

Fairfax Station CONNECTION Clifton & Lorton



PFC Wesley Shifflett of the Franconia Police Department with Andres Covarrubias, 2, of Lorton celebrating National Night Out in Lorton on Tuesday, Aug. 6, 2019.

National Night Out in Lorton

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Literary Voice for All

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

BY MERCIA HOBSON
THE CONNECTION

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

THEY BRING UP MEMORIES they have not thought about in

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

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

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

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

O'Dwyer wanted then, she said, "Was for the boys to come to their own truths." According to Taylor, the Writers Workshop Series provides a similar safe place, without judgment. "Here, we develop writing skills and share works with others in a trusting, creative environment," Taylor said.

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



PHOTO BY MERCIA HOBSON/THE CONNECTION

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

brain so happy." Her response was that she was always learning so much from them.

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

lacking today," said Taylor.

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

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

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From left: School Board Chair Karen Corbett Sanders of the Mount Vernon District; Auxiliary Police Officer Howard Bishop of the Franconia Station; McGruff the Crime Dog; and Police Officer Debra Lucero of the Franconia Station.



PHOTOS BY STEVE HIBBARD/THE CONNECTION

Children jump in the Moon bounce.

National Night Out in Lorton Some 200-300 people attend one of the largest events in the county.

Call it a community celebration. Between 200-300 people attended the eighth-annual National Night Out behind the Lorton Library in Lorton on Tuesday, Aug. 6, 2019 – one of the largest in the county. Coordinated by the Lorton Community Action Center (LCAC) along with the South County Church and the Lorton Library, the event brings the community together to get to know one another and to mingle with members of the local police and fire departments. According to Linda Patterson, Executive Director of the Lorton Community Action Center: “Here at National Night Out, we seek to make sure that all of our neighbors from the surrounding community can get together to get to know one another. One of the best ways to do crime prevention and to make sure that our community knows what’s going on is to meet each other face to face and learn who our neighbors are.” Added School Board Chairman Karen Corbett Sanders of the Mount Vernon District: “I’m so excited to be here in Lorton for the National Night Out because it brings the whole community out to celebrate friendships/relationships and the partnership between all of our community associations and our police and our first re-



Abigail Eggleston, 4, of Lorton has her face painted as a Mermaid by Anne Lawrence of Happy Faces in Fairfax Station. The booth was sponsored by the Friends of Lorton Library.

sponders. So, it’s just exciting to see everybody here tonight, and I’m honored to have been invited to come.”

Some of the participants included: South County Church, Shiloh Baptist Church,



Lyn McKinney, Branch Manager of the Lorton Library, at the library’s booth.

Grace Bible Church; and the Fairfax County Police from the Franconia Station as well as the local fire department. In addition, there were inflatable rides for the kiddies; Mission Barbecue food; ice cream and snow

cones. The Lorton Library offered books, crafts and face painting and the Junior League of Northern Virginia sponsored a kids’ parachute game and activities.

— STEVE HIBBARD



The lines for the Inflatable rides during National Night Out in Lorton.



The crowd at National Night Out in Lorton on Tuesday, Aug. 6, 2019.

OPINION

Gun Reform Now

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

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

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

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

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

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

Here are some key provisions:

- ❖ No one with a restraining order or convicted of domestic violence should have access to firearms.

- ❖ Comprehensive universal background checks.

- ❖ Ban assault weapons.

- ❖ Ban large capacity mechanisms for ammunition.

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

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

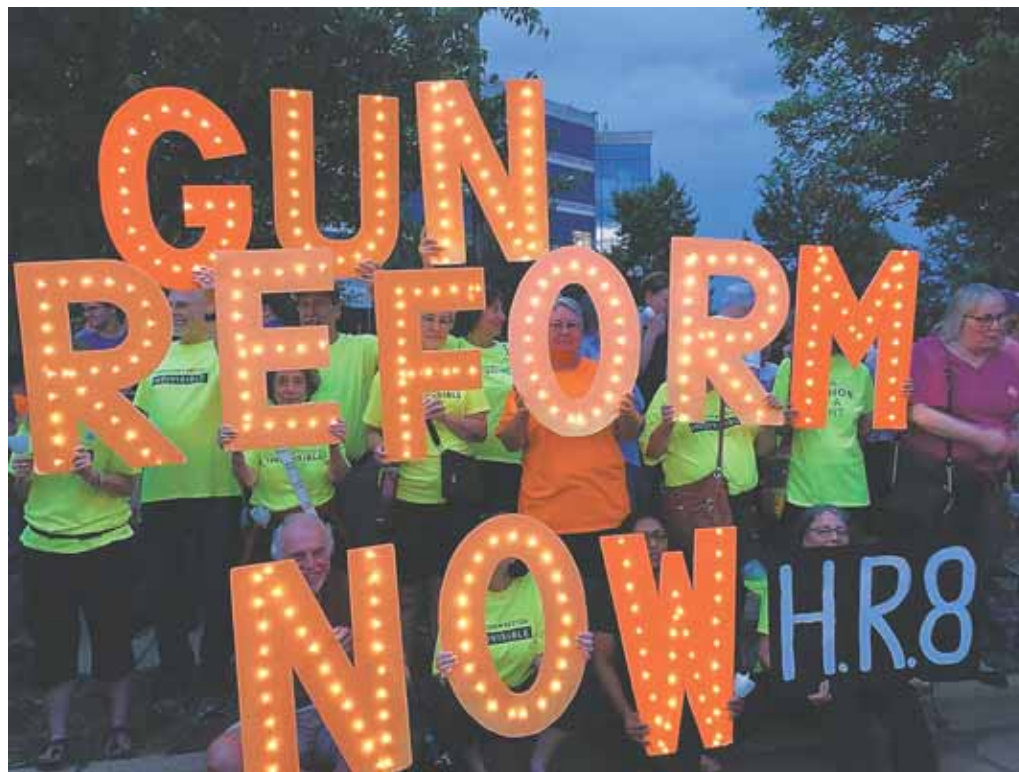


PHOTO COURTESY OF HERNDON RESTON INDIVISIBLE

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

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

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

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

THREE THINGS:

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

- ❖ It's not mental illness, although giving

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

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

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

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

LETTERS TO THE EDITOR

We Must Change

To the Editor:

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

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

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

And now Dayton and El Paso. Is

it time yet?

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

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

act common sense gun reform.

Barbara Glakas
Herndon

Tired But Not Defeated

To the Editor:

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

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

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

Saira Bhatti
Centreville

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



PHOTOS BY MERCIA HOBSON/THE CONNECTION

Hap O'Brien of Annandale displays a frame heavy with honey from one of his beehives during Fairfax County 71st 4-H Fair and Carnival.

Youth-powered Community

In Fairfax County 71st 4-H Fair and Carnival community's young people shine.

BY MERCIA HOBSON
THE CONNECTION

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

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

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

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

During the Rabbit and Cavy Show, John Ameen rated the Standard Rex rabbits. Although the rabbits owned and raised by Hannah Rosenbusch, 10, of Falls

Church and her sister Ava did not place, Hannah explained the importance of bonding with rabbits. “You have to give rabbits lots of attention and bond with them, or they will become aggressive towards you. Then it’s not fun to have them,” she said. Ava told she won a Grand Champion Ribbon in the Quick Bread Class for the 4-H Foods and Nutrition Department.

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

Outside one of the barns, the Strengelein sisters of Centreville, Summer, 11, Hannah, 8, and Brooke, 10, held ribbons and entries. “I entered the 4-H Fair for the fun of it. I chose this image because it was my most memorable photo. I used a Kodak camera,” said Hannah.

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

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

Leaving the barn, the whirl and twirl of rides by Cole Shows

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

Eric Kulczycky of Visit Fairfax

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

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

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WELLBEING

Summer's Bounty: So Healthy and Tasty!

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

BY MARILYN CAMPBELL
 THE CONNECTION

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

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

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

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

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

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

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



PHOTO COURTESY OF TERRI CARR

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

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

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

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

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

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

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

— Terri Carr,
Terri's Table Cooking Classes

THE CONNECTION
 Newspapers & Online

SPECIAL PULLOUT TAB
Newcomers & Community Guide
August 28, 2019

The annual Newcomers and Community Guides for each of our 15 communities with inside facts on what makes each community special, their secret places, the real power players, how to get involved and more.

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Del. Filler-Corn Statement on Medicaid Expansion Milestone

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



House Democratic Leader Eileen Filler-Corn.

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

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

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

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

“Now we must envision what Virginia can look like in the future.

From expanding access to health care, improving education and continuing to improve our roads, Democratic leadership in the House will better the lives of Virginians across our Commonwealth by tackling our most urgent challenges.”

Free Training Classes For Community Emergency Response Team

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

The CERT training classes follow the FEMA curriculum, tailored to local disasters and hazards. It educates people about disaster preparedness for hazards that may impact their area and trains them in basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations. Emphasis on hands-on skill development and Fairfax County protocols and procedures. Instructor will provide syllabus with class schedule at first session. This training does not require any special physical strength or agility. For more information and to register



PHOTO COURTESY OF FAIRFAX COUNTY FIRE & RESCUE DEPARTMENT

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

for the next two classes at the Fire and Rescue Academy, click on the link below:

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

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

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

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

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

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

Wakefield Farmers Market. Wednesdays, 2-6 p.m. through Oct. 30, at Wakefield Park, 8100 Braddock Road, Annandale. Eleven local farmers and producers will sell fresh produce and fruits; meats; breads and pastries; jams; dairy products and eggs; herbs; flowers, and more. All products are grown or produced by the vendors and come from within 125 miles. The Fairfax County Master Gardeners Association will be there each week, providing horticultural information to home gardeners in Fairfax County. Call 703-642-0128 or visit www.fairfaxcounty.gov/parks/farmersmarkets/wakefield.

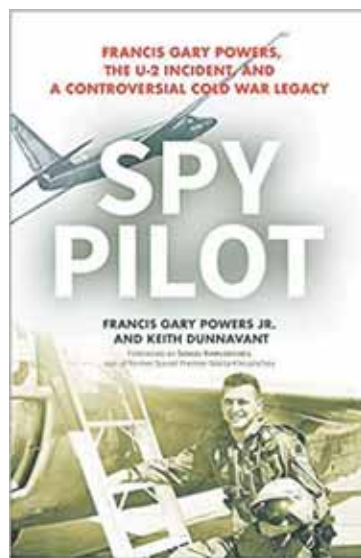
Lorton Farmers Market. Sundays, 9 a.m.-noon, through Nov. 17, in the VRE Parking Lot, 8990 Lorton Station Blvd., Lorton. Eleven local farmers and producers sell fresh produce and fruits; meats; breads and pastries; jams; dairy products and eggs; herbs; flowers, and more. All products are grown or produced by the vendors and come from within 125 miles. The Fairfax County Master Gardeners Association will be there each week, providing horticultural information to home gardeners in Fairfax County. Call 703-642-0128 or visit www.fairfaxcounty.gov/parks/farmersmarkets/lorton.

Springfield Farmers Market. Saturdays, through Nov. 23, 10 a.m.-2 p.m. at Springfield Town Center, 6699 Spring Mall Drive, Springfield. Vendors include Cascade Beverage, Celestial/Fossil Farms, Chilanga Tortilla, Conecopia, Greenwich Farms, Iganacio's Produce, Kingdom Gourmet, Lola's Kusina, Lund's Produce, Smiths Mecklenburg, Taste Old Country, Three Puppies, Tyson Farm, and Windmill Meadows. Visit www.community-foodworks.org or call 202-697-7768.

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

FRIDAY/AUG. 9

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



Author Event: Francis Gary Powers Jr.

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

call 703-273-3638 for more.

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

FRIDAY-SATURDAY/AUG. 9-10

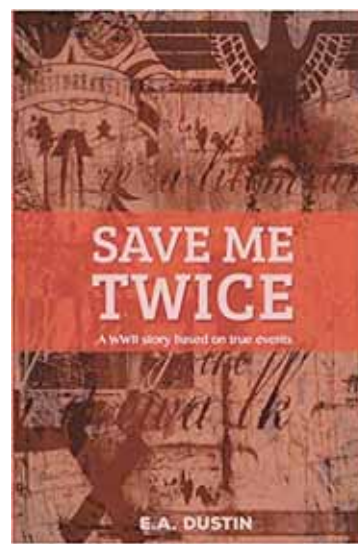
Reserve a Boxwood Cutting. The historic boxwood at Gunston Hall are in declining health and are being removed as a part of a garden restoration project. Hundreds of clippings of these boxwood plants have been taken to preserve their genetic material. Following Gunston Hall's big rooting day, there are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

SATURDAY/AUG. 10

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

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

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



Author Event: E. A. Dustin

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

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

Summer Saturdays. 11 a.m.-4 p.m. at Gunston Hall, 10709 Gunston Road, Lorton. Join Gunston Hall for a summer of fun. Each Saturday in June, July, and August, stop by for a historic adventure on the grounds and in the Visitor Center. Included with regular admission. Call 703-550-9220 or visit www.gunstonhall.org/visit/guide/upcoming-events.

SUNDAY/AUG. 11

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

Films in the Park: Homeward Bound (1993). 7 p.m. at Strawberry Park in Mosaic, Fairfax. Mosaic's summer movie lineup has something for the whole family. Grab a blanket, friends and family and watch favorite films underneath the stars. Visit mosaicdistrict.com/events/event/films-in-the-park-2/.

TUESDAY/AUG. 13

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

WEDNESDAY/AUG. 14

Springfield Nights: The Johnny Artis Band (Blues, Rock&Roll). 7-8:30 p.m. at Burke Lake Park, 7315 Ox Road, Fairfax Station. Springfield Nights returns for a second summer season with free musical performances on Wednesday evenings at Burke Lake Park ranging from bluegrass and pop, to rock and R&B. Visit www.fairfaxcounty.gov/parks/performance/springfield-nights.

THURSDAY/AUG. 15

Evenings on the Ellipse: Mariachi Los Amigos with special guest group, Common Ground (mariachi plus jazz). 5:30-7 p.m. at the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. The Fairfax County Government

Center's backyard will be alive with fun, music and good company this summer as the Evenings on the Ellipse concert series returns. Stop by and relax in style with generous tastings and sales from Fairfax County's two Wineries, Paradise Springs and Bull Run. Visit www.fairfaxcounty.gov/parks/performance/evenings-on-the-ellipse for more.

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

FRIDAY/AUG. 16

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

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

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

SATURDAY/AUG. 17

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

Summer Saturdays. 11 a.m.-4 p.m. at Gunston Hall, 10709 Gunston Road, Lorton. Join Gunston Hall for a summer of fun. Each Saturday in June, July, and August, stop by for a historic adventure on the grounds and in the Visitor Center. Included with regular admission. Call 703-550-9220 or visit www.gunstonhall.org/visit/guide/upcoming-events.

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

SUNDAY/AUG. 18

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

Films in the Park: Akeelah and the Bee (2006). 7 p.m. at Strawberry Park in Mosaic, Fairfax. Mosaic's summer movie lineup has something for the whole family. Grab a blanket, friends and family and watch favorite films underneath the stars. Visit mosaicdistrict.com/events/event/films-in-the-park-2/.

WEDNESDAY/AUG. 21

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

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SYNTHETIC

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BRAKE SPECIAL

\$79⁹⁵

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

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CALL FOR AN APPOINTMENT AT **703-684-0710** OR SCHEDULE ONLINE AT **ALEXANDRIATOYOTA.COM**

CALENDAR

			1	2	3
4	5	6	7	8	9
10	11	12	13	14	15
16	17	18	19	20	21
22	23	24	25	26	27
28	29	30	31		

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Announcements

Announcements

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Estate of Alvin N. Greene

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

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NEWS



PHOTOS CONTRIBUTED

Mantua community comes together to collect supplies for immigrants crossing the border.

Mantua Moms, Kids Help Immigrants at the Border

On July 31, a group of families from the Mantua community in Fairfax hosted a supply drive to collect items for immigrants crossing the U.S. border. More than 40 boxes of supplies were donated, sorted and shipped to the Catholic Charities of Rio Grande Valley by the volunteers. The event was sponsored by Champion Services Waste Management and organized by Moms of Mantua and Kids Give Back.

The donation was accompanied by a letter to the immigrants receiving the donation: "These items are donated by a group of families in Virginia. We are praying for you and your families — that you will find a happy, safe and secure future ahead. Please don't give up. We hope that these items will ease some of the hardship you are facing along your journey. Please know that we are aware of the situation and we are doing what we can to help. We welcome you and we hope you will find the peace you are seeking in our country."



More than 40 boxes of supplies were donated, sorted and shipped to the Catholic Charities of Rio Grande Valley.

BULLETIN BOARD

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

DONATIONS NEEDED

School Supply and Backpack Drive. 8 a.m.-4 p.m. at the Parent Resource Center, 2334 Gallows Road, Room 105, Dunn Loring. For the nearly 56,000 students in Fairfax County Public Schools living at the poverty line, obtaining school supplies can be difficult. FCPS is partnering with roughly 20 nonprofits and businesses to ensure that students will have the supplies they need this fall for its "Collect for Kids" campaign. A \$25 donation will fill a backpack with FCPS approved

supplies for a student. Organize a collection drive of new backpacks in your community and bring to one of the Collect for Kids drop off locations. Visit www.collectforkids.org/get-involved or call 703-204-3941.

learned. Donations accepted. Call 703-281-1767 or RSVP at journeyingaugust10.eventbrite.com/.

TUESDAY/AUG. 13

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

SEE BULLETIN, PAGE 11

SATURDAY/AUG. 10

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

BULLETIN

FROM PAGE 10

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 on Tuesday, February 13, 7-8 p.m. This month's focus is an open discussion on caregiver stress. Share experiences, gain support and get information without having to travel. Call 703-324-5484, TTY 711 to register.

TUESDAY/AUG. 20

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

Car Seat Safety Check. 5-9 p.m. at the West Springfield district police station, 6140 Rolling Road. Fairfax County Police Department offers free safety check and install events throughout the year to ensure children travel safely. By appointment only; call 703-644-7377 and press 0 at the recording to schedule.

WEDNESDAY/AUG. 21

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

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

TUESDAY/AUG. 22

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

SATURDAY/AUG. 24

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

Messy Church. 5-6:30 p.m. at St. Peter's in the Woods, 5911 Fairview Woods Drive, Fairfax Station. Join St. Peter's in the Woods for their monthly Messy Church. It's a worshipping community especially geared towards families and young children, but welcoming to all. Bible-themed crafts and activities, casual worship and a free, family-style dinner. Call 703-503-9210

MONDAY & WEDNESDAY/AUG. 28-SEPT. 25

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

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



By KENNETH B. LOURIE

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



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