

# Burke CONNECTION

HomeLifeStyle

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Shortstop Connor Doherty catches a fly ball in the top of the first inning for the third out. The Fairfax National Little League Majors team -- with most players from the Burke area -- advances to the Virginia State Little League Tournament that begins on July 18 in Abington, Va.

## On to State Tournament

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JULY 11-17, 2019

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## CRIME REPORT

Fairfax County Police Department -  
Franconia District Station reported the  
following incidents:

TUESDAY, JULY 9

**LARCENY/ASSAULT ON LAW ENFORCEMENT/OBSTRUCTION OF JUSTICE:** 5944 Kingstowne Center (Home Goods), 7/8/19, 5:33 p.m. Officers responded to the store for a woman who was in loss prevention's custody for shoplifting. Prior to officers arriving, the woman was permitted to make a phone call and she called her son. Officers arrived to assume the investigation and someone began knocking on the loss prevention's office door. The woman's two sons and daughter attempted to force their way into the loss prevention office to interfere with the investigation, striking the officer with the door as they attempted to force their way in. Additional officers responded and OC spray was used in order to arrest the group. A 63-years-old Springfield, woman was charged with petit larceny; a 37-year-old Maryland man and an 19-years-old Springfield woman were charged with obstruction of justice and a 24-year-old Washington, D.C. man was charged with obstruction of justice and assault on a law enforcement officer.

**BURGLARY:** 5300 block Harbor Court Drive, 07/07/2019 around 10 p.m. Someone entered a home through an unlocked window. Personal items were taken.

**LARCENIES:**  
7000 block of Backlick Road, wallet and cell phone from residence  
6900 block of Mary Caroline Circle, license plate from vehicle

**MONDAY, JULY 8**  
**POSSESSION WITH INTENT TO DISTRIBUTE:** 6868 Springfield Boulevard (Motel 6), 7/5/19, 8:07 a.m.

## Detectives Investigate After Two Men Treated for Gunshot Wounds

Detectives are investigating after two men were treated for gunshot wounds Wednesday evening, July 3. Officers first responded shortly after 6 in the evening to the 5200 block of Queensberry Avenue in Springfield for a person who had been shot. Officers found Johnathan Velasquez Romero, 19, of Springfield with a non-life-threatening gunshot wound to his hand. Information was falsely reported indicating that a man with a mask was involved. Detectives later determined that Romero's injury was accidentally self-inflicted. Romero was charged with reckless handling of a firearm and issued a summons.

Shortly after 8 p.m., officers from Franconia Police District responded to a local hospital after a man was dropped off with a non-life-threatening gunshot wound to his lower body. Detectives are continuing to investigate the circumstances

of this shooting and working to determine whether it is related to the accidental discharge on Queensberry Avenue.

Detectives do not have any information to indicate these incidents are gang-related or related to recent shootings in Gum Springs and Rose Hill.

Detectives from our West Springfield District Criminal Investigations Section are asking for anybody with information about this event to contact non-emergency dispatch line at 703-691-2131. Tips can also be submitted anonymously through Crime Solvers by visiting <http://www.fairfaxcrimesolvers.org>, or text-a-tip by texting "TIP187" plus your message to CRIMES (274637). Anonymous tipsters are eligible for cash rewards of \$100 to \$1000 dollars if their information leads to an arrest.

Officers responded to the motel for a larceny report and found a man and woman who had several different narcotics along with stolen credit cards. A 30-year-old, Annandale man was charged with credit card theft, receiving stolen credit cards, possession of a scheduled I/II narcotic, possession of a firearm while in possession of schedule I/II narcotic, possession of drug paraphernalia, forging a public record, resisting arrest, carrying a concealed weapon, possession of ammunition by a felon and transporting a firearm. A 28-year-old Fredericksburg, woman was charged with possession with the intent to distribute a schedule I/II narcotic, possession of drug paraphernalia and possession of marijuana. Both were held

without bond.

**COMMERCIAL BURGLARY:** 5601 General Washington Drive (Subway), 7/4/19, 1 a.m. Someone broke into the business overnight and stole cash.

**TRESPASSING/DESTRUCTION:** 9100 block of Sheffield Hunt Court, 7/7/19, 4:04 p.m. A home was entered and damage was discovered inside. A juvenile suspect was identified and charges are pending.

**LARCENIES:**  
6500 block of Frontier Drive, frames from business  
5800 block of Kingstowne Boulevard, merchandise from business  
7200 block of Lackawanna Drive, cash from vehicle  
9300 block of Lewis Chapel Road, li-

cense plate from vehicle  
7200 block of Little River Turnpike, bicycle from location  
7600 block of Loisdale Road, property from residence  
10200 block of Old Colchester Road, wallet from vehicle  
6800 block of Springfield Boulevard, credit card from location  
6400 block of Springfield Plaza, merchandise from business  
6700 block of Springfield Town Center, cell phone from location  
8900 block of Waldren Way, packages from residence  
7400 block of Wounded Knee Road, cash from vehicle

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## Student Representative on County School Board

**K**imberly Boateng, a sophomore at Lee High School, has been elected by the countywide Student Advisory Council (SAC) to serve a one-year term as student representative to the Fairfax County School Board, beginning July 1. Boateng will participate in School Board meetings as a nonvoting member, filling the position currently held by Bennie Tignor, a senior at South Lakes High School. She will be the 49th student representative to the School Board. Boateng believes her experience attending four schools in four years will contribute to her vision and ability to advocate for all students. "Through these years at a variety of schools, I've seen the diversity of people, location, and culture," she states. "I've seen things that have really worked for schools and I've also seen things that don't work in the slightest." She hopes that, as a student advocate, she can offer students "the sense



PHOTO COURTESY OF FCPS

**Kimberly Boateng**

of having some sort of say in decisions that will be made involving them."

Among the pressing issues for students, Boateng says that mental health, implicit bias awareness, the dress code, assistance for at-risk students, drug use, and punishment reform are most important.

Punishment reform, according to Boateng, "merges in with the issue of at-risk students and implicit bias. One can see that suspending or expelling students hasn't been effective." She adds that different solutions should be explored to help reform students who have committed offenses. "Instead of throwing the child away, I want to work with the School Board to find a way to fix the child," she says.

Since seventh grade, Boateng has attended Twain Middle, South County Middle, South County High, and Lee High. Her activities have included membership in the Technology Student Association, Inter-

national Club, Black Students Unite, South County Marching Band and Winter Guard, Jazz Band, Minority Achievement Committee, honor societies for math and music, National Honor Society, Lee Marching Band, and NAACP.

Boateng is currently enrolled in Advanced Placement (AP) Government, Honors English, band, International Baccalaureate (IB) chemistry and math, and Spanish 3. She plans to pursue the IB diploma and will be enrolled in IB Spanish HL (higher level), IB English HL, band, IB History of America HL, IB chemistry, AP Calculus BC, IB Theory of Knowledge, IB Anthropology, and economics and personal finance.

As a recipient of the Johns Hopkins Center for Talented Youth scholarship, Boateng studied psychology at Lafayette College and principles of engineering at Roger Williams University, and will study global politics this summer at Princeton University.

## Development Authority Names New Leader

**T**he Fairfax County Economic Development Authority (FCEDA) has named Victor Hoskins as its new president and chief executive officer. Hoskins is currently Director of Economic Development for Arlington County, Va., where he helped lead the successful regional effort to bring Amazon's HQ2 to Northern Virginia. He previously served as Deputy Mayor of Planning and Economic Development for the District of Columbia where he was instrumental in the development of major sites in the District including City Center, the Wharf and Union Market.



**Victor Hoskins**

our efforts to attract and retain top talent and increase business investment in Fairfax County."

FCEDA did not include Hoskins salary as its new leader with its initial release. Hoskins was paid a reported \$221,900 for his role in Arlington.

Hoskins said he is eager to start his new job. "I couldn't be more excited to join the Fairfax County Economic Development Authority as its new leader," Hoskins said. "Fairfax County is well known for its pro-growth environment and its ability to attract, train and retain talented workers. With the backing of FCEDA's excellent

bring a uniquely compelling mix of experience, savvy and collaborative spirit to the FCEDA," Moret said. "He has a deep understanding of all the elements of economic development and how they interact. Both innovative and practical, Victor energetically cultivates local, regional and state partnerships that enable collective success, just as he did in helping attract HQ2 to Virginia."

"Fairfax County is proud to have one of the best workforces and business environments in the U.S.," said Sharon Bulova, Chair of the Fairfax Board of Supervisors. "Under Victor's leadership, we will make sure Fairfax County is a place where talent and innovation want to be. We enthusiastically

welcome Victor to the Fairfax team."

**DURING HIS CAREER,** Hoskins' work has resulted in the creation of nearly 375,000 jobs. He has led teams that negotiated more than 700 major business deals resulting in billions of dollars in private investment. Amazon's move to Northern Virginia alone will bring more than 25,000 high tech jobs to the region and will generate at least \$3.2 billion for Virginia.

Hoskins will succeed Gerald L. Gordon, Ph.D., who retired in late 2018 after being with the FCEDA for 35 years and its president and CEO since 1987. Hoskins' selection follows a national search conducted by Korn Ferry.

**THE FCEDA** helps businesses start, expand and relocate in Fairfax County by promoting the county as one of the world's best business locations. Fairfax County already is home to 10 Fortune 500 companies, more than 100 companies on the Inc. 5000 list and 8,800 tech companies. It also has one of the nation's most educated workforces with top-ranked schools and nearly 150,000 technology workers, or one in four jobs in the county. Hoskins will assume his new role Aug. 5.

"Victor has been an economic-development dynamo in our region for years. We are thrilled he is bringing his experience and expertise to Fairfax County," said Catherine Lange, Chair of the Fairfax County Economic Development Authority Board. "After an extensive search, Fairfax County found the right leader in our own backyard. Victor will be a tremendous asset as we launch new initiatives to strengthen and broaden our workforce and grow our commercial enterprises. With his energy and wide-ranging contacts, Victor will step up

staff, I hope to do more of that with increased outreach in the U.S. and abroad, especially among young people. As always, I hope to work closely with my colleagues and friends in the region. I also plan to increase our use of research and digital communications to expand the county's dynamic workforce, attract startups and grow existing businesses."

The FCEDA recently announced a new talent attraction and retention program to build on opportunities created by Amazon's HQ2 in Northern Virginia. The program, which will receive \$1 million in its first year and \$800,000 in succeeding years, will study what organizations are doing to expand the talent pipeline and will use that knowledge to create a communications effort that will include digital advertising, social media, video/multimedia and outreach to journalists.

Stephen Moret, president and CEO of the Virginia Economic Development Partnership, said Hoskins will bring innovation and cooperation to his new role. "Victor will

### BULLETIN BOARD

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

#### CAMPS

**Art Camp Registration.** Summer Art Camp in Burke for 5-8 year olds, 8 years and up, and teens/adults. Camp is held through Burke Centre Conservancy at the Woods Community Center, 10100 Wards Grove Circle, Burke. Camp weeks run July 22-26; July 29-Aug. 2; and Aug. 5-9. Call 703-250-6930 or visit [www.czartlessons.com](http://www.czartlessons.com).  
❖ Fine Arts & Crafts Camp (8 years & up)  
❖ Drawing Camp (8 years & up)  
❖ Drawing Plus Color & Craft Fun Camp (5-8 year olds)  
❖ Art Boot Camp for teens/adults  
Call instructor at 703-250-6930 or visit [www.czartlessons.com](http://www.czartlessons.com).

#### TUESDAY/JULY 16

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

**Car Seat Safety Check.** 5-9 p.m. at the West Springfield district police station, 6140 Rolling Road. Fairfax County Police Department offers free safety check and install events throughout the year to ensure children travel safely. By appointment only; call 703-644-7377 and press 0 at the recording to schedule. In preparation for appointment, install the seat 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 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](http://www.fairfaxcounty.gov/familyservices/older-adults/fairfax-area-commission-on-aging). Call 703-324-5403, TTY 711 for meeting access needs.

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# Special Session on Gun Violence

**Eight proposed bills would make the commonwealth safer.**

Members of the Virginia General Assembly were scheduled on July 9 to convene in a special session intended to address gun violence. After the May 31 mass shooting in Virginia Beach, Gov. Ralph Northam called for a special session of the General Assembly to address gun violence. Last week, he announced a package of eight bills for consideration during the special session.

❖ Legislation requiring background checks on all firearms sales and transactions. The bill mandates that any person selling, renting, trading, or transferring a firearm must first obtain the results of a background check before completing the transaction.

❖ Legislation banning dangerous weapons: assault weapons, high-capacity magazines, bump stocks and silencers.

❖ Legislation to reinstate Virginia's successful law allowing only one handgun purchase within a 30-day period.

❖ Legislation requiring that lost and stolen firearms be reported to law enforcement within 24 hours.

❖ Legislation creating an Extreme Risk Pro-

TECTIVE ORDER (Red Flag law), allowing law enforcement and the courts to temporarily separate a person from firearms if the person exhibits dangerous behavior that presents an immediate threat to self or others. This would prevent suicides.

❖ Legislation prohibiting all individuals subject to final protective orders from possessing firearms. The bill expands Virginia law which currently prohibits individuals subject to final protective orders of family abuse from possessing firearms, keeping guns out of the hands of domestic abusers.

❖ Legislation enhancing the punishment for allowing access to loaded, unsecured firearm by a child from a Class 3 Misdemeanor to a Class 6 felony. The bill also raises the age of the child from 14 to 18.

## EDITORIAL

❖ Legislation allowing localities to enact any firearms ordinances that are stricter than state law. This includes regulating firearms in municipal buildings, libraries and at permitted events.

These are in fact common sense proposals, and each one should get consideration and a vote. There's a good chance that won't be the outcome because Republicans narrowly control both the House of Delegates and the Virginia Senate.

But the special session will focus legislators and voters on the importance of these issues, and that focus will serve the effort well, whether or not any of the bills pass into law this month.

## Pet Connection, Send Photos

The Pet Connection, a twice-yearly special edition, will publish the last week of July, and photos and stories of your pets with you and your family should be submitted by Thursday, July 25.

We invite you to send stories about your pets, photos of you and your family with your cats, dogs, llamas, alpacas, ponies, hamsters, snakes, lizards, frogs, rabbits, or whatever other creatures share your life with you.

Tell us the story of a special bond between a child and a dog, the story of how you came to adopt your pet, or examples of amazing feats of your creatures.

Just a cute photo is fine too. Our favorite pictures include both pets and humans.

Please tell us a little bit about your creature, identify everyone in the photo, give a brief description of what is happening in the photo, and include address and phone number (we will not publish your address or phone number, just your town name).

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— MARY KIMM

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# Good for the Gander

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



The General Assembly went into Special Session July 9 at the call of Gov. Ralph Northam to address gun violence after a shooter with a silencer on his pistol murdered a dozen persons in a municipal building in Virginia Beach. The outcome of the session in which legislators introduced eight different bills at the request of the Governor is unknown as I write this column. I introduced the bill that I have introduced at other sessions to expand criminal background checks for all firearm transactions or universal background checks.

Virginia has had a criminal background check for gun purchases for 30 years. The system was put in place after a bill that was heavily debated and that seemed certain to be defeated was passed with the support of a senior delegate, Vic Thomas, who was an

Gerald Baliles signed the bill into law even though he had earlier opposed any gun control legislation.

The resulting instant background check system that was put into place continues operating today. It was the promise of an instant background check without the need to wait for days for approval that was the feature that led to the bill's passage.

There was then that continues today a major flaw in the law as originally passed that supporters had hoped to correct but have not been successful in amending. The law only applies to purchases made with federally licensed gun

avid NRA supporter. He concluded that it was a bill the public clearly wanted and should pass because it did not interfere with the Second Amendment. In what may have been the last time the NRA took such a position, it did not support but it did not oppose the bill's passage. Governor

dealers. That's about half the gun sales in the state each year, although exact statistics are unknown because of statutory limitations on gathering information about gun sales put in place with NRA advocacy. This flaw in the law created what is referred to as the "gun show loophole." At any of the numerous gun shows that are held throughout the Commonwealth one can purchase a gun from a federally licensed gun dealer with an instant background check; at the next table at the show a person can purchase a gun from an unlicensed dealer with no identification needed and no questions asked.

The astonishing statistic is that in 2018 the Virginia State Police conducted 446,333 firearms transactions involving licensed dealers with 3,457 of the transactions denied because of previous criminal behavior. Had the loophole in the law been closed there may have been as many as a half million more checks with a proportionally high number of persons with criminal records being denied another weapon.

What is good for the goose is

good for the gander, as I have always been told. With a successful system for background checks in place for thirty years without opposition or hick-ups, all gun sales should go through the system with minor exceptions related to family members. According to many polls, the public supports universal background checks at levels around 90 percent. It is time for the legislature to act or be able to explain to the public in the coming political campaign why this old adage is not being followed.

## What Do You Think?

The Connection welcomes views on any public issue.

The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors.

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PHOTO CONTRIBUTED

Evelyn Mizell

# Myofascial Release Taught in Springfield

BY MIKE SALMON  
THE CONNECTION

## Workshop

**MYOFASCIAL WORKSHOP WITH EVELYN MIZELL**  
Saturday, July 20, 3:30 - 5 p.m.  
Honest Soul Yoga  
Old Keene Mill Shopping Center  
8404 Old Keene Mill Rd, West  
Springfield  
Phone: 571-969-6421

Stress seems to be part of life for some in the Northern Virginia area, and it can manifest itself in many ways. Some find solace with meditation, exercise or yoga. Another approach is myofascial release. The Mayo Clinic website describes myofascial release as “a manual therapy technique often used in massage. The technique focuses on pain believed to arise from myofascial tissues — the tough membranes that wrap, connect and support your muscles.”

Honest Soul Yoga will hold a “Self-Myofascial Release,” workshop, teaching a hands-on technique that can be done at home.

“Self-Myofascial Release is when a person is able to mechanically stimulate their connective tissue in order to facilitate hydration and break up adhesions, thereby improving range of motion and allowing muscles to glide past each other more efficiently,” said Evelyn Mizell, an expert of this technique that will lead the class at Honest Soul.

It is a hands-on technique that involves applying gentle sustained pressure into the Myofascial connective tissue restrictions to eliminate pain and restore motion.

The myofascial release is popular in parts of the sports world, and it has now made its way into the mainstream. It can be done at home, and this makes it easier to access and cost effective as well. Mizell has worked with athletes, particularly runners after a race.

“I’ve found many clients really love the self-myofascial release I’ve taught them for hands and feet,” she said. And it’s not just for athletes. “I have one who knits and finds that releasing the connective tissue in her hands is a huge help,” she said.

Honest Soul Yoga sells self-

myofascial release tools, reports that they are a top seller. “I think this is in part due to growing trend of people finding relief from these techniques, and also gives nod to how easy it is to learn these techniques and then apply them on your own to support your yoga practice and athletic endeavors,” said Julia Lopes at Honest Soul.

The term has hints of something exotic with a splash of science but it is something practiced world wide. At YogaWest, in London, England, Myofascial Release is taught by Alice Blunden to increase blood flow, reduce muscle soreness, maintain normal functional muscular length and encourage movement of the lymph. “Myofascial release offers so many benefits to everyone, not just athletes. It is a safe and very effective hands-on technique that involves applying gentle sustained pressure into the Myofascial connective tissue restrictions to eliminate pain and tension and restore motion in the body,” Blunden wrote on her website.

Foam rollers are one way to use the self-myofascial release, and it was highlighted by ESPN in 2014 as a way for athletes to find relief. Foam rollers are one tool that can loosen the tissues, but this can also be done with a soft ball or even a tennis ball, as many yoga classes use.

Mizell has been trained in self-myofascial release by Tiffany Cruikshank, founder of Yoga Medicine, who’s been a contributor to several health publications. Cruikshank is part of “Glo,” an online yoga and Pilates platform.

# COMMUNITIES OF WORSHIP



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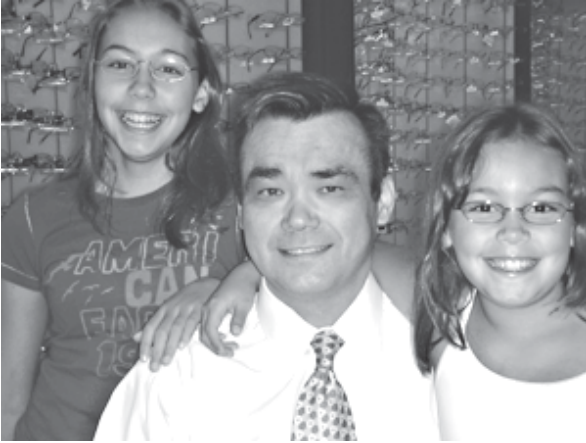
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## Home LifeStyle

Plastic bins such as those in this closet can help maximize space in a dorm room, advises Susan Unger of ClutterSOS.



PHOTO COURTESY OF SUSAN UNGER.

# Dorm Room Decor

## Adding style and creating space in tight quarters

BY MARILYN CAMPBELL  
THE CONNECTION

When she moved out of her family home and into a dorm room at Marymount University, one of the obstacles that Grace McKinley faced was creating a sense of style and order in her new downsized dwelling.

"[My] biggest challenge was making a small space feel like a functional home," said McKinley, an interior design major who now works as an intern at Case Design/Remodeling, Inc.

For students who are getting ready to head off to college next month, part of their preparation includes shopping for supplies to hold items ranging from jeans and t-shirts to laptops and books. Like McKinley, many will take on the task of finding pieces that will serve the dual role of adding both aesthetic appeal and efficient organization to a diminutive and austere room.

"First of all, since dorm rooms are really small, try to only take what you know you will actually need," said Susan Unger of ClutterSOS. "If you can only take your clothes, choose items needed for the current season and then change them out when you return home for a visit."

Even for those who choose to take only a limited amount of clothing, finding the best use of space requires creativity and precision. "Use bed risers to make room for under-the-bed storage bins where you can house items such as extra food and clothing you don't wear on a regular basis," said Unger.

Students who, like McKinley, miss the comforts of home, can use nostalgic reminders to smooth out the transition. "I made sure to put up photos of friends and family on the wall to add a sentimental touch," she said. "And I coordinated my favorite colors in my bedding and organization items." McKinley said those items included stackable, plastic storage trays that held her jewelry and school supplies.

In fact, tools for keeping order are essential when trying to maximize the limitations of size-challenged rooms. "Always think of using available vertical space such as the back of doors," said Unger. "You can actually use an over-the-door shoe bag for other things like toiletries or food instead of shoes."

Even dorm-sized appliances can be multi-functional, says Unger. "If you have a refrigerator with metal sides you can use magnetized bins for office



**When decorating a small space, interior designer Allie Mann of Case Design/Remodeling Inc. says that bold colors can add vibrancy.**

or kitchen supplies like condiments or eating utensils," she said. "A shower caddy is also a good idea so that you can keep all your bathing supplies in one place."

When it comes to breathing life into sterile, cramped quarters, a touch of vibrancy can have a big impact, says Allie Mann, designer and senior interiors specialist at Case. "When decorating a small space, don't be afraid of color," she said. "The best small spaces are those that are the most colorful. So many times folks are afraid of too much color. Be bold and have fun."

Accessories that Mann recommends include colorful peel-and-stick wallpaper. "Take any lamp and give it life and character with pom poms from a craft store," she said.

While she encourages color creative, her advice comes with a caveat. "Be careful not to mix too much pattern," she said. "Too much pattern in a small space could be a bit dizzying."

Now working as Mann's design intern at Case, McKinley says that, as she progressed in her major, she began putting her newly acquired skills to use in her dorm room. "In my interior design classes, we learned that balancing elements of design like color, shape, space, and texture creates the best spaces," she said. "Adding interest with a unique throw pillow, patterned rug, or a fun lamp can make a simple dorm stand out from the rest."

## THE CONNECTION Newspapers & Online Special Edition

## PET Connection

Publishes: July 31, 2019 • Ads close: July 25, 2019

Connection readers love their pets. This keepsake edition will feature photos, anecdotes, advice and more about beloved family pets.

The Pet Connection will publish on July 31, 2019, and photos and stories of your pets with you and your family, along with any advertisements, should be submitted by July 25.

This edition provides a great advertising opportunity to reach pet owners where they live in a section sure to attract and hold their attention - be sure to take advantage of our different advertising options.

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A family lights sparklers in front of Lake Braddock.



Red fireworks dissipate above the lake.



Large fireworks explode before the trees.

# Celebrating in the Rain

## Fireworks display over Lake Braddock only slightly curtailed by weather.

By Abby Sacks  
The Connection

Families and friends gathered at Lake Braddock to celebrate the Fourth of July and watch fireworks despite rain and poor visibility.

The rain began just before sunset and lasted for almost two hours, hindering fireworks and forcing many people to leave early. Though the displays had a rough start, with many of the fireworks not lighting or exploding properly, they picked up around 9 p.m. with multiple sets of fireworks going off back to back lasting about five minutes each and ending with applause from the crowd. The presentation included many different types of fireworks, ranging from very patriotic red and blue streamers to sparkly purple and gold sunbursts.

In addition to the large fireworks set off over the lake, many people brought sparklers and small, stationary ground items to light and enjoy for themselves. People who stayed for the duration of the show came prepared with umbrellas, lawn chairs, and blankets to sit on. Some people sought shelter from the rain by sitting under the playground that is located just off the trail that surrounds the lake.

Although the weather made for a less-than-ideal experience, people enjoyed their time at Lake Braddock. College student Brian Duong came to the lake with his friends and expressed some disappointment with how the night had



Dennis Oakley from Burke likes to come to Lake Braddock for the Fourth of July.

started: “The fireworks last year were definitely a lot larger, and there were definitely more fireworks, too,” he said. But as time went on and the rain let up, he found that “the few that are here are pretty outstanding.”

Duong’s friend Jenny Lee had similar feelings about her time there. “In the beginning [the rain] hindered my experience a little bit,” she said. “But when the fireworks were getting really good, the rain stopped. So, I think, in overall, I don’t think it hindered it that much.”



Brian Duong from Burke enjoyed the Fourth of July at the lake with friends.

Dennis Oakley, who was there with his family, has come to Lake Braddock for the Fourth of July almost every year for the past 10 years. This is the first time he remembers it raining, and he described the fireworks he had seen so far as “lacking a little bit.” But he was hopeful that the displays would improve as time went on.

Despite the weather conditions this year, the lake is a popular and practical place for people to celebrate. Many houses line the lake and residents can watch the fireworks from their back porches. Duong has come



Jenny Lee from Burke sits under the playground to avoid the rain.

to Lake Braddock for the past two years because “it’s very convenient,” he said. “It’s É walking distance from my house. And it’s also near my community.”

Lee also enjoys the lake’s proximity, but what she most appreciates is the communal nature of the experience. “I like coming here because it has a sense of community because a lot of people are just out here on their backyards or on their mats and just sitting in the grass,” she said. “Whereas, in other places people would be in their cars. And you wouldn’t really get a sense of sharing the moment with others.”

PHOTOS BY ABBY SACKS/THE CONNECTION



# 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. 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/](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. Eleven local farmers and producers. The Fairfax County Master Gardeners Association will be there each week, providing horticultural information to home gardeners in Fairfax County. Call 703-642-0128 or visit [www.fairfaxcounty.gov/parks/farmersmarkets/wakefield](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. EThe Fairfax County Master Gardeners Association will be there each week, providing horticultural information to home gardeners in Fairfax County. Call 703-642-0128 or visit [www.fairfaxcounty.gov/parks/farmersmarkets/lorton](http://www.fairfaxcounty.gov/parks/farmersmarkets/lorton).

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

**Burke Farmers Market.** Through Dec. 21, 8 a.m.-noon at the VRE parking lot, 5671 Roberts Parkway, Burke. 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](http://www.fairfaxcounty.gov/parks/farmersmarkets/burke) 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 Amphitheater, 7315 Ox Road, Fairfax Station. Featuring Rocknoceros (children's songs). Visit [www.fairfaxcounty.gov/parks/performances/springfield-nights](http://www.fairfaxcounty.gov/parks/performances/springfield-nights).



## Railroad Museum

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



## Springfield Farmers Market

Vendors include Cascade Beverage, Celestial/Fossil Farms, Chilanga Tortilla, Conecopia, Greenwich Farms, Iganacio's Produce, Kingdom Gourmet, Lola's Kusina, Lund's Produce, Smiths Mecklenburg, Taste Old Country, Three Puppies, Tyson Farm, and Windmill Meadows. 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.

**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).

**Lee District Nights: City of Fairfax Main Street Community Band.** 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 18

**Free Tea Day.** 10 a.m.-9 p.m. at McAlister's Deli, 10691 Braddock Road, Fairfax. McAlister's annual Free Tea Day. Enjoy a free 32-ounce fresh-brewed iced tea, no purchase necessary. Visit [www.mcalistersdeli.com](http://www.mcalistersdeli.com) or call 703-278-8117.

**Lunch N' Life.** Noon-2 p.m. at Saint Mary of Sorrows Catholic Church, 5222 Sideburn Road, Fairfax. Those 50 and older are invited to join the next Lunch N' Life sponsored by the Shepherd's Center of Fairfax-Burke. The guest speaker will be Paul Severance, a historian who will speak on The Lincoln Assassination Trial. For reservations, call Bea Stephenson at 703-273-5730 by July 12. The cost is \$10; checks payable to SCFB. If transportation is needed, call the SCFB office 703-273-5730. Visit [www.scfbva.org](http://www.scfbva.org) for more.

**Evenings on the Ellipse: Maybe April (country).** 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.

## THURSDAY-SATURDAY/JULY 18-20

**Mamma Mia.** Thursday-Friday, 7 p.m.; Saturday, 2 and 7 p.m. at Hayfield Secondary School, 7630 Telegraph Road, Alexandria. Based on a 2008 jukebox Musical Romantic Comedy, the story follows a young bride-to-be who invites three men to her upcoming wedding, each one with the possibility of being her father. \$10-\$12. Call 703-505-9955 or visit [www.hayfielddrama.com](http://www.hayfielddrama.com) for tickets.

## FRIDAY/JULY 19

**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: Main Street Clarinet Quartet.** 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 20

**Electric Vehicle Show.** 9:30-11:30 a.m. at Daniels Run Peace Church, 3729 Old Lee Highway, Fairfax. Learn how Fairfax County can be a leader in electric car technology and test drive several EV models. Environment Virginia, Daniel's Run Peace Church, and The Climate Reality Project are hosting this event. The church has an electric vehicle charging station, solar panels, and a community garden. Free. Visit [environmentvirginia.org](http://environmentvirginia.org) for more.

**Children's Entertainment Series.** 10-10:45 a.m. at Burke Lake Park Amphitheater, 7315 Ox Road, Fairfax Station. Featuring Blue Sky Puppet Theater (puppets). 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 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](http://www.fairfax-station.org), [www.facebook.com/FFXSRR](https://www.facebook.com/FFXSRR), or call 703-425-9225.

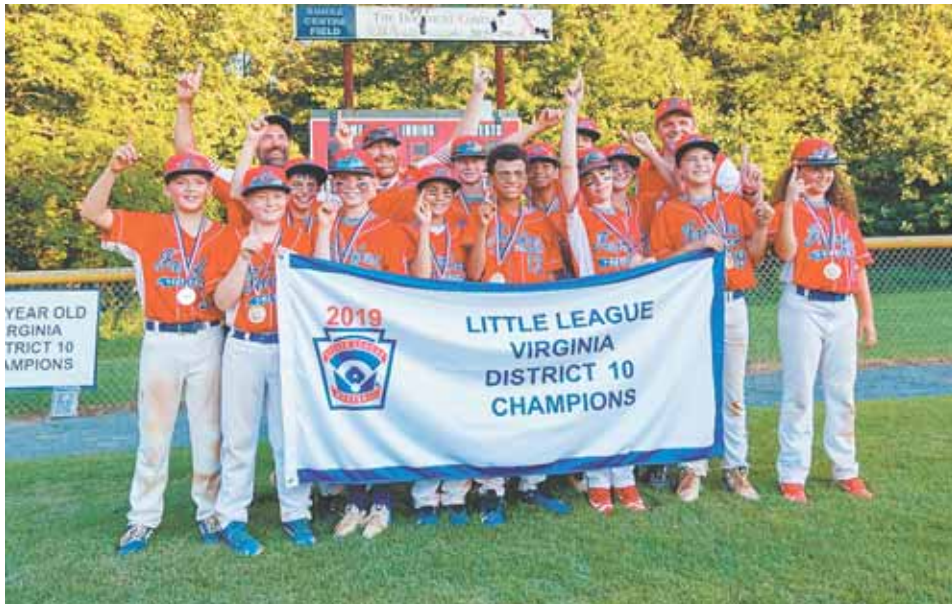
**Films in the Park: Incredibles 2 (2018).** 7 p.m. at Strawberry Park in Mosaic, Fairfax. Mosaic's summer movie lineup has something for the whole family. Grab a blanket, friends and family and watch favorite films underneath the stars. Visit [mosaicdistrict.com/events/event/films-in-the-park-2/](http://mosaicdistrict.com/events/event/films-in-the-park-2/).

## WEDNESDAY/JULY 24

**Springfield Nights: The Woodshedders (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).



# SPORTS



**The Fairfax National Little League Majors are the 2019 Virginia Little League District 10 Champions.**



**Jack Ferguson (#7) tips his helmet as he is congratulated by teammates after hitting a solo home run for the Fairfax National team in the bottom of the first inning to even the score at 1-1.**

## Advancing to the State Little League Tournament

**T**he Fairfax National Little League Majors team extended their season with a 7-1 win over the Chantilly Youth Association Little League Majors team in the District 10

Championship on July 1 at Burke Field. With the win, the Fairfax National Little League Majors team — with most players from the Burke area — advances to the Virginia State Little League Tournament that

begins on July 18 in Abington, Va. The team is managed by Mike Pritchard with coaches Todd Doherty and Bill Tighe.

PHOTOS BY  
TOM MANNING/  
THE CONNECTION

— TOM MANNING



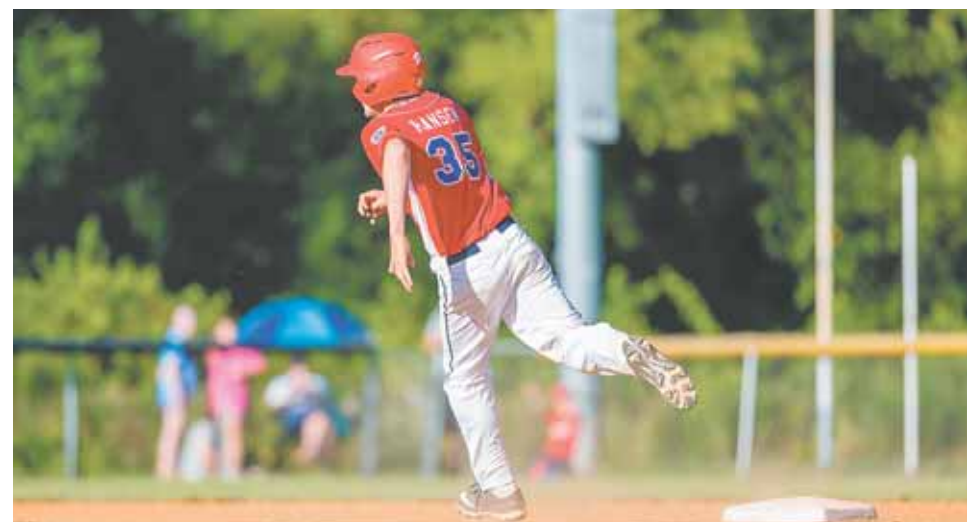
**Fairfax National outfielders, Nate Hawton-Henley (#98) and Caleb Hawton-Henley (#13), track down a fly ball for the second out in the top of the fifth inning.**



**Fairfax National starting pitcher Nate Hawton-Henley pitches in the top of the first inning.**



**Mariah Barksdale prepares to hit the ball in the bottom of the first inning.**



**Ryker Hansen rounds second base before sliding into third for a triple in the bottom of the second inning.**



#### Legals

##### ABC LICENSE

YET JIP INC trading as YET ZIP BBQ, 9528 Burke Road, Burke, VA 22015-3132 The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer on Premises license to sell or manufacture alcoholic beverages. Grace Hyun/Vice President. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at [www.abc.virginia.gov](http://www.abc.virginia.gov) or 800-552-3200.

An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.  
-Werner Heisenberg

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- Mount Vernon Gazette
- Oak Hill/Herndon Connection
- Potomac Annapolis
- Reston Connection
- Springfield Connection
- Vienna/Quinton Connection

## PEOPLE & PETS

### Foster Families Save Pets Lives

Temporary fosters are needed for dogs and cats at Lost Dog and Cat Rescue Foundation's animal care center in order to make space for newly rescued pets. The rescue's shelter partners are completely full and Lost Dog is being asked to transfer in more adoptable pets in order to save their lives.

"Several of our longtime shelter partners are really struggling this summer to keep saving lives," said Barbara Hutcherson, Executive Director of Lost Dog and Cat Rescue Foundation. "When they become overcrowded, they have to make hard choices. Our help in taking dogs and cats relieves some of that pressure, and allows them to keep saving lives."

Fosters are needed for pets of all sizes and ages. Dogs can be fostered for as little as one week. To apply to foster, visit [www.lostdogrescue.org](http://www.lostdogrescue.org).

"Foster homes are absolutely critical to our mission. If we know we have foster families at the ready, we can save more lives. It's really that simple," Hutcherson said.



### Local Company Supports 'Take Your Pet to Work Week'

CSI DMC's love for animals came through for "Take Your Pet to Work" week last week, an extension of National Take Your Pet to Work Day, where employees from Alexandria, Arlington, Fairfax, and Washington, D.C. raised \$300 for the local Homeward Trails Animal Rescue, which adopts dogs and cats from high-kill shelters to homes in the DC metropolitan area.

Amberlee Huggins, CSI DMC president, has fostered four puppies from Homeward Trails Animal Rescue and several of CSI DMC employees have volunteered with the organization by fostering and adopting dogs. CSI DMC even arranged a "puppy break" activity at CSI DMC's Fairfax County, office, in which Homeward Trails brought adoptable dogs to meet the CSI team.

"We love supporting the local efforts of Homeward Trails in finding homes for our furry friends," said Huggins.

For more information on CSI DMC, please visit [www.csi-dmc.com](http://www.csi-dmc.com).



PHOTO BY SARAH PETERSON

**Sue Jeon and Momo of Fairfax: CSI DMC employees take their pets to work to support Homeward Trails Animal Rescue.**



# BULLETIN

FROM PAGE 3

## NOW THROUGH SEPT. 8

**Metro Station Closures.** Through Sunday, Sept. 8, 2019, the six Blue and Yellow line stations south of Ronald Reagan Washington National Airport (Braddock Road, King Street, Eisenhower Ave., Huntington, Van Dorn Street and Franconia-Springfield) will be closed for full platform reconstruction and major station improvements. Read more at [www.wmata.com/service/rail/PlatformProject](http://www.wmata.com/service/rail/PlatformProject).

## 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. [soco.financialemPOWERmentcenters.org/](http://soco.financialemPOWERmentcenters.org/) or call 703-704-6014.

## TUESDAY/JULY 23

**Car Seat Safety Check.** 5-9 p.m. at the West Springfield district police station, 6140 Rolling Road. Fairfax County Police Department offers free safety check and install events throughout the year to ensure children travel safely. By appointment only; call 703-644-7377 and press 0 at the recording to schedule. In preparation for appointment, install the seat using the instructions that came with the car seat. Trained officers will review.

## 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](http://www.fairfaxcounty.gov/parks/boardagn2.htm) or call 703-324-8662.

## 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 [havenofnova@verizon.net](mailto: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 [proofofheavenunity.eventbrite.com](http://proofofheavenunity.eventbrite.com).

## SATURDAY/AUG. 3

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

## WEDNESDAY/AUG. 7

**New Volunteer Orientation.** 7:30-9 p.m. at Providence Community Center, 3001 Vaden Drive, Fairfax. People and their pets (dog, cat or bunny) are needed to join other Fairfax Pets on Wheels, Inc. volunteers who make a difference in the community by visiting residents of nursing homes and assisted living facilities. Visit [www.fpow.org](http://www.fpow.org). Call 703-324-5424 or visit [www.fpow.org](http://www.fpow.org) for more.

## SATURDAY/AUG. 24

**Messy Church.** 5-6:30 p.m. at St. Peter's in the Woods, 5911 Fairview Woods Drive, Fairfax Station. Join St. Peter's in the Woods for their monthly Messy Church. It's a worshipping community especially geared towards families and young children, but welcoming to all. Bible-themed crafts and activities, casual worship and a free, family-style dinner. Call 703-503-9210. Registration is appreciated, visit [www.stpetersinthewoods.org/events](http://www.stpetersinthewoods.org/events).

## TUESDAY/SEPT. 10

**ESL Class Registration.** 7 p.m. at Lord of Life Lutheran Church, 5114 Twinbrook Road, Fairfax or 13421 Twin Lakes Drive, Clifton. Three levels: beginning, intermediate, advanced. Classes are Tuesdays and Thursdays, Sept. 17-Nov. 21. All are welcome. Registration fee, \$15; text book, \$25. Visit [www.lordoflifeva.org](http://www.lordoflifeva.org) or call 703-323-9500.

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## My Bi-Weekly Honeymoon



By KENNETH B. LOURIE

Granted, I'm not getting on a plane and flying to wherever isn't here but, when you're "labing," every other Wednesday, driving 45 minutes to and from and while "to:" sitting in/being infused at the Infusion Center every other week, the week off between the "others" is almost like getting away, just not on Southwest Airlines.

And when attempting to plan a "honeymoon" of this sort, juggling availability of accommodations, transportation and affordability around one's infusions - all the while aware of the possibility of a reschedule due to one's problematic lab results, is much easier contemplated than actually accomplished.

One preventative step I am now pre-paying for, as an acceptance/concession to the realities of my age/cancer treatment, is trip-cancellation insurance. As no doubt you can appreciate, when one's life is at stake, and whose life-sustaining treatment can change at the drop of a CT scan, it is extraordinarily prudent to anticipate the worst and work some financial flexibility into your wallet.

Unfortunately, when your oncologist says infuse or not to infuse, there is no question. That being said and most definitely true, my oncologist has regularly been concerned with my quality of life.

And by "quality of life," I mean he has been willing to not infuse me whenever I've said I needed to go out of town/attend to family matters/vacation, etc., and/or increase the interval between changes in treatment to accommodate these kinds of obligations/opportunities. He has always been sensitive to the weeks of my life he feels he/the treatment has taken - and which can never be replaced.

And though I've never actually taken advantage of his offer, having felt it was better, if I was physically able, to keep the pedal to the anti-cancer metal, I have worked it into my equation. An equation that has worked for me (kept me alive 10-plus years post diagnosis), but might not have worked for others. There is no recipe for success here. It is to each patient's own.

Moreover, there is no right or wrong because - as us cancer patient-survivors know - cancer treatment is not arithmetic.

As this stage IV, non small-cell lung cancer "diagnossee," given "13 months to two years to live" can attest: the numbers, lab results, chemo/immunotherapy, and scan results don't always add up on paper.

I have no doubt, in arrears, that my oncologist meant every word he told Team Lourie back in late February 2009, and anticipated losing yet another patient to this scourge. Now whether he was consulting a manual, a handbook or an artificial-intelligent data base, I don't know.

But he was clear.

I remember my brother Richard asking him specifically about my prognosis and if I could possibly outlive it. His reply to me: "Could you be the one? Absolutely." The relevant word we all remember: "the one." And that's the burden Team Lourie (and so many others I don't know) has carried ever since. But no worries, really. As my late father used to say: "K.B., you've got broad shoulders."

Still, those broad shoulders need a break and a brake once in a while. And every two weeks, under my present treatment schedule, I receive one.

Because, for all I know, aside from the positive attitude I inherited from my father and the non-Western alternatives I utilize to supplement this standard protocol, these off-weeks might be what's keeping me alive.

And when I realize that my next CT scan - and all the associated anxiety that attaches to it, is less than a month away, I need all the "honeymoon" weeks I can get.

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



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