

# News

# Looking Ahead to the Summer in Area

# Fresh fruits and cardboard boats are coming up this summer.

By Mike Salmon
The Connection

he summer is coming. Here's a look ahead to activities this summer so families and residents of Springfield and Burke can make plans:

#### **Bike To Work Day**

On Friday, May 17, Commuter Connections and the Washington Area Bicyclist Association is celebrating bicycling as a clean, fun, and healthy way to get to work. Be one of the first 20,000 to register and attend this free event, and receive a free Tshirt, refreshments, and be entered into a raffle for a new bicycle at the selected pit stop. For Springfield bicyclists, the pit stop will be in the Walker Avenue gazebo like in previous years.

#### Memorial Day Wreath Laying Ceremony

On Friday, May 24, at 11:30 a.m., the Greater Springfield Chamber of Commerce Veterans Committee is holding a Memorial Day Wreath Laying Ceremony to honor and celebrate Veterans in the Greater Springfield Area. This event is outdoors at the Ameri-



Photo by Mike Salmon/The Connection

On the lawn at Burke Lake, the concert series is a relaxing way to wrap up a summer day.

can Legion Post 176, 6520 Amherst Ave., Springfield. Everyone is welcome.

#### **Farmers Markets**

The Fairfax County Farmers Markets are

open across the County with 10 farmers markets, under the Fairfax County Park Authority. By providing access to locally grown foods, the farmers market program strives to improve the health of Fairfax County citizens, support local food producers, and protect the environment. Markets in the Springfield/Burke area include:

- ❖ Wakefield, Wednesdays from 2 p.m. 6 p.m. through October 30, at Wakefield Park, 8100 Braddock Road
- ❖ Kingstowne, Fridays from 4 p.m. 7 p.m. through Oct. 25, in the Giant parking lot, 5870 Kingstowne Towne Center
- ❖ Burke, Saturdays 8 a.m. Noon, through Dec. 21, in the VRE parking Lot, 5671 Roberts Parkway
- ♦ Lorton, Sundays, 9 a.m. 1 p.m. through Nov. 17, VRE parking lot, 8990 Lorton Station Blvd.

https://www.fairfaxcounty.gov/parks/farmersmarkets

#### **Springfield Days Festival**

Weekend of June 1, there will be activities celebrating the community of Springfield. The event kicks off Saturday morning, June 1, with the car show in the Legion parking lot on Amherst Avenue. Later that day, from noon-5 p.m., Springfield Town Center will host the Taste of Springfield Festival featuring food, exhibitors, entertainment and live music. On Sunday, June 2, Lake Accotink Park will host the locally famous Cardboard Boat Regatta.

SEE SUMMER ATTRACTIONS, PAGE 7



#### **YOUTH ARTS CAMPS**

Our youth arts camps provide incredible visual arts, theatre, and music experiences for younger artists (ages 4-17) to develop skills, try new mediums, and make memories that last a lifetime! Campers are taught by professional artists, including Workhouse Artists, and explore painting, ceramics, glass, culinary arts, and more.

#### **2019 SUMMER CAMPS**

One Week Camp: June 17-21

Session A: Jun 24-Jul 5 (No Camp on July 4)

Session B: Jul 8-19 Session C: Jul 22-Aug 2 Session D: Aug 5-Aug 16

Camps fill up fast – visit WorkhouseArts.org/camps or call **703-584-2900** Option 2 to sign up today!

#### **Military Family Tuition Assistance**

Tuition assistance may be available for Service Members and their families through the Workhouse Military in the Arts Initiative and the generous support of organizations like the Potomac Health Foundation. Visit WorkhouseArts.org/wmai for more information.

9518 Workhouse Way Lorton, VA 22079

Wed-Sat 11a-6p, Sunday 12p-5p



For more information, visit Workhouse Arts.org/camps

# NEWS

# Meet the Candidates for County Board Chairman

Four to contend in June 11 Democratic Primary to seek to replace retiring Sharon Bulova.

> By Andrea Worker The Connection

s Chair of the Fairfax County Board of Supervisors Sharon Bulova prepares to retire at the end of the year, four Democrats have come forward, looking to fill her spot as the county's top elected official. With multiple candidates, election rules call for a Primary Election to decide a winner who will go on to the November 5 ballot, when all of the Board member seats will be up for grabs. Vying for the position are:

Current Lee District Supervisor Jeff C. McKay, who has served on the Board

since 2007.

- ❖ Ryan McElveen, At-Large Member, Fairfax County Public Schools Board since
- \* Tim Chapman, Reston-based real estate developer and businessmen
- Alicia Plerhoples, tenured law professor at Georgetown Law.

The Connection sent out identical questionnaires to all four, asking each to provide voters with some basic information about themselves, and then to explain why they are running, what they see as the top issues facing the county, and in what key ways they differ from their opponents.

Here are their responses:



Photo by Andrea Worker/The Connection

The Democratic candidates for the Chair of the Fairfax County Board of Supervisors, heading for the June 11 Primary election, debate at a live, televised event, hosted by the Fairfax Healthy Communities Coalition. Coalition member and event moderator Pastor Sarah Scherschligt is flanked by candidates Tim Chapman and Alicia Plerhoples on the left, and Jeff McKay, Lee District Supervisor, and Ryan McElveen, At-Large member of the FC Public Schools Board on the right.

## Jeffrey C. McKay

Age: 43

Education: James Madison University (1996), Sorensen Institute for Political Leadership (1998)

Family: Wife, Crystal, children Leann and Aidan, retired racing greyhound Pas-

Native of: Fairfax County Moved to Your District: Lifelong Lee District resident

Prior and current professional, political and civic experiences, community involvement, etc.:

- ❖ Fairfax County Board of Supervisors Lee District
- \* Chairman, Budget Committee, Board
- Chairman, Legislative Committee
- ❖ Co-Chair, Revitalization Committee
- \* Member, Successful Children and Youth Policy Team
- Member, Northern Virginia Regional Commission
- ❖ Member, Virginia Railway Express
- \* First VP, Virginia Assoc. of Counties **Board of Directors**
- \* Two-time former Chair, current Member, Northern Virginia Transportation Com-
- \* Coach, Woodlawn Little League, Pioneer Baseball League, Mount Vernon Sports Club

Q: Why are you running?

A: I am a lifelong Fairfax County resident, proudly born and raised along the Route One Corridor. From an early age, my grandmother instilled in me the importance of helping others, especially those less fortunate than ourselves. Those teachings, com-



Jeffrey C. McKay

bined with my own experiences ... are the reasons why I ultimately sought public of-

I am running for Chairman this year to build on the successes we've had and to push us forward ... I'm proud of Fairfax County and the community we've built together. Now, more than ever, those values we've instilled and the work we've done are at risk. We need to fight for all residents and communities

throughout our county.

Q: What are the top issues in your district and what solutions do you propose?

- Creating a Fairfax County that works for all (One Fairfax)
- ❖ Investing in people by supporting the environment, affordable housing, transportation infrastructure, and education
- Creating jobs and economic opportunities in all areas of the county
- Q: Key ways you differ from your oppo-

A: Having served on the Board of Supervisors for the past 11 years, I am the only candidate with Board experience and who has been a state, regional and countywide leader. I've balanced budgets and created countywide legislative agendas that have made us a progressive national leader in education, job growth, human services, and quality of life, while also ensuring we're protecting our environment and fighting for affordable housing.

I have the knowledge, experience, and relationships it takes to be a successful chairman, and I am excited for the opportunity before us.

## Ryan McElveen

Age: 33

Education: Columbia University, Master of International Affairs in Human Rights (2011); Univ. of Virginia, B.A. Anthropology and East Asian Studies (2008); George C. Marshall High School (2004)

Family: Wife Xuan, daughter Sierra

Native of: Raised in the Vienna-Tysons area

Moved to Your District: Ryan McElveen Lifelong resident of Fairfax

Prior and current professional, political and civic experiences, community involve-

- ❖ At-large Member, Fairfax County School Board 2012-Present
- Assoc. Director, John L. Thornton China Center, the Brookings Institution, 2013 -
- International Operations and Policy, the **Boeing Company**
- ❖ Co-Chair, Revitalization Committee, FC Board of Supervisors.
- ❖ Communications, Clinton Foundation and Clinton Global Initiative
- \* Researcher, Permanent Subcommittee on Investigations, U.S. Senate
- Asst. Director, Univ. of Virginia Center in Shanghai, China

Q: Why are you running?

A: After spending the better part of my time on the School Board as witness to chronically underfunded school system budgets, I decided to run for Chairman when I realized that there was no one else in the race who would be as strong an advocate for our schools and children as I would be.

Since January, I have been saying that we



are two Fairfaxes. The development patterns that have been promoted by past Boards of Supervisors have led to the stark divides between the "haves" and "have nots" in Fairfax County. ...

We need to turn our attention to the areas and populations that will benefit from neither Amazon and a growing tech sector nor higher property values. All of our residents need to have a voice. I will purposefully

work to narrow that gap and provide more seats at the table, making sure that our diverse community is better represented by our leadership.

Q: What are the top issues in your district and what solutions do you propose?

- A: The three most important issues and opportunities that Fairfax needs to address are in the areas of education, innovation and opportunity.
- \*Education: We need to fully fund our schools and implement universal pre-Kindergarten so that our students enter school ready to succeed.
- ❖ Innovation: We need to connect all residents to the internet; create transportation networks that accommodate expanded public transit and electric and autonomous vehicles; and preserve green space while investing in a green infrastructure that pushes Fairfax toward a carbon-neutral future.
- Opportunity: We need to prepare our community members for the jobs of the future by creating apprenticeships and building innovation labs in schools; develop small-business incubators in vacant office space; and build affordable housing

SEE MEET THE CANDIDATES, PAGE 7

# OPINION

# Changing Political Landscape

Don't miss vote June 11 or before to have a say in the biggest political change in years.

n June 11, 2019 a revolution is scheduled. There will be no blood. Change, massive change, is inevitable, but its effects won't be fully in place for months.

Many of the powers that be in Fairfax County will step down at the end of the year, taking with them decades of historic understanding

EDITORIAL

and institutional knowledge. Voters will choose their replacements, for the most part, on June 11. It's a huge opportunity

for voters in Virginia to enact the change they want to see.

First any Virginia voter can participate in the Democratic primary because voters in Virginia do not register by party.

Second almost every candidate is describing themselves as progressive. There are of course degrees of progressive. You'll have to tease out for yourself what matters to you. Is the county on the right track in the things that matter? If you think the county has done enough in affordable housing, is on the right path in terms of criminal justice reform and racial and economic equity, then voting for the few longtime incumbents might be right for you. If your vision of a progressive county is a bit beyond the status quo, then you have other choices.

Every Democratic primary voter in Fairfax County will choose candidates for two critical county wide positions, Chairman of the Fairfax County Board of Supervisors and Fairfax County Commonwealth's Attorney.

Early voting has begun already, but the cutoff to register to vote is in less than a week, May 20. You have to register (at your current address) and actually vote to have a say in choices that could define the direction of the county for the foreseeable future. With four or five candidates vying for quite a few seats, a small number of votes could decide.

Don't miss out.

- MARY KIMM

#### ON THE DEMOCRATIC PRIMARY **BALLOT, FAIRFAX COUNTY**

#### Commonwealth's Attorney

Raymond F. Morrogh Steve T. Descano

#### **Chairman Board of Supervisors**

Alicia E. Plerhoples Jeff C. McKay Ryan L. McElveen Timothy M. Chapman

#### **Braddock District**

Member Board of Supervisors Irma M. Corado James R. Walkinshaw

#### **Hunter Mill District Board of Supervisors -**

Laurie T. Dodd Maggie D. Parker Parker K. Messick Shyamali R. Hauth Walter L. Alcorn

#### Lee District Board of Supervisors -

ames Migliaccio Kelly Hebron Larysa M. Kautz Rodney L. Lusk

#### **Providence District Board of Supervisors -**

Dalia Palchik Edythe F. Kelleher Ericka M. Yalowitz Linh D. Hoang Philip A. Niedzielski-Eichner

## **Upcoming Elections**

June 11, 2019 Democratic Party Primary Election Information

On Election Day Vote at Your Usual Polling

Place, Open From 6 a.m. until 7 p.m.

To confirm that you are eligible to vote in this election, visit the Virginia State Board of Elections website at https:// vote.elections.virginia.gov/VoterInformation.

#### **GENERAL INFORMATION**

- \* Now:: Absentee Voting is underway at the Office of Elections, 12000 Government Center Pkwy., Conference Rooms 2/3, Fairfax, VA

  \* May 20: Voter Registration Deadline to vote
- on June 11. In-person: 5 pm, online: 11:59
- **\$ June 4**: Deadline to request an absentee
- ballot by mail, 5 p.m. \*

  June 8: Final day to vote absentee in-person,
- ❖ June 11: Primary Election Day. Polling Places open 6 a.m. until 7 p.m. Deadline to return ballots to the Office of Elections, 7 p.m. See www.fairfaxcounty.gov/elections/upcoming for more and to find your sample ballot for Tuesday, June 11.

#### **Senate 31st Democratic**

Barbara Favola Nicole K. Merlene

#### **Senate 33rd Democratic**

Jennifer B. Boysko M. Sharafat Hussain

#### **Senate 35rd Democratic**

Richard L. "Dick" Saslaw Yasmine P. Taeb Karen Elena Torrent

#### Write

The Connection welcomes views on any public issue. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors.

By email: editors@connectionnewspapers.com

www.connectionnewspapers.com/ contact/letter Letters to the Editor The Connection 1606 King St. Alexandria VĂ 22314

#### LETTERS TO THE EDITOR

# Appalled by Vetoes

To the Editor:

According to the National Institutes of Health, deaths from

synthetic opioids such as Fentanyl increased 1,000 percent in Virginia from 2012 to 2017. With more than 100 Virginians dying of opioid overdoses every month, the human cost of this crisis is nearly inconceivable. As

we continue to lose friends and family members to this crisis, the time has come to say enough is

To combat this crisis, I worked

Commonwealth's Attorneys to pass HB 2528 during the 2019 session of the General Assembly. Long sought by prosecutors, HB 2528 would have allowed

drug dealers to be prosecuted for second degree murder if the drugs they provide directly contribute to the death of the user.

What many of us do not realize is that many drug dealers under current law can only be charged with distribution. Even if their drugs cause death, they are typically out on bail after a few days.

A dose of Fentanyl the size of a grain of salt is all it takes to kill someone. A drug dealer who sells someone drugs laced with Fentawith the Virginia Association of nyl is no less a killer than if he had

pointed a gun and pulled the trig-

HB 2528 sought to give prosecutors another tool to combat the opioid crisis. During this past General Assembly session, I appreciated the support of Attorney General Mark Herring. Unfortunately,

Northam decided this last week that repairing his damaged image was more important than getting iustice for overdose victims and their families.

Adding insult to injury, the Governor also vetoed a great bill put forth by my Democratic colleague Kathleen Murphy. Delegate Murphy's bill, HB 2042, would have sentenced those convicted of

multiple abuses against a

family member within a 10 year window to a minimum of 60 days in jail. Spousal abuse is all too common, and ensuring that a wife or husband can have a couple of months without the fear of further abuse is critically

important.

Both of these bills would have saved lives, both of these bills were bipartisan, and both of these bills are now dead because of Governor Northam. To say I am extremely disappointed with the Governor would be an understatement. I am appalled.

> **Del. Tim Hugo (**R-40) Clifton

# Burke

www.ConnectionNewspapers.com

@BurkeConnection

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# Area Roundups

# Five Juveniles Charged with Child Pornography

Five juveniles are facing charges for illicit images of teenage girls found on a social media account. The five boys all live in Fairfax, with two attending Robinson Secondary School, two attending Lake Braddock Secondary School, and one attending W.T. Woodson High School.

On Feb. 13, two victims from Robinson High School told their school administrator they discovered nude images of themselves on an anonymous Snapchat account. The school resource officer then contacted Child Exploitation Unit, which conducted a lengthy investigation culminating in identifying and charging the five juveniles with a total of 10 felony charges on May 8. Nine charges were for possession of child pornography, one charge was for unlawful filming. The victims attended West Springfield High School, Lake Braddock High School, Robinson High School, and South County High School. Although detectives were able to identify and notify some of the victims, many are still unidentifiable.

If images of a pornographic nature appear to be of a person under the age of 18, it is a crime. If you receive unsolicited sexting messages, you should contact police non-emergency number 703-691-2131.

# In-custody Death Investigated

Detectives are investigating the in-custody death of 38-year-old inmate Hector Escobar Romero.

Romero was taken from the Fairfax County Adult Detention Center (ADC) to the hospital for medical attention on Sunday, May 5 after being found unresponsive in his cell. He remained in the hospital where he died on May 13. The Office of the Chief Medical Examiner will examine the body, but preliminarily, there are no signs of foul play.

The inmate had been incarcerated at the ADC since March 5. The Fairfax County Sheriff's Office and FCPD are working collectively to gather all information and to thoroughly document the situation. FCPD investigates all Fairfax County Sheriff's Office in-custody deaths.

#### Fatal Crash in Lorton

A man died as a result of injuries from a crash that occurred at the intersection of Ox Road and Hooes Road in Lorton around 8:40 p.m. May 9. Crash Reconstruction Detectives have preliminarily determined that Brian Beyreuther, 45, of Lorton, was driving a 2018 Ford Escape making a left turn from Hooes Road to southbound Ox Road with the green light. Robert Derifield, 42, of Woodbridge, was traveling north on Ox Road, driving a 2019 Dodge Ram, when he disregarded the red signal and struck the Ford Escape. Beyreuther was taken to a nearby hospital where he died. Derifield was taken to a hospital with injuries that are not considered life threatening. Charges are pending as the investigation continues. Speed appears to be a factor in the crash, according to police.

Anyone with information about this crash is asked to contact Crash Reconstruction Unit at 703-280-0543.

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#### BULLETIN BOARD

#### **CAMPS**

Art Camp Registration. Summer Art Camp in Burke for 5-8 year olds, 8 years and up, and teens/ adults. Camp is held through Burke Centre Conservancy at the Woods Community Center, 10100 Wards Grove Circle, Burke. Camp weeks run July 22-26; July 29-Aug. 2; and Aug. 5-9. Call 703-250-6930 or visit

- www.czartlessons.com. Fine Arts & Crafts Camp (8 years &
- Drawing Camp (8 years & up)
  Drawing Plus Color & Craft Fun
- Camp (5-8 year olds)
- Art Boot Camp for teens/adults CAMP WEEKS: 7/22 -26, 7/29-8/2 &

Call instructor at 703-250-6930 or

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

#### WEDNESDAY/MAY 15

Volunteers Wanted, 10:30 a.m. at the Salvation Army Corp building, 4915 Ox Road, Fairfax. The Fairfax Salvation Army Women's Auxiliary are seeking volunteers for their upcoming events. Meetings are held monthly on the third Wednesday, September through May. Call Lori Smith at 703-830-3520 or Sylvia Laiti at 703-830-8849.

#### **Financial Considerations for**

**Caregivers.** 1-3 p.m. at Insight Memory Care Center, 3953 Pender Drive, #100, Fairfax. The financial costs of long term care and long term caregiving are enormous. Explore options for this important aspect of caregiving. This program is a part of Insight's ongoing Classes for

Caregivers series, held the third Wednesday of the month, all sessions are free. Respite care may be available by request; notify when registering to confirm availability. Register online at www.insightmcc.org, or contact Lindsey Vajpeyi at 703-204-4664 lindsey.vajpeyi@insightmcc.org.

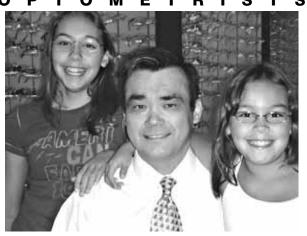
#### FRIDAY/MAY 17

**Military Caregiver Workshop.** 9 a.m.-3 p.m. Hope For The

Warriors will host a one-day military caregiver workshop in the Springfield area. The free event will focus on self-care and mindfulness with activities that include: art therapy, applied

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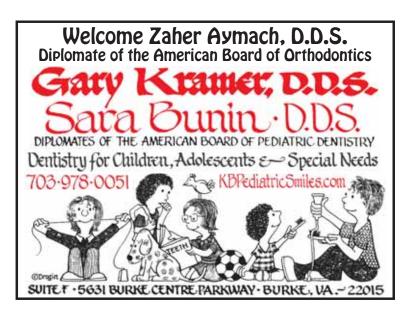


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# UPCOMING SPECIAL SECTIONS

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#### May

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Education Learning Fun

# **Choosing Swimming Lessons**

What can parents do if child is afraid of the water.

BY MARILYN CAMPBELL

he start of summer just around the corner and for some, warm weather is synonymous with trips to a pool or beach. swimming lessons are one the minds of many parents. May is National Water Safety Month, an effort designed to prevent illness, injury and death as a result of contact with the water. Part of a parent's role in ensuring safety for their children is knowing the factors to consider when looking for swimming lessons.

"People are starting get out and enjoy the water," said Aleatha Ezra, of The World's Largest Swimming Lesson, an event on June 20 designed to raise awareness of the importance of knowing how to swim. "We want to emphasis the importance to learning to swim,

finding lessons and taking them seriously."

When looking for lessons, parents should inquire about the training of those who will be in charge of teaching their children. "We require all of our swim instructors to pass a certified lifeguard course," said Tommy Hamilton, Regional Manager at Goldfish Swim School of Reston, Falls Church and Alexandria. "In addition to this course all of our instructors also go through at least 40 hours of hands on training on our proprietary curriculum."

In order for lessons to be effective, the student teacher ratio should be as low as possible, advises Hamilton. "We believe that this gives them suitable time in the water practicing their skills as well as enough rest in between each skill," he said. "The small class sizes also allow us to maintain a high standard for safety."

The swim school should assess a child's ability and have a curriculum with a clearly defined plan that allows a child to advance as they gain skills. "For example, we have a pro-

gressive curriculum. Our beginner swim classes start with basics like teaching kids to put their face in the water," said Jamel Wright, a swimming instructor for SafeSplash Swim School in Bethesda. "It moves through [phases] like stroke development and advances through competition level as the children are assessed and their swimming skills improve."

Parents should be allowed to observe their child's lessons, said Hamilton. "We love when parents get involved in the progress of their children," he said. "We believe this to be crucial to their growth. We keep our pool deck at a warm 90 degrees so we have large glass windows in our lobby so parents can be comfortable and watch the entire lesson."

Another factor to consider is whether or not there is a lifeguard on duty who can watch those in the water at all times. Water quality should be another concern. "Smell to make sure there are no strong chemical smells, which is not a sign of proper chlori-



An instructor at Goldfish Swim School teaches young children how to swim. Lessons can help ensure water

nation but rather contamination," said Shannon McKeon, Environmental Health Specialist. "Ask to see water quality reports that should be posted at every public pool."

There are times when a child has an extreme fear of water, but safety experts advise continuing the lessons with an instructor who is able to assist parents in helping a child overcome that fear.

"To cope with swimming fears, we should first re-

lax with slow, deep, nose breathing," said Jerome Short, Ph.D. Licensed Clinical Psychologist and Associate Professor of Psychology at George Mason University. "We can close our eyes briefly and go to a quiet, comfortable place. After we are relaxed, we should watch others who enjoy swimming and imagine doing it ourselves successfully. Then move forward in small steps to shallow water, slowly submerge the body, and practice floating with someone close by to support you. Take a break if

there is discomfort but try again soon to make more progress."

Read story books on children who were afraid to swim but were successful, advises Carol Barnaby, LCSW 1. "Scared children are already tackling emotional burdens and don't need to see, hear, or feel their parents frustration, she said. "Take your child's fear seriously and acknowledge it. Let them know that you understand that they are scared. Start swim lessons out of the water so that there can be trust established this will make them feel safe and ready to learn."

Barnaby continued, "Let your child know that you believe in them and that you have confidence they will succeed at their goal. Praise all efforts and offer physical reassurance when they leave the water. Children who receive positive reinforcement will try harder even when they are scared. Give your child frequent reassurance that they are safe and help is there."

the importance to learning to swim, finding lessons and taking them seriously." — Aleatha Ezra, of The World's

**Largest Swimming Lesson** 

"We want to emphasis

# News

# Meet the Candidates

FROM PAGE 3

throughout our community.

Q: Key ways you differ from your opponents.

A: I am the only candidate in this race who has experience as an elected official representing all Fairfax residents and overseeing 53 percent of the county budget as a School Board member. I am also the only candidate who, through years of working in international business and think tank environ-

ments, has built global networks that can help our county become a model for international business development and investment. Perhaps most importantly, I am an outsider to the Board of Supervisors.

My roles as a FCPS graduate, a Fairfax parent, a School Board member, a global thinker and candidate for Chair have one thread: a dedication to the county that I love. I want to make sure everyone who calls this place home is able to give back to it as I have sought to do and achieve the American Dream.



Age:

Education: Harvard College (B.A.) Yale Law School (J.D.)

Princeton University, Woodrow Wilson School (M.P.A)

Family: Daughters

Native of:

Moved to Your District:

Prior and current professional, political and civic experiences, community involvement, etc.:

❖ Tenured law professor, Georgetown Law

❖ Founder of a public interest law center, advising small businesses, social enterprises, startups and nonprofits

❖ Formerly a corporate finance attorney at Cooley LLP

❖ Formerly a real estate finance attorney at DLA Piper LLP

Recipient of the American Bar Association's 2017 Outstanding Nonprofit Lawyer Award

❖ Elected member of the Governing Board of the McLean Community Center

❖ PTA president at daughters' public school

❖ Member, FCPS Board's Human Resources Advisory Committee



Alicia Plerhoples

**Tim Chapman** 

Q: Why are you running?

A: I am running to improve the quality of life for every Fairfax County resident. I see other municipalities passing us by, whether on environmental action, public transit, living wages, affordable housing, or educational investment.

Q: What are the top issues in your district and what solutions do you propose:

❖ To foster liveable, affordable communities where people who work here can afford to live here

To develop a vibrant economy that creates quality jobs and restores a clean, sustainable environment

❖ To ensure our high quality public schools meet the needs of students in every part of the county, no matter one's zip code.

Q: Key ways you differ from your opponents?

A: I am the only candidate committed to putting voters first by refusing to accept political contributions from real estate developers. That is a conflict of interest.

I am the only lawyer, experienced in bringing private sector, small business to the table.

# Tim Chapman

Age:

Education: Emerson High School Family: Wife, Julianna, 5 children Native of: Maryland

Moved to Your District: 2005

Prior and current professional, political and civic experiences, community involvement, etc.:

- ❖ Real Estate developer
- ❖ Appointee to Virginia Housing Development Authority (VHDA) by Gov. McAuliffe

Elected Chair of VHDA. During my tenure at the VHDA, I helped invest billions of dollars into affordable

housing projects, and helped thousands of families buy their first homes.

❖ Board member homeless shelter in Washington, D.C.

❖ Veteran United States Army Presidential Guard Q: Why are you running?

A: I am running for Chair of the Fairfax County Board of Supervisors because I want to extend the opportunities for success I've had to all of our Fairfax County neighbors. I love living in Fairfax County, but our community, like the bottom side of a pancake, is not perfect. We are one of the wealthiest counties in the United States, but deep-rooted inequality remains.

These inequalities are rooted in a closed political system that for decades has served only the wealthy and well-connected...stifling competition from out-

siders and has relegated the Board of Supervisors to a land use and zoning review board. We can do better.

I want to give a voice to the working class families and underserved communities in Fairfax County, and to address problems that affect everyone. Together, we can create a more equitable prosperity in Fairfax County.

Q: Key ways you differ from your opponents?

❖ I'm no stranger to hard work. My

mother and I were homeless for a portion of my childhood. You don't go from youth homelessness to managing a \$13 billion agency overnight. I have spent my life building things, solving problems, and serving my community.

❖ I have the real world experience that it will take to help Fairfax County move forward, and I am prepared to take my service to a new level as Chair of the Fairfax County Board of Supervisors.

❖ I have spent my career building affordable housing...with the VHDA we made it possible for thousands of moderate income Virginians to buy a home. These experiences uniquely position me to lead Fairfax County towards a brighter future.

**Please note**: Mr. Chapman's responses to the Connection questionnaire were not received by press time. The information above is taken from his campaign website at chapmanforchair.com.



Photos by Mike Salmon/The Connection

The Cardboard Boat Regatta is always a big hit in the early summer.

# Summer Attractions Abound in Area

From Page 2

#### **Lee District Nights**

As part of the Fairfax County Concert Series, there are concerts scheduled at the amphitheater in Lee District Park this summer on Wednesdays starting at 7:30. On June 26, The Fabulous Hubcaps are playing, followed by The Nighthawks on July 3. Lee District Park is at 6601 Telegraph Road near Rose Hill.

#### **Workhouse Arts Center Fireworks**

On Saturday, June 29 from 5 - 10 p.m., the Workhouse Fireworks will "illuminate the Northern Virginia landscape in an expertly-choreographed display of pyrotechnic light and thunder. Launched from the historic, 55-acre campus, the region's largest pre-Independence Day fireworks show celebrates the history of the nation and honors the courage and sacrifice that have made America a beacon of hope and freedom around the world. A nearly 30-minute fireworks show follows the Rizer Pavilion musical performance by the US Navy Band Sea Chanters."

#### **Springfield Nights**

Concerts on the lawn at Burke Lake from July 10 - Aug. 14, every Wednesday at 7 p.m.

#### National Night Out – Aug. 6

National Night Out is an annual community-building campaign that promotes strong police-community partnerships and neighborhood camaraderie to make neighborhoods safer, more caring places to live and work. Millions of neighbors take part in National Night Out across thousands of communities from all fifty states, U.S. territories and military bases worldwide on the first Tuesday in August. Neighborhoods host block parties, festivals, parades, cookouts and various other community events with safety demonstrations, seminars, youth events, visits from emergency personnel, exhibits and more. https://natw.org/

#### **Paving**

It's not all fun and games this summer though, the winter weather has caused a few potholes on area roads so paving plans are underway.

As part of the Virginia Department of Transportation's summer paving schedule, VDOT is paving the I-495 Outer Loop from just prior to Route 50 (mile marker 49.73) to the Springfield Interchange (stopping a little short of the bridge over I-395). It started back in November, stopped in mid-December for the winter, then resumed in early April. It's scheduled for completion in mid-August.



Cars on display kick off the Springfield Days weekend.

# CALENDAR

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

#### **ONGOING**

Art Exhibit: [Land]scape. Through May 19, in the Art Lab Gallery, Workhouse Arts Center, Lorton. Curated by GMU MFA Candidate, Emily Fussner. The [Land]scape exhibition asks visitors to engage the notion of landscape on multiple levels. Featuring a range of painting, photography, mixed media, printmaking, sculpture, and video works, the exhibition itself becomes a landscape revealing a strata of emerging art practices. Visit www.workhousearts.org for more.

Group Exhibition: Degrees of Honor.

Through May 19 in the Warrior Way Gallery, 1st Floor, Workhouse Arts Center, Lorton. Degrees of Honor is a group exhibition surveying the works of artists addressing the concept of honor in different perspectives. Explore works with expressions of separation, pain, loneliness, turmoil, stories and memories. The Warrior Way is an exhibition space designated for artwork by active duty, retired and veteran service members. Visit www.workhousearts.org

Floating Garden. Through May 26, in the Vulcan Gallery, 2nd Floor, Workhouse Arts Center, Lorton. Toronto-based Artist Amanda McCavour creates experiential, immersive environments that represent places in her memory. Her three dimensional, embroidered art installations are made up of fabric designs that float within the space. Visit www.workhousearts.org

Creative Aging Festival. Through May 31, in locations around Fairfax County. The Creative Aging Festival supports Fairfax County's 50+ Community Action Plan's Arts Initiative to promote arts programming for and by older adults. In collaboration with ARTSFAIRFAX. Visit the Creative Aging Festival site at bit.ly/ FairfaxCreativeAgingFestival.

Art Exhibit: "Transcend." Through June 2, Wednesday-Sunday, 11 a.m.-7 p.m. at Torpedo Factory Artists @ Mosaic Gallery, 2905 District Avenue, #105, Fairfax. Explore the theme of transcendence. www.torpedofactoryartists.com

Featured Artist: Anne Hollis. Through June 2, gallery hours at Arches Gallery, Workhouse Arts Center, Lorton. The whimsical exhibition, titled "Cirque du Plume," is a series of mixed media collage artworks that depict circus acts performed by intrepid birds while dually representing family life. Visit archesgallery.weebly.com for more.

#### FRIDAY/MAY 17

**Bike to Work Day 2019.** Pit stop times vary, all over the region. Join more than 20,000 area commuters for a free celebration of bicycling as a fun, healthy and environmentally-friendly way to get to work. There are 115 Bike to Work Day pit stops to choose from.The first 20,000 to register and attend will receive a free Bike to Work Day T-shirt, enjoy refreshments and chances to win prizes. Visit www.biketoworkmetrodc.org.

Clifton Homes Tour and Silent Auction. 10 a.m.-4 p.m. The Clifton Community Woman's Club hosts the 47th Annual Clifton Homes Tour and Silent Auction on Friday, May 17. Proceeds are distributed to local scholarships and charities. Tickets are \$35 purchased the day of the tour at the Clifton Presbyterian Church, 12748 Richards Lane, Clifton.

**B-I-N-G-O.** 7 p.m. at Fire Station 3, 4081 University Drive, Fairfax. Fridays. 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/MAY 18

Festival to Fight Cancer. 8-11 a.m. at
Centreville High School, 6001 Union Mill Road,
Clifton. The CVHS Wildcats vs. Cancer Club
hosts their third annual Festival to Fight Cancer.
This year's festival features a 1-mile fun run/
race and an inflatable obstacle course. Selfie
station, vendors, raffle prize drawings, a
"Minute to Win It" game station, food, and
more. Proceeds support families affected by
pediatric cancer. Tickets are \$20 at
runsignup.com/Race/VA/Clifton/
FestivaltoFightCancer19.

wildcatsvscancer.wixsite.com/wildcatsvscancer. **Burke Farmers Market.** Through Dec. 21, 8 a.m.-noon at the VRE parking lot, 5671 Roberts Parkway, Burke. A great selection of fresh



Photo by Ginny Ax

The Jasien home is one of four homes on the 47th Annual Clifton Homes Tour, hosted by the Clifton Community Woman's Club on Friday, May 17.

#### **Clifton Homes Tour and Silent Auction**

The Clifton Community Woman's Club hosts the 47th Annual Clifton Homes Tour and Silent Auction on Friday, May 17, 10 a.m.-4 p.m. Proceeds are distributed to local scholarships and charities. This Clifton tradition offers guided tours of four homes and two historic churches: Clifton Baptist Church (1910) and Clifton Primitive Baptist Church (1871). The silent auction (free admission) is from 10 a.m.-5 p.m. at the Clifton Presbyterian Church. Tickets are \$30 in advance, \$33 online, and \$35 the day of the tour; \$10 to tour a single home. Tour tickets may be purchased in advance at local shops, online at www.cliftoncwc.org, or purchased the day of the tour at the Clifton Presbyterian Church, 12748 Richards Lane, Clifton.

produce, baked goods, seafood, and dairy. All vendors make their own food or grow it locally within 125 miles. Call 703-642-0128 or visit www.fairfaxcounty.gov/parks/farmersmarkets/burke for more.

JK Community Farm's Plantathon. 8 a.m.-6 p.m. at JK Community Farm, 35516 Paxson Road, Purcellville. Volunteers will sow 9,000 vegetable on seven acres of land to help alleviate hunger. The farm donates the food to nonprofit partners, including Food for Others and Arlington Food Assistance Center. \$25 individual/ \$200 team of 10. Call 703-881-6548 or visit ikcommunityfarm.org/eyent/plantathon/

or visit jkcommunityfarm.org/event/plantathon/ **Spring Festival at Whitehall Farm.** 10 a.m.-4
p.m. at Whitehall Farm, 6080 Colchester Road,
Fairfax. Visit the farm for lots of family friendly
fun. Meet the farm animals, and enjoy a relaxing
wagon ride through the woods, play games and
more. \$10 per person; 3 and under free. Call
703-968-3900 or visit www.whitehall.farm/
spring-festival.html for more.

Forgotten Fairfax. 10:30-noon at City of Fairfax Regional Library, 10360 North St., Fairfax. Learn about the demographic history of Fairfax County from 1742 to 2010, presentation from Cam Gibson, demographer. Free. Call 703-293-2142 or visit librarycalendar.fairfaxcounty.gov/event/4845494.

Movement for Life Expo. 1-4 p.m. at The Virginian, 9229 Arlington Blvd., Fairfax. Virginian Outpatient Therapy in Fairfax presents a healthy living community event for seniors and their families. Free. Visit www.vaoptherapy.org or call 703-227-6611.

Monica Rizzio in Concert. 6-7:30 p.m. at Living Savior Lutheran Church, 5500 Ox Road, Fairfax Station. Monica Rizzio's first album, "Washashore Cowgirl," earned her nomination for best new country artist. Free, family friendly concert, open to the public. Call 703-352-1421 or visit www.livingsaviorlutheran.org.

Bat for Bats. 8-9 p.m. at Lake Accotink Park, 7500 Accotink Park Road, Springfield. Bats have a bit of an image problem, but they are an important part of the ecosystem. Spot some in bats at Lake Accotink Park. Walk forest edges to see bats feeding on insects. Use a bat detector to hear echolocation. For participants age 7-adult. \$8 per person. Children must be accompanied by a registered adult. Call 703-569-3464 or visit

www.fairfaxcounty.gov/parks/lake-accotink.

"Full Moon Boat Tour." 8-10 p.m. at Burke
Lake Park, 7315 Ox Road, Fairfax Station. Take
advantage of the full moon in May and enjoy a
picturesque night out aboard the Burke Lake
tour boat. See nocturnal critters. Spot local
wildlife with a naturalist. For participants 6adult. \$10 per person. Call 703-323-6600 or
visit www.fairfaxcounty.gov/parks/burke-lake.

#### SATURDAY-SUNDAY/MAY 18-19

Ballet Performance. Saturday, 7:30 p.m.; Sunday, 4 p.m. at Centreville High School, 6001 Union Mill Road, Clifton. The Fairfax Ballet Company (FBC) presents "Carnival of the Animals," an original story ballet, as well as other original works and excerpts from "Sleeping Beauty." Visit fbccarnival2019.brownpapertickets.com



## Live Music: Monica Rizzio

Monica Rizzio's first album, "Washashore Cowgirl," earned her nomination for best new country artist. Saturday, May 18, 6-7:30 p.m. at Living Savior Lutheran Church, 5500 Ox Road, Fairfax Station. Free, family friendly concert, open to the public. Call 703-352-1421 or visit www.livingsaviorlutheran.org.

#### SUNDAY/MAY 19

19th FinishLyme 5K/1K. 6:45 a.m. at Fairfax Corner, 4100 Monument Corner Drive, Fairfax. Registration is open for DryHome's 9th Annual FinishLyme (formerly LoudounLyme). \$35 for adults/\$25 for children under 14. After May 16, registration is \$40/\$30. Visit

www.FinishLyme.org. **Kayak Tour at Lake Accotink.** 8-10 a.m. at Lake Accotink Park, 7500 Accotink Park Road, Springfield. Paddle Lake Accotink's tranquil waters with a naturalist guide. Glide past bald eagle nests as the park comes to life. A single-seat kayak, life preserver provided. No previous kayak experience is required. \$31 per person.

Canceled in rain. Call 703-569-3464 visit www.fairfaxcounty.gov/parks/lake-accotink.

NTRAK Scale Model Train Show. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org or call 703-425-9225.

Wine, Whiskers and Wags. 1-5 p.m. at Paradise Springs Winery, 13219 Yates Ford Road, Clifton. Annual fundraising event for Friends of the Fairfax County Animal Shelter. Admission includes hors d'oeuvres, beverages, glass of wine or a wine tasting, keepsake wine glass, dog demos, silent auction and exhibitors. \$45 at www.ffcas.org; At the event for \$55.

The Very, Very Funny Storybook Party. 2-3:30 p.m. at Hidden Oaks Nature Center, 7701 Royce St., Annandale. At this party, children 3-8 will bring an Eric Carle story to life by acting out being hungry caterpillars and eating their way through some storybook treats. Meet ladybugs, crafts. \$10 per child. Children must be accompanied by an adult. Call 703-941-1065 or visit www.fairfaxcounty.gov/parks/hidden-oaks.

Burke Historical Society May Meeting. 3:30-5 p.m. at Pohick Regional Library, 6540 Sydenstricker Road, Burke. Learn about the community that gave Sydensticker road its name and its central historical links today: the Methodist church and the schoolhouse. Free. Email slawski\_brian@yahoo.com.

Art Show. 3:30-6 p.m. at The Wine Attic, 7145 Main St., Clifton. Art Show of "wet paint" works created by artists painting Clifton, capping four day weekend Plein Air competition. Free. Visit www.artguildofclifton.org/art-show—wet-paintsale.html or call 703-409-0919

#### MONDAY/MAY 20

Fundraiser: Golf Outing. 11 a.m.-6 p.m. at Country Club of Fairfax, 5110 Ox Road, Fairfax. The Fairfax High School Athletic Boosters are organizing their 8th Annual Golf Tournament. Proceeds from this tournament will help fund the Fairfax High School Athletic teams. \$125. Visit fairfaxhighsports.org/page/3163

#### WEDNESDAY/MAY 22

Charity Art Gala. 6:30-9 p.m. at American Legion Post 177, 3939 Oak St. Fairfax. Local artists have donated their artwork, with the proceeds going to MK9s Service Dogs to help pay for the purchase and care of the dogs in training. Live music and refreshments will be provided. Business casual attire. \$20. Call 703-594-1099 or visit www.CharityArtGala.com.

#### FRIDAY/MAY 24

B-I-N-G-O. 7 p.m. at Fire Station 3, 4081
University Drive, Fairfax. Fridays, see last.
Live Music: Lesson Zero. 9 p.m.-1 a.m. at Fat Tuesday's, 10673 Braddock Road, Fairfax.
Lesson Zero performs. Visit www.fatsfairfax.com

#### SATURDAY/MAY 25

Fundraiser for Fairfax Station Railroad Museum. 10 a.m. 4 p.m. at the Fair Lakes Promenade Barnes and Noble Book Store, 12193 Fair Lakes Promenade Drive, Fairfax. Local authors will sign books Barnes and Noble. The museum will receive a percentage of net sales during the day when mentioning the Station at the checkout line. Visit www.fairfax-station.org or call 703-425-9225.

#### **MAY 25-JULY 20**

Art Exhibit: Somewhere Between You and

Me. Fridays and Saturdays, 11 a.m.-3 p.m. at Olly Olly, 10417 Main St., 2nd Floor, Fairfax. In Somewhere Between You and Me, young nonbinary transgender artists seek to bring understanding to what it means to experience life as a nonbinary person. An evening reception is planned for Saturday, May 25, 7-10 p.m. with artists Miki Beyer, Emil Melia, Sami Cola, and Paul Karcic. Call 703-789-6144 or visit ollyollyart.com for more.

#### SUNDAY/MAY 26

21st Annual "Ride of the Patriots." After assembling at Patriot Harley-Davidson on Lee highway in Fairfax, the parade of bikers will follow a route to the Pentagon where it will join with hundreds of thousands of other bikers for the 32nd annual "Rolling Thunder," the massive parade of bikes headed to the National Mall and the Vietnam Veterans' Memorial to pay their respects to their fallen comrades and to remember all those who have given their lives. Visit www.rideofthepatriots.com for more.

Reading Circle Activities. 1-4 p.m. at The Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Books featuring railroads or Civil War history are read and discussed and there may be a craft associated with the book theme that day. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org or call 703-425-9225.

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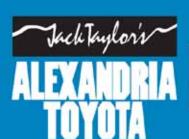
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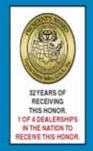
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#### Announcements

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Announcements

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Announcements

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#### Announcements

**Announcements** 



#### ACCEPTING APPLICATIONS **THROUGH JUNE 10**

The Brown v. Board of Education Scholarship Program was established by the Virginia General Assembly in 2004 to provide educational opportunities for persons who were denied an education in Virginia due to the closing of the public schools during Massive Resistance between 1954 and 1964. For a limited time, the program is open to new eligible applicants for the 2019-2020 school year. For applications and information on eligibility, visit:

#### BROWNSCHOLARSHIP.VIRGINIA.GOV

or contact Lily Jones, Division of Legislative Services, at (804) 698-1850.

#### BULLETIN BOARD

#### From Page 5

theater experiential, therapeutic yoga by Pamela Stokes Eggleston of Yoga2Sleep and share time with other caregivers. Visit www.hopeforthewarriors.org/healthwellness/military-veteran-caregiversupport-services.

#### **Emergency Preparedness for**

Parents of Students with Disabilities. 10 a.m.-noon at Dunn Loring Center for Parent Services. 2334 Gallows Road, Entrance 1 -Room 100, Dunn Loring. Fairfax County's Office of Emergency Management is committed to the inclusion of all. Free to parents, educators and community members. Call 703-204-3941 or visit www.fcps.edu/resources/familyengagement/parent-resource-center for more or to register.

#### NEXUS 2019: Fussy Minds Forum. 1-3:30 p.m. at Fairfax County Public Schools Virginia Hills Center, 6520 Diana Lane, Alexandria. Participants discuss the effects of stress on the

brain-ways of the young and how to build the resilience needed for successful learning into adulthood and beyond, www.eventbrite.com/e/ community-conversation-addressingirritablity-stress-fussiness-in-todays youth-tickets-60314231490.

#### SATURDAY/MAY 18

"Open Mosque" Project. 7 p.m. at Masroor Mosque, 5640 Hoadly Road, Manassas. Through Ramadan, Muslims abstain from eating and drinking during the daytime and focus on self-reform of habits and character. In a new "Open Mosque" project, Ahmadiyya Muslim Community USA will open all its mosques to the public for the weekly Friday Prayer services (May 17, 24 and 31) and a special Iftar (dinner) event on Saturday, May 18, featuring a Holy Quran Exhibition, breaking of fast, prayer service, and dinner. naeem.arshad@ahmadiyya.us

#### TUESDAY/MAY 21

**Professionals Caring for Parents Support Group.** 5:30-7:30 p.m. at Dogfish Head Alehouse, Private Dining Room, 13041 Lee Jackson Memorial Highway, Fairfax. For professionals in the long-term care or aging fields who are also personal caregivers. Join the first meeting of this professional support group to build connection and find support with others who are also caregivers at work and at home. Visit insightmcc.org to register, or contact Christi Clark at 703-204-4664 or christi.clark@insightmcc.org.

#### **FCPS Career Switcher Information**

Session. 5:30-7:30 p.m. at Willow Oaks Administrative Center, Room 1000A, 8270 Willow Oaks Corporate Drive, Fairfax. The information session will begin with presentations from the four approved Virginia Department of Education (VDOE) career switcher programs, Educate Virginia, Old Dominion University, Regent University and Shenandoah University. Troops to Teachers will also present their program offerings to military veteran attendees. FCPS educators will hold a Q&A, followed by an opportunity to network with the five presenters, the FCPS licensure team and the substitute office. Register at https:// tinyurl.com/y66g4syc.

#### TUESDAY/MAY 23

#### Park Authority Summer Jobs. 10

a.m.-1 p.m. at the Herrity Building. 12055 Government Center Parkway, Fairfax. This year the Fairfax County Park Authority's Rec-PAC summer camp program will operate at 45 elementary school locations around Fairfax County on weekdays from July 1-Aug.8, 8:15 a.m.-3:45 p.m. Applicants are required to bring an original Social Security Card and a

SEE BULLETIN, PAGE 11

# BULLETIN

From Page 10

DMV photo ID. Only those who are 18 years of age and older will be considered. Visit www.fairfaxcounty.gov/parks/rec-pac/jobs or email Recpac@fairfaxcounty.gov.

#### **MAY 25-SEPT. 8**

Metro Station Closures. Starting Saturday, May 25, the six Blue and Yellow line stations south of Ronald Reagan Washington National Airport (Braddock Road, King Street, Eisenhower Ave., Huntington, Van Dorn Street and Franconia-Springfield) will be closed for full platform reconstruction and major station improvements. To expedite construction and minimize customer inconvenience, the following stations will remain closed through Sunday, September 8, 2019. Read more at www.wmata.com/service/ rail/PlatformProject/.

#### THURSDAY/MAY 30

Interfaith Ramadan Dinner. 7:30 p.m.

(registration); 8 p.m. (program starts) at Fairfax County Government Center – Cafeteria, 12000 Government Center Parkway, Fairfax. Join for an Interfaith Ramadan Dinner hosted by Fairfax County Chairwoman Sharon Bulova. Call to prayer and dinner are at 8:30 p.m. Register at bit.ly/fxcounty2019.

#### **SATURDAY/JUNE 1**

Alzheimer's Disease and Dementia Care

**Seminar.** 9 a.m.-5 p.m. at Insight Memory Care Center, 3953 Pender Drive, #100, Fairfax. Take the path to certification as a Certified Dementia Practitioner through the National Council of Certified Dementia Practitioners. All health care professionals and front line staff who work in the healthcare industry are encouraged to attend. \$200. Register online at www.insightmcc.org, or contact Lindsey Vajpeyi at 703-204-4664 or

lindsey.vajpeyi@insightmcc.org.

Peripheral Neuropathy Support Group. 2-4 p.m. at Mason District Governmental Center, 6507 Columbia Pike, Annandale. The Peripheral Neuropathy Support Group for greater Washington meets the first Saturday of the month. All are welcome. RSVP for available seating. Call 301-263-0616 or visit www.dcpnsupport.org for more.

#### MONDAY/JUNE 3

Mind and Body Workshop: Travelogue

Session. 4:15-6:30 p.m. at Insight Memory Care Center, 3953 Pender Drive, #100, Fairfax. A new session of the Mind and Body Workshop, runs Mondays, June 3-24. The workshop is a multi-session program series for both the caregiver and the recently diagnosed individual to participate, promoting social engagement and peer support, while adjusting to life with a new diagnosis.Register online at www.insightmcc.org, or contact Lindsey Vajpeyi

at 703-204-4664 or lindsey.vajpeyi@insightmcc.org.

**Phillips Right Response.** 6-8 p.m. at Phillips' Annandale Campus, 7010 Braddock Road, Annandale. Phillips Programs for Children and Families, a nonprofit helping youth with behavioral challenges. Right Response is a proactive and evidence-based approach for deescalation, intervention, prevention and positive behavior support. A two-session training helps parents remain in control during stressful situations, support a child through challenging behaviors. \$25 per session or \$40 for two. Email Carrie.Clark@phillipsprograms.org or visit www.phillipsprograms.org/right-responsetraining-for-parents.

#### **TUESDAY/JUNE 4**

Safe Walking Summit. 9 a.m.-4 p.m. at NVRC Offices, 3040 Williams Drive, Suite 200, Fairfax. Learn from America Walks, local staff, Virginia DOT, and DMV on tools and initiatives that improve walking and reduce crashes. The summit is sponsored by Share VA Roads through a federal highway safety grant from Virginia DMV. Event and registration details can be found at: www.novaregion.org/ CivicAlerts.aspx?AID=686.

New Volunteer Orientation. 7:30-9 p.m. at Providence Community Center, 3001 Vaden Drive, Fairfax. Join Fairfax Pets on Wheels, Inc. Learn about volunteering to make a difference in the community by visiting residents of nursing homes and assisted living facilities with a pet dog, cat or bunny. Visit www.fpow.org.



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## The Weak Of



#### By KENNETH B. LOURIE

Concerning the three 'weaks' during which this arc will publish: last week's "The Weak Before," this week's "The Weak Of" and next week's "The Weak After," this week's "The Weak Of" when I actually lie down for my bi-monthly CT scan (and as it coincides occasionally, my semiannual brain MRI), is the easiest.

The worry of its occurrence is over, since I'm on site and "gowned up" waiting to hear my name called. And the worry of the results has not yet seeped in because the scanning process has barely begun and nothing will happen and/ or be expected to be communicated in the next few days anyway.

Next week - when I know the results are somewhere and I've not received any feedback from my oncologist, within five days or so – is when I'll begin to stress for all the reasons with which you regular readers are familiar.

What this "The Weak Of" means to me is progress. And even though that 'progress' could mean disappointing news, it could also mean that my status is quo.

And as difficult as hearing that the CT scan showed growth and/or the brain MRI showed something more, at least we'd gain some knowledge that we didn't have previously, and that new knowledge will be crucial as new treatment options are considered.

However, it's not as if I feel I'm in the dark during the intervals between scans. Hardly. It's more that I'm in a situation where knowledge is a powerful tool and the more of it my doctors, particularly my oncologist, have about me, the

The only problem? The frequency of these recurring diagnostic scans means nearly every week, bi-weekly immunotherapy infusions notwithstanding, I'm in some kind of 'weak.'

As you all know, I can compartmentalize but, I'm afraid the compartments are starting to fill up. Ten-plus years of surviving cancer will do

The CT scan and MRI appointments, in and of themselves are not compartment-filling though. Having had over 50 of them by now, I'm unaffected. Moreover I drive the same route to the same facility and are tended to by the same technicians; my good luck charms, as I tell them.

They always greet me by name, smile and ask how I'm doing. I likewise reply in a positive way and thank them for the many good results I've had and encourage them to keep up the good work (I realize they have nothing to do with the actual results, good or bad, but I still like to prime the pump, so to speak).

And when the process is complete, I'll leave feeling more upbeat than when I arrived. A feeling which continues until the next week, 'the weak after.' That's when I'll feel the same kind of emotional jitters I experienced during 'the weak before.

So, as I begin 'the weak of,' I begin it with hope and humor, my stock-in-trade. Hope for all the obvious reasons and humor because whatever happens, I'll likely make some joke about it and try to lighten the weight of it all with as light a touch as I can muster.

But for the time/'weak' being, I will enjoy the not-knowing the results and bask in the presumptive naivete. Because, if and when there is confirmation that my ship has sailed or that it's beginning to take on water, there might not be too much funny that I can say or do at that point to turn the tide.

Nevertheless, I'd like to think I'll be up to the challenge. One never knows. These three 'weaks' I can manage. We'll see about the next

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

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