

‘Shining a Light on the Darkness of Alzheimer’s’

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A yoga class at the Fieldhouse
in Chantilly to raise money and
support for Alzheimer’s.

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PEOPLE

Eagle Scout Project Enhances the Centreville Historic District Experience

On Saturday, June 1, Eagle Scout candidate Nathan Palmer from Troop 1826 held a service project at the Stuart-Mosby Cavalry Museum at 13938 Braddock Road in Centreville. His Eagle Scout service project consisted of the planning, coordinating, and leading the construction of a large garden/flower box and five sitting benches. This idea stemmed from conversations between Dennis Hogge, adult scout leader, and Nathan. "I noticed there was not a lot of current available seating for visitors to use," Nathan said.

As part of this project Nathan solicited support from local businesses. While there were those that could not participate, Lowe's Home Improvement located at 13856 Metrotech Drive in Chantilly responded. "Mr. Pregent met with me and asked me a lot of questions about my project. He also gave me tips and suggestions to consider when building the garden/

flower box and benches. I really appreciated him doing that," Nathan said.

It was from this generous donation of materials that allowed this service project to move forward at an accelerated rate. Nathan said that on the day of the supplies pickup, "Mr. Fernandez, who was the Manager on Duty, was a big help. He made sure that there were Lowe's associates available to help load all the supplies into the truck." Nathan also mentioned, "Mr. Fernandez was also there, right alongside us, helping us load everything in."

More than 37 members of the Centreville community and fellow scouts were involved with more than 75 service hours being attributed to making this service project a success.

Nathan Palmer said, "I hope that these new additions will be enjoyed by those who visit the museum and are seen as a benefit to the historic Centreville district as a whole for years to come."



PHOTOS CONTRIBUTED

From left, Kyle Robson, Talon Bangerter, Jared Peart, And Samuel Gabriel apply stain to a built sitting bench.



Nathan Palmer (far right) oversees the placement of the garden/flower box by Enoch Younce, Thadius Palmer, and Josh Hampton.

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Nathan Palmer with his completed Eagle Scout service project.



‘Shining a Light on the Darkness of Alzheimer’s’

Longest Day Workout fundraiser held at the Fieldhouse in Chantilly.

BY BONNIE HOBBS
THE CONNECTION

In one area of the Fieldhouse in Chantilly, people lifted weights, while in other areas they ran on treadmills, did lunges, pullups and yoga. But besides working on their bodies, they were raising money for a devastating disease that deteriorates people’s minds.

Dubbed “The Longest Day Epic Workout,” on Saturday, June 22, some 30 people participated in four, 30-minute workouts, with their registration proceeds going to the Alzheimer’s Association. They worked hard, but had fun, too. And, since purple is the color representing the disease, many wore purple shirts saying, “The end of Alzheimer’s starts with me,” or “#ENDALZ.”

“We’re here to shine a light on the darkness of Alzheimer’s,” said Cindy Schelhorn, a senior spokesperson with the Association’s National Capital Area region. “June 21 was the longest day of the year, and the Association’s slogan is ‘The day with the most light is the day we fight.’”

Schelhorn, of Centreville’s Sully Station II community, said, “Similar activities are going on across the country today, because Friday was a workday. But people are doing fundraising events throughout June and July and can still sign up to create their own, do-it-yourself fundraisers at alz.org/thelongestday.”

For example, children have had lemonade stands, vintners have held wine-tastings, and others have done bake sales and ballroom dancing or gone sailing, fishing, golfing or bowling. “People are doing things they love or that were important to their loved ones to raise money,” said Schelhorn. “These activities also increase awareness of and support for the Association.”

THE FIELDHOUSE EVENT was held in honor of member Sara Bach, who works out there regularly with EveryMom Fitness, which runs a bootcamp for moms with children. And their children can even work out with them, if they want.

“My mom, Susan Patchcoski, who’s only 63, has younger-onset Alzheimer’s,” said Bach. “She was officially diagnosed two years ago, and it’s hard – especially for my dad, her caregiver. But it takes a toll on the whole family. So I or-



Dorothy Owen does lunges with a heavy, slam ball.



Sara Bach fights for Alzheimer’s funding.

ganized this event with my community and also set up a Facebook fundraiser. And so far, just from family and friends, I’ve raised \$6,000.” To donate, go to www.facebook.com/donate/2025085121127336/?fundraiser_source=external_url.

“This workout was a great idea because my mom loved to exercise – she’d go to the gym and walk,” explained Bach. “And on the ‘Longest Day,’ I wanted us to exercise. And people posted videos from elsewhere of them exercising – or baking cookies or muffins – because she also liked to bake. They also sent messages saying they did it in her honor. My brother Justin bought the shirts for the Fieldhouse event, and my dad helped spread the word.”

The event included a raffle, too, with gift cards and merchandise donated by local businesses. And at the outset, Bach addressed the participants. She thanked the Fieldhouse for donating its venue,

and one of its fitness instructors, her friend Kristen Dallhoff, for her support. Bach suggested a small workout, and Dallhoff instead created a bigger one so more money could be raised.

“It took me a long time to accept that my Mom had younger-onset Alzheimer’s,” said Bach. “There’s no remission, no stopping it, no slowing it down, no cure and no survivors.” My mom will eventually get to a spot where she won’t recognize our family and my children, and that breaks my heart.

“It’s also heartbreaking that millions of other people and caregivers are impacted by this disease. I know many of you have someone that you’re doing this workout to honor today. Thank you for being here to stand up and fight for research, better support and, most importantly, a cure. I know that, with the support of a community like you all, one day it will happen.”



PHOTO COURTESY OF SARA BACH

Participants in the Longest Day fundraiser for Alzheimer’s research.

A strength and endurance-training workout at the Fieldhouse.

PHOTOS BY
BONNIE HOBBS
THE CONNECTION

Bach also urged them to remember that those with Alzheimer’s are people, not patients.

“They’re husbands, wives, brothers, sisters, bosses, employees, sons and daughters – all of whom were robbed of time and the ability to continue to chase their dreams and live their lives freely,” she said. “So let’s get at it and live your life freely, while you can, and in the healthiest way you can.”

Afterward, Bach said, “I think it’s incredible that so many people took time out of their day to come and support the cause – and it’s humbling. My grandmother died of complications from Alzheimer’s and dementia, and my fear is that there might be a genetic component to it, so it makes me want to raise money even more.”

Schelhorn has been with the Alzheimer’s Assn. for more than 20 years and, for her, too, it’s also personal.

Her father, Roy Leach, was just 49 when he was diagnosed with younger-onset Alzheimer’s. “We estimate there are 5.8 million Americans with Alzheimers,” she said. “And we believe 200,000 of them are living with younger-onset Alzheimer’s.”

She said part of the reason is because there’s more of a movement today for early diagnosis. “We know that, if we can get people to doctors early for diagnosis, it allows them and their families time to prepare for their care,” she explained. “They can also decide how to best enjoy their remaining lives.”

Schelhorn also stressed that two-thirds of those with Alzheimer’s are women, and research is underway to determine why. “We also know that two-thirds of the Alzheimer’s caregivers are women,” she said. “So this is an important issue that women need to be aware of because it impacts them significantly.”

REGARDING THE EVENT at the Fieldhouse, she said, “I’m most impressed by the number of young adults who came together to support Sara and the cause. So many people think of Alzheimer’s as an old-person’s disease, but we see it as an all-persons’ disease. Everyone’s lives – grandparents, parents and children – are affected by it.

The message today is, regardless of age, we’re all united in the fight to end Alzheimer’s.”

❖ For more information, go to alz.org or call the free, 24/7 help line, 800-272-3900, for questions and concerns. It’s staffed by trained professionals who can assist in more than 200 languages and dialects.

❖ The Fieldhouse is at 14810 Murdock St., off Stonecroft Boulevard, in Chantilly.

Hours are Monday-Friday, 5 a.m.-10 p.m.; Saturday and Sunday, 8 a.m.-10 p.m. Phone: 571-529-6545 or visit <https://cyafieldhouse.org/>. A nonprofit, it offers a wide variety of workouts and classes for people of all ages and fitness levels. Personal/small-group training is also offered, as well as a place for teams to practice.

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



The 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)

The 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:

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Call: 703-917-6444.

By e-mail: editors@connectionnewspapers.com

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A Connection Newspaper

Burnout at Work

Recognizing the symptoms and strategies for relief.

BY MARILYN CAMPBELL
THE ALMANAC

Maria 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 Gulyn, 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 Gulyn, 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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SPORTS



PHOTOS CONTRIBUTED

Charis Roundtree breaks the NVSL 9-10 50 meter freestyle record.

Riptide Starts Strong and Roundtree Sets Another Record

BY SARAH BLANSETT

The Virginia Run Riptide swimmers kicked off their season on Saturday at their first 'A' meet against the Fair Oaks Sharks. The Sharks had a talented team of swimmers, winning the meet with a score of 218 to 198.

Despite the Riptide's loss, the race was close at several points during the meet and the team came away with 98 personal bests. Perhaps the biggest highlight of the meet was 10-year-old Charis Roundtree breaking an NVSL record in the 9-10 girls 50-meter freestyle with a time of 29.43.

In a tight freestyle round, the Riptide trailed the Sharks by just two points despite a sweep in the boys 8 and under group by Tyler Harris, Matthew Kelliher, and Declan McCrea. Bryan Kim, Jackson Blansett, Ginny Fitch and Allie Hickey all placed first in their age groups.

The Riptide edged ahead of the Sharks in the backstroke round, with another sweep in the 8 and under by Nathan Tonthat, Matthew Kelliher, and Sawyer Flynn, and a first-place finishes by Nicholas Harris, Caitlin Do, Anna Kelliher, Ginny Fitch, Isabelle Cogan and Sarah Boyle.

The breast stroke proved troublesome for the Riptide as they fell behind the Sharks in points. But Davis Collingsworth and Angela Thompson both brought home a first-place finish.

The Riptide battled back during the butterfly round taking a total of 51 points to Fair Oaks' 39 points. Tyler Harris and older brother Nicholas Harris both placed first as did Bryan Kim, Jackson Blansett, Caitlin Do, Charis



Nathan Ryman swims the breaststroke.



Anthony Tonthat swims the butterfly

Roundtree, Angela Thompson, Caitlin Kelliher, and Sarah Boyle.

Going into the relays, the Sharks held a steady lead at 188 to the Riptide's 168, but the boys 8 and under 100-meter freestyle relay won with a time of 1:19.53 as did the 13-14 boys medley relay team with a time of 58.62.

The girls dominated their relays with wins in the 9-10 medley relay with a time of 1:15.56, the 13-14

girls with a time of 1:04.19, the 15-18 girls with a time of 2:11.75, and the mixed-age 200 meter freestyle relay with a time of 2:04.93.

Four of the relay teams put up the fastest times in all of Division 4 on Saturday: the 13-14 boys, the girls mixed age free relay, the 9-10 girls, and the 15-18 girls relay. These are the teams to watch as they head into what will be a competitive Divisional Relay Carnival.

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.

TUESDAY/JULY 9

Car Seat Safety Check. 9:30 a.m.-12:30 p.m. at the Sully district police station, 4900 Stonecroft Blvd. Fairfax County Police Department offers free safety check and install events throughout the year to ensure children travel safely. In preparation for your appointment, you should install the seat in your vehicle using the instructions that came with the car seat. Trained officers will review the car seat instructions and car owner's manual to be certain that they are being followed as they should.

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.

WEDNESDAY/JULY 10

Fairfax County Park Authority Board Meeting. 7:30 p.m. in the Herrity Building, 12055 Government Center Parkway, Suite 941, Fairfax. The Park Authority Board's 12 appointed members establish strategic policy and direction for the Park Authority. Open to the public. For agenda and more information, visit www.fairfaxcounty.gov/parks/boardagn2.htm or call 703-324-8662.

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/older-adults/fairfax-area-commission-on-aging. Call 703-324-5403, TTY 711 for meeting access needs.

TUESDAY/JULY 23

Car Seat Safety Check. 9:30 a.m.-12:30 p.m. at the Sully district police station, 4900 Stonecroft Blvd. Fairfax County Police Department offers free safety check and install events throughout the year to ensure children travel safely. In preparation for your appointment, you should install the seat in your vehicle using the instructions that came with the car seat. Trained officers will review the car seat instructions and car owner's manual to be certain that they are being followed as they should.

WEDNESDAY/JULY 24

Fairfax County Park Authority Board Meeting. 7:30 p.m. in the Herrity Building, 12055 Government Center Parkway, Suite 941, Fairfax. The Park Authority Board's 12 appointed members establish strategic policy and direction for the Park Authority. Open to the public. For agenda and more information, visit www.fairfaxcounty.gov/parks/boardagn2.htm or call 703-324-8662.

THURSDAY/AUG. 1

DiabetesSisters PODS Meetup. 7-9 p.m. at Chantilly Regional Library, 4000 Stringfellow Road, Chantilly. Join the first meeting of this brand new PODS Meetup for an evening of sisterhood, encouragement, and peer support. Women living with any type of diabetes are warmly welcome. Free. Email sara@diabetessisters.org or visit diabetessisters.org/pods-part-diabetessisters-meetups for more.

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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.

CALENDAR

Submit entertainment announcements at www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday. Photos/artwork encouraged.

ONGOING

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.

Chantilly Farmers Market. Thursdays, 3:30-7 p.m., through Nov. 11 in the parking lot at St. Veronica Catholic Church, 3460 Centreville Road, Chantilly. Visit www.community-foodworks.org/chantilly for more.

THURSDAY/JULY 4

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

Explore Rocky Run on a Wagon Ride. 7-8 p.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. Bring an adventurous spirit – and some shoes that can get wet – and set off on the “Creek Adventure Wagon Ride” to explore Rocky Run. The program is designed for family members age 2-adult. \$7 per person. Children must be accompanied by a registered adult. Call 703-631-0013 or visit www.fairfaxcounty.gov/parks/eclawrence.

African-American Genealogy. 7-8:30 p.m. at Centreville Regional Library, 14200 St. Germain Drive, Centreville. An African-American Genealogy study group meets the first Monday of the month (except September and November). Participation in the study group is free but registration is requested. To register, or for more information, visit www.fairfaxcounty.gov/events or call 703-830-2223.

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 or call 703-425-9225.

TUESDAY/JULY 9

Photography Basics 1. 7:30-8:30 p.m. at Centreville Regional Library, 14200 St Germain Drive, Centreville. “Using Fully Automated Mode” part 1 of a two-part series. This class will teach participants how to take pictures with a camera or mobile device on full automatic mode. Teens and adults. Free. Call 703-830-2223 or visit librarycalendar.fairfaxcounty.gov/event/5250981 for more.

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. Below are the details and the sign up link. There are great benefits to those who sponsor! All proceeds go to the Clifton Betterment Association. Sign up at www.cliftonva.org/events/clifton-cup.

Hunter Mill Melodies: The Goodlife Theater (puppets). 10-10:45 a.m. at Frying Pan Park visitor center pavilion, 2739 West Ox Road, Herndon. Free series of children's shows and family performances Wednesdays through Aug. 21.

SUNDAY/JULY 14

Game Day. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Come play a train game or other games reflecting life during the Civil War.



Caitlin O’Roark & Lucky Devil.

Young Centreville Rider Heads for International Competition

Westfield High student Caitlin O’Roark to compete in Montana.

Caitlin O’Roark, of Centreville, a student at Westfield High School, is one of the twelve Area II young riders who will travel to Montana to 2019 International Championship. Area II of the United States Eventing Association comprises Delaware, Maryland, New Jersey, North Carolina, Pennsylvania and Virginia. The Adequan/FEI North American Youth Championships is presented by Gotham North, at The Event at Rebecca Farms, Kalispell, Mont., July 24-28, 2019.

The Adequan/FEI North American Youth Championships is the premier equestrian competition in North America for children, junior and young riders, age 12-21. Young equestrians vie for team and individual FEI medals in the three

Olympic equestrian disciplines of show jumping, dressage, eventing. The competition is run under rules of the FEI (Federation Equestre Internationale), the international governing body for equestrian sport, and is the only FEI championship held annually on this continent.

The three-day event is an equestrian triathlon, taking place over three consecutive days of competition in dressage, cross-country jumping and show jumping. The Adequan/FEI North American Youth Championship presented by Gotham North is styled after Olympic equestrian competition to encourage the development of elite youth equestrian athletes to the international standard.

<https://www.usef.org/events/youth-championships>

Participants can try their luck with a Scavenger Hunt that afternoon. Fun for the whole family. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org, or call 703-425-9225.

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.

WEDNESDAY/JULY 17

Hunter Mill Melodies: Blue Sky Puppet Theater (puppets). 10-10:45 a.m. at Frying Pan Park visitor center pavilion, 2739 West Ox Road, Herndon. Free series of children's shows and family performances Wednesdays through Aug. 21.

THURSDAY/JULY 18

Hunter Mill Nights: Whiskey Wildfire (new country). 7:30-8:30 p.m. at Frying Pan Farm Park, 2739 West Ox Road, Herndon. With a mix of performances through for the whole family, Hunter Mill Nights returns through Aug. 22 with performances by entertainers from across the United States and around the world. Allow time for a picnic in the park, a visit with the farm animals and a wagon ride, along with

the show. Free. Visit www.fairfaxcounty.gov/parks/performances/hunter-mill-nights for more.

SATURDAY-SUNDAY/JULY 20-21

Book Discussion. At DC Big Flea, Dulles Expo Center, 4320 Chantilly Shopping Center, Chantilly. \$10 admission for both days. Authors discuss their new book on Col. John S. Mosby's combat operations in Fauquier County, following volumes on other area battles. Visit www.hmshistory.com for more.

SUNDAY/JULY 21

NTRAK Model Train Show. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Northern Virginia NTRAK members will hold a N gauge Train Display. 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.

TUESDAY/JULY 23

Photography Basics 2. 7:30-8:30 p.m. at Centreville Regional Library, 14200 St Germain Drive, Centreville. “Going Beyond Automatic Features” part 2 of a two-part series. This class will teach how to take pictures with a camera or

mobile device with more features than automatic mode allows. Teens and adults. Free. Call 703-830-2223 or visit librarycalendar.fairfaxcounty.gov/event/5251050.

WEDNESDAY/JULY 24

Hunter Mill Melodies: The Great Zucchini (comedy, magic). 10-10:45 a.m. at Frying Pan Park visitor center pavilion, 2739 West Ox Road, Herndon. Free series of children's shows and family performances Wednesdays through Aug. 21.

THURSDAY/JULY 25

Hunter Mill Nights: Bumper Jacksons (Americana, country, bluegrass). 7:30-8:30 p.m. at Frying Pan Farm Park, 2739 West Ox Road, Herndon. With a mix of performances through for the whole family, Hunter Mill Nights returns through Aug. 22 with performances by entertainers from across the United States and around the world. Allow time for a picnic in the park, a visit with the farm animals and a wagon ride, along with the show. Free. Visit www.fairfaxcounty.gov/parks/performances/hunter-mill-nights for more.

SUNDAY/JULY 28

G-Scale Trains. 11 a.m.-5 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Washington, Virginia & Maryland Garden Railway Society (WVMGRS) members will have a G-Scale train display running. The sheer size of these trains is a wonder to behold as is their ability to run through the garden all year around. Speak with experienced people about this facet of the model railroading hobby. 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.

SATURDAY-SUNDAY/AUG. 3-4

Book Discussion. At Civil War Days at the Winery at Bull Run, 15950 Lee Highway, Centreville. Authors discuss their new book on Col. John S. Mosby's combat operations in Fauquier County, following volumes on other area battles. Visit www.hmshistory.com for more.

MONDAY/AUG. 6

African-American Genealogy. 7-8:30 p.m. at Centreville Regional Library, 14200 St. Germain Drive, Centreville. An African-American Genealogy study group meets the first Monday of the month (except September and November). Participation in the study group is free but registration is requested. To register, or for more information, visit www.fairfaxcounty.gov/events or call 703-830-2223.

SATURDAY/AUG. 24

Glass Harp Performance. 1-2 p.m. at Centreville Regional Library, 14200 St Germain Drive, Centreville. Join an end of summer celebration as Jamey Turner plays the glass harp, a musical instrument made with drinking glasses filled with water. This family friendly program will engage and delight all ages. Free. Call 703-830-2223 or visit librarycalendar.fairfaxcounty.gov/event/5238367.

MONDAY/OCT. 7

African-American Genealogy. 7-8:30 p.m. at Centreville Regional Library, 14200 St. Germain Drive, Centreville. An African-American Genealogy study group meets the first Monday of the month (except September and November). Participation in the study group is free but registration is requested. To register, or for more information, visit www.fairfaxcounty.gov/events or call 703-830-2223.