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TRESS

Approximately 45 students from Northern Virginia high schools listen to opening remarks at the 5th Annual Fairfax County **Environmental Education Conference.**

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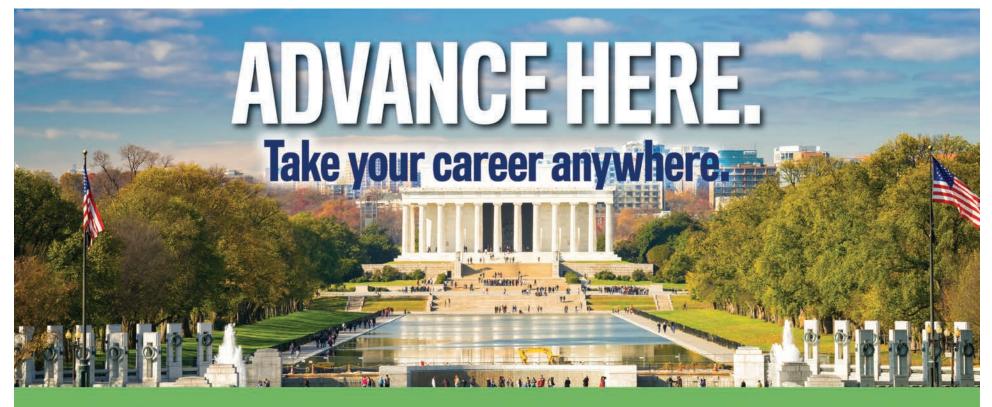
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Changing the Culture of High School Soccer

Decision Helps Keep Drinking Water Safe Opinion, Page 6

JUNE 27-JULY 3, 2019



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NEWS

Connection Editor Kemal Kurspahic 703-778-9414 or south@connectionnewspapers.com

High schoolaged attendees at the 5th **Annual Fairfax County Envi**ronmental Education Conference take part in the Water Workshop led by Maria Harwood, Northern Virginia Soil & Water Conservation District.



Photos by Mercia Hobson/ The Connection

Environmental Change Through Youth Games and Activities

Fifth Annual Fairfax County Environmental Education Conference held.

By Mercia Hobson The Connection

nvironmental Student Leadership Initiative, formerly known as the Eco-School Leader ship Initiative, presented its 5th Annual Fairfax County Environmental Conference. Held Saturday, June 22, inside and on the grounds of the Fairfax County Government Center, the free, day-long event helped high school and college students learn how they, as student-instructors could get involved with environmental education initiatives. By teaching elementary school students using hands-on and engaging interactive games and activities, in the process, the young students would become interested in fighting environmental problems and become future leaders in their communities.

In her Opening Remarks as Conference Co-Chair, Wendy Gao, a student at Oakton High School admitted to the 45 Northern Virginia high school and college-aged students seated before her, that when she joined ESLI two years ago, she didn't know how to solve climate change nor did she consider herself an "Earth enthusiast." Gao said she knew at the time that climate change was caused primarily because of fossil fuel corporations and "their political and economic lobbying power." Gao said she thought that creating policies to curb these corporations was the only way to solve the problem. She added that after joining ESLI, she understood that to reverse climate change, all aspects of society — political, economic, social and academic - must "move in the same direction "

THE MISSION of ESLI is to create a network of young people who are passionate about environmen-

www.ConnectionNewspapers.com



Samba Pathak, 17 of Fairfax, a student at Oakton High School and Conference Co-Chair, shares that ESLI is in partnership with Fairfax County Park Authority and recently changed its name to Environmental Student Leadership Initiative.

tal education. "Climate education is not a requirement in public school systems, and many schools don't offer environmental science courses," said Gao. "There is a climate knowledge gap... and that's why ESLI and environmental education is fundamental to the environmental movement...We do what we do because young people have a lot more power than we're allowed to believe," she said.

During the conference, attendees visited two out of five workshops; each illustrated a lesson studenteducators could teach elementary school students. The interactive experience used available ESLI curriculum, lesson plans and materials which would be made accessible to student-educators who chose to volunteer their services as a teacher through an ESLI chapter. And how to start an ESLI chapter at their school if one isn't already established.

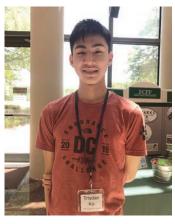
See Youth, Page 10

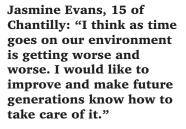
VIEWPOINTS What Brings You to the Conference?

Janhvie Hoshi, 15, of Fairfax: "I wanted to learn ways we can spread the message of keeping our home, our bay clean. Because young minds are easily influenced... it's important to teach them the right way to respect and maintain the beauty of their home."



Trisdan Ko, 16, of Lorton: "People don't realize and need to begin to realize the ways we are able to conserve our planet. We don't realize how everyday products... contain harmful by-products. The only way to help solve this issue is to inform others."





Aadi Karthikeyan, 16, of Chantilly: "I'm here today because I think educating elementary school students as early as Kindergarten about environmental studies is the only way to instill awareness in the youth of today."

Bridget Lee, 17, of Great Falls: "Our actions are hurting our Earth's environment and therefore the health of plants, animals, and us. If we continue our harmful actions, the Earth will continue on this path. I want to join students like Greta Thurnberg in helping the environment for all our benefit."

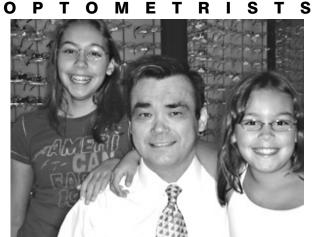




Photos by Julia Zhou/ The Connection

–Julia Zhou

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Senior Living A Difficult Conversation

Talking to loved ones about Alzheimer's Disease

By Marilyn Campbell The Connection

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.

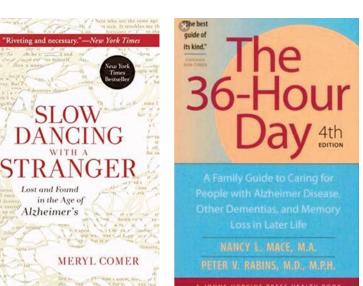
"You're always thinking that your parents or loved ones are going to be around for a long time, but we're talking about a disease where there's no way to stop it or cure it," said Nelson. "Alzheimer's is a progressive and incurable

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 selfcare, impulsivity, or lack of moti-



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-toface conversations with local experts and a free 24/7 Helpline 800.272.3900. Additional resources can be found at alz.org.

vation."

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 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."



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

n 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.

Girl Scouts offers every girl a chance to practice a lifetime of leadership, adventure, and success. To volunteer, reconnect, donate, or join, visit www.gscnc.org.



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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.

irginia 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 indi-

vidual 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)

ast 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

Commentary

County on the North Carolina border, but a major series of lodes are in Madison, Culpeper and Fauquier adwaters of the Occoquan

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-millionpound 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

6 Springfield Connection & June 27 - July 3, 2019

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

Virginia Power comes from in a 6-3 ruling. The gist of the court's decision nuclear reactors on Lake Anna was that Congress did not intend to take away near Fredericksburg and the 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 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. Send to:

Letters to the Editor The Connection 1606 King St. Alexandria VA 22314 By email: editors@connectionnewspapers.com



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BULLETIN

Submit civic/community announcements at 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.

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, during the 2019-20 school year, beginning in September. Please contact Don Rea at 571-551-2488 or donaldrea@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-tobusiness tips for creating inclusive

See Bulletin, Page II

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Entertainment

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.virginiawatercolorsociety.org for more. **Crafters Wanted for 2nd Annual Fall Craft Show.** The Fairfax Station Railroad Museum will hold its 2nd Annual Fall Craft Show and LEGO (TM) Train Show on Saturday, Oct. 12, 2019 ,10 a.m.-4 p.m. For crafters interested in joining the event, booth space is enough room for a 10x10 canopy and cost is \$50 per space. Email dmueller@fairfax-station.org for an application and further information. Visit www.fairfax-station.org or call 703-425-9225.
- Kingstowne Farmers Market. Fridays, through Oct. 25, 4-7 p.m. in the Giant parking lot, 5870 Kingstowne Towne Center, Alexandria. 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. 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. 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. 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. 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.

THROUGH SATURDAY/JULY 6

- **Be the Art.** ARTSFAIRFAX launches its 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.
- 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 available for purchase. All proceeds go to purchasing fire and rescue equipment. Visit 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. Red Bull will
- 8 Springfield Connection & June 27 July 3, 2019



Be the Art

ARTSFAIRFAX launches its 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.

- host more than 20 qualifying tournaments across the country to help identify the eight men's and women's players who could potentially represent USA Basketball. Free to
- attend. Visit www.redbull.com/3X for more. Children's Entertainment Series. 10-10:45 a.m. at Burke Lake Park Ampitheater, 7315 Ox Road, Fairfax Station. Featuring The Goodlife
- Theater (puppets) Visit 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). Many individuals and families continue to go hungry and the demand becomes more acute in the summer when children no longer get school meals. Area food pantries work tirelessly, but they need help to restock when their shelves run low. Visit www.fairfaxcounty.gov/neighborhoodcommunity-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. 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. Goat Yoga. Noon. 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. Events are open to residents and non-residents of Liberty alike. Visit 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. Laurel Hill Golf Club will be hosting its first ever concert, Jailhouse Rock on the Range. Bring lawn chairs and find a seat on the range to enjoy live music provided by Northern Virginia-based alternative and rock cover bands Rusty Cage and Skeleton Crew. Food and beverages will be available for purchase. No outside food or drink permitted. Adults, \$15; youth, \$10. First Tee students are free. Proceeds help to benefit the First Tee of Greater Washington. Visit
- 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. Guests at Workhouse Fireworks will also be able to enjoy local food trucks and craft beer and fine wine, as well as soft drinks. Free admission; \$25 per vehicle parking (purchase in advance online). Visit 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 bonniew@kidsave.org or visit 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 and learn about Adopt Don't Shop for finding a new pet. Make pull toys out of old jeans and fleece to be donated to pups waiting for their furever home. Donate old jeans or fleece on any Sunday or bring it along on the 30th. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org, 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 POWinternment program. Free. Email slawski_brian@yahoo.com or visit www.burkehistoricalsociety.org for more.
- 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 venders will also be on-site. Visit 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. 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-inthe-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. Prizes will be awarded for the top three spots in all three divisions. Ages 7 and older. \$75 per team, which includes lunch. Limited to the first 48 teams. There is no rain date. Call 703-323-1641 or visit
- www.fairfaxcounty.gov/parks/golf/burke-lake. **City of Fairfax Independence Day.** The 53rd Annual Independence Day Celebration. Visit

www.fairfaxva.gov/government/parksrecreation/special-events/independence-daycelebration

- 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
- Ratchile-Anison-Pozer House Fours, 11:50 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.
- Declaration of Independence Reading. Noon-1:30 p.m. in Historic Pohick Church, 9301 Richmond Highway, Lorton. The community is invited to a reading of the Declaration of Independence in Historic Pohick Church by historical re-enactor, the Rev. Dr. Thomas Costa, portraying the Rev. Mr. Massey, rector of Pohick Church in 1776. The reading will take place at noon, with free docent tours of the colonial church of George Washington and George Mason following the reading. Free. Call 703-339-6572, or visit www.pohick.org.
- 339-6572, or visit www.pohick.org. **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. Volunteers needed, sign up at www.signupgenius.com/go/ 30e0b4fafa92ca57-4thofjuly3. Visit www.cliftonva.org for more.

FRIDAY/JULY 5

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.

SATURDAY/JULY 6

- Children's Entertainment Series. 10-10:45 a.m. at Burke Lake Park Ampitheater, 7315 Ox Road, Fairfax Station. Featuring The Great Zucchini (comedy, magic). Visit www.fairfaxcounty.gov/parks/performances/ springfield-nights.
- 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/upcomingevents.
- Author Event: Loubna Hassanieh. 2-4 p.m. at Barnes and Noble Mosaic District, 2921 District Ave., Fairfax. Meet author and scientist Loubna Hassanieh, PhD, and purchase a signed copy of her book Where Will My Heart Beat?, a poignant story of good and evil and loss and redemption. Free. Visit www.facebook.com/events/ 300004840878912/ for more.

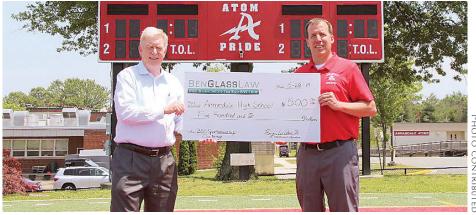
SUNDAY/JULY 7

- How Railroads Changed Life in Northern Virginia. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The introduction or railroads changed life in Northern Virginia in many ways, some of them unexpected. Learn how the "Iron Horse" changed daily life forever. 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: Tangled (2010).** 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-inthe-park-2/

MONDAY/JULY 8

Try Girl Scouts. 3-4 p.m. at Richard Byrd Library, 7250 Commerce St., Springfield. Come see what Girl Scouts is all about. Over four weeks (July 8, 15, 22 and 29) participants will make new friends, sing new songs, play games, and learn about Girl Scouts. \$25 for four weeks. For girls going into grades kindergarten through grade 3. Contact Cheryl Osborne for information for older girls at cosborne@gscnc.org or 703-372-4341.

News



Ben Glass, of Fairfax Station, presents the \$500 award to John Ellenberger, Athletics Director at Annandale High School. Head Coach and former marine Tejas Patel (not pictured) has changed the culture of the program for the better.

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

Sourcer 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.

"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 www.ConnectionNewspapers.com

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 or visit JustAskBenGlass.com or contact BenGlassLaw at 703-988-6414.



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"This is what I expected as I wanted to get exposure to learning different aspects of the environment and implement teaching these concepts at local schools," said Gitika Gorthi, 15, of Oak Hill.

AGaurav Sethi, 16 and a student at South County High School in Lorton, was excited to network with other students his age. "I love to work with my peers, and this is the perfect opportunity for me because there are many people here with the same interest and passion," Sethi said.

At the "Water Workshop Lesson," co-led by Celeste Phillips, Madison High School student and Maria Harwood, Northern Virginia Soil & Water Conservation District, attendees used a 3D EnviroScape Watershed education model. Through hands-on, multisensory experiences, conference attendees learned, as their future young students would learn, what a watershed was, how stormwater runoff carried pollutants through the basin to a pond, lake, river, bay, or ocean, and best practices to prevent this type of pollution from occurring.

Tim Turner, 16 of Lorton, said, "My main goal was to be able to understand more about our environment so I could inform younger children at elementary schools. ... The change starts with them."

AFTER LUNCH, Pat Hynes, Fairfax County School Board, Hunter Mill District, recalled seven years ago when the board received a presentation from the founders of ESLI, "we were very impressed ... but we worried about whether it would last after the founding students graduated. ... Well, not only has ESLI survived, it has thrived," said Hynes.

"The school board's strategic plan is grounded in what we call the portrait of a graduate. Those important skills we want our FCPS students to build, collaboration, critical and creative problem-solving, and effective communication, are best taught through project-based learning, real-world problemsolving through student-centered projects. ... We teach best and learn best in community through relationships and meeting real-world challenges," Hynes said, "I don't worry about ESLI continuing any more. Our challenge, as a school system, is to keep up and make sure we are taking full advantage of what you, as students are offering," she said.

For information about those who supported ESLI and how to join an existing chapter or create a new one, visit www.eslileaders.org.

ESLI High School **Chapters In** Fairfax County

Chantilly High School Langley High School South County High School Marshall High School Madison High School Oakton High School Robinson Secondary School Thomas Jefferson High School South Lakes High School

ESLI Virginia University Chapters

The College of William and Mary Virginia Commonwealth University



w.ESLILeaders.org EcoSchoolLeaders@gmail.co

Wendy Gao, Conference Co-Chair and a student at Oakton High School, explains ESLI's mission is to create a network of young people who are passionate about environmental education.





Pat Hynes who represents the residents of Hunter Mill District on the Fairfax County School Board tells attendees and leaders at the 5th Annual Environmental Student Leadership Initiative (ESLI) that their challenge is to keep up with the members of ESLI and make sure the school system is taking full advantage of what they offer.

10 Springfield Connection SJune 27 - July 3, 2019

BULLETIN

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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.

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/forgrant-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 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 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 or call RSVP at 703-403-5360.

WEDNESDAY/JULY 17

Fairfax Commission on Aging Meets. 1-3 p.m. at Mclean Governmental Center, Rooms A & B, 1437 Balls Hill Road, Mclean. The public is welcome to attend and join in the comment period that begins each session. Visit www.fairfaxcounty.gov/familyservices/olderadults/fairfax-area-commission-on-aging. Call 703-324-5403, TTY 711 for meeting access needs.

THURSDAY/JULY 18

Thrifty Thursday. 7-9 p.m. at the South County Government Building, 835 Richmond Highway, Alexandria. Learn basic budgeting skills and tools to help manage money. Prepare a personal spending plan and learn to reduce debt. Free. Visit https://

soco.financialempowermentcenters.org/ or call 703-704-6014

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.

SUNDAY/JULY 28

Movie Screening: Proof of Heaven. 2-4 p.m. at Unity of Fairfax, 2854 Hunter Mill Road Oakton. Best-selling author of Proof of Heaven: A Neurosurgeon's Journey into the Afterlife, Dr. Eben Alexander will describe his personal near death experience and the lessons he has learned. \$25. Register at

proof of heaven unity. event brite.com.



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.

