

Fairfax Station CONNECTION Clifton & Lorton

Petra Gruendel, 9, of Clifton placed first in the 1-mile fun run of the Clifton Caboose Twilight Run with a time of 6:40. She is a third-grader at Oak View Elementary School.



Clifton Caboose Twilight Race

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RYAN McELVEEN

★ FOR FAIRFAX COUNTY CHAIRMAN ★

VOTE JUNE 11

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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:

- Competitive teacher compensation.
- More inclusive policies.
- Gun violence prevention.
- Human trafficking prevention.
- Curriculum internationalization.
- Fresher, healthier food offerings.
- Improved college and career access.
- Student mental health and discipline reform.
- Responsible, transparent budgets and auditing.
- Improved public engagement and legislative advocacy.



Learn more at

WWW.MCELVEENFORCHAIRMAN.COM

Paid for and authorized by Friends of Ryan McElveen

Chairman Candidates Debate Heats Up

McLean Chamber hosts Democratic candidates' forum for Board of Supervisors Chair; vote June 11.

BY ANDREA WORKER
THE CONNECTION

Three of the four Democratic candidates seeking the top elected spot in Fairfax County met once again on May 30 at a forum hosted by the Greater McLean Chamber of Commerce at the Alden Theatre in McLean Community Center. Current Lee District Supervisor Jeff McKay, Fairfax County School Board at-large member Ryan McElveen, and Georgetown law professor Alicia Plerhoples took to the stage to express views and solutions to county-wide issues. WUSA – Channel 9's Peggy Fox served as moderator, posing questions composed by the Chamber, as well as those submitted by audience members.

The fourth Democratic challenger for Board Chair, Reston-based developer Tim Chapman, sent his regrets due to family circumstances. It was possibly Chapman's absence that kept the temperature at a simmer rather than a full-on boil such as was reached when all four met recently in a debate hosted by the Fairfax Democrats, the Democratic Business Council and the Northern Virginia Labor Federation. At that event, Chapman and McKay traded verbal punches on issues of leadership and ethics when moderator Julie Carey, NBC4 News Northern Virginia Bureau Chief, brought up an ethics complaint against McKay, alleging that the Supervisor received a discount on a home he had purchased from a developer who had business before the Fairfax County Board of Supervisors.

McKay has vehemently denied the charge, and reiterated his denial at the earlier debate, but Chapman continued to press that hot button, insisting the allegations were "very troubling."

McKay returned fire, accusing Chapman of engaging in a smear campaign with false allegations, replying that to "try and smear me because you are not winning a campaign is a Trump maneuver."

THE ALLEGED VIOLATION wasn't raised at the McLean event that focused heavily on economic and related issues that face the county. The candidates maintained a civil demeanor toward each other, though there were still some politely heated moments.

While McElveen and McKay generally used their response times to expand on each topic (with McKay providing some historical context from his perspective as a current Board member) and offer their recommendations for improvements, Plerhoples frequently included criticisms of the Board's record on many of the issues.

"Once again, we need to play catch up [to other jurisdictions like] Arlington and



PHOTO BY ANDREA WORKER/THE CONNECTION

The Greater McLean Chamber of Commerce hosted the democratic candidates for Chair of the Fairfax County Board of Supervisors in a debate at the McLean Community Center's Alden Theatre. From left: Moderator Peggy Fox from WUSA-Channel 9, candidates Ryan McElveen, currently an at-large member of the Fairfax County School Board; Lee District Supervisor Jeff McKay; Georgetown law professor Alicia Plerhoples, and McLean Chamber of Commerce president Paul Kohlenberger.

D.C. on the issue of affordable housing in our area," Plerhoples said. Plerhoples accused the current Board of over-focusing on workforce housing as opposed to more affordable housing. "We need more, for all [sectors] and need more focus on preservation of existing affordable housing."

While not specifically backing this criticism, McElveen agreed that "some progress had been made," but more could be done. He favors upping the tax percentage of funds set aside for affordable housing to 2 cents per dollar of assessed property value to ward off a "greater crisis coming" and take the strain off all those affected, including younger and older county residents.

When the topic of funding for parks and public libraries was raised, Plerhoples hit back at McKay's response. McKay praised both parks and public library departments for their ability to run effective, much needed organizations on less than 1 percent of the county's entire budget, referencing that number as one way the county had fought those who sought to take funds from parks and libraries to cover other financial shortfalls or fund other priorities. McKay reminded the audience of harder times of the recent past when line items for such services often came under attack.

To this rationale, Plerhoples, who said that those public places "probably got me into Harvard" and who personally experienced housing instability during her youth, replied "if these services are so important, why do they only receive 1 percent of the budget?"

Responding to an audience question of revitalization of some more neglected areas of the county like Bailey's Crossroads, Plerhoples again took exception to McKay's answer.

McKay made the case for "balanced" redevelopment bringing "economic engines to all parts of the county." Giving examples of the work done to bring Springfield Mall and surroundings back to life, and the work being done on the Route One Corridor, McKay said that "sometimes rules had to be broken."

"We don't need to break some rules," shot back Plerhoples. "Actually we want the exact opposite in our Supervisors," she declared.

Before answering the next question concerning support of women and minority businesses as contractors to the county, McKay took the opportunity to make clear any misunderstanding of his previous reply.

Part of the "hard decision-making" of the Board's job, says McKay, is finding ways to make "squares fit in a round hole." The success of the Springfield revitalization required just that type of creativity.

"That's leadership," stated McKay.

SCHOOL BOARD MEMBER McElveen also "corrected" his opponent in a follow-up after a discussion on workforce development, taking exception when Plerhoples spoke about creating internships or other paths for area high schoolers to prepare for the jobs of the future.

McElveen pointed out that Fairfax County Public Schools already does just that, and has expanded their efforts recently by adding stipends for certain IT and related training opportunities.

"Students have a chance to learn and get paid – school-sponsored internships," he said. McElveen also mentioned other areas and partnerships that gave local students more preparation for success after high school graduation.

When Plerhoples cited that Fairfax County was on the verge of becoming a minority-majority jurisdiction and that more emphasis needed to be placed on inclusion of minorities in the governmental conversation, McElveen responded that the school system had already reached that demographic status. FCPS has a school population of more than 187,000 students; 40.7 percent of FCPS students are White, 27.4 percent are Hispanic, 20.8 percent are Asian, 10.6 percent are Black, 5.5 percent are two or more races.

The assurance of diversity and equity "and the reflection of our residents in our school staff" is already in practice, according to McElveen, and is, in fact, incorporated in the system's Strategic Plan.

McElveen also said that he is "the only candidate on this stage to have been part of developing a strategic plan tied to a budget."

There was plenty of agreement by all three on a number of issues and in declaring support for various efforts, actions and agencies, even while they differed in what to do next to protect or improve them.

The "One Fairfax" equity policy is celebrated by all the candidates. McKay called it "one of the most important, if not the most important thing I have done on the Board," referring to his role in authoring the policy. McElveen appreciates it as a "framework" from which to continue to enhance the "equity lens" by which the county's work is done. Plerhoples also applauded the adoption of the policy, but questioned how it could be effective with only one person, Chief Equity Officer Karla Bruce, charged with its implementation and enforcement.

"She needs a team and a direct line to the Chairman" for success, said Plerhoples, "and by-in from the community." She sees herself as "uniquely qualified" to build that

SEE BOARD CHAIR, PAGE 7

Indoor Ski Slope on Lorton Landfill?

Fairfax County's I-95 landfill in Lorton may become home to the longest indoor ski slope in North America and one of the longest in the world.

Alpine-X submitted a public-private partnership proposal to the county to build a 450,000-square-foot snow sports facility with an expected 1,700-foot ski slope. The facility's summit would reach an altitude of about 280 feet.

With this proposal in hand, the county will begin a formal procurement process to evaluate it, including seeking competing bids for the site.

"When Alpine-X approached me nearly two years ago through my work with the Sports Tourism Task Force with an innovative way to utilize the elevation of the county-owned landfill in Lorton, I was eager to help," said Springfield District Supervisor Pat Herrity. "The fiscal, sports and community benefits of this opportunity are numerous, including new jobs, exciting new snow sports opportunities, the potential for high school ski teams, new hotel and restaurant amenities for the South County area, premier national competitions and financial benefits to our taxpayers from the lease, sales tax and hotel tax revenue



PHOTO CONTRIBUTED

Fairfax County's I-95 landfill in Lorton may become home to the longest indoor ski slope in North America and one of the longest in the world.

fill was its top choice, according to the proposal.

CALLED FAIRFAX PEAK, the proposed snow sports complex may include:

- ❖ Multiple ski slopes at approximately a 20-degree angle, including a slope compliant with the Fédération Internationale de Ski's standards ensuring it can be used for competitions.
- ❖ A specially designed area for skiing and snowboarding with a variety of ramps, jumps, rails, boxes and other features, capable for use in national snowboarding and

freestyle skiing competitions.

- ❖ A bunny slope for beginners, snow tubing run and area for skiers and snowboarders to perform tricks.
- ❖ Restaurants, ski shop and sky bar and terrace at the summit.

- ❖ A 100-plus room luxury hotel at the base of the indoor snow facility.
- ❖ A gravity-powered, mountain coaster that will slide from the summit to Occoquan Regional Park.

- ❖ A gondola to ferry riders from Occoquan Regional Park and the facility's base to the summit.

The proposal also envisions other amenities that could be added in the future, including a water park, a "gravity ropes course" and passive recreation areas. SnowWorld has signed a confidential agreement with the Northern Virginia Regional Park Authority to possibly operate or own some of these facilities.

"When Alpine-X came to me in 2016 with a proposal to build an indoor ski facility in Lorton, I knew this could be a great opportunity for the county and the region," said Mount Vernon District Supervisor Dan Storck. "I encouraged the Alpine-X team and county leadership to work together with our office to

determine the viability of this project and the possibility of repurposing a closed landfill."

The complex would contribute to Laurel Hill's development as a regional recreation hub and arts destination. The facility would complement the existing equestrian center, Laurel Hill Golf Course and Workhouse Arts Center.

"The efforts we are leading with the Lorton 2040 Visioning and revitalization of Richmond Highway, combined with entre-

SEE SKI SLOPE, PAGE 9

Supervisor Storck Receives 2019 Sustainability Champion Award

On Sunday, June 2, Faith Alliance for Climate Solutions (FACS) recognized recipients of its second annual Sustainability Champions Award. Winners were chosen in three categories: Group, Congregation and Elected Official. FACS presented awards to the following climate leaders in Northern Virginia.

Group: Solar on the Schools
Congregation: Unity of Fairfax
Elected Official: Dan Storck, Fairfax County Board of Supervisors, Mount Vernon District

The Group award recognizes the efforts and contributions of a group to advocate, lead projects, spread awareness and be a steward of the environment.

Solar on the Schools is a student led group that grew out of committed students in Fairfax County. The original students attended James Madison High School and began organizing in 2015, which later expanded to include students from other high schools in the county. These students advocated for clean energy in the school system, educating the Fairfax County School Board on the health, economic, and environmental benefits of renewable energy. After three years, the Fairfax County Public School system committed to installing solar on three schools in 2019. Subsequently, following continued lobbying efforts, the Superintendent of FCPS committed to



PHOTO CONTRIBUTED

Eric Goplerud, Faith Alliance for Climate Solutions Chairperson; Supervisor Dan Storck; Barbara Bacon, FACS Member and Mount Vernon District Resident.

seeking review of more than 150 schools in the county's Request for Proposals for a Solar Power Purchase RFP, expected in late May or early June.

The Congregation award recognizes the collective efforts and contributions of a congregation to advocate, host events, spread awareness, and be stewards of the environment.

Unity of Fairfax established an EarthCare

Ministry in 2009 and was a founding congregation of Faith Alliance for Climate Solutions. The EarthCare Ministry serves as an example to congregations across Fairfax County through its robust Adopt-A-Street program, weekly farmers market, planting of native plants and trees on the church property, and implementation of energy efficient LED lighting in church buildings and

parking lots. Additionally, members have testified to the Fairfax County Board of Supervisors about climate change monitoring and mitigation. Unity of Fairfax has been a vocal congregation in the climate crisis.

The local public sector employee award recognizes the efforts of a public sector employee that is a champion of sustainability efforts in their community.

Dan Storck represents the Mount Vernon District on the Fairfax County Board of Supervisors. He is a consistent advocate for the environment and prioritizing local action on climate change as a matter of urgency in Fairfax County. Storck hosted his first Environment Expo in November 2018, where over 100 attendees explored how everyone can help save our planet, with the theme "Saving the Earth One Person at a Time." He also formed an Environmental Advisory Committee for the Mount Vernon District, comprising subject matter experts related to climate and the environment. Storck was a co-sponsor of the Fairfax Green Initiatives, which identified a series of practical actions to move the county forward in taking action on climate change, and initiated a County-wide refocus on natural landscaping practices on County properties. His efforts have already had a significant impact on the future of Fairfax County to create a sustainable, livable and equitable community.

BULLETIN BOARD

Submit civic/community announcements at 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.

- ❖ Fine Arts & Crafts Camp (8 years & up)
 - ❖ Drawing Camp (8 years & up)
 - ❖ Drawing Plus Color & Craft Fun Camp (5-8 year olds)
 - ❖ Art Boot Camp for teens/adults
- Call instructor at 703-250-6930 or visit 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.

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.

SEE BULLETIN, PAGE 15



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Lessons from the Greatest Generation

Reflections on the 75th Anniversary of D-Day.

BY SUPERVISOR JOHN C. COOK
BRADDOCK DISTRICT

Thousands 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 75th 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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Board Chair Debate Heats Up

FROM PAGE 3

buy-in as a person who has “experienced many of the hardships faced by our residents.”

FINDING NEW REVENUE sources for funding the county’s growing needs also produced general agreement - with divergent solutions.

McKay opposes increasing Business, Professional and Occupational (BPOL) taxes. “We’ve seen that backfire elsewhere” and doesn’t think that further “taxing of our small businesses” is the answer. He vowed to keep fighting and working with his General Assembly allies to gain for Fairfax County the same taxing flexibility that Fairfax City and our region’s towns have. The Supervisor cannot see the reasoning behind a city of some 25,000 inhabitants having greater authority over its taxing methods than the county of more than 1.1 million. “It’s ridiculous.”

Plerhoples looks at expanding the commercial tax base with more businesses, while McElveen simply stated that if more reason-



PHOTO BY ANDREA WORKER/THE CONNECTION

Ryan McElveen, Jeff McKay and Alicia Plerhoples prepare to answer questions from hosts, the Greater McLean Chamber of Commerce and the audience, at the May 30 debate. Candidate Tim Chapman was unable to attend.

able means to gain more autonomy from the State’s rule did not meet with success, “I will sue the State.”

Speaking on a topic of particular interest to the audience – overcrowding at area schools — all agreed that the School Board needed to step up and address the boundary issues that have McLean High School overburdened by its student population, while Langley High School has untapped capacity.

Even School Board member McElveen agreed with this, pointing out that only he and Jane Strauss, the Dranesville District

representative on the School Board had championed the issue within the School Board’s members.

Plerhoples led the candidates’ closing statement segment, saying again that other municipalities are passing Fairfax County by and that residents are often “asked to settle for less” from their elected officials. She offered statistics that indicate 30,000 more Fairfax County residents have fallen into poverty since 2004 and that “50 percent of students [graduating] in the Lee and Mount Vernon school areas are not college-ready” yet “no one on this Board, includ-

ing Jeff, have called for expanded Pre-K. This is not the type of results we should be rewarding with a promotion.”

“That’s just not true,” responded McKay in his closing. “I have seen hundreds of slots and millions of dollars added to Pre-K, particularly thorough the One Fairfax initiative.”

McKay said his record includes adding affordable housing units in Lee District, One Fairfax, support of Diversion First, land use adjustments to bring better infrastructure to underserved areas, and more.

“It’s easy to sit up here and complain. I’m here to tell you I am very proud of this county. We are nationwide leaders in a number of statistical areas. We are still a place where people want to come to live the American Dream ... that doesn’t happen by accident. It happens because you elect the right people.”

McKay said he is the one who has served the county “full time, everyday, for the last 11 years.” Acknowledging there are challenges, he says he believes in the potential of the county and feels

his experience and the relationships he has built are core components of his ability to “take us to the next level.”

McElveen is “the only one who has been a countywide elected official,” and he feels that helps him best understand the needs of all of the county’s populace.

He also elicited some laughter from the audience when he acknowledged that he was *not* endorsed by the Washington Post (which has endorsed McKay in the Chairman’s race).

“It was a full half sentence that said Ryan McElveen is a school board member who antagonizes supervisors. I would be happy to have that etched on my tombstone,” although he says he would make one correction.

“I haven’t antagonized people, I have stood up to them, and that’s what we need in our leaders. Someone who stands up for the needs of the people in our community.” Asking for the public’s vote, McElveen promised that all in the community would have the opportunity to access the American Dream.

The primary is June 11.

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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.”



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NEWS



PHOTO COURTESY OF THE FAIRFAX STATION RAILROAD MUSEUM

Kyle Agolia (in sunglasses), members of Troop 111 and Museum volunteers stand by their completed project.

Eagle Scout Project at the Fairfax Station Railroad Museum

Kyle Agolia of Troop 111 completed a 150-foot path through the grounds of the Fairfax Station Railroad Museum to earn his Eagle Scout award. The section was the final stage of a multi-year effort by several Eagle Scout candidates dating to 2015. It will allow visitors, volunteers and area residents to walk safely on a stone path from one end of the Museum's property to the other. The Station is located at 11200

Fairfax Station Road in Fairfax Station. The path also connects the Museum and Homeward Trails Animal Rescue which was once the general store and Fairfax Station post office operated by the Museum's founder, Lena Wyckoff.

Station volunteers helped with the construction. Thanks go to Ace Tool Rentals in Falls Church, Home Depot Store #4608 and Vulcan Materials for their support and donations to the project.

Ski Slope

FROM PAGE 4

preneurial partners like Alpine-X, will culminate in Lorton becoming a 21st century destination for sports, arts, entertainment and skilled fun," Storck said.

As a public-private partnership, the county would lease its land to Alpine-X, and the company would build, own and operate its facility. This lease would be negotiated separately if the proposal is ultimately accepted.

County leaders say that Fairfax Peak could produce significant economic and recreational benefits.

Before Alpine-X submitted its proposal, Visit Fairfax estimated the project's economic impact as part of the county's Sports Tourism report. They projected that the complex could draw as many as 400,000 visitors per year, generating sales, hotel and property taxes for the county.

The firm included a confidential market analysis as part of its proposal, and it also intends to commission an additional, third-party, economic study for its entire proposed development.

Fairfax Peak would allow local schools to add ski teams. Alpine-X proposes making its facility available to law enforcement and mili-

tary for cold-weather and snow training.

THE PROJECT would be environmentally sustainable as well. Fairfax Peak plans to incorporate green and energy efficient technologies in its buildings. For example, the company says it will collaborate with Covanta's private waste-to-energy plant to capture and re-use steam; reuse gray water and use solar energy. The facility also will open its doors to local colleges and universities that wish to test new environmental technologies.

County officials say they will evaluate the proposal to determine if there are any impacts to future solar projects at the I-95 landfill complex. There is an ongoing study to look at the relationship between the two projects.

If Alpine-X's proposal is accepted, the company projects that it could complete the project's first phase in 36 to 48 months.

The project will be contingent on the company successfully achieving any required land use entitlements to allow for the proposed uses. This process includes opportunities for community input, including public hearings and ultimately the Board of Supervisors' approval.

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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

The 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.

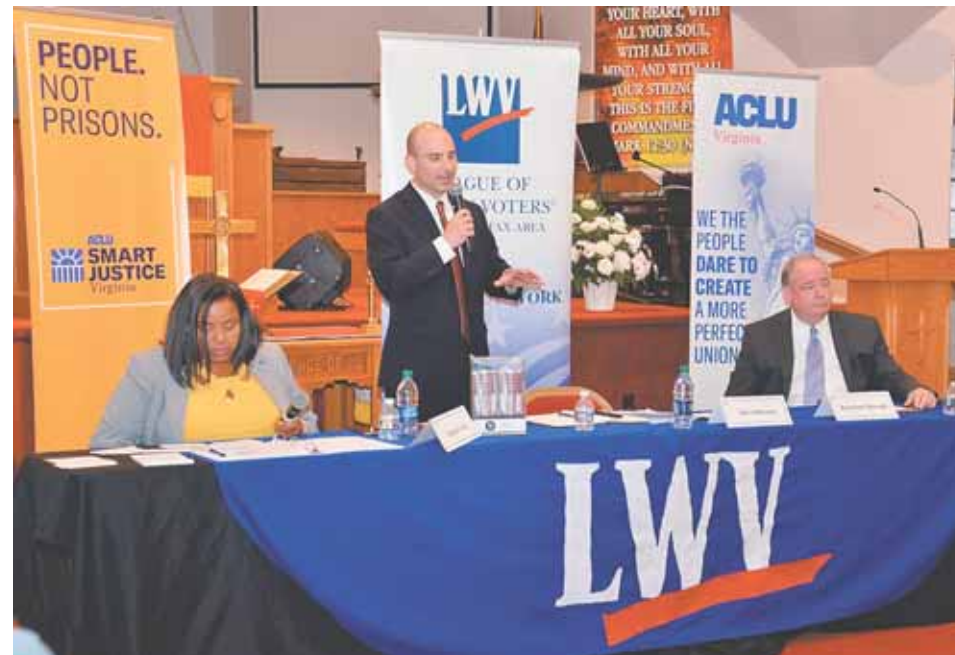
"It shows that our programs are working," said Morrogh, "especially our efforts to break the school-to-prison pipeline that adversely affects many, but mostly minority youth."

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. Murrough 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/. 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 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/ or 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.

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.

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.

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 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 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 or email 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.

FRIDAY/JUNE 7

Grand Opening: Stemtree. 6 p.m. at Stemtree Education Center, 11226A Waples Mill Road, Fairfax. Stemtree 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 Stemtree differs from traditional STEM centers. Light refreshments will be served. Visit www.stemtree.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 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.

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.

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.

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 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/.

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 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 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/.

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 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 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.

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.

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.

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.
- ❖ **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.
- ❖ **"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.
- ❖ **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.
- ❖ **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/



The starting line of the 1-mile fun run at the Clifton Caboose Twilight Run.



The Reston Runners provided the finish-line services and race results.

Clifton Caboose Twilight Race

Between \$5,000-\$6,000 raised for Clifton Betterment Association.

Call it a Clifton tradition. About 300 runners participated in the 22nd Annual Clifton Caboose Twilight 5K and 1-Mile Fun Run/Walk held Saturday June 1, 2019. The money raised, between \$5,000-\$6,000, goes to the Clifton Betterment Association, which managed the race.

The first-place winner of the 5K run was Gavin Camby, 20, of Fairfax Station, with a time of 17.15. Ellen Brosh, 35, of Fredericksburg was the first-place female runner with a time of 21.06. And Petra Gruendel, 9, of Clifton placed first in the 1-mile fun run with a time of 6:40.

According to Gary Anderson, Race Organizer: "It really does bring the community together. Every year there are countless

people who know exactly what they need to do and it all comes together and we see a lot of the same people here every year – kids who grew up doing the one-mile, now they're doing the 5K. It's a great event. We hope to keep doing it for a long time."

Added Michelle Stein, President of the Clifton Betterment Association: "This is an amazing tradition in Clifton; it's especially wonderful to see the small kids run. We had three 4-year-olds running this year, which is an amazing thing. I love the fact that the kids get involved in this so early and they run for many, many years."

To see the complete list of runners and their times, visit www.RestonRunners.org.

— STEVE HIBBARD



The starting line of the Clifton Caboose Twilight 5K Run held Saturday, June 1, 2019, in Clifton.

PHOTOS BY
STEVE HIBBARD/
CONNECTION



Michael Toobin of Burke with his son Adam, 36, who participated in the race.



Ellen Brosh, 35, of Fredericksburg was the first-place female runner in the Clifton Caboose Twilight 5K Run held Saturday, June 1, 2019, in Clifton. Her time was 21.06.



Petra Gruendel, 9, of Clifton, placed first in the 1-mile fun run of the Clifton Caboose Twilight Run with a time of 6:40. She is a third-grader at Oak View Elementary.



Gavin Camby, 20, of Fairfax Station was the first-place male winner in the Clifton Caboose Twilight 5K Run held Saturday, June 1, 2019, in Clifton. His time was 17.15.

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WEST VIRGINIA

NEWS



PHOTO CONTRIBUTED

The summer session kicks off in June at the Capitol Building in Washington, D.C., with an overview of women in elected office.

**'Young Women Leadership Program'
Now Accepting Applications**

The Summer 2019 session of the "Young Women's Leadership Program," founded and led by former Virginia Congresswoman Barbara Comstock, is accepting applications from middle and high school girls. There is no charge to participate.

Nearly 2,000 young women from across the country have participated in the six-year-old, non-partisan program that introduces them to women in leadership positions in government, technology, philanthropy, business, and other fields.^{oo}

The application deadline is June 18, 2019. Applications may be made at <https://comstockleadership.gmu.edu/apply-now/>

This is the first year the "Young Women Leadership Program" has been hosted at the Schar School of Policy and Government at George Mason University. Comstock, who represented Virginia's 10th District for two terms, created the program when she was a member of the Virginia House of Delegates as a way to give young women opportunities to meet women in established leadership positions. "If you can see it, you can be it," Comstock said of the idea behind the program.

"The Schar School is proud to now host this suc-

cessful program that inspires young women to become future leaders in the Commonwealth and the nation," said Schar School Dean Mark J. Rozell.

"This non-partisan, career-oriented program is designed to teach young women about leadership and the wide range of careers they may pursue in government or the private sector," said Comstock.^{oo} "I am thrilled that we can continue this program that we started six years ago and continue to inspire the next generation of female leaders to bring their intelligence, drive, and solutions to their chosen professions."

Comstock said the summer session kicks off in June at the Capitol Building in Washington, D.C., with an overview of women in elected office. Throughout the summer, the participants will have opportunities to participate in six to eight seminars that will introduce them to women leaders in a variety of careers in the public and private sectors.

For more information about the program, see the website at comstockleadership.gmu.edu.^{ooo}

For those interested in donating to this non-profit program, see the website at: comstockleadership.gmu.edu/donate.^o

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BULLETIN

FROM PAGE 5

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, to register or contact Lindsey Vajpeyi at 703-204-4664 or 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.

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 or email 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.

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.

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 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.

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/.

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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.

For the past 10 years plus, I've rolled along managing the "slings and arrows" of my outrageous misfortune: a life-long non-smoker with no immediate family history of cancer diagnosed with an incurable form of lung cancer.

Lucky me. You bet I am.

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



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