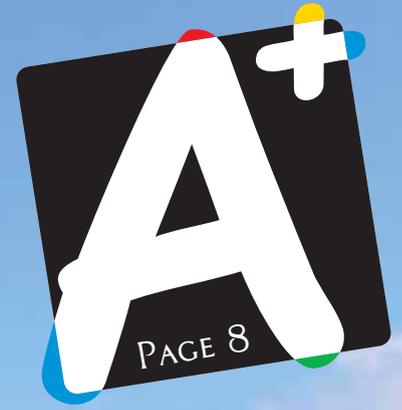




Fairfax Station CONNECTION Clifton & Lorton



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PHOTO BY STEVE HIBBARD/THE CONNECTION



Brewfest Held at Workhouse Arts Center

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A crowd of about 3,000 people attended the Brewfest at Workhouse Arts Center in Lorton, which featured 32 breweries and a dozen food trucks, on Saturday, Aug. 12.

Shopping with a Sheriff in Burke

NEWS, PAGE 3

Girls on the Run: 'Confidence Through Accomplishment'

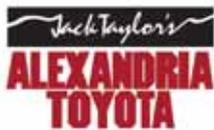
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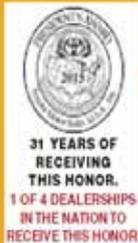
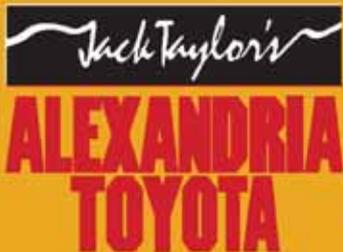
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NEWS

Shopping with a Sheriff

BY MERCIA HOBSON
THE CONNECTION

Children pair up with Fairfax County Sheriff Deputies for a pizza party and back-to-school shopping trip of a lifetime.

It's not every day a motorcade of Fairfax County Sheriff's Office vehicles, lights flashing, leads a busload full of excited children and deputies to a Target store in Burke to do a little before-school-shopping. However, on Tuesday, Aug. 15, it happened when 40 children who reside in Northern Virginia emergency shelters were treated to the shopping trip of a lifetime.

Each child was the beneficiary of a \$250 gift certificate. The Sheriff's Office raised funds throughout the year for the event by approaching businesses, nonprofits, and individuals to be sponsors.

The event, named Shopping with a Sheriff, will allow the participating children ages 5 and up, to start the school year right, decked out in new clothes and shoes, heads high, looking sharp, proud, and ready for new beginnings.

The children were not without a tad of supervision on the shopping trip though. Each child was paired their own deputy or member of the Sheriff's Office staff. The adults provided size and selection guidance. The children and their family member(s) are residents at Northern Virginia emergency shelters, among them the Katherine K. Hanley Family Shelter in Fairfax, Next Steps in Alexandria, Shelter House based in Reston, and Patrick Henry Family Shelter in Falls Church. Shelter staff selected participants.

SHERIFF STACEY KINCAID explained the history of the program and why the deputies look forward to it. Kincaid said the Sheriff's Office has been producing Shop with a Sheriff since 1992. She clarified the participating deputies volunteer their time to take part in the program because it is



1st Lt. Jamal Perkins, Le Bron, 12, 2nd Lt. Shaun Timothy, Josh, 9, Katia Brizuela of Fairfax County Federal Credit Union, and Ja'Kayla, 5, enjoy a pizza party at the Fairfax County Courthouse Atrium Cafe.

important to them.

"Our county is working very hard to prevent and end homelessness. As long as children are still residing in emergency shelters, we will do everything we can do to help them. The event offers a positive one-on-one experience with the deputies for the children, an experience the children might recall in the future.

"Should they ever need our help, the children know they can count on us," Kincaid said. "And, maybe one day when they are grown up, they will join our team as deputy sheriffs."

Joe Meyer is executive director and CEO of Shelter House, a non-profit organization based in Reston that serves homeless families in Fairfax County. Meyers attended the pizza party held at the Fairfax County Court-

house Atrium Cafe for the children and deputies before the shopping trip. The pizza party was part of the get acquainted section of the program.

Around the room, there was a sea of men and women in brown uniforms listening to the children talk about their families, coloring princess' pictures with them, and taking silly self-portraits at the photo booth. Meyers said, "This is my favorite event of the year. Sheriff Kincaid and her deputies are making a statement of how to lead a community by greatness. They are providing dignity to children during a critical time in their lives — the first day of school."

Some of the children seemed a little unsure about what was going to happen after the pizza party. When asked what color

shirts and dresses she liked, Emma, 7, told her shopping partner, Lt. Col. Mark William Sites, "I like black, pink and purple clothes." Then Emma quietly asked, "Are we really going shopping?"

Sites bent down low and looked Emma straight in the eyes, "We're definitely going shopping. We'll fill a cart. No problem."

A few minutes later, the children left the atrium, beside their deputies and headed for the bus to Target. Many deputies had their arm around a child's shoulder or held a young one's hand.

When they arrived at Target, dozens and dozens of deputies snatched up the carts, all while laughing and joking with the children. Deputies hoisted the littlest ones into the front seats of the carts. Down the aisles, they rolled, causing other customers to turn their heads, pause, and smile.

It was a shopping cart frenzy of red. While the pace slowed down, pants, shirts, socks, shoes, and underwear piled higher and higher in the carts.

MANY CHILDREN seemed unable to comprehend they could pick out more than one item for themselves. Tyquan, 9, was overheard saying to his shopping partner, Capt. Sonny Cachuela, Jr., "How much have we spent? Is this OK to buy?"

"Don't worry about it, buddy," Cachuela replied. "We'll work it out."

The following businesses and organization helped support Shop with a Sheriff: Target, Paisano's Pizza, Montessori of Chantilly - Casa Dei Bambini, Fairfax County Federal Credit Union, Let's Help Kids, Fairfax Deputy Sheriff Union, Fairfax Sheriffs' Association, and Fraternal Order of Police Fairfax Lodge 77.

To learn more about Shop with a Sheriff or to make a donation, contact the Sheriff's Office at sheriff@fairfaxcounty.gov.

PHOTOS BY MERCIA HOBSON/THE CONNECTION



Tyshawn, 9, and his shopping partner, Lt. Col. Kevin B. Andariese, stop at the Child Identification Booth to get Tyshawn a child identification card before getting on the bus to do a little back-to-school shopping at Target



Capt. "Sonny" Cachuela Jr., Fairfax County Sheriff's Office holds up one of the green shirts Tyquan, 9, decided would fit him best.



Marissa, 5, loves the color pink, so during Shop with a Sheriff at Target, Lt. Brian Wancik got down on his knees, motorcycle boots and all, to size check Marissa's new pink leggings.



Naisa, 9, told her shopping partner, Pvt. First Class Szevi Tham, that blue was her favorite color. Tham spied the last blue wind breaker on the rack and gave it to Naisa to try on. Perfect fit. Into the cart it went.



A crowd of about 3,000 people attended the Brewfest at Workhouse Arts Center in Lorton, which featured 32 breweries and a dozen food trucks, on Saturday, Aug. 12, 2017.



PHOTOS BY STEVE HIBBARD/THE CONNECTION

Enjoying the Brewfest are Andrew Ayre, Jen Copp, Kimberly Bridges, Kimberly Madigan and Dave Lucas.

Brewfest at Workhouse Arts Center

About 3,000 people attended the second annual Brewfest, which took place on Saturday, Aug. 12, 2017 at the Workhouse Arts Center in Lorton. The event included 32 breweries, cideries and distilleries, a dozen food trucks, and 12 bands on two stages. For \$40, visitors could sample from the likes of Starr Hill Brewery, Cobbler Mountain Ciders, and Blue Mountain Brewery, among others. There was also Tap Talks, which featured a discussion on how social marketing has impacted the beer industry.

“What we are doing is bringing together breweries, cideries, wineries and distilleries ...It really is about combining the art and craft of beer making, of wineries, of culinary, and all of our fabulous artists who are

here on campus,” said Ava Spece, President and CEO of the Workhouse Arts Foundation.

“It’s a great opportunity to get out in front of the community and say, hey, there’s beer, there’s music, there are arts besides the visual arts, the performing arts that are really exciting that you should come out for,” said Frank Pappas, Director of Marketing.

“This is a great public-private partnership. It has government, it has private industry that’s going to raise economic success for the county. And then it also has a lot of people having fun,” added Wendy Lemieux who does Fairfax County Marketing for Public Private Partnerships.

— STEVE HIBBARD



Promoting the Madhaunter’s Madhouse Halloween Haunt at the Workhouse Arts Center this coming October are Tony Faust, Ally Velandria, and David Blanco.



Chris Ekechukwu of Honey Grail in Leesburg offers Honey Mead drinks.



Ava Spece, president and CEO of Workhouse Arts Foundation, with Frank Pappas, director of marketing.



Enjoying the Brewfest are Dave Duniyak of Fairfax Station and Marcia Noca of Fairfax.

NEWS

'Confidence through Accomplishment'

Girls on the Run is in local elementary schools.

As students prepare to head back to school, many parents are looking for afterschool activities that provide a safe and structured space to learn skills and be physically active. That's where Girls on the Run of NOVA comes in.

Maureen R. Weiss, Ph.D, a leading expert on youth development, recently conducted an independent study on Girls on the Run programs across the country. It found compelling evidence that Girls on the Run is highly effective at driving transformative and lasting change in the lives of third- to fifth-grade girls. It also showed that the program's combination of a physical activity, research-based curriculum, trained volunteer coaches, and a strong commitment to serve all girls resulted in these key findings:

- ❖ 97 percent of girls said they learned critical life skills at Girls on the Run that they are using at home, at school and with their friends.
- ❖ 7 out of 10 girls who improved from pre-season

to post-season sustained improvements in competence, confidence, connection, character, caring or physical activity beyond the season's end.

❖ Girls on the Run participants were significantly more likely to learn and use life skills, including managing emotions, resolving conflict, helping others and making intentional decisions than girls who participated in physical education or organized sports programs without a curriculum.

❖ Girls who were the least active before Girls on the Run increased their physical-activity level by 40 percent from pre-season to post-season and maintained this increased level beyond the program's end.

"It's more than just a running program," said Katey Comerford, executive director for GOTR NOVA. "The goal of our program is to help girls unleash confidence through accomplishment while developing the physical, social and emotional skills needed to achieve."

Girls on the Run is currently in 93 local elementary schools – including Bonnie Brae, Daniels Run, Greenbriar East, Laurel Hill, Little Run, Lorton Station, Waples Mill and Westbriar – with fall registration starting Aug. 21. For more information, go to www.gotrnova.org.

Marriott Recognizes Clifton Golf Club's Event Sales Manager

Ashley Clarkin, the Event Sales Manager and PGA Golf Professional at Westfields Golf Club (Clifton) has been recognized as the Marriott Golf Associate Spotlight for August 2017.

A native of Canadian Lakes, Mich., Clarkin became a member of the PGA of America after graduating from the PGA Golf Management University program at Ferris State University in 2007. Since becoming a PGA Professional, Clarkin has spent her entire career with Marriott, having celebrated 10 years with the company this past May.

Marriott Golf manages 55 courses in 15 countries across 5 continents for Marriott International lodging brands, including The Ritz-Carlton, JW Marriott, Westin, Sheraton, Gaylord Hotels, Le

Meridien, Renaissance Hotels, and Marriott Golf Academy.

Prior to assuming her current position as Lead Sales Manager at Westfields Golf Club in 2015, Clarkin served as Associate Golf Professional 2007-2012 & Head PGA Golf Professional 2012-2015, at the facility.

In her current role, she is responsible for booking and managing corporate and charity golf events. For more information on Westfields Golf Club visit www.westfieldsgolf.com.



Ashley Clarkin

PHOTO CONTRIBUTED

FAITH NOTES

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.

Church of the Nativity offers a free general bereavement support group open to all adults on the first and third Thursday of each month 7:30-9 p.m. The church is located at 6400

Nativity Lane, Burke. Call 703-455-2400, ext. 17.

Arabic New Life Baptist Church is located at 6428 Ox Road in Fairfax Station. Worship services are on Sundays at 10:45 a.m. and prayer services are on Wednesdays at 6:30 p.m. Bible Study is on Fridays at 7 p.m. Pastor: Wissam Jamil. Call 703-273-5599.

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Join today by contacting 703-503-3384 or olli@gmu.edu.

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OPINION

On Events in Charlottesville

What some representatives had to say about hate, bigotry and the deaths and damage that resulted.

Gov. Terry McAuliffe:

"I convened an emergency cabinet meeting to discuss the next steps we, as a commonwealth, must take in order to begin the arduous process of healing our community and confronting the racism that stubbornly remains in our nation. The events of this weekend have only strengthened our resolve to combat hatred and bigotry, and I want Virginia to be a leader in the national conversation about how we move forward. I have directed my team to impanel a commission with representatives from community organizations, faith leaders, and law enforcement to make actionable recommendations for executive and legislative solutions to advance our mission of reconciliation, unity, and public safety."

Sharon Bulova, chairman, Fairfax County Board of Supervisors:

"The tragedy that took place in Charlottesville does not represent who we are as Virginians. I am incredibly saddened by the hatred and bigotry that was displayed and my heart goes out to the family and friends of the three individuals who tragically lost their lives. We must all do our part to set the tone in our own communities by exemplifying values of acceptance and kindness. As it is often said, 'Be the change you want to see in the world.' That is where we all have incredible power and influence every day in our communities."

U.S. Sen. Mark Warner:

"Virginians mourn the life taken in this morning's events and reject this hateful violence in Charlottesville. We condemn the in-

tolerance behind it and those who would pass it off as a legitimate political movement. Those who traveled to Virginia to incite unrest don't understand the Virginia-born values that make our country great."

U.S. Sen. Tim Kaine:

"Virginia has come so far in recent decades to put division behind us. ... It's sickening to see the displays of violence and bigotry that were brought to Charlottesville by white nationalists, which tragically led to injuries and at least one death today. This is not who we are. Charlottesville is a vibrant community that recognizes the deep scars from our past and has rejected hatred in favor of inclusion."

"The fact that people like David Duke cited the President to justify their views is a disturbing reminder that divisive rhetoric has sadly contributed to a climate where individuals who espouse hate feel emboldened. As they seek publicity through their hateful tactics, let's pull together — regardless of party, race or religion — to reject hatred in no uncertain terms and stand together."

U.S. Rep. Gerry Connolly:

"We banished hate a long time ago in Virginia. We must condemn this bigotry and not turn a blind eye to racism."

U.S. Rep. Don Beyer:

"I join the great and passionate majority of Virginians who hold these values dear: abhorrence for racism and hatred, respect for law, and respect for one another. It is especially sad that this ugly incident occurred in the home of one of America's most treasured centers of

learning. The work of creating a more just and equal society will never end and we will re-dedicate ourselves to that in the days and weeks ahead."

U.S. Rep. Barbara Comstock:

"The Attorney General has done the right thing in opening a federal investigation that will have the full support of the Department of Justice. AG Sessions: 'The violence and deaths in Charlottesville strike at the heart of American law and justice. When such actions arise from racial bigotry and hatred, they betray our core values and cannot be tolerated.' "The neo-Nazi march and the hate and racism on display in Charlottesville are vile, have no place in Virginia, and are denounced by Republicans and Democrats alike in our great Commonwealth."

Del. Marcus Simon:

"The scenes of white supremacist, racist neo-nazi marching proudly in Charlottesville along with heavily armed self-proclaimed militiamen chanting racist slogans and obscenely taunting counter-demonstrators are beyond disturbing. Virginia is better than this."

"Virginia's political leaders have the power to raise the level of discourse. To educate, inform, and enlighten with thoughtful discussion and debate. What's happened over the last 24 hours in Charlottesville is not happening in a vacuum and it's not an aberration. It's what happens when we demonize the other among us."

"What makes Virginia great is our growing diversity. Our openness to new and better ideas. Our willingness to accept everyone who comes here looking to build a better life, a stronger commonwealth and better world."

"We are better than the image that's being broadcast to the world today."

LETTERS TO THE EDITOR

The Price of Changing School Name

To the Editor:

As a former Fairfax County School Board member and a native of Fairfax County, I watched the name changing deliberations about JEB Stuart High School with interest. It appears since leaving the board the education of students and financing such education has taken second place to the social agendas of board members.

The frustration about this issue was the members refused to listen to the facts of history and preferred to make assumptions about the man himself, JEB Stuart, and assumptions about the community, the Civil War, the original naming of the school and of Virginia's state history. These School Board mem-

bers, most of whom are from other parts of the country, were compelled to listen to sound bites from two Hollywood personalities who knew little about the history of the school and JEB Stuart. They also listened to activists, one being George Albers, an appointee of Chairman Sharon Bulova's who currently sits on the Fairfax County Human Rights Committee and on the Executive Committee of the local NAACP chapter. He and two School Board members worked to bring in hundreds of community activists from outside the community and county to attend local community meetings on the re-naming of the school for purposes of protesting and agitation. These activists knew little about the history of Virginia and JEB Stuart.

In the end I have no doubt the system spent thousands of dollars and staff time on this issue, for that is what is done; but for what, to

appease a vocal group over the wishes of the impacted community? In 2011 Sandy Evans, the School Board member representing the Stuart Community who pushed for the name change, announced she had a most difficult time voting against a community's wishes and would not do such a thing. I remember this because she voted against a motion of mine that was very controversial which required a great deal of defined community input and was carefully analyzed as it related to fiscal responsibility. Years ago Ms. Evans lost on my motion and when all is said and done she may have lost again on her own issue. Her motion passed but the political capital she spent was high. She and other members of the School Board may have underestimated the importance of fair process and the power of history and truth; a very sad situation to be in as an

electd representative.

Elizabeth Bradsher
Fairfax Station

Only Congress Can Declare War

To the Editor:

President Trump's recent pronouncements of "fire and fury" and "locked and loaded" puts our country and allies at dire risk, and showcases his boundless lack of self-discipline and inability to de-escalate dangerous global situations. Like a schoolyard bully who wants to prove that "my toys are bigger than your toys," the President is goading an unstable North Korean tyrant who may do something that could change our world forever.

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ENTERTAINMENT



PHOTO BY FIBER ARTIST MARISELA RUMBERG

Art Exhibit

“Princess Nichte-Ha,” a cotton, polyester and textile paint work by Marisela Rumberg will be part of the Art Quilts Exhibit running Aug. 9-Sept. 3 at the Workhouse Arts Center, 9601 Ox Road, Lorton. Visit www.MariselaRumberg.com for more.

Submit entertainment announcements at www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday.

ONGOING

Senior Olympics. Deadline to register for the Northern Virginia Senior Olympics is Aug. 26. Participants must be at least 50-years-old by Dec. 31, 2017. Register at www.nvso.us until Sept. 2 or via U.S. mail before Aug. 26 with forms available at area recreation centers. To volunteer contact RSVP Northern Virginia at 703-403-5360 or email rsvp@volunteerfairfax.org.

AUG. 16-20

Cirque du Soleil. Various times at Eagle Bank Arena, 4500 Patriot Circle. Their current “OVO,” show is created by Deborah Colker, the first female director in Cirque du Soleil history. Visit eaglebankarena.com/.

THURSDAY/AUG. 17

Flora Fauna for Kids. 11-11:45 a.m. at Hidden Pond Nature Center, 8511 Greeley Blvd., Springfield. Learn about insects in the area. \$5. Ages 3-6. Call 703-451-9588.

Lucia Valentine Concert. 6:30-8:30 p.m. at Old Town Square, 3999 University Drive. Grab dinner at one of the many restaurants in downtown, and listen to great music. Free. Call 703-385-7858.

FRIDAY/AUG. 18

Music on the Plaza. 7 p.m. at the Old Town Plaza, 3955 Chain Bridge Road, Fairfax. Free, weather permitting. Call 703-385-7858.

Family Fun Movie Nights. 7 p.m. at Sherwood Community Center, 3740 Old Lee Highway, Fairfax. “Sing,” is the feature. Free. An adult must accompany anyone under the age of 14. Food to donate for Britepaths can be dropped off at the Sherwood Center on the evening of the Family Fun Nights. Call 703-385-7858.

SUNDAY/AUG. 20

Meet the Civil War Author. 11 a.m. at Historic Pohick Episcopal Church, 9301 Richmond Highway, Lorton. The Historic Pohick Church Docents Guild sponsoring Don Hakenson, award winning author and producer of Civil War books and a Mosby documentary, will talk about the Civil War history in and around Pohick Church. After the 10 a.m. service. Call 703-339-6572.

Model Train Show. 1-4 p.m. at Fairfax Station Railroad Museum, 11200 Fairfax Station Road. The Northern Virginia NTRAK members will hold a N gauge T-TRAK model train show. Museum members, free; adults 16 and over, \$4; children 5-15, \$2; under 4, free. Information on the museum and shows is at www.fairfax-station.org or call 703-425-9225.

MONDAY/AUG. 21

Great American Eclipse. All day at Burke Lake Park, 7315 Ox Road, Fairfax Station. Learn the science behind eclipses and how to view them safely, solar eclipse glasses will be provided to attendees at all the programs. \$7-\$12 per person. Visit go.usa.gov/xNvvb.

Funday Monday Eclipse Special. 1-4 p.m. at Old Town Square, 3999 University Drive, Fairfax. Stories, crafts, music, and more while the eclipse travels overhead. Pack a picnic lunch or visit one of our local restaurants. Free viewing glasses will be available as supplies last. Visit www.fairfaxva.gov.

WEDNESDAY/AUG. 23

Tai Chi. 6:30-7:30 a.m. in Old Town Square, 3999 University Drive, Fairfax. Wear comfortable clothes and bring a mat. Class will take place in Old Town Square at the pergola, weather permitting. Call 703-385-7858.

THURSDAY/AUG. 24

Flora Fauna for Kids. 11-11:45 a.m. at Hidden Pond Nature Center, 8511 Greeley Blvd., Springfield. Go on the trail walk and learn about the pond. \$5. Ages 3-6. Call 703-451-9588.

FRIDAY/AUG. 25

Music on the Plaza. 6:30-9:30 p.m. at Old Town Square, 3999 University Drive, Fairfax. Rock the Block with the Alex Hilton Band Visit www.fairfaxva.gov/rocktheblock.

SATURDAY/AUG. 26

Meet the Author. 2 p.m. at the Civil War Interpretive Center at Historic Blenheim, 3610 Old Lee Highway, Fairfax. The Battle of Ball’s Bluff — local historian James Morgan will focus on his tactical study of the battle: “A Little Short of Boats: the Battles of Ball’s Bluff and Edwards Ferry.” Book signing and sales follow the talk. Free. Call 703-591-0560.

SEE ENTERTAINMENT, PAGE 10

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Solar Eclipse 2017

Local experts offer instruction in safe viewing.

BY MARILYN CAMPBELL

Some local science teachers went back to school recently for a lesson on the upcoming solar eclipse on Aug. 21 when a total solar eclipse cuts a path across the U.S. Instructors from Fairfax, Arlington, and other Northern Virginia counties attended a half-day workshop led by professor Harold Geller, Ph.D., of the Department of Physics and Astronomy at George Mason University.

During the event, which was sponsored by the Virginia Space Grant Consortium, teachers received ideas on teaching their students about the eclipse. “We tested the teachers’ knowledge,” said Geller. “They also worked in small groups to develop a lesson plan on the eclipse.”

Teachers also got a hands-on outdoor session on safe viewing of the sun and solar eclipse as well as a hands-on lesson on the moon’s phases. Geller said the lesson and safety precautions can be applicable to anyone with an interest in the event. “Everyone seems to know the date ... but many are not

aware of the times,” said Geller. “They vary by location. In Washington, D.C. on 21 August 2017 the partial solar eclipse will begin at 1:18 p.m. The peak or maximum will be at 2:43 p.m. The partial solar eclipse will end here at 4:02 p.m.”

For those who may be unaware of the specifics, Geller underscored the importance of understanding what a solar eclipse is. “Most simply, it’s the phenomena which occur when the moon gets in direct line of sight between the Earth and the sun,” he said. “In the D.C. metropolitan area, between 81 and 85-percent of the sun’s disk will be blocked by the moon.”

For those in the Washington, D.C. region who are wondering what will be visible, Geller said, “At the start of the eclipse, it will appear that a dark disk is blocking out the light from the sun. As we proceed to maximum, more and more of the sun’s disk will be blocked by the moon. Then, after the peak, less and less of the sun’s disk will be blocked by the moon.”

For those wishing to see the eclipse without leaving the Washington, D.C. region, “The best place to view the eclipse is in the path of totality, that is, where

“Your sunglasses are not suitable for viewing the sun. No matter how dark, expensive or polarized they are, don’t use them.”

— Eric Bubar, Marymount University

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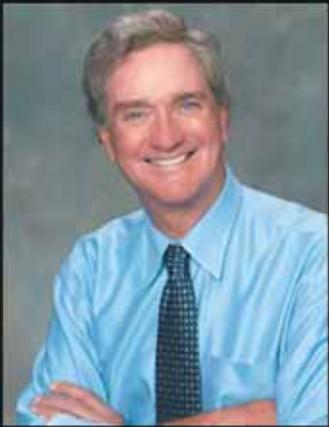
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PHOTO COURTESY OF HAROLD GELLER

George Mason professor Harold Geller led a workshop for science teachers that included an outdoor session on viewing the sun and the upcoming solar eclipse safely.

ever the shadow of the moon will totally block all the light from the sun," said Geller. "Another very important factor is the weather. You should have a direct line of sight to the sun, no interfering clouds. So an open field, with no interference along the line of sight to the sun between 1 and 4 p.m. in this area, would be best."

Safety is a factor that Eric Bubar, Ph.D., associate professor of biology and physical sciences at Marymount University underscores.

"Never look directly at the sun, unless you can approved solar viewing glasses," he said. "These might be hard to find at the moment. Most online vendors are sold out."

For those considering using their sunglasses instead of eclipse glasses, Bubar offers a warning. "Your sunglasses are not suitable for viewing the sun," he said. "No matter how dark, expensive or polarized they are, don't use them. Polarization and UV blocking

More

Visit eclipse2017.nasa.gov/

are great for decreasing the ambient brightness outside, but direct sunlight light can pierce right through and cause damage to your eyes. The only safe way to see the sun with your own eyes is through eclipse glasses or appropriate solar filters."

"No one should ever look directly at the sun without proper protection," added Geller. "Only special equipment should be used, whether looking directly at the sun or indirectly at the sun. Only a limited number of manufacturers' products have been tested for safety. Make sure you are using one of these or that you use an indirect method for observing the sun."

Bubar recommends using the list of vendors certified by the American Astronomical Society. "Also, look at the glasses and make sure there are no holes or punctures in the viewing material," he said. "Even a small crease or puncture can make them unsafe."

Eclipse enthusiasts should not be fooled by glasses that appear similar to eclipse glasses that have been certified for safe viewing, says Bubar. "The material in solar filters can look a lot like aluminum foil but is completely different," he said. "If you can't find solar viewing glasses ... you can see it indirectly with a pinhole viewer."

Instructions for using this method can be found by visiting eclipse.aas.org/eye-safety/projection.

For those wondering whether one can really go blind by looking at the sun: "Yes, you can," said Bubar. "The sun is really bright. It sits 93-million miles from us, but the light it puts out is still great enough that it can cook your retinas and cause vision distortion or blindness even with only a small period of exposure."



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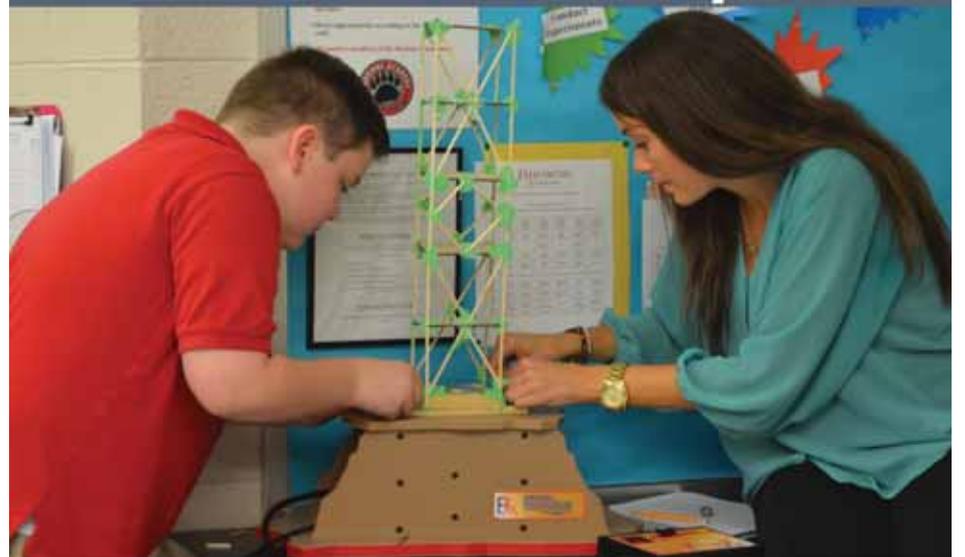
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ENTERTAINMENT

FROM PAGE 7

EqualTEA. 2-4 p.m. at Gunston Hall, 10709 Gunston Road, Lorton. The event will include afternoon tea, a tour of the Mansion at Gunston Hall, a presentation about the Turning Point Suffragist Memorial, and a gift for each guest from the Preservation Society of Newport County. Dress: Hats and pearls, Suffragist attire welcome. \$60. Email pwirth@suffragistmemorial.org.

Guided Meditation. 7-9 p.m. at the Fairfax Art League, 3950 University Drive. Participants in this guided meditation will be led to examine themselves, as crystals are placed on their energy centers. Bring pillows, blankets and comfortable shoes. Email otusatforiinks@gmail.com or call 703-963-6805.

SUNDAY/AUG. 27

Civil War Reenactment. 1-4 p.m. at Fairfax Station Railroad Museum, 11200 Fairfax Station Road. The Fairfax Station Railroad Museum will host Civil War re-enactors and modern practitioners who will demonstrate medical and rescue practices then and now in commemoration of Fairfax Station's role as an evacuation center during the Battle of Second Manassas in 1862. Museum members, free; adults 16 and over, \$4; children 5-15, \$2; under 4, free. Visit www.fairfax-station.org or call 703-425-9225.

FRIDAY/SEPT. 1

Photo Exhibition. 9 a.m.-5 p.m. at Fairfax Museum and Visitor Center, 10209 Main St., Fairfax. "Over There: Americans in World War I" a traveling exhibition from the National Archives and Records Administration showcases



PHOTO BY MIKE SALMON/THE CONNECTION

Trail Walk

On Aug. 24, a trail walk is the focus of the weekly "Flora Fauna for Kids," at Hidden Pond Nature Center, 8511 Greeley Blvd., Springfield. \$5. Ages 3-6. Call 703-451-9588.

photographs from the battle fronts in France, Italy, and Russia, supply and support operations behind the lines, and the Paris Peace Conference, open through Oct. 20. Group guided tours available by reservation, \$25. Call 703-385-8414.

SEPT. 3-4

Model Train Shows. noon-5 p.m. at Fairfax Station Railroad Museum, 11200 Fairfax Station Road. Labor Day Weekend, The Potomac Module Crew members will have HO Scale and others will have a LEGO Model Train Show. Museum members, free; adults 16 and over, \$4; children 5-15, \$2; under 4, free. Call 703-425-9225 or visit www.fairfax-station.org.

FRIDAY/SEPT. 8

Movie Under the Moon. 6:30-9:30 p.m. at Van Dyck Park, 3720 Old Lee Highway, Fairfax. Featuring "The

Sandlot," starts at 7:30. Free. Visit fairfaxva.gov.

SEPT. 9-10

Burke Centre Festival. 9 a.m.-5 p.m. at the Burke Conservancy, 6060 Burke Centre Parkway. Arts and crafts, live shows, rides, face painting, and festival foods. Visit www.burkecentreweb.com.

SUNDAY/SEPT. 10

Vietnam Memorial Lecture. 2 p.m. at Fairfax Museum and Visitor Center, 10209 Main St., Fairfax. "The 35 th Anniversary of the Vietnam Veterans Memorial," Janet Folkerts, curator of the Vietnam Veterans Memorial Collection, will share stories of the artifacts left at the Memorial and the soldiers they honor and memorialize. Free. Call 703-385-8414.

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The Virginia Department of Transportation (VDOT) is seeking Statements of Qualification for the Route 7 Corridor Improvements Design-Build Project from qualified respondents with experience in the design and construction of highway facilities. The Project is located on Route 7 (Leesburg Pike) just west of the Route 7/Dulles Toll Road Interchange in Fairfax County, Virginia. The Project includes widening of about a 6.8 mile segment of Route 7 from four to six lanes between Jarrett Valley Drive and Reston Avenue. The purpose of the Project is to increase capacity, improve traffic operations and reduce congestion, improve community access at intersections and via frontage roads, and improve safety in corridor. Project improvements include: an additional eastbound and westbound lane; shared use paths on both sides of Route 7; replacement of the existing Route 7 bridge over Difficult Run; stream relocation; a new pedestrian tunnel under Route 7 accessing the Colvin Run Mill; a grade-separated intersection for eastbound Route 7 at Baron Cameron Avenue; asphalt overlay of existing pavements; new sound barriers; and installation of storm drain pipes and stormwater management facilities. The Design-Builder will also be responsible for coordinating the Route 7 Widening Project with the Washington Gas transmission line upgrade project within the Project limits.

Questions/clarifications regarding the Request for Qualifications (RFQ) should be submitted to John Daoulas, P.E. (John.Daoulas@vdot.virginia.gov).

Copies of the RFQ and additional submittal requirements can be found at <http://www.virginiadot.org/business/request-for-qualifications.asp>.

The Department assures compliance with Title VI requirements of non-discrimination in all activities pursuant to this advertisement.

BULLETIN

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

VOLUNTEERS NEEDED

Haven of Northern Virginia provides support, compassion, information and resources to the bereaved and seriously ill. To become a Haven volunteer, please call 703-941-7000 to request an orientation. Volunteers must complete a 30-hour training and commit to one year of service answering Haven phones (2.5 hours weekly). Next training is scheduled for fall 2017.

THROUGH AUG. 25

Summer Lunches. 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. No service on July 3 and 4. In the Springfield area, FEEDS is offered at the following schools:

- * Springfield Gardens Apartments, 6116 Cumberland Ave.
- * Springfield Square Apartments, 7000 Rhoden Court, starts at noon
- * Chelsea Square Apartments, 5734 Backlick Road, starts at noon

SEPT. 29-30

Fall Children's Consignment Sale. 9 a.m.-8 p.m., at Cameron United Methodist Church, 3130 Franconia Road. Some items are half price on Saturday. To become a seller, email: CUMC.CCS@gmail.com, or visit www.cameron-umc.org/.

ONGOING

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.

Positive Parenting Strategies Course. At PHILLIPS, 7010 Braddock Road, Annandale. A series of classes and in home consultations taught by PHILLIPS' counselors. Open to all local families. Call Stacy Stryjewski at 703-658-9054.

LETTERS

FROM PAGE 6

President Trump plays fast and loose with nuclear talk, speaking as if it was his personal wild card that he keeps in his back pocket. The loss of millions of lives is an obvious outcome of a conflict between two nuclear powers. But also, given that the South Korean economy is the fourth largest in Asia and the 11th largest in the world, the destruction of South Korea in such a conflict could deal a devastating blow to the world's economy.

The President's seems unable to control his alarming rhetoric. I only hope that our Ambassador to the United Nations and our Cabinet members will employ maximum diplomatic efforts, and that the Congress — the co-equal branch of government — will be strong enough to remind the President that only they have the Constitutional power to declare war.

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I Had a Dream



By KENNETH B. LOURIE

Which apparently, according to my oncologist, is not unusual. In fact, he's had them, too. What I am referring to, in a general sense, are cancer dreams. The 'cancer dream' I had was my first. Actually, it was not so much a dream, with a beginning, middle and an end, as it was a fragment; a moment in subconscious time that provided (illuminated would be too strong a characterization) an opportunity to possibly see my future and prepare accordingly.

Before I share my dream, let me give you a bit of context relating to my cancer condition. I am nearly five months into my ninth year post diagnosis. I have stage IV non-small cell lung cancer, the terminal kind. Stage IV, if you don't know (and I certainly didn't know stage IV from stage left until my oncologist told me in late February 2009) means the tumors have metastasized (moved from its original location, which is rarely good) and are inoperable (which means surgery is not an option/recommended/reasonable). Ergo, the "13 month to two year" prognosis I was given and the associated 2 percent chance of survival beyond five years. To say then that cancer/my mortality is constantly on my mind is an understatement of epic proportions.

Given the unlikely still-living situation in which amazingly I find myself, I am regularly waiting for disappointing/discouraging health-related symptoms/news. With every five-week cycle of pre-chemotherapy lab work/24-hour urine collection and chemotherapy infusion, followed by quarterly CT Scans and semi annual brain and/or lower abdomen MRIs, I am at the mercy of results — which at this juncture rarely manifest themselves in any symptomatic/life-changing way. In short, I rarely know what the cancer is doing until my oncologist tells me. So far, mostly so good. As a result of this general lack of symptoms, I am always anticipating the day when I am not so lucky and wondering how it will happen/how I'll react when "the cancer," as "Forrest, Forrest Gump" said it, asserts its insidious hold. This was the dream fragment I had.

The only real symptom of my lung cancer/treatment shows up in my lab work: specifically my creatinine level, which measures kidney function. And kidney function, per conversations with my oncologist, is a major concern. The damage I've incurred already is irreparable and likely to get worse and a constant worry (I've recently had a "liquid biopsy" in an attempt to determine non-surgically the genetic mutation of my tumors which could possibly enable me to switch my chemotherapy to one which is not filtered through the kidneys). In the interim however, or until there is an "actionable" match, I am still preoccupied with this risk. The fear of dialysis/a kidney replacement weighs heavily on my mind.

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



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Gainesville - \$465,000

Coming Soon! Sought after Virginia Oaks community! 4 BRs, 3.5 Bas, lots of hardwoods, renovated granite & SS kitchen, fenced back yard, cul de sac, move right in!

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Fairfax Station \$719,000 BACK TO WOODED COMMON GROUND!
Beautiful 2 story Colonial with full finished basement in sought-after Crosspointe! 4 bedrms, 3.5 baths, 2 car garage, large eat-in kitchen, hardwood floors, and many extras! This home is SOLD now, but call now to tour other similar properties. Interest rates are still very low...don't miss this opportunity to buy your Dream Home NOW!!! CALL STEVE CHILDRESS 703-981-3277

Sheila Adams
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Fairfax \$774,900
Beautiful Mantua Hills Colonial with huge Breakfast Room and Family Room
Addition w/floor to ceiling stone Fireplace, 4 nice size Bedrooms, 3.5 Baths, Full Finished Lower Level with private entrance, full kitchen, plus additional rooms. Decks surrounds Rear property, so perfect for entertaining.
Call Sheila Adams 703-503-1895

Jim Fox
703.503.1800
jim.fox@LNF.com
I&F "Top 20" 2012-2014
Washingtonian Magazine's "Top Team" 2015
NVAR Lifetime Top Producer



Alexandria \$409,500 Northampton Place
Stunning 2BR/2BA corner unit w/walls of windows, Nearly 1400 sqft w/SW views, Wonderfully appointed, Spacious, modern KT w/granite, SS appls, blast bar, ceramic floor, W/D, Expansive LR/DR w/hdws & custom sheers, 2 master suites w/closets galore, 2 garage spaces side-by-side, Pool, fitness ctr, billiards rm, party rm, sauna & more. Also For Rent.

Judy McGuire
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Springfield Newington Forest \$305,000
2-Bedrooms and 1.5 Baths with granite countertops and new backsplash, hardwood floors on three levels with updated kitchen and bath. Lower deck with walkout to fenced yard. Perfect for the first home owner.
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Gainesville Heritage Hunt 55+ COMING SOON
Sought after 3 lvl "Tigerlily" 3BR, 3BA, Grmt Kit w island, Brkfst rm, Liv, Gas Fpl, Din, Sunrm, Lft, NEW Roof, Deck, Scr Porch, 2 car Gar, Irrig syst, Backs to trees!



Gainesville Heritage Hunt 55+ \$599,900
BEAUTIFUL 3 Lvl "Marjoram" - WATER VIEW! 4BR, 4BA, Grmt Kit w granite, Liv, Din, Sunrm, 2 gas Fpls, HDWDS, Loft, Fin w/out LL. 2 Scr porches, 2 car Gar, Irrig syst, cul de sac.

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Woodbridge \$275,000 SOLD IN 10 DAYS
Imagine What I Can Do For You



Burke \$645,000
Lovely Burke Home. 5 Bdrms, 3.5 Baths, 2 Car Gar. Kitchen remodeled with corian counters, SS appliances, ceramic tile flooring & tile backsplash. Stone walkway and matching front porch. New Windows in 2014. New blinds 2016. 2 Zone Heating. Baths remodeled 2014. Hardwood floors main level. Fin Basement w/ new carpeting & full bath. Lovely Signal Hill neighborhood. Call for addtl details & pricing.

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Springfield \$410,000 Updated End Unit
Sunny 3 BR, 2.5.5 BA. Updated baths, HW floors on ML. Fresh paint & new carpet on UL & LL. Walk-out from lower level into fenced yard. Close to Kings Glen ES. Terrific location!

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Fairfax Station - \$699,000
Beautifully maintained and improved home in the desirable Fairfax Station neighborhood. Over 2800 finished space with updated baths and kitchen, 4 bedrooms, main level library as well as replacement windows. Half acre with common area on three sides. Neighborhood swim club and tennis.



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