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Lanier Middle School science teacher Faiza Alam and her students collect macro-invertebrates in the Cub Run stream so they may analyze the stream's health. The school has been named Green Ribbon School by U.S. Department of Education.

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## Child Pornography: Five Years Prison

A local man was sentenced Friday, June 1, in federal court to five years in prison for downloading videos depicting the sexual abuse of children. He is Gabriel Lin, 25, of Fairfax. According to documents filed in U.S. District Court in Alexandria, Lin used a peer-to-peer, file-sharing network to search for and download child-pornography videos. He also stored more than 600 videos and 10,000 images of children being sexually abused on electronic devices in his residence. Authorities said some of this material depicted children as young as infants and toddlers. Special Assistant U.S. Attorney Kyle P. Reynolds prosecuted this case, and U.S. District Judge Liam O'Grady sentenced Lin. This case was brought forward as part of Project Safe Childhood, a nationwide initiative launched in May 2006 by the Department of Justice to combat the growing epidemic of child sexual exploitation and abuse. Led by U.S. Attorneys' Offices and the Child Exploitation and Obscenity Section, Project Safe Childhood marshals federal, state and local resources to better locate, apprehend and prosecute individuals who exploit children via the Internet, as well as to identify and rescue victims. For more information about this program, go to [www.justice.gov/psc](http://www.justice.gov/psc).

—BONNIE HOBBS

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## Lanier Middle School Given National Honor

**Named Green Ribbon School by U.S. Department of Education.**

BY BONNIE HOBBS  
THE CONNECTION

**W**hen Lanier Middle School began its innovative efforts to reduce its environmental impact, improve health and wellness, and establish sustainability education, it didn't do so to win an award. It took these actions because they were the right thing to do.

Nonetheless, the school's efforts received national recognition; and now, Lanier has been named a 2018 U.S. Department of Education Green Ribbon Schools award honoree. Nominated by the Virginia Department of Education, it's one of 46 schools, six districts and six postsecondary institutions to garner this acclaim.

"Lanier's ever-evolving and growing eco-journey has made this community extremely proud," said Principal Erin Lenart. "The educators we have at the helm of the work span all subject areas and are a testament to how a community can excel when its members are given the permission and freedom to marry their passion and purpose with those Portrait of a Graduate skills we teach in Fairfax County Public Schools."

She noted, as well, that Lanier also enjoys the benefit of the partnership between FCPS and the City of Fairfax Public Schools. Said Lenart: "Their combined, enormous investment in our programs, students and staff has allowed us to really focus our time and energy into making this award possible."

**LANIER** began its efforts to reduce its environmental impact during a school renovation, which was completed in 2008. The resulting facility, funded by the City of Fairfax School Board, featured increased insulation, automatic water shut-offs, motion sensor lights, temperature controls in unoccupied areas, tinted windows with low-E glass on sunny exposures and thermally broken frames, high-efficiency lighting ballasts, and an economizer on rooftop units.

Since then, the difference has been both notable and significant. Lanier earned an Energy Star certification in 2015, and its



PHOTO COURTESY OF FAIZA ALAM

**(From left) Science teacher Faiza Alam and Lanier students pose with the rain barrel and funnel they designed to trap rainwater in places without roof gutters.**

energy-conservation program has saved the school more than \$58,000 on energy costs. Now, Lanier is phasing in Green Seal cleaning products and training and certifying staff members in green-cleaning practices to further improve its indoor air quality.

As a member of the National Wildlife Federation's (NWF) Eco-Schools USA program, the school established an eco-team of students, staff members, parents and community members to focus on environmental issues. Team members encourage energy, water and paper conservation, as well as recycling and school-grounds enhancement that considers sustainability issues. In fact, Lanier was the first school in Virginia and the third school nationally to earn the Green Flag award from Eco-Schools USA.

"In the classroom, the school encourages digital submissions of work to reduce paper waste and offers online textbooks," said City Schools spokeswoman Carrie Dorsey. "The Lanier courtyard was converted into an Outdoor Living Classroom, now an NWF-

certified, wildlife habitat that includes various ecosystems, a vernal pool, a vegetable garden and a dry-bed stream, fully maintained by the eco-team."

All grade levels use the Outdoor Living Classroom for learning and environmental stewardship. Seventh-graders participate in a Meaningful Watershed Educational Experience, testing the water quality in a local stream and learning about topography, biodiversity and ecology. They then follow up with a school watershed walk to identify runoff, erosion and positive environmental practices. In addition, they identify areas for improvement.

"Projects have included implementing a schoolwide recycling program, donating unused cafeteria food to a local food shelter and installing a hybrid solar panel-wind turbine unit," said Dorsey. "Environmental sustainability is also used as a focus for projects in art, Family and Consumer Sciences, physical science and the school newspaper."

Furthermore, she said, "The school sup-

ports a number of health-and-wellness activities, including Walk to School and Bike to School days, educating students about growing and eating healthy food, [having] teams participate in fitness activities, and [implementing] initiatives to support mental health and a positive, school climate."

All of Lanier's eco-friendly projects and improvements were a schoolwide effort, involving all the science teachers. One of them, Faiza Alam, said how pleased she was to have been part of Lanier's eco-journey since 2006. That's when Lanier became the first middle school in Fairfax County to require all seventh-graders to participate in an environmental-stewardship project via all their science classes.

**IT QUICKLY BECAME** the model for other FCPS middle schools. Then in 2009, Lanier registered for the Eco-School program, which provides a framework to help educators integrate sustainable principles across the curriculum.

"The Lanier community engaged in converting the school's courtyard into an Outdoor Living Classroom, conducted energy, consumption and school grounds audits and implemented numerous, environmental projects at the school," explained Alam. "Students created bio-retention cells and rain gardens to stop erosion and runoff, installed rain barrels to conserve water, installed bottle-filling water fountains to stop the use of plastic bottles, and changed their daily life habits to better the environment."

"It gives me immense satisfaction that I was able to take the learning outside the four walls of the classroom, where students addressed real-world problems on school grounds," she continued. "At Lanier, we for sure are raising global, ethical citizens who are creative critical thinkers. They collaborate and communicate at local, regional and national levels and are goal-oriented individuals. As eagles, we soar."

All in all, said Alam, "Lanier provides a wonderful, learning environment where staff members are trusted by the leadership team to explore their passion, students are engaged in project-based learning, and the parents and extended community are very supportive – a perfect recipe for real learning by doing."

## Lanier Student Receives Humanitarian Award

**T**he Chantilly Pyramid Minority Student Achievement Committee (CPMSAC) held its 34th annual Youth Motivation and Academic Achievement Awards Program last Saturday, June 2, at Chantilly High. The highest honor is the Humanitarian Award

and, in the middle-school category, Shayla Brown, a Lanier eighth-grader, was among the students receiving it.

It's given to students highly regarded by their peers and school faculty. These students have also contributed to their schools and to the lives of others and have been involved in community service.



**Pictured with CPMSAC President Johnny Nelson (center) are (from left) Israel Hanberry, Stone Middle, seventh grade; Darwin Otchere, Rocky Run, eighth grade; Shayla Brown; and Jaden Haile, Rachel Carson, eighth grade.**

BONNIE HOBBS/  
THE CONNECTION



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PHOTOS COURTESY OF IRBY HOLLANS

## Rotary Club of Fairfax Names Teachers of the Year

The Rotary Club of Fairfax awarded 2018 Teacher of the Year awards to Jennifer Swientoniowski, English Teacher, Fairfax High School; and Kevin Deans, mathematics teacher, Lanier Middle School. From left: Jon Buttram, Chairman, City of Fairfax School Board; David Goldfarb, Principal, Fairfax High School; Jennifer Swientoniowski, awardee; Kevin Deans, awardee; Erin Lenart, Principal, Lanier Middle School; and Dr. Phyllis Pajardo, Superintendent, City of Fairfax schools.

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## Fairfax High Student Is Headed to Japan

### Jacob Major wins FCCLA/Kikkoman Scholarship.

BY BONNIE HOBBS  
THE CONNECTION

Fairfax High junior Jacob Major, an honor student and a member of his school's Family, Career and Community Leaders of America (FCCLA), will soon be headed to Japan. He recently won an FCCLA/Kikkoman Scholarship to participate in the Japanese Exchange Program through Youth For Understanding USA.

FCCLA is a national student organization that helps young men and women become leaders. And while doing so, they address significant personal, family, work and societal issues through Family and Consumer Sciences Education.

A graduate of Daniels Run Elementary and Lanier Middle School, Major has been an active member of the City of Fairfax FCCLA since eighth grade, when he competed in a STAR (Students Taking Action with Recognition) event. These are competitions in which members are recognized for proficiency and achievement in chapter and individual projects, leadership skills and career preparation.

Then, in both ninth and 10th grades, Major helped his school's FCCLA chapter earn recognition when he competed in the National Online Program for Families

First. During this current school year, he's the curator of the chapter Website competing in the STAR event senior category.

In addition, he takes honor courses and has a 3.6 GPA. He's also working toward his Eagle Scout badge, has been active in Scouting for seven years and works part-time at the Kings Park Library. The scholarship he won is worth more than \$11,000, and his FCCLA adviser, Susan von Schaack, is delighted for him.

"Jacob is an excellent choice to represent our chapter, community, school and country," she said. "He works very hard for our chapter and deserves this award."

While in Japan, he'll spend four to six weeks living with a Japanese host family. Among the many things he'll get to experience will be a Japanese tea ceremony, traditional Japanese foods and, possibly, a climb up Mount Fuji with a Japanese brother or sister.

The FCCLA Japanese Exchange Scholarship is administered by Youth For Understanding USA, a non-profit international exchange organization. Based on the premise that international understanding may be achieved through individual people, the program emphasizes family living as the core of the overseas learning experience. The hope is that the opportunity to experience the daily life and culture of another country and its people will enhance students' awareness of international issues.



Jacob Major

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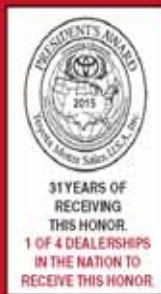
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## Potential for Progress on Pension Reform

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 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.

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 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.

## Green for Medicaid

BY EILEEN FILLER-CORN  
STATE DELEGATE (D-41)



Pressing the green “yes” button at my desk on the floor of the House of Delegates last Wednesday night was literally the most consequential vote I have ever taken. It truly was the best day for me, ever, in the Virginia House of Delegates.

People often ask me why I serve, and I always respond “because I truly want to make a difference.” The fact is, if I were ever in doubt, I can look at this vote and say, yes we can and yes we do make a difference, in this case, to over 300,000 Virginians who had no insurance. These people are not just statistics, they are neighbors, family members and friends.

As I drove back from Richmond that night, I think it finally sunk in: Medicaid expansion will become a reality in Virginia. We passed a budget that reflects our values, providing well-deserved access to healthcare for over 300,000 people, teachers and state employees will receive raises, there will be additional money for mental health and for people with developmental and intellectual disabilities and insurance will be provided for people with autism up until age 21, while funds will be added to our rainy-day fund.

I have always gone to Richmond with a goal to listen and get things done, working with everyone, finding areas of commonality. This budget is a perfect example of Democrats and Republicans coming together to do what is

right for the Commonwealth and its citizens. Gov. Ralph Northam, former Gov. Terry McAuliffe, all of our Democratic members of the House and Senate, as well as a number of Republicans and so many others: individuals, groups and stakeholders worked earnestly in support of Medicaid expansion for over five years and we finally did it.

We were victorious because everyone came together and because we elected so many new diverse but like-minded voices into the House of Delegates in November of 2017. As our Democratic leader aptly put it, we showed “the power of 49.” But 49 is not 51; we needed leadership on the other side of the aisle, as we had through Speaker Kirk Cox, Appropriations Chairman Chris Jones and Commerce and Labor Chairman Terry Kilgore who were instrumental in leading support among Republicans in the House. Senators

## The most important vote I have ever taken.

Emmett Hanger, Dick Saslaw, George Barker, and Janet Howell were essential in leading the Senate as well, and Lieutenant Governor Justin Fairfax broke a number of ties in the Senate to block hostile amendments to our budget. This was truly a team effort.

Thanks to the passage of this budget there will also be funding for more judges and additional individuals with disabilities will have access to Medicaid waivers. Investment was increased in economic development while additional money will be provided to expand broadband and preserve our AAA bond rating. Through this budget, we will create opportunities for working families to thrive. We will build a better, healthier, stronger Virginia.

I will always remember pressing that green button on my desk on May 30, 2018 while watching the vote board light up green in support of a budget we can all be proud of. During my time in office, this was truly the most important vote I have ever taken.

## 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 12.

You can submit your photos online at [www.connectionnewspapers.com/fathersday](http://www.connectionnewspapers.com/fathersday). You can also email photos to [editors@connectionnewspapers.com](mailto:editors@connectionnewspapers.com).





# Families Meditating Together

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



PHOTO BY MARILYN CAMPBELL

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

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 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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www.connectionnewspapers.com/Calendar

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# CALENDAR

Submit entertainment announcements at [www.connectionnewspapers.com/Calendar/](http://www.connectionnewspapers.com/Calendar/). The deadline is noon on Friday. Photos/artwork encouraged.

## ONGOING

**“California Suite.”** Through June 16, Thursday-Saturday, 7:30 p.m.; Sunday, 2 p.m. at James Lee Community Center Theater, 2855 Annandale Road, Falls Church. The Providence players conclude their 20th anniversary season with the Neil Simon comedy, “California Suite,” Simon’s humorous confection in four separate comedy playlets with one common thread. Four couples from different cities travel to California over the course of a year and stay in the same Beverly Hills Hotel suite, bringing their problems, anxieties and comic marital dilemmas with them. Adults, \$20; students/seniors, \$17. All seating is reserved. Call 703-425-6782 or visit [www.providenceplayers.org](http://www.providenceplayers.org) for more.

**Art Exhibit: House, Sky and Abyss.** Through June 24, gallery hours at Workhouse Arts Center’s Vulcan Muse Gallery, 1st Floor, 9518 Workhouse Road, Lorton. House, Sky and Abyss is a solo exhibition featuring Gerardo Camargo chronicling the relationship between natural environment and social constructs. Visit [www.workhousearts.org](http://www.workhousearts.org).

**Art Exhibit: Candy for the Eye, Food for the Soul.** Through July 8, gallery hours at Workhouse Arts Center’s Warrior Way Gallery, 1st Floor, 9518 Workhouse Road, Lorton. Gene Moty, a retired Air Force officer, creates contemplative, whimsical paintings using traditional materials. Visit



PHOTO BY CHIP GERTZOG, PROVIDENCE PLAYERS

**Liz Mykietyn as Millie Michaels and Dave Wright as Marvin Michaels in the Providence Players production of the Neil Simon comedy “California Suite.”**

## ‘California Suite’

The Providence players conclude their 20th anniversary season with the Neil Simon comedy, “California Suite,” Simon’s humorous confection in four separate comedy playlets with one common thread. Four couples from different cities travel to California over the course of a year and stay in the same Beverly Hills Hotel suite, bringing their problems, anxieties and comic marital dilemmas with them. On stage through June 16; Thursday-Saturday, 7:30 p.m.; Sunday, 2 p.m. at James Lee Community Center Theater, 2855 Annandale Road, Falls Church. Adults, \$20; students/seniors, \$17. All seating is reserved. Call 703-425-6782 or visit [www.providenceplayers.org](http://www.providenceplayers.org) for more.

[www.workhousearts.org](http://www.workhousearts.org).

**Art Exhibit: Nature’s Fingerprints I.** Through July 8, gallery hours at Workhouse Arts Center, Building 6 Gallery and Studio 605, 9601 Ox Road, Lorton. Using only natural dyes, each art quilt, silk scarf and framed work is an alchemy of color and texture as unique as a human fingerprint. Visit [www.MariselaRumberg.com](http://www.MariselaRumberg.com) for more.

**The Sunday Farmers’ Market.** Through Oct. 21, 10 a.m.-2 p.m. at

10500 Page Ave., Fairfax — one block from West and Main streets behind the Wells Fargo Bank and adjacent to the Historic Fairfax County Courthouse. Visit [www.fairfaxsundaymarket.com](http://www.fairfaxsundaymarket.com).

**Saturday Community Farmers’ Market.** Through Oct. 27, 8 a.m.-1 p.m. at 10500 Page Ave., Fairfax — one block from West and Main streets behind the Wells Fargo Bank and adjacent to the Historic Fairfax County Courthouse. Visit [www.fairfaxsaturdaymarket.com](http://www.fairfaxsaturdaymarket.com).

**Farmers Market.** Saturdays, 10 a.m.-2 p.m. at Springfield Town Center, 6699 Spring Mall Drive, Springfield. Visit [www.facebook.com/SpringfieldFoodworks/](http://www.facebook.com/SpringfieldFoodworks/).

**Second Saturdays.** 6-9 p.m. at the Workhouse Arts Center, 9518 Workhouse Road, Lorton. The Second Saturday Art Walk is the perfect time to meet nearly 85 Resident and Associate Artists, creating art in the studios or exhibiting in our galleries. Experience performances of dance, cabaret, comedy, big band, jazz, and theater. Indulge in classes in the art of mixology or cuisines from around the globe. Enjoy art exhibitions in nine galleries of the region’s finest sculpture, painting, glass, ceramics, and fiber art works. Visit [www.workhousearts.org/](http://www.workhousearts.org/).

**Senior Line Dancing.** Mondays, 1 p.m.; Fridays, 10-11:30 a.m. at Little River Glen Senior Center, 4001 Barker Court, Fairfax. Line Dancing is a gentle, social form of aerobic activity. Studies have shown it aids in warding off Alzheimer’s disease. No previous experience needed. Cost: \$5 per 8-week session. Email [barbriba@hotmail.com](mailto:barbriba@hotmail.com) or call 703-524-3739.

**Fairfax Pets on Wheels New Volunteer Orientation.** An orientation for new volunteers interested in visiting residents of nursing homes and assisted living facilities with their approved pets through the Fairfax Pets On Wheels program is held the first Wednesday of every month starting at 7:30 p.m. Visit [www.fpow.org](http://www.fpow.org) for each month’s location. Prior to attending, please complete the online application found at [www.fpow.org/volunteer](http://www.fpow.org/volunteer). [www.fpow.org](http://www.fpow.org), 703-324-5424 or [dfspetsonwheels@fairfaxcounty.gov](mailto:dfspetsonwheels@fairfaxcounty.gov).

**Carolina Shag.** Wednesdays, 6:30-10 p.m. at Arlington/Fairfax Elks Lodge, 8421 Arlington Blvd., Fairfax. Free lessons at 7:30 p.m. No partners needed. Dinner menu. \$8. Under 21 free. [nvshag.org](http://nvshag.org).

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

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

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

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

SEE CALENDAR, PAGE 10

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## SPORTS

# Silkowitz, Woodson Girls' Soccer Head to State Semis

Cavaliers shut out T.C. Williams in region semifinals.

BY JON ROETMAN  
THE CONNECTION

**W**oodson goalkeeper Jordan Silkowitz stuck out her right leg and deflected a shot by T.C. Williams' Erika Harwood early in the teams' region semifinal match.

Later, with Woodson leading, Silkowitz made another kick save, this time turning away Titan standout Claire Constant.

In the second half, Silkowitz displayed her desire to win and took nothing for granted. The senior sacrificed her body to protect the net, laying out even as Titan shots sailed high over the crossbar.

When the referee blew the final whistle, Silkowitz had earned another clean sheet and the Woodson girls' soccer team had secured a state tournament berth.

Woodson defeated T.C. Williams 2-0 in the Region 6C semifinals on May 30 in Alexandria. Two days later, the Cavaliers beat South County to win the region champi-



VIDEO SCREENSHOT BY JON ROETMAN

**Goalkeeper Jordan Silkowitz, left, and the Woodson girls' soccer team shut out T.C. Williams in the region semifinals on May 30.**

onship. On Tuesday, Woodson defeated Chantilly in the state quarterfinals, setting up a semifinal match against Madison at noon on Friday, June 8 at Deep Run High School.

"We might not be the most talented group," Silkowitz said, "but we all work well together and play for each other."

Silkowitz, who will play college soccer at Ohio State, has been a big part of Woodson's success this season, helping the Cavaliers shut out more than 10 opponents.

"She's on another planet," Woodson head coach Warren Williams said. "She's going to Ohio State for a reason. Every day she comes, she wants to get better, she

wants to improve. She's got drive that a lot of kids, a lot of adults, we don't have. She gets the most out of everything she has and she wants it so much for this team. I couldn't be happier for her."

For the region semifinal match against the Titans, Williams said the Cavaliers' plan was to contain Constant, who will play at Vir-

ginia, and Bella Ponzi, who will play at Georgia. Silkowitz and the Woodson defense produced a shut-out while the Cavaliers received goals from Kate Herz and Chloe Dawson.

"We couldn't finish," T.C. Williams head coach Ally Wagner said. "Their keeper is — I haven't seen another keeper like that since I've been at T.C. É They were just all over Claire Constant. They put a lot of pressure on our forwards. We barely could touch the ball without someone just being right there on them."

Woodson will enter Friday's state semifinal with a 16-1-3 record. If the Cavaliers beat Madison, they will take on the winner of First Colonial and Frank Cox in the state championship match at 3 p.m. on Saturday, June 9 at Glen Allen High School.

"This is my last year and I don't want to leave without a state ring," Silkowitz said after Woodson beat T.C. Williams in the region semifinals. "We have worked so hard all [four] years. I want to do it [not] just for myself, but I want to do it for my coaches, for my teammates."

**"This is my last year and I don't want to leave without a state ring."**

**—Woodson goalkeeper Jordan Silkowitz**

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## Legals

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## Employment

**MEDICAL INSURANCE  
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## Announcements

### IVY CHRISTIAN COLLEGE TO HOST ON-SITE VISIT

Ivy Christian College will host a Transnational Association of Christian Colleges and Schools (TRACS) on- site evaluation team visit on June 19th 2018 for the purpose of evaluation the college for accreditation status.

Third party comments are invited and may be addressed to: TRACS, 15935 Forest Road, VA 24551.

TRACS is approved by the U.S. Department of Education as a national- ly- recognized institutional accrediting agency and appears on the Secretary's List of Approved Accrediting Agencies, which is provided in the Higher Education Directory. TRACS is also recognized by the Council for Higher Education Accreditation (CHEA).

Ivy Christian College  
9401 Mathy Drive Suite380  
Fairfax, VA 22031  
Tell: (703)425-4143  
Fax: (703)425-4148

## Announcements

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# CALENDAR

FROM PAGE 8

### English Conversation Groups

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

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

### FRIDAY/JUNE 8

#### Old Town Village Performances:

**Alte Kameraden Octet.** 7-8 p.m. at Old Town Plaza, 3955 Chain Bridge Road, Fairfax. The weekend starts here – Friday night on the Old Town Village Plaza – music and dance to relax by. Fridays, June-September, weather permitting. Performances are free. Call 703-385-7858 or visit [www.oldtownplazafairfax.com](http://www.oldtownplazafairfax.com) for more.

**B-I-N-G-O.** 7 p.m. at Fire Station 3, 4081 University Drive, Fairfax. Enjoy free coffee, entertaining callers, a friendly atmosphere, \$1,000 guaranteed jackpot, treasure chest progressive raffles, and good food available for purchase. All proceeds go to purchasing fire and rescue equipment. Visit [www.fairfaxvfd.com](http://www.fairfaxvfd.com) or call 703-273-3638 for more.

#### 'A Night to End Human Trafficking.'

7-11 p.m. at Hilton Springfield, 6550 Loisdale Road, Springfield. A night of fun and entertainment with a purpose: putting an end to human trafficking. In an effort to combat this injustice, Just Ask Prevention Project and Airline Ambassadors are hosting 'A Night to End Human Trafficking' to help raise funds for educational videos and curriculum development. Visit [eventbrite.com](http://eventbrite.com) and search "Just ask."

#### Movies Under the Moon: The

**Incredibles.** 8 p.m. at Van Dyck Park, 3740 Old Lee Highway, Fairfax. Enjoy a night under the stars in Van Dyck Park with family and friends with a movie for all ages to enjoy. Free admission, bring chairs and blankets.

### THURSDAY-SATURDAY/JUNE 7-9

**Interfaith Ramadan Tent.** 7:30 p.m. at Fairfax Presbyterian Church, 10723 Main St., Fairfax. American Turkish Friendship Association is organizing a Ramadan tent with the goal of bringing together neighbors of all backgrounds for celebrating joys together in the month of Ramadan. Cosponsored by Ezher Bloom Mosque of Fairfax. Visit [www.atfa.us](http://www.atfa.us), [www.iitstudies.org](http://www.iitstudies.org) or [fairfaxpresbyterian.org](http://fairfaxpresbyterian.org) for more.

### FRIDAY-SUNDAY/JUNE 8-10

**2018 Celebrate Fairfax! Festival.** at Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. The 37th annual Celebrate Fairfax! Festival highlights include family programing, craft beer, Virginia wine, a silent disco, 40+ thrilling carnival rides, nightly fireworks, and headlining performances by Good Charlotte, Sugar Ray & Gin Blossoms and Cracker. Visit [www.CelebrateFairfax.com](http://www.CelebrateFairfax.com).

### SATURDAY/JUNE 9

#### Kidz Korner: Kitty Pozer Day

**Family Activities.** 10:30 a.m. in Old Town Square at the pergola, Fairfax. A variety of children's activities and entertainment in Old Town Square, Saturdays June-September. Free show. Visit [www.fairfaxva.gov/government/parks-recreation/old-town-square](http://www.fairfaxva.gov/government/parks-recreation/old-town-square).

#### Meet the Artist: Marisela

**Rumberg.** 6-9 p.m. at Workhouse Arts Center, Building 6 Gallery and Studio 605, 9601 Ox Road, Lorton. Using only natural dyes, each art quilt, silk scarf and framed work is an alchemy of color and texture as unique as a human fingerprint. Visit [www.MariselaRumberg.com](http://www.MariselaRumberg.com) for more.

### SATURDAY-SUNDAY/JUNE 9-10

**Fairfax Comicon.** Saturday, 11 a.m.-6 p.m.; Sunday, 10 a.m.-4 p.m. at George Mason University, Dewberry Hall, 400 University Drive, Fairfax. A brand new event, two full days of comics and cosplay at George Mason University. \$10-\$20. Free parking. Visit [vacomicon.com/events/summer2018/](http://vacomicon.com/events/summer2018/).

### SUNDAY/JUNE 10

#### Wine, Whiskers, and Wags.

1-5 p.m. at Paradise Springs Winery, 13219 Yates Ford Road, Clifton. Friends of the Fairfax County Animal Shelter is holding their 12th Annual Wine, Whiskers, and Wags, an annual fundraising event with heavy hors d'oeuvres, beverages, a ticket for a glass of wine or a wine tasting, a keepsake wine glass, dog demonstrations, participation in the silent auction and access to exhibitors.. Tickets are required and may be purchased in advance for \$45 at [www.ffcas.org](http://www.ffcas.org); tickets may also be purchased at the event for \$55.

**Second Sunday Program.** 2 p.m. at Fairfax Museum and Visitor Center, 10209 Main St., Fairfax. "The Yanks are Coming (Eventually): Hearing America Change, 1914-1919."

Historical performer and music historian Michael Lasser will discuss songs from World War 1 and how the era's popular music traces the changes in American attitudes toward the war. Free. Call 703-385-8414.

### MONDAY/JUNE 11

#### Funday Monday: Story Time and

**Crafts.** 10:30-11:30 a.m. at Old Town Square, 10415 North St., Fairfax. A variety of children's activities and entertainment in Old Town Square, Mondays June-August. Free. Visit [www.fairfaxva.gov/government/parks-recreation/old-town-square](http://www.fairfaxva.gov/government/parks-recreation/old-town-square) for more.

### TUESDAY/JUNE 12

**Farm to Fairfax Market.** 10 a.m.-2 p.m. at Old Town Square, 10415 North St., Fairfax. The market, will be producers-only – meaning that all vendors at the market may only sell what they raise on their farms or make from scratch using local ingredients as much as possible. May-September, weather permitting. Call 703-385-7893.

**Storytime in the Park.** 10:30 a.m. in Old Town Square, 10415 North St., Fairfax. In association with Fairfax County Public Library. Weather permitting. Visit [www.fairfaxva.gov](http://www.fairfaxva.gov) for more.

### THURSDAY/JUNE 14

**Art and Lunch.** 10:30 a.m.-2:30 p.m. at Old Town Hall, 3999 University Drive, Fairfax. The Fairfax Art League

will be hosting an Art and Lunch event. Bring lunch and enjoy the company of other artists. Free and open to the public. New members welcome. Visit [www.fairfaxartleague.net](http://www.fairfaxartleague.net) or call 703-587-9481.

**Artist Reception.** 7-9 p.m. at Old Town Hall, 3999 University Drive, Fairfax. The Fairfax Art League will be hosting a Feature Artist Reception. Free and open to the public. New members welcome. Visit [www.fairfaxartleague.net](http://www.fairfaxartleague.net) or call 703-587-9481.

### FRIDAY/JUNE 15

**Read for Fun.** Fairfax County Public Library helps make reading fun by providing tools, access and incentives during its Summer Reading Adventure. The Summer Reading Adventure runs June 15-Sept. 1 and invites all children and teens – birth through high school – to read for fun over the summer. The theme in 2018 is "Reading Takes You Everywhere." Visit [research.fairfaxcounty.gov/summer-reading](http://research.fairfaxcounty.gov/summer-reading) for more.

#### Old Town Village Performances:

##### Main Street Brass Quintet.

7-8 p.m. at Old Town Plaza, 3955 Chain Bridge Road, Fairfax. The weekend starts here – Friday night on the Old Town Village Plaza – music and dance to relax by. Fridays, June-September, weather permitting. Performances are free. Call 703-385-7858 or visit [www.oldtownplazafairfax.com](http://www.oldtownplazafairfax.com) for more.

**B-I-N-G-O.** 7 p.m. at Fire Station 3, 4081 University Drive, Fairfax. Enjoy free coffee, entertaining callers, a friendly atmosphere, \$1,000 guaranteed jackpot, treasure chest progressive raffles, and good food available for purchase. All proceeds go to purchasing fire and rescue equipment. Visit [www.fairfaxvfd.com](http://www.fairfaxvfd.com) or call 703-273-3638 for more.

#### Family Movie Night: "Lego

##### Ninjago Movie."

7 p.m. at Sherwood Community Center, 3740 Old Lee Highway, Fairfax. Enjoy a free, family friendly (movies are PG) movie night. An adult must accompany anyone under the age of 14. "Britepaths" Food Drive at Family Fun Nights. Britepaths is a volunteer-based organization that identifies and addresses the unmet fundamental needs of Fairfax area residents. Call 703-385-7858.

### SATURDAY/JUNE 16

#### Kidz Korner: Mr. Skip – Fun and

##### Songs.

10:30 a.m. in Old Town Square at the pergola, Fairfax. A variety of children's activities and entertainment in Old Town Square, Saturdays June-September. Free show. Visit [www.fairfaxva.gov/government/parks-recreation/old-town-square](http://www.fairfaxva.gov/government/parks-recreation/old-town-square).

#### Pet Adoption Event.

11 a.m.-2 p.m. at Pet Supplies Plus, 11054 Lee Highway, Fairfax. Meet some of the critters currently looking for homes, and find out how to adopt today. On the third Saturday of each month in association with the City of Fairfax Police Department's Division of Animal Control. Call 703-385-7919 or visit [www.fairfaxva.gov](http://www.fairfaxva.gov).

#### Father-Daughter Dance.

6-9 p.m. at The Sherwood Center, 3740 Old Lee Highway, Fairfax. Fairytale guests will be visit that evening so don't miss out. Girls celebrate Father's Day with dads, granddads, big brothers, godfathers and family members. There will be lots of dancing, games, prizes and good food. \$30 per person. Register at [www.fairfaxva.gov/specialevents](http://www.fairfaxva.gov/specialevents). Call 703-385-7978 or email [parksrec@fairfaxva.gov](mailto:parksrec@fairfaxva.gov) for more.



# BULLETIN

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

## VOLUNTEERS NEEDED

**Assistance League of Northern Virginia**, a volunteer nonprofit, invites community members to join the organization to participate in its Reading Express program. Volunteers provide one-on-one tutoring to first grade students during the school year. To learn more contact VP Membership Mary Gronlund at [gronbiz@aol.com](mailto:gronbiz@aol.com) or Program Coordinator Lynn Barron at [lynnieb517@verizon.net](mailto:lynnieb517@verizon.net).

## KINDERGARTEN REGISTRATION

**Child turning 5 years old by Sept.30?** If so, contact your child's school to make arrangements for kindergarten enrollment. Most schools begin getting information together now for parents of incoming kindergartners, and many host an orientation or open house. All kindergarten programs are full-day and located in FCPS elementary schools. Check your school's webpage or contact the school directly for specific enrollment information and dates of orientation or visit [www.fcps.edu/registration/kindergarten-registration](http://www.fcps.edu/registration/kindergarten-registration).

## 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](http://leadershipfairfax.org) or call 703-752-7555.

## FRIDAY-SUNDAY/JUNE 8-10

**White Elephant Sale.** Friday, 5-8 p.m.; Saturday, 9 a.m.-7 p.m.; Sunday, 8:30 a.m.-2:30 p.m. at St Mary of Sorrows, 5222 Sideburn Road, Fairfax. Jewelry, furniture, households, sports, toys, and antiques. \$5 admission on Friday; free Saturday and Sunday. Call 703-323-0345.

## SATURDAY/JUNE 9

**Movement and Meditation: An Interactive Workshop.** 1-2:30 p.m. at Insight Memory Care Center, 3953 Pender Drive #100, Fairfax. As a busy caregiver, it's easy to neglect one's own health. Join an interactive class to learn simple stretches and yoga techniques that can help one to relax and de-stress during the day. This program is a part of Insight's ongoing Wellness Workshop series, for caregivers to focus on their own health and well-being. Free. Contact Lindsey Vajpeyi at 703-204-4664 or [lindsey.vajpeyi@insightmcc.org](mailto:lindsey.vajpeyi@insightmcc.org) or visit [insightmcc.org](http://insightmcc.org).

## TUESDAY/JUNE 12

**Primary Elections.** The last day to vote an absentee ballot in person is Saturday, June 9, 2018. Election day voting is Tuesday, June 12 from 6 a.m.-7 p.m. Visit [www.fairfaxcounty.gov/elections/upcoming](http://www.fairfaxcounty.gov/elections/upcoming) for more.

**REVIVE Trainings.** 11:30 a.m. at CSB's Merrifield Center, 8221 Willow Oaks Corporate Drive (Room LL-419/425 Lower Level East), Fairfax. The Fairfax-Falls Church Community Services Board (CSB) will dispense free Naloxone at upcoming REVIVE trainings. Get trained with the skills and tools to administer Naloxone, a drug that reverses the effects of opioid/heroin overdose. Trainings are free, approximately one hour long, and are offered at numerous locations and times across Fairfax County. Advance registration is not required to attend training. Visit [www.fairfaxcounty.gov/community-services-board/news/2018/free-naloxone-revive-trainings](http://www.fairfaxcounty.gov/community-services-board/news/2018/free-naloxone-revive-trainings).

**Dementia Caregiver Support Groups.** Noon-1:30 p.m. Shepherd's Center of Fairfax-Burke sponsors a monthly meeting on the 2nd Tuesday of each month for caregivers to learn and to share with others experiencing similar challenges. Before attending, contact the facilitator, Eileen Thompson at 703-451-8626 or [Eileen.thompson1@gmail.com](mailto:Eileen.thompson1@gmail.com).

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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.





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