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Springfield **CONNECTION**

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As the sun sets, Supervisor Jeff McKay shares a few thoughts in the American Legion rotunda during the Springfield's 18th Bridge Walk Tuesday evening, Aug. 28.

Springfield's Bridge Walk is One of a Kind

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**'Springfield Nights'
Come to a Close**

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**Back to West
Springfield High**

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AUGUST 30-SEPTEMBER 5, 2018

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NEWS



PHOTOS BY KHUYEN DINH/THE CONNECTION

Families from the county bring their children to enjoy the 'Summer Entertainment Series: Springfield Nights.'

'Springfield Nights' Come to a Close

**Summer concerts finale at
Burke Lake Park.**

BY KHUYEN DINH
THE CONNECTION

The "Summer Entertainment Series: Springfield Nights" held a final concert last Wednesday. For the end of the season, there was quite the turn out to hear local artists and The Johnny Artis Band. Supervisor Pat Herrity (R-Springfield), who hosted the series, said this band holds a special place in his heart as they were the band that performed at his own wedding.

Herrity hoped to encourage local young artists in the community by inviting high school performers to open the concert. For the end of the season concert, performers included Donovan Field from Robinson Secondary School, Conner Field from George Mason University and Herschel Levy from Rosa Parks Elementary School. The event also held tents from companies such as Texas Top Dog and 2 Silos Brewery, serving drinks and Peterson's Ice Cream.

"It was a wonderful opportunity to be able to go to Burke Lake and perform with my brother, Conner," said Donovan Field. "It was so great to be able to open up for a great band. I got the opportunity by being a member of 'The Sophia Music Studio' since I was about twelve years old. My instructor asked if I was interested in performing in the Concert Series and, growing up in Burke, I was so very excited for this opportunity."

Herrity announced each of the artists and greeted the community during the concert as well as had his own tent set up.



Performing on stage, The Johnny Artis Band entertains families with upbeat music. Supervisor Pat Herrity (R-Springfield), who hosted the series, said this band holds a special place in his heart as they were the band that performed at his own wedding.

"The Summer Series was an outstanding community event. It really brought people together for a concert in the park with ice cream, hot dogs and beer," said Herrity. "We started a week after The Fourth of July. My favorite part about this event is being able to meet the people and being able to talk to the people in the community in a relaxed form. I learn about issues I need to work and get fixed and it is great to see people getting together to have a great time."

Herrity would like to thank the Fairfax County Park Foundation and Park Authority as well as several others for their help with this event.

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PHOTOS BY MIKE SALMON/THE CONNECTION
Chairman Bulova talks with a few of the Veterans.

State Sen. George Barker, Supervisor Jeff McKay, Chairman Sharon Bulova and Delegate Vivian Watts cross the bridge.

Springfield's Bridge Walk Is One of a Kind

Community event
sports pageantry,
patriotism.

BY MIKE SALMON
THE CONNECTION

As they approached the crest of the Veteran's Bridge in Central Springfield, the smiles were as prominent as the scout troops, the bikers and the American flag. Springfield's 18th Bridge Walk went without a hitch, and cemented the sense of community and cooperation this event has been famous for.

"If you Googled 'sense of community' this is what would pop up," said Sharon Bulova, the Fairfax County Chairman of the Board.

Colonel Michael Greenberg, the Garrison Commander at Fort Belvoir, shared the feeling. "Springfield has created a welcoming, supportive environment," he said.

What was once an at-grade intersection at Old Keene Mill Road and Amherst Avenue, the bridge was built in the 1999-time frame as part of the massive Springfield Interchange project that untied a traffic knot at the interchange of I-95 and 495.

Then-supervisor Dana Kauffman started the walk with a handful of civic figures and it grew from there. "It expands every year," said Supervisor Jeff McKay (D-Lee).

This year, there were several battalions from Fort Belvoir, Boy Scouts, Cub Scouts, the Springfield Woman's Club, motorcyclists and nearby residents taking part in the march which ended at the American Legion hall #176.

Along with McKay and Bulova, there was Sen. George Barker and Del. Vivian Watts.

Transportation-wise, there are a couple of projects in the hopper that officials are eyeing to ease congestion in this busy area. The transit center in Central Springfield, the widening of Rolling Road, and the extension of Frontier Drive are in the works. "There are a lot of things like that that can make a difference," Barker said.



The Woman's Club of Springfield carried their banner across the bridge.



As the sun sets, Supervisor Jeff McKay shares a few thoughts in the American Legion rotunda.



Eloy Vidal from Boy Scout Troop 856 carries the colors across Veteran's Bridge.



Cub Scout Samson King, 8, holding the salute through the National Anthem.

OPINION

America Needs Unions

BY DAVID BRODER
PRESIDENT,
SEIU VIRGINIA 512



Broder

This Labor Day, while some of us attend barbecues or spend quality time with our families, millions of Americans will go to work.

Americans are now working longer hours for lower wages. Despite an increase in our educational attainment, fewer of us have paid sick days, parental leave or employer-based healthcare. Even fewer of us have retirements we can count on.

Unions are a solution to our broken economy. Working people who form unions with their co-workers earn higher wages, have better health care, have more secure retirements, and are safer on the job.

The statistics are overwhelming. Working people in unions earn 30 percent more than their non-union counterparts, and are nearly five times more likely to have a guaranteed pension.

Women workers who are union members earn nearly \$9,000 a year more than their non-

union counterparts. For African-American workers, the union differential is also about \$9,000, and for Latino workers the yearly advantage is more than \$11,000.

Unions have made all the difference in my family's life.

I'm the great-grandson of eastern European Jewish immigrants, who fled anti-Semitic violence, and came to this country with nothing. Thanks to my grandparents' union, my father was able to go to college. Thanks to my mother's teachers union (in which she was a powerful leader), our family never had to choose between seeing a doctor and putting food on the table, and my parents can now retire and live with dignity.

It's no wonder that more people are speaking out, organizing and voting for the rights to form a union.

Across the country, in deeply-conservative states like Oklahoma and West Virginia, union teachers and community allies have successfully mobilized for improvements to our education system, teacher pay and workers' rights.

Here in Virginia in 2016, a bipartisan majority of voters rejected the anti-worker constitutional amendment known as "right to work," while last month, voters in Missouri rejected the state's right-to-work law by a 2:1 margin.

Across the country, 61 percent of Americans

support unions, according to a recent Gallup Poll. Young workers are even more supportive, and are joining unions in record numbers, in order to fix a broken economy.

When workers join together to form unions, we all benefit.

Strong unions raise wages, improve health care, and expand retirement security for all workers, union and non-union. Unions have played important roles in the civil rights movement and women's rights movement, and continue today to fight for racial, immigrant and environmental justice.

Here in Northern Virginia, unions have helped lead fights to raise wages, increase mental health funding, create jobs, and ensure health care for up to 400,000 people through Medicaid Expansion.

So, this Labor Day, whether you're enjoying a burger with family and friends or you're hard at work at your job (or maybe your second or third job), I invite you to join us.

Let us all unite together on our jobs, in our communities, and at the polls this November, to demand a better economic future for all people!

Learn more at AmericaNeedsUnions.org

David Broder of Vienna is president of SEIU Virginia 512, a union of home care providers, and county employees in Fairfax and Loudoun.

LETTERS TO THE EDITOR

Time to Fix Rigged Voting Districts

To the Editor:

Our society doesn't allow citizens to choose juries for their own court cases, or scientists to pick their own peer-review committees, and we shouldn't let legislators cherry-pick their own voters. Letting legislators draw their own voting districts is a serious fox-guarding-the-henhouse problem because possibly as much as party politics, personal career interests drive legislators to lock in their

seats by gerrymandering.

To correct racial gerrymandering in our House of Delegates voting districts, Governor Northam has called a special session of the Virginia legislature. But Virginia legislators have a poor track record for correcting gerrymandered voting maps. In 2015, a federal court had to appoint a special master to remedy a similar situation because our legislators couldn't adequately resolve it.

Now, in 2018, the Governor should reach across party lines to endorse Senator Emmett Hanger's proposed redistricting commission. This independent, bi-partisan commission would have less interest in rigging elections for our legislators and more interest in bringing Virginia's voting districts into compliance with the Voting Rights Act. It would also provide a pilot study in preparation for permanent reforms to Virginia's redistricting process needed for 2021, when all

voting districts will be redrawn using data from the 2020 U.S. census.

Defending and appealing multiple racial and political gerrymandering court cases continues to cost Virginians millions in tax dollars, and we're still left with rigged voting districts. It's time to find a better solution to the old fox/hen house problem.

JoAnn Kennedy Flanagan
OneVirginia2021 member in Fairfax

Majority Wants a Secure Border

To the Editor:

It's the cliched language which grates: "breaking up families," "shocked the conscience," "from their mothers' arms" ("Isolating the Children," Connection, Aug. 22-28). Not one to pass up an opportunity to make political capital instead of offering practical solutions, Del. Ken Plum (D-36) inveighs against separation from their presumed parents of children entering the United States illegally. The sincerity here is a tad suspect since we recall nothing of this censure when separation was practiced, to a degree, by the previous administration. I suspect the vast majority of illegal immigrants know that their entry is illegal.

Unfortunate as they are, children who have made it here across considerable land expanse under uncomfortable conditions can probably tolerate clean beds, tasty meals, TV, and recreational facilities while their illegal parents are being detained. It is incontestable that the vast majority of Americans want a secure border. Del. Plum offers no solutions to an insecure-border problem. Practical suggestions in place of overwrought language would be welcome.

Oft-stated administration policy is controlled legal immigration. What otherwise: open borders, abolition of ICE?

Harry Locock
Reston

Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

Letters to the Editor
The Connection
1606 King St.
Alexandria VA 22314
Call: 703-917-6444.

By e-mail: south@connectionnewspapers.com

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An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

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BACK TO SCHOOL



Bill Langloh directs the students to a new entrance that recently opened with the renovations.

PHOTOS BY MIKE SALMON/
THE CONNECTION

Doors Open at West Springfield on First Day of School

Some trailers are gone but construction continues.

BY MIKE SALMON
THE CONNECTION

It was a busy summer for the construction crews at West Springfield High School doing the renovation, but now that the summer is coming to an end, the students filed in on the first day on Aug. 28.

"We don't have kids down in the trailers anymore,"

said Bill Langloh on the security staff. His station last Tuesday morning was out back where the buses unload.

That seemed to be the feeling with all the staff. "All of our teachers will finally be under one roof," said photography teacher Dorothea Swaggart.

"We've had 65 new rooms in the last three weeks," said Michael Mukai, the principal.

To some of the students, it didn't really seem like that much of a big deal. Sydney Anderson, 17, and Sam McQuiston, 16, got there early, sharing some of their summer stories with each other. "I want to get

SEE BACK TO WEST SPRINGFIELD, PAGE 7

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Catherine Brach, a 16-year-old junior, is taking two languages this year.

BACK TO SCHOOL



PHOTOS BY MIKE SALMON/THE CONNECTION

West Springfield Seniors Suzel Rodriguez, left, and Erin O'Brien are looking forward to the coming year.

Back to West Springfield

FROM PAGE 6

out of my house early to get the day over with," said McQuiston.

The \$75 million renovation is more than halfway completed and the trailers that everyone was talking about were in an area called "Sparta," keeping with the West Springfield Spartans theme. Included in the renovation is a new entry, which isn't right on Rolling Road like the old entrance, and new technologically improved classrooms. The renovations are scheduled to be com-

pleted in 2021.

Mason Melear locked his bike up by the new front door, and plans to ride to school every day like he did last year. Biking to work is faster than the bus, he said. "Did the same thing last year, I'll do the same this year," he said.

Catherine Brach, a 16-year-old junior, is setting her sights high and studying French. "I'm taking two languages this year, I'm looking forward to learning a new language," she said.



Biking to school every day is a mission of Mason Melear's.



Teachers Madi McKenna and Jill Blair are out back, looking for their students as the buses unload.

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ENTERTAINMENT

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

ONGOING

Art Exhibit: Free Beer (and other lies). Through Sept. 2, 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.

Art Exhibit. Through Sept. 5, Monday-Thursday, 10:30 a.m.-2:30 p.m. at The Fairfax Art League, Fairfax Old Town Hall – Upstairs Gallery, 3999 University Drive, Fairfax. Featured artist Yelena Svecharnik presents "My Journey - A Retrospective," bringing together early watercolors, acrylics and mixed media paintings, linoleum block, printmaking, collages and more. Svecharnik will be in the gallery Wednesday Aug. 22, 29, and Sept. 5. Visit www.fairfaxartleague.net for more.

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

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 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 next 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/.

Thursday Farmers Market at Fairfax Government Center, 2:30-6:30 through Oct. 25. 12000 Government Center Parkway, Fairfax

Burke Farmers Market, Saturdays, 8 a.m. to noon, through Dec. 22! VRE parking lot, 5671 Roberts Parkway, Burke

Kingstowne Farmers Market, Fridays, 4-7 p.m., through Oct. 26, in Giant parking lot, 5870 Kingstowne Towne Center

Lorton Farmers Market, Sundays, 9 a.m. -1 p.m. until Nov. 18. VRE parking lot, 8990 Lorton Station Blvd.

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.

THURSDAY/AUG. 30

Evenings on the Ellipse with The United States Air Force 'Celtic Aire'. 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



Fall Art Classes

Lessons for children, teens and adults with instructor Carol Zeitlin explore drawing, watercolor, Chinese Brush and portfolio development. At Woods Community Centre, 10100 Wards Grove Circle, Burke. Visit www.czartlessons.com or call 703-250-6930.

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 for more.

Art and Poetry Event. 7-9 p.m. at The Fairfax Art League, Fairfax Old Town Hall – Upstairs Gallery, 3999 University Drive, Fairfax. Featured artist Yelena Svecharnik presents "My Journey - A Retrospective," bringing together early watercolors, acrylics and mixed media paintings, linoleum block, printmaking, collages and more. Visit www.fairfaxartleague.net for more.

FRIDAY/AUG. 31

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

A.R Rahman Live in Concert. 8 p.m. at Eagle Bank Arena, George Mason University, 4500 Patriot Circle, Fairfax. The "Slumdog Millionaire" actor will entertain fans of his composing, acting, and performing skills. Rahman is an Oscar and Grammy award winner. Visit www.eaglebankarena.com or www.arahman.com for more.

SUNDAY/SEPT. 2

Lego/Potomac Module Crew HO Model Train Display. Noon-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Lego/Potomac Module Crew HO Model Train Display. 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.

BBQ and Beer. 5 p.m. at Workhouse Arts Center, 9518 Workhouse Way Lorton. New Orleans Funk band Bonerama is performing in the Rizer Pavilion on the Workhouse Arts Center's newly remodeled center Quad. There will be food trucks and beer/wine/soft drinks available for sale. Early bird pricing: \$20 per person. Visit www.workhousearts.org/event/bbq-beer-bonerama/ for tickets.

TUESDAY/SEPT. 4

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.

WEDNESDAY/SEPT. 5

Singers Needed. Wednesdays, 10:30 a.m.-2:30 p.m. at Burke United Methodist Church, 6200 Burke Centre Parkway, Burke. Singers wanted for the Celebration Singers, a women's show choir performing at various community sites in Northern Virginia. Weekly rehearsals September-May. Free. Call Gayle Parsons at 703-644-4485 or email gparsons3@cox.net.

THURSDAY/SEPT. 6

History of Belvoir Manor. 7-8:30 p.m. at Kings Park Library, 9000 Burke Lake Road, Burke. Learn about the fascinating history of Belvoir Manor with Patrick O'Neil from the Burke Historical Society. Discover the mansion's past from its Fairfax family ties to its role in the War of 1812 and creation of Fort Belvoir. Adults and teens. Free. Call 703-978-5600 or visit librarycalendar.fairfaxcounty.gov/event/4454036.

FRIDAY/SEPT. 7

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

SATURDAY/SEPT. 8

Marketing for Writers. 8 a.m.-3 p.m. at Jubilee Christian Center, 4650 Shirley Gate Road, Fairfax. Join Capital Christian Writers for a one-day writers marketing conference. Aspiring writers have their own track to learn the nuts and bolts of getting published. \$75-\$115. Email ccwriters@gmail.com or visit capitalchristianwriters.org/index.php/2018-conference.

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ENTERTAINMENT



BBQ and Beer

New Orleans Funk band Bonerama is performing in the Rizer Pavilion on the Workhouse Arts Center's newly remodeled center Quad. There will be food trucks and beer/wine/soft drinks available for sale. Sunday, Sept. 2, 5 p.m. at Workhouse Arts Center, 9518 Workhouse Way Lorton. Early bird pricing: \$20. Visit www.workhousearts.org/event/bbq-beer-bonerama/ for tickets.

New Orleans Funk band Bonerama.

marketing-for-writers/ for more.
Annual Crab Feast Dinner. 3:30-6 p.m. at Historic Pohick Church, 9301 Richmond Highway, Lorton, in the Common Room. The 26th Annual Crab Feast, sponsored by the Brotherhood of St Andrew, will include crabs, fried fish, steamed shrimp, potato salad, pork and chicken barbecue sandwiches, and hot dogs for children. \$30 per adult (ages 18 and older), \$15 for children ages 12-17, and children under the age of 12 are free. For tickets and more information contact Rodger Jones, rodgerjns125@gmail.com, or Fred Crawford, fcrawford205@comcast.net, or call the church office at 703-339-6572.

SEPT. 8-16

Workhouse 10th Anniversary. At Workhouse Arts Center, 9601 Ox Road, Lorton. The Workhouse Arts Center invites the residents of Fairfax County and guests from throughout the region to visit for a week of free and low-cost events and activities in celebration of its 10th anniversary. Experiences include classes and presentations, films and music, special tours, and more. Visit www.workhousearts.org/events/category/10th-anniversary/ for more.

TUESDAY/SEPT. 11

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.

Singers Wanted. At the United Baptist Church, 7100 Columbia Pike, Annandale. Wakefield Chorale is looking for men and women who like to sing. The chorale welcomes singers of all voice ranges. No audition is required. Rehearsals are held on Tuesdays at 7:15 p.m. beginning Sept. 11. Call Johanna Droel at 703-569-0214 or email

jodroel@gmail.com.

FRIDAY/SEPT. 14

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

Movies Under the Moon: Matilda. 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/SEPT. 15

Pet Adoption Event. 11 a.m.-2 p.m. at Pet Supplies Plus, 11054 Lee Highway, Fairfax. Find a new forever animal friend with the help of the City of Fairfax Animal Control and Animal Shelter. Visit www.fairfaxva.gov/government/police/programs/animal-control/adopt-a-pet for more.

14th Annual Merrifield Fall Festival. 11 a.m.-6 p.m. at Mosaic District. Presented by the Greater Merrifield Business Association (GMBA), in conjunction with URBNmarket and Mosaic, and held will be in the heart of the Mosaic District with food vendors, a beer garden, music and entertainment, as well as a pre-holiday handmade and vintage market. Children's activities including: Vienna Singing Princesses, pumpkin painting, face painting, hair braiding, sack races, karate, peace mural painting, carnival games and more. Visit greatermerrifield.org/merrifield-fall-festival for more.

Citizen Naturalization Ceremony. 10 a.m.-1 p.m. at George Mason's Gunston Hall, 10709 Gunston Road, Lorton. George Mason's Gunston Hall will partner with the United States Citizenship and Immigration Services, Washington Office, in

naturalizing candidates. Before the ceremony, guests may enjoy activities and crafts and explore Gunston Hall's grounds. The ceremony is followed by a reception, an opportunity to register to vote, and Gunston Hall's exclusive theater performance, "Mason and his Legacy," performed inside the mansion. Admission is free until 1 p.m. to all visitors. Call 703-550-9220 ext. 240 or visit gunstonhall.org for more.

SUNDAY/SEPT. 16

NTRAK Scale Model Train Show. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Northern Virginia NTRAK members will hold a N gauge model train show. 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.

THURSDAY/SEPT. 20

Hometown Thursdays: Sudden M-Pac. 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.

SATURDAY/SEPT. 22

Treasures Revealed. 9:30-11:30 a.m. and 12:30-2:30 p.m. at Army Navy Country Club, 3315 Old Lee Highway, Fairfax. The Salvation Army Ladies Auxiliary of Fairfax County hosts "Treasures Revealed," Register and reserve a time slot at Give.virginiasalvationarmy.org/Fairfax-Treasuresrevealed.

Pig Roast. 5:30-7:30 p.m. at American Legion Post 176, 6520 Amherst Ave., Springfield. Call 703-440-0336.

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News

Alzheimer's Conference to Be Held in Fairfax

The Alzheimer's Foundation of America's (AFA) national Educating America Tour will visit Fairfax on Thursday, Sept. 27, for a free Alzheimer's and caregiver educational conference. The conference is open to family and professional caregivers, individuals living with Alzheimer's disease and the general public, and will be held at the Waterford at Fair Oaks, located at 12025 Lee Jackson Memorial Highway, in Fairfax, from 9 a.m. to 2 p.m.

The conference is designed to connect people with information about Alzheimer's disease, brain health, healthy aging and caregiving, as well as to give them a place to have their questions answered. Guests will hear from dementia and caregiving experts who will share their research, services and stories and teach attendees about dementia, practical steps on how to be a better caregiver, and improving quality of life for those with Alzheimer's disease.

"Knowledge is a powerful tool. We want to equip as many people as possible with important information that will help them," said Charles J. Fuschillo, Jr., AFA's president and chief executive officer. "With more than 140,000 people in Virginia living with the disease, and many more serving as caregivers, we aim to help individuals understand Alzheimer's disease and improve their quality of life through education and empowerment."

THE KEYNOTE SPEAKER will be Dr. Peter Davies, director of the Litwin-Zucker Center for Alzheimer's Disease & Memory Disorders at the Feinstein Institute for Medical Research. Davies is also a professor of pathology and neuroscience at the Donald and

Barbara Zucker School of Medicine at Hofstra/Norwell. For more than 35 years, Davies' research has been focused on the biochemistry of Alzheimer's disease, with a specific interest in the development of new treatments and diagnostic tests for Alzheimer's disease. He will provide an update on Alzheimer's disease research, its symptoms, and the steps researchers are taking to find a better treatment and cure.

The next session will be a panel discussion on long-term care strategies and options. Learn the different types of care plans available, and their benefits. Find out how to ensure a better quality of life for loved ones by providing dependable and affordable care.

There will also be a discussion in the five pillars of brain health, led by Sarah Lenz Lock, senior vice president of Policy, Research and International for AARP. She is also the executive director of the Global Council on Brain Health. Lock will educate people about how to improve and maintain brain health as they get older while reducing risks.

THE CONFERENCE will conclude with a session on tips to improve a difficult caregiving day. Led by Lindsey Vajpeyi, BA, ADC/MC, director of education and outreach for the Insight Memory Care Center, the session will offer strategies to help caregivers reduce their stress and improve their health, while providing the best possible care for their loved ones.

Free, confidential memory screenings will be conducted throughout the day.

For more information or to register, visit: <https://alzfdn.org/event/afa-educating-america-tour-fair-oaks/>.

Using the Libraries for Successful School Year

Fairfax County Public Libraries provided a few suggestions for using the libraries to help students succeed this school year.

- ❖ Get support and guidance from library staff. Library staff are trained to help students find legitimate information sources online including historical newspapers, speeches, reference databases, trusted websites and more.

- ❖ Use the library branches to read and study. There are reading nooks, tables and chairs, quiet study rooms and small group study rooms.

- ❖ Take advantage of free online tutoring sessions with a Virginia certified teacher.

- ❖ Free homework help research.fairfaxcounty.gov/c.php?g=758032&p=5455538 is available 24/7 through the library. Among the online resources, there's live homework help with a teacher through Credo Reference, a service for students in grades 3-12.

- ❖ Students can also sign up for GIVE tutoring in multiple branches throughout the academic year.

- ❖ The library also has a variety of Online Resources separately tailored for Grades K-8, and for Grades 9-12.

- ❖ Writing a paper? Check out "Crediting Online Resources" to find the correct way to properly cite your sources.

- ❖ And then there's "Homework Related Websites" categorized by subject.

- ❖ Whether you're studying classics, history or current events, the library has over 2.2 million items in its collection including digital material and print material. Use library resources to prep for fall SATS AND ACTS. Several different online sources offer test preparation for SAT, AP, ACT and SOL exams. Visit [Learning Express](http://LearningExpress) to get started.

- ❖ Access free Wi-Fi and computers.

Girls on the Run Gains Two New Board Members

Girls on the Run of NOVA has two new members on its board of directors: Chris Holland and Christine Klein.

"Chris and Christine have greatly supported our organization in a number of ways prior to their appointments to our board. They bring experience, expertise and new energy to the table. We are excited to continue to work with them in this new role as we work to inspire every girl across the Northern Virginia region to be strong and confident," said Katey Comerford, GOTR NOVA's executive director.

Klein is currently senior vice president, meetings and business partnerships at the National Defense Industrial Association. She is a past coach for Girls on the Run and currently serves at the chair of Strong Girls Celebration for GOTR NOVA. "The opportunity to be involved and contribute to an organization that

promotes a healthy lifestyle and an environment for girls to be strong and confident is extremely gratifying and a pleasure," said Klein.

Holland comes to GOTR NOVA's board as a service area manager for Wegmans Food Markets at the Chantilly store. He also leads the company's community outreach in the Northern Virginia area. Holland has been an active supporter of GOTR NOVA programming in recent years as someone who believes in giving back to one's greater community. Holland said, "I personally and professionally work hard to help families live healthier, better lives. I am excited about the opportunity to further these efforts through my new role with GOTR NOVA."

For more information about the Fall 2018 registration and team sites for Girls on the Run of NOVA, visit www.gotrnova.org.

BULLETIN

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

VOTER REGISTRATION AND ID EVENTS

The Fairfax County Office of Elections (12000 Government Center Parkway Suite 323, Fairfax) is open daily during normal business hours to provide county residents the opportunity to register to vote or obtain a free voter photo ID if needed. Applicants will need to complete a photo voter ID application, have a photo taken and sign a digital signature pad. Call 703-222-0776.

The following special events will also provide opportunity to register to vote and/or get a photo Virginia Voter card.

- ❖ Tuesday/Sept. 11, 10 a.m.-1 p.m., The Woodlands Retirement Community, 4320 Forest Hill Ct, Fairfax.
- ❖ Monday/Sept. 17, 11 a.m.-2 p.m., Heatherwood Retirement Community, 9642 Burke Lake Road, Burke.
- ❖ Wednesday/Sept. 19, 10 a.m.-2 p.m., Greenspring Retirement Community, 7410 Spring Village Drive, Springfield.
- ❖ Tuesday/Sept. 25, 11 a.m.-2 p.m., Burke Health and Rehab Center, 9640 Burke Lake Road, Burke.
- ❖ Thursday/Oct. 4, 10 a.m.-1 p.m., Leewood Healthcare Center, 7120 Braddock Road, Annandale.

VOLUNTEERS WANTED

AARP Foundation Tax-Aide is looking to expand its team of volunteers for the upcoming tax season. Tax-Aide, now in its 51st year, offers free in-person preparation and assistance to anyone, especially those 50 and older, who can't afford a tax preparation service. Volunteers make a difference in their communities by assisting many older, lower-income taxpayers, and their families, who might otherwise miss out on the tax credits and deductions they've earned. To learn about volunteer opportunities, visit aarpfoundation.org/taxaide or call 1-888-OUR-AARP (1-888-687-2277).

Docents Needed. Sundays 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road in Fairfax Station. Greet museum visitors and tell them about the exhibits, the museum and the its railroad and Civil War history. Ideal for those interested in railroads, the Civil War and Northern Virginia history. Training and orientation provided. Other volunteer opportunities are gardening, publicity and exhibit planning. Call 703-945-7483.

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).

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.

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Present and Future Danger



By KENNETH B. LOURIE

Having recently been infused three weeks after my last treatment, no guarantee given certain lab results, I am now on track to have one more infusion before my Sept. 26 CT scan. The plan is, per my "Progressing But So Am I" column (8/15/18), to triple the amount of medicine I will have received before my next scan. This will compare quite favorably to the one infusion I received prior to my July 25 scan.

Moreover, as I've considered the previous quarter's infusion schedule trying to understand possible reasons for the 10-percent-ish tumor growth which occurred, I've come up with a hopefully plausible explanation. Other than that's what cancer so often does, that is.

As my previous years of scans continued to show "stable," my oncologist and I kept increasing the interval between infusions trying to strike a balance between treating the cause and me living with the effect. Over these years, we've gradually extended those infusion intervals from every three weeks, to every four, to five, to six and most recently to seven-week intervals, all the while maintaining my quarterly CT schedule.

Apparently, we've now struck out, so to speak and for the moment at least, we're in sort of a limbo. (Hopefully the bar isn't set so incredibly low that we can't slide under it.)

As for minimizing the growth, could the solution be as simple as more medicine?

As to what my oncologist thinks of this assessment, I've not mentioned to him as I've only recently theorized it (maybe he knew already and that's what contributed to his suggestion that we follow this course of treatment/action).

We did discuss changing medicines, but he was afraid of the side effects it might cause. We also discussed if he'd had other patients who had experienced tumor growth after a period of stability — like me, who after increasing the frequency of the previously stabilizing drug showed stable once again. He said he had — so, rather than presume all is lost, we've agreed to go forward into the great semi unknown. An "unknown" that will likely end in late September when my next scan's results will be reported.

Now that you know the foundation for this column, let me address the substance behind it. There is a scenario which worries me. It's premature I grant you, but it's difficult to play dumb all the time, especially when it involves cancer/your life.

Still, if I've learned anything from my oncologist, it is that discussing scenarios before the evidence is confirmed is a bit of a fool's errand, so waiting until the actual results are in is better. More accurate anyway.

Despite what I've been told, this patient might not be able to be so patient. Ergo: What if my late September scan shows growth — again? What if, even after tripling the amount of medicine I infuse, the tumors grow, maybe even grow more significantly than ever before?

I'd have to say that development would be a problem and a bit more disappointing than July's scan results. If that result in fact occurs, would that square me at a crossroads? I would think. Would that result obliterate the false sense of security I may have had? Hardly. Cancer patients don't have a sense of security, false or otherwise. We have a sense of inevitability.

Somehow, over the next month, I must find a path forward through this cycle of potentially impending gloom. Right now, nothing has happened. Right now, nothing has been determined. I don't feel any different than before and I don't believe I have any of the symptoms my oncologist has advised me about. I still have an appetite and I'm certainly not losing any weight.

I expect to have one more infusion before this next scan, and to feel the usual post-chemotherapy side effects that I do and then recover and feel as I do today: pretty well. One month, exactly, from the date I'm writing this column, to the date of my next scan and hopefully just a few days later for the results.

What worries me most is, sometimes the human body has a mind of its own, and despite the best of intentions and treatment, it is, to quote my late mother, "Enough already."

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

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