

# Springfield CONNECTION

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## WELLBEING

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The crowd watches The Fabulous Hubcaps at the kickoff to Lee District Nights on Wednesday, June 26, 2019 at Lee District Park Amphitheater in Franconia.

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JULY 4-10, 2019

ONLINE AT [WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)





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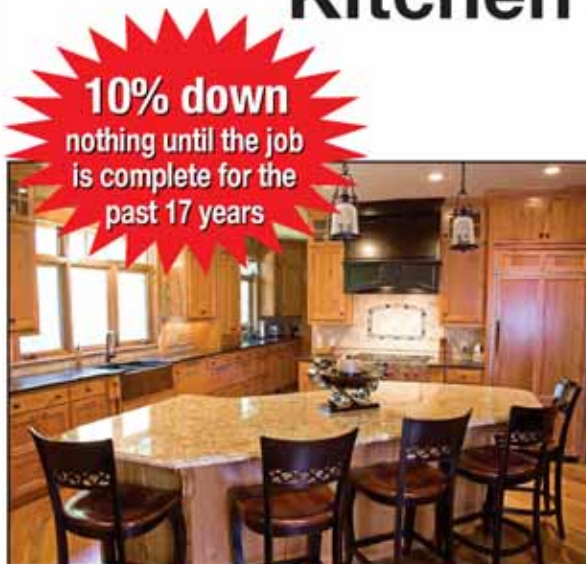
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# Recycling Efforts Gain Steam, Hit Bumps

Purple bins and increased efforts may be needed.

BY MIKE SALMON  
THE CONNECTION

Recycling has hit some gray areas lately impacting the common mentality of throwing things in the recycle bin. At one time, all plastics, glass and aluminum were a no-brainer, so filling the bin was easy.

The rules are changing though and it turns out that half of what was headed to be recycled now ends up in the landfill. Contaminated materials must be removed, glass is problematic, and not all plastics can go through the machine. Blaming Fairfax County is not entirely justified.

Fairfax County does collect the recyclable material for only 44,000 households living in sanitary districts, said Matthew Kaiser, Information Officer for the Fairfax County Department of Public Works and Environmental Services. But this is only 10 percent of the county and the remaining population is served by private companies, like Republic, American, Trash Away, etc. Then the county has a contract with American Recycling Center to process recyclables, and they are sorted.

**THE COUNTY** operates two residential recycling drop-off centers: the I-66 transfer station in Fairfax and the I-95 landfill complex in Lorton. Material collected there (plastic bottles, metal cans, mixed paper, cardboard) is delivered to American Recycling Center by truck. Glass is transported to a county glass processing plant at the landfill complex. Both sites accept electronics, cooking oil, scrap metal, and household hazardous waste, all of which is disposed of through private vendors, said Kaiser.

Now a “purple dumpster,” is the latest accessory for recycling glass, and things get complicated. Apparently, glass cannot be included with the others, as it once was, so hauling it off to the purple dumpster throws a twist into the whole process.

Supervisor Pat Herrity (R-Springfield) supports recycling and dedicated a recent newsletter “The Herrity Report,” to the recycling efforts in the county. He starts out with some “surprising truths,” in his newsletter. For example, “the surprising truth is that all of the glass you have put in the curbside single stream recycling bins has been going to the landfill for many years,” he says, and notes it’s better to drive the glass yourself to the Lorton or I-66 recycling center. Plastic bags clog the recycling machines, so instead of putting them in the bin, take them to the grocery stores and put them in a bag collection bin which is usually out front.

“People see the benefit in recycling,” Herrity said.

Herrity did mention that the purple dumpsters for glass is a good idea, and this



The recycle truck moves quickly through the neighborhoods.



Knowing what to put out is half the battle.

PHOTOS BY MIKE SALMON/THE CONNECTION



Green bins for recycling only.

## 5 Ways

Wishful recycling harms the recycling process; here are five ways you can help:

1. Only place **empty, clean, dry, loose** items in your bin

2. Dump the Filthy Five! **These five items should never be placed** in your recycling bin:

1. Plastic bags
2. Shredded paper
3. Tanglers (hoses/hangers/cords)
4. Styrofoam containers
5. Dirty diapers

3. Purchase products made with **high recycled content**

4. When in doubt, throw it out

5. Make an effort to reduce the amount of waste you create

For more, see <https://www.fairfaxcounty.gov/news2/adjusting-to-new-recycling-realities-5-ways-you-can-help-stop-wishful-recycling/>

program will be expanded. “We’re going to start putting purple bins at supervisor’s offices,” he said, so it will be easier for people to take their own glass for collection. Fairfax County is also crushing the glass which in turn makes it a substance like sand, which is how glass is made in the first place. Then it can be used in building materials. “Not a

## Recycling Recommendations

Here is a brief list of items and recycling recommendations. See the county recycling website for more details: (<https://www.fairfaxcounty.gov/publicworks/recycling-trash/residential-materials>)

- ❖ Mattresses & Box Springs - donate if possible, but if not, take to landfill
- ❖ Plastic - reuse if possible and take bags to the grocery store bin, but the rest can be put in the recycle bin
- ❖ Furniture - donate if possible, but if not, take to landfill
- ❖ Paint - If Latex, let air dry and throw container in the regular trash; if oil based, take to Household

Hazardous Waste Site.

- ❖ Pizza Boxes - Throw in the trash
- ❖ Paper - recycle some, shredded paper goes in the trash
- ❖ Glass - purple bin for most
- ❖ Styrofoam - packaging “peanuts” can be reused by some UPS stores, the rest goes in the trash
- ❖ Wood & lumber - Paneling, wood can be taken to the I-66 Transfer Station or I-95 Landfill Complex for disposal. Must not exceed eight feet in length.
- ❖ Electronics Recycling - some can be “e-cycled”, others to the landfill

big market for recycled glass,” Herrity said.

Kaiser did note a program the county is embarking on a pilot program with local wineries to have receptacles like purple bins at the wineries so the customers can return the empty bottles on site. They are trying this at the Bull Run Winery near Centreville, and the glass is taken to Lorton, crushed and used in other projects.

“Glass processed in Lorton has been used in two construction projects so far and is being tested as a suitable material for roadbeds,” said Kaiser in an email.

**THE ROAD** to the I-95 landfill is one of the construction projects where they are using a mix of recycled materials to construct and repair roads as part of the county’s overall push to deploy Smart Cities technologies.

Two material blends are being tested: a 40/60 mix of ash and crushed glass, and a 25/75 mix of ash and recycled concrete. Approximately 400-500 tons of recycled material are being used to fill 2,000 square yards of roadway, the county website stated. Crushed glass is also being used as pipe bedding at Flatlick Branch in the Sully area near Chantilly.

## 350 Fairfax

There is a group in the county that is focusing on recycling called “350 Fairfax,” and they are looking for ways to enhance the county recycling efforts. The “Plastic Free Challenge,” is one effort they’ve started

along with other organizations, asking Fairfax County residents to pledge to refuse single-use plastic bags, bottles, and straws.

“For those who were already refusing bags, bottles, and straws, we offered a list of about 40 other ways they could reduce their single-use plastic consumption,” said Julie Kimmel, of 350 Fairfax. “We had more than a thousand participants, including local schools, small businesses, and congregations, and we’re hoping to reach a wider audience when we do the Challenge again this October,” she said.

“Dual stream recycling,” is one effort Kimmel supports, and this means picking up separated materials on recycling day, cutting down the possibility of contaminants getting in the wrong pile. Montgomery County, Md. uses this to some extent, with one truck with two compartments.

For Fairfax to adopt this method “would almost certainly cost more up front,” admitted Kimmel, but it would save money and be environmentally advantageous over the long run, she said.

Regardless of all these efforts, some recycling bins do get filled up with material that does not belong there and ends up in the landfill anyways. Herrity points out this “aspirational recycling” which increases the cost for recycling, he said, and listed a few items that are frequently found in the bins but should not be. Those items include diapers, garden hoses, coolers, Styrofoam, food, car seats, and batteries.

“When in doubt, throw it out,” he said.



# OPINION

## George Mason's Role in Founding our Nation

Establishing three branches of government, freedom of the press, freedom of religion, and civilian military control were all elements from Virginia's founding documents.

BY JOHN C. COOK  
BRADDOCK DISTRICT SUPERVISOR



**T**he fireworks and burgers we all look forward to on Independence Day can make us forget the incredible history behind the celebration. As a public servant, I cannot help but reflect on the remarkable political events and the figures who took

### COMMENTARY

incredible risks to shape the government of our young country. The work of one local man in particular inspired the Declaration of Independence and the Bill of Rights. His name was George Mason.

Mason resided in Gunston Hall and actively involved himself in the Fairfax County community. He was elected into the Virginia House of Burgesses in 1758 alongside George Washington and Patrick Henry. He left his office a short time later due to illness and a reluctance towards politics. However, he was one of the greatest and most respected political thinkers of his time. A follower of the political philosopher John Locke, Mason firmly believed in the rights of individuals and was an early adopter of the Revolutionary cause. When the British began imposing taxes on the colonies, Washington asked Mason to draft official responses

in protest. This resulted in the Fairfax Resolves, a countywide document that opposed the increasingly harsh British policies and called for an American "general congress, for the preservation of our Lives Liberties and Fortunes." While many counties wrote their own resolves, Mason's was considered the most forceful and influential.

After the House of Burgesses was dissolved by the British governor in 1774, Virginians formed their own legislative body in protest called the Virginia Convention, which created a new government structure in Virginia. As a member of the convention, George Mason drafted the groundbreaking Virginia Declaration of Rights and the 1776 Constitution, which laid the "basis and foundation" for a government in Virginia. It called for a government based on individual liberty that only received its power from the people it served. The document opened with the bold statement "That all men are by nature equally free and independent, and have certain inherent rights..." Thomas Jefferson adopted similar language for our national Declaration of Independence. These radical thoughts, so deliberately laid out, sent a shockwave through the colonies and history changed forever.

When the fighting finally ceased years later

it was time to build a stable government for the expansive territory the Americans had secured. Mason was once again invited to share his wisdom in building a government as a Virginia representative in the Constitutional Convention. Mason had a clear vision of what he would like to see in the Constitution. He strongly advocated for individual rights, popular elections, and a three-part executive branch. He was especially wary that the new government would too closely resemble England's. As the convention went on Mason's concerns grew. He opposed the slave trade and wanted to see it eradicated in the new government. When he proposed a bill of rights to be included in the body of the constitution, his motion was rejected by a majority of the convention. These two key issues led Mason to vote against the Constitution. His was one of only three dissenting votes. Many elements of Mason's philosophy, however, made their way into the subsequent Constitution and Bill of Rights. Establishing three branches of government, freedom of the press, freedom of religion, and civilian military control were all elements from Virginia's founding documents.

I hope you and your family have a safe and happy Fourth of July. I also hope you take some time to remember the history and people behind the holiday. Without the courage and conviction of people like George Mason, our country would not be the beacon of liberty it is today.

## Threats to Our Government as We Know It

BY KENNETH R. "KEN" PLUM  
STATE DELEGATE (D-36)

**T**he threats to our democratic-republican form of government are more numerous than weeks of this column could enumerate. While I will not mention the more obvious ones brought on by the current administration in Washington, I do want to focus on two that have come about in the recent past—one just last week. They impact all levels

### COMMENTARY

of government and come about not from the executive branch of government or the dysfunctional Congress but rather from the judicial branch and its highest level, the Supreme Court! While I have always viewed the Supreme Court as a safety backstop that would save our republic from harm by the Congress or the president, in recent years it is the Court that has become one of the real threats to democratic governance.

One of the biggest inhibitors of advancement on progressive issues in Virginia has been the un-

restrained ability of the members of the party in power at the time of the decennial census to choose the voters they want to represent for the next decade by gerrymandering district boundaries. For some of us there has been a struggle to put in place a non-partisan method of drawing district lines. With the great organization OneVirginia2021's efforts there has been real progress towards meeting that goal. A Constitutional amendment passed the last session of the General Assembly that would establish what is described as a non-partisan and transparent process for redistricting. It must pass the 2020 session without change in order to be sent to the voters in a referendum before becoming part of the state constitution.

In the meantime lawsuits were successful in federal courts to have the Virginia Congressional and House of Delegates districts redrawn to eliminate discrimination based on race. The Supreme Court



refused to review the new House of Delegates districts drawn by a lower federal court on a technicality that the current members bringing the suit did not have standing.

Of great concern, however, is the Supreme Court decision last week saying in effect that federal courts do not have the power to redraw politically gerrymandered district lines. The outcome could be more devastating to a republican form of government as the dominant party would be left free to establish itself in power without a way to challenge it.

The Supreme Court has historically sidestepped cases in the past that would have brought them into resolving partisan redistricting. I am fearful that the Court's decision will result in rampant gerrymandering of legislative districts creating unparalleled control of legislatures. This unfortunate decision by the Supreme Court may have been exceeded in its partisan implications only by Citizens United that many people feel may have been the Court's greatest mistake by bringing uncontrolled corporate influence into elections.

As usual the checks, although extremely limited to these kinds of bad decisions, continue to be voting the very best people into elective office.

### 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

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## WELLBEING

# Burnout at Work

Recognizing the symptoms and strategies for relief.

BY MARILYN CAMPBELL  
THE ALMANAC

**M**aria Cogswell says she used to sob in her car each day as she drove to her job on Capitol Hill. She complained of stomach cramps and indigestion during the time she spent in her office.

"I was rude to people and short and irritable with my friends," she said. "I was miserable. My brain was fried and I was completely burned out at work. Eventually I just quit my job."

Cogswell is not alone. According to a recent Gallup study two-thirds of full-time workers experience burnout on the job. Researchers who conducted the study concluded that employee burnout can lead to a downward spiral in performance and can damage an employee's self-esteem and confidence. In fact, the World Health Organization (WHO) recently labeled workplace burnout as an "occupational phenomenon" that could lead to health issues.

"Burnout is a state of physical, emotional and mental exhaustion that negatively affects self-esteem," said Linda McKenna Guly, Ph.D., Professor of Psychology at Marymount University. "It affects the quality of services the burned-out employee provides. For example, nursing is a field with high burn-out, so this is a concern if the employee is not able to perform well."

The feeling that one has little or no autonomy at work can cause frustration and stress that leads to burnout. "Keep in mind [that] those jobs, across all professions in which the employee has little control and competing demands of both family and work, lead to this serious problem of burnout," added Guly, who taught the topic of stress and burnout in a recent class.

Learn to recognize the early signs of burnout, advises Carolyn Lorente, Ph.D., Professor Psychology at Northern Virginia Community College. "Often times the first indicator of work burnout and stress may be felt in our bodies," she said "Especially for those of us who learned as children to tough it out, we may have been socialized to not cue into our stressors or emotions. This can really take a toll on our physical health. We may find ourselves getting more frequent headaches, having stomach issues, or catching colds more often."

Such extreme levels of chronic stress can damage one's overall physical and mental wellbeing, added Chris Harrison, Professor of Health and Physical Education at Montgomery College. "Individuals reach the condition of burnout when they are exhausted and can't replenish their energy levels, they lack motivation, develop a chronic pessimistic attitude with feelings of frustration and hopelessness. ... Job related burnout can result in lower productivity, lower quality of work, increased accidents and increased absenteeism," continued Harrison, who teaches a class called "Controlling Stress and Tension."

One of the most effective ways to ease stress and prevent burnout before it happens is to make time throughout the day to practice self-care, advises Lorente who encourages people to take what she calls "peace pauses."

"For instance, during a lunch break take a walk outside rather than eating inside, treating yourself



PHOTO BY MARILYN CAMPBELL

**Yoga and meditation teacher Debbie Helfeld practices alternate nostril breathing which she says can relieve the type of stress that can lead to workplace burnout.**

to a favorite afternoon tea or coffee, or listening to books on tape or an interesting pod-cast to and from work."

Stress often comes from feeling a lack of control over how one's time is spent, advises Lorente who is also a psychotherapist at Belle Point Wellness clinic where she helps patients manage stress. "These peace-pauses can help us begin to take back even small parts of how our day goes and help protect against stress-related ill health," she said.

Make time to take care of one's physical health, advises Harrison. "Work to improve your sleep habits, eat a healthy diet and participate in regular physical activity," she said. To ease stress, Harrison also recommends a holistic approach. "Explore activities ... such as yoga, meditation, guided imagery or tai chi," she said. "Mindfulness is the act of focusing on your breath flow and being aware of what you're sensing and feeling in the present moment without interpretation or judgment."

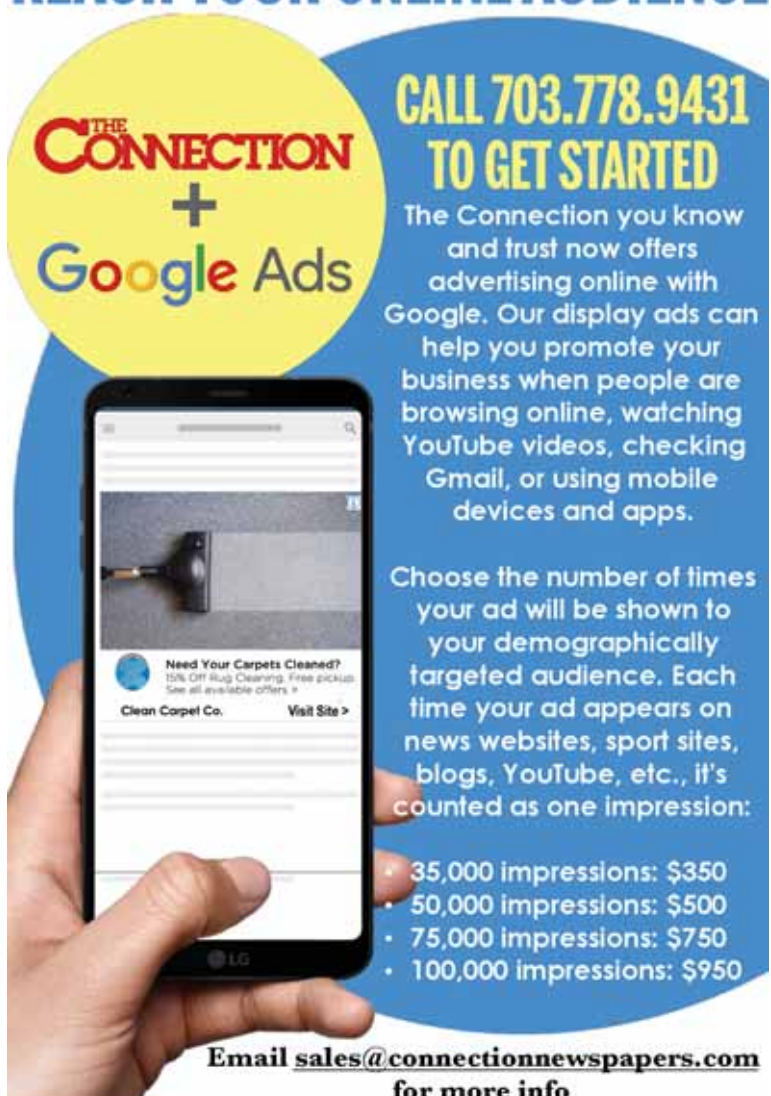
Yoga and meditation teacher Debbie Helfeld recommends alternative nostril breathing for calming.

Adjusting the way one views stress and changing one's thoughts, behaviors and relationships might be necessary, suggests, Jerome Short, Ph.D., Licensed Clinical Psychologist and Associate Professor of Psychology at George Mason University. "The more that we view stress as a challenge and we develop coping skills the more we can experience growth and not harm," he said.

For those who feel a sense of hopelessness, Harrison suggests exploring available options. "Discuss specific concerns with your supervisor," she said. "Maybe you can work together to change expectations or reach compromises or solutions. Try to set goals for what must get done and what can wait."

Sometimes the best option is to get help from a therapist or simply change jobs, says Short. "In the workplace, it helps to have new challenges, a sense of purpose, autonomy to make decisions, and opportunities to master skills," he said.

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PHOTOS BY STEVE HIBBARD/THE CONNECTION

**Dancers Ralph Hammelbacher and Faith Halter enjoy the music of The Fabulous Hubcaps.**



**The crowd watches The Fabulous Hubcaps at the kickoff to Lee District Nights on Wednesday, June 26, 2019 at Lee District Park Amphitheater in Franconia.**

## The Fabulous Hubcaps Play at Lee District Nights

**Fairfax County Park Authority sponsors Summer Entertainment Series on Wednesday nights.**

BY STEVE HIBBARD  
THE CONNECTION

**T**he Fabulous Hubcaps helped kick off the Lee District Nights Summer Entertainment Series at Lee District Park Amphitheater in Franconia on Wednesday, June 26, 2019. Throughout the summer, the free series of concerts sponsored by the Fairfax County Park Authority are held from 7:30-8:30 p.m., and will feature a wide variety of musical acts from jazz to big band, classic to bluegrass, swing to folk and vintage rock 'n roll.

According to Sousesan Frankeberger, Performing Director for the Fairfax County Park Authority: "The Park Authority started the Summer Concert Series about 25 years ago, and we started with one small venue and expanded it. Now we offer concert series weekly from Wednesday evenings through Sunday evenings at different park venues

throughout the county."

Now there are 160 concerts throughout the county, which includes children's performances on Saturday mornings and evening concerts, plus one series that's international – music and dance from different parts of the world.

She continued: "It's a place for people to bring children and family members, bring a picnic basket and enjoy an evening at the park, under the sun and the trees. We have some good quality shows and we provide genres of every variety — from folk music to Irish rock."

She said the series is sponsored through contributions from donors; no taxpayer money goes towards paying performance fees and the series are held in all Supervisory districts.

"It's a fantastic place for community performing, getting together to know your neighbors, to bring your kids and let them dance and enjoy the music," she added.



**The Loustau family of Alexandria enjoys The Fabulous Hubcaps – Dad Ricardo, Mom Jessica, and children Alarick, Castiel, Kathlyne, and Sandy.**

"The Mount Vernon-Lee Chamber of Commerce is delighted to host the Lee District Concerts. This is a great way to bring the

### 2019 SCHEDULE

- JULY 3** — The Nighthawks (Blues)
- JULY 10** — Ruthie & the Wranglers (American Roots)
- JULY 17** — City of Fairfax - Main Street Community Band (Concert Band)
- JULY 24** — The Annandale Brass Ensemble (American Popular Music)
- JULY 31** — Enter the Haggis (Celtic, Rock)
- AUGUST 7** — The United States Navy 'Country Current' (Country)
- AUGUST 14** — Nomad Travels (Dance/Music)
- AUGUST 21** — Junkyard Band (Go-Go, Funk)
- AUGUST 28** — Trio 111 (Rock)

community together and we love being here tonight with all the people, and the Fabulous Hubcaps are just fabulous," said Holly Dougherty, Executive Director of the Mount Vernon-Lee Chamber of Commerce. "We really appreciate the generosity of the businesses that sponsor the concerts and hope people will remember their local businesses when they need to shop or need a product."

Concerts are held at the Lee District Park Amphitheater, 6601 Telegraph Rd, Franconia. For information, visit [www.fairfaxcounty.gov/parks/performance](http://www.fairfaxcounty.gov/parks/performance).



**The Fabulous Hubcaps performs oldies and classic rock at Lee District Nights on Wednesday, June 26, 2019 at Lee District Park Amphitheater in Franconia.**



**The crowd watches The Fabulous Hubcaps at the kickoff to Lee District Nights on Wednesday, June 26, 2019 at Lee District Park Amphitheater in Franconia.**



# CALENDAR

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

## ONGOING

**Art Exhibit: Somewhere Between You and Me.** Through July 20, Fridays and Saturdays, 11 a.m.-3 p.m. at Olly Olly, 10417 Main St., 2nd Floor, Fairfax. In Somewhere Between You and Me, young nonbinary transgender artists intimately seek to understand and bring understanding to what it means to experience life as a nonbinary person. Call 703-789-6144 or visit [ollyollyart.com](http://ollyollyart.com) for more.

**Art Exhibition: Virginia Watercolor Society.** Through Aug. 2, gallery hours in the McGuireWoods Gallery, Workhouse Arts Center, Workhouse Arts Center, 9518 Workhouse Way, Lorton. Free and open to the public. Visit [www.workhousearts.org/](http://www.workhousearts.org/) or [www.virginiawatercolorssociety.org](http://www.virginiawatercolorssociety.org) for more.

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

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

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

**Burke Farmers Market.** Saturdays, through Dec. 21, 8 a.m.-noon, 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)

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

Photo booths will Pop Up July 6, 6-8 p.m., Old Keene Mill Shopping Center

## 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. 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](http://www.fairfaxcounty.gov/parks/golf/burke-lake).



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

**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.

**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](http://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](http://www.signupgenius.com/go/30e0b4fafa92ca57-4thofjuly3). Visit [www.cliftonva.org](http://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](http://www.fairfaxvfd.com) or call 703-273-3638 for more.

**Old Town Village Performances: Nitehawks Swing Band.** 7-8 p.m. at Old Town Plaza, 3955 Chain Bridge Road, Fairfax. The weekend starts here – Friday night on the Old Town Village Plaza – music and dance to relax by. Fridays, June-September, weather permitting. Performances are free. Call 703-385-7858 or visit [www.oldtownplazaairfax.com](http://www.oldtownplazaairfax.com) for more.

## SATURDAY/JULY 6

**Children's Entertainment Series.** 10-10:45 a.m. at Burke Lake Park Amphitheater, 7315 Ox Road, Fairfax Station. Featuring The Great Zucchini (comedy, magic). Visit [www.fairfaxcounty.gov/parks/performances/springfield-nights](http://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. Stop by for a historic adventure. 703-550-9220 or visit [www.gunstonhall.org/visit/guide/upcoming-events](http://www.gunstonhall.org/visit/guide/upcoming-events).

**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/](http://www.facebook.com/events/300004840878912/) for more.

**Country-Western Dance.** 6-9:30 p.m. at

Accotink Universalist Unitarian Church, 10125 Lakehaven Court, Burke. The Northern Virginia Country-Western Dance Association will hold a dance with lessons, 6-7 p.m. and open dancing, 7-9:30 p.m. A DJ provides music. Couples and singles of all ages welcome. Admission for NVCWDA members \$10; non-members \$12; children under 18 accompanied by a paying adult \$5. Smoke-free, alcohol-free. BYO refreshments. Visit [www.nvcwda.org](http://www.nvcwda.org) for more.

**Americana Family Night.** 6:30-8:30 p.m. at the Children's Science Center Lab, 11948 Fair Oaks Mall, Fairfax. Explore Revolution-era inventions and spy communications. Wear your read, white and blue. \$13. Contact programs@childsci.org or 703-648-3130, or visit <https://childsci.org/event/americana-family-night>.

## 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 of 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](http://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. Grab a blanket, friends and family and watch favorite films underneath the stars. Visit [mosaicdistrict.com/events/event/films-in-the-park-2/](http://mosaicdistrict.com/events/event/films-in-the-park-2/).

## 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](mailto:cosborne@gscnc.org) or 703-372-4341.

## WEDNESDAY/JULY 10

**The Clifton Cup.** 8 a.m. shotgun start at Westfields Golf Club. The Clifton Cup is back bigger and better than ever. All proceeds go to the Clifton Betterment Association. Sign up at [www.cliftonva.org/events/clifton-cup](http://www.cliftonva.org/events/clifton-cup).

**Try Girl Scouts.** 3:30-4:30 p.m. at Pohick Library, 6450 Sydenstricker Road, Burke. Come see what Girl Scouts is all about. Over four weeks (July 10, 17, 24 and 31) 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](mailto:cosborne@gscnc.org) or 703-372-4341.

**Nine and Wine.** 5-8 p.m. at Laurel Hill Golf Club, 8701 Laurel Crest Drive, Lorton. Enjoy a round on Virginia's newest golf course. Price includes range balls, golf cart, nine holes of golf, a glass of wine. This event welcomes the first 12 people who RSVP. Member, \$32; non-members, \$42. RSVP to Roberta Korzen at 703-324-8782 or [roberta.korzen@fairfaxcounty.gov](mailto:roberta.korzen@fairfaxcounty.gov)

**Springfield Nights: Randy Thompson Band (Americana Country, Roots Rock).** 7-8:30 p.m. at Burke Lake Park, 7315 Ox Road, Fairfax Station. Springfield Nights returns for a second summer season with free musical performances on Wednesday evenings at Burke Lake Park ranging from bluegrass and pop, to rock and R&B. Visit [www.fairfaxcounty.gov/parks/performances/springfield-nights](http://www.fairfaxcounty.gov/parks/performances/springfield-nights).

SEE CALENDAR. PAGE 11

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## News



PHOTOS COURTESY OF AAFMAA

At the conclusion of the program, Major Lincoln was joined onstage by members of the AAFMAA team who work to provide members with life insurance, mortgage services, survivor assistance and wealth management each day.

## Celebrating 140 Years of Serving Military

The American Armed Forces Mutual Aid Association (AAFMAA), the nation's longest-standing military financial services not-for-profit organization, celebrated its 140th Anniversary with a reception on June 10, 2019 in Chantilly. The event honored the Association and individuals who have contributed to AAFMAA's growth, as well as its valued members, all of whom are current or former members of the military.

The evening began with a reception for AAFMAA Members, employees, and partners, and progressed with remarks from AAFMAA Chairman General (Retired) Dennis Reimer, Douglas Jamal, Keynote Speaker, and AAFMAA's President and Treasurer Major (Retired) Walt Lincoln. Throughout the evening, AAFMAA celebrated its role in the military community and highlighted AAFMAA's service to the families of those who have fallen.

Speakers discussed how AAFMAA provides its Members always-affordable life insurance and survivor assistance, including expedited death benefit payments, helping survivors secure government benefits, and preparing government and insurance claims. They also addressed how AAFMAA has expanded to offer mortgage services, financial planning, investment management, and trust services to its more than 86,000 Members and the entire military community.

Additionally, the celebration reflected on AAFMAA's beginnings in 1879, shortly following The Battle of The Little Bighorn, which starkly emphasized the desperate circumstances of bereaved Army families. The War Department identified the need to provide the families of deceased soldiers with



The evening began with a reception for AAFMAA Members, employees, and partners.



AAFMAA's President and Treasurer Major (Retired) Walt Lincoln discussed AAFMAA's long history of supporting the military community and highlighted various milestones throughout the years.

financial assistance and benefits in a timely manner. While AAFMAA initially provided services exclusively to Army officers and later to Air Force members, the association now offers membership to current and former servicemembers of all ranks and from all branches of the U.S. Armed Forces.

"For 140 years, AAFMAA has supported and protected members of the military and their loved ones. This celebration provides our members, staff, and community

leaders with the opportunity to reflect on the great success of these efforts and to look ahead at a future of continued service," said AAFMAA Executive Vice President and Secretary Brigadier General (Retired) Michael Meese. "Whether it's through our well-established services like life insurance and survivor benefits or newer offerings such as mortgage services and wealth management, our goal remains the same — protect and support those who have guarded our nation's freedom."



# CALENDAR

FROM PAGE 8

**Lee District Nights: Dale Jett and Hello Stranger (traditional Carter Family, country).** 7:30 p.m. at Lee District Amphitheater, 6601 Telegraph Road, Alexandria. Enjoy an evening of al fresco music at Lee District Park. Head to the amphitheater on Wednesdays for this series concerts featuring a variety of musical acts from jazz to big band, classic to bluegrass, swing to folk and vintage rock 'n roll. Visit [www.fairfaxcounty.gov/parks/performances/lee-district-nights](http://www.fairfaxcounty.gov/parks/performances/lee-district-nights) for more.

## THURSDAY/JULY 11

**Evenings on the Ellipse: Doc Scantlin and his Imperial Palms Orchestra (big band).** 5:30-7 p.m. at the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. The Fairfax County Government Center's backyard will be alive with fun, music and good company this summer as the Evenings on the Ellipse concert series returns. Stop by and relax in style with generous tastings and sales from Fairfax County's two Wineries, Paradise Springs and Bull Run. Visit [www.fairfaxcounty.gov/parks/performances/evenings-on-the-ellipse](http://www.fairfaxcounty.gov/parks/performances/evenings-on-the-ellipse) for more.

## FRIDAY/JULY 12

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

**Old Town Village Performances: Sior Org.** 7-8 p.m. at Old Town Plaza, 3955 Chain Bridge Road, Fairfax. The weekend starts here – Friday night on the Old Town Village Plaza – music and dance to relax by. Fridays, June-September, weather permitting. Performances are free. Call 703-385-7858 or visit [www.oldtownplazafairfax.com](http://www.oldtownplazafairfax.com) for more.

## SATURDAY/JULY 13

**Children's Entertainment Series.** 10-10:45 a.m. at Burke Lake Park Ampitheater, 7315 Ox Road, Fairfax Station. Featuring Rocknocs (children's songs). Visit [www.fairfaxcounty.gov/parks/performances/springfield-nights](http://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/upcoming-events](http://www.gunstonhall.org/visit/guide/upcoming-events).

## SUNDAY/JULY 14

**Chair Yoga.** 3-4 p.m. at Centreville Regional Library, 14200 St Germain Drive, Centreville. Gentle and mindful chair yoga for adults and older adults. Free. Call 703-830-2223 or visit [librarycalendar.fairfaxcounty.gov/event/5312868](http://librarycalendar.fairfaxcounty.gov/event/5312868).

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

## MONDAY/JULY 15

**Open House: Sentimental Journey Singers.** 9:30-11 a.m. at Insight Memory Care Center, 3953 Pender Drive, Suite 100, Fairfax. A chorus for those diagnosed with early or beginning moderate Alzheimer's and other memory impairments, along with their care partners, Sentimental Journey Singers offers the fun and social aspects of singing in chorus together. Learn more about this new choral program at Insight before rehearsals begin in September. Contact Christi Clark at 703-204-4664 or [christi.clark@insightmcc.org](mailto:christi.clark@insightmcc.org).

## WEDNESDAY/JULY 17

**Springfield Nights: The Reagan Years (80's Tribute Band).** 7-8:30 p.m. at Burke Lake Park, 7315 Ox Road, Fairfax Station. Springfield Nights returns for a second summer season with free musical performances on Wednesday evenings at Burke Lake Park ranging from bluegrass and pop, to rock and R&B. Visit [www.fairfaxcounty.gov/parks/performances/springfield-nights](http://www.fairfaxcounty.gov/parks/performances/springfield-nights).

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## Coup de Gras



By KENNETH B. LOURIE

Now that I'm unburdened from the web-site weight I've been carrying for the past few weeks, I will, for the second week in a row, not write about cancer.

This week's topic will be manufacturer's coupons and the trick certain supermarkets are playing on us unsuspecting consumers.

Like many of you, or maybe not that many, I use coupons to save money. In fact, I have become rather adept at doing so. I'm not willing or talented enough to go on television – and tell my tales; I'm not that good. As an example, I'm not able/inclined to download and print the digital coupons some brands/sites offer.

All I know to do is clip/use the paper coupons inserted in the Sunday newspapers and "clip" the digital coupons offered on certain supermarket and drugstore websites.

In my "couponing" I am aware and mindful of the doubling and occasionally even tripling coupon opportunities. Moreover, I am similarly aware of the less frequent doubling/tripling of coupons with values of one dollar or more.

Most of the time, I am using coupons whose face value is less than one dollar whose amount is then doubled (a 75 cent coupon is worth \$1.50). In addition, I'm always looking to use my "couponing" skills with items that are already on sale for super savings.

Unfortunately, the opportunity doesn't present itself as often/on as many items as I like to purchase. Although, until recently, there had been a savings opportunity when the identical-to-the-paper digital coupon appeared on the supermarket's website. On those occasions, one could use both the paper and digital coupons on the same item, to double dip, so to speak (and a super-duper savings if that item were already on sale); a loophole which has since been closed.

Another loophole, of sorts, one that saves the supermarket's money – at the consumer's expense, literally and figuratively, involves their digital coupons. Not only can you no longer 'double dip,' but if you "clip" the digital coupons, the ones under one dollar, the face amount doesn't double as it would for a similarly valued paper coupon.

Who does that help? The convenience of digital coupons. I'm not buying it anymore.

In summary, two ways here I see the supermarkets making money where previously they hadn't.

First, they're encouraging consumers to use digital coupons, like it's money for nothing. Really it's money for something, just not the consumer's something. Granted, there seem to be more digital coupons than paper coupons but the more digital coupons you use, especially instead of paper coupons for the same item, the more money you lose (by not benefiting from the doubling opportunity afforded by paper coupons).

Second, for whatever coincidental/conspiratorial reason, there are fewer coupon inserts in the Sunday papers. There's less to cut on Sundays and accordingly, less to show for it on Mondays, when I plan my week's "consumer-ing." The result is that due to this lack of paper coupons, consumers are being forced to go digital, and by doing so, are losing our ability to double down.

Rather than supply the demand in paper, the supermarkets are demanding the supply by forcing our hands to go mouse-clicking.

You may view this coupon pursuit as a bit of a fools errand, but I view it more as a challenge, and as a way to overthrow the conspirators, while there's still time.

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





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