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**SEE OUR  
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PAGE 7**

# Fairfax Station CONNECTION Clifton & Lorton

Ben Glass, of Fairfax Station, presents the \$500 award to John Ellenberger, Athletics Director at Annandale High School. Glass, 61, just completed his second year of the Varsity Soccer Sportsmanship Challenge -- awarding \$5,000 to 10 local boys' and girls' high school varsity soccer teams.



## Changing the Culture Of High School Soccer

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PHOTOS CONTRIBUTED

The Potomac High School Girls team poses with their \$500 check for making it through the season with no cards for dissent, profanity, or unsportsmanlike conduct. Head Coach Vince Villanueva: "We really enjoyed having Ben come out to the field... This is a real issue, and I believe the sport is really being hurt by poor behavior by coaches and players."

## Changing the Culture of High School Soccer

### Referee Ben Glass awards \$5,000 to 10 teams in Varsity Soccer Sportsmanship Challenge.

BY STEVE HIBBARD  
THE CONNECTION

Soccer referee Ben Glass, 61, of Fairfax Station just completed his second year of the Varsity Soccer Sportsmanship Challenge — awarding \$5,000 to 10 local boys' and girls' high school varsity soccer teams. The mission was to help change the culture and improve the bad treatment of referees from players, coaches, and parents during soccer matches. Each team received \$500 (or \$1,000 per school) if they survived the soccer season with no red or yellow cards for dissent, profanity, or unsportsmanlike conduct.



Ben Glass of Fairfax Station has been a soccer referee for 45 years.

"We're saying to them, congratulations, two years ago we decided to make a difference in their culture and set up a difficult challenge. You made it through and we want to congratulate the players and coaches. This culture starts at the adult leadership. We also want to thank the parents," said Glass, a referee for 45 years. "If the coach is exhibiting good sportsmanship and if the parents exhibit good sportsmanship, then the players will play along with that."

**THIS YEAR'S 10 SCHOOL WINNERS** included: Forest Park HS Girls; Gar-Field HS Boys and Girls; Potomac HS Girls; Woodbridge HS Girls; Annandale HS Boys and Girls; Mount Vernon HS Girls; Hayfield HS Girls; and Charles J. Cogan HS Girls.

Does he think the program is working? "Yes, I think the program is working because it has started a conversation. Even if those schools don't win, they have reported to us that the conduct of the coaches and players is better because it's something they are focusing on. Ben Glass wanted to start a conversation. There is really no excuse for yelling at a referee," said Glass, who refereed 17 games in the spring. Another law firm in South Dakota duplicated the program for basketball, he added.

He said last year he had a conversation with a high

school principal who said their athletic culture was very poor. "They had been working on developing a culture of good sportsmanship. They won. She was very excited about that because they see what goes on, and the feedback we have gotten is, yes — keep doing it. It's a tough challenge but we're glad you're out there making this voice for sportsmanship heard," he said.

Compared to youth sports, Glass thinks the culture is better in high schools. "The reason is the VHSL

takes this very seriously. I think the culture at the youth level is probably getting worse. There are too many spoiled kids and too many parents who think they're entitled. High school is pretty fun. I think the school leadership takes this more seriously today in part because there's video out there. There's a decent chance the video is going to end up on YouTube," he said.

**THE BEST PART** of the process is the awards presentations at the end of the season, added Glass. "The school leadership loves this and the coaches and players are proud of having succeeded of reaching the goal of being a winner. From our point of view, it's a lot of hours to keep up with this. Because I'm a soccer guy, we like hearing the positive feedback from the school leadership," he said.

Glass is a native of Annandale, played soccer at Thomas Jefferson High School as well as the College of William and Mary in the 1970s, where he majored in government and philosophy. He got a law degree from GMU and for 35 years has been in private practice (Ben Glass Law) specializing in personal injury law and disability insurance. He has nine children — five biological and four adopted from China (ages 37-17) — with wife Sandi. For more information, visit [www.sportsmanshipchallenge.com](http://www.sportsmanshipchallenge.com) or visit [JustAskBenGlass.com](http://JustAskBenGlass.com) or contact [BenGlassLaw](mailto:BenGlassLaw) at 703-988-6414.



## Summers of Sixties

Clifton historian Lynne Garvey-Hodge enjoys the sun in her '64 Oldsmobile. In August, she is performing in "End of Summer '69: A Hippy Dippy Program" at the Jewish Community Center of Northern Virginia. Showtime 2-4 p.m., Sunday, Aug. 25.



PHOTO CONTRIBUTED

Girl Scouts from Troop 32 with Gina (handler) and Kona (the service dog) from Canine Partners for Life.

## Girl Scouts Build Awareness Through Pets in the Park Day

On May 25, Girl Scout Troop 32 of Service Unit 52-11 of Springfield hosted the Pets in the Park Awareness Day at Burke Lake Park. In preparation, the Girl Scouts researched and learned all there is to know about pets, shelters, rescues, and how to help service dogs and their handlers.

The well-attended event included pet adoptions available through Homeward Trails Animal Rescue, Service Dog Education and a service Dog visitor, and education on Virginia pet laws and the importance of spaying and neutering. Donations were collected for Homeward Trails Animal Rescue and Canine Partners for Life.

Attendees were welcome to bring their leashed pets to attend as well and there was a dog obstacle course and baked goods for dogs and humans. (

Through the preparation and presentation of this event, the Girl Scouts of Troop 32 earned their Girl Scout Bronze Award, the highest honor a Girl Scout Junior can achieve.

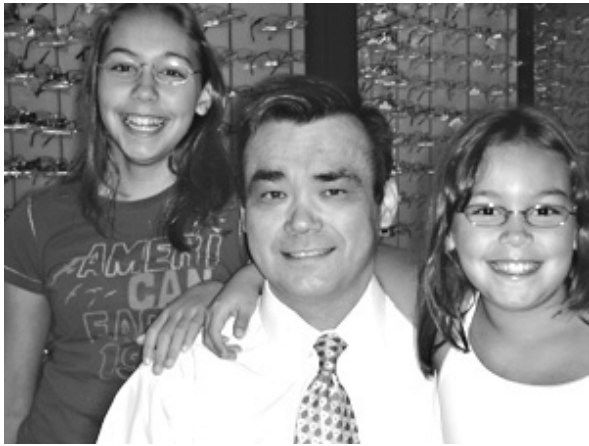
Service Unit 52-11 is located in Springfield, and serves approximately 550 Girl Scouts in grades K-12.

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Senior Living

# A Difficult Conversation

Talking to loved ones about Alzheimer's Disease

BY MARILYN CAMPBELL  
THE CONNECTION

**A**fter witnessing the slow decline of family members with Alzheimer's and other forms of dementia, Ana Nelson knows the importance of early recognition of signs of the disease and enacting a plan as early as possible. During the month of June, Alzheimer's & Brain Awareness Month, Nelson who is Vice President of Programs and Services with the Alzheimer's Association National Capital Area Chapter, is working to encourage family members who notice signs of cognitive decline in a loved one, to have open dialogue, no matter how difficult.

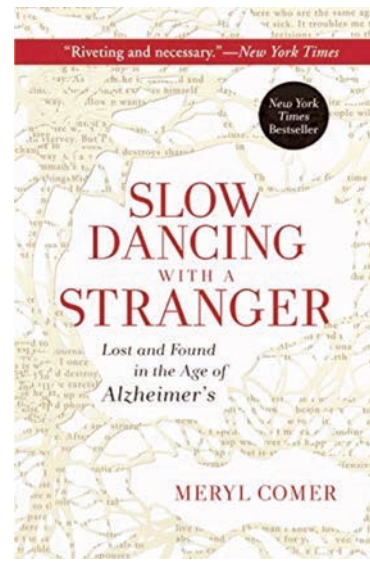
"You're always thinking that your parents or loved ones are going to be around for a long time, but we're talking about a disease where there's no way to stop it or cure it," said Nelson. "Alzheimer's is a progressive and incurable disease. You need to have the conversation as soon as you notice symptoms so that you can plan for it. Families sometimes wait too."

A new survey released by the Alzheimer's Association reveals that nearly 9 in 10 Americans say that if there were experiencing signs of cognitive decline they would want their loved ones to share their concerns. However, nearly three out of four Americans say talking to a close family member about such a decline would be challenging for them.

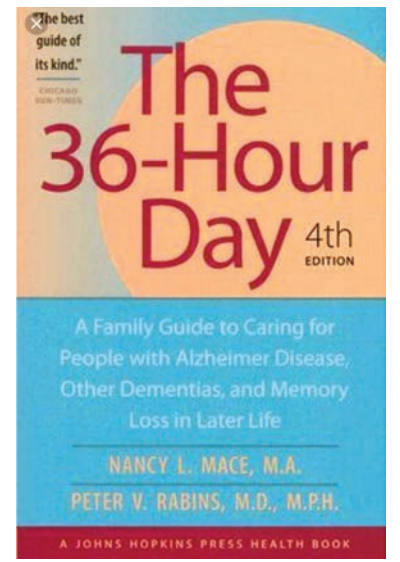
To offer ideas for closing that communication gap, Nelson points to a recently launched national campaign and partnership between the Alzheimer's Association and the Ad Council. The project, called "Our Stories" uses stories from real people who've noticed cognitive changes in a family member and initiated a conversation.

An early diagnosis allows families to plan both financially and legally for the future. Recognizing the signs of mental decline allows for a timely diagnosis. "The most common early symptom of Alzheimer's is difficulty in remembering recent events," said Jerome Short, Ph.D., Licensed Clinical Psychologist and Associate Professor of Psychology at George Mason University. "Later symptoms are getting lost, problems with language, mood swings, lack of self-care, impulsivity, or lack of motivation."

Before initiating a conversation, plan the way in which it might begin. "You can share what you have observed," said therapist Carol Barnaby, LCSW-C "For example, 'It seems you are having trouble with remembering some things' and give examples. You can ask, 'Is this frustrating for you? Have you noticed or



**Among the resources recommended for those dealing with Alzheimer's are books entitled, "The 36 Hour Day" and "Slow Dancing with a Stranger."**



**For Assistance:**

The Alzheimer's Association offers help to families as they navigate challenges of the disease. They offer face-to-face conversations with local experts and a free 24/7 Helpline 800.272.3900. Additional resources can be found at [alz.org](http://alz.org).

spoken to your doctor?"

"I recommend being direct, yet warm and caring," added Joanne Bagshaw, PhD, Professor of Psychology at Montgomery College.

Offering comfort and support can make the conversation less daunting, "You might say, 'I'm beginning to feel concerned about your health because I've noticed that you are having some trouble with your memory lately'" said Bagshaw. "Have you noticed that as well? How can I support you?"

Even with advanced preparation the conversation might not go as planned, says Nelson. "This is a delicate issue that might require multiple conversations," she said.

Encourage the family member to seek medical advice for an accurate diagnosis, suggests Barnaby. "Some mental confusion can be caused by certain medications, so it isn't always dementia," she said.

Be flexible realizing the conversation might not go as planned and raise concerns subtly. "Ask them if they have any concerns," said Barnaby. "You might say, 'I have been wondering how you are doing.

You haven't seemed your usual self. I am wondering if you have noticed anything."

The Alzheimer's Association offers resources and assistance to those living with Alzheimer's and their families, says Nelson. "We are just a phone call away," said Nelson. "We offer help 24 hours a day, seven days in week and in more than 200 languages. It doesn't have to be a crisis situation. You can call even if you just need help."

**"Alzheimer's is a progressive and incurable disease. You need to have the conversation as soon as you notice symptoms."**

— Ana Nelson, Vice President of Programs and Services with the Alzheimer's Association National Capital Area Chapter

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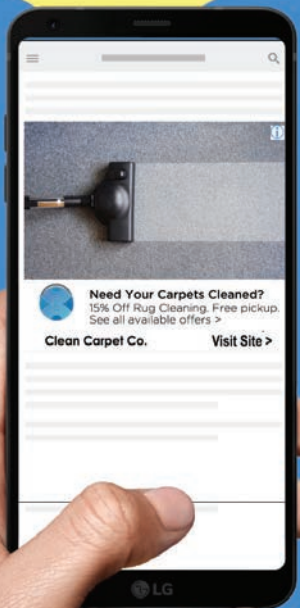
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PHOTOS COURTESY OF US ROWING

Photo courtesy of US Rowing  
**Connor Gladieux and Andrew Jones, both South County High School seniors.**

## Top Area High School Rowers Compete at Youth Nationals

BY MAUREEN MULLER

**F**our local high school rowers representing Potomac Boat Club and Resilient Rowing traveled to Sarasota, Fla. to compete at US Rowing's Youth National Championships which was held June 6-9. Sarasota is the site of a world class rowing facility that hosted more than 400 entries from 150 clubs across the nation. To be eligible to compete in this regatta, rowers had to qualify at one of ten regional regattas by placing in the top three. Rowers faced hot humid weather conditions that approached 100 degrees and stiff competition from the nation's best high school rowers.

Christian Ortmann, a Loudoun Valley High School senior racing for Resilient Rowing, competed in the Men's single event. He placed eighth in the time trials on Sunday, advanced to the semi-finals where he placed fifth, which sent him to the B finals on Sunday. He

finished fifth in the B finals which puts ranks him 10th in ranked country in the single. Ortmann will row in college next year at Wisconsin.

Annika Gromek, a junior at Madison High School, raced for Potomac Boat Club in the women's single.

She placed fifth in the time trial, second in the semi-final, and fifth in the final. Competition was fierce as other athletes in her event have competed internationally.

The finals were dominated by seniors and she finished as the fastest junior single sculler in the country.

Resilient Rowing also fielded a pair, which is rowed by two people each using one oar. It is one of the most difficult boats to row. Andrew Jones and Connor Gladieux, both South County High School seniors, finished sixth in the time trials, second in the semi-finals, and sixth in the final. Jones and Gladieux will row at Yale and US Naval Academy, respectively.



**Annika Gromek, a junior at Madison High School.**



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# OPINION

## Campaign Finance Reform? Yes

Surprise! “No limits” can stimulate large amounts of campaign cash for many kinds of candidates and from many kinds of donors.

Virginia is one of 11 states (Alabama, Indiana, Iowa, Mississippi, Nebraska, North Dakota, Oregon, Pennsylvania, Texas, Utah, and Virginia) that impose no contribution limits on individual donors, says the National Conference of State Legislatures. The other 39 states restrict the amount of money that any one individual can contribute to a state campaign.

### EDITORIAL

But Virginia has no limits. No limits on what any individual can give to a candidate. No limits on what a state party can give to a candidate. No limits on what a PAC can give to a candidate. No limits on what a corporation can give to a candidate. No limits on what a union or employee organization can give to a candidate.

Only Utah, Oregon, Nebraska, and Alabama impose literally no limits as Virginia does.

Virginia's General Assembly, and established candidates, usually the primary beneficiary of this permissive environment for contributions, have chosen this stance deliberately. Supporters often cite disclosure requirements as somehow making unlimited campaign cash OK.

More money doesn't always lead to success for a candidate. The following information on contributions comes from Virginia Public Access Project.

Tim Chapman loaned \$845,094 to his own campaign seeking the Democratic nomination for chairman of the Board of Supervisors. Chapman also lost because even with all that money to get his message out, apparently his message did not resonate with voters. Jeff McKay, who won the Democratic nominee for chairman of the Board of Supervisors. McKay raised \$448,443.

Maggie Parker, running for the Democratic nomination for Hunter Mill supervisor, had

more than twice as much in contributions than the winning candidate. But more than half of her cash contributions, more than \$90,000, came from her employer, Comstock Partners, developer with multiple projects in Hunter Mill. Parker finished fourth out of five candidates.

Steve Descano ran on a platform of criminal justice reform. He loaned himself \$25,000 and received support from family. He also received more than \$450,000 from the Justice and Public Safety PAC; VPAP lists its business as “Democrat Advocacy.”

Descano won his challenge over Commonwealth's Attorney Ray Morrogh, who was facing his first challenge and had \$242,011 in contributions. Descano's message of progressive reform resonated with voters who turned out to vote.

Yes, let's have campaign finance reform and sensible limits on donations.

## Decision Helps Keep Drinking Water Safe

BY SCOTT SUROVELL  
STATE SENATOR (D-36)



Last week, the U.S. Supreme Court rendered a decision that has major significance for Virginia and especially for Northern Virginia, in addition to their decision on redistricting.

Few realize that Virginia has a series of uranium lodes that run along the base of the Blue Ridge Mountains. The largest lode is in Pittsylvania County on the North Carolina border, but a major series of lodes are in Madison, Culpeper and Fauquier counties at the headwaters of the Occoquan River. The Occoquan is a major source of drinking water for Fairfax and Prince William counties.

After Pennsylvania's Three Mile Island near disaster in 1979, a partial meltdown of a nuclear reactor, the Virginia General Assembly in 1982 enacted a moratorium on uranium mining. While some federal permits are required for uranium mining, most thought that the states were allowed to adopt more stringent environmental protections as they are for any other mining or environmental requirements.

Shortly after I was elected to the House of Delegates, the worldwide prices of uranium spiked after the supply of uranium recycled from Russian nuclear warheads was exhausted. The estimates of the value of the 119-million-pound Pittsylvania County lode rose to \$7 billion.

There is still significant demand for uranium inside and outside of Virginia. More than 30 percent of electricity generated by Dominion

Virginia Power comes from nuclear reactors on Lake Anna near Fredericksburg and the James River in Surry County. Also, uranium is imported from abroad and west of the Mississippi River.

In 2012, a team of international investors was assembled and their first step was to try to lobby the state legislature to lift the ban. They spread around campaign contributions and before the post-

McDonnell gift ban went into effect, state legislators were offered trips to France to see a uranium mine and from the proponents point of view, to show how uranium mining can be done safely. About 20 elected officials took the trip. I did not.

Ultimately, the legislature left the mining moratorium in place. Many of us were concerned about the environmental risk posed by mining and we respected the members who represented the affected areas who were strongly opposed, in part due to strong local opposition, even though, they argued, they were in dire need for jobs in Southside and Southwest Virginia.

I opposed lifting the ban largely because of the potential impacts on Northern Virginia drinking water. Over one million people depend on the Occoquan River for drinking water and any threats to that water must be taken seriously.

However, the mining advocates were not done. Two years ago, they filed suit seeking to overturn the Virginia uranium mining moratorium arguing that federal law pre-empted or prohibited any regulation by the state. The Trump Administration supported the pro-mining position.

Last week, the U.S. Supreme Court disagreed

in a 6-3 ruling. The gist of the court's decision was that Congress did not intend to take away states' discretion to regulate this activity.

The Occoquan River is still under threat. Prince William County is currently re-evaluating its rural crescent zoning policy. Earlier this year, we discovered that Micron's semiconductor manufacturing facility in Manassas was discharging water with elevated salt levels that was adversely affecting water quality in the Occoquan Reservoir. Fortunately, we were able to secure language in the state budget to require the Department of Environmental Quality to re-examine its permitting.

Last week's Supreme Court opinion was an important victory for clean drinking water. Uranium mining could pose a long-term pollution threat in Virginia and especially in Northern Virginia. Drinking water is a fragile resource and once mines start to leak, remediation is very difficult. Letting the ban stand is an important victory.

Please email me at [scott@scottsurovell.org](mailto:scott@scottsurovell.org) if you have any feedback.

### 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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# ENTERTAINMENT

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**Kingstowne Farmers Market.** Fridays, through Oct. 25, 4-7 p.m. in the Giant parking lot, 5870 Kingstowne Towne Center, Alexandria. Call 703-642-0128 or visit [www.fairfaxcounty.gov/parks/farmersmarkets/kingstowne](http://www.fairfaxcounty.gov/parks/farmersmarkets/kingstowne).

**Wakefield Farmers Market.** Wednesdays, 2-6 p.m. through Oct. 30, at Wakefield Park, 8100 Braddock Road, Annandale. 703-642-0128 or visit [www.fairfaxcounty.gov/parks/farmersmarkets/wakefield](http://www.fairfaxcounty.gov/parks/farmersmarkets/wakefield).

**Lorton Farmers Market.** Sundays, 9 a.m.-noon, through Nov. 17, in the VRE Parking Lot, 8990 Lorton Station Blvd., Lorton. 703-642-0128 or visit [www.fairfaxcounty.gov/parks/farmersmarkets/lorton](http://www.fairfaxcounty.gov/parks/farmersmarkets/lorton).

**Springfield Farmers Market.** Saturdays, through Nov. 23, 10 a.m.-2 p.m. at Springfield Town Center, 6699 Spring Mall Drive, Springfield. Visit [www.community-foodworks.org](http://www.community-foodworks.org) or call 202-697-7768.

**Burke Farmers Market.** Through Dec. 21, 8 a.m.-noon at the VRE parking lot, 5671 Roberts Parkway, Burke. Call 703-642-0128 or visit [www.fairfaxcounty.gov/parks/farmersmarkets/burke](http://www.fairfaxcounty.gov/parks/farmersmarkets/burke) for more.

## THROUGH SATURDAY/JULY 6

**Be the Art.** ARTSFAIRFAX launches its



PHOTO COURTESY OF THE FAIRFAX STATION RAILROAD MUSEUM

## Railroad Museum

The Fairfax Station Railroad Museum holds events most Sundays, 1-4 p.m. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. The Fairfax Station Railroad Museum is located at 11200 Fairfax Station Road, Fairfax Station. Visit [www.fairfax-station.org](http://www.fairfax-station.org), [www.facebook.com/FFXSRR](http://www.facebook.com/FFXSRR), or call 703-425-9225.

third Imagine Art Here project on June 21. Imagine Art Here: INOUT:Springfield, a public art installation will feature interactive cuboids that collect community feedback and project community photos, temporarily installed July 13-Aug. 9 at Old Keene Mill Shopping Center and Aug. 10-23 at Springfield Town Center. The public will be able to take their picture, individually, as a group, with pets or with their family, and answer six questions about their role in the community and their opinions on art. Visit [www.INOUTEXPERIENCE.com](http://www.INOUTEXPERIENCE.com).

Photo booths will be Pop Up at the following locations:

- ❖ June 27, 10 a.m.-2 p.m., Greenspring Retirement Community
- ❖ June 29, noon-2 p.m., Richard Byrd Library
- ❖ June 30, 4-6 p.m. Tower Shopping Center
- ❖ July 6, 6-8 p.m., Old Keene Mill Shopping Center

## FRIDAY/JUNE 28

**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. All proceeds go to purchasing fire

## Historic Pohick Church to Host Special Declaration of Independence Reading

The community is invited on Thursday, July 4 to a free public reading of the Declaration of Independence in Historic Pohick Church by historical reenactor, the Rev. Dr. Thomas Costa, portraying the Rev. Mr. Massey, rector of Pohick Church in 1776. The reading will take place at 12 Noon, with free docent tours of the colonial church of George Washington and George Mason following the reading.

Historic Pohick Church is located at 9301 Richmond Highway, Lorton, on U.S. Route 1 between Telegraph Road and Pohick Road. For additional information, call the church office at 703-339-6572, or visit the website at [www.pohick.org](http://www.pohick.org).

and rescue equipment. Visit [www.fairfaxvfd.com](http://www.fairfaxvfd.com) or call 703-273-3638 for more.

## SATURDAY/JUNE 29

**RedBull Basketball Tournament.** 8:30 a.m.-2:30 p.m. at St. James Sports Complex, 6805 Industrial Road, Springfield. USA Basketball and Red Bull have partnered to build an elite pathway for men's and women's players to compete in 3x3 basketball at the Olympic level, beginning with Tokyo in 2020. Free to attend. Visit [www.redbull.com/3X](http://www.redbull.com/3X)

**Children's Entertainment Series.** 10-10:45 a.m. at Burke Lake Park Amphitheater, 7315 Ox Road, Fairfax Station. Featuring The Goodlife Theater (puppets) Visit [www.fairfaxcounty.gov/parks/performances/springfield-nights](http://www.fairfaxcounty.gov/parks/performances/springfield-nights).

**Stuff the Bus.** 10 a.m.-2 p.m. at Safeway at Pan Am, 3043 Nutley St., Fairfax (benefitting Food for Others) and 11 a.m.-4 p.m. at Fairfax Walmart, 11181 Lee Highway, Fairfax (benefitting Britepaths). Area food pantries need help to restock. Visit [www.fairfaxcounty.gov/neighborhood-community-services/stuff-the-bus](http://www.fairfaxcounty.gov/neighborhood-community-services/stuff-the-bus) for more.

**Summer Saturdays.** 11 a.m.-4 p.m. at Gunston Hall, 10709 Gunston Road, Lorton. Join Gunston Hall for a summer of fun. Call 703-550-9220 or visit [www.gunstonhall.org/visit/guide/upcoming-events](http://www.gunstonhall.org/visit/guide/upcoming-events).

**Goat Yoga.** Noon. Liberty Lorton, the former prison turned new development, is hosting a series of events that includes barnyard yoga. Events are open to residents and non-residents of Liberty alike. Visit [thelibertylife.com](http://thelibertylife.com) for more.

**Jailhouse Rock Range Party.** Doors open, 5 p.m.; concert, 6-9 p.m. at Laurel Hill Golf Club, 8701 Laurel Crest Drive, Lorton. Find a seat on the range to enjoy live music provided by alternative and rock cover bands Rusty Cage and Skeleton Crew. Food and beverages available for purchase. Adults, \$15; youth, \$10. Proceeds help to benefit the First Tee of Greater Washington. Visit [www.fairfaxcounty.gov/parks/golf/laurel-hill](http://www.fairfaxcounty.gov/parks/golf/laurel-hill).

**Workhouse Fireworks.** 5-10 p.m. at Workhouse Art Center, 9518 Workhouse Way, Lorton. This year, the US Navy Band Sea Chanters – the United States Navy's official chorus. Enjoy local food trucks, craft beer, fine wine, soft drinks. Free admission; \$25 per vehicle parking (purchase in advance online). Visit [workhousearts.org/fireworks](http://workhousearts.org/fireworks).

**Kidsave Benefit Concert.** 7 p.m. at St. George's UMC, 4910 Ox Road, Fairfax. Concert to benefit Kidsave. Kidsave International is a non profit organization that helps kids in foster care find their forever families. This concert will be featuring Singer-Songwriter Paige Powell and friends, including Singer-Songwriters "Gracious Me" and Kim Gilliam. Free, donations appreciated. Email [bonnie@kidsave.org](mailto:bonnie@kidsave.org) or visit [kidsave.org](http://kidsave.org) for more.

## SUNDAY/JUNE 30

**Dog Days of Summer Craft Day.** 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Come celebrate the Dog Days of Summer

with local rescue groups. Make pull toys out of old jeans and fleece to be donated to pups waiting for their forever home. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit [www.fairfax-station.org](http://www.fairfax-station.org), [www.facebook.com/FFXSRR](http://www.facebook.com/FFXSRR), or call 703-425-9225.

**Burke Historical Society Meeting.** 3:30-5 p.m. at Pohick Regional Library, 6540 Sydenstricker Road, Burke. Ann Shields shares her research on the WWII-era camps for German prisoners of war at Fort Meade, Fairfax, and Fort Hunt, within the context of the national POW-internment program. Free. Email [slawski\\_brian@yahoo.com](mailto:slawski_brian@yahoo.com) or visit [www.burkehistoricalsociety.org](http://www.burkehistoricalsociety.org)

**A Hometown Celebration.** 5 p.m. at Veterans Amphitheater, on the grounds of City Hall, Fairfax. Kick-off "A Hometown Celebration" with games, food trucks (from Fairfax City businesses) and a concert by the award-winning City of Fairfax Band beginning at 7 p.m. In case of rain the event will be relocated to the Stacy C. Sherwood Community Center; food vendors will also be on-site. Visit [www.fairfaxva.gov/government/parks-recreation/special-events/independence-day-celebration](http://www.fairfaxva.gov/government/parks-recreation/special-events/independence-day-celebration) for more.

**Films in the Park: Free Willy (1999).** 7 p.m. at Strawberry Park in Mosaic, Fairfax. Visit [mosaicdistrict.com/events/event/films-in-the-park-2/](http://mosaicdistrict.com/events/event/films-in-the-park-2/).

## THURSDAY/JULY 4

**Red, White & Blue Tournament.** 8 a.m.-noon at Burke Lake Golf Course, 7315 Ox Road, Fairfax Station. Teams of two players will compete in an 18-hole scramble format from 8 a.m. to noon in three divisions. Teams will alternate tees depending on the score of the previous hole. Ages 7 and older. \$75 per team, which includes lunch. Limited to the first 48 teams. Call 703-323-1641 or visit [www.fairfaxcounty.gov/parks/golf/burke-lake](http://www.fairfaxcounty.gov/parks/golf/burke-lake).

**City of Fairfax Independence Day.** The 53rd Annual Independence Day Celebration. Visit [www.fairfaxva.gov/government/parks-recreation/special-events/independence-day-celebration](http://www.fairfaxva.gov/government/parks-recreation/special-events/independence-day-celebration)

❖ Independence Day Parade, 10 a.m.-noon, Downtown Fairfax (rain or shine)

❖ Fairfax Museum & Visitor Center Open House, 9 a.m.-4 p.m., 10209 Main St.

❖ Ratcliffe-Allison-Pozer House Tours, 11:30 a.m.-1 p.m., 10386 Main St. - free guided tours of the 1812 and the 1927 sections of the house.

❖ Old Fashioned Fireman's Day, noon, 4081 University Drive - firefighter competition, food & beverages, fun for the kids.

❖ Evening Show & Fireworks, 6:30-10:30 p.m., Fairfax High School, 3501 Rebel Run; rain date - July 5th (fireworks only). Children's activities, live music by the Darby Brothers, and award presentations. Fireworks begin at 9:30.

**4th of July in Clifton.** 4 p.m. Join the Clifton Betterment Association for 4th of July in Clifton. Parade begins at 4 p.m. with a BBQ Potluck (bring a side dish or dessert) and games in the park beginning at 5 p.m. Visit [www.cliftonva.org](http://www.cliftonva.org) for more.

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# INFORMATIONAL OPEN HOUSES FOR THE LOUDOUN-OX 230 kV PARTIAL REBUILD PROJECT

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PRINCE WILLIAM COUNTIES

At Dominion Energy, we are committed to keeping our neighbors informed about energy needs where they live and work. We are currently in the conceptual phase of plans to rebuild a portion of aging electric transmission line which is nearing the end of its service life.

We invite the community to one of our two informational open houses to learn more about the project and talk to subject matter experts.

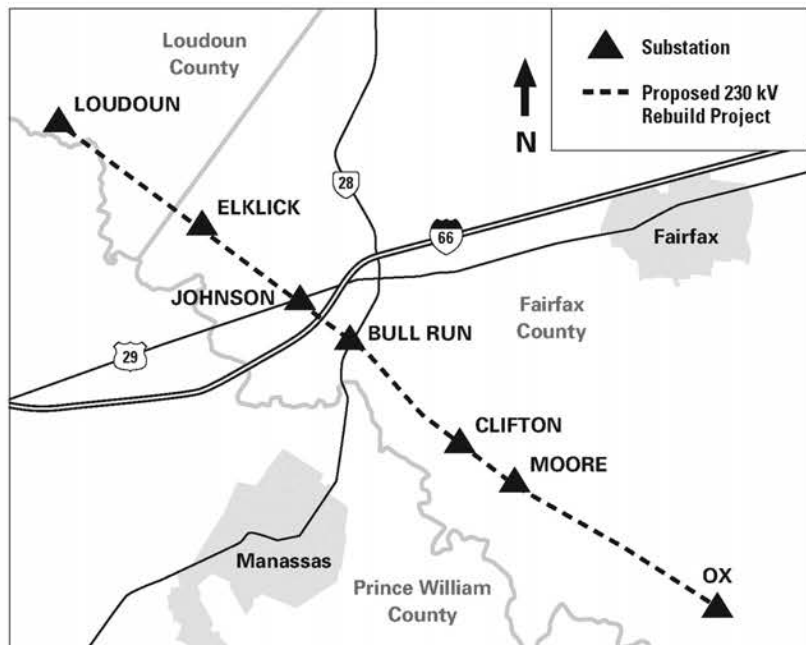
There will be no formal presentations at the events, so please drop in at your convenience between 5:30 p.m. – 7:30 p.m.

## OPEN HOUSE EVENTS

<b>Tuesday, July 9, 2019</b> <b>5:30 p.m. – 7:30 p.m.</b> South County Middle School 8700 Laurel Crest Dr. Lorton, VA 22079	<b>Tuesday, July 16, 2019</b> <b>5:30 p.m. – 7:30 p.m.</b> John Champe High School 41535 Sacred Mountain St. Aldie, VA 20105
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*(drop by anytime during these hours)*

For more information, please visit our project website at [DominionEnergy.com/l-ox](http://DominionEnergy.com/l-ox). You may also contact us by sending an email to [powerline@dominionenergy.com](mailto:powerline@dominionenergy.com) or calling 888-291-0190.



This map is intended to serve as a representation of this project area and is not intended for detailed engineering purposes.



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PHOTO BY RICK DAVITT

In the Clown School in Los Angeles, participating is a big part of the learning.

## Clown School Comes to Workhouse

Clown training has other advantages along with laughter and smiles. Motto: "Break all the rules, be a clown."

BY MIKE SALMON  
THE CONNECTION

With all the long work weeks, traffic and politics here in Northern Virginia, finding something fun to escape to might be challenging. Mike Funt, a professional clown, is offering clown classes at the Workhouse Art Center in Lorton, providing an option for the stressed-out type.

"The clown is a great fun tool," Funt said. "Tapping into your playful self you were as a kid."

Funt is offering two sets of clown introduction courses this summer to get people around here to let go and find the inner self many may not even know existed. "Finding that sense of play is helpful for everybody," he said. Funt has been with the Clown School in Los Angeles for several years, studying the art of clowning on many levels.

**THE OPPORTUNITY** arose when his wife got a job offer here in the Metro area, and now he's establishing Clown School East and seeing how it will fit in with the government-laden work force in Northern Virginia. Clown classes even address life in the cubicle world. It is possible that after taking a class, "you'll be able to connect with the person sitting across from you," he said.

That goes for the business executive as well. "In clown, we focus on leaning into failure, not being afraid of failure," he said.

The Workhouse Arts Center offers enough variety that the Clown School will fit in just right. They've worked with improv classes in the past and looked at the Clown School curriculum as similar.

"When Mr Funt proposed clowning classes it felt like good timing to give this a try," said Joseph Wallen, Director Performing Arts at the Workhouse Arts Foundation, Inc.

"We're hoping that this becomes a popular offering and that we will be able to expand the class schedule to include more styles of clowning, as well as including some basic circus skills," he said. "Mike Funt helped establish a similar school on the West



PHOTO CONTRIBUTED

The tiny bike is a staple on the clown circuit, as demonstrated by Mike Funt.

### When & Where

Clown School at the Workhouse Arts Center, July 20-21 and again Aug. 24-25. Visit [www.workhousearts.org](http://www.workhousearts.org) or call 703-584-2900

Workhouse Arts Center, 9518 Workhouse Way, Lorton

Coast, and we look to his expertise to grow the program at the Workhouse."

The Clown School has a motto: "Break all the rules, be a clown."

Funt has traveled all over the world with clowning and has found a variety of genres that piqued his interest. He likes blending styles that are "not necessarily the American clown," he said. All clowns across cultures, across

time, and across geography share a few things in common: physical comedy, foolishness. "What I find most incredible is clowns' ability to play, reveal, and connect," he said.

**THE CLOWN SCHOOL** focuses on classes to find the playful, childlike self, revealing the parts that are foolish or ridiculous. "I always say your clown is the part of you that your friends make fun of you behind your back," Funt said. Connecting with the audience in the present moment is important too. These skills are valuable to anyone, not just performers, and according to Funt, "people who take the classes always talk about how they have helped in their daily lives, not just in performance."

Part of Funt's past clown work included joining a group of "Clowns without Borders," and travelling to Puerto Rico after Hurricane Maria to bring some smiles in an otherwise bad situation. One kid in Puerto Rico had no roof on his house and stared up at the stars at night, but while the clowns performed, he was enjoying it and not thinking about his situation. The audience "forget what troubles they've gone through," he said. Other times, he goes in hospitals and works with sick children. "I always love going in the hospitals and connecting with kids," he said.

Clown School at the Workhouse Arts Center, July 20-21 and again Aug. 24-25. Visit [www.workhousearts.org](http://www.workhousearts.org) or call 703-584-2900

Workhouse Arts Center, 9518 Workhouse Way, Lorton.

## Arches Gallery Announces People's Choice Winners for June

Arches Gallery at the Workhouse Arts Center has announced June's People's Choice Awards:

❖ First Place winner was Katharine Owen's mixed media piece "Ye Olde Book Shoppe." Ye Olde Book Shoppe is a magical place where you will find a treasure in every corner and on every table, bookshelf. Some books are collectible, some rare, new and used. There are treasures to be discovered by adults and children alike. When you open a book you can see, feel and smell the paper while you are savoring the story within. Ye Olde Book Shoppe is designed to pique your curiosity. Katharine Owens, a retired psychologist and a mostly self-taught artist, wields her scissors with precision in meticulously designed three-dimensional paper constructions that stand out of a two-dimensional surface. Owens is a sculptor in her own right creating structures, people, and places out of paper. She hand cuts each piece of paper, then paints and glues it to the background. much like assembling a jig saw puzzle.

❖ Second Place winner was also by Katharine Owen - the mixed media piece "Middleton Tavern." Middleton Tavern was host to a galaxy of the nation's most revered leaders during the period following the American Revolution.

George Washington, Thomas Jefferson and Benjamin Franklin were numbered among its prominent patrons. The Tavern was frequented by members of the Continental Congress meeting in the State House on such historic occasions as the resignation of General Washington's commission, Dec. 23, 1783, the ratification of the Treaty of Paris ending the Revolutionary War in January



"Ye Olde Book Shoppe" mixed media, by Katharine Owen.



"Middleton Tavern" mixed media, by Katharine Owen.

1784, and the Annapolis Convention which laid the groundwork for the Federal Constitution Convention held the following year in Philadelphia.

❖ Third Place winner was a tie - Leo St. Lois' mixed media piece "I See Blue" and Marc Pachon's photograph "Step."

Visit Arches Gallery on the campus of the Workhouse Arts Center until June 30 to see "Paper-Paint-Imagination," and the work of 21 other Workhouse Artists in monthly Group Show. Arches Gallery, Workhouse Arts Center is located at 9518 Workhouse Rd., Lorton, Gallery hours: Wednesdays - Saturdays 11 a.m.-6 p.m., Sundays 12 noon- 5 p.m.

Find out more about Arches Gallery at <https://archesgallery.weebly.com/> and on Facebook at "Arches Gallery Artists." The next Opening Reception will be Saturday, July 13, 6-9 p.m. featuring the work of Sandra McClelland Lewin.



# BULLETIN BOARD

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

## SOBER-RIDE FOR JULY 4

**Free Sober Rides.** Thursday, July 4, 7 p.m. through Friday, July 5, 2 a.m. Area residents, 21 and older, may download Lyft to their phones, then enter a code in the app's "Promo" section to receive a no cost (up to \$15) safe ride home. WRAP's Independence Day SoberRide promo code will be posted at 6 p.m. on July 4 on [www.SoberRide.com](http://www.SoberRide.com).

## VOLUNTEERS WANTED

**STEM Professionals Needed.** Volunteers are needed to assist K-12 STEM teachers in northern Virginia as part of the American Association for the Advancement of Science's STEM Volunteer Program, [stemvolunteers.org](http://stemvolunteers.org), during the 2019-20 school year, beginning in September. Please contact Don Rea at 571-551-2488 or [donaledge@aol.com](mailto:donaledge@aol.com).

## SATURDAY/JUNE 29

**Forum on Disability Inclusion.** 8:30 a.m.-12:30 p.m. at the Fairfax County Government Center, 12000 Government Center Pkwy, Fairfax.

The Fairfax County Board of Supervisors and The Arc of Northern Virginia will host a Disability Inclusion Conference, which will include over 25 display tables, a panel discussion, and community breakout sessions on topics such as employment, housing, public safety, social opportunities, and business-to-business tips for creating inclusive retail spaces. Coffee and a light breakfast will be provided. Free to attend. All members of the community are welcome. More information and registration is available at: [www.fairfaxcounty.gov/chairman/disabilityinclusionconference2019](http://www.fairfaxcounty.gov/chairman/disabilityinclusionconference2019).

## MONDAY/JULY 1

**Application Deadline.** Each year, the Community Foundation for Northern Virginia provides a grant opportunity to help public schools encourage healthy lifestyles through increased exercise and better nutrition. Grants up to \$2,000 are awarded in a competitive grant process.

Public elementary, middle and high schools located in Northern Virginia are all eligible to apply. Visit [www.cfnova.org/for-grant-seekers/healthy-kids-grants](http://www.cfnova.org/for-grant-seekers/healthy-kids-grants) for more.

## MONDAYS/JULY 1-AUG. 5

**Chronic Disease Self-Management Program.** 1-3 p.m. at George Mason Regional Library, 7001 Little River Turnpike, Annandale. Fairfax County and Inova Health System are offering workshops to help people manage their chronic illnesses (arthritis, diabetes, heart problems, asthma, or any other chronic condition). Caregivers are welcome. Register at [www.fairfaxcounty.gov/OlderAdults](http://www.fairfaxcounty.gov/OlderAdults) and click on Chronic Disease Self-Mgmt. Call 703-324-7721, TTY 711.

## SATURDAY/JULY 6

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

## TUESDAY/JULY 9

**Family Caregiver Telephone Support Group.** 7-8 p.m. Fairfax County's Family Caregiver Telephone Support Group meets by phone on Tuesday, February 13, 7-8 p.m. This month's topic is After Hospitalization: What's Next? Call 703-324-5484, TTY 711 to register.

## TUESDAY/JULY 16

**Volunteering in Retirement.** 10:30 a.m. at the American Red Cross National Capital Region office, 8550 Arlington Blvd., Fairfax. RSVP-Northern Virginia will hold a seminar on volunteering in retirement. The one-hour event is free and open to the public. To sign up, email RSVP volunteer specialist Brandie Morris at [bmorris@volunteerfairfax.org](mailto:bmorris@volunteerfairfax.org) or call RSVP at 703-403-5360.

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## That of Which I'm Most Proud



By KENNETH B. LOURIE

Not ending the title of this column with a preposition?

Not starting either of these sentences with a "so?"

Not beginning any of the first three sentences with an "especially" or an "and" (although I do begin many sentences with "And," just neither of these so far)?

No, of what I'm most proud, at least in the context of the nonsense I've presented so far, is my ability, going on a few months now, to ignore the illuminated warning lights on the dashboards of both of our cars: "Maint Req'd" on one and the low tire pressure icon on the other.

Typically, these kinds of non-stop reminders would have bothered me - like having an itch you can't scratch or a stone in your shoe.

Not anymore. These dashboard reminders barely register a blip on Kenny's radar.

I place the key in the ignition. I turn on the car. I see the various dashboard lights illuminate. And after the engine has begun idling, I see the remaining lights.

No problem. I just place my foot on the accelerator and go.

Though I might give these "idiot" lights a first thought and a second look, I will not be giving them too many more thoughts or looks as I drive around. Nor will they bother me in arrears when I arrive at my destination. Out of sight and out of mind, "totally," to quote my late mother.

As you may have discerned from reading the two preceding paragraphs, as it involves cars, I'm not exactly a hands-on person. More like, hands off.

Granted, this lack of interest and, dare I say, manliness, has no doubt cost me thousands of labor-rate dollars at the dealership/mechanic.

But it's just not me. It's never been me. I'm a sports and chocolate person. The only thing I want my hands on is the television remote or something sweet.

And tools? To quote your favorite Italian mobster: "Forget about it."

Definitely hands off, literally, especially if there's a car in the driveway. As far as I'm concerned, that's the danger zone. Nothing good will ever come from yours truly entering it.

In fact, I'm almost positive the repair will end up costing me more if I do it myself (which I couldn't do anyway). Throw in the frustration and perspiration involved and you have a match made nowhere near heaven.

Heaven will have to wait, I suppose.

Spending the repair dollars I have over the years doesn't thrill me either. But I have no choice. I can't do anything about my lack of abilities.

To quote the great philosopher, Popeye the Sailor Man: "I 'yam what I 'yam." And I have to pay what I have to pay. I remember always dreading the repair cost when a dashboard warning light would appear.

I knew that light (like the wedding invitation George received in a long-ago Seinfeld episode) was going to cost me hundreds of dollars. Hundreds of dollars which I did not have. That warning light, to invoke George from the same episode was "a bill." But as I've proved recently, that's a "bill" I've been able to ignore.

I know, ignoring a warning light seems stupid. Where's the future in that?

The repair is unlikely to fix itself and unless the bulb illuminating the warning light burns out, my negligence/ability to ignore it, is likely making a bad situation worse. Unfortunately - or not - however, I don't have a Pavlovian response to seeing that light. Seeing it doesn't make me instinctively react anymore.

It's not like banging one's knee with a "doctor's hammer." My wallet doesn't just open when the dashboard warns me. I just drive on.

Now if the light starts flashing, that's a different story, and one I haven't written yet, and I hope I never do. Because if that light does start flashing, I won't be able to ignore it, and likely, not be able to afford it, either.

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



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