.E.B. Stuart, then we need to make that same moral case for the rest of the schools," he said. "Do we now, because George Washington had slaves, remove any monuments to him? I don't know. I would want to know how is this helping the community and bringing us together."

KAREN KEYS-GAMARRA, 57, is a native of St. Louis. She has lived in Fairfax County since 1990, first in Huntington and later in the Sully District. She is the parent of three boys who graduated from James Madison High School in Vienna. She has a bachelor's degree in English and communications from Tulane and a law degree from Washington University School of Law. Professionally, she is an attorney who volunteers as a court-appointed special advocate and a guardian ad litem. She ran an unsuccessful campaign for School Board in 2015, and she's currently a member of the Fairfax County Planning Commission. She is the candidate endorsed by the Democratic

"I initially started advocating educational issues with my own children, and then it carried over into my work," said Keys-Gamarra. "It just stuck out to me how critical educational issues are to the success of

On the issue of the budget, Keys-Gamarra said the relationship between the Fairfax County Board of Supervisors and the Fairfax County School Board needs improvement. She said her experience on the Planning Commission gives her an insight into the inner workings of Fairfax County, especially in the Sully District which she represents.

"I really don't see the Board of Supervisors as an enemy, and I think that sometimes — at least to the public — it appears that may be the view," she said. "I don't think that's a healthy approach, and so I think that with my background I may be able to bridge the gap and bring a little more conciliation to the table."

On teacher salaries, Keys-Gamarra said she hears from teachers all the time about how difficult it is to live in Fairfax County earning the kind of money that comes with teaching in the public school system. She said Fairfax County needs salaries that are comparable to rival jurisdictions.

"I'm hesitating to give you a yes or a no because I don't want the impression to be given that ... we have to walk in and blow up the budget because this has to happen,"

she said. "It all has to be balanced against one another but that would certainly be a concern for me."

On the issue of trailers, she's particularly concerned about young children being educated in trailers that don't have bathrooms. On the campaign trail, she's been hearing from parents who are concerned that their children have to wait longs periods of time before they can go to a main building to use the facilities. Keys-Gamarra points out that Fairfax County has a shortage of land, which means that schools can't always get the larger size trailers.

"It may be a reality of the resources that we have had and how we've been making decisions," she said. "Some teachers and some students may actually like having that kind of privacy that may have a bathroom in there and air conditioning."

On the issue of class size, Keys-Gamarra said the average class size for Fairfax County elementary school — 22.4 students — is not necessarily a problem. On the campaign trail she's not hearing parents complain about a class size of 22 students. But she is hearing parents complain about class size of 28 or 29 students in a classroom. She said she would like to see the county do something about it, although she's doesn't have a specific proposal.

"I can't throw out a number," she said. There are certainly concerns regarding class size, and I have those concerns as

On transgender bathrooms, she would not commit to agreeing with the Obama-era policy of requiring schools to allow all students to use the bathroom of the gender they identify with. Keys-Gamarra said she agrees with the current policy of handling issues as they arise on a case-by-case basis instead of having a countywide policy.

"I'm not stepping in that," she said when asked about her position. "I really hate to think of children and families being used as a political football."

On the issue of the controversial name of J.E.B. Stuart High School, she said she admires the students who are raising the issue. She agrees that the name should probably change, but she doesn't want to use the school system's limited resources to make it happen.

"I think the thing that probably sticks out to me is that he denounced his citizenship as a United States citizen," she said. "I am on record as supporting the name change.

SEE SPECIAL-ELECTION, PAGE 12

Schools

West Springfield High Renovations Nearly One-Third Complete

Trailer classrooms form a section called "Sparta."

By Mike Salmon The Connection

he thousands of students and teachers passing through the halls of West Springfield High School throughout the years have taken a toll on the structure, so it is being renovated for the second time in the school's history to meet the demand.

The school is in the first phase of a \$75 million, four-year project and nearly one-third the way through the complete project. Phase I is impacting 50 classrooms in the math and social studies departments, and this requires 54 trailers that are nearly a quarter mile away from the main building in the practice field behind the school, in a quad they've named "Sparta." According to the principal, Michael Mukai, "the kids have done so well, resilient," he said.

THE WORK is being summed up every few weeks in the online blog "WSHS Renovation Update." The July 2017 entry looks at the progress on the sports lobby, new music wing, cafeteria windows and surrounding curbs and gutters, with all going as planned, it says. "All around the perimeter of the school, work is being done to prepare roadways, curbs, gutters and sidewalks for the start of the school year," the play-by-play caption read. These captions were compiled by Becky Brandt, the Fairfax County Public Schools' Renovation Liaison. "The music hall will have four incredibly beautiful spaces for our guitar, choral, orchestra, and band programs," Brandt said. The renovations included an auxiliary gym with a new wood floor, windows, retractable hoops and mat racks. The resilience that Mukai referred to has been adopted by everyone. Since the auditorium is being renovated as well, the drama program will use the new wrestling room to practice for their fall play.

Historically, "Sparta," was a prominent city-state in ancient Greece, a main settlement on the banks of the Eurotas River in Laconia, and around 650 BC, it rose to become the dominant military land-power in ancient Greece, according to Wikipedia. In West Springfield, "Sparta was created with over 50 classrooms, bathroom facilities with hot and cold



From Rolling Road, the school looks like it's under a complete makeover.



When the renovation is complete in two years, there will be upgrades and an increase in capacity.

running water, an administrative trailer and water stations," the renovation update stated. Naming it Sparta "just seemed natural," with the Spartans as the school moniker, said Brandt, "I believe our [Director of Student Activities] Andy Muir coined the phrase."

Getting to Sparta sometimes requires umbrellas on rainy days, said Mukai. "We faced some challenges," he said. Building a structure or road while it's in use brings up challenges of its own. "We will all need to get used to new traffic patterns as construction work continues in and around the sports lobby," added Brandt.

THE SCHOOL was built in 1966 and the last set of renovations

were done in 1990, according to John Torre, the school public information officer. West Springfield was in the renovation queue and was approved for renovations by the school board in January 2009. "At the conclusion of the renovation and capacity enhancement, West Springfield High School will have a capacity of 2,350 students," said Torre, via email.

Currently, there are 14 elementary schools in Fairfax County that are being renovated or are in the planning stage, three middle schools, and Herndon High School and Oakton High School. Additions, not full renovations, are being made to West Potomac, South Lakes, Stuart and Madison High Schools.









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OPINION

So Many Chances to Vote

Next up, Fairfax **County School Board** At-Large, Aug. 29.

o we have election fatigue? Or are we still reeling from last November's election? Every year is an election year in Virginia, and some years offer multiple opportunities.

Either way, every voter in Virginia had a chance to choose a Gubernatorial candidate from one party or the other in the primary election on June 13.

EDITORIAL

Now in Fairfax County, a countywide special election for School Board at-large will take place on Aug. 29, with absen-

tee in-person voting already underway. Four candidates are on the ballot, Chris S. Grisafe, Sandra D. Allen, Karen A. Keys-Gamarra and Michael H. Owens. To read our story about the candidates,

www.connectionnewspapers.com/news/ 2017/jul/31/low-turnout-high-stakes-specialelection-school-bo/

Absentee voting for the special election is by mail or at the Fairfax County Government Center, 12000 Government Center Pkwy., Suite 323, Fairfax, through Aug. 25. Times: Monday, Tuesday, Wednesday and Friday: 8 a.m. - 4:30 p.m.; Thursday, 8 a.m. - 7 p.m.

Then comes the General Election on Nov. 7, with every House of Delegates seat on the ballot along with the race for governor. Lieutenant governor and attorney general are also on the ballot.

To vote in the General Election on Nov. 7, the deadline to register to vote, or update an existing registration, is Monday, Oct 16. Inperson absentee voting begins Sept. 22, with the last day of Nov. 4.

For Fairfax County information: Voter Registration: 703-222-0776, TTY 711; Absentee 703-324-3725, voting@fairfaxcounty.gov

Virginia Voter ID

You will need to show one acceptable photo identification card (photo ID) whenever you vote in person. This is Virginia law for all vot-

Photo IDs can be used to vote up to one year after the ID has expired.

Acceptable forms of valid identification:

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- United States passport
- * Employer-issued photo ID

vour current address: vote.elections.virginia.gov/ VoterInformation

To find a registration office where you can obtain photo ID, even on the day of an election, visit: vote.elections.virginia.gov/VoterInformation/

cial election for Fairfax County School Board: /www.connectionnewspapers.com/news/2017/jul/31 low-turnout-high-stakes-special-election-school-bo/

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If you get to your polling place without acceptable photo ID, ask to vote a provisional ballot. You will be given instructions on what to do so your vote can count.

MARY KIMM

Details

To see what's on your ballot: www.elections.virginia.gov/voter-outreach/whatsballot.html

To check that you are registered to vote at

PublicContactLookup To read about candidates for the Aug. 29 spe-

Kemal Kurspahic Editor * 703-778-9414

- lege, or university located in Virginia

If you don't have an ID, go to a voter registaken and to sign a digital signature pad.

MKIMM@CONNECTIONNEWSPAPERS.COM

LETTER TO THE EDITOR

Renaming to Proceed

To the Editor:

An open letter to the community.

The Fairfax County School Board voted last night [July 28] that the name of J.E.B Stuart High School be changed no later than the start of the 2019 School Year. The School Board further directed staff to start the renaming process this fall and that as part of that process — in the spirit of compromise and in recognition of the need to minimize costs as well as the desire for continuity by alumni - request that the Stuart community consider "Stuart High School" as the new name. The Board further directed staff to create a mechanism for private funding with the expectation that private funding will pay for a substantial portion of the costs.

I've met with both sides on this issue and it has yielded strong feelings and strong passions. Now that the Board has spoken, we will continue to follow the process as outlined by the School Board regulation for name changes. We will execute the renaming process in a fair, transparent, and expedient

In this spirit, I invite you to join me on Saturday, Sept. 9, at 10 a.m., at J.E.B Stuart High School, where we will hold an open public meeting — per Regulation 8170

www.boarddocs.com/vsba/ fairfax/Board.nsf/files/ A6Z2RN6CA270/%24file/ R8170.pdf — to gather names for consideration along with the opportunity for presentations, questions, and discussion. We will share further details with you ahead of the meeting.

As outlined in the regulation, voting for the school name will be limited to those participants residing in the school's attendance area and a weighted point system will be used to determine the top three choices. Voting will take place on Saturday, Sept. 16, at J.E.B Stuart High School and will be open from 10 a.m. to 6 p.m.

After review of the community's recommendations, the Division Superintendent will formulate a recommendation consisting of one or more of the most popular choices according to community input. The Division Superintendent shall then transmit the recommendation to the School Board for consideration and action.

The deadline for the Division Superintendent to submit a formal recommendation to the School Board shall be three weeks prior to the date scheduled for School Board action.

It is clear that this issue has impacted our community and it is my hope that we can work together to find common ground and embrace the diversity of our friends and neighbors to strengthen our bond around what we all hold true - that every student succeed and that we provide them the support necessary to be successful.

The most important name, I

think we can all agree, is that of the teacher in front of them, and we are committed to ensuring whatever name is chosen that we have the best possible education for every student.

Scott Brabrand



Snapshot

A Great Blue Heron hangs out in his usual spot, stalking prey in Kingstowne Lake on Sunday, July 20.

Superintendent

Jerry Vernon Fairfax County Public Schools 703-549-0004 jvernon@connectionnewspapers.com

Editor in Chief

Springfield

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NEWS DEPARTMENT:

south@connectionnewspapers.com

kemal@connectionnewspapers.com

Andrea Worker

Reporter

aworker@connectionnewspapers.com

Mike Salmon

Editorial Assistant

south@connectionnewspapers.com

ADVERTISING:

For advertising information

e-mail: sales@connectionnewspapers.com

703-778-9431

Steve Hogan Display Advertising, 703-778-9418

shogan@connectionnewspapers.com

Debbie Funk

703-778-9444 debfunk@connectionnewspapers.com

> **David Griffin** Marketing Assistant

703-778-9431

dgriffin@connectionnewspapers.com

Editor & Publisher

Mary Kimm

mkimm@connectionnewspapers.com

@MaryKimm

Executive Vice President

Steven Mauren **Managing Editor** Kemal Kurspahio Art/Design:

Laurence Foong, John Heinly, Ali Khaligh **Production Manager:**

Geovani Flores

Special Assistant to the Publisher

Jeanne Theismann jtheismann@connectionnewspapers.com @TheismannMedia

CIRCULATION **Circulation Manager:**

Ann Oliver

circulation@connectionnewspapers.com



5.11 Retail Store Opens in Springfield

A large crowd lined up early to receive gift cards and discounts.

which sells tactical apparel and gear, held its grand opening on Saturday, July 29, 2017, across from Springfield Town Center next to Best Buy on Frontier Drive in Springfield.

A crowd was waiting to get into the 10 a.m. opening. More than a dozen people camped out overnight on the sidewalk to receive 5.11 Gift Cards. David and Mia Whiteman of Clinton, Md., arrived on Friday at 9 a.m., and for being first in line, they received a 5.11 gift card worth \$511. The first 70 people in line received complimentary 5.11 gift cards.

The event began with a special door breaching commencement and recognition ceremony for both the National Law Enforcement Officers Memorial Fund and the USO of Metropolitan D.C.

The backbone of the business is selling pants and shorts for men and women, from \$39 to \$79. They offer Stryke, Tac-tech, and Ridgeline pants brands — with a total of nine styles for men and five for women. But they also sell uniforms, tops, outerwear, fitness clothing, sunglasses, watches, knives, hats, slings, gun holsters, footwear and socks. There's also a nylon section with backpacks and bags that make up 20 percent of the inventory.

KNOWN AS 5.11 TACTICAL,

the company opened in 2003 and has 19 stores nationwide. It sells in 90 countries, equipping all top military and police units around the world. "Our mission is to create innovative gear for the most demanding missions starting with police, fire, and military and others who need very rough, tough gear to get their job done," said Tom Davin, CEO of 5.11 Tactical.

The store is already well-known

new 5.11 retail store, to some 4 million people in the police, military, firefighter, and EMS corps in the U.S., said Davin. "But we have very small brand awareness outside of that corps group. So when we open a store like this, we get brand awareness and we get people who walk in and discover the product," he said.

He added: "It's a real discovery shopping experience — from pants to shirts to backpacks and boots, so if you're a hiker, you're a backpacker, or somebody who drives off road with a jeep, a four-wheel drive, a motorcycle, come in here and we've got what you need. It's really an adventure store for the broader consumer audience."

"If you want to hike the Appalachian Trail, we'll help you pick out the right boots, pick out the backpack, the pouches, put the accessories on that backpack so that by the time you leave, you're missionready. We want to gear you up for that mission," said Davin.

"Our whole purpose at 5.11 is to serve those that serve," said Jeff Roberts, senior vice president of retail and merchandising. Who is the target audience? "Those that are associated with professional law enforcement, EMS, the military, the families of those folks who have found our gear and fallen in love with the product," he said.

He continued: "And this store really exemplifies everything that we do. It's an opportunity to showcase over 900 styles that we make two different times a year and bring it to the public."

THE NEW 5.11 retail store is located at 6575 Frontier Drive, Unit S, Springfield, next to the Best Buy store. It will be open Monday through Saturday from 10 a.m.-8 p.m. EST, and Sundays 11 a.m.-6

– Steve Hibbard



Customers line up to enter the newly opened 5.11 store located on Frontier Drive in Springfield next to Best Buy.



Tom Davin, CEO of the 5.11 store, with Zaid Alsammarraie of Alexandria, who collects 5.11 patches, at the grand opening of the 5.11 retail store in Springfield.



Dave Brant, CEO of the National Law **Enforcement Officers Memorial Fund,** breaches the door during the grand opening of the 5.11 store in Springfield.

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WELLBEING

Saving Your Skin

"Sunscreen is the best

protection from the sun."

— Cheryl A. Oetjen,

George Mason University

How to prevent sun damage while enjoying summer vacation.

BY MARILYN CAMPBELL

ugust approaches and many head out for sun drenched vacations with a skin-baring wardrobe. This much anticipated time of year doesn't come without danger, primarily in the form of sunburn which can lead to skin damage, skin cancer, wrinkles and dark spots. Skincare gurus offer suggestions for protecting skin without sacrificing time outside.

"Sunscreen is the best protection from the sun," said Cheryl A. Oetjen, DNP, FNP-BC,

assistant professor of nursing at George Mason University. "This can be from lotions that are SPF 30 or higher or from skin-protective clothing. Wearing a hat can also protect

your face to some degree. Sunglasses should also be worn."

To maximize the effectiveness of sun-

screen, Oetjen advises being aware of some of the most commonly made application mistakes. "Ideally sunscreen should be applied 30 minutes prior to sun exposure," she said. "This gives it time to soak into the skin. Avoiding the water for this time is also important."

Avoid the sun between 11 a.m. and 3 p.m. when it's most intense and use at least one ounce of sunscreen per application, says Oetjen. "The important part of applying sunscreen is ensuring that you are using enough," she said. "Fair complexions, red

> hair and blonde hair often are indicators of a higher risk of sunburn, so it's important to reapply often."

> Make sunscreen part of one's daily skincare regimen,

advises Colleen Sanders, RN, FNP, Marymount University in Arlington. "The recommendation is that you wear sunscreen



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Wearing sunscreen offers the best protection from sun damage.

every day if you're going to be outside even for a short period of time," she said. "It should be part of your everyday routine."

Relying solely on the SPF found in some cosmetics like foundation or powder is unwise, says dermatologist Dr. Lisa Bronstein. "Makeup doesn't necessarily provide the protection that it claims to provide," she said. "There are a lot of tinted sunscreens out now that match a variety of skin tones and also give amazing protection from sun damage.'

"Wearing sunglasses with UVA and UVB protection as well as a hat will help prevent damage, says Sanders. "Common areas that people often forget to cover, and where we often find skin cancer, are the tops of ears and the backs of their hands," she said "These are places where people forget to put sunscreen."

"Make sure the most sensitive areas are covered ... these areas include the top of the ears, lips [and] the nose, added Oetjen. "Zinc oxide can be applied to sensitive ar-

Infants who are younger than six months old should have limited exposure to the sun,

"The FDA has not approved a sunscreen for infants under 6 months so it is best for them to stay in the shade and wear sun protective clothing and hat," she said. "The skin of infants is thinner and more sensitive to the sun and sunscreen."

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Welcoming Honor Flight Participants

On Friday, July 28, Old Glory Honor Flight from Oshkosh, Wis., was greeted by a large crowd at Reagan National Airport, including members of Anna Maria Fitzhugh Chapter, National Society Daughters of the American Revolution. More than 100 Vietnam Veterans arrived to visit national memorials and monuments. Each veteran was personally welcomed and received mementos from Anna Maria Fitzhugh Chapter members. The DAR Chapter is located in Springfield.







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SPECIAL PULLOUT TAB Newcomers & Community Guide

August 23, 2017

The annual Newcomers and Community Guides for each of our 15 communities with inside facts on what makes each community special, their secret places, the real power players, how to get involved and more.

Including the history, schools, parks, libraries, local people, elected officials, county/city offices, how decisions are made, a calendar of events and other vital community information.

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ONGOING

Photo Exhibition. Through Aug. 13, 9 a.m.-5 p.m. at Fairfax Museum and Visitor Center. 10209 Main St., Fairfax. "Chalkboards to Smartboards: Free Public Schools in Fairfax County and Fairfax City" traces the evolution of free public schools from the log and frame one-room schools of late 19th and early 20th-centuries to today's high-tech learning centers. Exhibition explores life in a one-room school, desegregation, and challenges of the post-World War II suburban population explosion. Free. Call 703-385-8414.

Senior Olympics. Deadline to register for the Northern Virginia Senior Olympics is Aug. 26. Participants must be at least 50-years-old by Dec. 31, 2017. Register at www.nvso.us until Sept. 2 or via U.S. mail before Aug. 26 with forms available at area recreation centers. To volunteer contact RSVP Northern Virginia at 703-403-5360 or email rsvp@volunteerfairfax.org.

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/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 www.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.

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.

Natural Pet Store Opening. 10 a.m. at the Kriser's Natural Pet store 3903-



Photo by fiber artist Marisela Rumberg

Art Exhibit

"Princess Nicte-Ha," a cotton, polyester and textile paint work by Marisela Rumberg will be part of the Art Quilts Exhibit running Aug. 9-Sept. 3 at the Workhouse Arts Center, 9601 Ox Road, Lorton. Rumberg will be at the studio for a "Meet the Artist Reception," noon-3 p.m. Saturday, Aug. 13. Visit www.MariselaRumberg.com for more.

F Fair Ridge Drive. (in the Harris Teeter shopping center), Fairfax. Includes classes focusing on general obedience and/or puppy. Visit ksrpetcare.com/ or call 703 830 5454.

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.

AUG. 10-11

Golf Tournament. all day at Laurel Hill Golf Club, 8701 Laurel Crest Drive, Lorton. Middle Atlantic PGA Junior Tour Championship. Visit www.fairfaxcounty.gov/parks/golf/ lhgc or call 703-439-8849.

SATURDAY/AUG. 12

Body Paint Workshop. 5-9 p.m. at Fairfax Art League Village Gallery, 3950 University Drive, Fairfax. The workshop consists of free dance, yoga movements and other techniques to reestablish harmony between the artist and their art. \$8. Email melanie.bikowski@gmail.com or call 757-822-0561. "Tangles" On Stage. 7 p.m. at Harris Theater (near Mason Pond parking deck), George Mason University, Fairfax. Musical written and directed by visiting scholar Jeffrey Steiger and produced by Charles Samenow, MD. Visit www2.gmu.edu/.

SUNDAY/AUG. 13

Yoga on the Square. 10 a.m. at Old Town Square, 3999 University Drive, Fairfax. Bring A yoga mat, a water bottle, and yourself! 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.

AUG. 16-20

Cirque du Soleil. Various times at Eagle Bank Arena, 4500 Patriot Circle. Their current "OVO," show is created by Deborah Colker, the first female director in Cirque du Soleil history. Visit www.eaglebankarena.com/.

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 Dr., Fairfax. Grab dinner at one of the many restaurants in downtown, and listen to great music. Free. Call 703-385-7858.

FRIDAY/AUG. 18

Music on the Plaza. 7 p.m. at the Old Town Plaza, 3955 Chain Bridge Road, Fairfax. Free, weather permitting. Call 703-385-7858.

Family Fun Movie Nights. 7 p.m. at Sherwood Community Center, 3740 Old Lee Highway, Fairfax. "Sing," is the feature. Free. An adult must accompany anyone under the age of 14. Food to donate for Britepaths can be dropped off at the Sherwood Center on the evening of the Family Fun Nights. Call 703-385-7858.

SUNDAY/AUG. 20

Meet the Civil War Author. 11 a.m. at Historic Pohick Episcopal Church, 9301 Richmond Highway, Lorton. The Historic Pohick Church Docents Guild sponsoring Don Hakenson, award winning author and producer of of Civil War books and a Mosby documentary, will talk about the Civil War history in and around Pohick Church. After the 10 a.m. service. Call 703-339-6572.

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.

TUESDAY/AUG. 21

Great American Eclipse. All day at Burke Lake Park, 7315 Ox Road, Fairfax Station. Learn the science behind eclipses and how to view them safely, solar eclipse glasses will be provided to attendees at all the programs. \$7-\$12 per person. Visit go.usa.gov/xNvvb. Funday Monday Eclipse Special. 1-

unday Monday Eclipse Special. 1-4 p.m. at Old Town Square, 3999 University Drive, Fairfax. Stories, crafts, music, and more while the eclipse travels overhead. Pack a picnic lunch or visit one of our local restaurants. Free viewing glasses will be available as supplies last. Visit www.fairfaxva.gov.

THURSDAY/AUG. 24

Flora Fauna for Kids. 11-11:45 a.m. at Hidden Pond Nature Center, 8511 Greeley Blvd., Springfield. Go on the trail walk and learn about the pond. \$5. Ages 3-6. Call 703-451-9588.

SATURDAY/AUG. 26

Meet the Author. 2 p.m. at the Civil War Interpretive Center at Historic Blenheim, 3610 Old Lee Highway, Fairfax. The Battle of Ball's Bluff — local historian James Morgan will focus on his tactical study of the battle: "A Little Short of Boats: the Battles of Ball's Bluff and Edwards Ferry." Book signing and sales follow the talk. Free. Call 703-591-0560.

SUNDAY/AUG. 27

Civil War Reenactment. 1-4 p.m. at Fairfax Station Railroad Museum, 11200 Fairfax Station Road. The Fairfax Station Railroad Museum will host Civil War re-enactors and modern practitioners who will demonstrate medical and rescue practices then and now in commemoration of Fairfax Station's role as an evacuation center during the Battle of Second Manassas in 1862. 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.

FRIDAY/SEPT. 1

Photo Exhibition. 9 a.m.-5 p.m. at Fairfax Museum and Visitor Center. 10209 Main St., Fairfax. "Over There: Americans in World War I" a traveling exhibition from the National Archives and Records Administration showcases photographs from the battle fronts in France, Italy, and Russia, supply and support operations behind the lines, and the Paris Peace Conference, open through Oct. 20. Group guided tours available by reservation, \$25. Call 703-385-8414.

SEPT. 3-4

Model Train Shows. noon-5 p.m. at Fairfax Station Railroad Museum, 11200 Fairfax Station Road. Labor Day Weekend, The Potomac Module Crew members will have HO Scale and others will have a LEGO Model Train Show. Museum members, free; adults 16 and over, \$4; children 5-15, \$2; under 4, free. Call 703-425-9225 or visit www.fairfax-station.org

SEPT. 9-10

Burke Centre Festival. 9 a.m.-5 p.m. at the Burke Conservancy, 6060
Burke Centre Parkway. Arts and crafts, live shows, rides, face painting, and festival foods. Visit www.burkecentreweb.com.



The staff at Chuy's Tex Mex serves up steak and chicken carbon tacos and chips and salsa with creamy jalapenos.



Children enjoy playing in the moon bounce provided by Lambert Bounce Parties.

Taste of Springfield Draws Crowds

A crowd of 3,000 could sample food from 24 restaurants and visit 81 booth vendors outside Springfield Town Center.

bout 3,000 people attended the inaugural Taste of Springfield on Sunday, July 30, 2017, outside of Springfield. The crowd could taste food from 24 different restaurants or sample the goods and services from 81 vendors. Children could play on the inflatable moon bounce and slide, get henna tattoos or get their faces painted, try climbing the 25-foot rock wall, and have their photos taken with a stilt walker. The entertainment included DJ Chad Fields and pop star Eddie Jones.

"We like to promote community events that bring everyone together and showcase local businesses that may not otherwise be able to have a presence and be showcased, and become something that they can share in front of thousands of people in one day. It just helps them improve their outreach as far as the local community goes," said Karen Joyner, President of Kojam Productions, which hosted the event in collaboration with Springfield Town Center.

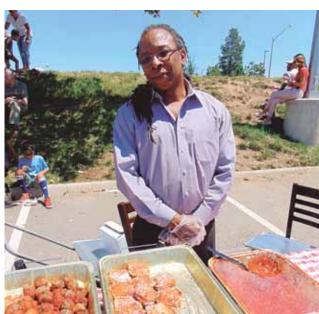
— Steve Hibbard



About 3,000 people attended the Taste of Springfield on Sunday, July 30, 2017, outside of Springfield Town Center.



Blake, 5 1/2, and Reese Marino, 4, of Kingstowne pose with the Silver Diner June Bug, a.k.a. Joel Castellon during the Taste of Springfield on Sunday, July 30, 2017, outside of Springfield Town Center.



Marc Antony of Maggiano's Little Italy serves up four cheese fried ravioli and mini meatballs.



Kiara Harris of Dixie Bones BBQ with a plate of pork, ribs, baked beans, collard greens and coleslaw.



Stilt walker Moira Lee of Kojam Productions.

Early Voting Underway in Special Election for School Board

From Page 2

I am not on record as saying that we need to take Fairfax County's funds to pay for that."

SANDRA ALLEN, 48, is a native of Bolivia. She's lived in the United States more than 40 years, immigrating as a child. She came to Fairfax County about 35 years ago, and currently lives in Vienna. She has two boys who attend James Madison High School, a rising 10th grade student and a rising 11th grade student. She has a bachelor's degree in business administration from Marymount University. She worked in budgeting and finance at the Department of Defense before leaving the workplace to become a stay-at-home mother.

"I'm concerned that there's not a voice present for the minority students," said Allen. "There's not a single person in any sort of leadership roles within the school system, ... and I've seen that a lot of the decisions that are being made without the input of the moms — the minority moms."

On the issue of the school budget, she said she would like to see better management of the finances. She acknowledges that she has not studied the budget in depth, but she said schools should focus on appropriating money to students rather than security. Budget documents show Fairfax County spends about \$5 million a year on 55 school resource officers. Allen said that's money that could be spent elsewhere.

"I think we should stop making the schools an extension of juvenile detention centers where there's police presence during cafeteria time," said Allen. "We can reappropriate that."

On teacher pay, Allen describes the \$71,000 average pay of Fairfax teachers is "doable." She said she would like to speak to more teachers before offering a definitive opinion, but she adds that teachers could be rewarded with salary increases based on performance. She said she would like to look at the benefit packages to see if some young professionals might be able to trade some of their benefits for higher pay.

"A lot of the young teachers don't need

those excessive packages or excessive benefits," she said. "And they probably would do much better having higher pay, so doing a cafeteria plan could be an option."

On the issue of trailers, Allen said trailers have provided a good education for children across the county. But, she said, parents should be able to force school officials to find classroom assignments inside a brick-and-mortar building for their children.

"I don't have any issues with trailers," said Allen. "But if a parent does choose to and sees that that's not to the benefit of her or his student," schools should be required to accommodate that.

On the issue of class size, Allen said the average elementary school class size in Fairfax of 22.4 students is not a problem, although she adds that she's willing to hear from teachers if they feel that number should be lower.

"I think that number is probably about right," she said. "I support the teachers' perspective on this, and if they feel students are not getting attention we may need to change that number."

On the issue of transgender bathrooms, Allen disagrees with the directive from former President Barack Obama that students should be able to use the bathroom of the gender they identify with. Instead, she said, schools should engage in a capital campaign to build new restrooms across the county.

"We need to provide the privacy that is necessary for the child, and I think that schools should create that environment of privacy by providing a third option — a neutral bathroom," said Allen, who said she understands how much money would be involved in making that happen. "Schools work with private institutions for funding. When there is a will to change something, there is a way to find a solution."

On the issue of J.E.B. Stuart High School's controversial name, Allen agrees with the students to are pressing to have the name changed. But when asked how she would finance the change, she said she would not support spending money on it.

"I support it. I didn't say it would be something that would be doable," she said. "We

have to pick and choose what our priorities are."

MICHAEL OWENS, 43, is a native of Baltimore. She's lived in Fairfax County more than 20 years, first in McLean and later in Falls Church. She has a bachelor's degree in history from Johns Hopkins University and a bachelor's degree in English from Towson University. She also has a master's degree in English from the University of Virginia and a master's degree in education from Marymount University. Professionally, she is a usability and accessibility expert working on web-based applications for the consulting firm known as Design for Context in Washington, D.C. She is a former Fairfax County teacher who currently has one daughter in the school system who is a rising fifth grader at Belvedere Elementary School. She is the president of the parent teacher association there.

"I'm concerned because we have limited resources now, and we are going to have even more limited resources in the future," she said. "We need to make really important decisions, and we need to do so prudently."

On the issue of the budget, Owens said the school system is unlikely to get increased funding from the Board of Supervisors. So she would like to see a more efficient use of existing resources. For example, she said, the school system spends too much money on athletic programs like football that could be funded with outside money.

"I would like the athletic teams to actually raise money for the other programs within the school," said Owens. "The athletic teams could support the after-school chess club. Let's see the kids helping each other."

On teacher pay, Owens said she would like to see higher salaries — 10-to-20 percent higher. She understands the financial difficulties facing teachers because she was a single mother whose only income was the paycheck she got from Fairfax County Public Schools. In fact, she said, it was that economic pressure that caused her to leave the teaching and become a consultant.

"I left teaching not because I didn't enjoy

the students or the parents or even the administrators. I left teaching because I couldn't afford to teach and live here. And that's pretty sad," she said. "I think it's really important that the people who are teaching your children and interacting with your children every day live in your community."

On the issue of trailers being used as classrooms, Owens said Fairfax County has too many students in portable classrooms. But she also said that there was little the School Board could realistically about it.

"I don't think anybody likes trailers," she said. "But that might not be something that we can do anything about, at least in the short term."

On the issue of class size, she said all parents would like to see a smaller student-to-teacher ratio. When asked about it, she circled back around to the question about trailers to make a point about her priorities if elected.

"I'd rather see us have more trailers and smaller classes than fewer trailers but more kids in each class," said Owens.

On the issue of transgender bathrooms, Owens is the only candidate in who supports former President Barack Obama's directive ordering schools to allow students to use the bathroom of the gender they identify with rather than the gender they were born with.

"The kid that feels comfortable going into the girls room to use the facilities, they need the right to do that," said Owens. "The kid who's going to the bathroom to cause trouble no matter what bathroom they're going into, that's a whole different issue."

On the issue of J.E.B. Stuart High School name, she understands those who want to change the name. But she was quick to add that the cost would be half a million dollars, and she said it's not appropriate for the school system to spend that kind of money when there are other budget priorities.

"This is not an emergency, and it's not a moral imperative," she said. "I understand if a student doesn't want to wear his name across their chest. But I don't want to pay to change it."

FAITH NOTES

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

Congregation Adat Reyim, an independent Jewish congregation, offers services Friday at 8 p.m., Saturday at 9:30 a.m. and Maariv minyan at 7:30 p.m. Hebrew School is Sundays from 9-11:15 for K-6th graders and Mondays from 5:30-7:30 p.m. for 3rd-6th graders. Adat Reyim is located at 6500 Westbury Oaks Court in Springfield. 703-569-7577 or www.adatreyim.org.

Burke Presbyterian Church, 5690 Oak Leather Drive in Burke, worship services are Sundays at 9 a.m., 11:15 a.m., and 6 p.m. www.BurkePresChurch.org.

One God Ministry Church, 4280/ 4282 Chain Bridge Road, Fairfax, offers Early Morning Service at 8 a.m., Sunday School at 10 a.m., Sunday Worship Service at 11 a.m., and Wednesday Bible Study at 7 p.m. Women, Men, and Youth Bible Studies are on the third Tuesday of each month at 7 p.m. A Spiritual Gifts Service is the first Friday of every month at 7 p.m. One God Ministry has ministries for youth, men, women, couples, music and singles. 703-591-6161 or www.onegodministry.org.

Faith Communities in Action meets the first Wednesday of every other month from 2-4 p.m. at the Fairfax County Government Center, Conference Rooms 2 and 3, 12000 Government Center Parkway, Fairfax.

The Bahá'ís of Fairfax County Southwest offers "Interfaith Devotions: World Peace and Unity" for the general public on Saturdays. These free devotional gatherings meet at the Pohick Regional Library, Room #1, 6450 Sydenstricker Road, Burke, 22015.

St. Leo the Great in Fairfax hosts "Night of Praise" the first Saturday of each month, featuring praise music and Eucharist adoration at 7 p.m. Located at 3704 Old Lee Highway in Fairfax.

St. Matthew's United Methodist Church, 8617 Little River Turnpike, Annandale, offers a traditional service on Sundays at 8:15 and 11:15 a.m. and a contemporary service on Sundays at 9:45 a.m. www.stmatthewsumc.org or 703-978-3500.

The Immanuel Bible Church MOPS group meets on Mondays at 7 p.m. at Immanuel Bible Church, 6911 Braddock Road, Springfield. MOPS is for

pregnant or parenting mothers of children from infancy to kindergarten. 703-922-4295 or www.MOPS.org.

First Baptist Church of Springfield, 7300 Gary St., Springfield, has traditional and contemporary Sunday services at 10:30 a.m., Sunday school at 9:15 a.m. Special worldwide services offered at special times throughout the year in English, Spanish and Ethiopian. The pastors are Jim Weaver and Jason Mitchell. 703-451-1500 or www.fbcspringfield.org.

The following is a list of events at Mount Calvary Baptist Church,

4325 Chain Bridge Road, Fairfax: Adult Bible Study every Wednesday starting at 7 p.m., Youth Bible Study at 7:15 p.m.

❖Full Praise and Baptism Service at 7 p.m., the last Wednesday of every

montl

Sunday School at 9 a.m.

Sunday morning service at 10 a.m., the 4th Sunday of every month

♦Men's Ministry Bible Class, the Saturday before the 4th Sunday of every month

♦ Commonwealth Care Center ministry every first and third Thursday night. 703-273-1455.

Beth El Hebrew Congregation, 3830 Seminary Road, Alexandria, has services on Fridays, 7:30 p.m. with a pre-service wine and cheese social at 6:30 p.m., and Saturdays, 10:30 a.m. with a pre-service Torah study at 9 a.m. Religious school is on Wednesday evenings and Sunday mornings. Tot Shabbat is on the first and third Saturdays at 11 a.m. Kolot Shabbat, a musical service, is the first Friday at 7:30 p.m. 703-370-9400 or bethelhebrew.org.

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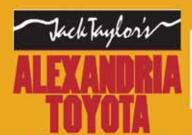


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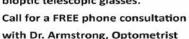
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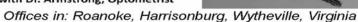
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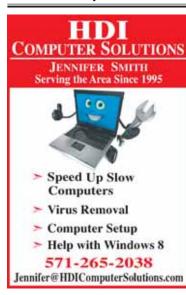
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Legals

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The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On Premises/Mixed Beverage Restaurant

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at www.abc.virginia.gov or 800-552-3200.

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News

Search Continues For Stabbing Suspect

etectives continue their investigation into July 27 stabbing of a woman on a path adjacent to Vaden Drive in Fairfax near the intersection of Sprague Avenue, according to Fairfax County Police Department. The victim is 21 years old, with non-life-threatening injuries.

The suspect has been described as a male, possibly Hispanic. Initial reports were that he was in a black hoodie, but police now believe he was actually wearing a white t-shirt.

Detectives and patrol officers in cars and on bicycles have spent hours canvassing the area, seeking additional information, looking for witnesses and anyone with information about this crime.

Shortly after 7:30 a.m. on July 27, officers from the Fair Oaks District were flagged down by a citizen reporting someone had been stabbed. Officers located the victim. A preliminary investigation

determined a man approached her from behind, and stabbed her in the neck. The suspect ran away, and was last seen heading toward Blake Lane.

The victim was taken to the hospital, with what are believed to be non-life threatening injuries. The search is ongoing for the suspect. Detectives are canvassing the area, and attempting to identify and interview potential witnesses.

Anyone with information about this incident is asked to contact Detective Downham, or a Robbery Squad detective at 703-246-7800, or the Fairfax County Police at 703-691-2131. Submit a tip anonymously through Crime Solvby www.fairfaxcrimesolvers.org or text-a-tip by texting "TIP187" plus your message CRIMES(274637). Anonymous Tipsters are eligible for cash rewards from \$100-\$1,000 if their information leads to an arrest.



FVCbank employees among the attendees at the charitable wine tasting in support of the Alzheimer's Association. From left: Katie Ranghelli, Patricia Ferrick (FVCbank President), Anthony Ranghelli (Director of Information Technology) and Terry Byard (Assistant Compliance Officer).

Wine Tasting to Help Walk to End Alzheimer's

VCbank hosted the sixth annual charitable wine tasting event on July 21 to raise funds and awareness for the Alzheimer's Association National Capital Area Chapter, a nonprofit whose mission is to eliminate Alzheimer's through the advancement of research, provide and enhance care and support for all affected, and to reduce the risk of dementia through the promotion of brain health. The funds raised at event support the Alzheimer's Association Walk to End Alzheimer's.

"We all know someone impacted

by Alzheimer's, and as a result, we feel strongly about supporting the Alzheimer's Association and the annual Walk to End Alzheimer's," said David W. Pijor, FVCbank chairman and CEO. The event raised \$5,000 for the walk and was attended by about 80 people who enjoyed live music, hors d'oeuvres and wine sampling from local Virginia winery, Horton Vineyards.

Walk to End Alzheimer's is held annually in more than 600 communities nationwide, including: Reston, Washington, D.C. For a full list of dates and locations, visit www.act.alz.org.

www.ConnectionNewspapers.com

BULLETIN BOARD

Submit civic/community announcements at ConnectionNewspapers.com/Calendar. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

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 30hour 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 USDAfunded 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.

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

324-5955 for more.

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

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

NARFE Monthly Meeting Every Second Tuesday

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

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

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

Fairfax County needs volunteers to drive older adults to medical appointments and wellness programs. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.



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Week to Weak



By KENNETH B. LOURIE

And speaking, a few weeks late, of my "whirled," (see July 5, 2017 column, "Not an Auto-Matic Fix); at least as it relates to my next week or so: 24-hour urine collection on Tuesday, pre-chemotherapy lab work on Wednesday, in the Connection office on Thursday, chemotherapy infusion on Friday, continuing anxiety concerning the previous Wednesday's CT Scan/awaiting results from my oncologist followed by our usual post-scan appointment with him Friday a week later to discuss my future: status quo or the great unknown; coinciding with the typical eating challenges/post-chemo side effect which lasts a week to 10 days after treatment. If this cycle of gloom doesn't sound like fun, you're right, but it's a living/my life and I'm extraordinarily (I didn't want to say "damn") lucky to be able to live it.

And recently having spoken to a new stage IV, non-small cell lung cancer "diagnosee," who's on a 24-hour morphine drip and Percocet every four hours because he's in constant pain, I know how amazingly fortunate I am/have been since being originally diagnosed in late February, 2009. Sure, I've had my share of pain and discomfort, but in the medical-measuring system I'd give it a "1." Hardly the stuff with which nightmares are made (see column in a few weeks, as yet untitled).

I've always been a great believer in context. Not so much comparison because what you see and what you get are not necessarily relevant, comparatively speaking, but more that the circumstances are all relative. It takes me back to Popeye the Sailor Man, who apologizing to no one, always said: "I 'yam what I 'yam." And so am I. When I see other cancer patients at the Infusion Center, when I talk to cancer survivors, when I hear or read of other cancer patient circumstances, I try to live and learn, not take it personally, and count my blessings. Given the hand that I was dealt back on Feb. 27, 2009 I wouldn't say "Wild" Bill Hickok (and his black aces and black eights) came to mind, but my life, according to the "11 month to two-year" prognosis I was given, certainly passed before me – and much sooner than I had anticipated.

In spite of my diagnosis/prognosis, and the miscellaneous ups and downs that I and most cancer patients endure, I've never given in to my oncologist's initial assessment. It was so unbelievable hearing such grim news, especially considering that I was age 54 and a half, that it almost seemed like an out-of-body experience, sort of like Scrooge in Charles Dickens "novella, "A Christmas Carol." Sure we were listening attentively and asked our share of questions, but it didn't seem real or even about me, sort of. I mean at this juncture, I had no pain and no symptoms and no family history of cancer - and I was a life-long non-smoker. Yet here I was, in the bulls eye of a dreaded disease with no known cure receiving a modest life expectancy/two percent chance of living beyond five years.

But eight years and five months later, here I sit, breathe and try to write some wrongs about a life mostly unexpected, and one in which I haven't sweated too many details nor concerned myself with the "nattering nabobs of negativism," to quote former Vice President, Spiro T. Agnew, specifically as it relates to lung cancer outcomes. Which are dramatically improving.

New drug approvals and increased funding for lung cancer research has infused hope into lung cancer patient's lives. Routines with which us lung cancer patients/survivors have become accustomed will be less routine and will make our lives more fulfilling. It might not be perfect, but it's definitely a life worth liv-

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

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