

# Springfield CONNECTION

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WELLBEING

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Michael Stewart, the crime prevention officer at the West Springfield Station, participating in his sixth annual National Night Out Tuesday evening, Aug. 6 in Springfield and Burke neighborhoods.

## Neighborhoods Host Night Out Parties

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### Intersection Improvements In Springfield and Burke

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## NEWS



PHOTO COURTESY OF GARLAND C 'GARY' BLACK III

### Financial Advice Presentation to Springfield Rotarians

Gary Sjurset of First Command, 5285 Shawnee Rd, Alexandria, presented financial advice to the Rotary Club of Springfield, at a recent meeting. Several questions from Club members were answered during his presentation. The Book Certificate he received from Joan Ledebur, Club Secretary, is for a book with a label with his name on it, to the North Springfield Elementary School's Library.

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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 Steakhoppers 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-

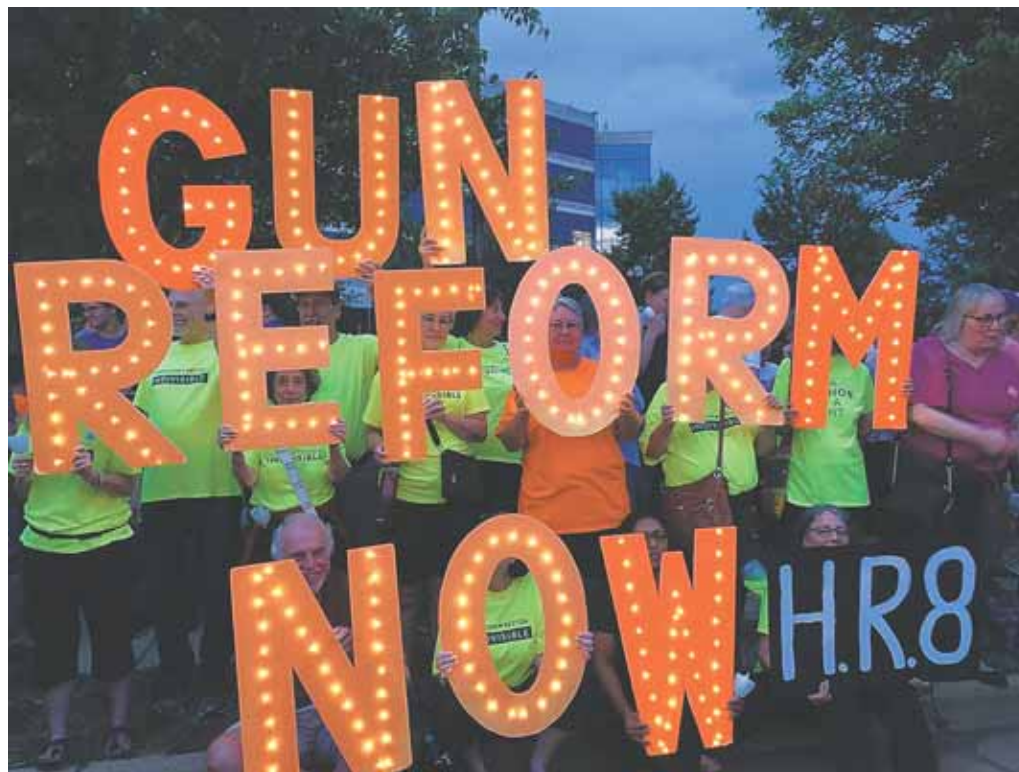


PHOTO COURTESY OF HERNDON RESTON INDIVISIBLE

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

terials relevant to this topic via email to [comments@vsc.virginia.gov](mailto: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](mailto: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

Springfield  
**CONNECTION**

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# NEWS

**A corner before and after the improvements.**

PHOTOS BY THE VIRGINIA DEPARTMENT OF TRANSPORTATION



## Intersection Improvements Planned in Springfield and Burke

**Traffic calming efforts coincide with meeting ADA compliance.**

BY MIKE SALMON  
THE CONNECTION

**T**he 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 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 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

SEE INTERSECTION, PAGE 10

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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

**L**ocal 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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**VDOT** Virginia Department of Transportation

## Backlick Road and Leesville Boulevard Intersection Improvements Fairfax County

**Find out** about planned intersection improvements at Backlick Road (Route 617) and Leesville Boulevard, including new flashing yellow arrows for both directions of Backlick Road, three new signalized pedestrian crosswalks, and Americans with Disabilities Act (ADA) complaint curb ramp upgrades.

**Review** project information at [www.virginiadot.org/projects](http://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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# CALENDAR

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## ONGOING

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**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](http://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](mailto:dmueller@fairfax-station.org) for an application and further information. Visit [www.fairfax-station.org](http://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](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 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](http://www.fairfaxcounty.gov/parks/farmersmarkets/wakefield).

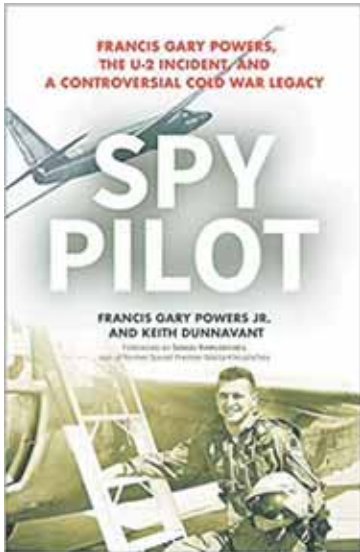
**Lorton Farmers Market.** Sundays, 9 a.m.-noon, through Nov. 17, in the VRE Parking Lot, 8990 Lorton Station Blvd., Lorton. Eleven local farmers and producers sell fresh produce and fruits; meats; breads and pastries; jams; dairy products and eggs; herbs; flowers, and more. All products are grown or 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](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. 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](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. 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](http://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](http://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](mailto: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](http://bn.com) for more.

## FRIDAY-SATURDAY/AUG. 9-10

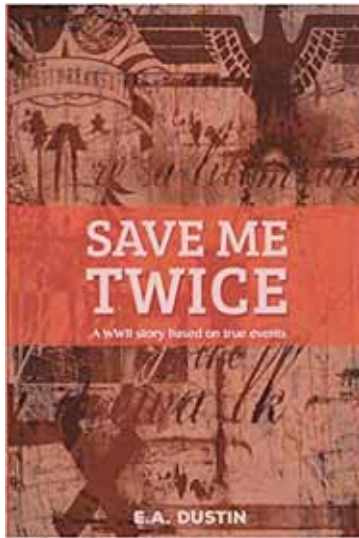
**Reserve a Boxwood Cutting.** The historic boxwood at Gunston Hall are in declining health and are being removed as a part of a garden restoration project. Hundreds of clippings of these boxwood plants have been taken to preserve their genetic material. Following Gunston Hall's big rooting day, there 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](http://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](http://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](http://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](http://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](mailto: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](http://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](http://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/](http://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](mailto: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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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/](http://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](mailto:roberta.korzen@fairfaxcounty.gov) or 703-324-8782.



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**Includes:** Genuine Toyota oil filter, up to 5 qts of conventional oil\*,  
inspect windshield wipers, check tire condition, check battery (with  
print-out), inspect and adjust all fluid levels, inspect air & cabin air filters.

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**ALIGNMENT SPECIAL**

**\$69<sup>95</sup>**

Your car's alignment suffers, and can  
cause uneven tire wear and steering problems.  
**INCLUDES:** Inspect suspension, ball joints, struts  
& shocks, tire condition and set tire pressure.

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TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 9/30/19.

**BRAKE SPECIAL**

**\$79<sup>95</sup>**

**Includes:** Install Genuine Toyota front brake pads,  
inspect front & rear rotors & drums, check tire  
condition and inspect all hardware. Pads only.

**MACHINE ROTORS ADDITIONAL**

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MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA  
TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 9/30/19.

**SIGHT LINE  
WIPER BLADES**

**BUY 1  
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Sight Line only.

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MUST BE PRESENTED AT TIME OF PURCHASE. VALID ONLY AT ALEXANDRIA  
TOYOTA PARTS CENTER ONLY. GOOD THRU 9/30/19.

**VARIABLE DISCOUNT**

**\$15.00 OFF** when you spend \$100.00 - \$199.99

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**FREE**

**BATTERY CHECK-UP**

Check cold cranking amps and visual inspection of  
battery condition. Includes battery condition print out.

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**TRUESTART™ BATTERIES**



**\$129<sup>95</sup>**

INCLUDES BATTERY INSTALLATION

**Includes:** 84 month warranty, 24 month free replacement,  
24 month free roadside assistance.  
Does not apply to hybrid batteries.

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OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 9/30/19.

**CLEAN AIR A/C INSPECTION  
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**\$129<sup>95</sup>**

**Includes:** Replace cabin air filter, and Toyota Evaporator Service  
using anti-bacterial foam cleanser and odor eliminator.  
**Bring back that new car smell!**

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PHOTOS BY MIKE SALMON/THE CONNECTION

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

## Intersection

FROM PAGE 5

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.

## Springfield-Franconia Lions Offer Volunteer Services

The Springfield-Franconia Host Lions Club (S-FHLC) recently began a volunteer partnership with Kingstowne Wal-Mart's Vision Center to offer free adult eyesight screenings on a periodic basis.

Yearly services include sight and hearing screenings for elementary school children as part of the Lee Pyramid Health Fair. Lions provide donations for school supplies, backpacks, and clothing to local elemen-

tary schools.

For high schools, S-FHLC hosts a Hayfield LEO Club and invites local high school students to perform holiday music during our Holiday celebrations.

Other yearly volunteer services include flea market in the Virginia Rail Express on Hechinger Drive from April to November and proceeds are donated to local food banks ECHO and Koininia.

### CALENDAR

				1	2	3
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

Let us know about an upcoming event

connectionnewspapers.com/Calendar

### Employment

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### 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

Be a part of our **Wellbeing** pages, the first week of every month.

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  
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THE CONNECTION  
NEWSPAPERS

### Announcements

### Announcements

### LAND & EQUIPMENT

### AUCTION

Fri, Aug.23, 12:30PM • 2051 Renan Rd, Gretna, VA

Estate of Alvin N. Greene

### 352 Acre Farm w/ Pond

plus 2 Acre Lot on Renan Rd and Vehicles & Farm Equipment

AGENT ON SITE: SUNDAYS 1-3PM or self-guided tours OK anytime

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### Announcements

### Announcements

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- 2) Model # 203 Georgia \$49,500...BALANCE OWED \$19,950
- 3) Model # 305 Biloxi \$36,825...BALANCE OWED \$14,500
- 4) Model # 403 Augusta \$42,450...BALANCE OWED \$16,500

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- Make any plan design changes you desire!
- Comes with Complete Building Blueprints & Construction Manual
- Windows, Doors, and Roofing not included
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BBB  
A+ Rating

\*OFFER NOT AVAILABLE TO AMERICAN LOG HOME DEALERS\*

SERIOUS ONLY REPLY. Call (704) 602-3035 ask for Accounting Dept.



# BULLETIN

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.

## 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 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](http://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/](http://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.

**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](mailto:bmorris@volunteerfairfax.org), call RSV703-403-5360 or visit [www.rsvpnova.org](http://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](mailto: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](http://VA95Corridor.org).

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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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