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CONNECTION Clifton & Lorton



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Frank Capobianco, the facility manager of Covanta, shows the new video monitoring system installed during repairs from a fire.

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Frank Capobianco, the facility manager at Covanta, demonstrates the facility's process and its heating levels for converting waste into energy.

PHOTOS BY
TAYLOR J. GOUTERMAN/
THE CONNECTION



Covanta Up and Running

Residents of the South County area tour the Covanta waste-to-energy facility after a fire that occurred in February last year.

BY TAYLOR J. GOUTERMAN
THE CONNECTION

For as quick as it takes a fire to spread, it takes months of repair and renovation to recover from the damage.

Covanta Energy's building, located in Lorton, caught fire Feb. 2, spreading to much of the facility, with upgrading the facility continuing since then, including significant advances in technology.

The company provided a tour on June 4 of the changed facility. One of the most significant renovations includes cameras with infrared, thermal imaging for enhanced visibility and coverage.

Working with Fairfax County, Covanta has implemented new technologies and procedures to enhance fire prevention and response capabilities. Other examples include the installation of non-flammable roofing materials and expanded sprinkler systems, and improved waste storage procedures. Covanta has also worked to improve notification and coordination protocols with the County and the Fire and Rescue Department.

The renovations and costs came from within the company itself to make sure that their large facilities would maintain a higher professional standard to minimize as much risk as possible.

Covanta Fairfax, Inc., began commercial operation in June 1990. The facility processes more than 3,000 tons per day of municipal solid waste for a population of more than 900,000 in Fairfax County, according to its website. The 22.9-acre facility in Lorton, sells more than 80 megawatts of renewable energy – enough energy to meet the needs of over 80,000 homes.

Joey Neuhooff, Vice President of the Mid-Atlantic region, said, "By being able to see the fire, or the hot load earlier, I think you're minimizing your chance of a major fire event happening."

Hurdles occurred along the way for the facility to start up again, due to the equipment sitting idle for 11 months and the cold weather freezing the pipes, according to Facility Manager Frank Capobianco. He



Covanta has new renovations for the facility since the fire last year, where waste is converted into energy on a 24/7 basis.

said, however, that operations have remained normal since the company's reopening.

"Everything's running well," Capobianco said. "We're pretty much back to standard operations, standard maintenance... still some equipment we're working on, but for the most part, everything's running well."

Dale Rumberger, president of the South County Federation, said he came to this event to show the residents of the local area what the significance of the local plant. He said that when the fire occurred, many residents didn't know anything Covanta, or how the community should respond to an emergency like this.

"We're here tonight because it would be good to get a tour of the facility updated," Rumberger said. "We want to publicize it within our boundary area to say, 'Hey, do you want to know how this operates? Here it is.'"

Another important factor reopening the company and engaging with the community was to maintain its environmental friendliness. The facility's live emissions monitoring can be found on its website.

State Sen. David Marsden (D-37) said that the environmental friendliness of the company helps by converting the waste into energy (electricity) which is sold to Dominion.



PHOTOS CONTRIBUTED

Clifton Girl Scouts, from left, back: Grace Stauffer, Agatha Armstrong, Elena Haverly, Payton Hoffman, Maddie Lorey, Alexis Miller, Abby Carpenter, and Kiera Charneco. The girls in the foreground are Abi Seifried (left) and Ysabelle Flores (right).

Clifton Girl Scouts Help Kenya Orphans

Clifton Girl Scout Troop 1942 sent care packages to orphans in Kibwezi, Kenya as the centerpiece of their Bronze Award project in May. The fifth-grade girls considered different groups they could help both locally and overseas, and decided they were interested in learning more about the needs of children in Africa. The girls watched the movie "The Queen of Katwe," which helped them understand the challenges poorer children in East Africa face and appreciate that these children have hopes and a love of fun similar to their own. The girls then decided to work with the Tumaini Orphan Care Project, an organization that currently supports 35 orphans with food and educational assistance as well as emotional and spiritual support in Kenya.

The girls learned that most of the orphans in the program live with extended family, while some of the children live in a small group home. The older children are given support to attend secondary boarding schools or vocational training. The Tumaini program is part of a partnership between Kibwezi

Bethel Church in Kenya and Burke and Clifton Presbyterian churches in Virginia. Two Burke high school students came to speak to the troop about their mission trip to Kibwezi and told the girls that the orphans would especially appreciate handmade gifts and messages of encouragement. The girls decorated t-shirts and made bracelets for all the children in the program. They also wrote personal notes to each child, and many sent photos of themselves so that the children could see who had made their gifts. These gifts traveled to Kenya with a mission group from Burke Presbyterian Church at the end of May.

The girls also learned that the orphans of Kibwezi especially enjoy receiving recreational equipment. They have embarked on an ongoing "jump rope drive" and have collected nearly a hundred jump ropes, which will travel to Kibwezi on a future mission trip. As a final gesture of friendship and support, they have donated most of their profits from selling cookies this year to the orphan program.



Kibwezi children in Kenya wearing the Clifton-made t-shirts.

OPINION

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. You can also email photos to editors@connectionnewspapers.com.

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News

Virginia State trooper Anthony Johnson leads a distracted driving program to show students the dangers of driving while intoxicated and distracted by friends, inspired by an experience he had with a distracted driver.

PHOTOS BY
TAYLOR J. GOUTERMAN/
THE CONNECTION



Better Young Than Never

Virginia State Police come to South County High to show the effects of impaired driving with an obstacle course setting.

BY TAYLOR J. GOUTERMAN
THE CONNECTION

Twenty-nine years old is a young age to have back problems, isn't it? Virginia state trooper Anthony Johnson would argue the same. Having been hit by a distracted driver, he aims to teach children hands-on behind the wheel.

On May 30 and 31, South County High School conducted a driver's safety program to teach students how distracted driving can lead to dangerous consequences. Students drove through an obstacle course of narrow cones in a golf cart provided by the state police, wearing "drunk goggles," while their friends distracted them in the back seat with loud shrieking and music.

The program was sponsored by State Farm, who partnered with the Virginia State Police to help students develop the proper driving skills.

Health and physical education teacher Maureen Saale was the primary coordinator at South County for this event. She said the program is meaningful to her if one student considers what one person may think when trying to drive home from a party while intoxicated.

"All the classes have gone through the Drivers Ed classroom this year, so it's kind of an ending thing for them to see what they've learned from the classroom," Saale said. "With the beer goggles on, it's really simulating what the true effects could be on them."

One student, sophomore Joey Berndt, said it was difficult because he had issues with judgment.

"Your vision was distorted, and you weren't sure which way was which," Joey said. "This is actual hands-on experience and you can actually learn from that."

Trooper Johnson said the program was better than a classroom setting because students are able to engage with that's being taught. He reiterated that it's most meaningful to him if one student can take something significant out of this program and apply to decisions on his or her own accord.



Joey Berndt, a sophomore at South County High School, tries on "drunk goggles" while driving on an obstacle course.



Virginia State trooper Anthony Johnson provides a hands-on driving experience of distracted driving.

"Once we get the students out of the classroom and we engage with them, they're more receptive to that," Johnson said. "They have fun and they joke around, but they take something from it."

Johnson said he got fulfillment out of the program because of his back issues after being hit by a distracted driver.

"I was hit by a distracted driver. I got rear-ended because a guy decided to look at his oil chain sticker and then his odometer and didn't see me," Johnson said. "I still suffer from back pain as a result of that. I'm 29 years old. I shouldn't have to worry about back pain because some guy decided not to pay attention and look at the road."

The program aims to expand to a greater number of schools in order to reach out to a greater number of students in an interactive way to learn safe driving behind the wheel.

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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



PHOTO BY MARILYN CAMPBELL

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

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 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 begin-

ning 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."

"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."

— Elizabeth Rees, Associate Rector, Saint Aidan's Episcopal Church

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A healthy body starts with a healthy mouth!

At Peter K. Cocolis, Jr. and Associates, we believe optimum oral health is key to total body health and well-being. These days, going to the dentist is not just about taking good care of your teeth; it is about taking good care of your health. Problems in your mouth can be signs of trouble elsewhere in your body. Your oral exam reveals important early warning signs for many total-body conditions including diabetes, oral cancer and high blood pressure.

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Washingtonian magazine, Drs. Cocolis and DaSilva exceed industry standards in the time they dedicate to continuing education and service. Our skilled and compassionate team pairs patient education with the latest dental techniques and technology, offering an extensive array of dental services including digital x-rays, injection-free laser procedures, CAD-cam same-day porcelain crowns, tooth whitening, Invisalign, and veneers. We offer a variety of sedation options including oral sedation and nitrous oxide (sleep dentistry) and are dedicated to easing all aspects of your dental experience.

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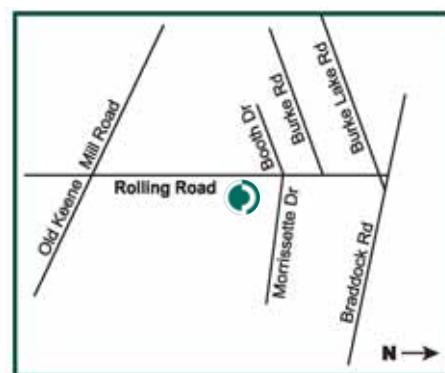
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Congratulations, Class of 2018!



We're so proud of our incredible Burgundy graduates!

This fall, Burgundy's Class of 2018 will attend high school at: Bethesda-Chevy Chase, Bishop O'Connell, Collège du Léman (Switzerland), Burke, Edison, Episcopal, Flint Hill, Georgetown Day, Gonzaga, Justice, Madeira, Maret, McDonough (Maryland), National Cathedral, Rock Ridge, St. Andrew's School (Delaware), St. George's Independent School (Georgia), St. Paul's (New Hampshire), St. Stephen's & St. Agnes, Sidwell, T.C. Williams

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CALENDAR

Submit entertainment announcements at 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 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.

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 for more.

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 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.

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.

Farmers Market. Saturdays, 10 a.m.-2 p.m. at Springfield Town Center, 6699 Spring Mall Drive, Springfield. Visit 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/.

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 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 for each month’s location. Prior to attending, please complete the online application found at www.fpow.org/volunteer. www.fpow.org, 703-324-5424 or 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.

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 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.

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. 703-273-3638.

SEE CALENDAR, PAGE 10

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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

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.

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 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 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 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, www.iitstudies.org or 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 programming, 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.

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.

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 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/.

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; 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 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 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 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 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 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 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 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.

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.

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. Call 703-385-7978 or email parksrec@fairfaxva.gov for more.

BULLETIN

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

VOLUNTEERS NEEDED

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 or Program Coordinator Lynn Barron at 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.

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.

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 or visit 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 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.

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.

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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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