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Mike Dannhardt,
Field Day Coordinator, adjusts
some cables to
an antenna at
Burke Lake Park
on Saturday,
June 23, 2018.

A Field Day At Burke Lake Park

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Pohick Church
To Host Declaration of
Independence Reading

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When the Dangerous
Unknown Is Preferable

OPINION, PAGE 6

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SoberRide Offered on Independence Day

Preparing to combat that time of year when, according to the National Highway Traffic Safety Administration (NHTSA), more than 40 percent of all U.S. traffic deaths involve drunk drivers, free Independence Day Lyft rides will be offered to deter impaired driving throughout the Washington-metropolitan area beginning Wednesday, July 4.

Offered by the nonprofit Washington Regional Alcohol Program (WRAP), the 2018 Independence Day SoberRide program will be in operation beginning at 7 p.m. on Wednesday, July 4 (Independence Day) and continue until 4 a.m. on Thursday, July 5, as a way to keep local roads safe from impaired drivers during this traditionally high-risk holiday.

During this nine-hour period, area residents age 21 and older celebrating with alcohol may download Lyft to their phones, then enter a SoberRide code in the app's "Promo" section to receive their no cost (up to \$15) safe transportation home. WRAP's July 4 SoberRide promo code will be posted at 5 p.m. on Wednesday, July 4 on www.SoberRide.com.

Last year, 513 persons in the Washington-metropolitan area

used WRAP's Independence Day SoberRide program rather than possibly driving home impaired. The charity also offers its SoberRide program on St. Patrick's Day, Cinco de Mayo, Halloween and the winter holidays.

Last year, WRAP announced a partnership with the ridesharing service Lyft to provide WRAP's SoberRide service in the Washington-metropolitan area. SoberRide, the free safe ride service to prevent drunk driving, is now solely available via the Lyft mobile app ridesharing platform.

"Over 40 percent of all U.S. traffic fatalities during the Independence Day holiday in 2016 involved drunk drivers according to the National Highway Traffic Safety Administration," said Kurt Gregory Erickson, WRAP's president. "Worse, two-thirds of those killed in drunk driving crashes during the 2016 Independence Day period had BACs of .15 or higher." Since 1991, WRAP's SoberRide program has provided 72,377 free safe rides home to would-be drunk drivers in the Greater Washington area.

More information about WRAP's SoberRide initiative can be found at www.SoberRide.com.

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At the Get on the Air Tent (from left): Pete Hadley, Director of the Vienna Wireless Society; Nancy Wigginton, and Howard Benton, VP of the Vienna Wireless Society.



PHOTOS BY STEVE HIBBARD/THE CONNECTION

John Young of McLean in his mobile ham radio station. Young uses the amateur radio call sign of KM4KMU.

A Field Day at at Burke Lake Park

About 50 people take part in the 24-hour national amateur radio event.

BY STEVE HIBBARD
THE CONNECTION

About 50 people took part in a Field Day sponsored by the Vienna Wireless Society, an amateur radio organization, at Burke Lake Park on Saturday, June 23, 2018. Field Day is a 24-hour national amateur radio event where members get points by making contacts with other operators around North America, including the U.S., Canada, Mexico, and Puerto Rico – either by radio, Morse code or digitally. The operations must be powered by emergency power sources using generators, solar power or batteries; no commercial power is permitted.

In the nationwide competition, they receive points for making contact with participants all over the country via voice modes (speaking through a microphone or digital – one point), for Morse code (two

points), for having children or visitors participate, and even for using emergency power. The event included a community picnic and some people spent the night in tents. At the end, all of the points are tallied to rank the winners.

FIELD DAY is a 24-hour emergency preparedness communication exercise by amateur radio operators, with 4,000 clubs across the country participating, according to Pete Hadley, Director of the Vienna Wireless Society. Using spider beam antennas that send out signals in all directions, the members operate on four different frequencies in tents that do phone and Morse code communications.

“What’s interesting is right here in the middle of the woods, we are able to talk to anybody around the world,” said Hadley. “In the ‘Get on the Air Tent,’ the whole point of this operation is to encourage people who



A mobile ham radio station belonging to John Young of McLean.

have never been on the air or who have not been on the air recently to come back and see how much fun it is to talk to people worldwide.”

According to Mike Dannhardt, Field Day Coordinator, each of the five tents or operating positions have different operating stations using voice, digital or Morse code. Depending on the antenna length, they have different wavelengths or frequencies that determine how far they can communicate.

“It’s a great STEM activity for children to come out and learn about antennas and electronics and computers. There’s all facets of it. We have some solar activity going, we have satellite communications going; there’s a lot of different aspects to it and it’s great for children,” said Dannhardt.

“The Amateur Radio Contest is a lot of fun; it is technically challenging. You get to use engineering skills for building the station, selecting the components, making all the cables up, troubleshooting it, and in my case, a lot of design and fabrication and welding. So, a lot of mechanical engineering skills go into it as well to do a mobile rig like this,” said John Young of McLean from his mobile ham radio station built out of his jeep. He has won two national first-place wins in the FM Category.

“When I talk about Field Day, I tell people our goal is to come out, learn some things, try some new things, have a great shared experience and make some points, in that order. So, I would much rather have a new person sit down and learn something than sit there and grind out 50 points myself,” said Doug Reece, Director of the

Vienna Wireless Society.

MANY OF THE CLUB MEMBERS are key members of the Fairfax County Office of Emergency Management, the Community Emergency Response Team (CERT), and affiliated with the Virginia Department of Emergency Management. Local emergency communications members had booths and conducted communications demonstrations during the event.



Mike Aimone of Fairfax installs a ground conductor on a portable generator.



Some of the 50 women participating in the Baby Shower sponsored by Operation Homefront at the Springfield Hilton.



PHOTOS BY STEVE HIBBARD/THE CONNECTION

Operation Homefront volunteers at the Springfield Hilton.

Operation Homefront Hosts Star-Spangled Babies Shower

50 military moms get free baby gifts, learn baby CPR and other child-care tips.

BY STEVE HIBBARD
THE CONNECTION

Some 50 military moms received some great baby gifts at the Star-Spangled Babies Shower sponsored by Operation Homefront on Saturday, June 16, at the Springfield Hilton. Seated in tables of 10, the moms-to-be and new moms were military spouses (Junior ranks of E1-E6) from all branches of the U.S. Armed Forces who came from Quantico, Fort Belvoir and Andrews Air Force Base.

After being treated to a catered breakfast with fruit, muffins, juices and coffee, there were raffles for big-ticket items, games, and prizes. The moms were given play money and could shop for nine items; the room was styled like a boutique filled with gift baskets, baby clothes, layette sets, and diapers. Each person was surprised with a car seat. There was also an educational component — moms could learn about lactation support, baby CPR, child safety and care for their baby.

“Operation Homefront works very hard to build strong, stable and secure military families, and one of the challenges for military families is in the frequency that they relocate — they’re leaving behind their family, their friends and their network. So, when they find that they’re going to have a baby, what more do you want than people to share it with,” said Vivian Dietrich, Senior Director for Operation Homefront, which was founded in 2002.

New mom Olivia Tousignaut of Frederick, Md., who gave birth to son Ian 13 weeks ago, said: “Events like these are great for new moms — especially to meet other moms in the military community when you’re moving a lot. It’s a great way to bond and have the whole mom experience to-



Olivia Tousignaut of Frederick, Md., with her new baby, Ian, who is 13 weeks old.



Alice Silver of Brigantine, N.J., with her new baby, Emma, who is 10 weeks old.



Sherry Stewart and Brooke Bianco, stationed at Joint Base Andrews, with their Ergo Baby Carriers.

gether and really benefit from it because there are a lot of things you don’t get because they are expensive. But they’re so helpful in the early mom stage and then when the babies get older, so these events are wonderful for bonding and knowing you have friends.” She is stationed at Fort Belvoir with her military police officer husband.

Added new mom Alice Silver of Brigantine, N.J., who gave birth 10 weeks ago to daughter Emma: “I think this event is great; I think it’s wonderful for military families that don’t have family close to have a baby shower and someone to support them when they’re a new mom. I just think it’s a wonderful event put on by Operation Homefront.” Her husband is in the U.S. Coast Guard in Alexandria.

Sponsors of the event included Volkswagen, which provided the car seats, Buy Buy Baby, Pumping Essentials, Navy Federal Credit Union, Walmart, local Spouse clubs, the Carrying Project, Airgas, National Charity League, DRS, Mead Johnson, and Broad Run DECA.



Prae Borg (center) plays the Pass the Baby Bottle Game with Kathryn Mason and Kaela Wood. Prae won the prize of a diaper cake centerpiece.

NEWS



PHOTO CONTRIBUTED

FCPS provides complementary summer BBQ to children 18 years old and younger at 13 locations throughout the county. Adults can purchase their own meal for \$2.

County Schools Launch Summer Meals Program

Fairfax County Public Schools kicked off its summer meals program last week at Hutchison Elementary School with a free farmer's market, nutritional seminars, cooking demonstrations, giveaways and games for local families. The June 20 event connected the community with free or low-cost resources available in Fairfax County, while encouraging healthy eating and physical activity.

Families can take advantage of FCPS' free barbeque program at 13 sites across the county until Aug. 27. Lunches are free for children 18 and under. The cost for adults is \$2. The barbeques feature items like hamburgers, cheeseburgers, hot dogs, turkey sausages or grilled chicken. All meals include sides of fresh fruits and vegetables.

Del. Jennifer Boysko (D-86) spoke at the event about the importance of the summer meals program. Boysko was joined by Rodney Taylor, Director of Food and Nutrition Services at Fairfax County Public Schools, who helped create the BBQ program three years ago.

Fairfax County Public Schools recently received a \$10,000 No Kid Hungry Virginia grant for its summer meals program. The funds support enrichment and physical activities at the sites.

More than 54,000 FCPS students (29 percent of total population) are eligible for free and reduced-price meals, but the summer meals program is open to all.

Only about 15 percent of Virginia children who rely on free or reduced-price school lunches are also getting free meals through summer programs. No Kid Hungry Virginia and its partners focus on summer meals as a critical way to end childhood hunger in the Commonwealth.

The summer meals are open to all. No application or registration is required at sites. For details about Fairfax County Public Schools' summer meals program, go to <https://www.fcps.edu/feeds>.

To find the nearest summer meal site, families can text FOOD or COMIDA to 877-877 and type in a zip code. This information populates during the first few weeks of summer.



A FCPS staff member grills burgers during the kickoff event.

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OPINION

When the Dangerous Unknown Is Preferable

We must recommit ourselves to being steadfast in our compassion for and dedication to assisting those fleeing violence, terror, and oppression.

BY KATHY TRAN
STATE DELEGATE (D-42)



COMMENTARY

Many reports in the last several weeks have brought to light instances of inhumane treatment of immigrants and asylum seekers in our country. National outcry about families being torn apart and children kept in jails, tents, and cages at our southern border led to the end of Trump's "Zero Tolerance" policy. A report from the Associated Press highlighted allegations of abuse at a facility in Staunton, Va.

In 1979, my parents and I were refugees, escaping from Vietnam on a rickety boat for several days. My mother remembers that on the night we left our homeland, there were no stars in the sky; it was so dark that she could not tell where the ocean ended and the sky began. As we left the shores into this watery abyss, she wondered how we would survive.

My parents' decision to leave their family and country was heart wrenching for them. Yet, the unknown of the dangerous, open sea was a

preferable alternative to the oppressive regime at home. My family's journey in search of hope, opportunity, and freedom is similar to ones taken by others before and after us.

Today, there are 65 million displaced people worldwide. Whether on the Mediterranean Sea or at our southern border, people, desperate for a better life for themselves and their children, are risking their lives.

I am outraged by the Trump Administration's "zero tolerance" immigration policy. This inhumane approach is tearing apart families seeking refuge at our southern border, leaving parents frantically searching for their children and children alone and terrified. We must not separate families, and we must not rest until separated families are reunited.

We must not indefinitely detain people seeking refuge in jails, tents, or cages. In 1998, I taught ESL to adult asylum seekers at Elizabeth Detention Center in N.J. These jails are

no place for adults fleeing terror or persecution let alone children or families.

This week, Virginia demonstrated its commitment to compassion and justice. Governor Northam's decisive decision to recall Virginia National Guard members who had been deployed to the southwest border sent a clear message: Virginia will not participate in activities that enable family separation.

I also applaud the Governor's swift leadership to investigate reports of abuse of immigrant children held by the U.S. Office of Refugee Resettlement at a juvenile detention facility in Staunton, Va. We need to ensure the safety of every person — adult or child, native-born or immigrant — held in custody in Virginia.

Poignantly, on World Refugee Day, the rising tide of public demand for the humane treatment of families seeking refuge from persecution brought an end to the "Zero Tolerance" policy. We must recommit ourselves to being steadfast in our compassion for and dedication to assisting those fleeing violence, terror, and oppression. For generations, the United States has been a beacon of hope for many, and immigrants and refugees have strengthened the social, economic, and cultural fabric of our country since its founding. Now more than ever, we must continue to demand moral clarity and leadership from our political leaders.

Kathy KL Tran represents the 42nd District in the Virginia House of Delegates.

Police: Don't Change Retirement

For months, members of the Fairfax Fraternal Order of Police Executive Board have attended meetings with the Fairfax County Personnel Committee, researching and negotiating proposed changes to the retirement systems, to which the following letter was recently sent to the Supervisor Pat Herrity. This letter does not reflect just one agency, retirement changes are being discussed for all Fairfax County departments and employees.

Dear Supervisor Herrity,

The Fairfax Fraternal Order of Police, Lodge 77, represents Police Officers and Deputy Sheriffs in Fairfax County. Our membership takes great exception with your misguided initiative to reform the Fairfax County Police Officers Retirement System (PORS) and the Uniform Retirement System (URS). The topic of pension reform comes up every few years and each time, the Retirement Agency and County staff report that our systems are healthy, growing and sustainable. This was reinforced by the 2012 study by an outside consultant and recent comments by the Retirement Agency and County CFO.

You have stated several times that you believe that new employees want more pay now and less pension later. This would create two classes of employees, it will be detrimental to morale, and it will hurt our recruiting efforts. Paying new officers a higher salary than current employees who have had their pay frozen for many years will kill morale. At the same time, those new officers' higher pay will be absorbed by the increased contribution rate that they will have to pay. At the end of their

careers, after paying more, they will be receiving significantly less.

In your newsletters, you have used broad strokes to paint the employee pension systems by misstating several facts and failing to acknowledge that the cost savings for your proposals are negligible while the potential costs are extremely high. Recruiting a diverse workforce of police officers and deputy sheriffs has become extremely challenging over the last few years, especially with the negative sentiments towards law enforcement pushed by the media. Additionally, all law enforcement agencies are aggressively recruiting for diversity and our pension system is one of the few benefits that make Fairfax County stand out. Taking away retirement benefits for new employees will hurt our ability to recruit minorities.

The current pay philosophy that the Board of Supervisors has in place calls for our salaries to be within 5 percent of the market average. As you know, the pay for our police officer ranks are only average for the region at midpoint and at top pay, they drop well below average. Our first line supervisors are not only 8-12 percent below average at mid-point, but it only gets worse when they reach the top of the pay scale. It is the final pay when the employee is at the top of the pay scale that gets factored in to their retirement. Not only is their pay the lowest in the region after dedicating 20-30 years of service to Fairfax County, but

their pensions end up being lower because of it. Additionally, the rising cost of healthcare already diminishes current retiree income by as much as 40 percent.

Working in public safety in general and law enforcement in particular, the job takes a toll on the health of the employee's body. Police Officers are continually exposed to the portion of the population which, because of their lifestyle choices and/or circumstances, are often carrying infectious diseases and choose to assault officers. The constant exposure to this environment is compounded by the equipment that every police officer has to wear on their body to include a ballistic weight bearing vest, duty belt and an assortment of equipment. Scientific studies show that law enforcement officers have a significantly higher rate of suicide, divorce, health and mental health problems as well as an increased risk of some cancers. It is insulting to change our pension for new employees who will ultimately have to pay more and receive less.

The cost savings from the proposed changes to all of the retirement systems is minimal and it won't even cover the cost of the high cost body worn cameras that are being forced onto the police department. Do we really need to drastically change the retirement benefit to pay for body worn cameras that are not needed as an additional layer of oversight?

SEE RETIREMENT, PAGE 11

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PHOTO CONTRIBUTED

Rev. Dr. Thomas Costa, portraying the Rev. Mr. Massey, rector of Pohick Church in 1776.

Historic Pohick Church to Host Declaration of Independence Reading

The community is invited on Wednesday, July 4, to a free public reading of the Declaration of Independence at Historic Pohick Church by historical re-enactor, the Rev. Dr. Thomas Costa, portraying the

Rev. Mr. Massey, rector of Pohick Church in 1776. The reading will take place at 12 noon, with free docent tours of the colonial church of George Washington and George Mason following the reading.

Registration Begins for Vacation Bible School

The community is invited to register for this summer's free Vacation Bible School—"Rolling River Rampage"—at Pohick Episcopal Church. Through Bible stories, music, snacks, puppet-shows, games and crafts the students will learn to trust that God will always be with them. The dates are July 9-13, and the

times are 9 a.m. to 12 noon. There is no cost for the week-long program for 3-year-olds through 5th grade. Preregister now at Pohick Church at 703-339-6572 or www.pohick.org. Historic Pohick Church is located at 9301 Richmond Highway, Lorton, on U.S. Route 1 between Telegraph Road and Pohick Road.

Central Asian Delegation Visits Fairfax County

On June 8, a delegation of government officials and non-profit representatives from the Central Asian countries of Kazakhstan, Kyrgyzstan, Tajikistan and Uzbekistan met with representatives of the Fairfax County government to discuss human rights and health and human service related issues.

These countries are currently going through intense reforms and have indicated that the United States' experience, and in particular Fairfax County government's experience, is invaluable to facilitate and incite these reforms. The visit, hosted at George Washington's Mount Vernon Estate, was organized by the International Center for Not-for-Profit Law (ICNL) and was sponsored by USAID.

Fairfax County government representatives, including Dr. Gloria Addo-Ayensu, M.D., M.P.H., Director of Health, discussed the role of nonprofits in social and economic life in the United States with the 23-person delegation. They shared information regarding relationships and mechanisms of cooperation between governments and non-profits, as well as how governments work with nonprofits to address various social and economic issues in the County. The roundtable discussion was followed by a question and answer session, allowing the delegates to ask specific questions to gain a more in depth understanding of the social and humanitarian issues they are facing.

Supervisor Dan Storck (D-Mt. Vernon) met with the Central Asian delegation and said, "As a leader in human service issues, we are pleased to be invited to participate in international discussions that advance humanitarian causes."

Hosting this event at the home of our first President and one of our great humanitarians was particularly poignant."

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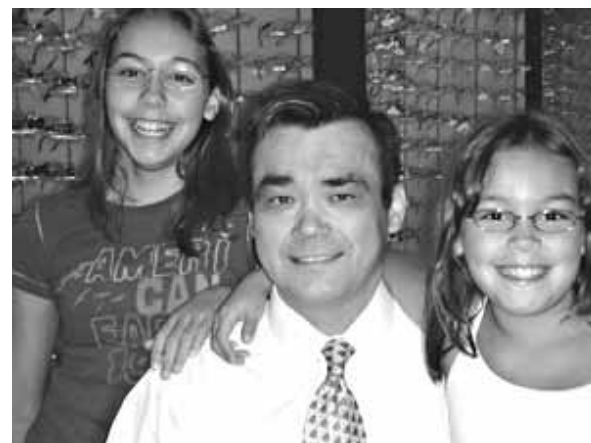
Mount Vernon District Supervisor Dan Storck meets with a delegation from central Asian countries of Kazakhstan, Kyrgyzstan, Tajikistan and Uzbekistan.



Panelists, from left: Dr. Gloria Addo-Ayensu, M.D., M.P.H., Director of Health; Karla Bruce, Deputy Director, Department of Neighborhood & Community Services; Dawn Hyman, Community Capacity Building Coordinator, Department of Neighborhood & Community Services; Christine Morin, Chief of Staff, Mount Vernon District; Tom Barnett, Program Manager, Office to Prevent and End Homelessness.

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Special Edition

PET Connection

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

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

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

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

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

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ENTERTAINMENT

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

CAMP

Youth Arts Summer Camps. At Workhouse Arts Center, 9518 Workhouse Road, Lorton. Multiple sessions available for ages 3-17. Themes include Doodle Tots (ages 3-5), Visual Arts Explorers (ages 6-10), Fine Arts Innovators (ages 11-13), Summer Arts Intensive for Young Adults (ages 14-17), Short Film, and Game Design. New Music and Theatre Camps include Let's Play Guitar Camp, Vocal Arts Camp, Performing Arts Summer Camp Challenge, and Experimental Theatre Project Camp. Visit www.workhousearts.org.

Art Camp 2018 in Burke for 5-8 year olds, 8 years and up. One-week sessions take place Monday-Friday, July 16-20, and July 23-27. Camp is held through Burke Centre Conservancy at the Woods Community Center, 10100 Wards Grove Circle, Burke. Second location is Burke Presbyterian Church, 5690 Oak Leather Drive, Burke. Call instructor at 703-250-6930 or visit www.czartlessons.com. Camps include:

- ❖ Fine Arts & Crafts Camp (8 and older) – \$142 plus \$25 supply fee.
- ❖ Drawing Camp (8 and older) – \$142 plus \$25 supply fee
- ❖ Drawing Plus Color & Craft Fun Camp (5-8 years) – \$120 plus \$20 supply fee

ONGOING

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 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.

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/.

FRIDAY/JUNE 29

Old Town Village Performances: Fairfax/McLean Sextet. 7-8 p.m.



FILE PHOTO BY STEVE HIBBARD

The campus green of the Workhouse Arts Center in Lorton was packed with families setting up their blankets and lawn chairs before the fireworks began on Saturday, July 1 for the 2017 Independence Day Celebration.

Celebrate Independence Day

SATURDAY/JUNE 30

Workhouse Fireworks 2018. 5-9:30 p.m. at Workhouse Art Center, 9518 Workhouse Way, Lorton. Launched from the Workhouse Art Center's historic, 55-acre campus the region's largest pre-Independence Day fireworks show celebrates the history of this nation and honors the courage and sacrifice that have made America a beacon of hope and freedom around the world. Admission free; parking \$20 per car. Visit workhousearts.org/fireworks for more.

SUNDAY/JULY 1

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

WEDNESDAY/JULY 4

“Red, White and Blue Tournament.” 8 a.m.-noon at Burke Lake Golf Course, 7315 Ox Road, Fairfax Station. Teams of two will compete in an 18-hole scramble format in three divisions: Father/Jr. 7-12; Father/Jr. 13-17; Father/Adult partner. Teams will alternate tees depending on how well they do. There will be prizes for 1st, 2nd and 3rd place in all divisions. Registration begins two weeks prior to the event. \$70 per team, includes lunch and prizes. Call 703-323-1641 or visit www.fairfaxcounty.gov/parks/golf/burke-lake to register.

City of Fairfax Evening Show and Fireworks. 5:30-10:30 p.m. at Fairfax High School. 3501 Rebel Run, Fairfax. Keep an eye out for surprises during the event. Children's activities (inflatables, face painting, balloon artists), 5:30-9 p.m. Live music: The Rockets, 6 p.m., 8:20, 9:40; and City of Fairfax Band, 7 p.m., 9:20 (1812 Overture). Presentation of awards, 8 p.m. Fireworks at 9:30 p.m. Rain date, July 5 (fireworks only). Visit www.fairfaxva.gov/about-us/special-events/independence-day-celebration/evening-show-fireworks for more.

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.

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 fairfaxvfd.com.

SATURDAY/JUNE 30

Kidz Korner: Children's Science Center. 10:30 a.m. in Old Town

SEE CALENDAR, PAGE 9

CALENDAR

FROM PAGE 8

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.

Hidden Treasure at Burke Lake Park. 1-3 p.m. at Burke Lake Park, 7315 Ox Road, Fairfax Station. Become a modern-day pirate and search for hidden treasures. Instead of following a map, participants age 8 to adult will learn to use hand-held Global Positioning System (GPS) units to locate hidden treasure caches within the park. \$22 per person. Bring a GPS if you can. A limited number will be available to borrow from the instructor at class. Call 703-323-6600 or visit www.fairfaxcounty.gov/parks/burke-lake.

TUESDAY/JULY 3

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.

Erin's Epic Stories. 10:30 a.m. at Old Town Square, 10415 North St., Fairfax. A variety of children's activities and entertainment in Old Town Square at the pergola, Tuesdays June-August. Weather permitting. Free. Visit www.fairfaxva.gov/government/parks-recreation/old-town-square.

TUESDAY & THURSDAY/JULY 3 & 5

Studio Ghibli: Porco Rosso.

Tuesday, 7 p.m. (Japanese with English subtitles); Thursday, 11 a.m. (English dubbed) at Angelika Film Center – Mosaic, 2911 District Ave., Fairfax. The Angelika Mosaic will feature animated films from the celebrated Studio Ghibli praised for their originality, stunning animation, and ambitious storytelling. All tickets are regular admission. Visit www.AngleikaFilmCenter.com.

THURSDAY/JULY 5

Evenings on the Ellipse with JunkFood. 5:30-7 p.m. at the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. The Evenings on the Ellipse summer concert series is a family-friendly event featuring a wide range of musical genres. Paradise Springs Winery and The Winery at Bull Run will be providing complimentary tastings; glasses of wine and full bottles available for purchase. A Farmers Market (2:30-6:30 p.m.) will also be on site selling fresh fruit and savory snacks. Rain or shine. Free. Visit fairfaxcounty.gov/parks/performances.

FRIDAY/JULY 6

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.

SATURDAY/JULY 7

Singles Dinner and Movie Night. 5 p.m. at Uncle Julio's at Fairfax Corner, 4251 Fairfax Corner Ave., Fairfax. Fixed price dinner, followed by choice of movie at Rave Fairfax

Corner 14. \$35 at door includes dinner, soda, tip and movie ticket. RSVP required. Sponsored by New Beginnings, a support group for separated/divorced men and women. Call 301-924-4101 or visit www.newbeginningsusa.org.

Country-Western Dance. 6:30 p.m. at Accotink Unitarian Universalist Church, 10125 Lakehaven Court, Burke. The Northern Virginia Country-Western Dance Association will hold a dance with lessons: 6:30-7:30 p.m. and open dancing, 7:30-10 p.m. A DJ provides music. Couples and singles of all ages welcome. Admission for NVCWDA members, \$10; non-members, \$12; children under 18 accompanied by a paying adult \$5. Smoke-free, alcohol-free. BYO refreshments. Visit www.nvcwda.org.

Mount Vernon Nights. 7 p.m. at Workhouse Arts Center, 9518 Workhouse Road, Lorton. This series of free, public concerts features a variety of musical performances reflecting Fairfax County's diversity, culture and community spirit. Bring a picnic dinner and a blanket and enjoy one of Fairfax County's special summer traditions. Visit www.fairfaxcounty.gov/parks/performances/mt-vernon-nights.

SUNDAY/JULY 8

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

MONDAY-FRIDAY/JULY 9-AUG. 3

"The Wizard of Oz" Performing Arts Camp. 8:30 a.m.-3 p.m. at Truro Anglican Church, 10520 Main St., Fairfax. City of Fairfax Theater Company offers a four week camp will present a The Wizard of Oz - Young Performers' Edition at the conclusion of a four-week summer camp for ges 7-13. Tuition: \$800. Aftercare available. Visit www.fairfaxcitytheatre.org.

Summer Drama Camp. 9 a.m.-3 p.m. at Lanier Middle School, 3801 Jermentown Road, Fairfax. City of Fairfax Theater Company offers its Traditional Summer Drama Camp with week long sessions in July and August. The Summer Drama Camp teaches children to create a staged performance at the end of each week. \$170 per camper for any one-week session, \$600 per camper for all four sessions. Visit www.fairfaxcitytheatre.org for weekly themes and registration.

TUESDAY/JULY 10

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.

Erin's Epic Stories. 10:30 a.m. at Old Town Square, 10415 North St., Fairfax. A variety of children's activities and entertainment in Old Town Square at the pergola, Tuesdays June-August. Weather permitting. Free. Visit www.fairfaxva.gov/government/parks-recreation/old-town-square.

WEDNESDAY-THURSDAY/JULY 11-12

Studio Ghibli: Kiki's Delivery Service.

Wednesday, 7 p.m. (Japanese with English subtitles); Thursday, 11 a.m. (English dubbed) at Angelika Film Center – Mosaic, 2911 District Ave., Fairfax. The Angelika Mosaic will feature animated films from the celebrated Studio Ghibli praised for their originality, stunning animation, and ambitious storytelling. All tickets are regular admission. Visit www.AngleikaFilmCenter.com.

THURSDAY/JULY 12

Evenings on the Ellipse with The Beat Hotel. 5:30-7 p.m. at the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. The Evenings on the Ellipse summer concert series is a family-friendly event featuring a wide range of musical genres. Paradise Springs Winery and The Winery at Bull Run will be providing complimentary tastings; glasses of wine and full bottles available for purchase. A Farmers Market (2:30-6:30 p.m.) will also be on site selling fresh fruit and savory snacks. Rain or shine. Free. Visit fairfaxcounty.gov/parks/performances.

FRIDAY/JULY 13

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 fairfaxvfd.com or. **Movies Under the Moon: ET – the Extra Terrestrial.** 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.

SATURDAY/JULY 14

Japanese Obon Festival. 3-9 p.m. at Ekoji Buddhist Temple, 6500 Lakehaven Lane, Fairfax Station. Celebrate with Japanese drumming, a Hawaiian band, participate in traditional Japanese dancing all while enjoying traditional Japanese food and desserts such as chirashi, yakisoba, huli huli, daifuku. There will also be children's games, a challenge course, and vendors selling authentic Japanese items. End the evening by lighting a candle in the Japanese garden to remember a loved one who has passed away. Free admission. Call 703-239-0500 or visit ekojiobonfestival.weebly.com.

Mount Vernon Nights. 7 p.m. at Workhouse Arts Center, 9518 Workhouse Road, Lorton. This series of free, public concerts features a variety of musical performances reflecting Fairfax County's diversity, culture and community spirit. Bring a picnic dinner and a blanket and enjoy one of Fairfax County's special summer traditions. Visit www.fairfaxcounty.gov/parks/performances/mt-vernon-nights.

Stories of the Stars. 8:30-9:30 p.m. at Burke Lake Park, 7315 Ox Road, Fairfax Station. Stroll with a naturalist along the lakeshore at Burke Lake Park and learn about the constellations. An astronomical naturalist will identify the stars, and there will telescopes for use. The evening concludes with a campfire and s'mores. For participants age 3-adult. \$6 per person; children must be accompanied by a registered adult. Call 703-323-6600 or visit www.fairfaxcounty.gov/parks/burke-lake.

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NEWS



PHOTOS CONTRIBUTED

From left — Emma Valentine, founder and president of SWAP; Donna Ivey, administrator of I-CARE Home Care Services; Yvonne Payne with AARP of Virginia; and Ashley Ivey Askew, clinical manager at I-CARE.

Recipes for Healthier Lives

Seniors with a Purpose (SWAP) a non-profit organization that teaches seniors, vets and others how to live more healthy lives held it's quarterly event in Vienna, this one on how to eat smart at home. The event was held at a 150-year-old church, First Baptist Church of Vienna, the oldest black church in that region. First Baptist Church was founded in 1867 and built by African Americans working on a Vienna farm. A Major Hine, who had served in the Union Army, gave them the plot of land. They succeeded in acquiring lumber through the Freedman's Bureau from a Civil War barracks which was being demolished.



Ashley Ivey Askew, clinical manager at I-CARE Home Care Services, left, and Donna Ivey, founder and administrator of I-CARE, prepare a vegan Mexican lunch as part of a recent Seniors with a Purpose

(SWAP) event in Vienna. Ashley conducts healthy living workshops and seminars throughout the region to demonstrate how to have a more healthy life as part of I-CARE's many home services for seniors.

Northern Virginia Handcrafters Award Two Scholarships

The Northern Virginia Handcrafters Guild awarded two scholarships to local high school seniors who plan to study art or craft design following their graduations from high school.

The Margaret Dellert Scholarship was presented to Halley Conrad, a graduate of North Stafford High School (Stafford County Public Schools). The Kay Singleton Scholarship was awarded to Jacqueline Gottschalk, a graduate of Battlefield High School (Prince William County Public Schools). The scholarships were presented at the NVHG Awards Dinner on June 11, 2018, in Falls Church.

For the past 36 years, NVHG has awarded scholarships each spring to deserving high school seniors who wish to pursue art or crafts study at the university or college level. Announcements about the scholarship program and applications are sent to area school division art supervisors and teachers, and are posted on the NVHG website at



PHOTOS CONTRIBUTED

Scholarship recipients Halley Conrad (left) and Jacqueline Gottschalk.

www.nvhg.org. Awards are announced in June.

During the scholarship presentations, Conrad and Gottschalk displayed and discussed samples of their artwork and responded to questions posed by members of NVHG. Each recipient was honored with a scholarship certificate and flowers. Their scholarship awards will be placed in school accounts at their respective universities to be used in support of their program of study in art or crafts.

BULLETIN

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

MENTAL HEALTH SERVICES

The Fairfax-Falls Church Community Services Board's Merrifield Center offers a new stand-up information kiosk. Part of a pilot project, the new feature aims to improve the customer service experience and decrease wait times for individuals who are seeking mental (behavioral) health services. To check in, individuals respond to five simple questions, then the CSB's Patient Track software alerts staff. Based on clinicians' schedules and availability, as well as the needs of the client, individuals are triaged and seen by the next available staff member. For more information on available services, call the CSB at 703-383-8500 (Monday-Friday, 9 a.m.-5 p.m.). In an emergency 24/7, call CSB Emergency Services at 703-573-5679 or the Fairfax Detox Center at 703-502-7000 (TTY 703-322-9080).

VOLUNTEERS NEEDED

Haven of Northern Virginia is committed to offering, support, compassion, information and resources to the bereaved and seriously ill. Volunteers provide individual and group support to those suffering from a loss. Volunteers must participate in a 30 hour training. Training will be offered in October 2018. To volunteer, call Haven at 703-941-7000.

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.

Retirement

FROM PAGE 6

The Police Department pension is strong and stable. We implore you and the board to make no changes to our system. Recruiting and retaining new officers is already difficult given the lack of competitive pay, increasing and redundant oversight as well as a challenging political environment. The Fairfax FOP Lodge 77 cares about recruiting and retaining the best talent to help keep Fairfax County a safe community. We know that you care about keeping Fairfax County safe from crime, we ask that you consider the impact his initiative will have on future Fairfax County Police Officers.

We thank you for your continued support of the men and women of the Fairfax County Police Department.

Fairfax Fraternal Order of Police, Lodge 77
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What Are Friends For (Not a Question)



By KENNETH B. LOURIE

Other than my wife, Dina, and my brother, Richard, there are few people with whom I regularly discuss – in more excruciating detail than weekly I do so with you, the world in which yours truly, a non-small cell lung cancer, stage IV “diagnossee” inhabits.

It just so happens that in this past week, I interacted with three of the other most main confidants, a rarity: my oldest, best friend from high school, Cary, with whom I spoke on the phone for nearly an hour (he lives in Massachusetts), a bi-weekly occurrence generally; my oldest, best friend from college, Rita, who I finally met for lunch (even though she lives in Alexandria and has been local ever since college), a much rarer occurrence (though we email regularly), a lunch that lasted four hours; and Veronica, my hair stylist, who I see every eight to 12 weeks – as I have for almost 20 years, whether I need to or not. (That's a joke. I have a full head of hair so needing a haircut is never the question, needing it is the answer.)

Over these many years, these three have heard everything I have to say; good, bad or indifferent, and yet despite having heard it all, still remain interested in hearing more and judging less. Together, we share stories and confidences, laughter and sorrow. Their support and encouragement has been above and beyond the call of duty.

Interacting with all three in the course of one night and two days reminded me of the actor George Peppard because this is my “A” Team.” When I want to, they're who I go to, whenever the need arises or when the opportunity presents itself. And though they may not solve every problem, listening to as many of them as they have certainly has provided the kind of comfort and joy that has helped sustain me through thick and thin (not talking about my weight) and most importantly, during the past nine-plus years as a cancer survivor. There's not a “B.A.” (bad attitude) among them, though they all wear jewelry.

I hope I'm not speaking out of turn here but, there are some subjects which are best left for friends – and the professionals, more so than family. Some topics which might betray a confidence or touch a nerve that when spoken of aloud might exacerbate a familial situation rarely discussed.

Sometimes, sorting through these pros and cons with friends, who likely suffer no consequences in the outcome, might present options that otherwise might not be heard. From the mouths of babes, so to speak. A fresh, unbiased perspective can be a welcome addition to any discussion of facts, especially when feelings are involved; and as often concerns family-oriented subjects, feelings are most definitely involved.

Not that there aren't feelings involved with friends; of course there are, it's more that old friends knew you when and know you now, and the passage of that much time, separate and apart from family, can often enlighten and inspire. Who wouldn't benefit from friends who've been there and seen you do that?

It's particularly important to have independent forces in your corner because like so many cancer patients, myself included, occasionally you exhibit signs of “chemotherapy-related cognitive impairment,” otherwise known as “chemo brain,” a side effect/condition of treatment which can blur a memory or two – or more. You may not even realize it when it disappears, and you may need someone to remind you of it. Hopefully it's not a memory gone forever, but just one gone until a friend helps retrieve it for you. And who better to retrieve these foggy memories than friends you've known for 49, 45 and 20 years, respectively?

And I do respect them, and appreciate them, and cherish them, as they are three of my pillars. Without them, the foundation of who I am and what I know, would likely crumble.

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

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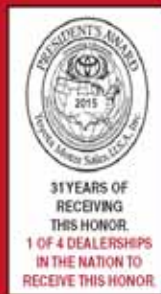
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