



Fairfax Station

CONNECTION Clifton & Lorton

HomeLifeStyle

PAGES 6-7

Irma Clifton and Lynne Garvey Hodge are dressed in authentic costumes during the Lorton Prison Museum's 100-year commemoration of the women suffragists who were sent there.



Honoring Suffragists in Lorton

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PHOTO BY STEVE HIBBARD/THE CONNECTION

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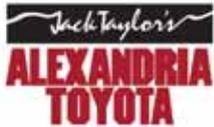
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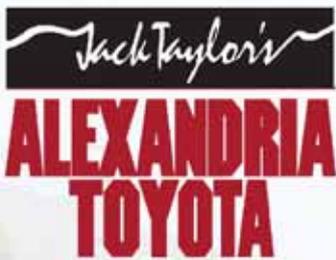
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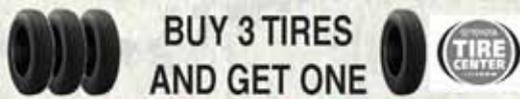
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The crowd of 20 people who attended the Lorton Prison Museum's 100-year commemoration of the women suffragists who were sent there.

PHOTOS BY STEVE HIBBARD/THE CONNECTION

Honoring Suffragists in Lorton

Workhouse Prison Museum holds bell-ringing ceremony, shows video in honor of 16 suffragists who were imprisoned there.

BY STEVE HIBBARD
THE CONNECTION

On Saturday, July 8, the Lorton Prison Museum at the Workhouse Arts Center commemorated the 1917 Bastille Day suffragists movement by ringing a bell and reciting the names of the 16 women protestors who were arrested and sent to the prison.

As the names were called out of the suffragists – Louise Mayo, Elizabeth Rogers, Eunice Brannon, Eleanor Calnan, Mary Ingham, and others, ages 22 to 52 – a bell was rung and passed through the crowd at the museum.

Laura McKie, director of Workhouse Prison Museum, said the year 2017 is important because it marks 100 years ago that women were imprisoned for their protests in front of the Woodrow Wilson White House for the right to vote.

"We chose tonight because July 17 was the date the first women came to the Workhouse and over the next nine months, 72 women were imprisoned here," she said, most from the National Woman's Party for picketing the White House demanding women's voting rights.

McKie said the upper-middle class, well-educated ladies were incarcerated alongside thieves, prostitutes and drunks. They were all sentenced for six months but some of them served for a shorter time. All of them were treated badly; some were on hunger strikes and were force fed, she said. The Lorton Correctional facilities operated a total of 91 years from 1910 to 2001. The Women's Division of the Workhouse, also

known as the Occoquan Workhouse, was opened in 1912.

McKie said two women named Alice Paul and Lucy Burns worked with the National Women's Party leading the second wave of suffragist activists for women's right to vote. "Alice Paul was the master mind, the thinker; and Lucy Burns who was the one who led the group to the White House, was among the first ones to be arrested," she said. "She was at the forefront of the activity, something of a fire brand."

TO HONOR HER, the new Lorton Prison Museum will be named the Lucy Burns Museum at Lorton, as she was imprisoned there three different times. It is scheduled to open at Workhouse Arts Center Building #2 in the fall.

A crowd of about 20 people watched a video outlining the work of the women who were arrested for picketing the White House who became a distraction to World War I efforts. For their crime of obstructing sidewalk traffic, they were sent to Lorton Prison.

After a trial that ended after two days, the women were taken to the District Jail and then sentenced to 60 days in the Occoquan Work House in Lorton in default of a \$25 fine.

During their days at the prison, they did laundry, cleaned toilets, and did sewing. The food left them nauseated and hungry, and they worried about the unsanitary conditions. They slept in open prison areas and the wardens made things unpleasant for them.

Irma Clifton, who started the museum, dressed as a woman prisoner and explained, "They stripped them naked and these were



Irma Clifton, who was dressed as a prisoner in a uniform made out of bed ticking, rings a bell in honor of the 16 women suffragists who were sent to Lorton prison.

high-society ladies. Then they had to wear these clothes which were horribly uncomfortable," she said. "I'm dressed like this for people to be reminded how degrading it was for women to come here and be subjected to wearing these filthy, raggedy clothes and sleep in beds that have not been made up from the previous occupant."

President Wilson said he was shocked at the 60-day sentence. When news of their plight leaked out in the press, a national protest had been strong enough to force a release of the suffragists after three days in



Show producer and moderator Kenena Spalding addresses the crowd.

prison.

Show producer and moderator Kenena Spalding added, "This is our centennial here. In 2020, the nation will celebrate when women got the right to vote. This was to tell the story of them coming to Occoquan in 1917. Eventually the tide of public opinion turned towards the suffragists."

Dressed as an historic re-enactor, Lynne Garvey Hodge played the role of a suffragist named Mrs. Robert Walker, or Mimi Himes, one of the 16 women arrested on Bastille Day. She said, "I absolutely believe this movement was essential to create equality in the U.S. The energy and focus on justice and equality is as needed today as it was in 1917. We just need to not forget."

People might be surprised that Lorton Prison has a roster of famous male prisoners, including G. Gordon Liddy, Benjamin Spock, Norman Mailer, and Noam Chomsky. And through the years, entertainers like Frank Sinatra, Ella Fitzgerald and Duke Ellington performed on the site.

Problems for Public Health

Increasing the number of uninsured is bad for the rest of us, and the economy.

The proposed plan in the U.S. Senate to give the wealthiest Americans massive tax cuts by cutting health coverage for people who are poor, have disabilities and elders, would also affect the rest of the population, and the economy.

People without health insurance face economic uncertainty. When they do incur medical bills, they often cannot pay them in full. This increases costs to providers and decreases the ability to participate in the economy.

People without health insurance are sicker than people with insurance, but they also often can't afford to stay home from work, often exposing others to preventable illnesses. They are less likely to have flu shots and other routine immunizations that protect all of us, including those with the weakest immune systems and those who cannot be vaccinated.

U.S. Sen. Tim Kaine was in Springfield this week talking to people who depend on Medicaid coverage. He and U.S. Sen. Mark Warner have been active in opposing these major cuts to health care.

This bears repeating — here are some other consequences of proposals in the Senate bill:

- ❖ Millions of people lose their health insurance — 22 million fewer would have health insurance by 2026 according to the Congressional Budget Office analysis.

- ❖ In Virginia, more than 14,000 veterans could lose coverage under Medicaid.

- ❖ States could opt out of the law's essential health benefits measure, which requires insurers to cover 10 main benefits, including hospitalization, prescription drugs and other services. That is, companies could sell health insurance that wouldn't actually be health insurance. Would Virginia be a state that opts out? Quite likely.

LETTERS TO THE EDITOR

Girl Scouts Need Help

To the Editor:

Hi! My name is Ella. I'm 9, and I'm from Girl Scout Troop 54029. This year we are participating in the 2017 Girl Scout Bronze Award. The Girl Scout Bronze Award is what junior Girl Scouts do to make a difference in the world. These are the steps we do for the Bronze Award:

- Step 1: Make a team
- Step 2: Get together
- Step 3: Pick a project
- Step 4: Plan
- Step 5: Make a difference

We are making a difference by saving a life! Not a human life, a

life at the animal shelters. We are making donation boxes for toys, beds, anything for pets, really.

The thing my troop needs to tell you is that we have a problem. We need your help to spread the word. We have put out donation boxes around town

and need people to know about them. Also, we hope people will save a life at the animal shelter and make a difference in the world by giving these animals a real home, a place to make them feel loved.

Thank you for reading this letter and know that if you do this huge favor for us, you'll save many lives at the animal shelter.

Donation boxes are located here until July 21:

- ❖ Giant - University Plaza
- ❖ Safeway - Burke Center
- ❖ South Run Regency Pool and Racquet Club
- ❖ Lake Braddock Community Center Office

Thank you,

Ella Osborne & Troop #54029
(Victoria Wood, Erin Anderson, Lilly Berry, Carys Clayton, and Radha Samuel)

Trumpcare Is a Very Bad Idea

To the Editor:

Health insurance is more than a

their savings and coverage.

- ❖ In Virginia, the proposed changes to Medicaid would cost the state \$1.4 billion over seven years.

- ❖ Medicaid pays for much of the fight against opioid addiction, including treatment. Cuts would be devastating to efforts to counter the wave of overdose deaths and other effects of addiction.

- ❖ Coverage for mental health treatment, including addiction treatment, is threatened both by cuts to Medicaid and by changes in the private insurance market.

- ❖ There will be greater need for Medicaid over time. More seniors will be poor, as fewer people who are retiring have pensions or adequate retirement savings. The demand for nursing home beds will be increasing as the population ages.

Read last week's editorial, "Killing the Poor to Pay Millionaires," here: www.connectionnewspapers.com/news/2017/jun/27/opinion-editorial-killing-poor-pay-millionaires/

— MARY KIMM
 MKIMM@CONNECTIONNEWSPAPERS

Send in Your Pet Photos Now

The Pet Connection, a twice-yearly special edition, will publish the last week of July, and photos and stories of your pets with you and your family should be submitted by July 20.

We invite you to send us stories about your pets, photos of you and your family with your cats, dogs, llamas, alpacas, ponies, hamsters, snakes, lizards, frogs, rabbits, or whatever other creatures share your life with you.

Tell us the story of a special bond between a child and a dog, the story of how you came to adopt your pet, or examples of amazing feats of your creatures.

Do you volunteer at an animal shelter or therapeutic riding center or take your pet to visit people in a nursing home? Does your business have a pet? Is your business about pets?

Have you helped to train an assistance dog? Do you or someone in your family depend on an assistance dog?

Or take this opportunity to memorialize a beloved pet you have lost.

Just a cute photo is fine too. Our favorite pictures include both pets and humans.

Please tell us a little bit about your creature, identify everyone in the photo, give a brief description what is happening in the photo, and include address and phone number (we will not publish your address or phone number, just your town name).

Email to editors@connectionnewspapers.com or submit online at www.connectionnewspapers.com/pets.

policy, it's peace of mind. It's knowing your family will be cared for and not having to worry about going broke when you get sick. That's why I strongly oppose the Senate healthcare bill.

The more I learn about it, the less I like. Robbing health care from millions of Americans to give yet another tax cut to the rich and powerful is just plain cruel.

Our healthcare system needs to be improved — we all agree on that. But this bill would do exactly the opposite — for no other reason than greed. I urge Senators Kaine and Warner to vote no on the Senate healthcare bill.

Sara Gann
 Fairfax



FAITH

Send notes to the Connection at south@connectionnewspapers.com or call 703-778-9416. Deadline is Friday. Dated announcements should be submitted at least two weeks prior to the event.

Beth El Hebrew Congregation, 3830 Seminary Road, Alexandria, has services on Fridays, 7:30 p.m. with a pre-service wine and cheese social at 6:30 p.m., and Saturdays, 10:30 a.m. with a pre-service Torah study at 9 a.m. Religious school is on Wednesday evenings and Sunday mornings. Adult learning opportunities take place throughout the year. Tot Shabbat is on the first and third Saturdays at 11 a.m. Kolot Shabbat, a musical service, is the first Friday of the month at 7:30 p.m. 703-370-9400 or www.bethelhebrew.org.

The Cranford United Methodist Church, located at 9912 Old Colchester Road, Lorton, hosts prayer and healing services on the first Thursday of each month at 6:30 p.m. Worship service is at 11 a.m., and fellowship is at 12:30 p.m.

Fairfax Baptist Temple, at the corner of Fairfax County Parkway and Burke Lake Roads, holds a bible study fellowship at 9 a.m. Sundays followed by a 10 a.m. worship service. Nursery care and children's church also provided. 6401 Missionary Lane, Fairfax Station, 703-323-8100 or www.fbtministries.org.

Grace Presbyterian Church offers Sunday school for all ages at 9:15, and a blended worship service 10:30 a.m. every Sunday morning. Coffee and fellowship follows worship. Nursery care is provided from 9-11:45 a.m. 7434 Bath Street, Springfield. 703-451-2900 or www.gracepresby.org.

First Baptist Church of Springfield offers Sunday school at 9:15 a.m., followed by both traditional and contemporary worship services at 10:30

a.m. at 7300 Gary St., Springfield. 703-451-1500 or www.fbcspringfield.org.

The Guhyasamaja Buddhist Center, 10875 Main St., Fairfax City provides free classes to both newcomers and advanced practitioners of Tibetan Buddhism. The center emphasizes working with the mind and learning how to understand the workings of the mind, overcoming inner causes of suffering, while cultivating causes of happiness. Under the direction of Lama Zopa Rinpoche, the center is a place of study, contemplation and meditation. Visit www.guhyasamaja.org for more information.

Lord of Life Lutheran offers services at two locations, 5114 Twinbrook Road in Fairfax, and 13421 Twin Lakes Drive in Clifton. Services in Fairfax are held on Saturdays at 5:30 p.m. and Sundays at 8:30 and 10 a.m. Services in Clifton are held on Sundays at 8:50 and 10:50 a.m. 703-323-9500 or www.Lordoflifeva.org.

Clifton Presbyterian Church, 12748 Richards Lane, Clifton, offers Sunday worship services at 10 a.m. and Cup of Fellowship at 11 a.m. Nursery care is provided from 9:45-11:15 a.m. Christian education for all ages is at 9:45 a.m. 703-830-3175.

St. Andrew the Apostle Catholic Church, 6720 Union Mill Road, Clifton, conducts Sunday masses at 7:30 a.m., 8:45 a.m., Latin mass at 10:30 a.m. and 12:30 p.m. It also offers a Saturday vigil at 5:30 p.m. and a Thursday Latin mass at 7 p.m. Additional mass offered Monday-Friday at 6:30 a.m. (except on Federal holidays) and 8:45 a.m. 703-817-1770 or www.st-andrew.org.

Clifton Baptist Church, 7152 Main St. Clifton, is a small Bible-believing church offering worship service on Sunday at 11 a.m., with Bible Study on Wednesday at 12:30 p.m.

Prince of Peace Lutheran Church, 8304 Old Keene Mill Road, Springfield, offers casual worship services on Saturday evenings at 5:30 p.m. featuring contemporary music. More traditional services take place on Sunday mornings at 8:15 and 11 a.m. Sunday School is from 9:45-10:45 a.m. for children and adults. The church also offers discussion groups for adults. 703-451-5855 or www.poplc.org.

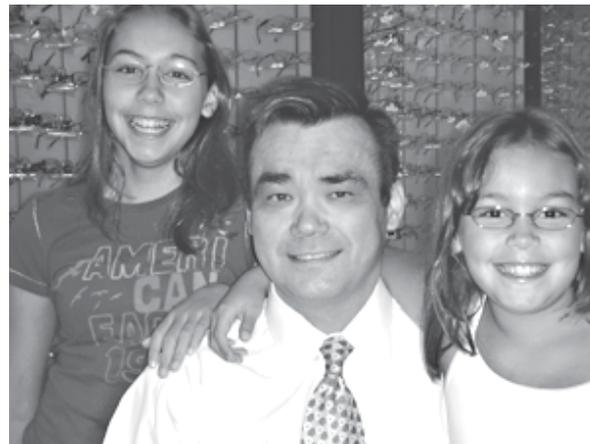
Franconia United Methodist Church, 6037 Franconia Road, Alexandria, offers traditional Sunday church services at 8:30 a.m. and 11 a.m. plus Sunday School classes for all ages at 9:45 a.m. Childcare is available 8:15 a.m.-12:15 p.m. 703-971-5151 or admin@franconiaumc.org or www.franconiaumc.org.

The Jewish Social Services Agency (JSSA) offers a wide variety of support groups for those with emotional, social, and physical challenges. www.jssa.org/growth-learning.

JCCNV Mothers Circle program, for women who are not Jewish but are raising Jewish children. Free education in Jewish rituals, practices and values, while respecting the participant's choice to retain her own religious identity. Jewish Community Center of Northern Virginia, 8900 Little River Turnpike in Fairfax. Contact Laurie Albert, 703-537-3064 or HYPERLINK "mailto:Laurie.Albert@jccnv.org" Laurie.Albert@jccnv.org.

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Home LifeStyle

Redefining Space

Designer thinks outside the proverbial box.

BY MARILYN CAMPBELL

A local interior designer believes in thinking outside the box when it comes to making the best use of space in one's home.

"My advice to homeowners is to embrace spaces within their homes as if they were never assigned," said Joe Van Goethem of Joseph Van Goethem Interior Design in McLean. "Depending on location, a space previously designated as a walk-in closet can be purposefully transformed into an intimate guest bedroom, home office, or multipurpose wine cellar and bar."

Van Goethem followed his own advice when he transformed a walk-in foyer closet in his home into a multipurpose wine cellar, complete with a wine refrigerator, beer cooler, ice maker and cigar humididor.

"Why a walk-in closet if it's seldom used, and only to become an open invitation for hidden clutter?" he asked. "Envision new, functional possibilities for every space

within your home."

Van Goethem, who not only designed the space, but also completed the construction himself, believes that "playing with scale and attention to every detail are key when considering the transformation of a confined space such as a walk-in closet," he said. "[The] closet had a nondescript narrow solid door, glued-down wood veneer floor, shelving and hanging rods, and one light fixture."

In finishing the project, Van Goethem widened the door framing to accommodate a new French door and added storage space for a concealed television. He also installed an intercom to allow those in the cellar to communicate with those in the kitchen.

"I ripped up the old floor [and replaced it] with Spanish marble tile flooring," he said. "I added a baseboard and crown moulding, and created a grid of moulding on the walls which I painted with Farrow & Ball's Purbeck Stone. I installed Extra Fine Arrowroot Grasscloth hand crafted wallcovering by Phillip Jeffries within the recesses of the grid."

Van Goethem said his goal was to make the design of the new cellar consistent with the aestheticS of the rest of his home. The space includes a large drum light fixture and



Joe Van Goethem painted the French door of his wine cellar with "Pitch Black" by Farrow & Ball. He hung wood blinds on the door to match those on the other French doors in other parts of his house.



PHOTOS COURTESY OF JOE VAN GOETHEM
Interior designer Joe Van Goethem transformed a walk-in closet in his McLean home into a wine cellar.

side lamps. An oversized cabinet holds the stemware and barware.

He added a commissioned seascape painting by California artist Jonathan Koch and modern teapots by Washington,

D.C. ceramicist Joe Hicks.

"Details are important in design, but they are everything ... when transforming a small space like the repurposing of a walk-in closet," said Van Goethem.



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Home LifeStyle



PHOTOS COURTESY OF MCEARNEY

This Alexandria home has a monochromatic, gourmet kitchen and an abundance of natural light.

Small Home Gets Big Honor

Old Town home is finalist in national contest.

An abundance of windows and an open floor plan helped a local home garner some national attention. An Old Town Alexandria abode is a finalist in the Living Large in Small Spaces category for HGTV's Ultimate House Hunt 2017 contest. Homes in this category are recognized for a design that maximizes the use of a small space.

"The open design ... gives this small space an airy feel," said Sue Goodhart, The Goodhart Group at McEneaney Associates.

The light-filled home features modern renovations that include a gourmet kitchen, a living room with built-in cabinets and a steel

cable railing. The free-flowing floor plan includes large windows, while the fenced in back yard was designed to be a sanctuary in the middle of city bustle.

"Sleek kitchen cabinetry and a stone table with seating for 12 allows for grand entertaining for the accomplished cook," said Goodhart.

The home is one of eight across the country to become a finalist in the category. Anyone can vote for the 119 Princess St. property online until July 18. See www.hgtv.com/design/ultimate-house-hunt/2017-ultimate-house-hunt/living-large-in-small-spaces.

— MARILYN CAMPBELL



The patio of this Old Town home was designed to be a backyard oasis.

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NEWS

Youssef Zeroual Receives Weichert, Realtors' Recognition

Mark Ackermann, president of Weichert, Realtors' Capital Region, announced that sales associate Youssef Zeroual from the Burke/Fairfax Station office was recognized for his exceptional industry success in June.

As a top producer, Zeroual led his Weichert sales region, which is comprised of locations

throughout Arlington, Fairfax, Fauquier, Loudoun, Orange, Prince William and Warren counties, for resales during the month.

Zeroual can be reached in Weichert's Burke/Fairfax Station office at 9299 Old Keene Mill Road, or call 703-569-7870 for more information.



Youssef Zeroual

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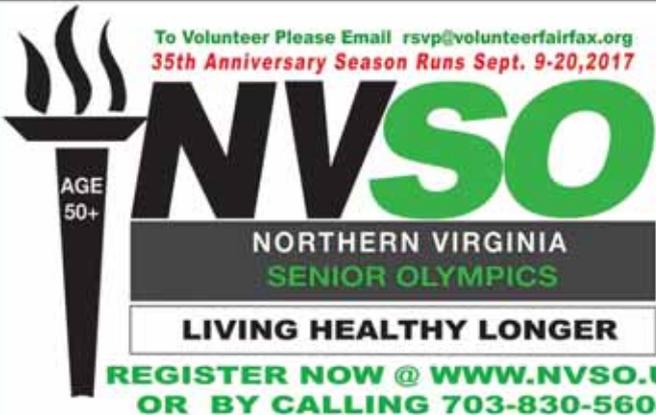
July 17-July 21 **ALVIN & THE CHIPMUNKS: ROAD CHIP (PG)**

July 24-July 28 **THE PEANUTS MOVIE (G)**

July 31-August 4 **KUNG FU PANDA 3 (PG)**

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SCHOOL NOTES

MarKeisha Snaith, of Lorton, received a B.A. in theology from Loyola University Maryland.

Malea Riley, of Lorton, achieved a perfect 4.0 GPA during the spring 2017 semester, earning a spot on the provost's list at Hofstra University (Hempstead, N.Y.)

The following students in your region have been named to the University of Delaware dean's list for the spring 2017 semester: **Kameron Wong**, of Fairfax Station; **Logan Aunon**, of Clifton; **Nathan Marks**, of Clifton; and **Vincent Sica**, of Fairfax Station.

Lucas Bermudez, of Lorton, was named to the Miami University (Oxford, Ohio) dean's list for the

spring semester of 2017. *Send notes to the Connection at south@connectionnewspapers.com or call 703-778-9416. Deadline is Friday. Dated announcements should be submitted at least two weeks prior to the event.*

spring semester of 2017.

Caroline Mitchell, of Lorton, will attend Bob Jones University (Greenville, S.C.) in the fall of 2017.

Ankita Sowdas, of Clifton, made the dean's list at the Georgia Institute of Technology (Atlanta, Ga.) for spring 2017.

Burke resident **Hannah Zakaria** was named to the named to the spring 2017 dean's list at Bob Jones University (Greenville, S.C.).

Juliana Ray, of Burke was named to the dean's list at Olivet Nazarene University (Bourbonnais, Ill.) during the

spring 2017 semester.

Burke Native Taryn Falkenstein Inducted into Lambda Pi Eta Honor Society

Taryn Falkenstein, a Television-Radio major at Ithaca College's Roy H. Park School of Communications and a Burke native, was inducted into Lambda Pi Eta, the honor society of the National Association of Communication, on April 18.

Nathaniel Craig Fischer, of Burke, earned a Bachelor of Science in Business Administration from the College of Business at the University of Nebraska-Lincoln.



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ENTERTAINMENT

Send entertainment notes to the Connection at connectionnewspapers.com/Calendar/ or call 703-778-9416. The deadline is the Friday prior to the next paper's publication at noon. Dated announcements should be submitted at least two weeks prior to the event.

ONGOING

Snoopy and Belle in Fashion. Various times through July 18 in Fair Oaks Mall, 11750 Fair Oaks Mall, Fairfax. A celebration of Washington D.C.'s political style, dolls will feature presidential outfits. Visit www.shopfairoaksmall.com/ for more.

Senior Line Dancing 1-2 p.m. Little River Glen Senior Center 4001 Barker Court, Fairfax. Line Dancing is a gentle, social form of aerobic activity. Studies have shown it aids in warding off Alzheimer's disease. No previous experience needed. Cost: \$5 per 8 week session. barbriba@hotmail.com 703-524-3739

Carolina Shag. Wednesdays. 6:30-10 p.m. Arlington/Fairfax Elks Lodge, 8421 Arlington Blvd., Fairfax. Free lessons at 7:30 p.m. No partners needed. Dinner menu. \$8. Under 21 free. Visit nvshag.org.

FUN-Exercise Thursdays, noon-12:50 p.m. Grace Presbyterian Church Family Room, 7434 Bath St., Springfield. Inova certified exercise instructor leads a moderate level exercise class with music and current events conversation. Muscle, Balance, Strength Training using stretch bands and weights both standing and seated exercises. Instructor donation is \$5. moorefitt@yahoo.com or 703-499-6133.

Exercise Program Mondays and Fridays at 9:30 a.m. year-round at Lord of Life Lutheran Church, 5114 Twinbrook Road, Fairfax. The exercises are for strength, balance and maintaining limberness. Contact SCFB office at 703-426-2824 for more information.

Cafe Ivrit (Hebrew Cafe). Wednesdays. 8:15-9:15 a.m. Jewish Community Center of Northern Virginia, 8900 Little River Turnpike, Fairfax. Shalom (hello) Did you always want to converse in Hebrew? Join Na'ama each week for conversational Hebrew. You will learn and

practice Hebrew in a fun and interactive way while learning more about Israel. Free, however we ask that you try to attend regularly. RSVP Naama.Gold@jccnv.org.

English Conversation Groups weekly at George Mason, Burke Centre, and Lorton Libraries Practice and improve your English. Day and start times vary. Visit: va.evanced.info/fairfaxcounty/lib/eventcalendar.asp

Kingstowne Farmers Market 4-7 p.m. every Friday through Oct. 27, at Kingstowne Giant Parking Lot, 5870 Kingstowne Center, Alexandria. Freshly picked, producer-only vegetables and fruit, from-scratch bread (including gluten free), baked goods, kettle corn, salsa, hummus, cake pops, fruit popsicles, and ice cream. Email Chelsea.roseberry@fairfaxcounty.gov or call 703-642-0128.

THURSDAY/JULY 13

Yoga. 7-9 p.m. at Old Town Square, 3999 University Drive, Fairfax. Wear comfortable clothes and bring a mat, weather permitting. Free. Visit www.fairfaxartleague.net or call 703-587-9481 for more.

Free Children's Concert. 6:30-8:30 p.m. at Veteran's Amphitheater, 10485 Armstrong St., Fairfax. Free balloons and ice cream, concert featuring favorites from Disney and Loony Tunes, face painting, instrument petting zoo. Visit www.fairfaxband.org or call 571-265-6868 for more.

Summer Under the Stars Concert. 7:30 p.m. Veterans Amphitheater (adjacent to City Hall), 10455 Armstrong St., Fairfax. Children's Concert - City of Fairfax Band. Visit www.fairfaxband.org or call 703-385-7855 for more.

JULY 13-15

Fairfax Musical. 7 p.m. at Lorton Workhouse Art Center, 9518 Workhouse Road, Lorton. The Class Act Players Theatre Company presents "The Complete History of Fairfax: The Musical" as a part of Fairfax County's 275th anniversary celebration. Visit www.workhousearts.org for more.

SEE ENTERTAINMENT, PAGE 10

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SPECIAL PULLOUT TAB

Newcomers & Community Guide

August 23, 2017

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.

Including the history, schools, parks, libraries, local people, elected officials, county/city offices, how decisions are made, a calendar of events and other vital community information.

Due to the popularity and long shelf life of this issue, an overrun of the publication is made to meet demand. Extra copies are delivered to select Chambers of Commerce, Realtors, Citizens' Associations and local government.

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FROM PAGE 9

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**THE
CONNECTION
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SATURDAY/JULY 15

Indoor Yard Sale. 8 a.m.-2 p.m. at Indoor Gym, 4915 Ox Road, Fairfax. The Fairfax Salvation Army will be hosting an indoor yard sale. Various items are being collected and all proceeds benefit local Fairfax Salvation Army Youth Programs. Email nansi.canasayala@uss.salvationarmy.org or call 703-385-8700 for more.

Mount Vernon Nights Concert Series. 6 p.m. at Workhouse Arts Center, 9601 Ox Road, Lorton. Traditional country musical performance by Robin and Linda Williams. Free. Visit www.fairfaxcounty.gov/parks/performances or call 703-780-7518.

Topgolf and a DJ. 7 p.m. at Topgolf, 6625 S. Van Dorn St. Golf, music from Mike Krowe DJ, food and drink. Visit <https://topgolf.com/us/alexandria/> or call 703-924-2600.

SUNDAY/JULY 16

Battle of the Bands. 3-8 p.m. at Lakeside Park/Royal Lake, 5216 Pommeroy Drive, Fairfax. Braddock District's Battle of the Bands. Ten bands, three food trucks. Music, neighbors and food. If it rains, it's cancelled. Email Linda.Bufano@fairfaxcounty.gov or call 703-425-9300 for more.

FRIDAY/AUG. 18

Family Fun Movie Nights. 7 p.m. at Sherwood Community Center, 3740 Old Lee Highway, Fairfax. Watch "Sing," each movie is rated PG. An adult must accompany anyone under the age of 14. Call 703-385-7858 for more.

WEDNESDAY/JULY 19

Pop Up Adventure Playground. 10 a.m.-noon at Thaiss Park, 3401 Pickett Road, Fairfax. LEGO, Games, Crafts, Coding and more! This program is free, no registration required, and all ages welcome. Child care is not provided. Parents or guardians are required to attend with children not old enough to walk to and play in the park on their own. Call 703-385-7858 or email karen.lussier@fairfaxva.gov for more.

THURSDAY/JULY 20

Lunch N' Life. noon-2 p.m. at Burke Presbyterian Church, 5690 Oak Leather Drive, Burke. The guest presenter will be Elizabeth Gray, Esq., speaking on legal issues for older adults. \$10. Sponsored by Shepherd's Center. Call 703-273-5730 or see www.scfbva.org for more.

Summer Under the Stars concert. 8 p.m. Veterans Amphitheater (adjacent to City Hall), 10455 Armstrong St., Fairfax. Alte Kameraden band. Visit www.fairfaxband.org or call 703-385-7855 for more.

SATURDAY/JULY 22

Civil War Amputees. 2 p.m. at the Civil War Interpretive Center at Historic Blenheim, 3610 Old Lee Highway, Fairfax. "Artificial Limbs in the Civil War" with Guy R. Hasegawa, Pharm D. Learn about the wartime provisions made for amputees and the stark differences between the resources and capabilities of the North and the South. Free. Call 703-591-0560.

Mount Vernon Nights Concert Series. 6 p.m. at Workhouse Arts Center, 9601 Ox Road, Lorton. Free old-time musical performance by the

SUNDAY/JULY 23

Z Scale Model Train Show. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road in Fairfax Station. Z scale is the smallest mass-marketed model train available anywhere. Museum members and ages 4 and under, free; ages 5-15, \$2; ages 16 and older, \$4. Visit www.fairfax-station.org, or call 703-425-9225 for more.

WEDNESDAY/JULY 26

Pop Up Adventure Playground. 10 a.m.-noon at Kutner Park, 3901 Jermantown Rd, Fairfax. LEGO, Games, Crafts, Coding and more! This program is free, no registration required, and all ages welcome. Child care is not provided. Parents or guardians are required to attend with children not old enough to walk to and play in the park on their own. Call 703-385-7858 or email karen.lussier@fairfaxva.gov for more.

THURSDAY/JULY 27

Summer Under the Stars Concert. 8 p.m. Veterans Amphitheater (adjacent to City Hall), 10455 Armstrong St., Fairfax. City of Fairfax Band. Visit www.fairfaxband.org or call 703-385-7855 for more.

FRIDAY/JULY 28

Rock the Block. 6:30-9:30 p.m. at Old Town Square, 3999 University Drive, Fairfax. "The Reagan Years," '80's band is featured. Food available, Bring lawn chairs or blankets to sit on, children can wear swim suits and bring towels to enjoy the spray pad! No pets allowed except service animals. For more details visit www.fairfaxva.gov/rocktheblock

SATURDAY/JULY 29

Taste of Springfield. noon-6 p.m. outdoors event at the Springfield Town Center, 6500 Springfield Mall Drive. Locally focused, family friendly 'feast-ival' with tastings, entertainments and activities for all ages. Weather dependent. Visit www.tasteofspringfield.com for more.

Mount Vernon Nights Concert Series. 6 p.m. at Workhouse Arts Center, 9601 Ox Road, Lorton. Free musical performance by Jarekus Singleton. Visit www.fairfaxcounty.gov/parks/performances or call 703-780-7518.

SUNDAY/JULY 30

G-Scale Model Train Show. 10 a.m.-5 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Washington, Virginia & Maryland Garden Railway Society (WVMGRS) will have a G-Scale train display running. 4 and under free; ages 5-15, \$2; ages 16 and older, \$4. Visit www.fairfax-station.org or call 703-425-9225 for more.

Yoga on the Square. 10 a.m. at Old Town Square, 3999 University Drive, Fairfax. Bring a yoga mat and a water bottle. Call 703-385-7858 for more.

MONDAY/JULY 31

Funday Monday for Children. 10:30 a.m. in Old Town Square, 3999 University Drive, Fairfax. Storytelling and songs. Weather permitting. Visit www.fairfaxva.gov or call 703-385-7855 for more.

BULLETIN BOARD

Send notes to the Connection at connectionnewspapers.com/Calendar/ or call 703-778-9416. The deadline for submissions is the Friday prior to publication. Dated announcements should be submitted at least two weeks prior to the event.

VOLUNTEERS NEEDED

Shepherd's Center of Fairfax-Burke serves those 50 and older who no longer drive. **Volunteer drivers** are needed for trips (Monday-Friday) to medical appointments and companion shopping within the Fairfax/Burke area. **Office workers** are needed to answer phones in the SCFB office (Monday-Friday) to match drivers and those who need rides. Call 703-323-4788.

THROUGH AUG. 25

Summer Lunches Free for All Children, \$2 for Adults. The Fairfax County Public Schools Office of Food and Nutrition Services will be hosting the FEEDS (Food for Every Child to Eat During Summer) BBQ program, a USDA-funded program is free to all children 18 years and under and \$2 for adults. There is no registration involved, and open to everyone. Meal service will be provided at the following sites Monday-Friday, 11:30-1 p.m. FEEDS is offered at the following schools in this area:

- * Springfield Gardens Apartments, 6116 Cumberland Ave.
 - * Springfield Square Apartments, 7000 Rhoden Court, starts at noon
 - * Chelsea Square Apartments, 5734 Backlick Road, starts at noon
- See www.fcps.edu/feeds for more locations.

SATURDAY/JULY 15

Free Health Screening. 9 a.m.-3 p.m. at the Braddock Road Giant, 10653 Braddock Road, Fairfax. Customers can receive free blood pressure, glucose and cholesterol screenings. Visit www.giantfood.com for more.

JULY 17-21

Adult Bible School. 9 a.m.-noon at Harvester Presbyterian Church, 7800 Rolling Road, Springfield. Free. Email office@harvesterpca.org, call 703-455-7800 or visit www.harvesterpca.org for more.

THURSDAY/JULY 20

Lunch N' Life. noon-2 p.m. at Burke Presbyterian Church, 5690 Oak Leather Drive, Burke. The guest presenter will be Elizabeth Gray, Esq. to speaking on legal issues for older adults. \$10. Sponsored by Shepherd's Center. Call 703-273-5730 or see www.scfva.org for more.

ONGOING

Thermal Camera Loan Program. Learn where the energy is leaking out of the home with a special attachment for the iPhone or Android. Visit www.fairfaxcounty.gov/energy or call 703-324-5955 for more.

Master Gardener Training. The Fairfax County Master Gardener Association offers plant clinics, home turf training or speakers for homeowner's meetings. Fees vary. Visit fairfaxgardening.org or call MG Help Desk at 703-324-8556 for more.

Fairfax Rotary Club Meeting 12:15-1:30 p.m. Mondays. American Legion, 3939 Oak St., Fairfax. Meetings with luncheon and program. fairfaxrotary.org.

NARFE Monthly Meeting Every Second Tuesday 11:30 a.m. American Legion Post 177 located at 3939 Oak Street, Fairfax. NARFE Fairfax 737 monthly luncheon meeting. Enjoy lunch accompanied by a special program. Lunch at noon. Cost: \$11 Speaker/Program-12:45PM. rrharney2@cox.net 703-501-0020

Civil War Research scholarship to a public or private high school senior who resides in Fairfax, Fairfax City, Prince William County, Manassas City, or Manassas Park from the Bull Run Civil War Roundtable in Centreville, Va. Visit bullrunconvrt.org for more.

Fairfax-based non-profit Britepaths offers free Financial Education Classes at various locations in the Fairfax County area to low- and middle-income adults who reside throughout Northern Virginia, free and open to the public, but reservations are required. <https://britepaths.org/news/get-financially-fit-new-year>

Volunteers Needed. PRS is looking for empathetic and caring volunteers to make phone calls to older adults who may be feeling socially isolated. The commitment is one 3-hour shift per week for one year. Located in Arlington. Ages 21 & up. Intensive training provided. Learn more and apply: <https://prsinc.org/caring-volunteering/>. Questions? Email lpadgett@prsinc.org.

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An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them. -Werner Heisenberg		 TELL US WHAT YOU THINK SUBMIT YOUR LETTER TO THE EDITOR HERE www.ConnectionNewspapers.com/contact/letter	
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A Near Catastrophe, Always



By KENNETH B. LOURIE

As I bring our two cat carriers up from the basement in order for "The Buff Boys" to acclimate in anticipation of their impending visit to the veterinarian, I can't help but think back to the spring of 1976. That's when an appointment to mend my male cat, Tillie, nearly went very wrong.

To this day, the circumstances still haunt me. Tillie had been a surprise birthday gift given to me in September 1975, along with a puppy I named Gus (both named after a W.C. Fields' movie, "Tillie and Gus").

Tillie was an all-black domestic short hair. Gus was a German Shepard/St. Bernard mix. He was beautiful. He had a white-ish beige coat, floppy ears and a curly tail.

Introduced to one another at 6 weeks old, Tillie and Gus were the best of friends/siblings. Though I made sure they spent their evenings inside, during the day, both were outside. (We had a fenced-in yard so Gus was confined. Tillie however, as you might imagine was not. He had the run of the neighborhood.)

Sure enough, one day, Tillie got into a cat fight. His tail had been bitten and was beginning to abscess. I knew I had to take him to the veterinarian. However, I was in college and had very little money to spare. Nor did I have a credit card either. (Those were the days before credit card companies solicited college students.) In a financial bind, I called my parents and asked for money (I did work in the dining hall all through college but lived in a house off campus and had the usual room and board-type expenses). They sent me \$25. (In my mind, I can still see the check.) In addition to whatever other money I could scrape together, I guess it was enough so I took Tillie to the "vet" for repair. He stayed overnight. The next day, I got the call that he was ready for pick-up. That's when the event occurred that has affected me/my animal-owning life going on - four decades plus.

I went by myself. I had a car; a 1970 Ford Maverick, but no cat carrier. I was, apparently, planning on simply holding Tillie in my arms as I had done the day before. However, the pick-up was not nearly as uneventful as the drop-off.

Once I got outside the building, Tillie began squirming (his tail had been shaved and had stitches where the abscess/bite had been inflicted) and broke free from my grasp. He ran off about 20 yards - or so to the rear of this modest one-story building and stopped just shy of a chain-link fence which separated where we all were to another neighborhood - beyond my reach. My fear: had Tillie climbed over that fence somehow, he likely would have been gone forever.

Slowly I approached Tillie, repeatedly calling his name as quietly and reassuringly as I could, trying not to rattle, startle or scare him in any way; presuming post-surgery, in an unfamiliar place, possibly in pain, it might not take much from his father to cause him to scamper off and disappear.

As I casually walked toward him, amazingly, Tillie sort of stood still, enough for me to scoop him up. Which I did and then carefully walked back to my car and drove us both home without any further ado - except for the rest of my taking cats-to-the-"vet" life. And yes, that means now.

And though I'm not stupid enough to transport cats without cat carriers anymore, I am only at ease once we're back home and have let the cats out of their boxes and released them into the house (all our cats are indoor cats). Throughout this process, I must check the latches on their carriers a half-a-dozen times; in the house, in the car, in the parking lot outside the "vet's" office, in the waiting room, in the examining room and then again afterwards; back in the waiting room while I pay, in the car on the way home and finally in the driveway as I prepare to carry the carriers/cats across the yard and into the house. Once inside with the cats/carriers in hand, finally I can relax. Home at last.

Forty-one years ago; it seems like yesterday, or maybe tomorrow if the "vet" can see us. And that's what worries me. Been there and unfortunately, have done that.

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



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