Covanta Up and Running

Better Young Than Never

Clifton Girl Scouts Help Kenya Orphans

Frank Capobianco, the facility manager of Covanta, shows the new video monitoring system installed during repairs from a fire.
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Covanta Up and Running

Residents of the South County area tour the Covanta waste-to-energy facility after a fire that occurred in February last year.

By Taylor J. Gouterman
The Connection

For as quick as it takes a fire to spread, it takes months of repair and renovation to recover from the damage. Covanta Energy’s building, located in Lorton, caught fire Feb. 2, spreading to much of the facility, with upgrading the facility continuing since then, including significant advances in technology.

The company provided a tour on June 4 of the changed facility. One of the most significant renovations includes cameras with infrared, thermal imaging for enhanced visibility and coverage.

Working with Fairfax County, Covanta has implemented new technologies and procedures to enhance fire prevention and response capabilities. Other examples include the installation of non-flammable roofing materials and expanded sprinkler systems, and improved waste storage procedures. Covanta has also worked to improve notification and coordination protocols with the County and the Fire and Rescue Department.

The renovations and costs came from within the company itself to make sure that their large facilities would maintain a higher professional standard to minimize as much risk as possible.

Covanta Fairfax, Inc., began commercial operation in June 1990. The facility processes more than 3,000 tons per day of municipal solid waste for a population of more than 900,000 in Fairfax County, according to its website. The 22.9-acre facility in Lorton, sells more than 80 megawatts of renewable energy – enough energy to meet the needs of over 80,000 homes.

Joey Neuhoff, Vice President of the Mid-Atlantic region, said, “By being able to see the fire, or the hot load earlier, I think you’re minimizing your chance of a major fire event happening.”

Hurdles occurred along the way for the facility to start up again, due to the equipment sitting idle for 11 months and the cold weather freezing the pipes, according to Facility Manager Frank Capobianco. He said, however, that operations have remained normal since the company’s reopening.

“Everything’s running well,” Capobianco said. “We’re pretty much back to standard operations, standard maintenance… still some equipment we’re working on, but for the most part, everything’s running well.”

Dale Rumberger, president of the South County Federation, said he came to this event to show the residents of the local area what the significance of the local plant. He said that when the fire occurred, many residents didn’t know anything Covanta, or how the community should respond to an emergency like this.

“We’re here tonight because it would be good to get a tour of the facility updated,” Rumberger said. “We want to publicize it within our boundary area to say, ‘Hey, do you want to know how this operates? Here it is.’”

Another important factor reopening the company and engaging with the community was to maintain its environmental friendliness. The facility’s live emissions monitoring can be found on its website.

State Sen. David Marsden (D-37) said that the environmental friendliness of the company helps by converting the waste into energy (electricity) which is sold to Dominion.

Covanta has new renovations for the facility since the fire last year, where waste is converted into energy on a 24/7 basis.

Frank Capobianco, the facility manager at Covanta, demonstrates the facility’s process and its heating levels for converting waste into energy.
Potential for Progress on Pension Reform

By Pat Herrity
Springfield District Supervisor (R)

The Fairfax County Board of Supervisors finally appears poised to make additional changes to the county’s unsustainable pension plan. After delaying action for the last three years, a number of options have been put on the table for the board to consider at its June 26 Personnel Committee meeting. There has been some board support for adopting the entire package but the outcome is far from certain. If the package is adopted it will reduce pension costs for new employees by 19 to 25 percent and will still leave county employees with a pension plan better than any of our surrounding jurisdictions. While I believe the board missed the opportunity to develop an overall compensation plan that would provide a mix of salary, pensions, and benefits that would attract the best employees and teachers, these changes are meaningful and I support all of the changes to the general county employee pension plan and most of the changes to the public safety plans.

Currently, employees that begin employment with the county right out of school can retire as early as age 55 with a full pension benefit that is higher than those of surrounding jurisdictions. On top of that pension benefit they get a benefit unheard of today — a pre social security supplement — as early as age 55. The pre social security supplement is an additional county paid supplement that equals the social security payment they would have received if they were 67. Unlike real social security payments that increase with cost of living (less than 1 percent last year), this county paid benefit increases at a guaranteed 3 percent. These retirement benefits are far in excess of what is typical in today’s work environment — even in the public sector.

Fairfax County currently has an unfunded pension liability in excess of $5.5 billion. Pensions alone currently cost the county 30 cents on top of every payroll dollar (about 70 cents if you include all benefits). Funding our pension liabilities competes with employee and teacher salary increases and our ability to fund the high quality of services county residents have come to expect. Since joining the board in 2008 I have been advocating to address our compensation and pension issues.

County staff did an outstanding job of simplifying this very difficult material. Here a link to the details: https://www.fairfaxcounty.gov/boardofsupervisors/board-personnel-committee-meeting-may-22-2018. The changes are anticipated to take effect for new employees hired after July 1, 2019 and because they apportion impact over new employees only, the savings will be in future years.

The proposed changes are summarized below:

- Increasing the Minimum Retirement Age increases to 55 to 60 and set at 50 for public safety employees
- Increasing from the Rule of 85 to the Rule of 90 – full retirement at salary plus age for general county employees
- Increasing the Salary Averaging Period from 3 years to 5 years
- Eliminate the Provision that increases the retirement annuity by 3 percent annually
- Increase the Employee Contribution Rate by approximately 1 percent

The changes were presented as a package and there was some support for enacting the entire package of reforms; however, the board may advance a more limited package of reforms at its meeting on June 26. Unfortunately, it appears as though the public will not have a formal opportunity to weigh in on the reforms until after the package has been selected and it comes to public hearing in September or October this year. It is important that supervisors hear from residents before the Personnel Committee meeting on June 26 with their opinions on the package.

Green for Medicaid

By Eileen Filler-Corn
State Delegate (D-41)

Pressing the green “yes” buttonaton my desk in the floor of the House of Delegates last Wednesday night was literally the most consequential vote I have ever taken. It truly was the best day for me, ever, in the Virginia House of Delegates.

People often ask me why I serve, and I always respond “because I truly want to make a difference.” The fact is, if I were ever in doubt, I can look at this vote and say, yes we can and yes we do make a difference, in this case, to over 300,000 Virginians who had no insurance. These people are not just statistics, they are neighbors, family members and friends.

As I drove back from Richmond that night, I think it finally sunk in: Medicaid expansion will become a reality in Virginia. We passed a budget that reflects our values, providing well-deserved access to healthcare for over 300,000 people, teachers and state employees will receive raises, there will be additional money for mental health and for people with development and intellectual disabilities and insurance will be provided for people with autism up until age 21, while funds will be added to our rainy day fund.

I have always gone to Richmond with a goal to listen and get things done, working with everyone, finding areas of commonality. This budget is a perfect example of Democrats and Republicans coming together to do what is right for the Commonwealth and its citizens. Gov. Ralph Northam, former Gov. Terry McAuliffe, all of our Democratic members of the House and Senate, as well as a number of Republicans and so many others: individuals, groups and stakeholders worked earnestly in support of Medicaid expansion for over five years and we finally did it.

We were victorious because everyone came together and because we elected so many new diverse but like-minded voices to the House of Delegates in November of 2017. As our Democratic leader aptly put it, we showed “the power of 49.” But 49 is not 51; we needed leadership on the other side of the aisle, as we had through Speaker Kirk Cox, Appropriations Chairman Chris Jones and Commerce and Labor Chairman Terry Kilgore who were instrumental in leading support among Republicans in the House. Senators Emmett Hanger, Dick Saslaw, George Barker, and Janet Howell were essential in leading the Senate as well. Senator Justin Fairfax broke a number of ties in the Senate to block hostile amendments to our budget. This was truly a team effort.

Thanks to the passage of this budget there will also be funding for more judges and additional individuals with disabilities will have access to Medicaid waivers. Investment was increased in economic development while additional money will be provided to expand broadband and preserve our AAA bond rating. Through this budget, we will create opportunities for working families to thrive. We will build a better, healthier, stronger Virginia.

I will always remember pressing that green button on my desk on May 30, 2018 while watching the vote board light up green in support of a budget we can all be proud of. During my time in office, this was truly the most important vote I have ever taken.

Send Father’s Day Photos

Father’s Day is Sunday, June 17, and once again this newspaper will publish a gallery of Father’s Day photos.

Every year at this time, we put out the call for photographs of fathers and their children, grandfathers and their children and grandchildren. Send in photos with the following information: the town where you live, the names of everyone in the picture, the approximate date the picture was taken, the ages of the children and a sentence or two about what is happening and where the photograph was taken. Be sure to tell us your town name and neighborhood. Photos are due by June 12.

You can submit your photos online at www.connectionnewspapers.com/fathersday. You can also email photos to editors@connectionnewspapers.com.
Better Young Than Never

Virginia State Police come to South County High to show the effects of impaired driving with an obstacle course setting.

By Taylor J. Gouterman
The Connection

Twenty-nine years old is a young age to have back problems, isn’t it? Virginia state trooper Anthony Johnson would argue the same. Having been hit by a distracted driver, he aims to teach children hands-on behind the wheel.

On May 30 and 31, South County High School conducted a driver’s safety program to teach students how distracted driving can lead to dangerous consequences. Students drove through an obstacle course of narrow cones in a golf cart provided by the state police, wearing “drunk goggles,” while their friends distracted them in the back seat with loud shrieking and music.

The program was sponsored by State Farm, who partnered with the Virginia State Police to help students develop the proper driving skills. Health and physical education teacher Maureen Saale was the primary coordinator at South County for this event. She said the program is meaningful to her if one student considers what one person may think when trying to drive home from a party while intoxicated.

“All the classes have gone through the Drivers Ed classroom this year, so it’s kind of an ending thing for them to see what they’ve learned from the classroom,” Saale said. “With the beer goggles on, it’s really simulating what the true effects could be on them.”

One student, sophomore Joey Berndt, said it was difficult because he had issues with judgment.

“Your vision was distorted, and you weren’t sure which way was which,” Joey said. “This is actual hands-on experience and you can actually learn from that.”

Trooper Johnson said the program was better than a classroom setting because students are able to engage with that’s being taught. He reiterated that it’s most meaningful to him if one student can take something significant out of this program and apply to decisions on his or her own accord.

“Once we get the students out of the classroom and we engage with them, they’re more receptive to that,” Johnson said. “They have fun and they joke around, but they take something from it.”

Johnson said he get fulfillment out of the program because of his back issues after being hit by a distracted driver.

“I was hit by a distracted driver: I got rear-ended because a guy decided to look at his oil chain sticker and then his odometer and didn’t see me,” Johnson said. “I still suffer from back pain as a result of that. I’m 29 years old. I shouldn’t have to worry about back pain because some guy decided not to pay attention and look at the road.”

The program aims to expand to a greater number of schools in order to reach out to a greater number of students in an interactive way to learn safe driving behind the wheel.

Virginia State trooper Anthony Johnson provides a hands-on driving experience of distracted driving.

Joey Berndt, a sophomore at South County High School, tries on “drunk goggles” while driving on an obstacle course.

Photos by Taylor J. Gouterman/ The Connection
Families Meditating Together

By Marilyn Campbell

Sitting on cushions in a family living room on a day filled with school, work, and other routines is a little woman in flowing yoga pants and a pale grey ballet-wrap top. She is part of a family mindfulness center in Bethesda, Md. "It allows people to calm their minds and bring their attention to the breath and what's going on in their bodies. For a moment, there's nowhere else they need to be and nothing that they need to do," said Elizabeth Rees, a mother of three and the associate rector and leader of meditation practices at St. Andrew's Episcopal Church in Alexandria. "I try to touch my kids breathing techniques and we have a few favorite meditations that we practice periodically before bed. There are also some great smartphone apps [like] Insight Timer, Breathe2Relax, and Headspace."

Understanding what mindfulness is and what it is not is critical to dealing with unmet expectations. "Grasping the concept of mindfulness is tough for kids and using all long periods of time to practice can be torture," said Baechli. "Mindfulness is simply focusing on your thoughts and feelings without judgement or criticism. It's about taking good care of your health. Problems can be an early warning sign for many taste buds issues. Mindfulness is not a cure-all. Don't expect it to turn your high-energy son into a quiet child or your daughter who has trouble paying attention. It's struggling in school into a straight-A student. That's probably not going to happen."

"Unfortunately, the older the kids get and the more activities they have, the harder it gets to make time for quiet and meditation, even though we need it more, of course," said Elizabeth Rees, Associate Rector, Saint Andrew’s Episcopal Church.

"One of the best times to meditate is when an overloaded schedule can be called out, but simply helps everyone remember that mindfulness is simply focusing on your thoughts and feelings without judgment or criticism. It's about taking good care of your health. Problems can be an early warning sign for many taste buds issues. Mindfulness is not a cure-all. Don't expect it to turn your high-energy son into a quiet child or your daughter who has trouble paying attention. It's struggling in school into a straight-A student. That's probably not going to happen."

According to research, when practiced over time, mindfulness can help overcome that roadblock. "It's like accepting them and letting them pass through our bodies." According to the research, when practiced over time, mindfulness can help overcome that roadblock.

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ONGOING

"California Suite." Through June 16, Thursday-Saturday, 7:30 p.m.; Sunday, 2 p.m. at James Lee Community Center Theater, 2855 Annandale Road, Falls Church. The Providence players conclude their 20th anniversary season with the Neil Simon comedy, "California Suite." Simon's humorous confection in four separate comedy playlets with one common thread. Four couples from different cities travel to California over the course of a year and stay in the same Beverly Hills Hotel suite, bringing their problems, anxieties and comic marital dilemmas with them. Adults, $20; students/seniors, $17. All seating is reserved. Call 703-425-6782 or visit www.providenceplayers.org for more.

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Liz Mykytiuk as Millie Michaels and Dave Wright as Marvin Michaels in the Providence Players production of the Neil Simon comedy "California Suite."

'California Suite'
The Providence players conclude their 20th anniversary season with the Neil Simon comedy, "California Suite." Simon's humorous confection in four separate comedy playlets with one common thread. Four couples from different cities travel to California over the course of a year and stay in the same Beverly Hills Hotel suite, bringing their problems, anxieties and comic marital dilemmas with them. On stage through June 16, Thursday-Saturday, 7:30 p.m.; Sunday, 2 p.m. at James Lee Community Center Theater, 2855 Annandale Road, Falls Church. Adults, $20; students/seniors, $17. All seating is reserved. Call 703-425-6782 or visit www.providenceplayers.org for more.

Photo by Chip Gertzog, Providence Players


date, time and location. Prior to attending, please ask that you try to attend regularly. RSVP Naama.Gold@jccnv.org.

Focus on the Family presents BibleBarker 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. Email barbriba@hotmail.com or call 703-524-3779.

Fairfax Pets on Wheels New Volunteer Orientation. The volunteer program is held the first Wednesday of every month starting at 7:30 p.m. at Arlington/Fairfax Elks Lodge, 8421 Arlington Blvd., Fairfax. Free coffee, entertaining callers, $1,000 jackpot (with breaks for smoking friends). Call 703-273-3638.

Community of Worship, Call 703-778-9418

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Back and Better Than Ever!

The Covanta Fairfax Resource Recovery Facility in Lorton, VA has resumed operations and is once again providing Fairfax County a sustainable solution for managing waste and generating renewable energy to power 80,000 area homes.

Covanta wishes to express our sincere gratitude to our neighbors, Fairfax County and the Fire and Rescue Department for their cooperation while we worked to repair damage from a 2017 fire. We have successfully implemented new, state-of-the-art technologies to enhance fire prevention and response capabilities and look forward to serving the community for many years to come.

Please visit covanta.com/fairfax to learn more.
English Conversation Groups weekly at George Mason, Burke Center, Lone Oak or Leesburg. Please practice and improve your English. Day and start times vary. Register at FFCA or call 703-785-7858 www.fairfaxva.gov/languages.

Friday, June 8-10

Old Town Village Performances: Alte Kameraden Octet, 7-8 p.m. at Old Town Plaza. No cover. This is a big band from Germany. Old Town Plaza – music and dance to relax by. Fridays, June-September, weather permitting. Performances are free. Call 703-385-7858 or visit www.oldtownvillagefairfax.com for more.

A Night to End Human Trafficking? 7-11 p.m. at Hilton Springfield, 400 Loodale Road, Springfield. A night of fun and entertainment with a purpose: putting an end to human trafficking. In an effort to combat this injustice, Just Ask Prevention Project and Airline Ambassadors are hosting A Night to End Human Trafficking to help raise funds for educational videos and curriculum development. Visit www.eventbrite.com and search “Just Ask.”

Movies Under the Moon: The Incredibles, 8 p.m. at Van Dyck Park, 3740 Old Lee Highway, Fairfax. Enjoy a night under the stars in Van Dyck Park with family and friends with a movie for all ages to enjoy. Free admission, bring chairs and blankets.

Thursday-Saturday, June 7-9

Interfaith Ramadan Tent. 7:30 p.m. at Fairfax Friends Meeting Church, 10723 Main St., Fairfax. American Turkish Friendship Association is organizing a Ramadan tent with the goal of bringing together neighbors of all backgrounds for celebrating joys together in the month of Ramadan. Come to the Sherwood Community Center, 3740 Old Lee Highway, Fairfax. Enjoy a free, family-friendly (movies are PG) movie night. An adult must accompany anyone under the age of 14. “Bratpack” Food Drive at Family Fun Night. Bring a new item or equipment. Visit www.fairfaxvfd.org or call 703-273-3638 for more.

Saturday, June 9

Kidz Korner: Kitty Pooey Day. Family Activities, 10:30 a.m. at Old Town Square. Fairfax. A variety of children’s activities and entertainment in Old Town Square, Saturdays June-September. Free. Call 703-385-7858 or visit www.oldtownvillagefairfax.com for more.

Meet the Artist: Mariela Rumberg. 6-9 p.m. at Workhouse Arts Center, 770 N. Fairfax St. Gallery and Studio 605, 9601 Old Road, Lorton. Using only natural dyes, each art quilt, silk scarf and framed work is an alchemy of color and texture as unique as a human fingerprint. Visit www.MarielaRumberg.com for more.

Sunday-Saturday, June 10-19

Fairfax Comicon. Sunday, 11 a.m.-6 p.m.; Saturday, 10 a.m.-6 p.m. at George Mason University, Dewberry Hall, 400 University Drive, Fairfax. A brand new event, two full days of comics and cosplay at George Mason University. $10-$20. Free parking. Visit vacomicon.com/events/summer2018/. Wine, Whiskers, and Wags. 1-5 p.m. at Paradise Springs Winery, 12125 Yates Ford Road, Clifton. Friends of the Fairfax County Animal Shelter is hosting their 12th Annual Wine, Whiskers, and Wags, an annual fundraising event with heavy hors d’oeuvres, beverages, a ticket for a glass of wine or a wine tasting, a keepsake wine glass, dog demonstrations, participation in the silent auction and access to exhibitors. Tickets are required and may be purchased in advance for $45 at www.fcas.org; tickets may also be purchased at the event for $55.

Second Sunday Program, 2 p.m. at Fairfax Museum and Visitor Center, 10209 Main St., Fairfax. “The Yanks are Coming (Eventually): Hearing America Change, 1914-1919.” Historical performance historian Michael Lasser will discuss songs from World War 1 and how the era’s popular music traces the changes in American attitudes toward the war. Call 703-385-8414.

Monday, June 11


Tuesday, June 12

Farm to Fairfax Market. 10 a.m.-2 p.m. at Old Town Square, 10415 North St., Fairfax. A variety of children’s activities and entertainment in Old Town Square, Mondays June-August. Free. Visit www.fairfaxva.gov/government/parks-recreation/old-town-square for more.

Storytime in the Park. 10 a.m. at Old Town Square, 10415 North St., Fairfax. In association with Fairfax County Public Library. Weather permitting. Visit www.fairfaxva.gov for more.

Thursday, June 14

Art and Lunch. 10:30 a.m.-2:30 p.m. at Old Town Hall, 3999 University Drive, Fairfax. The Fairfax Art League will be hosting an Art and Lunch event. Bring lunch and enjoy the company of other artists. Free and open to the public. New members welcome. Visit www.fairfaxartleague.net or call 703-265-9411.

Art Reception. 7-9 p.m. at Old Town Hall, 3999 University Drive, Fairfax. The Fairfax Art League will be hosting a Feature Art Reception. Free! Live music. New members welcome. Visit www.fairfaxartleague.net or call 703-587-9481.

Friday, June 15

Read for Fun. Fairfax County Public Library helps make reading fun by providing tools, access and incentives during its Summer Reading Adventure. The Summer Reading Adventure runs June 15-Sept. 1 and invites all children and teens – birth through high school – to read for fun over the summer. The 2018 theme is “Reading Takes You Everywhere.” Visit research.fairfaxcounty.gov/summer-reading for more.

Old Town Village Performances: Main Street Brass Quintet. 7-8 p.m. at Old Town Plaza, 3953 Chain Bridge Road, Fairfax. The weekend starts here – Friday night on the Old Town Village Plaza – music and dance to relax by. Fridays, June-September, weather permitting. Performances are free. Call 703-385-7858 or visit www.oldtownplazafairfax.com for more.

B-I-N-G-O. 7-11 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.

A Night to End Human Trafficking? 7-11 p.m. at Hilton Springfield, 400 Loudale Road, Springfield. A night of fun and entertainment with a purpose: putting an end to human trafficking. Visit www.atfa.us, www.iitstudies.org or call 703-785-7858 or visit www.oldtownplazafairfax.com for more.

Meet the Artist: Marisela Rumberg. 6-9 p.m. at Workhouse Arts Center, 770 N. Fairfax St. Gallery and Studio 605, 9601 Old Road, Lorton. Using only natural dyes, each art quilt, silk scarf and framed work is an alchemy of color and texture as unique as a human fingerprint. Visit www.MarielaRumberg.com for more.

Saturday, June 16

Kidz Korner: Mr. Skip – Fun and Songs. 10 a.m. at Old Town Plaza, the pergola, Fairfax. A variety of children’s activities and entertainment in Old Town Square, Saturdays June-September. Free show. Visit www.fairfaxva.gov or call 703-385-7858.

Pet Adoption Event. 11 a.m.-2 p.m. at Pet Supplies Plus, 11054 Lee Highway, Fairfax. Meet some of the critters currently looking for homes, and perhaps find your next companion today. On the third Saturday of each month in association with the City of Fairfax Police Department’s Division of Animal Control. Call 703-385-7919 or visit www.fairfaxva.gov/pets for more.

Father-Daughter Dance. 6-9 p.m. at Sherwood Community Center, 3740 Old Lee Highway, Fairfax. Father-daughter dance will be held that evening so don’t miss out. Girls ages 10 through high school are invited. With dads, grandads, big brothers, godfathers and family members. There will be lots of dancing, games, prizes and good food. $30 per person. Register at www.fairfaxva.gov/specialevents.

Call 703-273-3638 or email parkrec@fairfaxva.gov for more.
Volunteers Needed
Assistance League of Northern Virginia is a volunteer nonprofit, invites community members to join their organization. Information is in its Reading Expess program. Volunteers provide one-on-one tutoring to first grade students during the school year. To learn more contact VP Membership Mary Gronlund at mgronlund@gmail.com or Program Coordinator Lynn Barron at lynnieb17@verizon.net.

KINDERGARTEN REGISTRATION
Child turning 5 years old by Sept.30? If so, contact your child’s school to make arrangements for kindergarten enrollment. Most schools begin getting information together now for parents of incoming kindergartners, and many have orientation sessions for parents. All kindergarten programs are full-day and located in FCPS elementary schools. Check your school’s webpage or contact the school directly for specific enrollment information and dates of orientation. https://www.fcps.edu/kindergarten/registration/kindergarten-registration.

FRIDAY/JUNE 8
Application Deadline. Leadership Fairfax announces the second round of applications for the Emerging Leaders Institute & Leadership Fairfax Institute Classes of 2019. Learn more at an informational webinar on June 6, at noon. Applications and webinars are available at leadershipfairfax.org or call 703-752-7555.

FRIDAY-SUNDAY/JUNE 8-10
White Elephant Sale. Friday, 5-8 p.m.; Saturday, 9 a.m.-7 p.m.; Sunday, 8:30 a.m.-2:30 p.m. at St Mary of Sorrows, 5222 Sideburn Road, Fairfax. Jewelry, furniture, households, sports, toys, and antiques. $5 admission on Friday, free Saturday and Sunday. Call 703-323-0345.

SATURDAY/JUNE 9
Movement and Meditation: An Interactive Workshop. 1-2:30 p.m. at Insight Memory Care Center, 1953 Pender Drive #100, Fairfax. As a busy caregiver, it’s easy to neglect one’s own health. Join an interactive class to learn simple stretches and yoga techniques that can help one to relax and de-stress during the day. This program is a part of Insight's ongoing Wellness Workshop series, for caregivers to focus on their own health and well-being. Free. Contact Lindsey Vajpeyi at 703-204-4666 or lindsey.vajpeyi@insightmcmc.org or visit insightmcmc.org.

TUESDAY/JUNE 12
Primary Elections. The last day to vote an absentee ballot in person is Saturday, June 9, 2018. Election day voting is Tuesday, June 12 from 6 a.m.-7 p.m. Visit www.fairfaxcounty.gov/elections/upcoming-for-more.

REVIVE Trainings. 11:30 a.m. at CSB’s Merrifield Center, 3953 Pender Drive, Fairfax. The Fairfax Falls Church Community Services Board (CSB) will dispense free Narcan® at upcoming REVIVE trainings. Get trained with the skills and tools to administer Narcan, a drug that reverses the effects of opioid/heroin overdose. Trainings are free, approximately one hour long, and are offered at numerous locations and times across Fairfax County. Advance registration is not required to attend training. Visit www.fairfaxcounty.gov/community-services-board (CSB)/free-naloxone-revive-trainings.

Dementia Caregiver Support Groups. Noon-1:30 p.m. Shepherd’s Center of Fairfax-Burke sponsors a monthly meeting on the 2nd Tuesday of each month for caregivers to learn and to share with others experiencing similar challenges. Before attending, contact the facilitator, Eileen Thompson at 703-451-8624 or Eileen.thompson1@gmail.com.

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

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