

# Fairfax CONNECTION

## WELLBEING

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New Fairfax High grad Teddy Nguyen  
with (from left) grandma Cu Chau,  
mom Krista Bui and dad Tony Nguyen.

## 'You Are Our Pride; This Is Your Moment'

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# RYAN McELVEEN

★ FOR FAIRFAX COUNTY CHAIRMAN ★

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Ryan

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### ABOUT RYAN

- Lifelong Fairfax resident, raised in Vienna and lives in McLean with wife, Xuan, and daughter, Sierra
- At-large member, Fairfax County School Board, representing all 1.2 million county residents since 2012
- Associate Director, John L. Thornton China Center at the Brookings Institution
- M.I.A., Columbia University; B.A., University of Virginia; I.B. Diploma, George C. Marshall High School

### RYAN'S RECORD

As an at-large School Board member during the past eight years, Ryan has championed:

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PHOTOS BY BONNIE HOBBS/THE CONNECTION

The brand-new graduates toss their caps in the air at the ceremony's end.



Grad Kyle Pardo with (from left) grandparents Charles and Bobbie Arbanas, sister Claire Pardo, mom Amanda Arbanas, dad Michael Pardo and stepmom Sheila Pardo.

## 'You Are Our Pride; This Is Your Moment'

Fairfax High's Class of 2019 graduates.

BY BONNIE HOBBS  
THE CONNECTION

**M**embers of Fairfax High's Class of 2019 will soon scatter throughout the country as they begin the next chapter of their lives. But on Monday, June 3, they gathered together one last time for their graduation in the school's fieldhouse.

"Here you are, this is your moment — realize it," said Principal Erin Lenart to the sea of students in their royal-blue caps and gowns. "It's these milestones you'll look back on someday and feel like they just flew by."

She acknowledged the class's 92 honor grads who earned a 4.0 or higher GPA, as well as those going into the military. And she told them all to "Look around, be proud, breathe deeply and be in this moment. Your parents have been with you, the whole time, and will continue to be. Your teachers, counselors and staff members are your other family and are here for you, too."

Now, as the students move forward, Lenart reassured them that "You are our pride and you are ready — we promise you. You are going to do, not just great things, but amazing things. And it's relative to what you believe is amazing and to what you want for yourselves."

She told them she grew up in a small town where people left it after high school, but later returned to raise their families there.

However, she stressed, "There wasn't one, single person from my graduating class whose life ended up more important than another's. That's because we never measured our version of amazing using someone else's ruler. So find your own amazing and be in it."

**LENART** further advised the grads to not believe that their life's purpose or worth will be found staring at a computer or TV screen. "Be alive and be present for all the little moments — for they become the important, fleeting moments of your lifetime," she said. "Look up and live your amazing life."

"I'm so proud of you, but it took all of us to get you to where you are today," she continued. "So when I give you your diploma today, I'm doing so on behalf of everyone who loved you, believed in you, provided for and inspired you. We are so proud of you. This is your moment — you're going to do amazing things."

Next came the highlight of the whole ceremony: Teacher and Senior Class advisor Bruni Herring — who has a beautiful and powerful voice — sang "Rise Up" and received a standing ovation. After that came the announcement of the Class of 2019's gift to the school — patio umbrellas for the senior court.

The honor grad selected by his peers to represent them with a speech at graduation was Paolo Vicencio. "Over this past year, I've



Jubilant, Fairfax High seniors smile happily before Monday's graduation ceremony begins.



Teacher Bruni Herring wowed the crowd by singing "Rise Up."



Grad Jessica Barone with parents John and Nancy Barone.

SEE CLASS OF 2019, PAGE 7





PHOTO COURTESY OF JEANNIE BUHR

From left, former cancer patients and good friends Ava Buhr and Ellie Whitfield at Saturday's event.



Don and Sherry Presar of Fairfax came to the breakfast in honor of their grandson.

# 'It Made Us Feel Really Loved and Seen'

PHOTOS BY BONNIE HOBBS/THE CONNECTION

## Families praise Ellie's Hats during pancake fundraiser.

BY BONNIE HOBBS  
THE CONNECTION

**E**llie Whitfield was diagnosed with acute lymphoblastic leukemia in 2013; and by the time she started kindergarten, she'd lost her hair and was wearing hats to school every day. Her PE. teacher, Jay Coakley, noticed how happy her hats made her and organized a hat drive for her.

He also wanted to bring that same joy to other children suffering from cancer, while raising awareness of the disease, so he founded the nonprofit Ellie's Hats. It now also donates gas cards, gift certificates and money to their families to help them through difficult and expensive times.

A pancake breakfast helps fund all these things, and the fourth annual Ellie's Hats Pancake Breakfast was held Saturday, June 1, at American Legion Post 177 in the City of Fairfax. More than 100 people attended and enjoyed a breakfast buffet, children's activities, a raffle, silent auction, Star Wars characters and Disney princesses.

The feast included lemon-blueberry, triple chocolate chip, white chocolate-purple velvet and traditional buttermilk pancakes, topped with either cream-cheese icing or a variety of syrups. Rounding out the meal were bacon, ham, sausage, hash browns, scrambled eggs, biscuits, fruit, juice and coffee.

**ELLIE**, now a healthy fifth-grader, was at the breakfast, as were other children who are either cancer survivors like her or are still undergoing treatment. And for those few hours, they got to be just regular kids,



Rachel and Daniel Smith with daughters (from left) Dani, 3, and Lucia, 5-1/2.



Christina Stewart and daughter Lily, 4, enjoy a doughnut hole and purple velvet pancakes.



Paul Dooley, 5, got this black-spider balloon at the breakfast.



From left, twins Tyler and Dylan Akers, 4-1/2, show their temporary tattoos.

SEE PANCAKE FUNDRAISERS, PAGE 13



# NEWS

## Fairfax High Seniors Win Rotary Scholarships

Each year, the Rotary Club of Fairfax awards college scholarships to Fairfax High School students. Many of the graduating seniors were the first in their families to attend college.

Verne Tuininga, a past president and active volunteer in the Rotary Club of Fairfax, was the Master of Ceremonies of the scholarship program. The awardees from Fairfax High School this year were:

Susan Ngo - Pat Laing Memorial Scholarship (Pat Laing was former Athletic Director of Fairfax High School and a Rotarian.)

Lacey Heo - Fairfax Rotary Memorial Scholarship

Marie Yao - Pathways Scholarship to Northern Virginia Community College

Jake O'Brien - Pathways Scholarship to Northern Virginia Community College

Catherine Lau- Paul J. Brown Community Service Award (Paul J. Brown was a former city businessman and Rotarian.)

Lara Demir -The Setty Family Scholarship (Mr. Boggarm Setty is a long time member of Fairfax Rotary.) In addition to the scholarship winners, also attending the awards ceremony were Kofi



**Fairfax High School scholarship winners, from left: Marie Yao, Susan Ngo, Lacey Heo, Lara Demir and Catherine Lau. (Scholarship winner Jake O'Brien could not attend.) Also pictured are Lanier Principal Tammy Hannah and Rotary past president and scholarship coordinator Verne Tuininga. In the back row, from left: FHS speech contest winner Kofi Klutse, Fairfax Rotary president Joe Catalano and Fairfax Rotary president-elect Dave Roll.**

Klutse, who won the Fairfax High School speech contest and placed third in the Rotary District 7610 speech contest; and Lanier Middle School principal Tammy Hannah who accepted a Rotary themed

essay contest award for Piper Rodgers, winner of her middle school's essay contest.

For more information about the Rotary Club of Fairfax, visit [www.fairfaxrotary.org](http://www.fairfaxrotary.org).



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## Lessons from the Greatest Generation

### Reflections on the 75<sup>th</sup> Anniversary of D-Day.

BY SUPERVISOR JOHN C. COOK  
BRADDOCK DISTRICT

**T**housands of young American soldiers boarded ships in England destined for the beaches of Normandy, France 75 years ago. Allied leaders planned the first-of-its-kind invasion for months. They designated five main beaches for the attack and named them Utah, Omaha, Sword, Gold, and Juno. On the morning of June 6, 1944 high winds and rough waves made for a difficult journey to Northern France for the 5,000 ships and 11,000 airplanes carrying 150,000 Allied troops.

The weather was far from perfect for an operation, but General Dwight Eisenhower could not risk the Germans spotting the massive military presence on the coast of England. When Allied Forces landed, they were met with a barrage of fire. Nearly 2,500 Americans died in history's largest air, land, and sea invasion. Despite the treacherous terrain and heavy casualties, Allied forces broke through German lines and liberated the Gallic Coast. The pivotal victory allowed the Allies to secure the



**At the Board of Supervisors meeting on Tuesday, June 4, 2019, the Board recognized the 75th anniversary of the D-Day Invasion on June 6, 1944. Included here is Rear Admiral Gene Sizemore holding the plaque and other veterans with the members of the Board.**

Western Front and begin a liberation campaign towards Germany.

On the 75<sup>th</sup> anniversary of this momentous military victory, we are compelled to remember not just the heroism of the troops, but also

their virtues of service of sacrifice of that generation. The harrowing actions of these servicemembers deserve the greatest respect and deepest gratitude. They showed courage, tenacity, valor, and honor in the face of incredible dangers and challenges. As Tom Brokaw eloquently put it, "They answered the call to help save the world from the two most powerful and ruthless military machines ever assembled." This anniversary should also prompt all of us to emulate the Greatest Generation's immense sense of duty and willingness to serve. Nearly every American in World War II found a way to support their nation during the conflict. Thousands of men volunteered to serve in the Armed Forces. Women supported the military in many different ways. Families nationwide planted victory gardens and volunteered for local groups that supported the war effort. Women also took industrial jobs in armament factories. In Burke, Va., residents volunteered 24/7 with the Aircraft Warning Service by staying in a watch tower to look out for enemy planes.

Today our nation faces many challenges. But a nation that could win two World Wars can also successfully meet the challenges of today. The spirit of the Greatest Generation is here to guide us.

### LETTERS TO THE EDITOR

## Gun Violence As Public Health Crisis

To the Editor:

For almost 20 years I have been fighting for better gun laws in Virginia — laws to prevent the unspeakable horrors that we saw in Virginia Beach on May 31, 2019 when a gunman with two .45 caliber handguns with high-capacity magazines murdered 12 people and injured many others.

At times, I have felt like it was an exercise in futility — that I was simply banging my head against the wall. No matter how sensible the proposal introduced, it would be killed in committee by Republicans and a few rural Democrats and never even make it to the floor for a vote.

We might have 20 people testify in support of bills including victims of gun violence, law enforcement, and the medical community; yet the voice of one gun industry lobbyist opposed to the measures would be the only one that mattered.

After the shooting at Virginia Tech, there was a slow movement towards change — at least among Democrats. It was a movement that accelerated in the aftermath of the shooting at Sandy Hook Elementary School that left 26 little children and educators dead. Ru-

ral Democrats aligned with the majority in their party and started speaking out about the need for stronger laws to curtail the carnage. In fact, many Democratic candidates at even the highest levels of government began to run on the issue vowing to fight for sensible gun violence prevention measures if elected. Those Democrats won including most recently, Governor Northam, Lt. Governor, Fairfax and Attorney General Herring. And it should be no surprise. Polling tells us that as much as 90 percent of the public is in favor of stronger gun laws such as expanding background checks.

So, with the public and a Governor who clearly supports gun violence prevention measures, why can't we affect change? Because the GOP is in control of both chambers of the General Assembly and they continue to kowtow to the gun lobby instead of taking the decisive action that would make the Commonwealth safer for us all. Take the 2019 session for example. Democrats introduced dozens of firearms bills including ones to expand background checks, ban assault weapons, limit high-capacity magazines, cap handgun purchases to one a month, and to keep guns out of the hands of domestic violence abusers. Republicans defeated them all.

Gun violence has become a public health crisis in Virginia and

across the country. But it is an epidemic that we know how to treat. Stronger gun laws won't prevent all senseless acts of violence but they will save lives. To get the stronger laws we deserve, we must vote for candidates who are more afraid of another horrific shooting than they are of the gun lobby and at this juncture, only the Democrats can stake that claim.

The proposals already exist. We

## The Month of Ramadan:

To the Editor

The month of Ramadan is a holy month for Muslims in which we fast from dawn to sunset and spend most of our time praying to God and reading the Holy Quran. The month of Ramadan is a period of time in which we advance our spiritual knowledge and bring ourselves closer to God by doing good deeds. As a child, it is not obligatory for me to fast, but this month is still very important to me. I still have the chance to gain more spiritual knowledge and bring myself closer to God. Ramadan is also very exciting for me because as a family we spend more time together and I get to go to the mosque. It is a month filled with blessings and increased forgiveness. Even if I don't fast I give up something that I like to do such as watching TV or movies. I also donate money, food, or other items to charities. In Ramadan, it

know what needs to be done. And once Democrats are the majority party in both chambers we will finally be able to pass bills to make Virginia safer and Governor Northam will gladly sign them into law.

**Martina Leinz**

Burke  
President, Northern Virginia  
Brady Chapter, United Against  
Gun Violence

**Sara Choudhary**

Student  
Washington Irving Middle  
School  
Springfield

## 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.

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PHOTOS BY BONNIE HOBBS/THE CONNECTION

Members of Fairfax's Class of 2019 wait to be pronounced graduates.

## Class of 2019 Graduates

FROM PAGE 3

thought about this day a lot," he said. "Today is our Everest and we've conquered it. I've pictured the faces in this crowd, each one smiling, knowing we've made it."

But, he said, "It's also the end of other things, and I could see every mistake, lesson and accomplishment. I remembered the grueling hours of practice on the athletic field, the stage and the classroom. I thought of the championship field hockey games, our arts programs and how good it felt being part of something."

"Through our efforts, we've made something that inspires and empowers us along the foothold to our lives," said Vicencio. "But this is the last time we'll all be together in this room. Times change, things end and people move on. All we can do now is take everything we learned here, good and bad, on our journey. So go, Rebels, and seize the opportunity, thanks to our time here at Fairfax High School."

Then four, special awards were presented. The Most Outstanding Senior honor goes to a student who's an excellent role model for her peers and an inspiration in the community, and this year's award went to Senior Class President Sloan Soyster-Heinz.

**FAIRFAX CITY MAYOR** David Meyer presented the Service, Faculty and Fairfax awards. First, though, he told all the students, "I commend you on this important milestone in your lives. And know that, no matter where you go, you are always welcome back in your hometown of Fairfax."

The Service Award is for loyalty and service to the school. "This person is a leader, and his kindness to his peers stands out," said Meyer.

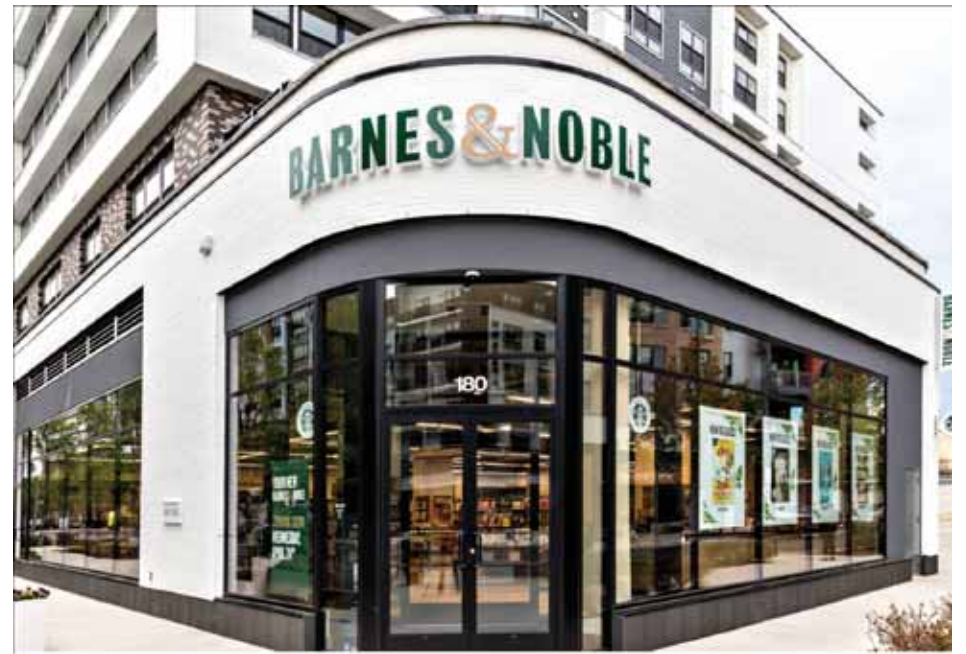
"He volunteers, is president of the Muslim Student Assn. and will attend JMU in the fall." He then presented the award to Adam Benlemlih.

The Faculty Award for outstanding service, leadership and school spirit went to Xavier Herring. He played on the Rebels baseball team, all four years, and was even its captain. He will attend the University of Mary Washington to major in psychology.

The Fairfax Award was given for service to both the school and community and went to Soyster-Heinz. "She was a leader in the classroom, a swim coach in the community and an EMT for the Centreville Volunteer Fire Department," said Meyer. "She participated in swimming and track at school and will attend Duke University."



**New grad Kate Meade with (from left) brother Charlie and parents Karen and Chip Meade.**



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## WELLBEING



PHOTO COURTESY OF NORTHERN VIRGINIA THERAPEUTIC RIDING PROGRAM

**Equine Therapy can be used to treat those with PTSD, says Olivia Taylor of the Northern Virginia Therapeutic Riding Program.**

## PTSD: Recognizing and Healing

**During PTSD Awareness Month, clinicians work to raise awareness, treatment options.**

BY MARILYN CAMPBELL

“They took all my clothes and made me walk naked for two days so I couldn’t escape,” said one woman. “They kill people over nothing,” said another.

These are the descriptions from Latina immigrants of their experiences as they were smuggled from Mexico to the United States. These women and others like them often experience rape, assaults, and gun violence, said Carol L. Cleaveland, PhD, Associate Professor of Social Work, George Mason University.

In a recent paper, “An Exploratory Study of Latina Immigrant Trauma,” she and co-author Cara Frankenfeld, PhD, also of George Mason University, spoke with patients at Mason and Partners Clinic in Springfield, Falls Church and Manassas Park who described events that often left them with Post Traumatic Stress Disorder (PTSD). During June, which is PTSD Awareness Month, mental health professionals are working to raise public awareness of the disorder and a knowledge of the treatments available to those who suffer.

There is often a lack of understanding which makes it difficult to identify said Cleaveland. “PTSD is a shift in how people think, feel and behave in response to a traumatic event they experience. It’s something that induces profound terror,” she said.

“[Symptoms include] intrusive thoughts and memories of the traumatic event, such as thinking about the event when you don’t want to, having flashbacks or having a strong emotional reaction to a something that reminds you of the trauma,” said Joanne Bagshaw, PhD, Professor of Psychology at Montgomery College.

A person experiencing PTSD might avoid people or experiences that remind them of the trauma, said Bagshaw. “You [can experience] negative thinking about yourself and the world, such as having traumatic expectations or detaching from relationships.”

Managing and healing even severe symptoms is possible with the right strategies. “There are several

very good treatments for trauma,” said Bagshaw.

Among these healing methods is Cognitive Behavioral Therapy (CBT), a form of psychotherapy that teaches how to cope with dysfunctional emotions, behaviors, and thoughts. Another therapy is Eye Movement Desensitization Reprocessing (EMDR) which involves a patient briefly focusing on the traumatic memory under the guidance of a trained clinician and ultimately experiencing relief.

“There is research which shows EMDR is highly effective in desensitizing the trauma,” says Cleaveland.

Therapeutic riding is an emerging therapy that has not been studied extensively for PTSD. “[It] is teaching people to ride and work with horses with the goal of improving their physical or mental well-being,” said Olivia Taylor, Program Director of Northern Virginia Therapeutic Riding Program (NVTRP). “One of the biggest benefits we see for our riders with PTSD is that riding puts them in

the moment, focused on creating a bond with their horse. They’re not thinking about past events or being hypervigilant, but feeling peaceful in the moment.”

For those who have strained interpersonal skills related to trauma, such as the ability to trust others, therapeutic riding provides a safe space for working on that proficiency, Taylor said. “Horses are empathetic, non-judgmental creatures, so therapeutic riding provides a great opportunity to work on building a trusting relationship with another living being,” she said.

As an example, Taylor points to one NVTRP rider who suffers from debilitating and life-disrupting anxiety resulting from PTSD. “Over several weeks of riding, she has developed a very strong bond with the horse she rides,” says Taylor. “They share an especially close relationship, and she credits the trust she has in him with her ability to overcome her fears of riding and progress more than she’d ever imagined. We find that this sort of trust and openness to an empathetic relationship carries over into riders’ lives beyond the farm, helping them to rebuild healthy lives.”



## BULLETIN BOARD

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

### 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](http://www.czartlessons.com).

❖ Fine Arts & Crafts Camp (8 years & up)  
❖ Drawing Camp (8 years & up)  
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❖ Art Boot Camp for teens/adults  
Call instructor at 703-250-6930 or visit [www.czartlessons.com](http://www.czartlessons.com).

**Vacation Bible School.** Monday-Friday, July 8-12, 9 a.m.-noon at Fellowship Baptist Church, 5936 Rolling Road, Springfield. Vacation Bible School with an "In the Wild" theme. Free. Call 571-337-0209 or visit [honoringgod.org](http://honoringgod.org).

### FRIDAY-SUNDAY/JUNE 7-9

**White Elephant Sale.** Friday, 5-8 p.m.; Saturday, 9 a.m.-7 p.m.; Sunday, 8:30 a.m.-2:30 p.m. at St. Mary of Sorrows Catholic Church, 5222 Sideburn Road, Fairfax. St. Mary's White Elephant sale will feature furniture, antiques, household, garden, toys, books, jewelry, china and more. Admission: Friday, \$5; Saturday-Sunday, free. Call 703-978-4141.

### SATURDAY/JUNE 8

**Caregiver Workshop.** 11 a.m.-3 p.m.

at Hollin Hall Senior Center, 1500 Shenandoah Road, Alexandria. Join this Caregiver Workshop with Pete Shrock, nationally known grief and crisis responder, focusing on building resilience through caregiving challenges. This is a free event, and all caregivers and family members are invited to attend. Lunch will be provided. Visit [insightmcc.org](http://insightmcc.org), to register or contact Lindsey Vajpeyi at 703-204-4664 or [lindsey.vajpeyi@insightmcc.org](mailto:lindsey.vajpeyi@insightmcc.org).

### THROUGH MONDAY/JUNE 10

**Food Donation Collection.** 9 a.m.-5 p.m. at the Coldwell Banker Residential Brokerage office, 4000 Legato Road, Suite 100, Fairfax. The Coldwell Banker Residential Brokerage Reston office is collecting healthy, non-perishable food donations for Food for Others as part of a companywide initiative, Healthy Food Week. Contact Mary Pultz at 703-691-1400 or [Mary.Pultz@cbmove.com](mailto:Mary.Pultz@cbmove.com).

### TUESDAY/JUNE 11

**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 DMV photo ID. Only those who are 18 years of age and older will be considered. Visit [www.fairfaxcounty.gov/parks/rec-pac/jobs](http://www.fairfaxcounty.gov/parks/rec-pac/jobs) or email

SEE BULLETIN, PAGE 15

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# Closing Arguments for Commonwealth's Attorney

Commonwealth's Attorney candidates meet for final debate before June 11 Primary.

BE ANDREA WORKER  
THE CONNECTION

**T**he Democratic incumbent and the challenger for the Commonwealth's Attorney of Fairfax County and the City of Fairfax had one last opportunity to present their cases before gathered voters at the First Baptist Church of Vienna on Monday night.

Hosted by the League of Women Voters of the Fairfax Area in partnership with the ACLU VA, ACLU People Power, Virginia Interfaith, and the Fairfax County NAACP, the forum saw incumbent Commonwealth's Attorney Ray Morrogh and his rival for the position, Steve Descano, answering questions from moderator Sakira Cook, Director, Justice Reform Program of the Leadership Conference on Civil and Human Rights and the Leadership Conference Education Fund.

**MORROGH** has held the top prosecutorial spot in the County since 1983 and has expressed pride in a record that has brought the local jail population "to its lowest in decades." The same reduction in numbers holds true for the juvenile detention center.

"It shows that our programs are working," said Morrogh, "especially our efforts to break the school-to-prison pipeline that adversely affects many, but mostly minority youth."

In his opening remarks, Descano often counters, as he did at this event, that without true measurement methodology in place, success cannot be repeated with any guarantees, and problems cannot be traced to their roots and addressed - especially the systemic racism that Descano says is evident in the numbers of minority arrests, convictions, and offenders awaiting trial or in a supervised release program.

Morrogh says he is open to commissioning a study if the funds can be found and said he would redouble his efforts to secure an analyst for his office to collect and evaluate information and that he was willing to "share every bit of data."

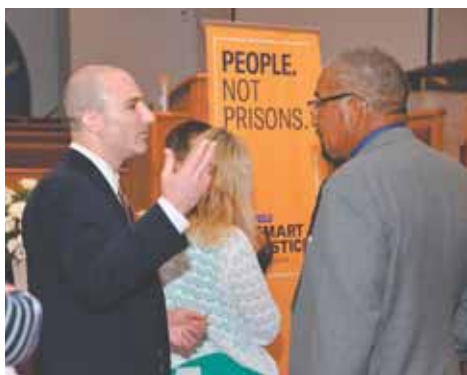
"Respectfully, you've had 12 years to get the data and it hasn't happened yet," Descano shot back. The challenger says he has already made contact with several people willing and able to do such data analysis work "for free" and that he would not only share it publicly, but engage in public outreach to inform residents and gather feedback.

Many of the questions surrounded the issue of cash bail requests. Moderator Cook offered the statistics that 40 percent of those in jail and awaiting trial were black, 60 percent were arrested on misdemeanor charges, and 15 percent were incarcerated for probation violations. Many are unable to find the funds for their cash bails and so remain in jail "away from families, jobs,



PHOTOS BY ANDREA WORKER/THE CONNECTION

**The Democratic candidates for Commonwealth's Attorney engage in one final debate before the primaries on June 11. Challenger Steve Descano is at the mic while incumbent Ray Morrogh awaits his turn to answer a question posed by moderator Sakira Cook.**



**Steve Descano, looking to unseat the incumbent Commonwealth's Attorney in the first primary held for the position in over 50 years, does some "meeting-and-greeting" after the debate.**

their lives, and continuing the cycle of poverty and prison."

**DESCANO** is an ardent anti-cash bail advocate, saying "it's antiquated, it penalizes the poor."

Morrogh insists his office "never asks for cash bail, for the very reasons our moderator mentioned," but that it is up to the judges to determine bail and under what conditions. Morrogh also noted that in some instances, the defendants themselves or their attorneys request bail versus supervised release or rehab programs.

"I won't make excuses," declared Descano. "I will end cash bail." He also recounted that there was an occasion when Morrogh was quoted as questioning the end of cash bail.

Morrogh argues that on this issue, like others, including pledging not to prosecute simple marijuana possession cases, or com-



**Commonwealth's Attorney Ray Morrogh has held the top law official position in the county since 1983 and is facing a challenge to that role from Steve Descano. The Democratic Primary is June 11. Morrogh stayed after the forum for some one-on-one time with voters.**

mitting to never seeking the death penalty, Descano is showing his own naiveté about the position.

"It's more complicated than he thinks," cautions Morrogh. "Some of these promises cannot be kept because it's the law. I may not like it, but I will enforce it. We are a nation of laws and can't pick and choose what to prosecute or what laws to uphold." Morrogh cited several recent examples where such discretionary prosecutorial action was found to be beyond the scope of the Attorney General in question's authority.

The restoration of voting rights for felons who have completed their sentences and other conditions of their release is another area where the two men clash. Descano continues to accuse Morrogh of being against the restoration, noting that the Commonwealth's Attorney had joined

a Republican-backed lawsuit against then-Governor Terry McAuliffe when he proposed such legislation.

Morrogh rebuts that his opposition - shared by a "bipartisan group, by the way" - was never about denying voting rights to ex-convicts, but rather about the fact that the bill also included restoration of gun ownership that was "just too all inclusive." Treason or terrorism are the only acts that Morrogh sees as absolute barriers to the restoration of voting rights, but allowing convicted felons to own firearms should not be a "simple 'Yes,'" but something that would require individual consideration or at least, denial for certain categories of crimes.

McAuliffe has endorsed Descano.

There were areas in which the two agreed.

To the laughter of the audience, Descano acknowledged he "agreed with everything you just said!" referencing Morrogh's stance on the use of surveillance technology by law enforcement. Both see individual privacy as "sacred" and that the use of surveillance is a "tricky area of the law" that needs careful consideration and probable cause in order to be used.

The certification of youth as adults brought more agreement, with both saying it should be a rare instance. Morrogh did cite some examples of particularly horrific crimes in which he felt such certification was warranted, and denied Descano's accusation that his office has threatened adult certification in order to secure a plea deal from youth offenders.

Both Morrogh and Descano are opposed to the use of solitary confinement in prisons, seeing it as inhumane, and causing additional unnecessary trauma. Morrogh conceded that solitary confinement might be necessary for short periods in extreme circumstances, but that prisoners should be treated with dignity.

And then it was time for the closing arguments.

Descano went first, and reminded voters that he was "the only one with a published plan, available for anyone to see" on his website, including the promise of real data by which to operate the office and the system and to bring about true reform. Asking for the public's confidence and vote on June 11, Descano said that voters had the opportunity to "be on the right side of history."

"You live in the safest county of our size in the nation," was Morrogh's opening line to the wrap up. "We're a model for so many programs for the state and beyond."

He repeated some of the achievements of his office since he became the Commonwealth's Attorney.

Morrogh asserts that Descano doesn't have the experience needed to serve as Commonwealth's Attorney.

"He's not qualified. I'm sorry to say it, but he's just not," Morrogh concluded.



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# CALENDAR

Submit entertainment announcements at [www.connectionnewspapers.com/Calendar/](http://www.connectionnewspapers.com/Calendar/). The deadline is noon on Friday. Photos/artwork encouraged.

## ONGOING

**Art Exhibit: Somewhere Between You and Me.** Through July 20, 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 intimately seek to understand and bring understanding to what it means to experience life as a nonbinary person. Call 703-789-6144 or visit [ollyollyart.com](http://ollyollyart.com) for more.

**Art Exhibition: Virginia Watercolor Society.** Through Aug. 2, gallery hours in the McGuireWoods Gallery, Workhouse Arts Center, Workhouse Arts Center, 9518 Workhouse Way, Lorton. Virginia Watercolor Society (VWS) is organizing its 40 th annual juried painting exhibition with about 85 paintings on display. Free and open to the public. Visit [www.workhousearts.org/](http://www.workhousearts.org/) or [www.virginiawatercolorssociety.org](http://www.virginiawatercolorssociety.org) for more.

**Kingstowne Farmers Market.** Fridays, through Oct. 25, 4-7 p.m. in the Giant parking lot, 5870 Kingstowne Towne Center, Alexandria. Farm fresh eggs, local honey, berries, fresh picked vegetables, fresh local fruits, baked breads and treats, chicken, tamales, salsa, hummus, gourmet sausage, fresh roasted coffee beans, more. Call 703-642-0128 or visit [www.fairfaxcounty.gov/parks/farmersmarkets/kingstowne](http://www.fairfaxcounty.gov/parks/farmersmarkets/kingstowne).

**Wakefield Farmers Market.** Wednesdays, 2-6 p.m. through Oct. 30, at Wakefield Park, 8100 Braddock Road, Annandale. Eleven local farmers and producers will sell fresh produce and fruits; meats; breads and pastries; jams; dairy products and eggs; herbs; flowers, and more. All products are grown or produced by the vendors and come from within 125 miles. The Fairfax County Master Gardeners Association will be there each week, providing horticultural information to home gardeners in Fairfax County. Call 703-642-0128 or visit [www.fairfaxcounty.gov/parks/farmersmarkets/wakefield](http://www.fairfaxcounty.gov/parks/farmersmarkets/wakefield).

**Lorton Farmers Market.** Sundays, 9 a.m.-noon, through Nov. 17, in the VRE Parking Lot, 8990 Lorton Station Blvd., Lorton. Eleven local farmers and producers sell fresh produce and fruits; meats; breads and pastries; jams; dairy products and eggs; herbs; flowers, and more. All products are grown or produced by the vendors and come from within 125 miles. The Fairfax County Master Gardeners Association will be there each week, providing horticultural information to home gardeners in Fairfax County. Call 703-642-0128 or visit [www.fairfaxcounty.gov/parks/farmersmarkets/lorton](http://www.fairfaxcounty.gov/parks/farmersmarkets/lorton).

**Springfield Farmers Market.** Saturdays, through Nov. 23, 10 a.m.-2 p.m. at Springfield Town Center, 6699 Spring Mall Drive, Springfield. Vendors include Cascade Beverage, Celestial/Fossil Farms, Chilanga Tortilla, Conecopia, Greenwich Farms, Iganacio's Produce, Kingdom Gourmet, Lola's Kusina, Lund's Produce, Smiths Mecklenburg, Taste Old Country, Three Puppies, Tyson Farm, and Windmill Meadows. Visit [www.community-foodworks.org](http://www.community-foodworks.org) or call 202-697-7768.

**Burke Farmers Market.** Through Dec. 21, 8 a.m.-noon at the VRE parking lot, 5671 Roberts Parkway, Burke. A great selection of fresh 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](http://www.fairfaxcounty.gov/parks/farmersmarkets/burke) for more.

## THURSDAY/JUNE 6

**Silent Sentinel Awards.** 6-9 p.m. at Army Navy Country Club (Arlington), 1700 Army Navy Drive, Arlington. Turning Point Suffragist Memorial Association is bestowing the Silent Sentinel Award upon seven people who exemplify suffragist strength in pursuit of equal rights. The evening's festivities include a cocktail reception, dinner, and a live performance of Elizabeth Cady Stanton: "Cyrano of the Suffragists." The evening also includes a silent auction as well as a live auction led by the Honorable Ken Plum. \$200. Seating is limited, reserve space at [www.eventbrite.com/e/countdown-to-suffrage-centennial-and-silent-sentinel-awards-gala-tickets-59388838615](http://www.eventbrite.com/e/countdown-to-suffrage-centennial-and-silent-sentinel-awards-gala-tickets-59388838615) or email [pwirth@suffragistmemorial.org](mailto:pwirth@suffragistmemorial.org).



PHOTO COURTESY OF GUNSTON HALL

Newly minted American citizens offer their pledge to the flag.

## Declaration Day

Join Gunston Hall in celebrating the anniversary of the Virginia Declaration of Rights, written by George Mason. This family-oriented program kicks off with a naturalization ceremony, followed by a variety of activities for all ages, a museum theater performance, and visits to Gunsont Hall's brand-new exhibit: Revolutionary Rights. Saturday, June 15, 11 a.m.-4 p.m. at George Mason's Gunston Hall, 10709 Gunston Road, Lorton. Complimentary. Call 703-550-9220 or visit [www.gunstonhall.org](http://www.gunstonhall.org).

## FRIDAY/JUNE 7

**Grand Opening: Stemtreet.** 6 p.m. at Stemtreet Education Center, 11226A Waples Mill Road, Fairfax. Stemtreet offers students in grades K-12 one-on-one instruction in science, technology, and engineering. The community is invited to see the facility and to learn how Stemtreet differs from traditional STEM centers. Light refreshments will be served. Visit [www.stemtreet.com/fairfax](http://www.stemtreet.com/fairfax) for more.

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

## FRIDAY-SUNDAY/JUNE 7-9

**Celebrate Fairfax! Festival.** Northern Virginia's largest community-wide event, the 38 th annual Celebrate Fairfax! Festival, is set to take place on the grounds of the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. The Celebrate Fairfax! Festival features 25 acres of concerts, family programs, exhibits, carnival rides and nightly fireworks. Among the festival's highlights are more than 120 performances on seven stages, including Better Than Ezra and Smash Mouth. Call 703-324-3247 or visit [www.celebratefairfax.com](http://www.celebratefairfax.com).

## THROUGH SATURDAY/JUNE 8

**Transcribe-a-thon on Women's Suffrage.** Various times at Pohick Regional Library, 6450 Sydenstricker Road, Burke. Be a part of history. Help transcribe Library of Congress documents related to the Women's Suffrage movement. Projects include the papers of Clara Barton, Mary Church Terrell and more. Service hours can be earned by students for helping with this project. Adults. Teens. Learn more about the By The People project at the Library of Congress <https://crowd.loc.gov/>. Check for times at [librarycalendar.fairfaxcounty.gov/event/5424792](http://librarycalendar.fairfaxcounty.gov/event/5424792).

## SATURDAY/JUNE 8

**Caturday Celebration.** 10 a.m.-4 p.m. at Loyal Companion Mosaic, 2905 District Ave, Suite180, Fairfax. Stop by and enjoy feline-themed festivities, product education and more. Cats available for adoption 1-4 p.m. with Lost Dog & Cat Rescue Foundation. Call 571-341-7753.

**Summer Saturdays.** 11 a.m.-4 p.m. at Gunston Hall, 10709 Gunston Road, Lorton. Join Gunston Hall for a summer of fun. Each Saturday in June, July, and August, stop by for a historic adventure

on the grounds and in the Visitor Center. Included with regular admission. Call 703-550-9220 or visit [www.gunstonhall.org/visit/guide/upcoming-events](http://www.gunstonhall.org/visit/guide/upcoming-events).

**Ice Cream Social Fundraiser.** Noon-4 p.m. at the Workhouse Arts Center, 9518 Workhouse Road, Lorton. The 2019 Workhouse Ceramics Program Ice Cream Social Fundraiser feature hand-made ice cream bowls created by students, ceramic artists and instructors. Participants pay \$20 per bowl and are given ice cream and toppings (included in purchase price). Live music, raffle, scavenger hunt and children can explore fire trucks with Crosspointe local Fire Station #41. Patrons will also be able to see other on-site artist demonstrations and exhibits. Visit [www.workhousearts.org/events](http://www.workhousearts.org/events) for more.

**Second Saturday Art Walk.** 6-9 p.m. at Workhouse Arts Center, 9518 Workhouse Way, Lorton. Discover all the Workhouse Arts Center has to offer. Meet nearly 100 Resident and Associate Artists, creating art in the studios or exhibiting in Workhouse galleries, as well as performances of dance, cabaret, comedy, big band, jazz, and theater. Some workshops require registration. Visit [www.workhousearts.org/events/category/second-saturday/](http://www.workhousearts.org/events/category/second-saturday/).

**Movie Night: Rio.** Dusk. Liberty Lorton, the former prison turned new development, is hosting a series of events that includes barnyard yoga, outdoor movie nights, and the second annual Turkey Trot. Events are open to residents and non-residents of Liberty. Visit [thelibertylife.com](http://thelibertylife.com) for more.

## SUNDAY/JUNE 9

**T-TRAK Scale Model Train Show.** 1-4 p.m. at The Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Northern Virginia T-TRAK members will hold an N gauge Model Train Display. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit [www.fairfax-station.org](http://www.fairfax-station.org) or call 703-425-9225.

**Films in the Park: Spider Man: Into the Spider-Verse (2018).** 7 p.m. at Strawberry Park in Mosaic, Fairfax. Mosaic's summer movie lineup has something for the whole family. Grab a blanket, friends and family and watch favorite films underneath the stars. Visit [mosaicdistrict.com/events/event/films-in-the-park-2/](http://mosaicdistrict.com/events/event/films-in-the-park-2/).

## WEDNESDAY/JUNE 12

**Sip and Swing.** 5-8 p.m. at Laurel Hill Golf Club, 8701 Laurel Crest Drive, Lorton. Enjoy a round on Virginia's newest golf course. Price includes range balls, golf cart and nine holes of golf and a glass of wine. This event welcomes the first 12 people who RSVP. Come solo or bring a friend. Payment will be made upon arrival at the event venue. Check in at to pro shop at least 15

minutes prior to the start time. Member, \$32; |non-members, \$42. RSVP to Roberta Korzen at [roberta.korzen@fairfaxcounty.gov](mailto:roberta.korzen@fairfaxcounty.gov) or 703-324-8782.

## FRIDAY/JUNE 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](http://www.fairfaxvfd.com) or call 703-273-3638 for more. <c

## SATURDAY/JUNE 15

**39th Annual Spring Civil War Mosby Bus Tour.** The bus will leave Truro Parish, 10520 Main St., Fairfax City, promptly at 8:30 a.m. (return 5:30 p.m.) The tour will stop at Mount Zion Church, Aldie Mill, the Hathaway House (where Mosby climbed out on a limb), Old Whitewood and more. \$65 members of the Stuart-Mosby Historical Society; \$75 for non-members. To sign up contact Don Hakenson at 703-971-4984 or email [dhakenson@verizon.net](mailto:dhakenson@verizon.net).

**Declaration Day.** 11 a.m.-4 p.m. at George Mason's Gunston Hall, 10709 Gunston Road, Lorton. Join Gunston Hall in celebrating the anniversary of the Virginia Declaration of Rights, written by George Mason. This family-oriented program kicks off with a naturalization ceremony, followed by a variety of activities for all ages, a museum theater performance, and visits to Gunsont Hall's brand-new exhibit: Revolutionary Rights. Complimentary. Call 703-550-9220 or visit [www.gunstonhall.org](http://www.gunstonhall.org).

**Summer Saturdays.** 11 a.m.-4 p.m. at Gunston Hall, 10709 Gunston Road, Lorton. Join Gunston Hall for a summer of fun. Each Saturday in June, July, and August, stop by for a historic adventure on the grounds and in the Visitor Center. Included with regular admission. Call 703-550-9220 or visit [www.gunstonhall.org/visit/guide/upcoming-events](http://www.gunstonhall.org/visit/guide/upcoming-events).

## SATURDAY-SUNDAY/JUNE 15-16

**Father's Day Park Programs.** This Father's Day weekend spend time with fathers and grandfathers in a program just for them at a county park.

- ❖ **Golf Tournament.** Saturday, 8 a.m.-noon at Burke Lake Golf Course. Kick off the weekend with the "Father's Day Golf Tournament." Two-player teams compete in an 18-hole scramble format in three divisions: Father/Jr. 7-12; Father/Jr. 13-17; Father/Adult partner with closest-to-the-pin contests and prizes for the top three places in all three divisions. \$75 per team includes lunch. Call 703-323-1641 or visit [www.fairfaxcounty.gov/parks/golf/burke-lake](http://www.fairfaxcounty.gov/parks/golf/burke-lake).
- ❖ **Wood Carving.** Sunday, noon-4 p.m. at Colvin Run Mill. Celebrate by treating Dad to a free wood carving lesson with the Northern Virginia Carvers. There is a nominal charge for wood blanks. While visiting the mill, take a tour. Dads and granddads tour for free on Father's Day when accompanied by a paying child. Call 703-759-2771 or visit [www.fairfaxcounty.gov/parks/colvin-run-mill](http://www.fairfaxcounty.gov/parks/colvin-run-mill).
- ❖ **"Animal Dads."** Sunday, 1-1:45 at Hidden Oaks Nature Center, Annandale. Children age 2-6 can pretend to be a penguin, wolf and beaver dad as they learn about these doting fathers. Participants will meet live animals and make a craft for their favorite father/grandfather. The program at Hidden Oaks Nature Center runs from 1 to 1:45 p.m. \$8 per child. Children must be accompanied by an adult. Call 703-941-1065 or visit [www.fairfaxcounty.gov/parks/hidden-oaks](http://www.fairfaxcounty.gov/parks/hidden-oaks).
- ❖ **Family Fishing.** Sunday, 2-3:30 p.m. and 4:30-6 p.m. at Riverbend Park, Great Falls. If Dad likes to fish, register for the "Father's Day Family Fishing" program at Riverbend Park. Supplies and equipment will be provided, or bring a rod and reel. Pick up some fishing tips. All fish caught will be released. Designed for participants age 4-adult. \$12 per person. Call 703-759-9018 or visit [www.fairfaxcounty.gov/parks/riverbend](http://www.fairfaxcounty.gov/parks/riverbend).
- ❖ **Father's Day Campfire.** Sunday, 6-7 p.m. at Ellanor C. Lawrence Park, Chantilly. Wrap up the day with the "Father's Day Campfire." Learn about some of nature's best fathers, take a hike near a stream and eat s'mores. Of course, moms are invited, too. \$8 per person. Children must be accompanied by a registered adult. Call 703-631-0013 or visit [www.fairfaxcounty.gov/](http://www.fairfaxcounty.gov/)



# Pancake Fundraisers a Success

PHOTOS BY BONNIE HOBBS/THE CONNECTION

FROM PAGE 4

eating pancakes, playing and having fun.

One of them was 4-year-old Lily Stewart. “We met Jay through her diagnosis of Wilms – kidney cancer – in 2017, so we’re very supportive of him and of Ellie’s Hats, since we benefited from them,” said Lily’s mom, Christina Stewart. “At the hospital, when she had her kidney removed, she picked out a hat. And when she was first diagnosed, she got an Ellie’s Hats care package with a shirt and gift cards.

“It was just like, you don’t feel alone,” explained Stewart. “You have your personal support system, but it’s nice to know these organizations are out there to provide pick-me-ups. Lily is now 15 months with no evidence of disease and is doing fine. She loves going to preschool and to the pool, coloring and drawing.”

Fairfax’s Jeannie Buhr was there with daughter Ava, 10. “We’ve been coming to the Ellie’s Hats Pancake Breakfast for four years now,” said Buhr. “We know Jay through Ellie, herself. Ellie was going through treatment the same time Ava was for acute lymphoblastic leukemia.”

Ava is now five years cancer free and is considered cured. “We’d see Ellie in the clinic and, besides the girls becoming friends, we also became friends with Ellie’s mom and dad,” said Buhr. “So we’re here today to support Ellie’s Hats; it’s a wonderful organization and a wonderful mission.”

Don and Sherry Presar, also of Fairfax, enjoyed the pancakes, hash browns, ham, sausage and coffee. “We’ve been here every year,” said Don. “Our grandson in Connecticut, Jack, is now 21; but when he was 15, he was diagnosed with Ewing’s sarcoma [bone cancer].”

“Jay sent him hats, and we’ve been supporters ever since,” said Sherry.

“Jack was treated at Sloan-Kettering [in New York], and we’re grateful to all the doctors there,” said Don. “We just pray for the researchers every day. New things are happening all the time, so our family motto is, ‘We don’t ever give up.’”

Melissa Akers was there with her twin boys, Tyler and Dylan, 4-1/2. Dylan is currently in treatment for acute lymphoblastic leukemia. “He was diagnosed in January 2017 at 25 months old, but he’s doing really well,” said Akers. “He’s in remission and has one year left in treatment. Because Tyler is an identical twin, he has a higher risk of developing it, so he has regular blood tests to monitor him – and lots of prayers.”

Akers used to work with Kristen Dallhoff, on the Ellie’s Hats Board of Directors, so she was familiar with the organization. “When we let our friends and families know about Dylan’s diagnosis through Facebook, Kristen saw it and contacted us,” she said.

Then, said Akers, “Jay visited us in the hospital, our first week, and brought hats, toys for both boys and gas gift cards – which were very helpful because we live about an hour from the hospital. It was one of our first connections with a group that helps



**The American Legion’s Radleigh Smith Jr. cooks some triple chocolate chip pancakes.**

children with cancer, so it made us feel really loved and seen.”

Also at the breakfast were Rachel and Daniel Smith with daughters, Lucia, 5-1/2, and Dani, 3. They came to support Ellie’s Hats because of how the organization supported them last year, after Lucia was diagnosed, Jan. 1, 2018, with acute promyelocytic leukemia.

“It’s a subset of AML [acute myeloid leukemia], but very rare in children,” explained Daniel. “There are some 2,500 cases a year in adults, but only about 50 a year in children. Lucia had fevers and bruising on her legs, so a friend who’s a doctor told us to take her for a blood test. We did, and our pediatrician said to take her to the Inova Fairfax Children’s Hospital ER, and she was diagnosed there.

“We were terrified, surprised and scared – and kind of in shock,” he continued. “She’d never been sick; it came out of nowhere. Lucia was in treatment until October 2018, when she went into remission. She had daily chemo, every other month, so it was pretty intense. But she was in good spirits because she was so young, so it became normal for her. She became friends with the nurses and played games with them.”

And although Lucia still has to undergo quarterly, bone-marrow biopsies and monthly blood tests, she can enjoy her life more now. She likes to swim and play tennis and is taking tae kwon do and learning how to cook. But Ellie’s Hats still means a great deal to her parents.

“When we were in the hospital, we got

some of Ellie’s Hats there,” said Daniel. “And later on, we got information about it and they sent a care package to us with hats and toys for the kids. Then we found out about their fundraising car show at Casey’s Automotive in Chantilly and went to it last year and this year. And this is our second time at the pancake breakfast.”

“It was great,” added Rachel. “We brought some friends with us. We love the breakfast and raffles, and the kids love the balloons, Star Wars characters and Anna and Elsa [from the movie, ‘Frozen’]. And, one time, Jay was telling the FCPS School Board about Ellie’s Hats, and both Ellie and Lucia were there with him to help represent Ellie’s Hats and childhood cancer.”

“It’s amazing having this organization and seeing all the families come together in support of us and families like us,” said Daniel. “It’s nice to know you’re not alone. And in November 2018, we were one of the first groups of families to receive a check from Ellie’s Hats from its corporate sponsors. We were surprised, but it meant a lot. We used it for medical expenses.”

**DURING THE BREAKFAST**, children were able to make silkscreened chalkboards and clay-hat ornaments in an arts-and-crafts room, as well as have their faces painted and get fanciful, balloon animals like the huge, black spider sported by Paul Dooley, 5. His dad, Paul Dooley Sr., is one of Coakley’s former students and a member of the Widows Sons Masonic Riders Assn.

“We gave Jay a check for \$600 that we



**Dressed as X-Wing pilots, Carly Kennedy and Damon Degner pose with Star Wars character R2D2 outside the American Legion building.**

raised last week at a charity breakfast before Rolling Thunder,” said Dooley. “So we came to the pancake breakfast to support Ellie’s Hats and present the check. And the Haymarket Charitable Foundation of the Haymarket Masonic Lodge also donated \$2,000, so we gave him two checks.”

“Ellie’s Hats is fantastic because it supports kids,” he continued. “Having a child with cancer is horrible – no kid deserves that. And if this organization can bring a smile to a kid’s face just by bringing them a hat, then it’s just a great thing.”

Dooley’s wife Maggie also stressed that “The National Cancer Institute designates only 4 percent of its funding to childhood-cancer research. So Ellie’s Hats is another way to help raise awareness – because we need more than four.”

During the breakfast, Ellie’s Hats board member Brian Drummond thanked American Legion Post 177 for donating its hall for the event and its members for arriving before 6:30 a.m. to prepare the food. And to the crowd, he said, “Thanks for being here; it’s a great cause.”

Coakley also praised the volunteers from Allstate and Volunteer Fairfax who helped make the event a success, and even the balloon-animal maker, who donated his time. It raised \$14,000, including a \$10,000 donation from Allstate.

“It was fun; and this year, we had more things for the kids to do, plus lots of kids’ prizes in the raffle items,” he said. “The weather was perfect, the food was delicious and everything went well.”



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WEST VIRGINIA

**SPORTS**



PHOTO COURTESY OF CARRIE DORSEY

From left, bottom row: Earl Brewer, Wrestling, Merchant Marine Academy; Dillon Davenport, Lacrosse, Bethany College; Xavier Herring, Baseball, Mary Washington University; Kaitlyn Hoefling, Soccer, LaSalle University; Ally Johnson, Basketball, Randolph Macon College; Bryce Johnson, Baseball, Davis & Elkins College; Bobby Kestyn, Track, George Mason University; Connor Kirley, Football, Christopher Newport University. From left, back row, standing: Allie Lawson, Track, Mount St. Mary's University; Julia Moser, Swim, Iona College; Beky Myers, Soccer, Elon University; Eliza Radoll, Soccer, University of North Carolina Greensboro; Ben Robertson, Lacrosse, Wingate University; Krista Rodgers, Volleyball, Mary Washington University; Zahir Sayed, Track, Carnegie Mellon University; JT Thomas, Baseball, Frostburg State University; Francisco Vasquez, Wrestling, Bluefield College; Dylan Wilkinson, Baseball, University of Maryland Baltimore.

**Fairfax High Athletes Commit to Colleges**

Fairfax High students from nine different sports will play next year at the collegiate level, and the school celebrated its future college athletes at a May 21 ceremony. Attended by families, coaches and fellow teammates, the school bid farewell to its Class of 2019 and wished them good luck in their future endeavors. FHS Class of 2017 alum-

nus Adam Rice, now a collegiate soccer player, gave advice on balancing athletics and academics and reminded the students to make new friends in school. Director of Student Activities Nancy Melnick said, "From all of us at Fairfax High School, we wish you the best and tell you how incredibly proud of you we all are."

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# BULLETIN

FROM PAGE 9

Recpac@fairfaxcounty.gov.

**NARFE Fairfax 737 Luncheon Meeting.** 11:30 a.m.-1:30 p.m., at American Legion Post 177, 3939 Oak St., Fairfax. Meetings are held on the second Tuesday of each month from September through June, and opened to all active and retired Federal employees, spouses and guests. Register for luncheon (\$11) by Friday before meeting at 703-280-2356.

## FRIDAY/JUNE 14

**Application Deadline: Fire Academy.** The Fairfax County Fire and Rescue Department is now accepting applications for its Girls Fire and Rescue Academy summer camp, which will take place July 11-13, 2019. The Academy is open to female students who will be in grades 7-12 in the upcoming 2019-2020 school year. Participants must be a Fairfax County resident. Free. Visit [www.fairfaxcounty.gov/fire-ems](http://www.fairfaxcounty.gov/fire-ems).

## MONDAY/JUNE 17

**Voice-Over Class.** 7-9 p.m. at Woodson High School, 9525 Main St., Fairfax. Learn to do voice for commercials, films, videos, and more. 18 and older. \$79. Call 703-658-1201 or visit [bit.ly/2PZQ16N](http://bit.ly/2PZQ16N).

## SATURDAY/JULY 6

**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](http://www.dcpnsupport.org) for more.

## SATURDAY/JULY 27

**"Your Journey Through Grief."** 2-4 p.m. at Haven of Northern Virginia, 4606 Ravensworth Road, Annandale. Haven of Northern Virginia offers this free summer workshop. Registration requested. For information and registration, call 703-941-7000 or email [havenofnova@verizon.net](mailto:havenofnova@verizon.net).

## THROUGH SEPT. 8

**Metro Station Closures.** Through Sunday, Sept. 8, 2019, 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. Read more at [www.wmata.com/service/rail/PlatformProject/](http://www.wmata.com/service/rail/PlatformProject/).

## SUNDAY/DEC. 8

**Low Cost Rabies Vaccine Clinic.** Noon-2 p.m. at West Springfield Governmental Center, 6140 Rolling Road, Springfield. Cost is \$15 per pet, cash and check only. Dogs, cats, and ferrets may be vaccinated at the clinic. Dogs must be on leashes; cats and ferrets must be in carriers. All pets will receive a 1-year rabies vaccination. To obtain a 3-year vaccine, bring pet's rabies certificate (not tag) showing the current rabies vaccination expiration date. 2019 county dog licenses will be sold for an additional \$10 per license. Visit [www.fairfaxcounty.gov/animalshelter/communityassistance/rabiesclinics](http://www.fairfaxcounty.gov/animalshelter/communityassistance/rabiesclinics) for more.

## SUPPORT GROUPS

**Parent Support Partners,** a service of the Healthy Minds Fairfax initiative, are all parents who have received training and are qualified to offer education, support and assistance at no cost to families or caregivers. They provide reliable information that families can use in decision-making and are familiar with services and resources that can help families in distress. Visit [www.fairfaxcounty.gov/healthymindsfairfax](http://www.fairfaxcounty.gov/healthymindsfairfax) or [www.nami-northernvirginia.org/parent-peer-support.html](http://www.nami-northernvirginia.org/parent-peer-support.html). **Shepherd's Center of Fairfax-Burke** sponsors a monthly meeting on the 2nd Tuesday of each month, noon-1:30 p.m., for caregivers to learn and to share with others experiencing similar challenges. Before attending, contact the facilitator, Eileen Thompson at 703-451-8626 or [eileen.thompson1@gmail.com](mailto:eileen.thompson1@gmail.com).

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## From Weak To Week



By KENNETH B. LOURIE

For the next six weeks or so until mid-July when my bi-monthly CT scan reminder arrives in my inbox, I am on easy street/living the life of Riley. The email will confirm time and place when scans – and face-to-face appointments with my oncologist, are scheduled. Reminders which I really don't need.

I mean, my life is at stake here. What kind of moron ("Why? Are there more than one kind?" to quote Curly Howard of The Three Stooges.) forgets/neglects medical appointments related to one's life when death is looming?

And death for me has been looming since late February 2009. That's when an (now my) oncologist dropped the figurative hammer on Team Lourie after a nearly two-month pursuit to determine the truth for just us: "Non-small cell lung cancer, stage IV," with a "13-month-to-two-year" prognosis.

Talk about devastating news. To say we were all stunned does a disservice to the word "stunned."

To invoke Yoda from "Star Wars," speechless we were.

That was a long time ago, however, and much has occurred. The details of which are somewhere between being lost in the ether and lodged in my brain, generally retrievable should the need arise. A need which I often have when writing this column but one which doesn't manifest itself too much in my daily activities.

Yes, I have cancer, but I try not to make a big or central thing about it. To say, "It is what it is" isn't meant to trivialize the overwhelming nature of a "terminal diagnosis;" it's more an attempt to compartmentalize it somehow. (I just hope the compartment has an infinite amount of space. Otherwise, I fear I'll be in trouble fairly soon.)

But not for the next six weeks. For the next six weeks, I am on cruise control. I will be going about my regular business without too much emotional interference.

I wouldn't exactly say I'm on cruise-control/"-passenger" in a self-driving car, but I am able to function without consulting the manual.

This "honeymoon" is as good as it gets for a patient whose life is lived from one diagnostic scan to the next, not knowing, generally, if the you-know-what has hit the fan. It's the sword of Damocles on steroids.

But what else is new?

For a cancer patient? Not much.

This is the life, a life which for us fortunate few, we have to live, despite the initial words to the contrary spoken by our respective oncologists – who were consulting the manual: If patient "X" presents with such and such then his/her prognosis is so-so.

Just last week, my oncologist told me the average life expectancy "for lung cancer patients is one year." And even though I've lived an unexpected life – and met many others who likewise have lived beyond expectations, his assessment of my fellow lung cancer "diagnoses" was still horrifying. (Why not me? I think there's been a misspelling somewhere.)

Misspelling or not, I'll go on pretending life in the cancer lane, as bumpy and in as need of repair as any you can imagine – or have read about in this space, goes on without further adieu, so to speak.

My philosophy has been: "Until they tell me otherwise, and even if they do ... " I have tried, and hope I will continue to try, especially if the future news is not so good, to not become a victim of my own circumstances. And though I have occasionally received some discouraging news, I have tried not to give in to it.

"It's nothing until it's something and even if it's something, it's still could be nothing." That's how I roll.

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





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