

Burke CONNECTION

WELLBEING
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In Burke, neighbors came out on Tuesday, Aug. 6 for camaraderie and ice cream to celebrate National Night Out.



Neighborhoods Host Night Out Parties

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Intersection Improvements
In Springfield and Burke

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NEWS

Del. Filler-Corn Statement on Medicaid Expansion Milestone

More than 300,000 Virginians are now covered by Medicaid since the Commonwealth expanded access a year ago. This news is not just an achievement for the women and men who worked so hard on enrollment, but for all Virginia communities.

Research has shown that people in states without Medicaid Expansion face dire and sometimes deadly consequences. Furthermore, rural hospitals and underfunded inner city health care systems are more likely to stay afloat with increased Medicaid access.

Virginia House Democratic Leader Eileen Filler-Corn has issued the following statement:

"Medicaid expansion in Virginia is welcome and life-saving news. I am proud to have worked with my colleagues to expand healthcare coverage in our Commonwealth and I regret that it didn't come soon enough for many Virginians.

"Until their backs were against the wall, Republicans fought expansion of Medicaid, at the expense of the most vulnerable residents in our state.

"Now we must envision what Virginia can look like in the future. From expanding access to health care, improving education and continuing to improve our roads, Democratic leadership in the House will better the lives of Virginians across our Commonwealth by tackling our most urgent challenges."



**House
Democratic
Leader
Eileen
Filler-Corn**

BULLETIN BOARD

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

DONATIONS NEEDED

School Supply and Backpack

Drive. 8 a.m.-4 p.m. at the Parent Resource Center, 2334 Gallows Road, Room 105, Dunn Loring. For the nearly 56,000 students in Fairfax County Public Schools living at the poverty line, obtaining school supplies can be difficult. FCPS is partnering with roughly 20 nonprofits and businesses to ensure that students will have the supplies they need this fall for its "Collect for

SEE BULLETIN, PAGE 10



Burke Lake Road and Shiplett Boulevard Intersection Improvements Fairfax County

Find out about planned intersection improvements at Burke Lake Road (Route 645) and Shiplett Boulevard, including new flashing yellow arrows for both directions of Burke Lake Road, four new signalized pedestrian crosswalks, and Americans with Disabilities Act (ADA) compliant curb ramp upgrades.

Review project information at www.virginiadot.org/projects, or at VDOT's Northern Virginia District Office at 4975 Alliance Drive, Fairfax, Virginia 22030. Please call ahead at 703-259-2752 or TTY/TDD 711 to ensure appropriate personnel are available to answer your questions.

If your concerns cannot be satisfied, VDOT is willing to hold a public hearing. You may request that a public hearing be held by sending a written request to Ms. Tien-Jung Ho, P.E., Virginia Department of Transportation, Fairfax, VA 22030 on or prior to **August 19, 2019**. If upon receiving public comments it is deemed necessary to hold a public hearing, notice of date, time and place of the hearing will be posted.

VDOT ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you need more information or special assistance for persons with disabilities or limited English proficiency, contact VDOT Civil Rights at 703-259-1775.

State Project: 0645-029-309, P101, R201, C501
UPC: 112492
Federal: HSIP-5B01 (018)



Franconia Road and Rose Hill Drive Intersection Improvements Fairfax County

Find out about planned intersection improvements at Franconia Road (Route 644) and Rose Hill Drive, including a new flashing yellow arrow for westbound Franconia Road, new signalized crosswalk on Franconia Road, and Americans with Disabilities Act (ADA) compliant pedestrian signal and curb ramp upgrades.

Review project information at www.virginiadot.org/projects, or at VDOT's Northern Virginia District Office at 4975 Alliance Drive, Fairfax, Virginia 22030. Please call ahead at 703-259-2752 or TTY/TDD 711 to ensure appropriate personnel are available to answer your questions.

If your concerns cannot be satisfied, VDOT is willing to hold a public hearing. You may request that a public hearing be held by sending a written request to Ms. Tien-Jung Ho, P.E., Virginia Department of Transportation, Fairfax, VA 22030 on or prior to **August 19, 2019**. If upon receiving public comments it is deemed necessary to hold a public hearing, notice of date, time and place of the hearing will be posted.

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State Project: 0644-029-315, P101, R201, C501
UPC: 112484
Federal: HSIP-5B01 (007)



The food truck was a favorite for Lizzy Fitzpatrick.



McGruff the crime dog makes his rounds.

National Night Out Enhances Neighborliness

Annual community event is a chance to mingle and enjoy ice cream.

BY MIKE SALMON
THE CONNECTION

PHOTOS BY MIKE SALMON/THE CONNECTION

Whether it was the blocked off cul-de-sac in Springfield or the food truck in the pool parking lot in Burke, neighbors came out on Tuesday, Aug. 6, for camaraderie and ice cream, to celebrate National Night Out.

"It brings the community and crime prevention together," said officer Michael Stewart, the crime prevention officer at the West Springfield Station. Stewart was in his sixth National Night Out, and sees the results of the community getting together each year. "Very supportive," he said from the cul-de-sac in the Springfield neighborhood of South Run Forest.

"I think it's important for the kids to know who the first responders are."

—Springfield resident Elyssa Chadab

It was the same feeling over in Burke Station Square, where Eileen Patterson volunteered for a few years in a row to gather the community at the Burke Station Swim Club. They had a food truck, an ice cream truck and the pool stayed open late. "The goal is to get you out of your house, that's what I like to see," Patterson said. "Be supportive of each other," she added.

Lizzy Fitzpatrick, who was a life-guard at the pool in past years, hit the DC Steakholders food truck — specializing in steak and cheese subs with French fries. "This is one of our favor-



In Burke, kids enjoyed the pool and yard games.



Michael Stewart, the crime prevention officer at the West Springfield Station.

ites," she said.

National Night Out began in 1984 when Matt Peskin, founder and executive director of National Association of Town Watch, introduced it in Philadelphia, Pa. as a way to break down the boundaries between law enforcement and the community. The first annual National Night Out involved 2.5

million neighbors across 400 communities in 23 states.

Springfield resident Elyssa Chadab watched her children at the fire truck mingle with the officers in South Run Forest. "I think it's important for the kids to know who the first responders are," she said. The neighborhood watch was in

charge of putting the event together, using flyers and social media. There are 24 residents on the neighborhood watch in that community. They blocked off a cul-de-sac and set up tables in the middle of the street to serve cookies and ice cream. "We think it works," said Gary McDowell, watch coordinator.

OPINION

Gun Reform Now

Reform might not happen in Virginia until after the November election.

If we look back a little more than a month, the memory of the Republicans in the Virginia General Assembly adjourning a special session on gun safety by ambush, without any discussion on proposed measures, resonates with raw emotion.

The NRA publicly launched its operations that day from the conference room of the Speaker of the Virginia House of Delegates, literally announcing to members on its website where to meet. It must have seemed such sweet success to them to shut that session down without any deliberation.

The lives of the 12 people who died in Virginia Beach at the end of May were not discussed.

But now many more lives have been cut short or forever changed by gunfire between the July 9 debacle in the Virginia General Assembly and today.

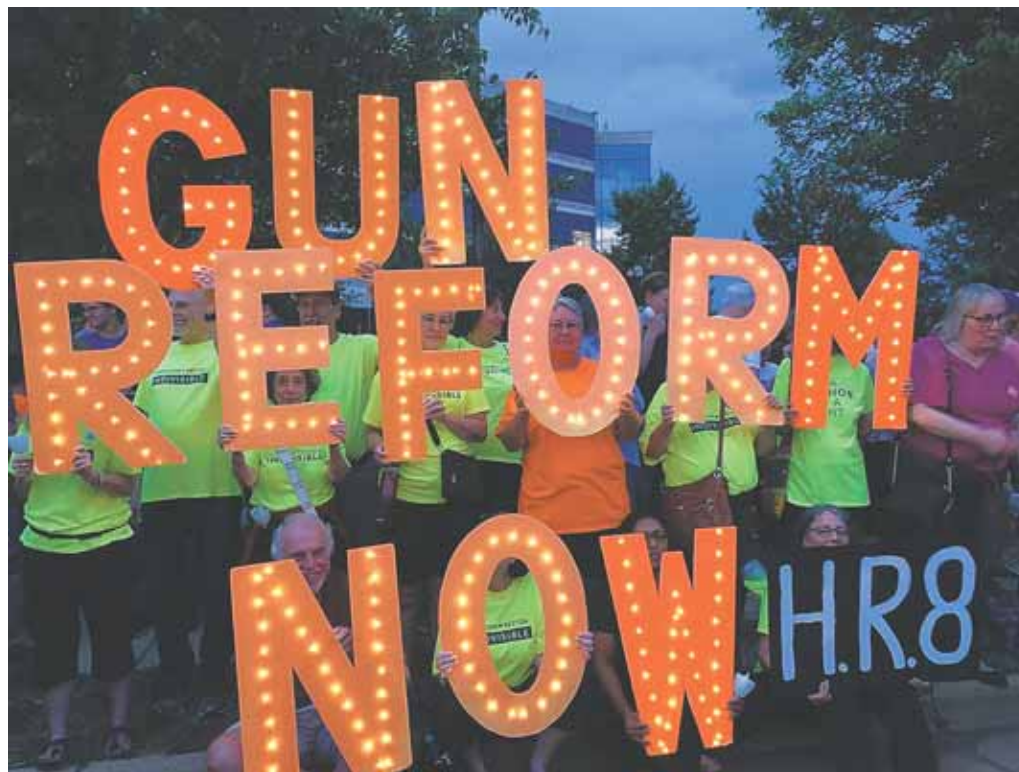
There must be state and local legislation as well as federal legislation.

Here are some key provisions:

- ❖ No one with a restraining order or convicted of domestic violence should have access to firearms.
- ❖ Comprehensive universal background checks.
- ❖ Ban assault weapons.
- ❖ Ban large capacity mechanisms for ammunition.

ON TUESDAY, Aug. 20, at noon, the Virginia General Assembly Crime Commission will accept public comments on the gun legislation introduced during the July 9 and through July 19. Public comment will be taken for the first 3 hours (more details will be announced in the coming weeks on how to sign up to speak). Next, patrons will present their bills. Currently, there are about 60 bills that have been filed. Members have until July 19 to file legislation. Link to bills: <http://lis.virginia.gov/cgi-bin/legp604.exe?192+lst+ALL> See <http://vsc.virginia.gov/meetings.asp> for updates.

Crime Commission staff is currently accepting written comments on this topic. Send written comments and any other information/ma-



Hundreds of protestors gathered at NRA headquarters in Fairfax Monday, including members of Reston Herndon Indivisible holding these letters.

PHOTO COURTESY OF HERNDON RESTON INDIVISIBLE

terials relevant to this topic via email to comments@vsc.virginia.gov or via postal mail. Comments will be shared with members of the Crime Commission.

Additional details regarding the deadline for submitting written comments will be announced following the Aug. 20 Crime Commission meeting.

Attn: Written Comments
Virginia State Crime Commission
1111 East Broad Street, Ste. B036
Richmond, Virginia 23219

THREE THINGS:

- ❖ Video games aren't the cause. Video game usage is as high or higher in many other countries, all with almost no gun violence.
- ❖ It's not mental illness, although giving

more resources for treatment of mental illness would be welcome. Incidence of mental illness is similar in other countries, all with almost no gun violence. (Doing a better job keeping guns out of the hands of people with mental illness would prevent thousands of suicides.)

❖ More guns won't help. In Dayton, police shot and killed the attacker in less than a minute, but still he shot and killed nine people and wounded 27.

There is a good chance that reforms won't happen without electoral change both in Virginia and nationally. Don't forget about voting in November. Every seat in the Virginia General Assembly is on the ballot.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

LETTERS TO THE EDITOR

We Must Change

To the Editor:

After the Columbine shooting we were told by the legislators in power: "Now is not the time to talk about gun control. We would be acting out of emotion. Any legislator who uses this event to pass gun legislation is taking advantage of the situation and is acting out of partisanship."

After the Sandy Hook, Parkland, Pulse Night Club, and Virginia Tech shootings happened we heard the same thing – "Now is not the time."

After the D.C. Navy Yard shooting – "Now is not the time." Virginia Beach and Gilroy shootings – "Now is not the time."

And now Dayton and El Paso. Is

it time yet?

In 2019 alone 246 people have been killed and 979 injured from mass shootings in the United States. And our President says: "Mental illness and hatred pulls the trigger—not the gun." No one denies that mental illness is sometimes a contributing factor, but a mentally ill person would not have killed all those people had he been armed with a switch blade.

We cannot change our President. We know that. And we cannot change those legislators who enable the President and who are beholden to the NRA. The only person we can change is ourselves. We must tolerate this no longer. We must be willing to elect people who don't peddle hate, and who are willing to en-

act common sense gun reform.

Barbara Glakas
Herndon

Tired But Not Defeated

To the Editor:

I am really tired. Tired of violence. Tired of living in fear.

Tired of constant sadness and grief. I'm tired of worrying about whether my younger brothers will come home safe from campus or feeling uneasy at the mosque. I'm tired of some in our society not realizing that gun violence at this level is beyond alarming. I am tired that this kind of violence is still not widely considered extremism. I'm

tired of us giving attention to the perpetrator and not the conditions that led to it. I'm tired of my country not honoring the victims by using faith as a part of healing and yet not heeding the words of faith as a form of preventative action. Whether it's the Quran saying killing one life is the killing of all mankind, or how Matthew and Exodus command "You shall not murder," over and over again in the Bible, we don't really seem to follow through. So much #thoughtsandprayers. We are all tired, but we aren't defeated. But we need our awareness, our votes and our calls for action to be in full force more than ever.

Saira Bhatti
Centreville

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PHOTOS BY THE VIRGINIA DEPARTMENT OF TRANSPORTATION

A corner before and after the improvements.

Intersection Improvements Planned in Springfield and Burke

Traffic calming efforts coincide with meeting ADA compliance.

BY MIKE SALMON
THE CONNECTION

The skidding and horn honking outside George Quiroz house in Burke is a reminder that the intersection of Shiplett Boulevard and Burke Lake Road needs some TLC, and VDOT has scheduled “intersection improvements,” there as well as several other intersections in Fairfax County.

“There’s always accidents,” said Quiroz, “got to do something,” he said.

The traffic going by on Burke Lake Road is constant and there is a turn lane as well, but no traffic light and no pedestrian signals. Maybe years ago when the traffic wasn’t at the level it is now this may have worked but for nearby residents like the Quiroz family, anything to calm the traffic is good here.

Even though there is a bike crossing marked here, “I wouldn’t ride my bike through that intersection,” Quiroz said.

VDOT’s general description of the project: retrofit, repair, replace or install sidewalk ramps within VDOT right of way throughout the Northern Virginia District in order to comply with the federal Americans with Disabilities Act (ADA). Across the state, VDOT has reviewed many of the existing sidewalk ramps that do not meet current ADA standards. These ramps have been categorized and prioritized based on their existing condition, noting their specific deficiencies. At Shiplett, improvements will include new flashing yellow arrows in both directions of Burke Lake Road, four new pedestrian crosswalks and ramp upgrades.

The benefits of these improvements are

Plans for Shiplett Boulevard and Burke Lake Road are encouraging to nearby residents.

PHOTO BY
MIKE SALMON/
THE CONNECTION



described as increased connectivity and access for all, plus compliance with ADA. Other intersections where these improvements are planned for Backlick Road and Leesville Road in Springfield and Rose Hill Drive and Franconia Road in Lee District. Both are areas that have a high pedestrian traffic because of nearby schools or a shopping center.

At Leesville Road, the improvements will include much of the same — flashing yellow arrows for both directions of Backlick

Road, three additional signalized crosswalks: across Backlick Road on the southern side of the intersection, across Leesville Boulevard, and across the entrance to the office park

At the intersection, Backlick Road averages 32,000 vehicles a day and Leesville Boulevard averages 5,200, VDOT’s numbers show. This \$790,000 project is financed with federal Highway Safety Improvement Program and state funds. Construction will

“There’s always accidents, got to do something.”

—George Quiroz of Burke

begin in summer 2023. The Rose Hill project is priced at \$475,000.

Intersection Intricacies

VDOT will address pedestrian safety because of fatalities, some at intersections. According to Fairfax County Police, in 2018, they investigated 174 pedestrian crashes, which led to 16 fatalities and 196 injuries.

Preliminarily in 2019, the police have investigated 82 pedestrian crashes, resulting in 10 fatalities and 91 injuries.

Steps underway to reduce these fatality numbers:

❖ All eight district police stations participate in regular pedestrian/driver education and enforcement outreach efforts to highlight the importance of pedestrian safety.

❖ Fairfax County has invested more than \$300 million in bicycle and bus stop infrastructure projects since 2002.

❖ There are thousands of crosswalks on 4,500 miles of sidewalks and trails in Fairfax County - created and located by engineers. They are designed to be the best place for pedestrians to cross in that location as safely as possible.

❖ There are 3,928 miles of roads in Fairfax County, developed for car transportation – they are being re-engineered to be more pedestrian friendly.

❖ Tysons, Embark Richmond Highway and the Mosaic District are helping change the mindset in Fairfax County. Planners and developers are leaving behind suburban, car-centric ideas and opting for activity centers that feature other modes of transportation: transit, bicycling and walking.

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WELLBEING

Summer's Bounty: So Healthy and Tasty!

Don't miss the height of summer season for fruits and vegetables.

BY MARILYN CAMPBELL
 THE CONNECTION

Local farmer's markets right now are overflowing with deep purple plums, tomatoes ripened by rays of sun and peppers in hues that span a rainbow. This season's bounty yields not only flavors with a richness that peaks in August, but also a powerful punch of nutrients.

"Produce is most nutritious when it's in season, but it's normal to see supermarkets carrying the same produce all year long, said nutritionist Carley Johnston. "People don't always think about only cooking with what's in season because they don't have to."

Fruits and vegetables that are consumed out of season are often shipped from other countries, picked before they're ripe and sprayed with preservatives. "When produce is allowed to ripen while it's sitting in a packing box on its way to the supermarket it's robbed of some of its nutritional content," said Johnston.

On the other hand, produce that is naturally sun-ripened is more vitamin and nutrient-dense than its prematurely picked counterparts because ripening allows those elements to develop fully, says Lauren Trocchio, registered dietitian at Washington Center for Weight Management and Reset. "Cooking seasonally ... means using produce that has traveled less of a distance to your kitchen," she said. "Both of these things may prevent the nutrient loss that comes with picking produce early or spending a lot of time in transit. The longer the transit and wait time, the more impact to nutrition and taste."

Among the nutrient-dense — and delicious — fruits and vegetables that are in season in summer are peaches, blueberries, zucchini and tomatoes. "Blueberries for example are rich in antioxidants and fiber," said Johnston. "They're also high in Vitamins C and K. Blackberries are high in fiber and antioxidants. They're also anti-inflammatory which can boost your immune system. Corn is high in Vitamin B. Cucumbers are hydrating which is important during the summer."

Fortunately preserving the health benefits is made easy because only minimal preparation is needed to get maximum flavor, says culinary instructor Terri Carr of Terri's Table Cooking classes in Potomac, Md. "Cooking in the summer with the freshest local produce is a real treat," she said. "There is a smorgasbord of ingredients to choose from."

From watermelons, peaches and plums to tomatoes, corn and zucchini, summer brings a variety of culinary inspiration. "Imagine a platter of tomatoes, peppers, sweet peas, zucchini, sweet Vidalia & red onions, continued Carr. "Complicated recipes are not



PHOTO COURTESY OF TERRI CARR

These skewers of cantaloupe, prosciutto, mozzarella and tomatoes drizzled with a basil balsamic dressing and created by Terri Carr, are vitamin-packed and perfect for appetizers or a light dessert.

needed when quality summer produce is available ... in fact it's better to cook simple recipes that bring out the food's flavor."

Using the best of summer produce, Carr is teaching seasonal cooking classes this summer using her popular preparation methods. "A favorite summer salad is Panzanella ... a classic Italian bread salad," she said. "Combine toasty bread cubes with lots of colorful peppers, tomatoes, green onions, basil, cucumber. Beautiful presentation & flavor. Perfect for lunch or a side dish at dinner."

For those who think eating seasonally means epicurean deprivation, Carr dispels that notion. "Imagine a platter of summer fruit, she said. "Peaches, nectarines, plums, apricots, strawberries, blueberries, blackberries [and] melons. They're absolutely delicious all by themselves or mixed in with a salad or dessert."

Cooking with a mixture of seasonal herbs and produce, like basil and vine-ripened tomatoes, offers an even more powerful impact on the palette. "Summer herbs [are] my favorite, said Carr. "Most herbs are now available in grocery stores year round but they cannot compare to summer's bounty. Basil, thyme, rosemary, parsley and mint are my go-to's when creating a meal."

Summer produce offers energy needed to maintain the active lifestyle that comes with longer days filled with outdoor activities, says Johnston. "Our bodies need the added energy we get from the nutrition found in berries and peaches," she said. "Cucumbers and melons are juicy which keeps us hydrated when it's hot outside."

"Cooking in the summer with the freshest local produce is a real treat."

— Terri Carr,
 Terri's Table Cooking Classes

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August 28, 2019

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Free Training Classes For Community Emergency Response Team

The Community Emergency Response Team (CERT) Program educates residents about disaster preparedness for hazards that may impact their area. CERT trains county residents in basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations. Using the training learned in the classroom and during exercises, CERT members can assist others in their neighborhood or workplace following an event when professional responders are not immediately available to help. CERT members also are encouraged to support emergency response agencies by taking a more active role in emergency preparedness projects in their community.

The CERT training classes follow the FEMA curriculum, tailored to local disasters and hazards. It educates people about disaster preparedness for haz-

ards that may impact their area and trains them in basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations. Emphasis on hands-on skill development and Fairfax County protocols and procedures. Instructor will provide syllabus with class schedule at first session. This training does not require any special physical strength or agility.

For more information and to register for the next two classes at the Fire and Rescue Academy, click on the link below:

CERT 149 at the Fire and Rescue Academy - Aug.28, Sept. 4, 9, 11, 16, 18, 23, 25. Mondays and Wednesdays, 7 - 11 pm.

CERT 153 at the Fire and Rescue Academy - Sept. 30, Oct. 2, 7, 9, 14, 16, 21, 23. Mondays and Wednesdays, 7 - 11 p.m.



PHOTO COURTESY OF FAIRFAX COUNTY FIRE & RESCUE DEPARTMENT

The CERT training classes follow the FEMA curriculum, tailored to local disasters and hazards.

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Gary Kramer, D.D.S.
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lost (adj): 1. unable to find the way. 2. not appreciated or understood. 3. no longer owned or known

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

ONGOING

Junior Golf Fairfax Camps, Clinics and Competition. Burke Lake Golf Center is located at 6915 Ox Road, Fairfax Station. Pinecrest Golf Course is located at 6600 Little River Turnpike, Alexandria. Twin Lakes Golf Course is located at 6201 Union Mill Road, Clifton. Oak Marr Golf Complex is located at 3136 Jermantown Road, Oakton. Visit www.fairfaxcounty.gov/parks/golf/junior.
Registration Open: NVSO. The Northern Virginia Senior Olympics features more than 60 events that challenge the mind as well as the body. New games this year: jigsaw puzzle and line-dancing. The games run Sept. 14-28. There will be no on-site registration. Paper registrations, available at most local recreation and senior centers, must be postmarked by Aug. 24. Online registrations must be completed by Aug. 31 at www.nvso.us.

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

Kingstowne Farmers Market. Fridays, through Oct. 25, 4-7 p.m. in the Giant parking lot, 5870 Kingstowne Towne Center, Alexandria. Farm fresh eggs, local honey, berries, fresh picked vegetables, fresh local fruits, baked breads and treats, chicken, tamales, salsa, hummus, gourmet sausage, fresh roasted coffee beans, and much, more. Call 703-642-0128 or visit www.fairfaxcounty.gov/parks/farmersmarkets/kingstowne.

Wakefield Farmers Market. Wednesdays, 2-6 p.m. through Oct. 30, at Wakefield Park, 8100 Braddock Road, Annandale. Eleven local farmers and producers will sell fresh produce and fruits; meats; breads and pastries; jams; dairy products and eggs; herbs; flowers, and more. All products are grown or produced by the vendors and come from within 125 miles. 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.

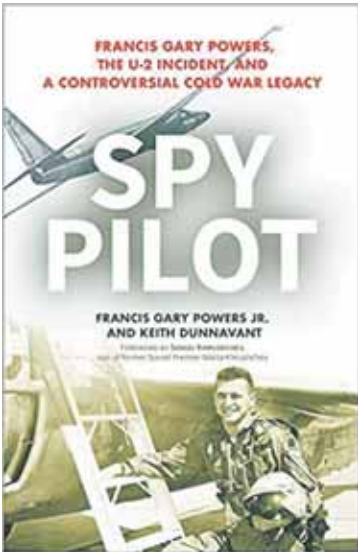
Lorton Farmers Market. Sundays, 9 a.m.-noon, through Nov. 17, in the VRE Parking Lot, 8990 Lorton Station Blvd., Lorton. Eleven local farmers and producers sell fresh produce and fruits; meats; breads and pastries; jams; dairy products and eggs; herbs; flowers, and more. All products are grown or produced by the vendors and come from within 125 miles. 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/lorton.

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

Burke Farmers Market. Through Dec. 21, 8 a.m.-noon at the VRE parking lot, 5671 Roberts Parkway, Burke. A great selection of fresh produce, baked goods, seafood, and dairy. All vendors make their own food or grow it locally within 125 miles. Call 703-642-0128 or visit www.fairfaxcounty.gov/parks/farmersmarkets/burke for more.

FRIDAY/AUG. 9

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



Author Event: Francis Gary Powers Jr.

Meet Francis Gary Power Jr, son of the famous U-2 spy pilot shot down over the Soviet Union in 1960. Copies of his new book will be available for purchase. Tuesday, Aug. 13, 7 p.m. at City of Fairfax Regional Library, 10360 North St., Fairfax. Free. Email va_room@fairfaxcounty.gov for more.

call 703-273-3638 for more.

Author Event: E. A. Dustin. 7-8:30 p.m. at Barnes and Noble Mosaic District, 2921 District Ave., Suite 180, Fairfax. Join for a discussion and signing with local author E.A. Dustin who will be talking about and signing copies of her book, *Save Me Twice* – a WWII story. She will also give a preview of her upcoming book “Self-Healed,” a thriller. Free admission. Call 703-245-9260 or visit bn.com for more.

FRIDAY-SATURDAY/AUG. 9-10

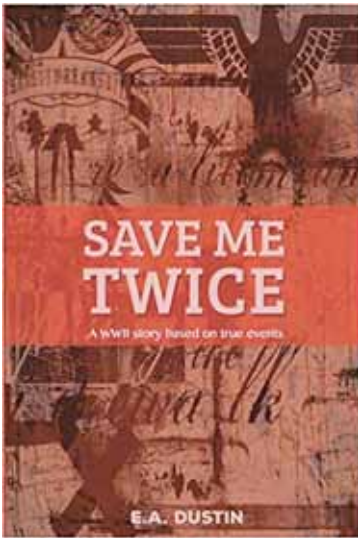
Reserve a Boxwood Cutting. The historic boxwood at Gunston Hall are in declining health and are being removed as a part of a garden restoration project. Hundreds of clippings of these boxwood plants have been taken to preserve their genetic material. Following Gunston Hall's big rooting day, there are still some cuttings available. Reserved cuttings are available available online only; boxwood cuttings will not be reserved over the phone or in person. Reservations need to be completed no later than 9 a.m. on the day of pick up. Reserved cuttings will be potted. \$15. Visit gunstonhall.tix.com and click Reserve a Boxwood.

SATURDAY/AUG. 10

Geocaching. 9:30-11:30 a.m. at Burke Lake Park, 7315 Ox Road, Fairfax Station. Set off on a modern-day treasure hunt at Burke Lake Park with the “Geocaching Workshop.” Participants 8-adult will learn to use hand-held Global Positioning System (GPS) units to locate hidden treasure caches within the park. After learning how to enter latitude and longitude coordinates, students will test their skills by following the coordinates to find a hidden object, container or unique geological feature. Bring a GPS. There are a limited number to borrow. \$22 per person. Call 703-323-6600 or visit www.fairfaxcounty.gov/parks/burke-lake.

Music in the Parks - “Feast for Young Ears.” 10 a.m. at Burke Lake Park Amphitheater, 7315 Ox Road, Fairfax Station. The Fairfax Symphony Orchestra is partnering with Fairfax County Parks to provide free Music in the Parks children's concerts. The performances are engaging and interactive experiences; perfect for young, first-time concert-goers. Each concert offers an introduction to the musicians, their instruments, their roles in creating the music, and features a wide variety of musical selections from classical music to the familiar music of today. Visit www.fairfaxsymphony.org/concerts-in-the-parks.

Family Safety Day. 10 a.m.-2 p.m. at Focus Family Martial Arts Academy, 11230 Waples Mill Road, Fairfax. A family-oriented, fun day to spend time with community members at “Family Safety Day.” Policemen, firefighters, karate



Author Event: E. A. Dustin

Join for a discussion and signing with local author E.A. Dustin who will be talking about and signing copies of her book, *Save Me Twice* – a WWII story. She will also give a preview of her upcoming book “Self-Healed,” a thriller. Friday, Aug. 9, 7-8:30 p.m. at Barnes and Noble Mosaic District, 2921 District Ave., Suite 180, Fairfax. Free admission. Call 703-245-9260 or visit bn.com for more.

instructors and other organizations are partnering to teach children about the importance of safe habits and self-defense. Dance demonstrations, sno-cones, inflatables and other fun activities will be available. Free. Email office.manager@jccag.org or call 703-383-1170.

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.

SUNDAY/AUG. 11

TTRAK Model Train Show. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Northern Virginia TTRAK members will hold a N gauge Model Train Display. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org or call 703-425-9225.

Films in the Park: Homeward Bound (1993). 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/.

TUESDAY/AUG. 13

Author Event: Francis Gary Powers Jr. 7 p.m. at City of Fairfax Regional Library, 10360 North St., Fairfax. Meet Francis Gary Power Jr, son of the famous U-2 spy pilot shot down over the Soviet Union in 1960. Copies of his new book will be available for purchase. Free. Email va_room@fairfaxcounty.gov for more.

WEDNESDAY/AUG. 14

Springfield Nights: The Johnny Artis Band (Blues, Rock&Roll). 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/performance/springfield-nights.

THURSDAY/AUG. 15

Evenings on the Ellipse: Mariachi Los Amigos with special guest group, Common Ground (mariachi plus jazz). 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/performance/evenings-on-the-ellipse for more.

Hometown Thursdays: Witness Protection. 6:30-8:30 p.m. at Old Town Square, 10415 North St., Fairfax. Fairfax's Hometown Thursdays concert series takes place the first and third Thursdays through September. A free, family-friendly event for all ages. Visit www.fairfaxva.gov/government/parks-recreation/special-events/hometown-thursdays

FRIDAY/AUG. 16

Junior Club Championship. 8 a.m.-noon at Burke Lake Golf Course, 7315 Ox Road, Fairfax Station. Golfers age 7-17 square off in the season-ending tournament. This is an 18-hole, individual stroke tournament for all age divisions: 10 & under; 11-13; and 14-17. There will be closest-to-the-pin contests and prizes for 1st, 2nd, 3rd place in all three divisions. \$25 for junior program members; \$35 for non-junior program players; lunch included. Call 703-323-1641 or visit www.fairfaxcounty.gov/parks/golf/burke-lake.

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

Campfire Fridays. 7:30-9 p.m. at Hidden Pond Nature Center, 8511 Greeley Blvd., Springfield. Start the weekend off with a campfire and s'mores while exploring the hidden gems at Hidden Pond Nature Center. Learn about the plants and animals that call Hidden Pond home. Designed for participants 3-adult. \$10 per person. Call 703-451-9588 or visit www.fairfaxcounty.gov/parks/hidden-pond.

SATURDAY/AUG. 17

Children's Entertainment Series. 10-10:45 a.m. at Burke Lake Park Amphitheater, 7315 Ox Road, Fairfax Station. Featuring John Hadfield (family show). Visit www.fairfaxcounty.gov/parks/performance/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.

Movie Night: The Princess Bride. Dusk. Liberty Lorton, the former prison turned new development, is hosting a series of events that includes barnyard yoga, outdoor movie nights, and the second annual Turkey Trot. Events are open to residents and non-residents of Liberty. Visit thelibertylife.com for more.

SUNDAY/AUG. 18

Celebrating Nancy Cappel. 3-6 p.m. at St. Matthew's United Methodist Church, 8617 Little River Turnpike, Annandale. St. Matthew's UMC will host a retirement celebration for Nancy Cappel, a nationally recognized handbell director, who has directed handbell and vocal choirs for 50 years. The Celebration program will last 1.5 hours to be followed by a reception. Free. Visit StMatthewsUMC.org for more.

Films in the Park: Akeelah and the Bee (2006). 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/.

WEDNESDAY/AUG. 21

Nine and Wine. 5-8 p.m. at Laurel Hill Golf Club, 8701 Laurel Crest Drive, Lorton. Enjoy a round on Virginia's newest golf course. Price includes range balls, golf cart and nine holes of golf and a glass of wine. This event welcomes the first 12 people who RSVP. Check in at to pro shop at least 15 minutes prior to the start time. Member, \$32; non-members, \$42. RSVP to Roberta Korzen at roberta.korzen@fairfaxcounty.gov or 703-324-8782.

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PHOTO CONTRIBUTED

At Code Ninjas children can get year-round education.

Code Ninjas Debuts in Burke

Say the words “video game” and your kids are bound to stop and listen. The local owner of a new Code Ninjas, a learning center that opened at 9526 Old Keene Mill Rd., Ste. A, knows that video games aren’t only fun, but educational. Code Ninjas will serve the local area by teaching children computer coding and problem solving skills while having fun building video games.

The Burke center is owned and operated by local entrepreneur Jessica Lopez. Seeing the high unemployment percentage of military spouses, Lopez was able to maintain a career with her husband deployed due to her coding knowledge. Wanting to spread the opportunity to learn a valuable skillset to her neighbors in Burke, Lopez decided to open a Code Ninjas where children can get year-round education.

“I saw first-hand the power of STEM education when I was able to be self-employed and have the

work-life balance I desired,” said Lopez. “Code Ninjas will give children positive screen time and help teach them a valuable skill that can benefit them the rest of their lives.”

Children ages 7-14 can visit the new Code Ninjas center to learn how to code in an environment where gaming is celebrated, and STEM is cool. Everything about Code Ninjas is built around fun, which keeps kids coming back. But the center also provides the results that parents are looking for, as their children gain coding and problem-solving skills.

Code Ninjas accomplishes this with a robust, game-based curriculum made up of nine belts, just like martial arts. By the time a child finishes the program, they will publish an app in an app store.

For more information about the Burke Code Ninjas location, visit codeninjas.com or call 571-310-1143.

BULLETIN BOARD

FROM PAGE 2

Kids” campaign. A \$25 donation will fill a backpack with FCPS approved supplies for a student. Organize a collection drive of new backpacks in your community and bring to one of the Collect for Kids drop off locations. Visit www.collectforkids.org/get-involved or call 703-204-3941.

SATURDAY/AUG. 10

Shamanic Journeying. 5-8 p.m. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. Learn about Shamanic Journeying is, and how it is different than meditation in this three-hour long intensive. In the first two hours, there will be a presentation on the history of shamanic journeying, the different types, and an in-depth explanation describing many different paths that use shamanic journeying as a tool. The third hour

will be an application of the skills learned. Donations accepted. Call 703-281-1767 or RSVP at journeyingaugust10.eventbrite.com/.

TUESDAY/AUG. 13

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.

SEE BULLETIN, PAGE 11

CALENDAR

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4	5	6	7	8	9
10	11	12	13	14	15
16	17	18	19	20	21
22	23	24	25	26	27
28	29	30	31		

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Announcements

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Announcements

Employment

Classroom Aide

Job Description
We are looking for kind, caring individuals to work in the afternoons, Monday through Friday, who love children and are interested in assisting in the care and development of preschoolers. Applicants must be committed to excellence in the classroom and the positive and appropriate implementation of a planned, high-quality program.
Job Type: Part-time 3:00 pm - 6:30 pm Monday through Friday

Employment

Preschool Teacher

Job Description
Kiddie Country is accepting applications for a co-teaching position working with preschool children. Applicant must have a degree, preferably in Early Childhood Education. Team teachers will work together to appropriately conduct a planned, semi-structured program supported by a Curriculum Specialist. Please apply if you are nurturing, accessible, enthusiastic, caring and committed to high quality education for the youngest learners. Applicants are invited to call Kiddie Country directly for further information. EOE.
Job Type: Full-time, Monday through Friday

Employment

Assistant Food Service Manager

Job Description
Kiddie Country is looking for a certified food service manager to join our kitchen team. You would assist in school lunch and snack preparation/service and daily clean up responsibilities. The position is on Monday, Tuesday and Thursdays from 9:00 am to 4:00 pm.
Job Type: Part-time
Salary: \$15.00 /hour

Announcements

LAND & EQUIPMENT AUCTION

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Announcements

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Delight in our **HomeLifeStyle** sections, the second week of every month. Peek at the top real estate sales, glimpse over-the-top remodeling projects, get practical suggestions for your home.

Celebrate students, camps, schools, enrichment programs, colleges and more in our **A-plus: Education, Learning, Fun** pages, the third week of every month.

Questions? E-mail sales@connectionnewspapers.com or call 703-778-9431

THE CONNECTION
NEWSPAPERS

BULLETIN

FROM PAGE 10

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 focus is an open discussion on caregiver stress. Share experiences, gain support and get information without having to travel. Call 703-324-5484, TTY 711 to register.

TUESDAY/AUG. 20

Volunteer Seminar: RSVP. 10:30 a.m. at Junior Achievement Finance Park, 4099 Pickett Road, Fairfax. RSVP-Northern Virginia (Retired and Senior Volunteer Program) will hold a seminar on volunteering in retirement. The one-hour event is free and open to the public. To sign up for the Aug. 14 info session, email bmorris@volunteerfairfax.org, call RSV703-403-5360 or visit www.rsvpnova.org.

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.

WEDNESDAY/AUG. 21

4th Annual Clergy Breakfast. 8:30-10:30 a.m. at Vienna Baptist Church, 541 Marshall Road, SW, Vienna. This once-a-year connection continues to build fellowship and goodwill throughout the year as attendees collectively address common issues. The Clergy Breakfast also showcases Shepherd's Center of Oakton-Vienna's new vision statement, their mission statement and the current programs and services they have been providing seniors, their caregivers and families for over twenty-one years. All faiths are welcome. RSVP by Aug. 16 at 703-281-0538 or office@scov.org.

Public Comment Sought. The Office of Intermodal Planning and Investment, the Virginia Department of Transportation, and the Department of Rail and Public Transportation, under the leadership of the Commonwealth Transportation Board (CTB), are developing a plan to study Virginia's 179 miles of the Interstate 95 corridor between the Woodrow Wilson Bridge in Alexandria, Virginia and the North Carolina border. The first comment period will end Aug. 21, 2019. Additional comment opportunities will be available throughout the study period. For more information about the study, or to view meeting materials and access the online engagement tool, visit VA95Corridor.org.

TUESDAY/AUG. 22

Volunteering with Students. 1:30-3 p.m. at Sherwood Regional Library, 2501 Sherwood Hall Lane, Alexandria. Information session about GrandInvolve recruiting older adults who are interested in volunteering in the classroom in Fairfax County's Title 1 elementary schools. Opportunities: mentors, classroom helpers, material preparation, and more. Free. Visit www.grandinvolve.org for more.

SATURDAY/AUG. 24

Large Yard Sale. 8 a.m.-1 p.m. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. Unity of Fairfax will host a large, indoor, church yard sale with hundreds of items from many households and a restaurant liquidation. Free admission. Visit www.unityoffairfax.org.

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 for more. Registration is appreciated, visit www.stpetersinthewoods.org/events.

MONDAY & WEDNESDAY/AUG. 28-SEPT. 25

Community Emergency Response Team Training. 7-11 p.m. at the Fire and Rescue Academy, 4600 West Ox Road, Fairfax. The Community Emergency Response Team (CERT) Program trains county residents in basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations. CERT members can assist others following an event when professional responders are not immediately available. Emphasis on hands-on skill development and Fairfax County protocols and procedures. Does not require any special physical strength or agility. Visit volunteer.fairfaxcounty.gov/custom/1380/#/opp_details/184989 to register.

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Some Trek: To Go Where This Man Has Never Gone Before



By KENNETH B. LOURIE

Although I've had a pretty good run of late not writing much about "the cancer," to quote "Forrest, Forrest Gump," the reality is, as you might imagine, cancer is ever present – in your head and in your heart (and for me, in my lungs).

Never more so then when your quarterly CT scan is imminent. As I sit and write this column on a Sunday, Wednesday, three days hence is what you'd call 'imminent.' Not that there's much preparation, there's not. But with electronic media being what it is, one does receive multiple reminders: text, email and the occasional call.

And, even though I don't actually have to do anything in advance, I am reminded nonetheless, in advance, what there is yet to be done: show up! (Apparently, many cancer patients, staff have told me, are not as compliant as you'd expect them to be.)

But it's not the 'advance' or the 'after' that I'm addressing in this column. It's the way-before and how a CT's imminence affects one's life.

As much as I write a good game – and talk/act a good game, living one's life pretending to minimize cancer's presumptive/possible/"prognosed" impact is indeed make believe. Not that I'm a glass half-empty person, I'm not, as you regular readers know.

However, there's nothing like a computerized tomography and a post-scan appointment with one's oncologist to focus your attention on the fact that you have been/are living with what your oncologist originally characterized back in early 2009, as a "terminal disease:" non-small cell lung cancer, stage IV (and giving you a "13 month to two year" prognosis, to boot).

A disease whose initial progression (doctor-speak for growth/movement) eliminated surgery as an option, but one for which there have been multiple lines of chemotherapy, none of which was ever been said to be a cure. In the spirit of that reality, how does one live in the present and plan for the future? (Jeez, that last line sounds right out of one of the Carrie Bradshaw's "Sex and the City" voice overs.)

On the one hand – the one with no sense of reality, I suppose one is simply to go about one's varied business with nary a care or concern in the world. On the other hand – the one with enough a sense of reality to choke a horse, I suppose I am to mark time, count the number of days until my next scan, plan for today and think about tomorrow.

But, not too many tomorrows as there's no sense getting ahead of oneself or else one will get behind. And if that sounds mixed up, it is. Because for cancer patients, "Time is a godforsaken paradox."

As Captain Kathryn Janeway of "Star Trek: Voyager" further explained many star dates ago: "The future is the past, the past is the future. The whole thing gives me a headache."

And if you do get any headaches, you need to contact your oncologist because in 30 percent of lung cancer patients, the cancer moves to the brain. A location which presents all sorts of treatment and quality of life challenges.

And, a manifestation there, should it appear, scares the living daylights out of me. But never mind. Just keep on planning and pretending that you don't have a "TERMINAL" disease. You know, the type of disease for which there's "NO CURE."

Then again, if I do get bogged down by certain realities, I'll be no work and no play – and no fun (neither do I want to be a dull boy). And no fun is no way to live – in the past, present or future, and that's no paradox.

So, if and when the chips and/or the "chippee" is down, one needs to be thankful for the chips that you do have and for the ones you hope yet to accumulate. Otherwise, you might as well see the cashier on your way out.

Life's too short (don't I know it) to live only in the present and not consider the future. And if I don't consider the future, it's unlikely I'll have one. Just because I've now had a past that lasted years longer than I expected shouldn't mean I can't have a future I never anticipated.

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



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