

July 26 is a long work day for a ray of sunshine named Jerry Woods, left, as he greets three concert-goers on a Friday evening on the plaza at Tysons Corner Center. Lisa Randolph of Fairfax, in red, Marina Paniara of Vienna, wearing orange, and Dina Gorrell of Fairfax, in a print dress, attend church together in McLean. Woods is an on-air personality of early bird rush-hour radio show "Mornings with Jerry & Blanca" and their producer, Spencer White, on WGTS 91.9 FM.

Vienna and Oakton Vienna CONNECTION

'American Idol' Success Live at Tysons

NEWS, PAGE 3

WELLBEING

PAGE, 5

Vienna Police Highlights

NEWS, PAGE 4

Youth-powered Community

NEWS, PAGE 9

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PHOTOS BY MARTI MOORE/THE CONNECTION

Contemporary Christian music artist Danny Gokey points the microphone at his fans, who help him sing 2016 ballad “Tell Your Heart to Beat Again” at a free concert on a Friday evening July 26 outside Tysons Corner Center shopping mall.



Alexandria residents Joseph Aaron, 7, and his mother, Dawn, dance and clap while artist Danny Gokey and his six-piece band perform 1978 hit song “September” by Earth, Wind & Fire July 26 at an outdoor concert on the plaza at Tysons Corner Center.

‘American Idol’ Success Performs Live at Tysons

Audience donates more than 800 backpacks for District school kids in foster care.

BY MARTI MOORE
THE CONNECTION

“I’ve never had a song this big in my career,” admits former “American Idol” contestant Danny Gokey on a Friday afternoon during a live radio interview before his sound check at Tysons Corner Center.

Gokey’s latest hit song “Haven’t Seen It Yet” has an inspirational message.

“I’m getting a lot of great feedback on this record,” Gokey said before his free concert July 26 at Tysons Corner Center. The song, he explained, came out of a writing session on a day Gokey felt frustrated by things that didn’t happen in his life the way they should.

“Disappointment can take the wind out of your sails,” Gokey said. “We have to trust



“American Idol” eighth season finalist Danny Gokey, center, has his picture taken with Herndon mother Meena Gollamudi and her daughter, Benita, following a free concert he performed July 26 on the plaza at Tysons Corner Center. “It was a blessing and refreshing to the soul,” said the 18-year-old music fan.



Listeners of Washington-area radio station WGTS 91.9 FM heed its call to help foster kids in the District of Columbia and donated more than 800 new backpacks filled with school supplies July 26 at a afternoon ice cream tour and evening concert at Tysons Corner Center.

God,” to set us on a path toward something better. In 2008, Gokey lost his first wife, Sophia, to complications from surgery for congenital heart disease, according to online reports.

She liked a hit television reality show called “American Idol” and encouraged her husband to compete. Following her death, Gokey channeled his grief into an audition that led to competition and a spot in the final round. Gokey placed third in 2009 behind Adam Lambert and the singing contest’s eighth season winner Kris Allen.

Within a couple of hours, the outdoor space on the plaza at Tysons Corner Center was filled with hundreds of people of all ages on a warm summer evening July 26. The audience stretched from the shopping mall entrance to the Vita luxury apartment building.

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

hazards 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.

Pedestrian Dies after Being Hit by Stolen Car

A 60-year-old woman died as a result of injuries from a crash that occurred shortly before 3 p.m. Saturday, Aug. 3 near the intersection of Shreve Road and Hickory Street. Detectives from Crash Reconstruction Unit have preliminarily determined that Betty Ana Bernstein-Zabza, of Falls Church, was walking with a juvenile northbound on a pedestrian pathway adjacent to Shreve Road. They entered a crosswalk that connected the pathway to a sidewalk when they were hit by a stolen 2013 Nissan Titan pickup truck. Detectives believe the driver, a 46-year-old man of South Riding, lost control of the truck causing it to exit the roadway and hit Bernstein-Zabza and the juvenile. Bernstein-Zabza was taken to a local hospital where she was pronounced deceased. The juvenile was treated for minor injuries. The driver ran from the scene but was arrested a short

time later. He was not injured. Both speed and drugs appear to be factors. He was charged with one count of felony hit and run. He was taken to the Adult Detention Center where he is being held without bond. Additional charges are anticipated. Detectives believe he may have been involved in additional criminal events Saturday in both Fairfax County and adjoining jurisdictions.

Anyone with information about this crash is asked to contact Crash Reconstruction Unit at 703-280-0543. Tips can also be submitted anonymously through Crime Solvers by phone -1-866-411-TIPS (866-411-8477), by text – Type “FCCS” plus tip to 847411, and by web – Click [HERE](#). Download our Mobile tip411 App “Fairfax Co Crime Solvers”. Anonymous tipsters are eligible for cash rewards of \$100 to \$1000 dollars if their information leads to an arrest.

VIENNA POLICE HIGHLIGHTS

The following summary contains various incidents of general interest as well as vehicular crashes handled by the Town of Vienna Police Department from July 26 – Aug. 1, 2019.

INCIDENTS

Petit Larceny — Vienna Sunoco 102 Maple Avenue, West July 23 between 7 and 7:30 p.m. On July 25, an employee reported a larceny that occurred on July 23. The employee stated that two juveniles came to the gas station, and one of them stole a Juul and some Juul pods. Ofc. Nesbitt contacted the juveniles and their parents regarding the theft. The owner of the business agreed not to pursue charges if the juveniles paid for the items. The juveniles were trespassing from the gas station and advised they may be charged if they return to the property.

Suspicious Event — Glyndon Park 300 Glyndon Street, NE July 26, 10:30 a.m. A childcare provider left a child in the park unattended for a short amount of time to take care of a personal matter. Officers spoke to the child’s parents who will follow up with the provider concerning the issue.

Grand Larceny — Westwood Country Club 800 Maple Avenue, East July 26 between 2:30 p.m. and 5 p.m. A citizen reported that someone entered her unlocked vehicle and stole credit cards from her purse. The cards were then used in an attempt to make unauthorized purchases in Fairfax County.

Alarm — Social Burger 350 Maple Avenue, West July 27 4:48 a.m. Officers responded to an alarm at the restaurant and found one of the doors was unlocked. The officers searched the business and found nothing appeared to be out of place.

Animal Case — 1300 Block Ross Drive, SW July 26, 7 p.m. A resident found an injured bat in her yard that she believed may have come into contact with her dog. Sgt. Kiley transported the bat to the Fairfax County Animal Shelter for rabies testing.

House Fire — 400 Block Old Courthouse Road, NE July 28 between 1:41 p.m. and 3:45 p.m. Ofc. Gucwa was on patrol when she was alerted to smoke coming out of the house windows. The fire department was notified while officers attempted to locate anyone who may be inside the residence. It was determined that no one was home except the family dog who made it out safely.

Police Service — Dominion Road near the W&OD Bike Trail, SE July 29, 11 a.m. A citizen reported a man along the bike trail loading wire into a vehicle. PFC Sterling located a man who was with a

power company doing work in the area over the next few weeks with Dominion Power. The man advised it was his company’s employees who were loading the wire.

Police Service — 600 Block Orrin Street, SE July 29, 4:02 p.m. Officers did a welfare check on a resident who has been receiving medical treatment. The officers spoke to the woman and offered to call rescue personnel to respond, but she refused.

Suspicious Event — USAA ATM 527 Maple Avenue, East July 30, 7:52 p.m. Officers responded to the report of two men possibly tampering with the ATM. The men left the area before officers arrived. Officers did not observe any damage to the ATM. USAA was notified and will further inspect the machine.

Police Service — 200 Block Cedar Lane, SE July 30, 8:32 p.m. A resident reported that he and his family had been away on vacation since July 10. When they arrived home, they found signs that someone had been in their apartment. Multiple items were moved, some items were missing, and kitchen items had been used. A neighbor advised they saw multiple people inside the residence and assumed they were family friends.

It was later determined that the resident’s juvenile son gave his key to friends and allowed them to use the apartment while the family was away. Officers counseled the juvenile in regards to providing false information to the police. It was determined that no charges would be placed and the parents will handle the matter.

Arrest – Drunk In Public — Starbucks 411 Maple Avenue, East July 30, 10:05 p.m. An employee reported that a disorderly man was refusing to leave the premises. Officers located the man and, upon their interaction with him, detected signs of impairment. Ofc. Colligan arrested the 47-year-old man with no fixed address. He was transported to the Fairfax County Adult Detention Center where he was charged with being Drunk In Public.

Petit Larceny — Giant Food 359 Maple Avenue, East July 30, 10:15 p.m. An employee reported two juveniles took beer from the store and left without paying for it.

Destruction of Property — Cameo Coins 444 Maple Avenue, East July 31, 4:20 a.m. An employee reported that an unknown person damaged the front door during the night.

Police Service — 600 Block Roberts Drive, NW July 31, 5:02 p.m. A concerned resident reported issues with children riding in vehicles unsafely on her street.



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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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Literary Voice for All

Step out of the bubble - bridge the gap between five generations.

BY MERCIA HOBSON
THE CONNECTION

Pat O'Dwyer and John W. Beach of Reston are Sunrise Scribes. They are also advocates, championing the call for all generations to come and join them in the Writers Workshop Series and panel discussion program, Creative Conversations. Sunrise at Reston Town Center, Reston hosts the series. O'Dwyer, Beach and most other Sunrise Scribes are members of the Silent Generation, born within the years 1925-1945 or the Baby Boomer Generation, born 1946-1964. However, O'Dwyer and Beach are not silent, especially when writing.

THEY BRING UP MEMORIES they have not thought about in decades and share them with other

scribes, powerful messages based on experience and knowledge, according to Kristin Clark Taylor, founder and facilitator of the Writers Workshop Series and Creative Conversations.

Meanwhile, O'Dwyer and Beach push for all ages to join them and others of the Silent and Boomer generations, with the goal of five generations, their two and Gen X born between 1965-1979, Millennial born between 1980-1994 and Gen Z born 1995-2015, especially Gen Z, writing together and learning from each other through creative, intellectual and respectful dialogue.

O'Dwyer, Beach and Taylor discussed the programs' supportive environments and cross-generational benefits; qualifiers others might consider if joining.

"I think it would be interesting if teens came," said O'Dwyer. She said that during her first year as an educator, she worked as a teacher at a residential treatment center for disturbed boys. She recalled that while teaching, she needed to be patient, non-judgmental and supportive. What O'Dwyer wanted then, she said, "Was for the boys to come to their

own truths." According to Taylor, the Writers Workshop Series provides a similar safe place, without judgment. "Here, we develop writing skills and share works with others in a trusting, creative environment," Taylor said.

Beach concurred with O'Dwyer about integrating younger people into the program and the need for a supportive atmosphere. He also agreed with Taylor on the need to give seniors their voices back and bridge the gap between generations as he had a message to share. "I am hopeful that my over 65 years of government service can be shared with the coming generations. Government leadership will be one of the strongest determinants of future generations," Beach said. Right now, though, the earlier two generations are writing and listening to each other at Sunrise. Taylor said that what saddened her most was that the current society does not assign as much value to seniors as previous generations did. Taylor recalled at the end of the first day of class, a senior thanked her for "making his brain so happy." Her response was that she was always learning so much from them.



PHOTO BY MERCIA HOBSON/THE CONNECTION

Pat O'Dwyer and John W. Beach, residents at Sunrise at Reston Town Center, discuss their current literary works with Kristin Clark Taylor, founder and facilitator of the Writers Workshop Series and Creative Conversations held at the senior living community.

"It is their wisdom, knowledge and depth of their experiences. ... It's not just giving them a voice; it's also good for everyone. We learn from everyone. The notion is that it's just not good and right to allow seniors the opportunity because when they share their wisdom, we all grow. Everyone gains something in multigenerational continuity, that is sorely lacking today," said Taylor.

TAYLOR, a prize-winning author, journalist and former White House communications strategist under President George H. W. Bush, designed the Writers Workshop Series and Creative Conversations. Both are free to attend and open to the public.

If you as an individual or your organization would like more information about either program, email Kristintay@aol.com.

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 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.

CAMPS

Summer Choir Camp. Monday-Friday, Aug. 12-16 and Sunday, Aug. 18 at Church of the Holy Comforter, 543 Beulah Road NE. \$125 fee includes lunches, recreational activities, music education and camp t-shirt. All children in rising 2nd-7th grade are welcome. No prior music experience or training required; solid reading skills are highly recommended. Scholarships are available. Download registration forms at www.holycomforter.com.

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

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.

THURSDAY/AUG. 15

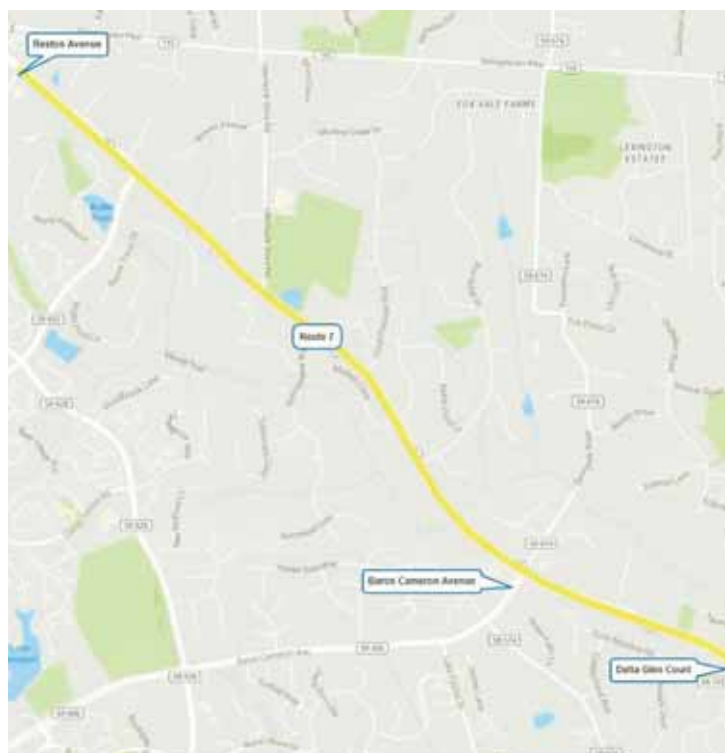
Caregivers Support Group. 10-11:30 a.m. at UUCF Unitarian Universalist Congregation of Fairfax - Program Building, 2709 Hunter Mill Road, Oakton. For caregivers to adult family members with dementia. First and third Thursdays of every month. Hosted by Shepherd's Center of Oakton-Vienna, scov.org. Contact facilitator Jack Tarr at 703-821-6838 or jtarr5@verizon.net.

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 SEE BULLETIN, PAGE 11

Night Work Along Route 7 Continues

Beginning on or about Friday, Aug. 2, 2019, construction activities will occur during the overnight hours on Fridays and Saturdays, as well as Sundays through Thursdays, along Route 7 between Reston Avenue and Delta Glen Court. Work may also occur on adjacent side streets in the vicinity of the Route 7 in this area. Lane closures may occur during the following hours: Sunday - Thursday nights, 10 p.m. to 5 a.m. Friday nights, 10 p.m. to 9 a.m. Saturday nights, 10 p.m. to 8 a.m. The work is being performed under Fairfax County Noise Waiver ZIB Reference Number 2019-1506. Please use caution and be alert to signs, as well as potential flagger or police direction in work zones. Slow-moving vehicles and equipment may be entering and exiting the road. All work is subject to change based on weather and schedule. The Route 7 Corridor Improvements Project will widen the road from four to six lanes, add shared-use paths and make sub-



The Route 7 Corridor Improvements Project will widen the road from four to six lanes, add shared-use paths and make substantial intersection and other improvements between Reston Avenue and Jarrett Valley Drive.

stantial intersection and other improvements between Reston Avenue and Jarrett Valley Drive. To

stay informed and to sign up for email updates and alerts, visit connectroute7.org.



PHOTOS COURTESY OF VIRGINIA ACADEMY OF FENCING



Phil Sbarbaro

Chris Matt

Area Fencers Qualify for World Championship in Egypt

Springfield-based Virginia Academy of Fencing (VAF) has announced that two VAF fencers qualified for the 2019 Veterans Fencing World Championships taking place in Cairo, Egypt Oct. 5-11: Phil Sbarbaro of Vienna, a 3-time National Champion and Silver-Medalist at the recent US Fencing Association's (USFA) National Championships; and Chris Matt of Fairfax Station, a Gold-Medalist in the Men's Team Sabre and fifth place in the Veterans Men's 50-59 years events at Nationals. Both qualified due to impressive results after a tough year of USFA-sponsored national competitions.

Phil Sbarbaro of Vienna is a three-time National Champion sabre fencer who placed in the top eight in the world in 2008, 2011 and 2017 Veteran World Fencing Championships. This will be his seventh appearance at the World Championships representing the United States. Sbarbaro is a founding director of the National Fencing Foundation,

a 501(c)3 non-profit based in Washington, D.C., dedicated to the academic and athletic advancement of underprivileged youth through the Olympic sport of fencing.

Sbarbaro holds a B.S. from Holy Cross College, an M.B.A. from Northwestern University, a J.D. from California Western University, and an LL.M. in Securities Law from Georgetown University. He served the country as a Second Lieutenant in the U.S. Army Reserve.

Chris Matt of Fairfax Station, a national medalist, has represented the United States at the Veterans Fencing World Championships three times from 2014-2016 prior to qualifying for the US Veterans fencing team again this year. After serving as a Naval Aviator flying the S-3B Viking, including during Operation Desert Shield, Matt entered the consulting profession and eventually became a small business owner. Matt holds both a B.S. in Systems Engineering and an M.B.A. from the University of Virginia.

Malfunctioning Space Heater Causes Vienna House Fire

On Sunday, July 28 at approximately 1:42 p.m., units were dispatched for a reported house fire in the 400 block of Old Courthouse Road in the Town of Vienna.

Units arrived on scene to find smoke showing from a two-story, single family home. A fire was quickly located in the basement and extinguished. There were no firefighter or civilian injuries reported.

No occupants were home at the time of the fire. A Vienna police officer was patrolling the area and noticed smoke pushing out of a basement window and notified Vienna PD dispatch.

Fire Investigators determined that the fire was accidental in nature and started in the basement. The fire was caused by



COURTESY FAIRFAX COUNTY FIRE & RESCUE DEPARTMENT

Damages as a result of the fire were approximately \$125,000.

a malfunctioning space heater that ignited ordinary combustibles.

A total of four occupants were displaced because of the fire. Red Cross assistance was offered and declined. Damages as a result of the fire were approximately \$125,000.

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The whirl and twirl of rides by Cole Shows Amusement Company attracted crowds during the Fairfax County 71st 4-H Fair and Carnival held at Frying Pan Park in Herndon.



PHOTOS BY MERCIA HOBSON/THE CONNECTION

The Haselhorst family with ties to Herndon plan on coming back next year to Fairfax County 71st 4-H Fair and Carnival.

Youth-powered Community

BY MERCIA HOBSON
THE CONNECTION

“Today’s Fairfax County 4-H Fair reflects the vibrant urban and suburban communities Fairfax County has grown into,” said Yvonne Johnson, park manager at Frying Pan Farm Park early Saturday morning. It was the third day of the 71st 4-H Fair and Carnival held at Frying Pan Farm Park in Herndon August 1-4.

While the fair offered old-fashioned country fun through its exhibits and demonstrations, it revealed a community powered by young people with diverse interests, from animal showmanship to horticulture, to science, technology, engineering and the arts.

In the 4-H Building, Hap O’Brien of Annandale displayed a frame from one of his beehives heavy with honey. He explained bees were needed for pollination but “are in desperation” given the Varroa mite infestation that weakens them. “Mite infestation weakens most bee colonies and is the cause of the loss of most wild honeybees,” he said.

OVER AT THE EXHIBITION tables, Ann Marlow, vice president of the board for Friends of Frying Pan Park looked over entries in the Foods and Nutrition Department she helped judge. Alexandra Blake of Great Falls won Grand Champion with her cupcake entry. Becca Berglie of Centreville won Reserve Grand Champion for her fruit pie.

During the Rabbit and Cavy Show, John Ameen rated the Standard Rex rabbits. Although the rabbits owned and raised by Hannah Rosenbusch, 10, of Falls Church and her sister Ava did not place, Hannah explained the importance of bonding with rabbits. “You have to give rabbits lots of attention and bond with them, or they will become aggressive towards you. Then it’s

not fun to have them,” she said. Ava told she won a Grand Champion Ribbon in the Quick Bread Class for the 4-H Foods and Nutrition Department.

“The fair is always forward-looking, as seen by incorporating STEAM entries into the exhibits,” said Kristy Carter of Herndon, board member, Friends of Frying Pan Park. A summary of the Science & Technology Department of the 4-H catalog revealed computer-generated graphics, games and web pages and a Visual Arts Department with graphic design-commercial, digital painting and photo manipulation.

Outside one of the barns, the Strenglein sisters of Centreville, Summer, 11, Hannah,



Two children from Herndon, Sean, 3, and his sister Emma, 10 months, touch a horse for the first time, compliments of Alina Ampeh of Oakton and member of Virginia Trotters 4H Horse Club during the Fairfax County 71st 4-H Fair and Carnival.

8, and Brooke, 10, held ribbons and entries. “I entered the 4-H Fair for the fun of it. I chose this image because it was my most memorable photo. I used a Kodak camera,” said Hannah.

FAIR-GOERS enjoyed horse and dog demonstrations and rabbit, cavy and livestock shows, as well as an antique tractor pull and old fashion games.

Cow and goat milking became a first-hand experience for many fair-goers. In one of the barns, two young children from Herndon, Sean, 3, and his sister Emma, 10 months, touched a horse for the first time, compliments of Alina Ampeh of Oakton and member of Virginia Trotters 4H Horse Club.

Leaving the barn, the whirl and twirl of

rides by Cole Shows Amusement Company could be seen in the distance, set up in one of the pastures. If patrons could handle the Zipper, they could handle any other ride on the carnival midway. For the more faint of heart, the Tubs of Fun ride was a great choice for all ages.

Eric Kulczycky of Visit Fairfax attended the event. “Visit Fairfax is celebrating the 50th anniversary of the iconic Virginia is for Lovers slogan with a summer tour of the LOVE letters. Frying Pan Farm Park is one of our fabulous partners on tour and is a wonderful tourism destination within the county,” he said.

Yvonne Johnson wanted the public to know all adults and youth are welcome to enter the fair competition. “You do not have to be members of 4-H to enter. If you have a hobby or interest, come. Next year, the Fair and Carnival is July 30 through Aug. 2,” she said.



Hannah Rosenbusch, 10 of Falls Church, and her sister Ava, 8, snuggle one of the rabbits they entered in the Rabbit and Cavy Show.



Ann Marlow of Fairfax Station, vice president of the board for Friends of Frying Pan Park and one of the exhibit judges, holds up the prized Reserve Grand Champion ribbon Becca Berglie of Centreville won for her fruit pie.

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News

"USS Bucket" based in Herndon is all speed ahead with a strong start at the 2nd Annual Lake Anne Cardboard Boat Regatta. The ship placed Second in the Skipper Class with a time of 2:45.

PHOTOS BY
MERCIA HOBSON/
THE CONNECTION



Cardboard Boat Regatta Returns to Lake Anne

This year's regatta will be held on Saturday, Aug. 10.

More than 50 teams are expected to construct and decorate their own life-size cardboard boats and then take to Lake Anne in timed heats during the Reston Historic Trust & Museum's third annual Lake Anne Cardboard Boat Regatta. It is a fun activity for everyone: families, individuals, friends and organizations looking for fun team building activities. Awards will be given to the fastest boats in each category as well as the "Titanic" or fastest to sink.

The regatta will be held on Saturday, Aug. 10 from 12 to 6 p.m at Lake Anne. Festivities are free of charge, with all team registrations and sponsorships benefiting the Reston Historic Trust & Museum (RHT). This year's presenting sponsor is Griffin Owens Insurance.

The Cardboard Boat Regatta at Lake Anne is a community favorite - fostering Reston pride and teamwork (as well as a little healthy competition!).

For questions, more information, or to volunteer, contact Alexandra Campbell at info@restonmuseum.org or 703-709-7700.



Pirates Lea Daniel, 11, from Great Falls and her brother, Quincey, 14, prepare to launch "USS Cinder" at the 2018 Lake Anne Cardboard Boat Regatta. The team placed first in the Cadet Class with a time of 2:14.

The crowd cheers as "River Sea Chocolates Wild Sloth" heads toward the buoy after "Aperture Apartments" capsizes. The paddleboard rescue teams hurry toward the crewmembers in the water during the 2-18 Lake Anne Cardboard Boat Regatta.



BULLETIN

FROM PAGE 6

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 care-givers 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.

THURSDAY/AUG. 22

Hispanic Connect NOVA. 8:30-9:30 a.m. at 8300 Boone Blvd. in the Partners' Conference Room, Suite 450, Vienna. Join the Virginia Hispanic Chamber for this recurring event series designed for chamber members and newcomers alike. Members, business owners, community leaders, entrepreneurs and more connect with their peers, share ideas and gain useful knowledge. Free for members, \$10 nonmembers. Register at www.vahcc.com/hispanic-connect-nova.

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.

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. 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. 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. Visit volunteer.fairfaxcounty.gov/custom/1380/#/opp_details/184989 to register.

FRIDAY/SEPT. 6

Application Deadline: Youth Leadership Scholarship. The Great Falls Rotary is offering grants to high school juniors or seniors for a leadership camp taking place Oct. 4-6 in Prince William Forest Park, Virginia. Free to scholarship winners. Call 703-759-3858 or visit www.rotarygreatfallsva.org/Ryla for more.

SATURDAY/SEPT. 7

Open House. 10 a.m.-noon at the Patrick Henry Library, 101 Maple Ave. E., Vienna. The Vienna branch of the American Association of University Women (AAUW) will hold an informational Open House. AAUW is the nation's leading voice promoting equity and education for women and girls. Membership dues discount for those who join at this event. Refreshments. Free. Visit vienna-va.aauw.net/ for more.

MONDAY & WEDNESDAY/SEPT. 30-OCT. 23

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. 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. 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. Visit volunteer.fairfaxcounty.gov/custom/1380/#/opp_details/184991 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.

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-

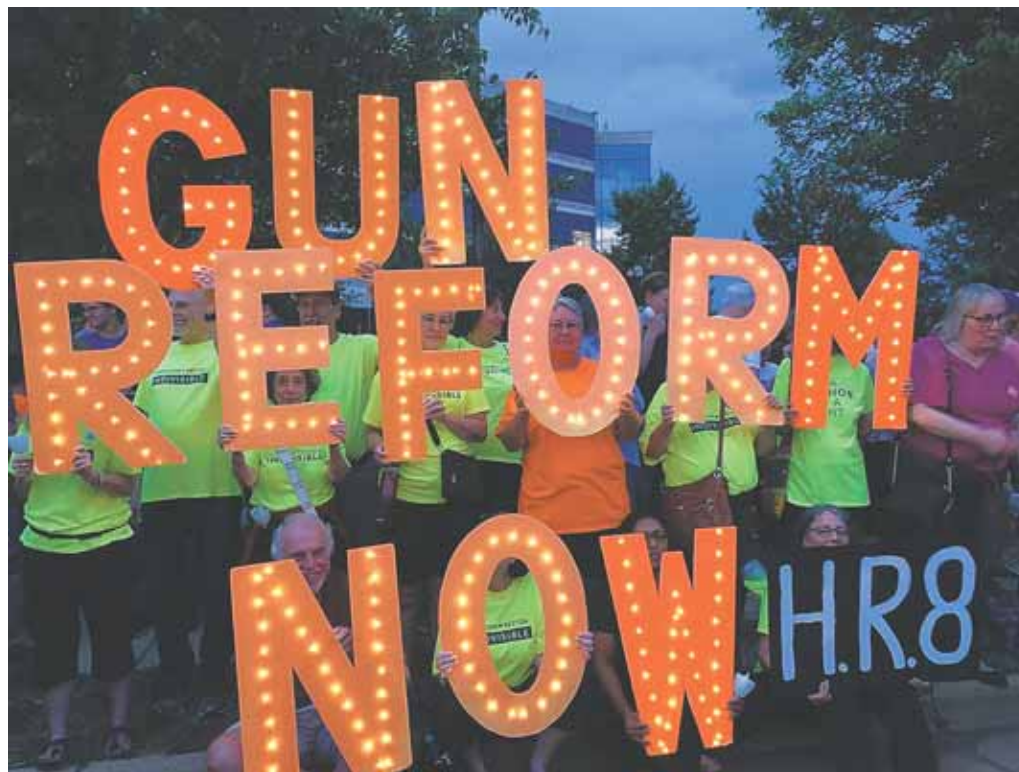


PHOTO COURTESY OF HERNDON RESTON INDIVISIBLE
Hundreds of protestors gathered at NRA headquarters in Fairfax Monday, including members of Reston Herndon Indivisible holding these letters.

terials relevant to this topic via email to comments@vsc.virginia.gov 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

Vienna & Oakton
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