

Springfield CONNECTION

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WELLBEING

PAGE 8

Space X from Kings
Glen Elementary
School comes in
a close third or
fourth in annual
Springfield Regatta.

Springfield Regatta Is a Hit at Accotink

NEWS, PAGE 13

From 'Pete the Cat'
To Social Justice

NEWS, PAGE 3

Antioch Baptist Awards
Educational Grants

NEWS, PAGE 10



RYAN McELVEEN

★ FOR FAIRFAX COUNTY CHAIRMAN ★

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- 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

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From 'Pete the Cat' to Social Justice

Speakers urge West Springfield Graduates to draw lessons from history.

BY ABBY SACKS
THE CONNECTION

The West Springfield High School commencement ceremony, which was held Tuesday, June 4 at the EagleBank Arena, had an unorthodox approach to addressing graduates.

Instead of delivering the typical Principal's address, West Springfield Principal Mike Mukai opted to share his speaking time with the principals of the subsidiary elementary schools. Each principal, including Mukai, shared one quote from a famous scholar and another quote from the children's book "Pete the Cat" with a similar sentiment.

This string of speeches began with Keene Mill Elementary School Principal Renee Miller reminding students that they all excel in different areas and that comparing one person's form of success to another's is futile — for, as Einstein is quoted, "if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid." To accompany this quote, Miller chose the "Pete the Cat and the New Guy" excerpt: "being different is really very cool — there is something everyone can do."

Mukai closed these successive speeches by sharing his favorite quote from "Pete the Cat's Groovy Guide to Life." With conviction he told the graduates, "there are no failures, just lessons."

There was a theme of learning from past failures and mistakes, as the keynote speaker, social studies teacher Joanne Pendry, focused on the importance of social and personal history and their impacts on the students' futures. She urged the audience to use the United States's history as a "guidebook" and asked them to "understand the past to guide and instruct your future," she said.

PHOTOS BY ABBY SACKS/THE CONNECTION



Joanne Pendry delivers the keynote address.

She shared her own experience of graduating from high school, which she noted was exactly 30 years ago to the day, asking if anyone could relate to high stress levels and worrying about how she would get her cap to stay on her head while not disturbing her perfectly styled hair. But, as she was getting ready, she saw on television live footage of the Tiananmen Square Massacre. She remembered seeing "students on the other side of the world bravely helping each other to safety. [She] saw young people standing up definitely against an opposing force."

From this and other moments of activism from young people, Pendry "found inspiration in the power of students." She hoped her audience would, too. "I know what youth are capable of. And I see potential in each of you that can lead and inspire our world," she said.

Closing her speech, she asked the graduates to thank the people around them. "Show your gratitude to the adults who have helped shape you — Equally so, show your gratitude to your peers," she said. "You have become part of each others' history and have helped form each other into who [they] are."

Finally, she asked everyone to "be grateful of the history you've made together at West Springfield." And, in keeping with the theme of learning and moving forward, she said, "I implore each of you to go forward and make new history."

VIEWPOINTS

Graduates Look at Years Ahead

—ABBY SACKS

Parker Brown is "very, very excited for the years ahead." He plans to study political science at Howard Payne University in the fall. In five years, he sees himself attending law school at the University of Virginia. Going forward, he wants to "look at life" and not be "stuck in the moment."



"I feel older and excited to see the world," said Andy Tran, after graduating. He will be attending George Mason University next year to study computer science. His plans for after college include working at the Naval Research Lab.



Jessica Kirby will be going to the University of Mary Washington to major in journalism. She dreams of writing for the Richmond Times-Dispatch in five years. "I love so many things from high school, but I also know that I'm really ready to leave," she said.



Julien Berger is "super excited" to attend the University of Georgia in the fall to study music. His post-grad plans include "whatever I can do in music," he said. He is interested in teaching, composing and anything related to music.



Alex Marsden wants to study psychology or social work when she arrives at the College of Charleston in August. She plans to pursue either a PhD or Master's degree in a social science, possibly at the University of Virginia. Her future plans also include "trying to find the positive stuff in every day," she said.



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. 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.

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 9



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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.

Send to:

Letters to the Editor
The Connection
1606 King St.
Alexandria VA 22314

By email:
editors@connectionnewspapers.com

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**NEWS DEPARTMENT:
south@connectionnewspapers.com**

Kemal Kurspahic

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

Andrea Worker

Contributing Writer
aworker@connectionnewspapers.com

Jean Card

Production Editor
jcard@connectionnewspapers.com

ADVERTISING:

For advertising information
e-mail:

sales@connectionnewspapers.com
703-778-9431

Steve Hogan

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

Debbie Funk

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

David Griffin

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

**Classified & Employment
Advertising**

703-778-9431

Editor & Publisher

Mary Kimm
mkimm@connectionnewspapers.com
@MaryKimm

Executive Vice President

Jerry Vernon
703-549-0004
jvernon@connectionnewspapers.com

Editor in Chief

Steven Mauren

Managing Editor

Kemal Kurspahic

Art/Design:

Laurence Foong, John Heinly,
Ali Khaligh

Production Manager:

Geovani Flores

CIRCULATION

Circulation Manager:

Ann Oliver
circulation@connectionnewspapers.com





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6/19/19.....A+ Graduations & Summer Education
6/26/19.....Senior Living:
Connection Families: Summer Life

July

7/3/19.....Wellbeing
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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.”



Celebrating Prom Night

West Springfield High School students Annika Urps, Charlie Peterson, Jake Betancourt, Sydney Anderson and Justin Beattie enjoy the Alexandria waterfront prior to their May 31 prom night festivities at the Torpedo Factory Art Center in Old Town.



Beautifying Huntsman Lake

PHOTO BY S. LAUME

Area 4 Park Maintenance Operations employee, Alan Hartman, makes park beautification a matter of personal pride at Huntsman Lake Park.

BULLETIN BOARD

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.

SEE BULLETIN, PAGE 15

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Beverly and Curtis Wilson, Antioch Baptist Church 30th Anniversary Committee Co-Chairs.



Members of Antioch Baptist Church at its 30th Anniversary Gospel Jazz Luncheon at the Waterford in Springfield on Saturday, July 1, 2019.

Antioch Baptist Awards Educational Grants

Celebrates 30th Anniversary at Waterford in Springfield.

BY STEVE HIBBARD
THE CONNECTION

As part of its 30th Anniversary celebration, Antioch Baptist Church in Fairfax Station gave \$2,000 educational grants to 11 Title 1 elementary schools in Fairfax and Prince William counties at its Gospel Jazz Luncheon at the Waterford at Springfield on Saturday, June 1, 2019. The catered event also featured the Chantilly High School Show Stoppers, show choir and other local performers.

Some of the diverse school projects that received funding ranged from “Launching a Robotics Club” to “The Dolphin Book Mobile” to “Growing Their Own Food” and “The Spatial Temporal Math Program.”

THE FOLLOWING SCHOOLS were awarded: Lynbrook ES, Springfield; Lake Anne ES, Reston; Loch Lomond ES, Manassas; Featherstone ES, Woodbridge; Bailey’s Upper ES, Falls Church; Sinclair ES, Manassas; Glen Forest ES, Falls Church; Minnieville ES, Woodbridge; Annandale Terrace ES, Annandale; Suella Ellis ES, Manassas; Bucknell ES, Alexandria.

According to Marshal Ausberry Sr. Pastor of Antioch Baptist Church: “Instead of doing a big, huge banquet, we really look introspectively to say what can we do to further impact our community around us. So, we came up with the idea of Education Impact Awards,” he said.

“The purpose is to infuse schools with \$2,000 that they come up with creative projects to broaden the exposure of the children, and we found that children that have more exposure like visiting a zoo or a museum or some creative activity or something that would enhance math or reading skills or comprehension — that student tends to do better long-term,” he said.

He continued: “We see it as a win-win as part of our community that we want our community to know we want to support education, as education has been a way of



The Rev. Dr. Marshal L. Ausberry Sr.

raising people up and also opening doors.”

According to Beverly Wilson, Co-Chairperson of the 30th Anniversary, “We had 70 schools we sent applications out to and over 40 schools that actually applied and we have a committee that literally sat down and read through the different programs to select the recipients who are being honored today,” she said.

THE RETIRED HIGH SCHOOL PRINCIPAL added: “We love the community; we’re reaching out to the community in as many different ways as we can and we typically do that with our missions projects. Our missions’ projects can take us to the communities of Burke, Fairfax Station, and we can reach out into the international world to do our missions. We just love the Lord and we certainly embrace the whole con-

cept of faith, worship and service to those in our community.”

Glen Forest Elementary in Falls Church was awarded a grant for its Eagle Engineer Program, according to Tiffany Young, Assistant Principal. “This will impact a large number of students and give our earliest learners an opportunity to participate in STEM activities, to concentrate on problem-solving. We’re very grateful. We were able to secure funds for our preschool and kindergarten students. We have 1,100 students who represent 53 countries and speak more than 29 languages, and we are a Title 1 school. In our Kindergarten classes we have 180 students; in our preschool classes we have 58 students,” she said.

Added Alicia Simonds, third-grade teacher at Bucknell Elementary School in Mount Vernon. “We have the Lego Robotics

Team for third through sixth grade. We meet each week and program robots; the kids learn to code; the kids learn how to put the robots together. They have a competition they are able to compete in. I plan to buy some other robots for the STEM teacher to use with the lower levels in grades K through third grade. It will benefit the students because they’ll be able to do more hands-on things,” she said.

Diane Overton, Advanced Academic Resource Teacher at Lake Anne Elementary in Reston, said: “The money we are receiving from Antioch will be used so that we can have a Book Mobile to hand out free books to our students, sit down and read with them and work together as a community to help make sure that our students are reading during the summer. And we’ll also have popsicles to make it fun.”



Dancer Sierra Bryant

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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.

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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/



Chairman Sharon Bulova kicks the race off with a Springfield Days proclamation.



Team Space X was awarded for Team Spirit.

PHOTOS BY MIKE SALMON/THE CONNECTION

SOL Skills Used in Cardboard Boats Pay Off

Annual Springfield Regatta is a hit at Accotink.

BY MIKE SALMON
THE CONNECTION

Building the NASA-themed Space X boat out of Kings Glen Elementary School was a Standards of Learning lesson as much as it was a student project for the annual Cardboard Boat Regatta at Lake Accotink. There were lessons on math, language arts, physics, public relations and writing, to build the boat, but when it came to coordinating the rowing, they practiced a few minutes before launching because “we were so worried about getting the boat done,” said Sierra Berkley, 11. On the water, the Space X boat didn’t come in first but the 27 students involved did earn the Team Spirit award.

“We had to make a lot of compromises,” said Alex Smith from Burke.

The Space X was just one team among many who dealt with compromising, cardboard and duct tape at this annual event during the Springfield Days weekend on June 2. Fairfax County Chairman Sharon Bulova started off the event reading a proclamation that announced Springfield Days as an official event, and then the boats hit the water.

There were several heats of races throughout the day and winners in the various categories. Fans lined the beach, the announcer MC’d the event and lifeguards helped out in the water.

In case of any emergencies, the Greater Springfield Fire and Rescue Squad was nearby, and has been involved every year. “It’s usually scrapes, heat exhaustion,” said Kayla Thompson, a rescue squad volunteer that has been to races in the past.

After their first heat, team “Water Titan” was glad to throw their boat in the dumpster. A father involved called the waterlogged mess “a shocking success,” but the crew had their fun and now it was time to move on. “All by ourselves, we made it,” said Melvin Yohn, 10.



Cyrano de Boaterac hits the beach on the first heat of the races.



Space X from Kings Glen Elementary School comes in a close third or fourth.



On the beach.



The Water Titan turned into the Waterlogged Titan.

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Announcements

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Announcements

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WEST VIRGINIA

SPORTS



PHOTO COURTESY OF CARLIE 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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FROM PAGE 9

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/.

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 for more.

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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.

Alive and reasonably well a decade after the hammer came down.

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



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