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# Fairfax Station CONNECTION Clifton & Lorton

**Yuri Duncan, 7, holds up one of her back-to-school-purchases that Sheriff's Deputy J. M. Smith helped her choose during the 2019 Shop with the Sheriff Program.**

A photograph of a child's torso wearing a colorful, multi-colored vest (blue, green, orange, pink) over a dark shirt. The text "Children Shop With the Sheriff" is overlaid in a large, white, serif font.

# Children Shop With the Sheriff

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# NEWCOMERS & COMMUNITY GUIDE

2019-2020

**Paradise Springs Winery**  
Clifton: Supervisor Pat Harty calls it 'Fairfax's on little slice of paradise'

Fairfax Station  
CONNECTION Clifton & Lorton

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# NEWCOMERS & COMMUNITY GUIDE

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## NEWS

# Knee Rehab and Cardio Workouts Bring People Together

Joseph Pilates' training began the practice in England.

BY MIKE SALMON  
THE CONNECTION

Gyms and workouts come in all shapes and sizes these days, and the modern day Pilates studio has its own look, with the “reformer” as the center of the workout, with straps, springs and bocca balls that promote a “better mind-body balance.” Club Pilates in Burke recently celebrated their first year helping students find the balance and get in shape with a system of low-impact exercises that strengthens the body's core muscles.

Pilates was recommended to Burke resident Alicia Field when she was suffering from spinal problems, and found that Pilates delivered a whole lot more. “I was almost bedridden,” she said, but after one year, “it's changed mind, body and spirit for me.” Field was born and raised in Burke, and joined a few other gyms along the way but is happy at Club Pilates.



Julie Karickhoff, Tony Kim and Jayleen Bowman hit the machines at Club Pilates in Burke.

“It's more than just exercise,” she said. “The stuff I'm doing, I never thought I'd do with my back,” she added.

**JULIE KARICKHOFF** is the manager and she has trained in the ways of traditional Pilates. When leading a class at the studio, she uses a lot of demonstrations, and tweaks postures and legs so the students get maximum benefits. “Grab the straps in each hand and bring your arms around like you are holding a beach ball,” she said

to introductory class.

The classes offered at the studio start with the “CP Reformer Flow,” for beginners, to the “CP FIT,” at the other end of the spectrum, which is a “dynamic boot-camp style class,” their brochure states.

Arlington resident Lindsey Donnelly is an instructor at the Burke studio and loves the small, precise movements of the workout. She's been teaching for eight years, and stresses the mind-body connection. “It's the best job ever,” she said.



Lindsey Donnelly and Alicia Field on the reformer at Club Pilates in Burke.

Karickhoff has seen that attitude around the studio, and has students that return again and again. “People really take this seriously,” she said. She took it seriously too after tearing her meniscus in her knee while playing volleyball a few years ago. “We used the Pilates reformer machine in my physical therapy,” she said.

**EVERY PILATES TEACHER** must get certified, and the teacher training is intense, and learning

the history of Pilates is part of it, according to Donnelly. Joseph Hubertus Pilates was born in Monchengladbach Germany in 1883. He moved to England and was a self-defense instructor for detectives at Scotland Yard before World War I. Along the way, he used the bed springs in the hospitals to teach this method, and finally wound up in the United States, opening a studio in New York City.

George Balanchine invited Pilates to instruct his young ballerinas at the New York City Ballet. In 1970, a Pilates studio opened in Los Angeles, and many of the Hollywood stars took it, and over the years, it's become an exercise option in studios, similar to yoga and spin classes.

Karickhoff is an alumna of Woodson High School and went to work in corporate marketing for 20 years before finding her niche at Club Pilates. At Woodson, she was on the dance team and played lacrosse, and continued those activities at Duke where she earned a degree, and then Georgetown University for her Master's in Business Administration.

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## Shopping Spree for Children in Homeless Shelters

Pride and positive interaction with law enforcement as students get needed gear.

BY MERCIA HOBSON  
THE CONNECTION

**T**he first day of school is a critical time in the lives of children. An opportunity to shop and choose new back-to-school clothes and shoes excited Yuri Duncan, 7, and Malachi Nealy, 10. On Wednesday, Aug. 21, the Fairfax County Sheriff's Office took Yuri, Malachi and thirty-eight other children shopping for back-to-school items, but not before a complimentary pizza lunch by Paisano's Pizza.

These children live right now at the Katherine K. Hanley and Patrick Henry family shelters operated by Shelter House, and the Next Steps family shelter run by Facets.

Now in its 28th year, the 2019 Shop with the Sheriff Program allowed local shelter children the opportunity to select and purchase clothing they liked, suited to their individual personalities, while interacting in a positive experience with law enforcement. "Together, we truly are changing lives," said Joe Myer Executive Director and CEO of Shelter House.

"I'd like some Jojo shoes because I wear dresses," said Yuri Duncan as she and Sheriff's Deputy J. M. Smith, Field Training Officer, ate their pizza and got to know each other.

**FOR MALACHI NEALY**, it was all about being cool. "I'm looking for stylish, cool clothes in teal and light blue." Shiah Allen, 8, who sat with Sheriff's Deputy L. R. Favetti said he wanted a hoodie with a 100 on it, and Noah Mathews, 10, knew exactly what clothing and shoes he wanted to get to dominate the game on the school courts. "I'd like themed t-shirts, shorts, and new Nike James LeBron shoes."

"I love the interaction between our kids and our Sheriff's deputies," said Fairfax County Sheriff Stacey A. Kincaid. "These children are living in family shelters. Helping them prepare for the start of the school year with new clothes is something we can see and appreciate. Less obvious, but just as important, is the relationship building. We are law enforcement officers ... we are regular people who can tell jokes and stories. We want the children to engage with us today and in the future."

According to Sheriff Kincaid, since the program was not county-funded, the Office relied on contributions from individuals and corporate donations such as Target, Paisano's Pizza and new partner this year, Oracle in Reston.

"Each child is paired up with a Deputy Sheriff or civilian staff member and given \$250 gift cards so they can purchase items such as clothing, accessories, things that they need...on the first day and beyond, so they are able to walk in with a sense of pride and can focus on their studies."



**Reservist, K. R. Gulich and Margo Reimers-Ray, Management Analyst II of Fairfax County Sheriff's Office assist a youth during the 2019 Shop with the Sheriff Program at Target in Burke.**



**Shiah Allen, 8, gets to know his shopping partner, Fairfax County Sheriff's Deputy L. R. Favetti before they head out to Target in Burke for the 2019 Shop with the Sheriff Program.**

For many of the deputies, the event was a repeat performance. "I love helping out ... This is my third or fourth time," said Deputy Sheriff J.M. Smith as she sat coloring with Yuri Duncan and eating pizza. For Deputy L. R. Favetti, it was his first time volunteering, which momentarily concerned his shopping partner, Shiah Allen, 8. That is until Favetti added: "I have lots of nieces and nephews, so I know how to shop."

Sharon Bulova, Chairman Fairfax County Board of Supervisors and Supervisor John W. Cook (R-Braddock District) waited at Target for the children, Kincaid and the deputies to arrive. Before the children came,

Bulova said, "This is one of my favorite events of the year. It's heartwarming to see the interaction between the Sheriff's deputies and these children. It changes the children's opinion of law enforcement."

When the children arrived, Cook spoke to the group. "You just show our deputies what you need, and they will be happy to get it for you. ... School is really important. ... We want you ready to learn and have fun with your fellow classmates."

**IN A FILMED INTERVIEW**, Kincaid explained while Shop with the Sheriff pro-

PHOTOS BY MERCIA HOBSON/THE CONNECTION



**Checkout time is show and tell for Yuri Duncan, 7. She holds up one of her back-to-school-purchases that Sheriff's Deputy J. M. Smith helped her choose during the 2019 Shop with the Sheriff Program.**



**Two cool dudes, Sergeant C. M. Loftis, Public Information Officer for Fairfax County Sheriff's Office and Christian Gatling don their shades as they go back to school shopping together at Target in Burke during the 2019 Shop with the Sheriff Program.**

vided the tangible benefit of new clothes and shoes, it also provided intangible benefits. The experience gave the children a sense of control as they selected and excitedly tried on the clothing they picked out. The new clothes also gave the children a sense of pride, which would allow them to focus on their education. It also allowed positive interaction between deputies and the children.

"This is a great program, and I wish we could have it every single day. We love to interact and be the role models for the children," said Kincaid.



# OPINION

## Preventing Suicide Being there to take the call.

BY WENDY GRADISON  
CEO, PRS



**M**ore people are calling, texting and chatting and that's good news. With greater emphasis on mental health, we are seeing an increase in the number of people reaching out for help to our local suicide prevention hotline. This is a trend that's also occurring nationwide.

While it's great that more people are seeking help, the issue is that the infrastructure and funding to support it are having a hard time keeping up with the growing demand. In fact, PRS recently received grants to serve as a national back-up center and core chat center to expand services in support of the National Suicide Prevention Lifeline network (Lifeline) to help address longer wait times nationwide as queues pile up for the hotline and chatline. Some of these calls and chats now get rerouted to PRS.

Prior to the recent expansion, PRS received a monthly average of 4,500 crisis calls through the Lifeline and local crisis number primarily from Northern Virginia. With the addition of the national hotline back-up center and chatline services, our call volume has more than doubled, and we expect the chatline to generate over 20,000 chats this year.

This is the reality as we approach September's Suicide Prevention Month. For the 5<sup>th</sup> year, we are hosting the #CallTextLive Campaign, <https://prsinc.org/calltextlive/>, in partnership with Connection Newspapers. The campaign engages the community by provid-



Volunteers answering hotline calls.

ing activities to create awareness about preventing suicide and calling the PRS CrisisLink Hotline at (800) 273-TALK [8255] and the textline by texting "CONNECT" to 85511 to receive support.

#CallTextLive uses social media, activities and events to drive conversation and reduce stigma. By visiting PRS' website at [www.prsinc.org/calltextlive](http://www.prsinc.org/calltextlive), people can discover how to participate in the #CallTextLive Campaign, which includes Resource Mondays, a Facebook Live educational session, Selfie Day, and Fact Fridays.

Social media is used to engage people in sharing stories and photos on PRS Facebook, Twitter and Instagram using the #CallTextLive hashtag in hopes of making it easier for people to talk about suicide.

The campaign is critically important since suicide claims the lives of more than 47,000 people annually and is the 10<sup>th</sup> leading cause of death nationwide and second leading cause for people aged 10-34. In fact, more than twice

as many people die by suicide than homicide.

As we work to increase the number of individuals seeking help, we recognize that increasing our capacity to take these calls, texts and chats is essential.

We handle the national calls through federal grants, but the work we do to serve our Northern Virginia community is supported through local funding sources and the generosity of individuals like you. That's why the campaign encourages people to crowdsource to support the PRS CrisisLink center.

Volunteering to cover a weekly shift on the hotline or chatline, donating to support the overall operating expenses of this life-saving work or sharing our information across social media saves lives in our communities.

Crisis intervention and suicide prevention services work. For every death, 278 people manage to move past thoughts of suicide and survive. Join PRS this September as we encourage our community to make the call, send the text and live through their thoughts of suicide.

## Learning from 1619

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



**L**ocal and national news media have given broad coverage of the events last week commemorating the first African enslaved people being brought to the Virginia colony in 1619. Certainly the historic research that has been done in recent years has given a truer picture of the struggling colony at Jamestown that had been founded in 1607 and that saw significant changes 400 years ago this month with the meeting of the first elected representative assembly and with the arrival of the first women and enslaved Africans. As a history buff I read every version of the 1619 story I could find and found the speeches at the commemorative event at Old Point Comfort at Hampton last week to be enthralling.

The real story did not take place in 1619 however but in the 400 years since when slavery lasted for nearly 250 more years and racism, inequality, and injustice continue to today. Slavery was a horrid institution that reminds us just how cruel some can be to others. Following onto slavery was Reconstruction,

### COMMENTARY

Jim Crow, segregation, and white supremacy that continued the cruelty in other forms.

I am pleased that speakers at the Commemoration were honest and forthright in pointing out the evils of slavery and its aftermath. I could not

have been more proud of our two Senators Kaine and Warner, two Congresspersons Bobby Scott and Elaine Luria, and Congressional Black Caucus Chair Karen Bass for their honesty and directness about our past and for our need to make amends and stand against any form of evils in the future.

Our Gov. Ralph Northam was no less critical of our past. He said about the enslaved Africans, "government did not represent them during the 246 years of slavery. It did not represent them through nearly 100 years of Reconstruction and Jim Crow and discrimination. And in many ways, it struggles to represent them today."

The Governor said, "if we are going to begin to truly right the wrongs of our four centuries of history, if we are going to turn the light of

## Pointing out the evils of slavery and its aftermath.

truth upon them, we have to start with ourselves." And the Governor is showing that with his personal experiences he is willing to provide the leadership to move forward.

As the Governor explained, "Virginia is a place of contradictions and complexity. ... We are a state that for too long has told a false story of ourselves. ... The story we tell is insufficient and inadequate, especially when it comes to black history that is American history."

By Executive Order the Governor established a Commission on African American History Education in the Commonwealth with the purpose of ensuring that the history we teach is true and complete. Earlier he had established a Commission to examine the racial inequities in Virginia laws, and there are many that the General Assembly needs to amend out of the Code.

He has directed his staff to ensure that programs and services in the state do not discriminate against anyone because of race or the color of their skin among other areas where discrimination has occurred.

The events of 1619 can remind us that there is much work to be done, and we have a Governor who is willing to provide the leadership to accomplish it.

Fairfax Station,  
Lorton & Clifton  
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# CALENDAR

Submit entertainment announcements at [www.connectionnewspapers.com/Calendar/](http://www.connectionnewspapers.com/Calendar/). The deadline is noon on Friday. Photos/artwork encouraged.

## ONGOING

**Shir HaLev, the Community Jewish Chorale of Northern Virginia.** Rehearsals are held select Tuesdays, 7:30-9 p.m. at Congregation Olam Tikvah, 3800 Glenbrook Road, Fairfax. The Chorale is a friendly, welcoming, adult volunteer choir. Membership in the group is open to all, members of Congregation Olam Tikvah and other Northern Virginians. Their repertoire consists mainly of Jewish liturgical music and also some contemporary Jewish music and some secular showtunes, too. Visit [carolboydleon.com/shir\\_halev](http://carolboydleon.com/shir_halev)

**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. Online registrations must be completed by Aug. 31 at [www.nvso.us](http://www.nvso.us).

**Fall Art Classes.** Sessions begin Saturday, Sept. 14 or Tuesday, Sept. 17 at the Woods Community Centre at 10100 Wards Grove Circle, Burke. Art lessons for 5-8 years, 8 years & up and teens/adults. Call the instructor Carol Zeitlin at 703-250-6930 or visit [www.czartlessons.com](http://www.czartlessons.com).

**Art Exhibitions.** Through Sept. 15, Wednesday-Sunday, 11 a.m.-7 p.m. at Torpedo Factory Artists @ Mosaic, 105 District Ave., Fairfax. For the first time, the Torpedo Factory Artists' Association is sharing its gallery space with a group of student artists. The Torpedo Factory Artists @ Mosaic is a satellite gallery sponsored by the Torpedo Factory Artists' Association. Visit [www.torpedofactoryartists.com/mosaic/](http://www.torpedofactoryartists.com/mosaic/) for more.

❖ "Make Your Mark" is part of the Torpedo Factory Artists' Associations' effort to provide exhibit opportunities for gifted artists in the community. In this show, each of the 13 students taking classes from TFAA artist and arts educator Marsha Staiger present one painting that represents their body of work.

❖ "Animal Kingdom" is the theme of the Torpedo Factory artists' exhibit and will showcase the best of what nature has to offer, including the wild and the tame.

**(Im)Permanence Continued.** Through Oct. 6 in the McGuireWoods Gallery, 2nd Floor, Workhouse Arts Center, 9518 Workhouse Way, Lorton. A solo exhibition featuring work by Cynthia Myron. Visit [www.WorkhouseArts.org](http://www.WorkhouseArts.org) for more.

**VMFA: Futures.** Through Oct. 6 in the McGuireWoods Gallery, 2nd Floor, Workhouse Arts Center, 9518 Workhouse Way, Lorton. VMFA: Futures showcases artists joining the 2019-2020 Fellowship Program at the Virginia Museum of Fine Arts in Richmond.

**Juried Exhibition: Clay International.** Through Oct. 6 in the Vulcan Gallery, 1st Floor, Workhouse Arts Center, 9518 Workhouse Way, Lorton. Ceramic Artist and Educator Peter Beasecker juried over 300 images to select 52 pieces of art which incorporate a contemporary spirit as well as a technical mastery of the material for 2019 Workhouse Clay International. [www.WorkhouseArts.org](http://www.WorkhouseArts.org) for more.

**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. Email [dmueller@fairfax-station.org](mailto:dmueller@fairfax-station.org) for an application. Visit [www.fairfax-station.org](http://www.fairfax-station.org)



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## LEGO model train displays by Monty Smith.

## HO and LEGO Model Trains Show

The Potomac Module Crew will have a special HO Model Train Show as well as a custom LEGO Model Train show by Monty Smith over the Labor Day weekend. Sunday-Monday, Sept. 1-2, 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. 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.



PHOTO COURTESY OF LORTON STATION TOWN CENTER

## Community Fair

Lorton Station Community Fair features dance performance, DJ music, fitness demos, facepainting, balloon characters and touch-a-truck. Meet and shop with local business owners. Sunday, Sept. 15, 2-5 p.m. at Lorton Station Town Center, 9000 Lorton Station Blvd., Lorton. Free admission. Food and drink available for purchase. Call 757-897-5724 or visit [www.eventbrite.com/e/lorton-station-community-fair-tickets-66831626193](http://www.eventbrite.com/e/lorton-station-community-fair-tickets-66831626193).

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. 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. All products are grown or produced by the vendors and come from within 125 miles. 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. Call 703-642-0128 or visit [www.fairfaxcounty.gov/parks/farmersmarkets/lorton](http://www.fairfaxcounty.gov/parks/farmersmarkets/lorton).

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

**Burke Farmers Market.** Through Dec. 21, 8 a.m.-noon at the VRE parking lot, 5671 Roberts Parkway, Burke. 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. 30**

**B-I-N-G-O.** 7 p.m. at Fire Station 3, 4081 University Drive, Fairfax. Enjoy

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/SEPT. 1

**Films in the Park: Hook (1991).** 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/).

## SUNDAY-MONDAY/SEPT. 1-2

**HO and LEGO Model Trains Show.** 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Potomac Module Crew will have a special HO Model Train Show as well as a custom LEGO Model Train show by Monty Smith over the Labor Day weekend. 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.

## TUESDAY/SEPT. 3

**Fairfax Encore Chorale.** Weekly rehearsals, Tuesdays, 11 a.m.-12:30 p.m. at St. George's United Methodist Church, 4910 Ox Road, or older adults, 55 and over, regardless of experience or ability, who seek arts education and performance opportunities under a professional artist. No auditions are required. Singers learn vocal technique, proper breathing and posture, and music literacy. All concerts are free and open to the public. Fee is \$175 for weekly rehearsals, sheet music, practice CD, and performances. Visit [www.encorecreativity.org](http://www.encorecreativity.org) or call 301-261-5747

## WEDNESDAY/SEPT. 4

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

## THURSDAY/SEPT. 5

**Hometown Thursdays: Dirty Gold Brass Band.** 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) for more.

**Volunteering With Aerospace.** 7-8:30 p.m. at Irving Middle School, 8100 Old Keene Mill Road, Springfield. Civil Air Patrol Burke Composite Squadron Open House. Learn about Cadet Programs, Aerospace Education and Emergency Services. Visit [gocivilairpatrol.com](http://gocivilairpatrol.com) or

[burke.vawg.cap.gov](http://burke.vawg.cap.gov) for more.

## FRIDAY/SEPT. 6

**Encore Rocks Fairfax.** Weekly rehearsals, Fridays, 10:30 a.m.-noon at Unitarian Universalist Cong. of Fairfax, 2709 Hunter Mill Road, Oakton. For adults 55 and over, regardless of experience or ability, who seek arts education and performance opportunities under a professional artist. No auditions are required. Singers learn vocal technique, proper breathing and posture, and music literacy. All concerts are free and open to the public. Fee is \$175 for weekly rehearsals, sheet music, practice CD, and performances. Visit [www.encorecreativity.org](http://www.encorecreativity.org) or call 301-261-5747.

**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.

## SATURDAY/SEPT. 7

**Ultimate Tailgate Class.** 2-3:30 p.m. at Kings Park Library, 9000 Burke Lake Road, Burke. Chef Kraft will show you how to host the ultimate tailgate this football season. Free. Call 703-978-5600 (option 4) or visit [librarycalendar.fairfaxcounty.gov/event/5452937](http://librarycalendar.fairfaxcounty.gov/event/5452937).

**Annual Crab Feast Dinner.** 3:30-6 p.m. at Historic Pohick Church, 9301 Richmond Highway, Lorton. The Pohick Church Annual Crab Feast Fundraiser, sponsored by the Brotherhood of St Andrew, will be held in the Parish Hall. The menu will include crabs, fried fish, steamed shrimp, potato salad, cole slaw, pork and chicken barbecue sandwiches, and hot dogs for the kids. All are welcome. \$30 per adult (ages 18 and older), \$15 for children ages 12-17, and children under 12 are free. Call 703-339-6572 for tickets.

**Art Auction Fundraiser.** 7:15-10 p.m. at Temple B'nai Shalom, 7612 Old Ox Road, Fairfax Station. Art with Heart is an evening of art, food, wine and music featuring art, sports memorabilia, and Judaica. Food donations to benefit LCAC. \$18 donation and a can of food. Visit [www.tbs-online.org](http://www.tbs-online.org) or call 703-628-6676.

## SUNDAY/SEPT. 8

**Early Railroad Tools Exhibit.** 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Fairfax Station Railroad Museum will have a special exhibit of early railroad tools. Come learn how these tools were used to build and maintain railroads in the 19th century. 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.

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#### Legals

##### ABC LICENSE

G34.3 Brewing Company LLC trading as G34.3 Brewing Company, 8532 Terminal Road, Lorton, Fairfax County, VA, 22079. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Brewery Under 500 Barrels; Keg Permit license to sell or manufacture alcoholic beverages. Nicholas Kalenich, Member. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at [www.abc.virginia.gov](http://www.abc.virginia.gov) or 800-552-3200

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#### Legals

##### PUBLIC HEARING CONCERNING APPLICATION FOR VARIANCE RELATING TO 7151 MAIN STREET, CLIFTON, VIRGINIA

Notice hereby is given that the Town of Clifton Board of Zoning Appeals will hold a public hearing on the application of Ms. Karen Harrington to obtain a variance from the 10' side yard setback requirement of the Town of Clifton zoning ordinance for a shed constructed and located at 7151 Main Street, Clifton, Virginia prior to submission of the application for variance. The public hearing will be held at 7:30 p.m. at 7135 Main Street, Clifton, Virginia (the first floor of the Acacia Masonic Lodge) on September 25, 2019. Persons affected and/or interested may appear and present their views at the hearing, and members of the public are welcome to attend and participate in the public hearing.

## News



### Springfield Nights Series Ends on a High Note

At the final free concert at Burke Lake Park, nearly 500 folks were dancing and singing along with Supervisor Pat Herrity (R-Springfield) and the Skip Castro Band on Aug. 21. Herrity's Springfield Nights Summer Concert Series was another great success this year, with average attendance in the 350-450 range. A shout out to the vendors 2 Silos Brewing, Peterson's Ice Cream, and the LaGringa Food Truck, and the generous sponsors.

## Anti-drunk Driving Campaign Launched in Fairfax

On Tuesday morning, Aug. 20, Fairfax County Police Chief Colonel Edwin C. Roessler Jr., Virginia Department of Motor Vehicles Director of Highway Safety John Saunders and Virginia-based Washington Regional Alcohol Program (WRAP) President Kurt Erickson launched the annual statewide anti-drunk driving Checkpoint Strikeforce Campaign.

The DUI law enforcement and public education campaign continues through Labor Day weekend and will resume during Halloween and the holidays.

Fairfax County Statistics: To date in 2019, there have been 209 alcohol-involved crashes resulting in eight fatalities and 106 injuries. Of the eight alcohol-involved fatalities, three involved impaired pedestrians and five were caused by intoxicated drivers.

In 2018, there were 362 alcohol-involved crashes resulting in 12 fatalities and 181 injuries. Of the 12 alcohol-involved fatalities, four were the result of impaired pedestrians and eight were caused by intoxicated drivers. There were also three fatalities resulting from drivers impaired by drugs.

Working on a Solution to Save Lives: Since it began in 2017, the DWI Enforcement Squad has played a significant role in reducing alcohol-involved

crashes in our county. In 2016, the year before the squad was deployed, we responded to and investigated 501 alcohol-involved crashes. In 2017, that number dropped 19.5 percent to 403 alcohol crashes, and in 2018, it dropped another 10.1 percent to 362 alcohol-involved crashes. Overall from 2016 to 2018, there was a 27.7 percent decrease in alcohol-involved crashes investigated by FCPD officers.

What You Can Do:

- ❖ Don't drink and drive.
- ❖ Plan ahead. If you are planning to drink, arrange for a designated driver, use a ride sharing company, or take a taxi.
- ❖ If you are with someone who has been drinking, do not let them drive and try to arrange a sober ride for them.
- ❖ If you are hosting a party where alcohol will be served, ensure that your guests leave with a sober driver.
- ❖ While on the road, report any suspected impaired drivers by calling 9-1-1 or non-emergency dispatch at 703-691-2131.
- ❖ Communication is important. Parents should talk to their children about the dangers of impaired driving.

SOURCE: FCPD

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### BULLETIN BOARD

#### 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.

#### SUNDAY/SEPT. 1

**22 Proven Processes.** 1-3 p.m. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. This hands-on experiential class will explore proven processes that have been found to enhance individual spiritual growth and help

SEE BULLETIN, PAGE 19



## BULLETIN BOARD

FROM PAGE 18

individuals who struggle with debt, relationships, and other life challenges. Based on the Law of Attraction principles found in "Ask and It Is Given—Learning to Manifest Your Desires," written by Esther and Hicks. Donation. Call 703-281-1767 or visit 22-proven-processes.eventbrite.com.

### WEDNESDAY/SEPT. 4

**Fairfax County 2019 Candidate Forum: Mt. Vernon District.** 7 p.m. at Sherwood Regional Library, 2501 Sherwood Hall Lane, Alexandria. These candidate forums are nonpartisan. The League of Women Voters of the Fairfax Area does not support or oppose any party or candidate. They invite all certified candidates competing for office in their respective districts. After a moderated discussion, there will be time to meet the candidates. Volunteers, including students, are welcome. Visit [www.lwv-fairfax.org/candidateforum](http://www.lwv-fairfax.org/candidateforum) for more.

### THURSDAY/SEPT. 5

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

### THURSDAYS/SEPT. 5-NOV. 7

**"Caring for You, Caring for Me."** Noon-1 p.m. at Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Fairfax County and Inova Health System present free "Caring for You, Caring for Me" programs. This workshop series provides a blend of support and education for caregivers of older adults. Respite services available if requested three weeks in advance. Call 703-324-7210, TTY 711.

### SATURDAY/SEPT. 7

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

### THROUGH SEPT. 8

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

### TUESDAYS/SEPT. 10-OCT. 15

**Diabetes Self-Management Program.** 1:30-3:30 p.m. at City of Falls Church Community Center, 223 Little Falls St., Falls Church. This program is for individuals concerned or frustrated by living with pre-diabetes or diabetes. Free. To register, visit [www.fairfaxcounty.gov/OlderAdults](http://www.fairfaxcounty.gov/OlderAdults) and click on Chronic Disease Self-Mgmt. Call 703-324-7721, TTY 711.

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

**Family Caregiver Telephone Support Group.** 7-8 p.m. Fairfax County's Family Caregiver Telephone Support Group meets by phone. This month's topic is an open discussion on advance care planning and end of life decisions. Call 703-324-5484, TTY 711 to register.

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## Side-Splitting But Not Very Funny



By KENNETH B. LOURIE

The most recent near-having-to-think-about-death experience I wrote about last week ("Barbosoul") was quite a shock to my system.

In spite of all the ups and downs and all-arounds I've experienced over the past 10 and a half not-fun-filled cancer years, I had never gone emotionally to the place I went to last week. Certainly I've thought about death and dying before: heck, I'm a cancer patient having been given a "terminal" diagnosis.

Nevertheless, I had never really put two and two together to equal four. It had always equaled three and a half, if you know what I mean? (Maybe you don't. Sometimes I'm not sure what I mean.) But last week's column was different. I went there.

It's not as if I haven't experienced pain before. I have. Most notably in the area of my lungs (the mediastinum) where my non-small-cell-lung-cancer-stage-IV tumors take up primary residence. Sometimes, the pain I felt was that of the tumors growing. Other times, the pain was that of scar tissue which had grown over tumors.

Any of which I would never know until my oncologist discussed with Team Lourie the radiologist's report from the preceding CT scan. Moreover, these assessments were never given with any kind of arithmetical-type certainty. Still, if it could have been worse, I was happy and if it could have been better, I was hopeful. Never too high and never too low.

As you regular readers know, I roll with the punches, wherever they land.

For the past week, those punches (pain) were in the identical (so far as I knew) place where my non-small cell lung cancer, stage IV symptoms first manifested in late December 2008. As such, I was rolling like I had never rolled before – and without any kind of mat to soften the fall.

Aside from experiencing headaches/pain in my head (which I haven't), which might indicate progression (in 30 percent of lung cancer patients the cancer moves to the brain), a recurrence in the same area as 10 and a half years ago likewise scares out the daylight living inside of me.

And, just like when a little knowledge in the wrong hands can be a dangerous thing, so too does zero knowledge in the right hands (mine) become a dangerous thing. Why else would I be experiencing pain in my left side by my rib cage if it wasn't the cancer, only worse? But that wasn't the case.

As those of you who read to the end of last week's column know, I have survived to fight another day, or I should say, fight another two months because that's when my next CT scan is scheduled. At present, that's my cycle: bi-weekly immunotherapy followed by bi-monthly scans of my neck down to my lower abdomen, followed by an office visit with my oncologist to discuss the findings and plan for the immediate future.

Might that be palliative care? Apparently, if the inference/suggestion made by my oncologist in our last face-to-face meeting had any basis in fact? I suppose that's the problem with inferences/suggestions made in the medical "whirled."

I'm sure there are facts and figures and years of research supporting recommendations upon which one's treatments/protocols are based. Moreover, they're unlikely "made up of whole cloth," to quote the late Washington Redskins' owner Jack Kent Cooke commenting on some football rumor I can't remember.

Nevertheless, it's not exactly a straight line from the oncologist's mouth to the patient's estate planner. It's more like a roller coaster – without the safety bar (I wish it were more like the merry-go round, but it's not.). Often times, it's more like whack-a-mole.

Now that the pain and discomfort has subsided, I feel like I've dodged a bullet. It reminds me of my elementary school gym classes when we played a game called "Bombardment" where dodge balls were thrown across the gym from one half of the class at the other. As random as it was, it was only a matter of time until you couldn't dodge any more, and then you were out.

I realize that was only a game and this is life, but cancer has a way of intertwining fact and fiction with the past, present and future whether you like it or not.

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



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# NEWCOMERS

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❖ **Cornerstones**, 11150 Sunset Hills Road, Suite 210, Reston, serving Reston and Herndon. 571-323-9555, [www.cornerstonesva.org](http://www.cornerstonesva.org).

Nonprofit providing support and advocacy for those in need of food, shelter, affordable housing, quality childcare, and other human services. Programs and services include the Embry Rucker Community Shelter, Emergency Food Pantry, Hypothermia Prevention Program, Thanksgiving Food Drive, Gifts for Kids and annual Coat Drive. Alacia Earley at 571-323-9568 or

[alacia.earley@cornerstonesva.org](mailto:alacia.earley@cornerstonesva.org).

❖ **LINK**, serving Herndon, Chantilly, Loudoun and more. Every year the goal is to provide each family with a week's worth of non-perishable food in November and again in December. When funds allow, grocery gift cards are also included. In November, clients also receive a voucher for coats and warm clothing. In December, children 16 and under receive gifts. [holiday@linkagainsthunger.org](mailto:holiday@linkagainsthunger.org). 703-437-1776

[www.linkagainsthunger.org](http://www.linkagainsthunger.org).

❖ **Committee for Helping Others** (CHO), Vienna, organized in 1969 by a group of churches and individuals in the Dunn Loring, Merrifield, Oakton, Vienna community to provide simple, loving charity to those in need. Last year 450 children had a special Christmas through the annual Christmas Store. 703-281-7614, [www.cho-va.com](http://www.cho-va.com)

❖ **Northern Virginia Family Service**. Just \$50 provides a complete holiday meal to a family of four. Donate at [give.nvfs.org/holidaydonation](http://give.nvfs.org/holidaydonation) or via check payable to "NVFS" with "Operation Turkey"

on the memo line, or send grocery store gift cards. Northern Virginia Family Service, attn: Holiday Initiatives, 10455 White Granite Drive, Suite 100, Oakton, VA 22124.

❖ **Second Story** — Abused and Homeless Children's Refuge, 2100 Gallows Road, Vienna, VA 22182, 703-506-9191. Second Story (formerly Alternative House) provides shelter and services for homeless, runaway or abused teenagers, unaccompanied youth, and young mothers and their children. Requests for food and clothing are up more than 50 percent. [second-story.org](http://second-story.org).

❖ **Shepherd's Center of Oakton Vienna** providing services, personal enrichment, volunteer opportunities for adults 50 and over. Currently serving 3,000+ mature adults in the region. 703-281-0538, [www.scov.org](http://www.scov.org)

❖ **Touching Heart** in Herndon is a nonprofit organization whose mission is to educate children to have giving hearts. [www.touchingheart.com](http://www.touchingheart.com), 703-901-7355.

❖ **Western Fairfax Christian Ministries** — food pantry at 13981 Metrotech Drive in Chantilly. For more information or to sponsor a

SEE GIVING, PAGE 5



At the Alzheimer's Association Walk to End Alzheimer's®, people carry flowers representing their connection to Alzheimer's — a disease that currently has no cure. But what if one day there was a flower for Alzheimer's first survivor? What if there were millions of them? Help make that beautiful day happen by joining us for the world's largest fundraiser to fight the disease. Register today at [alz.org/walk](http://alz.org/walk).

**Walk to End Alzheimer's**

**Sept. 29 • Reston Town Center**  
**Oct. 12 • National Mall**

Additional Walks available.  
Find one near you at [alz.org/walk](http://alz.org/walk)  
or call **703.359.4440**.



2019 NATIONAL PRESENTING SPONSOR

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**BURKE CENTRE FESTIVAL**  
*Burke Centre's 42nd Annual Festival*

**Saturday, Sept. 7**  
9:30AM - 5PM\*  
(\*Wine service - Sat. Only\*  
12-5PM; Evening Wine  
Garden Hours: 5-10PM)

**Sunday, Sept. 8**  
11AM - 5PM  
**Rain or Shine!**

**Conservancy Office Grounds**  
**6060 Burke Centre Pkwy**  
**Free Admission**  
*Something Fun For All Ages!*

**NEW this year — Wristbands!**  
pay one price for unlimited rides & face painting

\* Arts & Crafts Show \* Midway Carnival Games \* Puppet Shows  
\* Face Painting (High Quality) \* Festival Foods \* Fire & Rescue Displays  
\* Inflatable Rides \* Karaoke w/prizes \* Mechanical Rides \* Nursing  
Moms Tent \* Police Displays \* Pony Rides \* Roving Characters \* Voter  
Registration \* Wildlife Shows \* Lively Activities \* Free Shuttle Services \*

Wine Service starts at noon; Evening wine garden with  
Live Music @ 5pm (Saturday Only) \*

Hosted by Burke Centre Conservancy  
\* (703) 978-2928 \* [www.burkecentre.com](http://www.burkecentre.com)

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# NEWCOMERS



Tour de Mount Vernon at the Workhouse Arts Center.

## Making a Difference, One Person at a Time

Take the time to find the many experiences awaiting you at Mount Vernon District.

BY DAN STORCK  
SUPERVISOR - MOUNT VERNON  
DISTRICT

Welcome to the Mount Vernon District! For those of us who live, work, learn and play in the District, this is a wonderful place to live. From our incredible history and heritage – the Mount Vernon Estate and the Workhouse Arts Center for example – to the exciting revitalization of Richmond Highway and the new amenities coming to Lorton – the Lorton Community Center and South County Police Station and Animal Shelter – no matter where you live in the District, the future is bright.

Even if you are new here, you likely know that Fairfax County has one of the best school systems in the country, but for us it goes beyond that. Life-long learning is important to many of our residents and I am proud to say we are bringing more opportunities through our future partnerships at Original Mount Vernon High School (OMVHS) with the Northern Virginia Community College (NVCC) and Fairfax County Public Schools (FCPS). In addition, the synergy created by collocating Teen and Senior Centers, the Library, Neighborhood and Community Services, and the Lorton Community Action Center (LCAC) in the new Lorton Community Center will provide many more active and passive learning activities for residents of all ages and abilities.



Fairfax is the safest community of its size in the country, with our Police force actively engaged in our neighborhoods and communities. National Night Out was a great example of residents and Officers coming together to build relationships, trust and community spirit! The new South County Police Station and Animal Shelter will enable even greater community engagement in Southeastern Fairfax County.

While a decades long process, the revitalization of the Richmond Highway corridor will bring Bus Rapid Transit (BRT), higher density urban living with ecologically sensitive, walkable, livable neighborhoods. A focus on community development, preservation of existing community character, urban design and a variety of transportation modes will bring new residents, businesses and partnerships to the corridor. My Strategic Economic Development Team (SEDТ) is working hard to bring the best commerce partners to the region, while my Tourism Task Force is working to enhance and grow our tourism market and our Embark Housing Advisory Committee keeps us grounded in the need for more affordable and workforce housing.

**THE MOUNT VERNON DISTRICT** is rich with parks and recreational opportunities. Put on your walking shoes and head to River Farm, Huntley Meadows (OK, not techni-

SEE MAKING A DIFFERENCE, PAGE 4



PHOTO CONTRIBUTED

Peterson's Ice Cream in Historic Town of Clifton.

## Exciting New Developments

From nationally ranked parks, fine restaurants, and shopping there is something for everyone in Springfield.

BY PAT HERRITY  
SUPERVISOR -  
SPRINGFIELD  
DISTRICT



Springfield District encompasses everything from the historic town of Clifton, to the bustling shops of Fair Oaks Mall, to miles of trails at beautiful Burke Lake Park. Our district offers a variety of attractions for the whole family throughout the year. From our nationally ranked parks, fine restaurants, and shopping there is something for everyone in Springfield.

There are some exciting new developments in Springfield District. One major project is the renovation of the Old Keene Mill Shopping Center. The shopping center's owner, Federal Realty Investment Trust, is giving the entire shopping center a face-lift through renovations including a double-sided outdoor fireplace and a communal village design, with new storefronts and signs, wider sidewalks, as well as new landscaping and pavilions. I recently attended the opening of an interactive art exhibit at the shopping center sponsored by ARTSFAIRFAX. This project is expected to be complete by Thanksgiving 2019.

There are also a number of critical transportation improvements in the pipeline for Springfield District – Rolling Road from Old Keene Mill Road to the Parkway will be widened to 4 lanes with trail improvements; the Fairfax County Parkway will be widened from four lanes to six lanes from Popes Head Road to Route 29 and the interchange at Popes Head will be grade-separated (no traffic light); Route 29 will be widened from 4 to 6 lanes from Buckley's Gate to Union Mill Road; Route 28 will be widened from the Route 29 interchange to Bull Run and a new interchange is being constructed at I-66. There will be new HOT lanes on I-66 and many other minor transportation

improvements that will help to get you home to your families.

### Top Ten

My top 10 favorite places in the District (it's hard to pick just 10):

**1. Burke Lake Park** was named "Best Public Park" by NoVA magazine in 2018 and is the most visited park in Fairfax County's Park system. The park contains a trail that goes around the lake and is great for walking (with or without your dog), running and cycling. American Hiking Society has named these trails in the top ten in the nation. There is also fishing, boat rentals, camping, disc golf, mini golf, an 18-hole golf course, a newly renovated driving range, volleyball courts, a miniature carousel, and miniature train. My favorite event at the park is the Springfield Nights Concert Series that runs from July through August sponsored by my office and the Park Foundation. With free music by nationally and internationally recognized bands, beautiful scenery, and the best of local food vendors from Two Silos Brewery and Peterson's Ice Cream, these are a great way to spend your summer nights. (7315 Ox Rd, Fairfax Station).

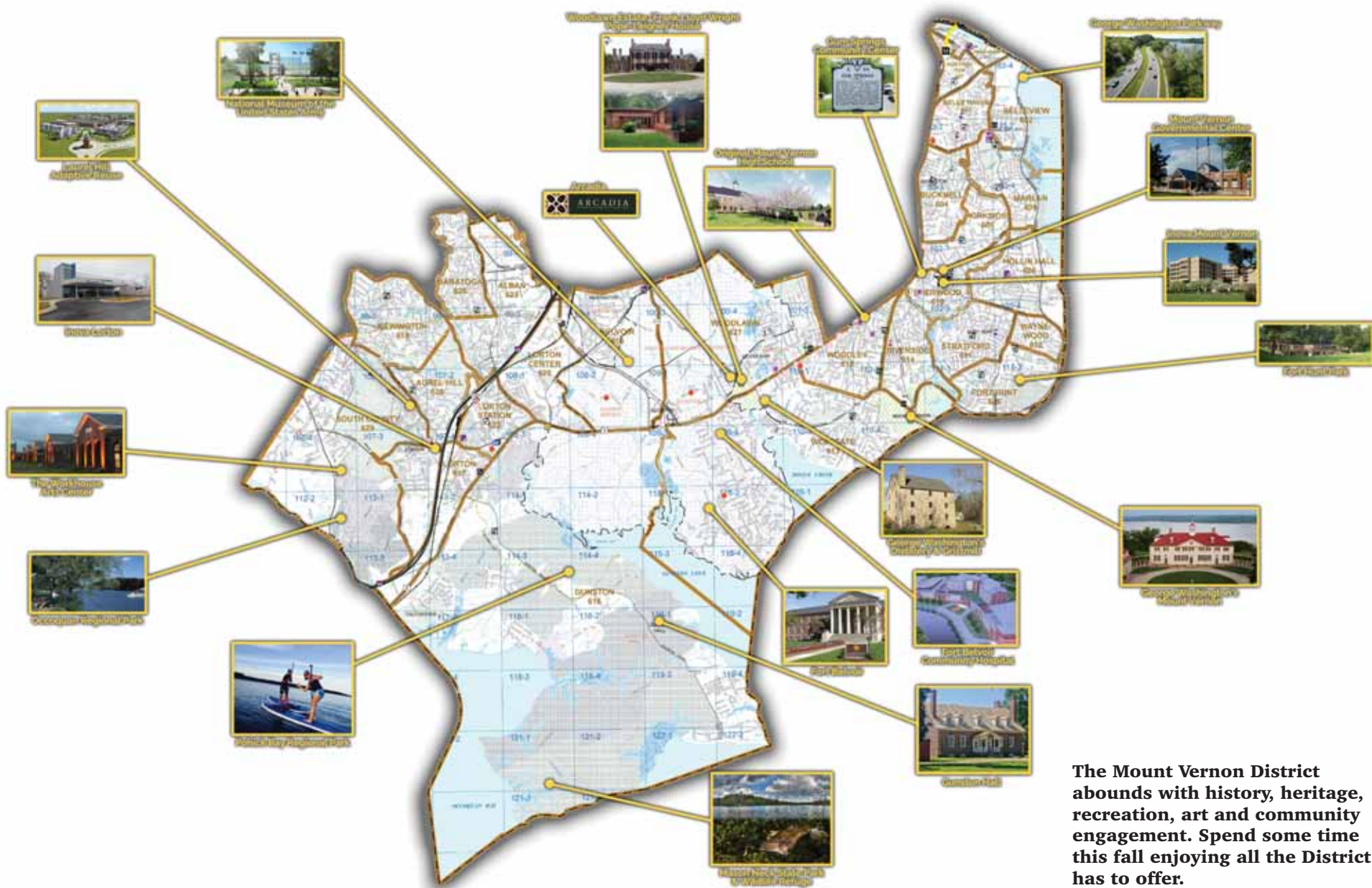
**2. Fair Oaks Mall**, one of the region's largest shopping destinations in Fairfax, features a collection of 200 shops, services, and dining establishments in an enclosed, two-story retail center. The mall offers one of the most diverse and compelling retail and dining collections under one roof and is the perfect destination on a sweltering or rainy weekend afternoon. (11750 Fair Oaks Mall, Fairfax).

**3. The Children's Science Center Lab** in Fair Oaks Mall is a fantastic museum that allows children (and their parents) to get hands on experience with STEM concepts (Science, Technology,

SEE DEVELOPMENT, PAGE 8



## NEWCOMERS



**The Mount Vernon District  
abounds with history, heritage,  
recreation, art and community  
engagement. Spend some time  
this fall enjoying all the District  
has to offer.**

# Making a Difference, One Person at a Time

FROM PAGE 3

cally in the District, but very close) or Fort Hunt Park. Spend the day paddling on one of the many rivers and creeks at Pohick Bay Park, Dyke Marsh, Occoquan Regional Park or Mason Neck State Park. Ride some of the best bike trails in Northern Virginia at Laurel Hill Park and Meadowood, or use the many trails along our roadways for your daily commute. To find your adventure, check out our parks page on the Mount Vernon District webpage: [www.fairfaxcounty.gov/mountvernon/](http://www.fairfaxcounty.gov/mountvernon/).

If sightseeing and history are your interests, visit George Washington's Mount Vernon Estate, the Woodlawn Plantation or Historic Pohick Church, to name a few.

If arts and culture inspire your creative spirit, spend a day at the Workhouse Arts Center visiting more than 70 artists working in their studios, learning about the historic Lorton Prison, attending a concert or theater performance or joining your partner for ballroom dancing. Shopping at Farmers Markets, listening to free summer concerts and strolling along the river are all part of the experience in our corner of the County. I hope this small sampling of all that is available to explore in the Mount

## Upcoming Events

TEAM MVD will be hosting several signature events throughout the fall. Join us on Sept. 20, 2019, at 1 p.m. at the South County Center for the dedication of that building as the Gerry W. Hyland Governmental Center. Our 4th Annual Tour *de* Mount Vernon Community Bike Ride will take place on Oct. 19, 2019, at 8:30 a.m. at the Workhouse Arts Center. More information and registration can be found here: <https://www.fairfaxcounty.gov/mountvernon/tour-de-mount-vernon-2019>. On Nov. 16, 2019, learn how to lessen your environmental impact at the 2<sup>nd</sup> Annual Environment Expo. And, finally, join us to celebrate the holidays at the Mount Vernon District Holiday Open House on Dec. 5, 2019. More details on all these events will be available on our website and in our newsletter.

## Top 10 Places and Events

George Washington's Mount Vernon Estate  
Workhouse Arts Center Brewfest (Sept. 14,  
2019) & Fireworks (June 2020)  
Tour de Mount Vernon – Oct. 19, 2019  
Woodlawn Plantation and Pope Leighey House  
George Washington's Grist Mill and Distillery  
Fort Hunt Park  
Mason Neck State Park  
Occoquan Regional Park  
Pohick Bay Park  
Arcadia Farm

Vernon District encourages you to take the time to find the many experiences awaiting you.

Preserving our environment by addressing climate change, energy efficiency and resiliency planning will continue to be a focus as Fairfax engages in these important world-wide issues. The initiation of a Community-wide Energy and Climate Action

Plan (CECAP), the Joint County and School Boards Environmental Task Force (JET) and accelerated County initiatives to mitigate climate impacts, as guided by my Fairfax Green Initiatives Board Matter, are important to the health and wellbeing of all our people, places and property. Watch for more about how you can get involved and make a difference, one person at a time.

**MY NUMBER ONE PRIORITY** is always you and our office is here to help. I strive to engage deeply and frequently with the people of Mount Vernon. TEAM MVD provides timely constituent service as we continue to build the ideal community in which to live and thrive. We are committed to performance standards that ensure we are a responsive, transparent and informative office. We are here to answer your ques-

tions and will respond to your communications within two business days or less. Have a question about road construction, snow removal, trash collection, stormwater runoff or voting precincts? Email us at [MTVernon@FairfaxCounty.gov](mailto:MTVernon@FairfaxCounty.gov). Want to book a community room for a meeting, or not a fan of email? Call us at 703-780-7518. Need a document notarized or just want to visit your District Governmental Center to see local government in action? Stop by our office at 2511 Parkers Lane, Mount Vernon. I also have extended office hours on Thursdays and the second Saturday of each month, walk-ins and appointments are always welcomed.

If you haven't figured it out already, you have chosen a great place to live, educate your children, grow your career and engage with your neighbors. Welcome to the Mount Vernon District, where history, heritage, outdoor living, educational opportunities and public safety come together to support our exciting future! Visit our website ([www.fairfaxcounty.gov/mountvernon](http://www.fairfaxcounty.gov/mountvernon)) to sign up for our newsletter, follow us on Facebook and Twitter and learn about the myriad of District projects, important topics, area activities and upcoming events in your new community.



# NEWCOMERS

## Where to Give Locally

FROM PAGE 2

family, call 703-988-9656, ext. 105. To mail gift cards or send donations by check, add a note saying "food basket program" and send them to: WFCM, P.O. Box 220802, Chantilly, VA 20153. 703-988-9656.

❖ **HomeAid** builds and renovates facilities that house the homeless, and partners with many local organizations to do so. 3684 Centerview Drive, Suite 110B, Chantilly, VA 20151. [www.homeaidnova.org/](http://www.homeaidnova.org/)

❖ **FACETS** helps parents, their children and individuals who suffer the effects of poverty in the Fairfax area, a partner in efforts to end homelessness in Fairfax County. FACETS is always in need of volunteers, and offers a variety of one-time and ongoing opportunities. 703-865-4251 or [volunteer@facetscares.org](mailto:volunteer@facetscares.org). [www.facetscares.org](http://www.facetscares.org). 10640 Page Ave., Suite 300, Fairfax VA 22030

❖ **Britepaths** For 35 years, Britepaths, formerly known as Our Daily Bread, has been helping to stabilize low-income working families, build resilience through financial literacy and mentoring, and provide seasonal supports. [britepaths.org](http://britepaths.org)

❖ **Fairfax City Area FISH** (For Immediate Sympathetic Help) helps local people who are in temporary need of life's basic necessities such as food, clothing, and financial assistance for rent, mortgage payments, utilities, and medical treatments. FISH also provides limited transportation for doctor

appointments and food delivery. 703-222-0880 [fairfaxfish.org/](http://fairfaxfish.org/)

❖ **Lamb Center**, [www.thelambcenter.org](http://www.thelambcenter.org), day center for homeless, Fairfax 703-691-3178.

❖ **Food for Others** provides a safety net for people who suddenly face unforeseen emergencies such as a family illness or the loss of a job or a spouse. Located at 2938 Prosperity Ave., Fairfax, VA 22031, 703-207-9173. 2938 Prosperity Ave. [info@foodforothers.org](mailto:info@foodforothers.org) Hours: Monday-Friday, 9:30 a.m. – 5 p.m. [www.foodforothers.org](http://www.foodforothers.org)

❖ **Ecumenical Community Helping Others** (ECHO), 703-569-9160. Open to receive donations at 7205 Old Keene Mill Road, Springfield. Provides food and financial assistance to those in short-term emergencies, and provides clothing and household goods to low income families, helping more than 5,000 people last year. [www.echo-inc.org](http://www.echo-inc.org).

❖ **Lorton Community Action Center** (LCAC) will provide Thanksgiving and Holiday assistance to more than 450 families this year. Thanksgiving and Christmas food baskets along with fulfilling gift wishes for more than 1,000 children and teens will help low-income families. More information at [lortonaction.org/seasonal-assistance/](http://lortonaction.org/seasonal-assistance/). Volunteers are needed for these events as well. Register online at [lortonaction.org](http://lortonaction.org) or call 703/339-5161, ext. 140.

❖ **Assistance League of Northern Virginia** is an all-volunteer SEE GIVING, PAGE 10

# MOUNT VERNON DISTRICT

Our office is here for you! Did you know you can contact us with any County concerns or issues, and we can connect you with the answers? Here are just a few ways we can help:

- Connecting you with County services.
- Sharing information about important issues in our community.
- Communicating meetings and events happening near you.
- Answering questions about property, roads, taxes, public safety, health & human services, solid waste, recycling and more.



There are many ways to **CONNECT WITH TEAM MVD!**

**Stop by:** Mount Vernon Governmental Center  
2511 Parkers Lane, Mount Vernon, VA 22306

**Keep informed! Sign up for the Mount Vernon Advisor and follow us on social media!**

**Visit:** <http://www.fairfaxcounty.gov/mountvernon/>

**Call:** 703-780-7518 (TTY 711)

**Email:** [mtvernon@fairfaxcounty.gov](mailto:mtvernon@fairfaxcounty.gov)



**Office Hours:** Monday - Friday: 8:30am-5pm; Thursday: 5pm-7:30pm  
Second Saturday Each Month: Lorton Library: 9am – 11:30am • MV District Office: 12:30pm – 3pm  
Walk-ins and by appointment

We also have Community Use Rooms Available. To reserve: <https://www.fairfaxcounty.gov/mountvernon/community-meeting-rooms>

## ENJOY THE COMFORT NOW...PAY FOR IT ON YOUR TERMS!



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## NEWCOMERS AND COMMUNITY GUIDE

# Dates and Deadlines for Election Day

❖ On or About Sept. 20: Absentee Voting begins at the Office of Elections, 12000 Government Center Pkwy., Conference Rooms 2/3, Fairfax

❖ Oct. 15: Voter Registration Deadline. In-person: 5 p.m., online: 11:59 p.m.

❖ Oct. 29: Deadline to request an absentee ballot by mail, 5 p.m.

❖ Nov. 2 Final day to vote absentee in-person, 5 p.m.

❖ Nov. 5: Deadline to return your ballot to the Office of Elections, 7 p.m.

❖ Nov. 5: Election Day, Polling Places open 6 a.m. to 7 p.m.

Fairfax County Office of Elections,  
Hours: Monday-Wednesday, Friday 8 a.m.-4:30 p.m.; Thursday, 8 a.m.-7 p.m.

12000 Government Center Parkway Suite 323  
Fairfax, VA 22035

703-222-0776 TTY 711

voting@fairfaxcounty.gov

www.fairfaxcounty.gov/elections/

When you register to vote in Virginia, you DO NOT register to vote by party. Virginia is an Open Primary state which means that any registered voter in Virginia can vote in either a Democratic or Republican primary. When both parties are holding a primary election, you will be asked which primary you want to vote in when you check in to vote with your photo ID. Note, you may only vote in one primary.

## Voter ID Requirements:

Per Virginia law effective July 1, 2014, all residents must provide valid photo identification when they vote in-person. Please consult the VA Department of Elections for the most up to date information regarding acceptable forms of voter photo ID.

Many types of photo ID are acceptable for voting in Virginia. You only need to show ONE acceptable photo ID to vote. Photo IDs can be used to vote up to one year after the ID has expired. Acceptable forms of valid identification: Virginia driver's license, Virginia DMV-issued photo ID, United States passport, Employer-issued photo ID, Student photo ID issued by a school, college, or university located in Virginia, Other U.S. or Virginia government-issued photo ID, Tribal enrollment or other tribal photo ID, Virginia Voter Photo ID card

If you get to your polling place without acceptable photo ID, you can vote a provisional ballot. You will be given instructions on what to do so your vote can count.

## OFFICES ON THE BALLOT, Fairfax County

❖ Member Virginia Senate, vote for one in your district

❖ Member House of Delegates, vote for one in your district

❖ Commonwealth's Attorney, vote for one

❖ Sheriff, vote for one

❖ Chairman Board of Supervisors, vote for one

❖ Member School Board at Large

❖ Member Board of Supervisors. vote for one in your district



**Nov. 2 Final day to vote absentee in-person, 5 p.m.**

❖ Member School Board. vote for one in your district

❖ Soil and Water Conservation Director Northern Virginia District

❖ School Bonds Referenda

## Voter Registration and Voter Photo ID Opportunities

The Office of Elections is open during normal business hours to provide residents the opportunity to register to vote or obtain a free voter photo ID if needed. The Office of Elections also provides residents opportunities to attend offsite events throughout the year.

## Upcoming Voter Photo ID Events

❖ Sept. 7 and Oct. 5, 10 a.m. until 2 p.m., Sherwood Regional Library, 2501 Sherwood Hall Lane, Alexandria, VA 22306

❖ Aug. 27, 3 p.m. until 5:30 p.m., Burke Lake Gardens, Thursday, 9608 Old Keene Mill Rd., Burke, VA 22015

❖ Sept. 10, 1 p.m. until 4 p.m., Leewood Healthcare Center, Tuesday, 7120 Braddock Rd., Annandale, VA 22003

❖ Sept. 11, 10 a.m. until 4 p.m., Arleigh Burke Pavilion, Wednesday, 1739 Kirby Rd., McLean, VA 22101

❖ Sept. 16, 10:30 a.m. until 2 p.m., Chesterbrook Residences, Monday, 2030 Westmoreland St., Falls Church, VA 22043

❖ Sept. 20, 10 a.m. until 2 p.m., The Virginian, Friday, 9229 Arlington Blvd., Fairfax, VA 22031

❖ Sept. 23, 10 a.m. until 2 p.m., Goodwin House Bailey's Crossroads, Monday, 3440 South Jefferson St., Falls Church, VA 22041

❖ Sept. 24, 10 a.m. until 12:30 p.m., Sunrise at Reston Town Center, Tuesday, Sept. 24, 10 a.m. until 12:30 p.m., 1778 Fountain Dr., Reston, VA 20190

❖ Sept. 24, 2:30 p.m. until 5 p.m., Hunters Woods at Trails Edge, Tuesday, 2222 Colt Neck Rd., Reston, VA 20191

❖ Sept. 25, 1 p.m. until 4 p.m., Tall Oaks Assisted Living, Wednesday, 12052 North Shore Dr., Reston, VA 20192

❖ Sept. 26, 11 a.m. until 1 p.m., The Crossings at Chantilly, Thursday, 2980 Centreville Rd., Herndon, VA 20171

❖ Sept. 28, Noon until 4 p.m., Reston Multicultural Festival - Lake Anne Plaza, Saturday, 2310 Colt Neck Rd., Reston, VA 20191

❖ Oct. 1, 10 a.m. until 1 p.m., The Woodlands Retirement Community, Tuesday, 4320 Forest Hill Dr., Fairfax, VA 22030

❖ Oct. 5, 10 a.m. until 3 p.m., 2019 First Baptist Church of Merrifield Harvest Festival, Saturday, 8122 Ransell Rd., Falls Church, VA 22042

❖ Oct. 5, 10 a.m. until 2 p.m., Sherwood Regional Library, 2501 Sherwood Hall Lane, Alexandria, VA 22306

❖ Oct. 7, 10:30 a.m. until Noon, Heatherwood/Burke Health Care, Monday, 9642 Burke Lake Rd., Burke, VA 22015

—SEE MORE ON ELECTIONS, PAGE 13

## Candidates, Fairfax County

### Chairman, Board of Supervisors

Jeffrey C. McKay (D)

Joseph F. Galdo (R)

### Commonwealth's Attorney

Steve T. Descano (D)

Jonathan L. Fahey (I)

### Sheriff

Stacey Ann Kincaid (D)

Christopher F. De Carlo (I)

### Board of Supervisors, District Representatives

Braddock District

James R. Walkinshaw (D)

S. Jason Remer (R)

Carey Chet Campbell (I)

### Dranesville District

John W. Foust (D) incumbent

Ed. R. Martin (R)

### Hunter Mill District

Walter L. Acorn (D) unopposed

### Lee District

Rodney L. Lusk (D) unopposed

### Mason District

Penelope A. "Penny" Gross (D) incumbent

Gary N. Aiken (R)

### Mount Vernon District

Daniel G. "Dan" Storck (D) incumbent, unopposed

### Providence District

Dalia A. Palchik (D)

### Springfield District

Linda D. Sperling (D)

Patrick S. "Pat" Herrity (R) incumbent

### Sully District

Kathy L. Smith (D), incumbent

Srilekha R. Palle (R)

## School Board

### School Board At-Large (vote for three)

Abrar E. Omeish

Cheryl A. Buford

Priscilla M. DeStefano

Rachna Sizemore Heizer

Vinson Palathingal

Ilryong Moon, incumbent

Karen A. Keys-Gamarra, incumbent

### Braddock District, School Board

Zia Tompkins

Megan O. McLaughlin, incumbent

### Dranesville District, School Board

Anastasia S. Karloutsos

Ardavan Mobasheri

Elaine V. Tholen

### Hunter Mill District, School Board

Laura Ramirez Drain

Melanie K. Meren

### Lee District, School Board

Tamara J. Derenak Kaufax, incumbent

### Mason District, School Board

Ricardy J. Anderson

Tom L. Pafford

### Mount Vernon District, School Board

Pamela C. Ononiwu

Steven D. Mosley

Karen L. Corbett Sanders, incumbent

### Providence District, School Board

Andrea L. "Andi" Bayer

Jung Byun

Karl V. Frisch

### Springfield District, School Board

Laura Jane H. Cohen

R. Kyle McDaniel

Elizabeth L. Schultz, incumbent

### Sully District, School Board

Stella G. Pekarsky

Tom A. Wilson, incumbent

### Soil and Water Conservation Director Northern Virginia District

Vote for Three

C. Jane Dudik

Chris E. Koerner

Christopher A. Bowen

Edward F. McGovern

Jonah E. "Jet" Thomas

Monica A. Billger

Gerald Owen "Jerry" Peters Jr., incumbent

## School Bond Ballot Question

This is the text of the public school bond question that will be on the Nov. 5, 2019, general election ballot:

Shall Fairfax County, Virginia, contract a debt, borrow money, and issue capital improvement bonds in the maximum aggregate principal amount of \$360,000,000 for the purposes of providing funds, in addition to funds from school bonds previously authorized, to finance, including reimbursement to the County for temporary financing for, the costs of school improvements, including acquiring, building, expanding and renovating properties, including new sites, new buildings or additions, renovations and improvements to existing buildings, and furnishing and equipment, for the Fairfax County public school system?



# NEWCOMERS AND COMMUNITY GUIDE

## Candidates, General Assembly, Nov. 5, 2019

To check what is on your ballot and the status of your voter registration, visit [elections.virginia.gov/registration/view-your-info](https://elections.virginia.gov/registration/view-your-info)

### House of Delegates

- District 34  
Kathleen J. Murphy (D), incumbent,  
Gary G. Pan (R)
- District 35  
Mark L. Keam (D), incumbent, unopposed
- District 36  
Kenneth R. "Ken" Plum, incumbent, unopposed
- District 37  
David L. Bulova (D), incumbent, unopposed
- District 38  
L. Kaye Kory (D), incumbent, unopposed
- District 39  
Nick O. Bell (R)  
Vivian E. Watts (D), incumbent
- District 40  
Dan I. Helmer (D)  
Timothy D. "Tim" Hugo (R), incumbent
- District 41  
Eileen Filler-Corn (D), incumbent  
John M. Wolfe (I)  
Rachel D. Mace (L)
- District 42  
Kathy K. L. Tran (D), incumbent  
Steve P. Adragna (R)
- District 43  
Mark D. Sickles (D), incumbent  
Richard T. Hayden (R)
- District 44  
Paul E. Krizek (D), incumbent,  
Richard T. Hayden (R)
- District 45  
Mark H. Levine (D), incumbent, unopposed
- District 46  
Charniele L. Herring (D), incumbent, unopposed
- District 47  
Patrick A. Hope (D), incumbent, unopposed
- District 48  
Richard C. "Rip" Sullivan (D), incumbent, unopposed
- District 49  
Alfonso H. Lopez (D), incumbent  
Terry W. Modglin (I)
- District 53  
Marcus B. Simon (D), incumbent, unopposed
- District 67  
Karrie K. Delaney (D), incumbent, unopposed



ARCHIVE PHOTO

**Nov. 5: Election Day, Polling Places open 6 a.m. to 7 p.m.**

- District 86  
Ibraheem S. Samirah (D), incumbent, unopposed

### Virginia State Senate

- District 30  
Adam P. Ebbin (D), incumbent, unopposed
- District 31  
Barbara A. Favola (D), incumbent, unopposed
- District 32  
Janet D. Howell (D), incumbent  
Arthur G. Purves (R)
- District 33  
Jennifer B. Boysko (D), incumbent  
Suzanne D. Fox (R)
- District 34  
J. C. "Chap" Petersen (D), incumbent, unopposed
- District 35  
Richard L. "Dick" Saslaw (D), incumbent, unopposed
- District 36  
Scott A. Surovell (D), incumbent, unopposed
- District 37  
Dave W. Marsden (D), incumbent, unopposed
- District 39  
George L. Barker (D), incumbent  
S. W. "Dutch" Hillenburg (R)

## My Last Welcome Letter For Connection Newcomers

BY SHARON BULOVA,  
CHAIRMAN  
FAIRFAX COUNTY BOARD OF  
SUPERVISORS



When I was first elected to the Board of Supervisors in 1987 the Braddock District was called Annandale. Fairfax County's population (now 1.15 million) was approximately 746,600. There was no VRE (Virginia Railway Express Commuter Rail System) nor was there a Springfield Franconia Metro Station or a Fairfax County Parkway. When I took office as a freshman Supervisor in January 1988, Fairfax County was, for the most part, a rapidly growing suburban bedroom community. Tysons was still just a shopping mall.

I will be retiring at the end of December, after serving 31 years on the Fairfax County Board of Supervisors — 11 years as Chairman and 20 years before that as the Braddock District Supervisor. What I have come to understand over these many years is that the one thing you can be certain of is that things will change. Indeed, a lot has changed over that span of time.

During the past decade while I have had the honor to serve you as Chairman, Fairfax County has:

- ❖ Navigated the financial crises caused by the Great Recession with the County's coveted triple A bond rating by all three rating agencies still intact;
- ❖ Welcomed Metro's Silver Line to Tysons and Reston, with a station at Dulles Airport to open next year;
- ❖ Ushered in new land use plans for Tysons and other aging commercial and industrial areas of the County in need of revitalization;
- ❖ Reengineered our police policies to include more transparency and de-escalation tactics with a focus on the sanctity of life;
- ❖ Created Diversion First, a program for people with mental illness or developmental disabilities, experiencing an encounter with law enforcement to receive

treatment instead of incarceration;

- ❖ Updated the County's Environmental Vision to include a new focus on Energy Efficiency and Climate;

- ❖ Strengthened collaboration between the Board of Supervisors and the School Board in the areas of budget development, land use planning and joint environmental initiatives;

- ❖ Reduced homelessness by nearly 50% employing a Housing First strategy to put a roof over homeless individuals' heads and connecting them to resources needed to help them get back on their feet;

- ❖ Lastly, and most importantly, our Board, in partnership with the School Board, established One Fairfax, a social and racial equity compact, to ensure that ALL residents of Fairfax County have access to equitable opportunities for success.

I have been deeply honored to serve the residents of Fairfax County for these many years. I will really miss this job! Jurisdictions throughout the country look to Fairfax County as a leader and innovator, and I am proud, working with my colleagues on the Board and our excellent County staff, to have led our county to where it is today. Fairfax County is an awesome place, with a culture of engagement, acceptance of different cultures and backgrounds and a willingness to work together to resolve conflicts.

Fairfax County is poised for many exciting opportunities ahead. I am confident the next Board of Supervisors, in partnership with members of the community, will continue the positive momentum we are known for.



## NEWCOMERS



Springfield Nights Summer Concert Series at Burke Lake Park.



Clifton Day Local Vendors in Historic Town of Clifton.

PHOTOS CONTRIBUTED

# Exciting New Developments

FROM PAGE 3

Engineering and Math). Education is so important, and this museum, which is designed for kids between 2 and 12 years old, does an excellent job of challenging and shaping young minds. Be sure to stay and shop and/or eat at one of the best malls in the area. (11948 Fair Oaks Mall, Fairfax).

**4. Make sure to catch your fill of Friday Night Lights!** The Springfield District has some of the best high schools both academically and athletically in the country. As a West Springfield High School alumnus, there are few things I enjoy more than getting to a football game in the fall where there's a buzz in the air and a little snap of cold from the changing seasons. Go cheer on your local high school team at West Springfield, Lake Braddock, South County, Robinson, or Centreville.

**5. The newest addition to Fair Oaks Mall, Dave & Buster's** is a great time no matter what age you are. With a full arcade and an entire room of potential prizes, plus you can get half-priced games all day, every Wednesday. After playing your favorite arcade games, you can make it a complete afternoon or evening by stopping by the restaurant for dinner or bar for drinks and snacks.

**6. One of our most visited "one-stop shops" is South Run RECenter.** Not only does it feature a two-story fitness center with heated indoor pool and poolside spa, but the surrounding park offers soccer and baseball/softball fields, two tennis courts, two outdoor basketball courts, a field house with newly installed athletic turf playing surface, accessible playground, and an off-leash dog area. In addition, the newly opened **Go Ape** ropes and ziplining course is another great feature of South Run Park. (7550 Reservation Dr., Springfield).

**7. Peterson's Ice Cream Depot** is a family owned and operated business in Historic Clifton, and let me tell you, they serve some of the best gourmet ice cream in



Supervisor Pat Herrity congratulates Baseball State Champions at West Springfield High School football game.

Northern Virginia. (7150 Main St, Clifton).

**8. Don't miss Fairfax's own little slice of paradise: the award-winning Paradise Springs Winery.** The land the winery is built on has remained in the same family since it was granted to them by Lord Fairfax in 1716. Head down on Friday nights between 5 and 9 p.m. to hear live music and best wine in Fairfax County. (13219 Yates Ford Rd, Clifton).

**9. Acres of undisturbed woodland, quiet trails, splashing streams and a tranquil pond** are just a few of the reasons to visit **Hidden Pond Nature Center.** The nature center, which is accessible to everyone, fea-

tures exhibits and live displays which orient you to the park and the natural world of Fairfax County. In addition, the center has a small sales area featuring books and other items for the nature enthusiast and nature study areas for group visitors. (8511 Greeley Blvd., Springfield).

**10. The Annual Clifton Day Festival** (the Sunday before Columbus Day) is a unique opportunity to bring your family to the historic town of Clifton and enjoy arts and crafts, antiques, demonstrations, the Town Market, live music, children's activities, and lots of good food. With so many fun things to do and see, you can easily



Peterson's Ice Cream and Two Silos Food and Drinks at Springfield Nights Summer Concert Series at Burke Lake Park.

spend an entire day enjoying the charm of Clifton.

Most importantly, if there is ever anything my office can do for you, do not hesitate to ask. I have always agreed with Thomas Jefferson's notion that government closest to the people is best, and you cannot get much closer to the people than being a Supervisor. Our jobs are multi-faceted; I would go as far to say that somewhere around 80 percent of an individual's contact with government at any level is at our level. Whether it's land use, transportation, education, public safety, or tax related, my staff and I are always here to answer your questions.



PLEASE JOIN US



## WHERE TO START?

THURSDAY, SEPTEMBER 5 • 6:30 - 8:30 PM

Villa Bella Restaurant  
In Private Dining Area  
6050 Burke Commons Rd. • Burke, VA 22015

Stop by for hors d'oeuvres and educate yourselves on the options of downsizing, estate sales, selling your home and finding a Senior Living Community

RSVP to Alissa Schroeder at [Alissa.Schroeder@rui.net](mailto:Alissa.Schroeder@rui.net) or 703.425.1005

Hosted by Heatherwood Independent and Assisted Living Community  
Long and Foster Realtor



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## Lorton Community Action Center

**LCAC has been serving the community for over 44 years!**

You can help your neighbors by getting involved with one of LCAC's many programs and events.

- Food pantry
- Fall for LCAC, a food-raiser for the pantry - September 29th
- Wine Tasting at a home on Mason Neck - October 20th
- Lorton's Attic Thrift Store
- Thanksgiving, Warm Coat and Christmas Outreaches
- Adult, Group and Youth Volunteer opportunities

**See our website for ways to be involved or call 703/339-5161, ext. 140!**

**[LortonAction.org](http://LortonAction.org) Donate. Volunteer. Shop.**



LCAC's mission is to enhance the quality of life by providing food, basic needs and self-sufficiency programs through the generous support of our community.



## buffa's dance studio

- Pre-School Dance Movement – Ages 3 and 4
- Hip Hop • Lyrical/Contemporary • Ballet • Tap
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*Westminster at Lake Ridge is changing! Transformations are currently underway and will bring a renewal of amenities and décor to the community. Near the historic town of Occoquan, the serene location has all the small town charm and friendliness you desire, yet is just a few miles from the excitement of our nation's capital.*

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12191 Clipper Drive, Lake Ridge, VA 22192 // 703-291-0191 // [www.wlrva.org](http://www.wlrva.org)

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Ballet • Pointe  
Modern • Jazz • Tap  
Pilates Conditioning  
Kinderballet

**703-273-5344**  
thecenterballetarts.com

**3955 Pender Drive, Suite 105, Fairfax, VA 22030**



### CALENDAR

Let us know  
about an  
upcoming event

connectionnewspapers.com/Calendar

## NEWCOMERS

### Where to Give Locally

FROM PAGE 2

nonprofit organization that feeds, clothes and educates children in need. Assistance League's philanthropic programs touch the lives of thousands of children at 11 Title I schools in Northern Virginia, serving children most in need at selected schools in Fairfax and Prince William counties and the City of Alexandria. To learn more about volunteer and sponsorship opportunities, contact alnorthernva@gmail.com or visit www.northernvirginia.assistanceleague.org

❖ **Comfort for America's Uniformed Services (CAUSE)** ensures that recuperating service members have opportunities for recreation and social interaction and receive concrete signs of appreciation for all that they have done. 4114 Legato Road Suite B, Fairfax, VA 22033, 703-591-4968, cause-usa.org

❖ **Shelter House** provides crisis intervention, safe housing and supportive services to promote self-sufficiency for homeless families and victims of domestic violence in Fairfax County. www.shelterhouse.org/get-involved/

❖ **United Community**, Mount Vernon, 703-768-7106, 7511 Fordson Road, Alexandria, VA 22306 assists low-income families and individuals living along the Route 1 Corridor, United Community provides housing programs as well as a Workforce Development Center to help prepare people for moving forward with their jobs. Last year, for the holidays, donations of nearly 10,000 toys, books, games, clothing, and other gifts ensured a joy-filled holiday for more than 1,200 children in 600 families. 7511 Fordson Road, Alexandria VA 22306. www.ucmagency.org  
Donations of cash/checks and gift cards are also welcome.

❖ **National Capital Food Bank**, 6833 Hill Park Drive, Lorton, serving all of Northern Virginia, 703-541-3063. www.capitalareafoodbank.org

❖ **Homestretch** is the largest provider of transitional housing in Fairfax County and offers a services to help the homeless better their lives through education. Email: jhenderson@homestretchva.org; 703-237-2035 x125; homestretchva.org/volunteer/

❖ **Pathway Homes** focuses on providing housing and support services to individuals with serious mental illnesses, with the mission to help these individuals reach their full potential and lead stable lives. They offer both in-home programs, semi-independent houses and assisted living facilities. 10201 Fairfax Boulevard, Suite 200, Fairfax, VA 22030. 703-876-0390 info@pathwayhomes.org www.pathwayhomes.org www.pathwayhomes.org/support-pathway/

❖ **Good Shepherd Housing and Family Services**, 8305-17B Richmond Highway, PO Box 15096, Alexandria, VA, 22039. 703-768-9419. www.goodhousing.org/ The mission of Good Shepherd Housing (GSH) is to reduce homelessness, increase community support, and promote self-sufficiency. GSH housing manages more than 70 housing units.

❖ **Boys and Girls Clubs of Greater Washington Fairfax Area** operates clubs in two of the neediest

areas of the county, Culmore and Mount Vernon/ Route 1 corridor, focusing on character and academic success. www.bgcgw.org/fairfax

❖ **Christian Relief Services**, 8301 Richmond Highway, Suite 900, Alexandria, VA 22309, 703-317-9086, 703-317-9690 christianrelief.org/

❖ **Friends of Guest House Northern Virginia** offers structure, supervision, support and assistance to female ex-offenders who want to improve their lives and break the cycle of incarceration. Friends of Guest House offers the only program for women of its kind in Northern Virginia. One East Luray Ave., Alexandria, VA 22301-2025, 703-549-8072, info@friendsofguesthouse.org, friendsofguesthouse.org/

❖ **Wright to Read** 703-299-9854, www.wrighttoread.org Provides volunteer-based, 1:1 tutoring and mentoring to City of Alexandria public elementary school children in need. Funds are needed to provide field trips and enrichment activities, books and other resources. For more information about Wright to Read and becoming a "Tutor/Mentor" please see our website.

❖ **Habitat for Humanity of Northern Virginia** transforms the lives of lower-income families in need by providing affordable homeownership opportunities in Alexandria, Arlington, Fairfax and Falls Church. Learn more at www.habitatnova.org.

❖ **SHARE** of McLean operates a food pantry; provides assistance to families to avoid eviction, keep utilities on and meet other needs in a crisis. Share of McLean will provide holiday assistance to more than 250 needy families (630-plus people) this year. Each family will receive a grocery gift card in November along with a bag filled with pantry staples and traditional items. In December, our families will be welcomed to a festive party, served a light meal, and Santa will travel all the way from the North Pole to take photographs with the children. Each person will receive a "wish" gift and families will be given a grocery gift card, a bag filled with toiletries, and a jug of laundry detergent. Help us help our neighbors in need by fulfilling a wish or donating Walmart, Target, Giant, or Safeway gift cards. Contact Chris Wilbur at ShareWishes@gmail.com for more information. Visit www.shareofmclean.org for more info about Share.

❖ **Herndon-Reston FISH** (Friendly Instant Sympathetic Help), 336 Victory Drive, Herndon, 703-391-0105 herndonrestonfish.org Herndon-Reston FISH has assisted local residents in short term crises by since 1969. FISH provides Friendly Instant Sympathetic Help by responding to emergency requests for rent, transportation, utilities, medical prescriptions and other needs. FISH operates The Bargain Loft, a thrift store, which needs donations of good quality saleable items, accepting and selling art, furniture, jewelry, household linens, dishes, pots and pans, books, women's designer clothing (clean and on hangers), puzzles, games, collectibles, small electronics and much more. If you have store questions, call 703-437-0600. Herndon-Reston FISH also provides Holiday Food & Gift Baskets during the November and December season.



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# Tell us what you think

submit your Letter to the Editor to editors@connectionnewspapers.com





## NEWCOMERS

### Postcards from Lorton

Looking out the pro shop window at Pohick Golf Course.



A foursome on the green.

At the Workhouse Art Center, sculptures come in many forms.



PHOTOS BY MIKE SALMON/  
THE CONNECTION



Galas need wine glasses at the Workhouse.

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# FAIRS & FESTIVALS

## September 2019

### MONDAY/SEPT. 2

**Herndon Labor Day Festival.** 11 a.m. - 5 p.m. at Herndon Town Green, 777 Lynn St., Herndon. Great music, a craft show, food, 12 wineries and micro-brews and culinary demonstrations. Visit [herndon-va.gov/recreation/special-events/labor-day-festival](http://herndon-va.gov/recreation/special-events/labor-day-festival) for more.

### SATURDAY-SUNDAY/SEPT. 7-8

**Burke Centre Festival.** 9:30 am-5 pm at Burke Centre Conservancy  
6060 Burke Centre Parkway Burke. Festival includes an Arts & Craft Fair, festival food vendors, amusement rides, pony rides, musical entertainment provided by local and nationally recognized performers, nature shows, after-hours Wine Garden. Visit [www.burkecentreweb.com/sub\\_category\\_list.asp?category=19&title=Burke+Centre+Festival](http://www.burkecentreweb.com/sub_category_list.asp?category=19&title=Burke+Centre+Festival) for more.

### SATURDAY/SEPT. 14

**Dulles Day Plane Pull.** At Dulles International Airport, Dulles. The 2019 Dulles Day Family Festival & Plane Pull is a full day of excitement with airplane and auto exhibits, the children's zone and bus pull, varied displays and activities, vendors, food and entertainment. Visit [www.planepull.com](http://www.planepull.com) for more.

### SATURDAY/SEPT. 28

**Reston Multicultural Festival.** 11 a.m.-6 p.m., Lake Anne Plaza, Reston. The Reston Multicultural Festival celebrates all the entertainment, dress, food, and cultural treasures from all over the world that are all here in Reston. Rain or shine. Free. Visit [www.restoncommunitycenter.com/attend-shows-events-exhibits/reston-multicultural-festival](http://www.restoncommunitycenter.com/attend-shows-events-exhibits/reston-multicultural-festival) for more.

## October 2019

### THURSDAY-SATURDAY/OCT. 10-12

**Fairfax's Fall for the Book Festival.** 4400 University Drive, Fairfax. Enjoy literature and hear authors give readings at the Fall for the Book Festival. Visit [www.fallforthebook.org](http://www.fallforthebook.org) for more.

### SATURDAY/OCT. 5

**Taste of Annandale.** 10 a.m. - 4 p.m. Tom Davis Drive in central Annandale, between Columbia Pike and John Marr Drive. The fifth annual Taste of Annandale will showcase local restaurants during a daylong family-friendly celebration aimed at building community spirit, engaging young people, and promoting local businesses. Other activities include a 5K; multicultural music, dance, and other live entertainment; a chili cook-off; and much more. Visit [tasteofannandale.com](http://tasteofannandale.com) for more

### THURSDAY-MONDAY/OCT. 24-28

**Washington West Film Festival.** Screening events in Reston, Arlington and other local areas. For tickets and schedule visit [wwfilmfest.com](http://wwfilmfest.com).

## November 2019

### FRIDAY/NOV. 29

**Reston Holiday Parade** at Reston Town Center, 11900 Market St. Reston. Holiday parade with tree lighting, sing along, and more. Visit [www.fxva.com/event/reston-holiday-parade-tree-lighting-sing-along-%26-more/22348/](http://www.fxva.com/event/reston-holiday-parade-tree-lighting-sing-along-%26-more/22348/) for more.

## December 2019

### SUNDAY/DEC. 1

**Great Falls Celebration of Lights** at Village Field. 3:45-6:30 p.m. Celebrate the beginning of the season with a Christmas Tree Lighting. Enjoy hot chocolate and seasonal music. Visit [celebrategreatfalls.org/event/celebration-of-lights/](http://celebrategreatfalls.org/event/celebration-of-lights/) for more info.



PHOTO BY MERCIA HOBSON/THE CONNECTION

**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.**

## Fairfax County 4-H Fair and Carnival

Enjoy old-fashioned family fun with carnival games, rides and tempting foods. Friday features the free Big Truck Night event from 5-7:30 p.m. “No Horn” hour is from 5-6 p.m. Tractor Pull at 4 p.m. on Saturday. Stop by the 4-H Fair throughout the weekend as exhibitors display their winning entries and get their farm animals ready to show. Try a turn at farm chores, watch stage entertainment and enjoy horse and livestock shows. In August at Frying Pan Farm Park, 2709 West Ox Road, Herndon. Admission to the 4-H Fair and Carnival is free; \$10 per car parking fee on Saturday and Sunday. Visit [www.fairfaxcounty.gov/parks/frying-pan-park/4-h-fair](http://www.fairfaxcounty.gov/parks/frying-pan-park/4-h-fair) for details.

### SATURDAY/DEC. 7

**Living Saviour's Holiday Bazaar** at 5500 Ox Road Fairfax Station. Event is 9: a.m-3 p.m. This is a family event with free admission. Shop a variety of vendors including small business and homemade arts and crafts. There will also be a Silent Auction with proceeds benefiting local hypothermia shelters this winter. Visit [www.eventbrite.com/e/living-saviors-third-annual-holiday-bazaar-tickets-64259195985?aff=ebdssbdestsearch](http://www.eventbrite.com/e/living-saviors-third-annual-holiday-bazaar-tickets-64259195985?aff=ebdssbdestsearch) for more.

## April 2020

### APRIL 18-25

**Historic Garden Week.** This eight-day statewide event provides visitors with a unique opportunity to see elaborate gardens with more than 2,000 flower arrangements created by the Garden Club of Virginia Members. Visit [www.va.gardenweek.org](http://www.va.gardenweek.org) for more.

## May 2020

**Great Falls Artfest on the Green.** On the Great Falls Village Green. Great Falls Studios Spring Art Show and Sale under the big tent and a few little tents, too. This annual event is a show and sale highlighting Great Falls Studios members both at Great Falls Grange & Schoolhouse and in the working studios in Great Falls Village Centre. Visit [www.greatfallsart.org/artfest/](http://www.greatfallsart.org/artfest/)  
**Great Falls Annual Charity Golf Tournament.** Hidden Creek Country Club. 1711 Club House Road, Reston. Join for a morning or afternoon round of golf and support three Great Falls elementary schools. Opportunities for sponsorships and volunteering are available. Visit [www.celebrategreatfalls.org](http://www.celebrategreatfalls.org).

### THURSDAY-SUNDAY/MAY 28-31

**Herndon Festival 2020.** Thursday, 6-10 p.m.; Friday, 5-11 p.m.; Saturday, 10 a.m.-11 p.m.; and Sunday, 10 a.m.-6 p.m. at Northwest Federal Credit Union, 200 Spring St., Herndon. Four day outdoor festival with three entertainment stages, two fireworks displays, Kid's Alley with children's art area, arts and craft show and more. All ages. Visit [www.herndonfestival.net](http://www.herndonfestival.net) for more.

### THURSDAYS/MAY-AUGUST

**Take a Break Concert Series.** 7-9 p.m. Lake Anne Plaza, 11404 Washington Plaza W, Reston. On Thursdays, take a break with this outdoor concert series. Visit [www.restoncommunitycenter.com/take-a-break](http://www.restoncommunitycenter.com/take-a-break) for a weekly lineup.

### FRIDAYS/MAY-AUGUST

**Herndon Friday Night Live!** 6:30 p.m. 777 Lynn St., Herndon. Listen to great music on Friday nights during the summer. Visit [herndonrocks.com/schedule.php](http://herndonrocks.com/schedule.php) for more.

## June 2020

**Springfield Days.** South Run Park, 7550 Reservation Drive, Springfield. Springfield Days is a community-wide celebration that includes a 5K run, “Pet Fest” and car show. Visit [www.springfielddays.com](http://www.springfielddays.com) for more.

**Cardboard Regatta.** 10 a.m.-2 p.m. Lake Accotink Park, 7500 Accotink Park Road, Springfield. Featured during Springfield Days, witness the cardboard boat creations race along Lake Accotink's shoreline at 2 p.m. \$4 vehicle fee. Call 703-569-0285 or email [julie.tahan@fairfaxcounty.gov](mailto:julie.tahan@fairfaxcounty.gov). Visit [www.springfielddays.com](http://www.springfielddays.com) for more.

**Vintage Virginia Wine and Food Festival.** 11 a.m.-6 p.m. Bull Run Regional Park, 7700 Bull Run Drive, Centreville. A fun-filled day with food, musical entertainment and more. Visit [www.vintagevirginia.com](http://www.vintagevirginia.com) for more.

**Lake Anne Chalk on the Water Festival.** 11 a.m.-5 p.m. Lake Anne Plaza, 1609 Washington Plaza, Reston. Chalk on the Water is a two-day street-painting festival where participants will create street art. Festival goers can purchase a “plot” of brick space on the plaza and paint to their hearts delight whatever flows from their imagination. Visit [www.chalkonthewater.com](http://www.chalkonthewater.com).

**Taste of Reston.** Reston Town Center, 11900 Market St., Reston. Carnival games and rides with a family fun zone. Visit [www.restontaste.com](http://www.restontaste.com) for more.

**Love Your Body Yoga Festival.** Yoga studios and wellness centers of Northern Virginia will be offering classes, services, and information on ways to care for your body, along with live entertainment and activities for children. Donations to participate in classes benefit

Cornerstones. Presented by Beloved Yoga. [www.belovedyoga.com](http://www.belovedyoga.com).

### FRIDAY-SUNDAY/JUNE 5-7

**Celebrate Fairfax! Festival.** Friday, 6 p.m.-midnight; Saturday, 10 a.m.-midnight; and Sunday, 11 a.m.-7p.m. Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Musical performances, rides, games and food. Call 703-324-3247 or visit [www.celebratefairfax.com/](http://www.celebratefairfax.com/).

### JUNE-AUGUST

**Reston Concerts on the Town.** Fridays, 7:30-10 p.m. Reston Town Center Pavilion. Bring lawn chairs or picnic blankets and enjoy live music in the Pavilion Saturday nights. Free. Rain or shine. Presented by Reston Town Center, Boston Properties, and Reston Town Center Association. Alcohol permitted at restaurants only. 11900 Market Street, Reston. Visit [www.restontowncenter.com/concerts](http://www.restontowncenter.com/concerts).

**Great Falls Concerts on the Green.** Sundays, 6-8 p.m. Great Falls Village Centre Green. Come out with your picnic baskets and chairs for an entertaining evening of free, live music! 776 Walker Road, Great Falls. Visit [www.celebrategreatfalls.org/concerts-on-the-green/](http://www.celebrategreatfalls.org/concerts-on-the-green/).

**Arts in the Parks.** Wednesdays & Saturdays, 10 a.m. Performance venues include Burke Lake Park Amphitheater, E.C. Lawrence Park Amphitheater, Mason District Park Amphitheater, and Frying Pan Farm Park Visitor Center. Entertain children, teach them the importance of protecting our natural resources, introduce them to live entertainment in an informal kid-friendly atmosphere, and forge a connection between kids and parks. Visit [www.fairfaxcounty.gov/parks/performances/arts-in-the-parks](http://www.fairfaxcounty.gov/parks/performances/arts-in-the-parks) for more.

## July 2020

**Herndon 4<sup>th</sup> of July Celebration.** Bready Park at the Herndon Community Center, 814 Ferndale Ave., Herndon. A family-fun event featuring games, arts and craft activities, bingo, food face painting, balloon artists, and fireworks. Visit [www.herndon-va.gov/recreation/special-events/4th-of-july](http://www.herndon-va.gov/recreation/special-events/4th-of-july) for more.

**Great Falls 4th of July Celebration & Parade.** 5K Walk Run, Blood Drive, Little Patriot Parade, and floats, horses, antique cars and pets making a loop in the Main Parade. Fireworks start after dusk. [www.celebrategreatfalls.org/4th-of-july-celebration-parade/](http://www.celebrategreatfalls.org/4th-of-july-celebration-parade/)

**Vienna 4<sup>th</sup> of July Festival and Fireworks Show.** Live musical entertainment, arts and crafts for kids, antique and classic car show and fireworks. Visit [www.viennava.gov](http://www.viennava.gov) for more.

**Fairfax's Independence Day Celebration.** In the Downtown Fairfax Historic District. Independence day parade, historical tours, games, entertainment and fireworks. Visit [www.fairfaxva.gov/about-us/special-events/independence-day-celebration](http://www.fairfaxva.gov/about-us/special-events/independence-day-celebration)

**Obon Festival.** Highlighting Japanese culture at Ekoji Buddhist Temple, 6500 Lakehaven Lane, Fairfax Station. Visit [www.ekoji.org](http://www.ekoji.org) for more.

### JULY-AUGUST

**Braddock Nights Concert Series.** Fridays, 7:30-8:30 p.m. Lake Accotink Park, 7500 Accotink Park Road, Springfield or Royal Lake Park, 5344 Gainsborough Drive, Fairfax. Listen to musical performances in the great outdoors. Visit [www.fairfaxcounty.gov/parks/performances/braddock-nights](http://www.fairfaxcounty.gov/parks/performances/braddock-nights) for location and schedule.

## August 2020

**Fairfax County 4-H Fair and Carnival.** At Frying Pan Farm Park, 2709 West Ox Road, Herndon. Enjoy old-fashioned family fun with carnival games, rides and tempting foods. Friday features the free Big Truck Night event from 5-7:30 p.m. “No Horn” hour is from 5-6 p.m. Tractor Pull at 4 p.m. on Saturday. Stop by the 4-H Fair throughout the weekend as exhibitors display their winning entries and get their farm animals ready to show. Try a turn at farm chores, watch stage entertainment and enjoy horse and livestock shows. Thursday and Friday – free parking and discount tickets for unlimited rides. Admission to the 4-H Fair and Carnival is free; \$10 per car parking fee on Saturday and Sunday. Visit [www.fairfaxcounty.gov/parks/frying-pan-park/4-h-fair](http://www.fairfaxcounty.gov/parks/frying-pan-park/4-h-fair) for details.