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WELLBEING
PAGE 6

The Navigators sported alligator hats on the water as they landed on the beach in Sunday's Card-board Boat Regatta during the Springfield Days festivities.

Springfield Days Festivities Defy Rain

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A Spring Concert at Key Middle School

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Mother and Sisters are the Heart Behind Veronica's

DINING, PAGE 9

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Author and local historian Don Hakenson signs his book.

PHOTOS BY MIKE SALMON/THE CONNECTION



Enjoying their shaved ice on Saturday — Eileen Patterson, Iris Collis, Clara Patterson, 5, Ellie Patterson, 11 and Thomas Patterson, 13.

Springfield Days Festivities Defy Rain

BY MIKE SALMON
THE CONNECTION

In the parking lot of the American Legion Post 176, Glenn Corcoran stood by his 1982 DeLorean, and explained the “flex capacitor,” that flashed multi-colored lights between the two seats. The DeLorean cars are collector’s items with a speckled past. The founder, John DeLorean, had financial problems in the early 1980s, and the stainless-steel car was the star in the “Back to the Future,” movie series starring Christopher Lloyd and Michael J. Fox.

The capacitor was a time-travel device from the movie.

“I made that,” said Corcoran, “the blue light really pops,” the Springfield resident said.

The DeLorean was among about 25 cars at the show this year, which was subdued due to the rain that was forecasted for the whole weekend, but didn’t show up until later Saturday afternoon. Next to the car show, the fair also stretched out into the Springfield United Methodist Church parking lot, where there were shaved ice, food trucks, handmade gifts and local Civil War history books at a tent occupied by the author Don Hakenson.

In 1966, at age 14, Hakenson was helping others clear a field to play baseball over by present-day Kingstowne and he found an artifact that was thought to have come



“Jameson and the Argonauts,” crowded under the tent until it was their time on the water.

from the Civil War and he’s been a local historian ever since. “I found a revolver when I was 14 years old, all rusted, I believe it was Civil War related,” Hakenson said. As a student, he’d read Civil War history about Alexandria and Richmond, but was looking for events a little closer to home so he started with the Beulah Street area where he grew up and branched out from there. He’s authored several books and is now researching the Mosby Raiders’ activi-

ties in Fauquier County. “My hobby got out of control,” he said.

The Lake Accotink supporters also had a tent, and looked forward to the Cardboard Boat Regatta the next day, a well known highlight of Springfield Days. “The regatta brings the community together,” said Richard Hildebrand. The county will make a decision on the future of the lake this coming fall.

Sure enough, the rains came Sunday

morning, but the beach at Lake Accotink was full of eager sailors and their cardboard masterpieces. The Cub Scouts from pack 1140 at Kirkwood Presbyterian Church in Springfield crowded under their tent, soaked and shivering. Their boat, “Jameson and the Argonauts,” was named after their captain Jameson Searight, who lead the team.

Scott Ellis, father of one of the team members, wasn’t concerned with the rain. “This boat was going in the water no matter what,” he said.

Another boat, the “Navigator,” was full of sailors with gator hats and they won the first heat. They were from the co-ed scouts from Ethical Society Troop 99, which had scouts from all over Fairfax.

The smiles and upbeat feeling was shared from everyone on the beach so the regatta had the community feel that this event was famous for throughout the years. Sharon Bulova, the chairman of the Fairfax County Board of Supervisors, was there as well early on for the boat judging portion.

Nancy-jo Manney, from the Greater Springfield Chamber of Commerce, has been involved with the planning and execution of the Springfield Days festival for 20 years, and has monitored the forecast almost every time. In the past, the regatta has been postponed, and artists scrambled to pack up when a quick storm popped up, “but all in all, we’ve typically had weekends that are largely cooperative,” she said.

A Spring Concert at Key Middle School

The Key Middle School Orchestras put on their Spring Concert on Tuesday, May 29, 2018, at the school. Director Keith McElroy led the 33-member Immediate Orchestra in a performance of a medley of music, including: “Loch Lomond,” “My Heart Will Go On,” and “Out of the Winter.” The 19-member Advanced Orchestra also performed

“Theme from ‘Water Music,’” “Beauty and the Beast,” and “Fantasia for Strings.” As a side note, Xochi Tamanaha received a superior rating for a solo she performed recently at the VBODA Solo and Ensemble Festival at Holmes Middle School. The Music Department Administrator at Key Middle is Shawn Brown.

— STEVE HIBBARD



Keith McElroy, Director of the Key Middle School Orchestra, leads students in the Spring Concert on Tuesday, May 29, at the school.

PHOTO BY
STEVE HIBBARD/
THE CONNECTION

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.

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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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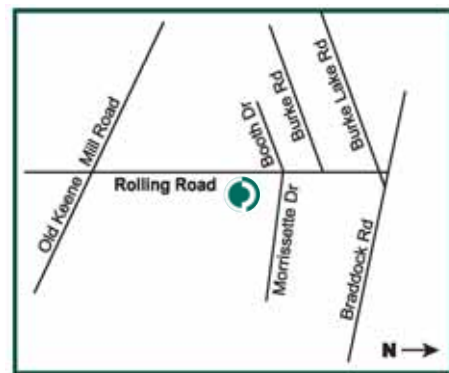
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Art Exhibit: House, Sky and Abyss.
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Workhouse Road, Lorton. House, Sky
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County Courthouse. Visit
www.fairfaxsundaymarket.com.

**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
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Second Saturday Art Walk is the
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SEE CALENDAR, PAGE 10

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This fall, Burgundy's Class of 2018 will attend high school at:
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DINING

Mother and Sisters are the Heart Behind Veronica's

BY MIKE SALMON
THE CONNECTION

With top sellers such as the Pollo Frito Con Tajadas, a chicken dish, or the Baleadas, a flour tortilla dish, Veronica's Bakery and Café in Springfield has found its niche.

"I have to make sure it's an authentic recipe," said Ana Salinas, who owns the café, one of three locations, with her daughters Veronica and Rebeca. "Veronica is my oldest so we named it after her," said Salinas. Although the Salinas are from El Salvador, the cuisine is varied.

Comida Mexicana, Honduran dishes from the Esquina Catracha section, salads, soups and Platos Internacionales, or the International Specials are also offered.

"We cook authentic Spanish, Salvadoran cuisine," Salinas said. "Our own recipe, we don't use preservatives," she added.

They started with Lillian's Restaurant in the Del Ray section of Alexandria and expanded since then to Springfield and Silver Spring, Md. They have a warehouse on South Dove Street in Alexandria where some of the cooking and food preparation is done.

The restaurants specialize in Latin American pastries, desserts & cakes, as well as Salvadorian, Mexican and Honduran tradi-



Ana Salinas with daughter Rebeca displaying their popular chicken and tortilla dish at Veronica's.

tional cuisine. They also offer custom-made cakes, a variety of pastries and breads, and desserts, as well as catering.

In the November-December time of the year, their specialty is the Gallina Rellena which is a stuffed chicken instead of a tur-

key. It's not available year-round though.

"Our own stuffing, only for special occasions," Salinas said. Between all three of their locations, she estimated that they cook about 250 Gallina Rellena chickens at that time of year.



Cakes are popular at the café, and can be special ordered for any occasion.

Veronica's Locations

VERONICA'S BAKERY & CAFE

6354 Commerce Street
Springfield

4116 Mount Vernon Avenue
Alexandria

8501 Piney Branch Road
Silver Spring, Md.

They open at 5 a.m. every day and breakfast, or desayunos, is a popular meal at the café.

www.veronicasbakeryandcafe.com

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CALENDAR

FROM PAGE 8

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.

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:



PHOTO BY CHIP GERTZOG, PROVIDENCE PLAYERS

Liz Mykiety 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.

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.fairfaxvd.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.fccas.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.

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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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