

Burke CONNECTION

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Out front, Penny Sanford, the owner of The Yarn Barn on Old Burke Lake Road, displays a pair of socks she made.

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THE CONNECTION
Newspapers & Online

SPECIAL PULLOUT TAB
Newcomers & Community Guide
August 22, 2018

The annual Newcomers and Community Guides for each of our 15 communities with inside facts on what makes each community special, their secret places, the real power players, how to get involved and more.


Including the history, schools, parks, libraries, local people, elected officials, county/city offices, how decisions are made, a calendar of events and other vital community information.

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NEWS



PHOTO COURTESY OF G.C. 'GARY' BLACK, III

Board of Review members and Baird Family: Al Dunham, Chuck McPherson, Wendy (mom), Charlie (new Eagle Scout), Ed (dad), and Phil Sternberg, a former T-1131 Scoutmaster, and now Troop Committee Chairman. Not pictured: Gary Black, III

Charles Graham Baird Earns Eagle Scout Award

Charles Graham Baird, 'Charlie', passed his Eagle Scout Board of Review to become the 211th Eagle Scout of Boy Scout Troop 1131, located at his family's church, St. Stephen's United Methodist Church, Burke. Charlie graduated this year from Lake Braddock Secondary School (LBSS) and plans to attend Christopher Newport University with an undecided major. He will be in the Presidential Leader-

ship Program. Charlie played the trombone in marching, concert, and jazz bands at LBSS and will continue playing at CNU. He swam and played basketball on local club teams. Charlie's father is Ed who works as a lawyer at the US Department of Labor and his mother is Wendy, Development Director for Northern Virginia Therapeutic Riding Program. The Baird family lives in Burke.



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August Featured Artists

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W-6: Terry Anstrom	W-9: John Hartt
W-7: Suellen Black	W-10: Mikhail Bolkhovitinov

9518 Workhouse Way Lorton, VA 22079
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WorkhouseArts.org

A handmade shawl is draped on display in the Yarn Barn. Shawls are fashionable these days, says owner Penny Sanford.



Vienna ceramic artist Moon O'conner made a few coffee cups for Sanford to display.

PHOTOS BY MIKE SALMON/
THE CONNECTION

Talking and Knitting Go Far at The Yarn Barn

Problems solved, pizzas eaten and socks made in Burke shop.

BY MIKE SALMON
THE CONNECTION

On the surface, The Yarn Barn on Old Burke Lake Road is a knitting and art store with an interior that is proud to be “old school,” and an owner that is proud of not being tied to her email. In fact, she doesn’t even have an email account. But on Saturday morning and Wednesday evenings, she hosts a knitting group, and charges a minimal “tush fee,” for students, friends, knitters and crochet artists to come in, knit, and solve the world’s problems.

“Whatever anybody wants to talk about, we cover it all,” said owner Penny Sanford, a Burke resident since 1976.

Sanford and her mother, Sally Roberts, started the store in 1978 over in the Kings Park Shopping Center. She moved to her current location in the old Burke Shopping Center in 1998, before the bridge was built that carries Burke Lake Road over the shopping center and eliminating an at-grade



Out front, Penny Sanford displays a pair of socks she made.

railroad crossing that Burke was built around.

INSIDE THE SHOP, there are handmade

socks, shawls and sweaters draped around, some for sale and others just create the ambiance. The Saturday morning group grabs a cup of coffee at the 7-11 a few doors down, grabs their knitting needles, and lets the ideas fly. What comes out of it is “art to wear,” Sanford said. “It’s very satisfying to make your own clothing, you can’t find that in a store,” she said. Patie Bradford has been taking classes for a few years, and likes the no-frills approach. “The atmosphere is old fashioned and personable, which in today’s fast paced world, especially in the DMV metro area, is badly needed,” she said in an email.

There was one knitter that suffered a stroke but has the knitting group to help her out, and another student that got so good at knitting after the lessons, he knitted two sweaters in the time most people only get one done. “I take everybody under my wing,” Sanford said.

Bradford appreciates Sanford’s approach. “You slow down and enjoy the friendliness of the environment and the other knitters,” she said.

When some of the knitters want to get a pizza from Fired Up Pizza next door, there’s an old fashioned approach to that too. “When your order is ready, they bang on

the wall three times to signal that your order is ready for pick-up,” said Bradford. Fired Up manager Mary Ellen Van Nederynen makes it convenient for the knitters. “So they don’t have to guess when it’s ready, we just bang on the wall,” she said.

The whole shopping center is like that. When “Dalbir,” the manager of 7-11 needed change for a \$20 bill one day, he came in and asked Sanford. “We all help each other,” she said.

SANFORD has a spot on her counter where she collects business cards, and acts as the central liaison for networking. There’s a guy named Omar who cuts everybody’s grass, via the networking group. That way, they have more time for knitting, according to Sanford. “That’s what I do,” she said.

She offers knitting lessons, and has a few classes each week with students from Burke, Centreville and even Maryland. “My students come from all over,” she said.

The atmosphere, the camaraderie and productivity are all part of The Yarn Barn. “I want people to go out of here feeling good,” she said.

The Yarn Barn is located at 9413-C Old Burke Lake Road, Burke, Tel: 703-978-2220.

White Oaks Renovation Is One of Several Underway

Price tag for renovations is over \$17 million.

BY MIKE SALMON
THE CONNECTION

White Oaks Elementary School is in the midst of a three-year renovation to modernize the facilities for students, create more recreation areas and improve the access to the aging school building.

Straddling the Burke-Springfield boundary off Old Keene Mill Road, the renovation includes a 20,000 square-foot addition that contains several classrooms, a band room and two art classrooms. The renovation has also increased the capacity of the school’s cafeteria, en-

larged the kitchen and library, and added several flexible learning spaces. According to school public information official John Torre, the total price tag for the renovation is \$17,263,000. Scheibel Construction Co. is doing the work and the funding for the project was included in the 2015 School Bond Referendum.

In addition to the interior upgrades, the outside of White Oaks is also receiving a face lift. The school site will have a larger parking lot, new basketball court and a re-designed bus loop that includes parking for staff and visitors. At the end of the project a new playing field and baseball field will be installed.



PHOTO BY MIKE SALMON/THE CONNECTION

At White Oaks Elementary school, there are upgrades taking place to facilities inside and out, but students will have to work around the construction this coming year.

According to Torre, the heavier and noisier work is done before 8:30 a.m. to minimize any disruptions during class time. At times, they will switch to a temporary evening shift for heavy demolition work.

This project began during the summer of 2016 and is projected to be completed in February, 2019.

Several Fairfax County elementary schools are currently undergoing renovations including Cherry Run, Forestville, Newington Forest, Waynewood, Hollin Meadows and Mount Vernon Woods. White Oaks is in Region 4, and the high schools at the top of the pyramids in Region 4 are Centreville, Lake Braddock, Robinson, South County, and West Springfield.

When a Good Plan Must be Better

BY SUPERVISOR DAN STORCK
(D-MT. VERNON)



At the July 10 Board of Supervisor's meeting,, I voted against the County's first-ever Operational Energy Strategy. While I strongly believe the County needs such a strategy, the goals and plan were not aggressive enough to make a real positive difference to either our County budget or our environment.

The Energy Strategy set goals and targets for reducing energy use in County buildings, vehicles and operations, increasing some efficiencies, and saving money while also reducing greenhouse gas emissions. However, the strategy did not go far enough in advancing efficiencies, assessing future impacts or providing community and governmental leadership. As a County, we can and must do more to save people, places and property. Yes, the waters are rising, particularly here in the Mount Vernon District, our rivers, bays and marshes are seeing sea-level rise. We are experiencing more extreme weather events from derechos

"The environmental stewardship of our planet is a moral, social, political and financial issue, requiring action by all individuals, communities, businesses, religious institutions, social leaders, and especially by public officials."

to snowmageddons. Without strong, aggressive actions to stop or at least slow down global warming and protect our environment, these conditions will continue to worsen for ourselves, our children and our grandchildren. Our time to act is now!

The County needs more aggressive goals and actions for our Operational Energy Strategy, but it also needs a Community Climate Action Plan and to begin resiliency planning for the changes coming. I believe that by adopting stronger energy efficiency and savings goals, the County will not only lead the way in improving the quality of our environment, but also realize a rapid return on investment resulting in millions of dollars in future cost sav-

ings. During my time on the School Board, we successfully engaged an Energy Saving Performance Contractor which saved the schools more than \$10 million in 3 years. I am very proud of this achievement as these cost savings continue to increase as each day passes.

The environmental stewardship of our planet is a moral, social, political and financial issue, requiring action by all individuals, communities, businesses, religious institutions, social leaders, and especially by public officials. My thanks to the many community groups who embrace this challenge every day, working hard to education others and make our communities more sustainable and better places to live. It is an honor to serve you.

In-Service Training

BY KENNETH R. "KEN" PLUM
STATE DELEGATE (D-36)

COMMENTARY

The only common requirement for holding elective office is that one be a registered voter in the state meaning then of course that you must be at least 18 years of age.

You do not need to be a resident of the district you hope to represent although you will have to move into the district if you win. The concept of a citizen legislature is that it is made up of people from all walks of life in the community who can collectively speak for the community at large. Supposedly there would be no professional politicians—just regular everyday folks. Such an approach should work out well to have the community broadly represented.

In the past, because of laws and practices, most legislatures have been filled mostly with old white men. Recent years have seen a shift including in Virginia as more women are running for office and getting elected. This year has more women, young people, and people of color running than ever before.

With the diversification of who sits in the legislature the challenge becomes taking people of many different backgrounds, perspectives and constituencies and bringing them together to work for consensus on legislation to get a ma-

jority vote. While skills acquired in business and civic activities teach many of the soft skills of interpersonal relationships and team building that are transferable to a legislative body, there are unique differences that are important to recognize.

Most legislatures with which I am familiar have orientation programs to acquaint new members with where the bathrooms are, rules of order in committee meetings and on the floor, and operating procedures around the capitol. Putting legislation together, developing a strategy for its passage, and keeping constituents back home happy are most often handled by the political party caucuses or helpful mentors.

Another source of in-service training I have found invaluable are conferences put together by professional associations, specifically the National Conference of State Legislatures (NCSL). I am at their national conference this week.

NCSL keeps up with what is happening in state capitols around the country and through publications, conferences and consultancy keeps legislators informed. The association is truly non-partisan, although its leadership—chosen from among state legislators

across the country—maintain their party allegiance while the staff is able to stay out of the partisanship.

Virginia of course had the first representative legislature in the western world beginning in 1619. Not everyone followed the Virginia model however in writing their constitution of organizing their legislatures. I continue to be amazed as I work with colleagues from around the country as to the number of different ways that legislative bodies can organize themselves and do their business. No

one has a corner on the best way to do the people's business, but we can learn from taking a look at how other states conduct their business.

NCSL refers to the states as the laboratories of democracy. The description is appropriate as we all face mostly the same challenges. Our responses are different, however. By getting together for what some would call a conference, but what I think is more appropriately called in-service training, we can do a better job for the people we represent.

LETTERS TO THE EDITOR

Gerrymandering Continues to Mess with Our Elections

To the Editor:

No matter where we stand on the political spectrum, the possibility that anyone interferes or tampers in our elections is unacceptable. Meanwhile, gerrymandering continues to mess with all our elections.

Gerrymandering is drawing voting districts to expand the impact of some votes and shrink others. In 2019, Virginians will elect 100 state delegates and 40 state senators. In 2020 another national census will be taken, and in 2021 the incumbents elected in 2019 (with more influence from the majority party) will draw voting maps that

favor their own re-election. Having incumbents draw their own districts is a serious conflict of interest. Unless we find a fairer way, this process will be repeated in 2029, 2031, and so on.

You can help by (1) identifying which candidates favor fair redistricting, (2) voting for them, and (3) checking out OneVirginia2021.org, where you (like more than 80,000 other Virginians) can send a message to your representatives demanding an independent commission to apportion districts fairly.

Karen Scarfone
Clifton

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NEWS DEPARTMENT:
south@connectionnewspapers.com

Kemal Kurspahic
Editor ♦ 703-778-9414
kemal@connectionnewspapers.com

Andrea Worker
Contributing Writer
aworker@connectionnewspapers.com

Jean Card
Production Editor
jcard@connectionnewspapers.com

ADVERTISING:
For advertising information
e-mail:
sales@connectionnewspapers.com
703-778-9431

Steve Hogan
Display Advertising, 703-778-9418
shogan@connectionnewspapers.com

Debbie Funk
National Sales
703-778-9444
debfunk@connectionnewspapers.com

David Griffin
Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Classified & Employment Advertising
703-778-9431

Editor & Publisher
Mary Kimm
mkimm@connectionnewspapers.com
@MaryKimm

Executive Vice President
Jerry Vernon
703-549-0004
jvernon@connectionnewspapers.com

Editor in Chief
Steven Mauren
Managing Editor
Kemal Kurspahic
Art/Design:
Laurence Foong, John Heinly,
Ali Khaligh
Production Manager:
Geovani Flores

CIRCULATION
Circulation Manager:
Ann Oliver
circulation@connectionnewspapers.com



NEWS

Registration for Senior Olympics Ends Aug. 24.

The Northern Virginia Senior Olympics (NVSO) includes more than 60 events that exercise the mind as well as the body. To qualify for the NVSO you must be at least 50-years-old by Dec. 31, 2018. The deadline for online registration at www.nvso.us is Aug. 24.

Paper registrations, available at most county recreation and senior centers, must be postmarked no later than Aug. 20. There will be no onsite or day of event registration.

The games are scheduled to commence Saturday, Sept. 15 and end Sept. 26.

The NVSO began in 1982 with about 80 entrants. In 2017 nearly 800 Northern Virginians took part. The NVSO is one of the largest annual senior events in the region. Last year's oldest medal winner was 101-years-old.

This year the NVSO is adding three new events: canasta at The Jefferson in Arlington; croquet at the Walter Reed Community Center in Arlington; and beach ball wallyball at the Providence RECenter in Falls Church. (Wallyball is like volleyball but played in a racquetball court, where it is legal to hit the ball off of the walls.)

The NVSO's basic registration fee is \$13. A fee of \$2 is added for



PHOTO BY MIKE SALMON/THE CONNECTION

Curious in Burke

A curious doe looks on from the bushes in Burke. A single adult deer consumes 5 to 7 lbs of plant matter in one day, according to Fairfax County wildlife management. More than 1 ton of vegetation is consumed by one deer in one year.

each event entered. Some events require additional fees including bowling, cycling, golf and orienteering.

The NVSO is also seeking volunteers to help at its venues across Northern Virginia. Those interested in volunteering should contact RSVP Northern Virginia at

703-403-5360 or email RSVP at rsvp@volunteerfairfax.org

For a complete list of events and venues, visit www.nvso.us The NVSO is a joint project of the cities of Alexandria, Fairfax and Falls Church and of the counties of Arlington, Fairfax, Fauquier, Loudoun, and Prince William.

West Springfield, Westfield Teacher Arrested

A 50-year-old Fairfax County Public Schools teacher is facing two felony charges after an investigation by Child Exploitation Unit into an online interaction.

A detective posing as a teenager was contacted by a stranger through a social media application. The suspect initiated a conversation and solicited for sexual contact with the detective. He also sent a sexually explicit image, presumably of himself, to the detective. Detectives identified Norman Achin, of Woodbridge, as the person who made the contact online. He was arrested and charged with attempted indecent liberties and use of a communication de-



FCPD PHOTO

Norman Achin

vice to solicit a minor. He is currently being held without bond at the Fairfax County Adult Detention Center. Achin was a teacher at Westfield High School and West Springfield High School for the 2017-2018 winter school year. Achin is currently suspended without pay.

Detectives are looking into the possibility there may be additional victims. They are asking for anyone with information or who experienced a similar incident with Achin to contact them at 703-246-7800. Tips can also be submitted anonymously through Crime Solvers by visiting <http://www.fairfaxcrimesolvers.org>, or text-a-tip by texting "TIP187" plus your message to CRIMES (274637).

BULLETIN BOARD

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

SEE BULLETIN, PAGE 6



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NEWS

Survey for Young Adults to Help Target Drug Prevention Efforts

In an effort to better target opioid and other drug prevention efforts, the Fairfax-Falls Church Community Services Board (CSB) is seeking opinions of young adults between the ages of 18-25. The survey is anonymous and voluntary, and asks questions about use of alcohol, prescription drugs, and heroin.

An initiative of the Partnership for Success and the OMNI Institute, an organization that works to help organize substance use campaigns, the survey seeks comparison data from residents in various areas across the Commonwealth of Virginia concerning attitudes, knowledge and drug use of young people.

Participants will be asked to select their

three biggest substance abuse issues for their demographic in their community. They will also be asked about their perceptions of risk and other questions. The survey takes no more than five minutes to complete.

As an incentive, all those taking the survey will be eligible to enter to win a \$250 gift card. (Contact information for the drawing will be collected in a separate location and will not be linked to survey responses.)

Participants in the survey must be Virginia residents and between the ages of 18 and 25.

The survey is live now through Aug. 31, share the link with young adults in your community:

<https://www.surveymonkey.com/r/3Y37BBJ>

BULLETIN BOARD

FROM PAGE 5

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.

FRIDAY-SUNDAY/AUG. 3-5

Tax-Free Holiday. During Virginia's sales tax

holiday, qualifying school supplies, clothing, footwear, hurricane and emergency preparedness items, and Energy Star and WaterSense products can be purchased without paying sales tax. Visit tax.virginia.gov/virginia-sales-tax-holiday for details.

TUESDAY/AUG. 7

Volunteer Information Session. 2-3 p.m. at Burke Library, 5935 Fred Oaks Road, Burke. Learn about opportunities to help children succeed in the classroom at GrandInvolve's volunteer information session for seniors. Email info@grandinvolve.org or visit

SEE BULLETIN, PAGE 11

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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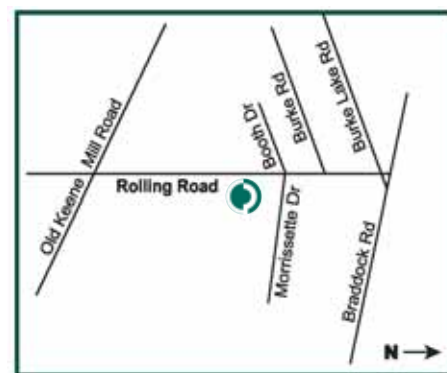
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WELLBEING

Required Vaccinations for School

Local clinics offer free immunizations.

BY MARILYN CAMPBELL

As parents compile back-to-school task lists, health officials say that along with backpacks, notebooks and pencils, parents add the vaccinations that are required by Maryland and Virginia state laws in order for students to attend school. Now is the time to get those immunizations to avoid the back to school rush.

"We have free, walk-in clinics where you can get vaccines between now and the beginning of the school year," said Mary Anderson, Montgomery County Department of Health and Human Services. "We urge parents to go now and not wait. We offer vaccines at clinics every day of the week at four different locations."

Appointments are not required for immunization visits in Montgomery, Arlington and Fairfax counties. The Alexandria Health Department, however offers services by appointment only.

"We would certainly encourage parents to make an appointment now," added John Silcox, Fairfax County Health Department. "Appointments fill up quickly, and there are some walk-in appointments, but the closer you get to school the more crowded our clinics get."

Fairfax County has five clinics which offer vaccines. "School-required immunizations are always free at our clinics, whether a person has insurance or not," said Silcox. "We highly encourage parents to call the clinic that is most conveniently located to them so that they have you vaccines in time for school."

Parents must bring a copy of the child's existing immunization record. "A parent or designated adult must be with the child when the go to get vaccines," said Anderson. "If a parents doesn't have or can't find their child's record, we can try to reconstruct it."

As recently as May, the Washington, D.C. region saw a case of a vaccine preventable disease, says Anderson. "There was a case of measles that this particular individual had contracted outside of the country," she said. "But this is a reminder about the importance of vaccinations because if you had come in contact with this individual and hadn't been vaccinated you could have gotten sick."



PHOTOS COURTESY OF FAIRFAX COUNTY

Parents are encourage to get required vaccines now to avoid the back-to-school rush.

"We have free, walk-in clinics where you can get vaccines between now and the beginning of the school year. We urge parents to go now and not wait."

— Mary Anderson, Montgomery County Department of Health and Human Services

Immunization Requirements

MARYLAND

<http://www.montgomeryschoolsmd.org/info/immunizations/>

VIRGINIA

<http://www.vdh.virginia.gov/immunization/requirements/>

Some students may be granted an exemption from the Virginia and Maryland state requirements for religious for medical reasons. "There is an exemption form that people would need to get filled out and turn into their school in order to be exempt from the state requirement."

Local Health Departments Offer Free Vaccines

ALEXANDRIA

<https://www.alexandriava.gov/health/info/default.aspx?id=11444>

ARLINGTON COUNTY

<https://health.arlingtonva.us/public-health/health-clinics-services/immunization-clinic/>

FAIRFAX COUNTY

<https://www.fairfaxcounty.gov/health/immunization/school>

MONTGOMERY COUNTY

<https://www.montgomerycountymd.gov/HHS/RightNav/SeventhGradeImmunizations.html>

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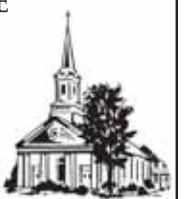
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Submit entertainment announcements at www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday. Photos/artwork encouraged.

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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.

WEDNESDAY/AUG. 1

Springfield Nights. 7 p.m. at Burke Lake Park, 7315 Ox Road, Fairfax Station. Featuring: Ruthie & the Wranglers (American Roots). Bring a picnic dinner, blankets, your dog, and lawn chairs and relax with friends and family. Beer and food will be available for purchase. Call 703-451-8873.

Kings Park Concert Band. 7:30-8:30 p.m. at Mason District Park, 6621 Columbia Pike, Annandale. Kings Park Concert Band; program of marches, band classics, Broadway and movie show tunes. Seating provided in the amphitheater or bring your lawn chair. Free. Call 703-569-3090 or visit kingsparkband.org.

THURSDAY/AUG. 2

Bocce Picnic and Play. 11 a.m.-1 p.m. at Green Acres Center, 4401 Sideburn Road, Fairfax. Featuring a free Bocce Picnic and Play event. Green Acres is the host site for the 2018 NVSO bocce competition scheduled on Thursday, Sept. 20. Medalists from past NVSO bocce competitions are expected to be on hand at the picnic Aug. 2 to help introduce bocce to those who might be new to the sport. Participants may also register for the NVSO at the picnic. All registration for the senior games ends Aug. 24. You must be at least 50-years-old by Dec. 31, 2018, to compete in the NVSO. To register for the free RSVP picnic or to become a NVSO volunteer, call volunteer specialist Carly Hubicki at 703-403-5360 or visit www.rsvpnova.org.

Evenings on the Ellipse with The Gibson Brothers. 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/performance.

FRIDAY/AUG. 3

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/AUG. 4

Car Wash. 9 a.m.-1 p.m. at Next to

Patient First, 10100 Fairfax Blvd./Lee Highway (across from the fire station). Proceeds benefit the Fairfax High School Cross Country Team. Email mawhalley@fcps.edu.

Workhouse Brewfest. 1-8 p.m. at Workhouse Arts Center, 9518 Workhouse Way, Lorton. More than 30 Virginia craft breweries, artisan distilleries, and Virginia wineries will be on tap at the third annual Workhouse Brewfest, which will also feature live performances by 12 bands, food trucks, access to 12 air-conditioned art galleries and 65 artist studios. Visit workhousebrewfest.org for tickets.

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/performance/mt-vernon-nights.

AUG. 4-SEPT. 2

Art Exhibit: Free Beer (and other lies). At Arches Gallery at Workhouse Arts Center, Building 9, 9518 Workhouse Way., Lorton. Featuring works by John Hartt, who is known for his quirky oil paintings which have been described as strangely comforting. His latest kooky collection, "Free Beer (and other lies)," explores some of the concepts and stories surrounding beer, drunkenness and lies as only Hartt can interpret them. Visit www.workhousearts.org. For more information about John Hartt, visit www.jortt.com.

SUNDAY/AUG. 5

History Challenge Day. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Choose from a selection of quizzes on a variety of topics for a chance to win a prize. Different versions will be available for all ages and groups and interests. 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.

Ballet "Precedence." 2 p.m. at Ernst Community Cultural Center, NVCC Annandale Campus, 8333 Little River Turnpike, Annandale. Virginia Ballet Company and School will present a program that includes modern dance, ballet, and flamenco. All seats are reserved, and tickets are priced by location, with orchestra center \$30, orchestra sides \$20, and Balcony \$15 (all plus a \$3 processing fee). Tickets may be purchased at www.vaballet.org or at the door. Call 703 249-8227.

TUESDAY/AUG. 7

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.

Dwelling Detectives. 7-9 p.m. at Burke Centre Library, 5935 Fred Oak Road, Burke. Local Architectural Historian, Susan Hellman, will

Hometown Thursdays: Lesson Zero

The new series hosts bands from the Fairfax area. Meet up with friends, grab dinner at one of the many restaurants in downtown, and listen to great music. A free, family-friendly event for all ages. Thursday, Aug. 9, 6:30-8:30 p.m. at Old Town Square, 10415 North St., Fairfax. Visit www.fairfaxva.gov/government/parks-recreation/special-events/hometown-thursdays for more.



"High Desert, Colorado" pastel, 2018, by K. Best Gillmann.

Free Beer (and other lies).

Featuring works by John Hartt, who is known for his quirky oil paintings which have been described as strangely comforting. His latest kooky collection, "Free Beer (and other lies)," explores some of the concepts and stories surrounding beer, drunkenness and lies as only Hartt can interpret them. Aug. 4 through Sept. 2, at Arches Gallery at Workhouse Arts Center, Building 9, 9518 Workhouse Way., Lorton. Opening reception on Saturday, Aug. 11, 6-9 p.m. Visit www.workhousearts.org. For more information about John Hartt, visit www.jortt.com.

provide tips on researching historic buildings, including resources to use in this area and steps to uncover the truth about one's house. Free. Email slawski_brian@yahoo.com or visit www.burkehistoricalsociety.org.

WEDNESDAY/AUG. 8

Springfield Nights. 7 p.m. at Burke Lake Park, 7315 Ox Road, Fairfax Station. Featuring: The Colin Thompson Band (Blues/Rock). Bring a picnic dinner, blankets, your dog, and lawn chairs and relax with friends and family. Beer and food will be available for purchase. Call 703-451-8873.

WEDNESDAY-THURSDAY/AUG. 8-9

Studio Ghibli: Spirited Away. 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,

Closing Soon: Illuminated 'Scapes

Featuring 12 original pastels and paintings by Kathleen Best Gillmann. Illuminated 'scapes are waterscapes, skyscapes, and landscapes where the effects of light and color are key to the composition. The title was chosen to reference medieval illuminated manuscripts which were often complicated and colorful like Gillmann's work. Through Aug. 3, gallery hours at Arches Gallery, Bldg. W-9, Workhouse Arts Center, 9518 Workhouse Way, Lorton. Visit workhousearts.org.



Oh Bartender! There's a Pink Squid in my Beer by John Hartt; media: Oil on Board; size: 8" x 10"

and ambitious storytelling. All tickets are regular admission. Visit www.AngleikaFilmCenter.com.

THURSDAY/AUG. 9

Evenings on the Ellipse with Robin and Linda Williams. 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. Rain or shine. Free. Visit fairfaxcounty.gov/parks/performance.

Hometown Thursdays: Lesson Zero. 6:30-8:30 p.m. at Old Town Square, 10415 North St., Fairfax. Third Thursdays in May-September. The new series will host local bands from the Fairfax area. Meet up with friends, grab dinner at one of the many restaurants in downtown, and listen to great music. A free, family-friendly event for all ages. Visit www.fairfaxva.gov/government/parks-recreation/special-events/hometown-thursdays.

FRIDAY/AUG. 10

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.

Movies Under the Moon: Moana. 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/AUG. 11

Community Family Safety Day. 10 a.m.-2 p.m. at 11230 Waples Mill Road, Fairfax. Sponsored by Jubilee Christian Center, Focus Family Martial Arts, and other local businesses and organizations. Free activities, including: inflatables, demonstrations on how to keep children safe, and sno-cones. Food vendors will be on-site. Call 703-383-1170 or visit www.jccag.org.

Opening Reception: Free Beer (and other lies). 6-9 p.m. at Arches Gallery at Workhouse Arts Center, Building 9, 9518 Workhouse Way., Lorton. Artist John Hartt is known for his quirky oil paintings which have been described as strangely comforting. His latest kooky collection, "Free Beer (and other lies)," explores some of the concepts and stories surrounding beer, drunkenness and lies as only Hartt can interpret them. Visit www.workhousearts.org. For more information about John Hartt, visit www.jortt.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/performance/mt-vernon-nights.

MONDAY/AUG. 13

Donation Deadline. During bank hours at Sonabank, 10855 Fairfax Blvd, Fairfax. Sonabank is collecting school supplies at all branches, including: notebook paper, three-ring binders, spiral notebooks, composition notebooks, No. 2 pencils, pencil pouches, colored pencils, calculators, crayons, pencil erasers, dry erase marker, glue sticks, bottle glue, pocket folders, three-prong folders, pocket dictionaries, markers, highlighters, rulers, tissues, hand sanitizers, copy paper, sticky notes, backpacks and blunt-end safety scissors. Visit sonabank.com.

TUESDAY/AUG. 14

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.

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NEWS

In an effort to increase the bee population in Virginia after a reported near 60 percent total colony loss by reporting beekeepers in the Commonwealth, individuals 18 years and older may receive up to three free bee hives through the Virginia Department of Agriculture and Consumer Services Beehive Distribution Program.



Where Have All the Honeybees Gone?

Virginia General Assembly establishes the Beehive Distribution Program, after the shocking number of total winter colony losses.

BY MERCIA HOBSON
THE CONNECTION

The winter losses of honeybee colonies over the 2017 – 2018 season were greater than expected. To address the problem and increase the number of actively managed bee colonies, the 2018 Session of the Virginia General Assembly established the Beehive Distribution Program.

“An individual who submits an application to the Department of Agriculture and Consumer Services for a beehive unit through the Program will be registered as a beekeeper with the Department ... Individuals may receive no more than three basic beehive units per fiscal year (July 1 thru June 30). Only residents of Virginia who are 18 years of age or older at the time the application is submitted are eligible to receive a beehive unit through the Program.”

“The winter losses were 59.5 percent,” said Keith Tignor, State Apiarist. This is the highest rate since 2000 when the state began monitoring winter losses. It is the fourth highest reported in the nation for total winter all colony loss with only Arizona, Tennessee and Louisiana reporting higher losses according to the nonprofit Bee Informed Partnership.

Virginia Department of Agriculture and Consumer Services said “VDACS staff found high levels of Varroa mites and nosema infections in wintering bees. Both of these maladies shorten the lifespan of worker bees, increasing mortality rates in winter months.”

VDACS cautions that applicants must comply with all state and local requirements related to beehive management and other beekeeping activity as well

PHOTOS BY MERCIA HOBSON/THE CONNECTION



Tim Field of Herndon checks his honeybee hives. Although his hives did not suffer colony loss, 60 percent of reporting beekeepers in the Commonwealth of Virginia did, the fourth highest loss percentage in the United States.

as contact the locality in which the beehive(s) will be located to ensure compliance with all applicable ordinances.

Applications for beehive units may be submitted electronically to the at www.vdacs.virginia.gov/plant-industry-services-beehive-distribution-program.shtml

BULLETIN BOARD

FROM PAGE 6

www.grandinvolvement.org for more.

Lions Dinner Meeting. 6:30-8:30 p.m. at American Legion Post 177, 3939 Oak St., Fairfax. Lions Club meets the 1st and 3rd Tuesdays of each month. Guests are welcome to learn about the mission of the Lions Clubs "We Serve," meet club members and learn to help serve the community. Free to first time guests. Email fairfaxlions@cox.net or visit www.fairfaxlions.org for more.

SUNDAY/AUG. 12

Spiritual Prosperity Workshop. 1:30-4 p.m. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. Learn how to make changes in life using spiritual laws of abundance in this workshop with nationally-known author and speaker Edwene Gaines. Workshop is offered on a love offering (donation) basis. Call 703-281-1767 or visit www.unityoffairfax.org/four-spiritual-laws-prosperity-workshop-s for more.

AUG. 13-SEPT. 9

Pool Closure: South Run RECenter. Four Fairfax County Park Authority RECenter pools will be closing for regular, periodic cleaning and maintenance next month. Consider trying out another county pool during the temporary shutdown. RECenter passes are valid at all nine Park Authority RECenters. Dates are subject to change. Visit www.fairfaxcounty.gov/parks/recenter for more.

TUESDAY/AUG. 21

Lions Dinner Meeting. 6:30-8:30 p.m. at American Legion Post 177, 3939 Oak St., Fairfax. Lions Club meets the 1st and 3rd Tuesdays of each month. Guests are welcome to learn about the mission of the Lions Clubs "We Serve," meet club members and learn to help serve the community. Free to first time guests. Email fairfaxlions@cox.net or visit www.fairfaxlions.org for more.

FRIDAY/AUG. 31

Survey Deadline. In an effort to better target opioid and other drug prevention efforts, the Fairfax-Falls Church Community Services Board (CSB) is seeking opinions of young adults between the ages of 18-25. The survey is anonymous and voluntary, and asks questions about use of alcohol, prescription drugs, and heroin. Learn more about CSB's Wellness & Prevention efforts in Fairfax County at www.fairfaxcounty.gov/community-services-board/prevention. Visit www.surveymonkey.com/r/3Y37BBJ to take the survey.

THURSDAY/SEPT. 6

ESL Class Registration. 7 p.m. at Lord of Life Lutheran Church's two campuses: Fairfax Campus, 5114 Twinbrook Road, Fairfax; or Clifton Campus, 13421 Twin Lakes Drive, Clifton. Registration fee \$15; Text book \$25. Class meets Tuesdays and Thursdays from 7-9 p.m.; start date is on Sept. 11 and ends Nov. 15, 2018. Call 703-323-9500 or visit www.lordoflifeva.org.

Public Hearing. 7 p.m. in the Oaks Room at Twin Lakes Golf Course, 6201 Union Mill Road, Clifton. The Fairfax County Park Authority (FCPA) and the Northern Virginia Regional Park Authority (NOVA Parks) will hold a joint public hearing on the proposed adoption of an amendment to Park Regulation Section 1.17, Remote-Control Devices and Powered Models or Toys. The full text of the proposed amendment is available at www.fairfaxcounty.gov/parks/model-aircrafts-drones. Anyone wishing to speak on this subject may call Judy Pedersen, FCPA Public Information Officer, at 703-324-8662 or email parkmail@fairfaxcounty.gov, to be placed on the Speakers' List.

SUPPORT GROUPS

Parent Support Partners, a service of the Healthy Minds Fairfax initiative, are all parents who have received training and are qualified to offer education, support and assistance at no cost to families or caregivers. They provide reliable information that families can use in decision-making and are familiar with services and resources that can help families in distress. Visit www.fairfaxcounty.gov/healthymindsfairfax or www.northernvirginia.org/parent-peer-support.html.

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Fortitude For a Fortnight



By KENNETH B. LOURIE

Intestinal or otherwise. "All hands to the pump," (Downton Abbey), emotionally speaking. The weight of it all is not too much to bear, but it is pretty close to it:

- ❖ 24-hour urine collection on Tuesday;
- ❖ Pre-chemotherapy lab work and quarterly CT Scan on Wednesday (not often occurring on the same day but this cycle unfortunately they did);
- ❖ Balance of Wednesday and Thursday waiting for lab results which ultimately determine whether I'm approved for chemotherapy on FRIDAY;
- ❖ Thursday through Monday (or longer): waiting for scan results from previous Wednesday (my life doesn't hang in the balance exactly, but it's definitely hanging somewhere);
- ❖ Friday: my actual chemotherapy;
- ❖ Sunday through Thursday (post chemotherapy): feeling lousy, hardly eating, irregular sleep, tired all the time (typical post-chemotherapy side effects)
- ❖ And finally, per my July 25 column entitled "Phoning It In," talking with my oncologist over the phone to discuss my scan, my treatment going forward, my life, etc.

In summary: Tuesday, July 24 to Monday, Aug. 6, two weeks of cancer "centricity."

Considering this first paragraph, no wonder I used the word hope and expressed per pen the written emotion so much in my previous two columns. When cancer or any other treatment for a serious disease, operation, recuperation, physical therapy and so forth is concerned, ultimately, what else is there?

Whether you're following doctor's orders and/or supplementing it with non-Western, holistic-type alternatives, rarely are there any guarantees other than as they say "death and taxes" and for a time was said in the 1940s and 50s: "The Washington Senators finishing last in The American League."

Nevertheless, hope springs eternal, as a formerly long-suffering life-long member of Red Sox Nation can attest: three World Series Championships since 2004 after breaking/braking the "Curse of the Bambino," (the 86-year drought since the Red Sox had last won the World Series in 1918 - Babe Ruth's last season playing for the Red Sox).

And as I live on/write on nine years and nearly eight months past a "13-month to two-year" prognosis diagnosed back in late February 2009, I am eternally hopeful - and always forever grateful.

And in spite of my amazing, miraculous good fortune, the last thing I do, and I mean the absolute last thing I do, is take any of it for granted. That is why the emotion so often expressed in pen and in person is hope. I am never going to betray/dismiss who and/or what has power over my outcome/life expectancy.

I mean, at the end of the day (heck, at the beginning of the day), I am a mere mortal and don't presume for a minute (or even a second) that living in the "Kenny lane" is sufficient to defeat the greatest advisory mankind has ever known: cancer. And though I am generally positive and optimistic, I am cautiously so.

After all, I'm just not supposed to blow by (live through) my original prognosis as if it was an arbitrary statement. It was the real deal, and when you first hear it, it's a surreal one at that. But here we are, late July, 2018.

At this actual real-time Friday-morning moment, I am on hold with oncology confirming that my pre-chemotherapy lab results are acceptable for today's infusion. (Otherwise, this fortnight will be extended by seven days.) As any cancer patient under treatment knows, one's presence is never really confirmed until the medical staff advises you. Soon, I will be advised.

In all the intervening moments, I am still waiting to hear back concerning the results from my CT Scan on Wednesday. Hopefully (there's that word again), we will hear before the weekend. It's so much easier to suffer through/anticipate the fortnight when news is known sooner rather than later.

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



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