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Chantilly

CONNECTION

Fair Oaks ♦ Fair Lakes

WELLBEING

PAGE 5

Store Manager Brien MacKendrick in front of some peaches in Wegmans' produce section.

Welcome to Wegmans

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Officer of Month Named

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PHOTO BY BONNIE HOBBS/THE CONNECTION

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Warm Welcome for Wegmans

New Chantilly grocery boasts Burger Bar, tacos, pizza, salads.

BY BONNIE HOBBS

At the new Wegmans in Chantilly, customers may chow down on a bacon cheeseburger with maple-onion jam, enjoy a beet-and-avocado salad, feast on a blackened mahi taco or dine on a prosciutto-and-arugula pizza. And these are just a few of the many offerings in the dining areas.

This 120,000-square-foot store at 14361 Newbrook Drive, off Westfields Boulevard and Route 28, opened last Sunday, June 3 — and, oh, yeah, it also sells groceries. But like all those in the Wegmans chain, it's way more than just a grocery store.

With indoor and outdoor seating for 300, this one also boasts a Burger Bar, Mexican Station, artisan pizza eatery and made-to-order salad bar. And that's in addition to the fresh sushi, sub sandwiches, coffee area and restaurant-quality prepared foods for dining in or taking out.

"It's an amazing store," said Store Manager Brien MacKendrick. "It's our 11th store in Virginia and has all our new concepts. It'll be perfect for the residents and business community. And because of all our new updates, it'll still feel brand new to everyone here in Chantilly."

Part of a retail complex called the Field at Commonwealth, Wegmans is its anchor and has some 500 employees. "We have 115

transfer employees from other Wegmans who chose to work here, closer to their homes," said MacKendrick. "Plus we have new employees who already live here."

Before deciding where to locate this store, said Wegmans spokeswoman Tracy Van Auker, "We did market research and checked the demographics, availability of the site and the population density." And despite the fact that a Wegmans store is already thriving in nearby Fair Oaks, MacKendrick said there's room for both to be successful.

"With all the population here, we know the area can support a second store," he said. "It's going to be convenient for the folks of Centreville and Chantilly — and, I think, a welcome addition to the area."

Wegmans' 97th store is open daily, 6 a.m.-midnight, with customers entering via the produce department. "It's where we got our start," said Van Auker. "And it's where we put our emphasis on helping our customers live healthier, better lives. We offer over 140 organic choices in produce and 4,000 organic products total throughout the store."

"We have our own, organic farm and we also work closely with 30 partner, organic-growing farms for our produce," she continued. "And we'll even cut up fruits and vegetables to order for the customers."

The Buzz coffee shop has organic specialty coffee, tea and espresso drinks, plus coffee syrups with no artificial colors, flavors or preservatives. "We offer 10, different varieties a day of brewed coffees and roasts," said coffee merchant Donna Kittrell. "Our specialty summer lattes are the Caribbean Getaway,



PHOTOS BY BONNIE HOBBS

Halit Ozdemir, the store's executive chef, in the Burger Bar's seating area.

Coconut and Salted Caramel, Vanilla Macaroon and Bananas Foster."

Organic smoothies and frappe freezes are also available, plus breakfast sandwiches with muffins or croissants. Kittrell's also excited about the shop's cold-brew coffee infused with nitrogen. "Nitro, cold-brew coffee is the Guinness of coffees," she said. "It's really on trend right now." Customers may also buy a reusable cup and get 50 cents off future, 16-ounce beverages there.

BURGERS, TACOS, PIZZA, SALADS

This Wegmans features the first, built-in Burger Bar in Virginia. The five, specialty burgers (\$8-12 each) include a bacon cheeseburger with maple-onion jam and chipotle aioli, a classic quarter-pound cheeseburger and a black-bean burger topped with guacamole and tortilla chips.

Or choose a chicken-avocado BLT, crab-cake or grilled-salmon sandwiches or a chilled lobster roll. There's a variety of salads (\$5 for a half-salad, \$9 for a full); plus

six kids' meals, as well as sides including sweet-potato fries, soup or vegetables. Also available are root-beer floats, specialty milkshakes, frozen custard, beer, wine and margaritas.

People may order at the counter, eat in the casual restaurant there or take their food to the outdoor seating. There's even a section with children's programs on a TV. Halit Ozdemir is the store's executive chef, and he's delighted to offer customers a full-service restaurant, especially with all the businesses in the local area. He also believes the food quality will bring them back.

"We have fresh patties made in-store every day," said Ozdemir. "You can come here for lunch or dinner, and it's a one-stop destination for everything. Whether you want burgers, tacos, sushi, salad or pizza, it's like a trip around the world."

While the pizza shop offers create-your-own pizzas, the highlights are its authentic, artisan pizzas. And, said Van Auker, "The cool thing is that they're all made right in front of you."

Featured pizzas include the caramelized onion and Applewood smoked bacon with balsamic glaze; Margherita with fresh mozzarella, tomato sauce and basil; mushrooms and truffle; pesto, tomato and spinach; prosciutto and arugula; and white cheese and roasted garlic. They come in small (two slices), medium (four slices) and large (eight slices), and some are available by the slice.

"We use a gas-fired, brick oven; the stone is made from volcanic rock from Mt. Vesuvius," said pizza artisan Sean Mazary. "Our flour and sauces come from Italy, and we cook the pizzas at 800 degrees for 2 minutes. The oven and our high-end, artisan toppings make our pizzas authentic."

At the Mexican Station, customers may create their own burritos, bowls, quesadillas, soft tacos, salads or nachos. Or they may order the soft tacos: Red chile beef, pork with salsa verde, cilantro lime chicken, chargrilled steak, braised mushrooms or blackened mahi.

SEE NEW, PAGE 3



Coffee merchant Donna Kittrell makes a cold-brew coffee on tap.

ROUNDUPS

Greenbriar Park Lighting Project to Begin

The Fairfax County Park Authority will soon begin an LED lighting replacement project at Greenbriar Park located at 4600 Stringfellow Road, Fairfax.

Musco Sports Lighting of Richmond and electrical contractor R.E. Lee of Lorton will be working at the site in the next two weeks. Project completion is anticipated later this summer, depending on the weather. The project includes upgrading poles and lights to LED fixtures on the tennis courts, the parking lot off Melville Lane, pathway lights and fields one, two and five.

Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Thursday, June 7, from 5-8:30 p.m., at the station, 4900 Stonecroft Blvd. in Chantilly. No appointment is necessary. But residents should install the child safety seats themselves so technicians may properly inspect and adjust them, as needed.

Because of time constraints, only the first 35 vehicles arriving on each date will be inspected. That way, inspectors may have enough time to properly instruct the caregiver on the correct use of the child seat. Call 703-814-7000, ext. 5140, to confirm dates and times.

Discuss Trail Improvements

The Fairfax County Park Authority will hold a public information meeting on Thursday, June 21, 7 p.m. at Greenbrier East Elementary School in the cafeteria to discuss proposed improvements to the Rocky Run Stream Valley Trail, including stream crossing upgrades and paving of the gravel sections between Stringfellow Road and the Fairfax County Parkway.

The school is located at 13006 Point Pleasant Drive in Fairfax. A brief overview of the proposed project will be presented, followed by an opportunity for questions and answers.



From left: Pizza artisans Ludhevi Lagura, Lauren Cho and Sean Mazary.

PHOTOS BY BONNIE HOBBS



Little Rocky Run's Deborah Aceto-Milton (left) orders a birthday cake from baker Amy Harper.

New Chantilly Grocery Boasts Burger Bar, Tacos, Pizza

FROM PAGE 2

And, said Van Auker, "A first in our Virginia Wegmans is our made-to-order salad bar. It's our third in the company, and it's had great success in the first two stores." Customers choose from fresh greens and grains, four proteins and 10 dressings. Or they may order specialty salads such as Asian Sesame, Harvest, Caesar and Beet and Avocado.

BEER, WINE, HEALTH, FLOWERS

As for the store, itself, besides grocery and nonperishable items, Wegmans' natural-wellness area offers products for people with special dietary and allergy needs. There's also an international section, plus a large selection of wine and beer for a range of tastes and budgets.

Available are more than 800 different beer options, as well as a large "Craft Your Own Pack" cooler where people may fill a six-pack with a half-dozen craft beers of their own choosing. That way, they can sample different varieties and see what they like. Also featured are beers from local breweries, such as Mustang Sally in Chantilly. There's an assortment of Virginia regional wines, too, plus a separate, fine-wine room with a selection of high-end wines from all over the world.

The store has a bakery, cheese section and ready-to-heat prepared foods. Wegmans also offers self-serve, hot and cold, prepared-food bars including: An Asian bar featuring Chinese, Thai and Indian cuisine; vegetarian bar, soup station and homestyle bar with Italian and barbecue comfort foods.

In addition, there's a flower shop, phar-

macy, catering section and bulk-foods area, including a make-your-own trail mix bar. Home and entertaining items are available, too. And Wegmans' Instacart service allows customers to purchase groceries online and have them delivered to their home in as little as one hour.

OPENING-DAY CUSTOMERS

Despite Sunday's heavy rain, thousands thronged to the new store, including Centreville sisters, Cathy Baker and Beth D'Andrade. "I love it — especially the huge selection of produce," said Baker, of Sudley Farms. "And we're hittin' the Burger Bar, Friday night. I'd absolutely recommend this store to others; we've never had someplace like this in Centreville."

"I like Wegmans brands," said D'Andrade of Sully Station. "Their premade foods, like

chicken wings, are amazing, and their olive bar is awesome. I also like the large selection of beer and wines. And the long hours are great — we can shop at 10 p.m., if we want to."

Sully Station II's Maggie Duron ate a beef-and-cheese quesadilla there and called it "very flavorful." She also bought mochi ice cream balls to take home. "It's a great deal — 10 for \$10," she said. "This store's convenient, just 5-7 minutes from my home, and the prices are really reasonable."

Also praising the quality of the food, her dad, Manuel Duron, said, "I had chicken, beef and steak tacos with guacamole and salsa, and they were delicious. And even with the bad weather today, there's a big crowd."

"I'd recommend this store to anybody," added his daughter. "I'm so happy it opened here."

Mirza Is Honored as Sully District Officer of the Month

BY BONNIE HOBBS

Officer Taimur Mirza was selected as the Officer of the Month for March for the Sully District Police Station. He was honored at the April 11 meeting of the station's Citizens Advisory Committee.

Mirza is a recent graduate of the Fairfax County Criminal Justice Academy and is currently assigned to the Sully District Station's midnight shift. Police 2nd Lt. Brian Calfee nominated him for Officer of the Month, explaining why he's deserving of this award.

From his first day on the job, wrote Calfee, "Mirza has shown an exemplary attitude and positive work ethic. His courtesy, tact and demeanor to community members in their time of need is admirable and well in-line with departmental expectations."

Calfee said Mirza's supervisors noted a recent example of this behavior following



PHOTO BY BONNIE HOBBS

1st Lt. Ryan Morgan (left) presents the Officer of the Month certificate to Officer Taimur Mirza.

a report of a suspicious event. "At a local gas station, a clerk working the late shift looked out his storefront to witness a man

near a vehicle fully engulfed in flames," wrote Calfee. "The clerk raced to assist the man and stomped out what remained of his smoldering, discarded clothes. The unidentified man was scared, clearly burnt and scarred from the fire, but left the gas station in a vehicle before first responders could arrive."

Once Mirza got there, he evaluated the scene and found a burned jacket in the area. Some personal items, including a wallet, were found in a pocket of that jacket. "Officer Mirza found an ID that would prove critical in ascertaining the subject's name and probable Centreville home address," wrote Calfee. "Mirza's inquisitiveness led him to the address on the ID."

Following up, Mirza drove to the victim's home. There, in an open garage, he saw a vehicle matching the one that had been at the gas station. He also noticed that an adjoining door was ajar.

"Officer Mirza called into the home sev-

eral times, hoping to receive an answer," wrote Calfee. "A faint cry for help could be heard from an upstairs room, which prompted immediate action. Mirza and others quickly made their way to the sounds and found a man in a horrible state. Under the charred remnants of his clothing, third-degree burns covered his face, chest and hands."

Calfee said advanced life-support personnel quickly responded to provide critical care and transported the man to the Medstar burn center in Washington, D.C. "It was later learned [that] the man had been playing with a lighter at the gas station and accidentally caught his jacket on fire," wrote Calfee.

"It is believed that Officer Mirza's timely investigation ultimately contributed to the man's survival," he continued. "His determination and drive to protect our community is evident, and he is worthy to be recognized as Officer of the Month for March 2018."

Medicaid Expansion Will Save Lives

Almost too many benefits to count that will help all Virginians, including economic stimulus.

The benefits are huge. The Virginia General Assembly, finally motivated by the huge change in the House of Delegates wrought by energized voters last November, passed a budget that included expanding Medicaid under the Affordable Care Act.

A celebratory press release goes out any time 10 or more jobs come to any place in Virginia. But estimates are that finally accepting the available federal money to expand Medicaid under the Affordable Care Act could stimulate the creation of 30,000 jobs.

Just including the expansion in the budget made hundreds of millions of extra dollars available for other priorities.

EDITORIAL It will make all of us who live and work in Virginia healthier via “herd immunity.” Ensuring that our fellow residents have access to healthcare, to medications to treat contagious illnesses, to vaccinations, to preventive and acute care protects all of us. We don’t want the people who shop with us, ride with us on the Metro or wait in line at motor vehicles to be sick without a reasonable way to be treated. We want the people around us to be healthy. It makes everyone healthier.

In Northern Virginia, tens of thousands of people who are living without health insurance will be eligible. Hundreds of thousands of people across the state will gain access.

Virginia has bypassed about \$10 billion by not having expanded Medicaid since it was possible. It’s not perfect, but now it is done.

“Health care is not a privilege: It is a right,” said state Sen. Dick Saslaw, highlighting the importance. “A lot of us here have had a lot of

breaks in our lives, but there are many others out there who do not get these breaks. They work hard, but for one reason or another things don’t turn out right for them. These people need our help, and we have done that.”

Other perspectives on the benefits: “As a mother of an Autistic child, I know just how important Medicaid is for many things here in Virginia. Medicaid helps fund not just our schools but also our Special Education programs here in Virginia,” said Monica Hutchinson, organizer for New Virginia Majority. “This expansion will have a ripple effect. Not only will hundreds of thousands of Virginians receive the care they deserve, but our schools will also receive extra money in their annual budgets.”

“Now, nearly 400,000 Virginians can see a doctor without fear of financial ruin,” Del. Kathy Tran said. “Last election, voters made it clear that increasing access to healthcare is the top issue for our Commonwealth.”

“As fewer and fewer people have employer-paid health coverage for themselves, much less their families, elections have consequences that can mean the difference between life and death,” said Jaime Contreras, a vice president at 32BJ SEIU.

“The budget’s inclusion of a bipartisan compromise plan to drawdown available federal funds to help hundreds of thousands of hard-working, uninsured Virginians gain health care coverage will promote public health improvements, job growth, economic vitality, and strengthen our health delivery system,” said Virginia Hospital & Healthcare Association President and CEO Sean T. Connaughton.

“We are especially thrilled that some 7,000

Arlingtonians now will have healthcare coverage — this legislative action will improve outcomes for their health and welfare, strengthen our workforce, and help our community and the Commonwealth,” said Katie Cristol, Arlington County Board chair.

AARP Virginia State Director Jim Dau said the bipartisan effort increases access to health care for 400,000 Virginians, including 95,000 people over 50 who are not yet eligible for Medicare.

“We have been fighting to expand Medicaid for years and I’m so proud to have been a part of the team that finally got it done. This achievement will dramatically improve the lives of real people in communities across the Commonwealth, including over 5,600 people in the 49th district,” said Del. Alfonso Lopez (D-49)

Send Father’s Day Photos

Father’s Day is Sunday, June 17, and once again this newspaper will publish a gallery of Father’s Day photos.

Every year at this time, we put out the call for photographs of fathers and their children, grandfathers and their children and grandchildren.

Send in photos with the following information: the town where you live, the names of everyone in the picture, the approximate date the picture was taken, the ages of the children and a sentence or two about what is happening and where the photograph was taken. Be sure to tell us your town name and neighborhood. Photos are due by June 11.

You can submit your photos online at www.connectionnewspapers.com/fathersday. You can also email photos to editors@connectionnewspapers.com.

Potential for Progress on Pension Reform

BY PAT HERRITY
SPRINGFIELD DISTRICT SUPERVISOR (R)

The Fairfax County Board of Supervisors finally appears poised to make additional changes to the county’s unsustainable pension plan. After delaying action for the last three years, a number of options have been put on the table for the board to consider at its June 26 Personnel Committee meeting. There has been some board support for adopting the entire package but the outcome is far from certain. If the package is adopted it will reduce pension costs for new employees by 19 to 25 percent and will still leave county employees with a pension plan better than any of our surrounding jurisdictions. While I believe the board missed the opportunity to develop an overall compensation plan that would provide a mix of salary, pensions, and benefits that would attract the best employees and teachers, these changes are meaningful and I support all of the changes to the general county employee pension plan and most of the

COMMENTARY

changes to the public safety plans. Currently, employees that begin employment with the county right out of school can retire as early as age 55 with a full pension benefit that is higher than those of surrounding jurisdictions. On top of that pension benefit they get a benefit unheard of today — a pre social security supplement — as early as age 55. The pre social security supplement is an additional county paid supplement that equals the social security payment they would have received if they were 67. Unlike real social security payments that increase with cost of living (less than 1 percent last year), this county paid benefit increases at a guaranteed 3 percent. These retirement benefits are far in excess of what is typical in today’s work environment — even in the public sector.

changes to the public safety plans.

Fairfax County currently has an unfunded pension liability in excess of \$5.5 billion. Pensions alone currently cost the county 30 cents on top of every payroll dollar (about 70 cents if you include all benefits). Funding our pension liabilities competes with employee and teacher salary increases and our ability to fund the high quality of services county residents

have come to expect. Since joining the board in 2008 I have been advocating to address our compensation and pension issues.

County staff did an outstanding job of simplifying this very difficult material. Here a link to the details: <https://www.fairfaxcounty.gov/boardofsupervisors/board-personnel-committee-meeting-may-22-2018>. The changes are anticipated to take effect for new employees hired after July 1, 2019 and because they appropriately impact new employees only, the savings will be in future years.

The proposed changes are summarized below:

- ❖ Increasing the Minimum Retirement Age from 55 to 60 and set it at 50 for public safety employees
- ❖ Increasing from the Rule of 85 to the Rule of 90 – full retirement at salary plus age for general county employees
- ❖ Increasing the Salary Averaging Period from 3 years to 5 years
- ❖ Eliminate the Provision that increases the retirement annuity by 3 percent annually
- ❖ Increase the Employee Contribution Rate

SEE PENSION REFORM, PAGE 7

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WELLBEING

Families Meditating Together

Family mindfulness practices can boost overall wellbeing.

BY MARILYN CAMPBELL

Sitting on cushions in a dimly lit corner of the living room, a family of five struggles to relax. But when a lithe woman in flowing yoga pants and a pale grey ballet-wrap top brings her hands together and the gentle sound of Tibetan meditation cymbals fills the air, their eyes close, their shoulders relax and they begin to breathe deeply.

"This is how I like to begin all of my family sessions," said meditation teacher Pleasance Baechli of Transcendental Meditation and Mindfulness Center in Bethesda, Md. "It allows people to calm their minds and bring their attention to the breath and what's going on in their bodies. For a moment, there's nowhere else they need to be and nothing that they need to do."

This is the nature of a family mindfulness session, a chance for families to unplug and disconnect from a world of tablets, smart phones, long commutes, sports practices, homework and errands. Such sessions, says Baechli, offer opportunities for families to reconnect with one another and strengthen their bonds, and are not as difficult to establish as one might think.

"Mindfulness can sound complicated and confusing, especially for children," she said. "But it's simply a state of awareness, and that just means noticing what we're feeling and what we're sensing at the present moment. And it's noticing those thoughts and feelings without judgement or criticism. It's accepting them and letting them pass through our bodies."

Carving out time to meditate in a overloaded schedule can be tall order, but simplicity can help overcome that roadblock. "Unfortunately, the older the kids get and the more activities they have, the harder it gets to make time for quiet and meditation, even though we need it more, of course," said Elizabeth Rees, a mother of three and the associate rector and leader of meditation practices at Saint Aidan's Episcopal Church in Alexandria. "I try to teach my kids breathing techniques and we have a few favorite meditations that we practice periodically before bed. There are also some great [smartphone] apps [like] Insight Timer, Calm and Headspace."

Understanding what mindfulness is and what it is not can help avoid frustration from unmet expectations. "Grasping the concept of mindfulness is tough for some kids and sitting still for long periods of time to practice can be torture," said Baechli. "Mindfulness is simply focusing on your thoughts and feelings as they are right in this moment. That's it. Mindfulness is not a cure-all. Don't expect it to turn your high-energy son into a quiet child or your daughter



PHOTO BY MARILYN CAMPBELL

Cymbals and meditation cushions are tools that mindfulness teacher Pleasance Baechli uses in her family mediation sessions.

who has trouble paying attention and is struggling in school into a straight-A student. That's probably not going to happen."

What it can do however, when practiced over time, is help regulate emotions and strengthen one's ability to concentrate and focus, advises Anne Navolio, Ph.D., a child psychologist based in McLean. She points to a 2012 study by researchers at the University of Washington which credits weekly mindfulness sessions with an improved ability to concentrate. She also references a 2016 study by the University of Wisconsin which showed that even a five minute meditation session each day can increase one's ability to deal with stressful situations. "For beginning a daily practice, start with shorts sessions, especially for young children. Even one-minute of sitting can be beneficial," she said. "And if your kids aren't even interested in that, don't force it."

Incorporating meditation music and concepts that children can understand can make the process easier, advises Baechli. "I like to use cymbals at the beginning of a practice or sound a bell," she said. "Those sounds usually last about 30-45 seconds and sometimes I tell kids to sit quietly and focus on what they're hearing until they can no longer hear it. I also tell kids, especially boys, to use their superhero senses to determine what they can hear and smell all around them."

Spending time outside, either on a hike, nature walk or a trek through the park, can be an opportunity to practice mindfulness as a family, says Navolio. "Simply walking in silence for even a few short minutes and noticing birds, squirrels and cars that are passing or even the scents of freshly mowed grass or food cooking in a restaurant you pass can be a mindfulness practice."

Leading by example can get children engaged in mindfulness practices. "I encourage and model gratitude and attention to small things in the world around us," said Rees. "I definitely think the more mindful and present we can be, the less angst we will have about the past and the future, neither of which we have much control over."



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Announcements

LETTERS

Keep Campaign Positive

To the Editor:

While it is satisfying to me as a progressive to see a promising slate of six candidates on the ballot, it has been hard to decide who I should vote for, I still have two disappointments in the campaign.

First, while all admit (in one forum I attended) that global warming is a problem, in all the postal mail I have received, only one has even mentioned it, and then almost as an afterthought. This is not the attention the most serious crisis ever to be faced by humankind needs.

Until today (June 1), unless I missed it, the campaign, based on postal mail has been generally positive. But today Alison Friedman's flyer attacked state Sen. Jennifer Wexton, coincidentally, just days after the Washington Post endorsed Wexton. The attack was based on Wexton's votes on gun control. I think the picture drawn is one-sided.

One bill that I followed closely involved a compromise that she helped design (not in collusion with the NRA, I am certain, and I question the unsupported "in secret" allegation) in order to get the delegates and senators to approve positive measures, including the removal of guns and denial of the right to purchase them from those who were in crisis or had been abusive to others. (It's been a while, I don't remember with precision, and haven't time to look it up.) That bill was going nowhere until Wexton proposed expanded reciprocity of concealed carry rights to states that had weaker restrictions on ownership than Virginia.

Alison Friedman's flyer ignores the positive gain and, I think exaggerates the negative. The organizations quoted as decrying the compromise, also exaggerate the damage and ignore the good. How was the old law enforced? I talked to various people who might have an answer. We don't have border guards, or checkpoints. A violator would be caught only if an encounter with law enforcement occurred. Not likely. In my view the restrictive reciprocity was ineffective, and giving it up was not measurably increasing danger to Virginians.

Refusal to compromise is a road to nowhere. Senator Wexton understands this and made positive progress in gun control, making Virginians safer, contrary to Friedman's flyer.

Let us keep the campaign positive. And I want to hear more ideas about addressing greenhouse gas emissions.

Stephen Vandivere
Centreville

Ramadan: Much More than Fasting

To the Editor:

Ramadan is a month of fasting observed by Muslims across the world. It is one of the five pillars of Islam and, is fard (obligatory) for adult Muslims, except those who are suffering from an illness, travelling, are elderly, pregnant, nursing, diabetic, chronically ill or menstruating.

The fast begins at dawn and ends at sunset.

The major goal of fasting is to improve oneself spiritually and attain nearness to God. The Holy Quran states, "O ye who believe! fasting is prescribed for you, as it was prescribed for those before you, so that you may become righteous" (2:184). The act of fasting is said to redirect the heart away from worldly activities, its purpose being to cleanse the soul by freeing it from harmful impurities.

In addition to abstaining from eating and drinking, Muslims increase restraint from sinful speech and behavior. Ramadan also teaches Muslims how to better practice self-discipline, self-control, sacrifice, and empathy for those who are less fortunate, thus encouraging actions of generosity and compulsory charity (zakat).

This month is also special because it commemorates the revelation of the Islamic holy book, the Holy Quran. The holy Prophet Muhammad said, "Whoever fasts during Ramadan with faith and seeking his reward from

Allah will have his past sins forgiven. Whoever prays during the nights in Ramadan with faith and seeking his reward from Allah will have his past sins forgiven" (Bukhari).

Please visit: <https://www.alislam.org/library/ramadhan-fasting/>

Zahid Yousaf
Centreville

Miller Receives Scouting's Silver Beaver Award

Christopher M. Miller received the Silver Beaver Award for his service to Scouting, to youth, and to the community at the National Capital Area Council Court of Honor held at Camp Snyder, Haymarket, May 5.

Miller has been active in Scouting since his youth, where he earned the Arrow of Light, religious medals, the rank of Eagle Scout with nine palms, and Vigil Honor in the Order of the Arrow. He has served as Cubmaster, Scoutmaster, or Assistant Scoutmaster in seven units in five states. He has served on Wood Badge staff. He served as Scoutmaster for two National Scout Jamboree Troops in two councils. He has led or advised 10 Philmont and Summit High Adventure Base crews. He has been a National Order of the Arrow Conference delegate four times. He is a Leave-No-Trace Master Educator and a current American Red Cross instructor for CPR and Wilderness First Aid. He served as the Sully Chapter Order of the Ar-



PHOTO BY HONDO DAVIDS

Denise Miller and husband Chris Miller with his Silver Beaver Award.

row adviser, mentoring them to Journey to Excellence Gold four consecutive years. He mentored youth in producing patches and t-shirts at the unit, district, council, and national levels.

He holds degrees in electrical and aerospace engineering, including a doctorate in digital signal processing. He is retired from the U. S. Air Force with a career in flight test and space operations. He volunteers as a photojournalist for the Experimental Aircraft Association and Women in Aviation International, where his efforts

are key to introducing aviation to youth and young adults. His photographs have appeared in several international aviation publications, and one was named "Best of the Best" in a recent Aviation Week & Space Technology Photo Contest.

He has been married to Denise for 27 years. They have two Eagle Scout sons, Alex and Ben, and a Girl Scout daughter, Emily.

OPINION

Pension Reform

FROM PAGE 4

by approximately 1 percent

The changes were presented as a package and there was some support for enacting the entire package of reforms; however, the board may advance a more limited package of reforms at its meeting on June 26. Unfortunately, it appears as though the public will not have a formal opportunity to weigh in on the reforms until after the package has been selected and it comes to public hearing in September or October this year. It is important that supervisors hear from residents before the Personnel Committee meeting on June 26 with their opinions on the package.

BULLETIN BOARD

FRIDAY/JUNE 8

Application Deadline. Leadership Fairfax announces the second round of applications for the Emerging Leaders Institute & Leadership Fairfax Institute Classes of 2019. Learn more at an informational webinar on June 6, at noon. Applications and webinars are available at leadershipfairfax.org or call 703-752-7555.

SATURDAY/JUNE 9

Community Yard Sale. 8 a.m.-noon at Alder Wood Drive, Valley Oaks Drive, and Hunt Manor Drive, Chantilly. Communities join together for a huge yard sale. Items include furniture, household items, window coverings, small power tools, books, decorator items, clothing, office supplies, and camera gear. Free admission.

MONDAY/JUNE 11

American Heart Association Benefit. 11 a.m.-2 p.m. at Sheehy Infiniti of Chantilly, 4145 Auto Park Circle, Chantilly. Heart-healthy trivia and hands-only CPR demonstrations. Sheehy dealerships throughout the area will lead various initiatives in support of the Sheehy 8000 including healthy cooking demonstrations, blood pressure screenings, fitness demonstrations and CPR training for employees and the community. Visit www.sheehyhasheart.org or call 703-322-3600.

SATURDAY/JUNE 16

FCPTA Leadership Training Summit. 9 a.m.-3 p.m. at Thomas Jefferson High School for Science and Technology, 6560 Braddock Road, Alexandria. The Spring 2018 PTA Leadership Training Summit will provide training and leadership development for PTA officers, committee chairs and leaders in preparation for the 2018-19 school year. Visit www.fcpta.org.

SUNDAY/JUNE 17

REVIVE! Training. 3 p.m. at 4213 Walney Road, Chantilly. REVIVE! trains individuals on what to do and not do in an overdose situation, how to administer naloxone, and what to do afterwards. Each attendee also receives a free REVIVE! kit, which includes all the supplies needed to administer naloxone. The medication itself can be acquired at a pharmacy after completing the training. Attendees also receive a safety plan to help individuals prevent overdose if they relapse. REVIVE! is a program of the Commonwealth of Virginia that makes naloxone (Narcan) available to lay rescuers to reverse opioid overdoses. Visit www.fairfaxcounty.gov/community-services-board/facility/a-new-beginning for more information. Advance registration required at 703 502-7021 or 703 502-7016.

THURSDAY/JUNE 21

Public Information Meeting. 7 p.m. at Greenbrier East Elementary School cafeteria, 13006 Point Pleasant Drive, Fairfax. The Fairfax County Park Authority will hold a public information meeting to discuss proposed improvements to the Rocky Run Stream Valley Trail, including stream crossing upgrades and paving of the gravel sections between Stringfellow Road and the Fairfax County Parkway. Visit www.fairfaxcounty.gov/parks/ for more.

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Creature Comforts



By KENNETH B. LOURIE

Can you hear that? Of course you can't. You're there and I'm here. And exactly where am I? As usual on a Saturday morning, I'm sitting at my desk, staring out my window onto to "Belly Acres" (our two acres) waiting for creative lighting to strike.

What it is that you can't hear is the sound of Chino, one of my three male, domestic shorthair cats (there are two other females making for a total of five), purring. Purring so loudly, in fact, and positioned so strategically that I can't look across to my computer screen, grab a tissue from atop my printer or press any keys on my keyboard without seeing him, touching him and/or most definitely, hearing him.

Lying on his side with his back to the computer and his front facing me, I am semi-entranced by the heave-ho of his stomach, the alertness of his ears and the occasional stare and gradual closing of his eyes. Still the purring persists.

Knowing cat behavior, as I've come to after 40-plus years of ownership/cohabitation, I've learned to appreciate their sights and sounds and signs of affection (Chino has now rolled over with his back now facing and touching me, yet another sign of affection and trust, and dare I say, love and devotion). The purring has now stopped because Chino has fallen asleep in his "rocking chair, good buddy," to invoke some old-fashioned CB-Radio-type chatter. Perhaps in Chino's serenity will I find some creative juices to flow.

If you're a cat owner/cat "understander," this behavior is as good as it gets: proximity and tolerance. Cats may not exactly come when you call them, sit on command or fetch, but they most definitely can express love. And it's in these behavioral expressions of love that us cat owners find the greatest joy and the most comfort, so long as we interpret it as such. Nor should we get mad when they exhibit contrary behavior, like ignoring you or walking away when approached or occasionally biting/scratching/clawing the hands that feed, pet and play with them. That's par and it's their course we're playing.

As an experienced "feline," I am accustomed to and mostly amused by, this behavior. It is a behavior, among many that cats exhibit where you have zero (I was going to say minimal, but let's be honest) control. Accepting that may give you a greater sense of anticipation concerning their behavior. And it's when you can correctly anticipate that behavior where you can find some real satisfaction.

Not that correctly anticipating said behavior will become a reliable part of future interactions, nevertheless; it is understanding that being equal parts right and wrong concerning their behavior – and finding humor in it, is what will make you an enlightened cat owner. It's somewhere between expecting the unexpected and accepting that being wrong twice doesn't necessarily make you right once – and appreciating the difference. It's possible that this awareness may help clarify the cat's meow. Then again ... ?

But so what? Because of their frequently inexplicable shenanigans, I am continually bemused, and as an aside, with five cats in the house full time, never alone. And it's that never being alone that I find the most comforting.

Whether it's feeding time, litter time, petting/playing/sleeping time, shopping time or veterinarian time, I am regularly engaged. Now, whether they're happy about any of it or not, I can't say for sure. Still, it gives us all something to do, someone to see – and something to hear.

Chino has now awakened from his nap. He has positioned himself so that he is laying across my writing tablet, resting almost entirely on my non-writing left hand and purring as loudly as he was at the beginning of this column. But now that I'm nearly finished, I guess he figures he can get in my way, which doesn't bother me in the least. After all, he is a cat; I wouldn't expect anything less.

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

ENTERTAINMENT

Submit entertainment announcements at www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday. Photos/artwork encouraged.

WEDNESDAY/JUNE 6

S'more Fun. 6:30-8 p.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. Come to the park for a turkey hot dog supper roasted over the campfire, and take a brisk wagon ride through the Rocky Run Stream Valley. Learn about Ellanor C. Lawrence and the area's local and natural history. Hot dogs, buns, condiments and s'mores provided. Bring drinks and sides. \$10 per person. Children must be accompanied by an adult registered for the program. Meet at Cabell's Mill. Call 703-631-0013 or visit www.fairfaxcounty.gov/parks/eclawrence for more.

SUNDAY/JUNE 10

Churn Butter. 2-3:30 p.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. Taste hand-churned butter and sample cheeses while learning about the dairy industry's past importance at Walney. Tour the historic dairy at Ellanor C. Lawrence Park and try milking a pretend cow. Designed for participants age 4 to adult. \$8 per person. Call 703-631-0013 or visit www.fairfaxcounty.gov/parks/eclawrence for more.

MONDAY/JUNE 11

Scholarship Golf Classic. 8:30 a.m.-3:30 p.m. at Westfields Golf Club, 13940 Balmoral Greens Ave., Clifton. George Mason University hosts its annual Diversity Scholarship Golf Classic to support college scholarships for deserving high school students enrolling at Mason who will be the first generation in their family to attend college. \$200 per golfer. Call 703-993-1438 or visit diversitygolfclassic.gmu.edu for more.

WEDNESDAY/JUNE 16

CFH 2018 5k. 8 a.m.-1 p.m. at Bull Run Regional Park, 7700 Bull Run Drive, Centreville. Come out and support a four-decade mission to provide sustainable affordable housing and critical life skills training to help set individuals and families on a path of self-sufficiency. \$30 pre-registration; \$35 day of registration. Visit cfhva.org/2018-5k-for-affordable-housing.

The Uncle Devin Show. 2:30-3:15 p.m. at Centreville Regional Library, 14200 St. Germain Drive, Centreville. Journey through the land of percussion; hear and play different instruments. All ages. Call 703-830-2223 or TTY: 711 for more.

SATURDAY-SUNDAY/JUNE 16-17

NTRAK Model Train Show. Saturday, noon-5 p.m.; Sunday, noon-4 p.m. at Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Northern Virginia NTRAK members will hold a two day N gauge train show. Museum members and age 4 and under, free; ages 5-15, \$2 and 16 and older, \$4. Visit www.fairfax-station.org, www.facebook.com/FFXSRR or call 703-425-9225.

SUNDAY/JUNE 17

Antique Car Show. 10 a.m.-3:30 p.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Motor on over to Sully Historic Site on Father's Day for the 45th Annual Antique Car Show. More than 400 classic and antique cars. Buy a car dream car at the Car Corral, or find that perfect auto accessory at the extensive Flea



Mason scholarship students gather at a previous Diversity Scholarship Golf Classic.

Scholarship Golf Classic

George Mason University hosts its annual Diversity Scholarship Golf Classic to support college scholarships for deserving high school students enrolling at Mason who will be the first generation in their family to attend college. Monday, June 11, 8:30 a.m.-3:30 p.m. at Westfields Golf Club, 13940 Balmoral Greens Ave., Clifton. \$200 per golfer. Call 703-993-1438 or visit diversitygolfclassic.gmu.edu for more.

Market. Treat dad to lunch, and enjoy some toe-tapping music from the heyday of these classic automobiles. \$10 for adults, \$8 for seniors and \$6 for children, includes a tour of Sully's 1794 historic house. Call 703-437-1794 or visit www.fairfaxcounty.gov/parks/sully-historic-site for more.

Summer Concert in the Parks. 3-4:30 p.m. at the Harris Pavilion, 9201 Center St., Manassas. The Kings Park Concert Band, performing in Northern Virginia for over 50 years, announces a summer concert in the parks. Typical programs include: marches, concert band classics, movie and Broadway show medleys, novelty pieces. Free. Visit kingsparkband.org.

THURSDAY/JUNE 21

Jacks are Wild. 10:30-11:15 a.m. at Centreville Regional Library, 14200 St. Germain Drive, Centreville. Jack Russell Terriers, Mario and Bella, perform fun and amazing tricks. Ages 6-12. Call 703-830-2223 or TTY: 711 for more.

FRIDAY/JUNE 22

FrogHair Golf Tournament. Noon at Twin Lakes Golf Course, 6201 Union Mill Road, Clifton. Enjoy the chance to be a winner at the upcoming FrogHair Golf Tournament presented jointly by Southwestern Youth Association and Chantilly Youth Association. A fun twist on the game is presented at each hole, providing both experienced and inexperienced golfers with an opportunity to win a prize. Golfers can sign up as a single, a twosome or a foursome. \$99 per person. Visit www.froghairgolfclassic.com.

SUNDAY/JUNE 24

Colonial Games and Ice Cream. 1-3 p.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. Start summer with historic fun and games at Ellanor C. Lawrence Park. Join a tournament of hoop and stick, the game of graces and other childhood games of yesteryear. Take historic scavenger hunt challenges and race to buy cows for the historic Walney Farm. End your day relaxing with ice cream. The program runs from 1 to 3 p.m. and the cost is \$10 per person. \$10. Call 703-631-0013 or visit www.fairfaxcounty.gov/parks/

eclawrence for registration information.

JUNE 25-29

CyberSecurity Camp. Chantilly Academy will partner with Northrop Grumman and the Volgenau School of Engineering at George Mason University (GMU) for its annual CyberSecurity summer camp. Students will learn cyber ethics, computer forensics, and cyber security fundamentals; they will also learn about cybersecurity internships and careers in the field. This camp is open to rising 7th-12th graders. \$225 for the week. Visit chantillyacademy.fcps.edu/announcements/summer-camps-chantilly-academy.

THURSDAY/JUNE 28

Wonder: The Movie. 2:30-4:30 p.m. at Centreville Regional Library, 14200 St. Germain Drive, Centreville. Join for the movie version of the book "Wonder" by R.J. Palacio. Bring a blanket and/or a pillow to sit on. Light snacks and drinks provided or bring your own snacks. This movie is rated PG. Grades 4 and up. Call 703-830-2223 or TTY: 711 for more.

SUNDAY/JULY 1

Crafts for the 4th of July. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Enjoy making railroad inspired, 4th of July crafts. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org, www.facebook.com/FFXSRR, or call 703-425-9225.

SUNDAY/JULY 8

Hands On Activities. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Activities may include railroad inspired crafts, demonstrations of railroad artifacts with visitor participation as well as possible history challenges for the whole family. All craft supplies included with admission fees. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org, www.facebook.com/FFXSRR, or call 703-425-9225.



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Special Edition



PET Connection

Publishes: July 25, 2018 • Ads close: July 19, 2018

Connection readers love their pets. This keepsake edition will feature photos, anecdotes, advice and more about beloved family pets.

The Pet Connection will publish on July 25, 2018, and photos and stories of your pets with you and your family should be submitted by July 19.

This edition provides a great advertising opportunity to reach pet owners where they live in a section sure to attract and hold their attention - be sure to take advantage of our different advertising options.

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

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