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# Springfield CONNECTION

HomeLifeStyle

PAGE 8

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Lee High School Class President Jessica Escobar speaking at the graduation ceremony: "Whether that be through your community, your place of worship, or your vote, use your voice. Never underestimate your ability to make a change."



## Lee Graduates Told: 'Use Your Voices'

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Hayfield Seniors Ready to Soar

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Edison Graduates Encouraged To 'Fight the Righteous Fight'

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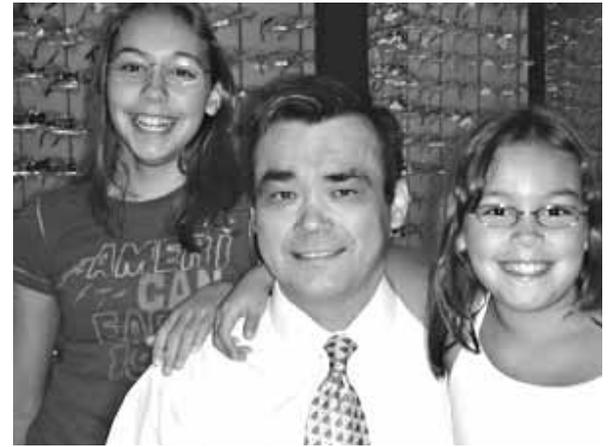
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Nathnael Alazar and Emily Riffer receive the Faculty Award, an award that recognizes students with ideal character, citizenship, and service.



PHOTOS BY JENNETH DYCK/THE CONNECTION

"I hope to be on Broadway after college. Musical theatre is my passion; it's what I love to do," said Remy Thompson, who plans to attend Christopher Newport University and study musical theatre, dance and education.

# Lee Graduates Told: 'Use Your Voices'

Robert E. Lee graduates 368 students at EagleBank Arena.

BY JENNETH DYCK  
THE CONNECTION

Three hundred and sixty-eight students graduated from Robert E. Lee High School June 12. The commencement exercises were held at the EagleBank Arena at George Mason University.

Graduates entered the arena to the familiar theme of "Pomp and Circumstance" before the Lee Junior ROTC Color Guard presented the colors for the National Anthem and the Pledge of Allegiance.

The Lancer Singers performed "Go the Distance" from Disney's 1997 "Hercules," before Jessica Escobar, senior class president, encouraged the students to use their voices to influence the world.

"Whether that be through your community, your place of worship, or your vote, use your voice. Never underestimate your ability to make a change," said Escobar.

Principal Deirdre Lavery honored graduates planning to enter the armed services,



Fadel Rah, with Public Health Training Assistant Brandon Williams, receives his diploma amid wild cheers from his classmates. Rah was diagnosed with cerebral palsy when he was young, but succeeded in high school through supportive faculty, yes-no questions, and a device that allows him to control a computer mouse with his eyes. Rah plans to attend Mount Vernon College as well as NOVA.

the 64 students graduating with honors, IB Diploma candidates, IB Career Certificate candidates and Advancement Via Individual Determination (AVID) students.

Lavery also challenged the students to "be kinder than is necessary," and to take "calculated risks," in order to learn.

"That's [the] beauty of risk-taking: it is a

win-win proposition, for either it will work out and you are pleased with the outcome, or you will learn important life lessons that will guide you in future decision-making," she said.

Nathnael Alazar and Sabrina Mohammed received the Lancer Award for their "outstanding service to their class and school

during their four years in high school," according to Lavery.

Alazar also received the Faculty Award with Emily Riffer, an award that recognizes students with ideal character, citizenship, and service.

Alazar gave the graduate address. He encouraged his classmates to thank their parents, claiming that their graduation journey began while they were still in their mothers' wombs. "The very beginning of our story was being made without us even knowing," said Alazar.

"Over time we have grown to become the next generation of leaders," he said, urging students to give back to those who've sacrificed to make America what it is today and to help the marginalized and victimized.

Delegate Kathy Tran (D-42) delivered the commencement speech, telling the students to look around them for familiar faces. "This is your village," she said, reminding the students that their families, teachers, and friends have and "will continue to sustain [them] in [their] journey ahead."

The 64 students graduating with honors received their diplomas first, followed by the rest of the senior class. The ceremony ended with the graduates tossing their caps in the air and celebrating their accomplishments.



Muhammad Bahjat stands with his classmates before the ceremony's opening remarks.



Sabrina Mohammed approaches the stage to receive the Lancer Award for her noteworthy school service.



Family and friends crowded the bleachers and the auditorium to celebrate the graduates of Hayfield Secondary School Class of 2018.



Fawaz Ahmand had his teachers and classmates all smiles and laughs as he delivered his Senior Class Speech, but included more serious remarks and urged them all to “celebrate each other!”

# Hayfield Secondary School Seniors Ready to Soar

## The Home of the ‘Hawks’ graduates Class of 2018.

BY ANDREA WORKER  
THE CONNECTION

**T**here were tears. There were smiles. There were shouts of joy and waves to family and friends crowded onto the bleachers and into the auditorium across the hall from where the main action was taking place.

Amid a sea of bright orange caps and gowns – the school colors of Hayfield Secondary School – more than 450 names were read aloud and proud young men and women rose to receive the diploma that was the exemplification of what they had been working towards for years of study, tests, and stress, community service, sports, competition – and friendship and fun.

Before those hard-earned certificates were placed in eager hands, Hayfield principal Martin Grimm took time to reflect on some of the achievements that distinguished the Class of 2018.

“You have excelled,” declared Grimm. Within the graduating class, 75 students would be receiving the “President’s Award for Academic Excellence” having maintained a 4.0 or higher grade point average. Ninety-two colleges and universities will welcome Hayfield Class of 2018 students as freshman in the Fall. Seven of the graduates will be heading into military service, four had received ROTC scholarships, and more than \$4.8 million in scholarship funds had been earned by members of the class.

Grimm added another accomplishment that had been achieved during the ending school year.

The previous year, approximately 1,600 students had been registered to vote in Fairfax County through school voting campaigns. Grimm told the audience that this year, that number had increased to 5,000



Carmen Mazyck, winner of the Hayfield Secondary School Class of 2018 Faculty Award, addresses her classmates, reminding them that “though birds fly, Hawks soar!” referencing the school sports teams’ name.

students – and “Hayfield was the highest ranked in registrations by more than 110 students.”

“Rather than words of wisdom I remind you of what you have already achieved,” concluded Grimm, before finishing with a quote by American author and leadership mentor John C. Maxwell. “Fail early. Fail often. But always fail forward.... if you’re not failing, you’re probably not moving forward.”

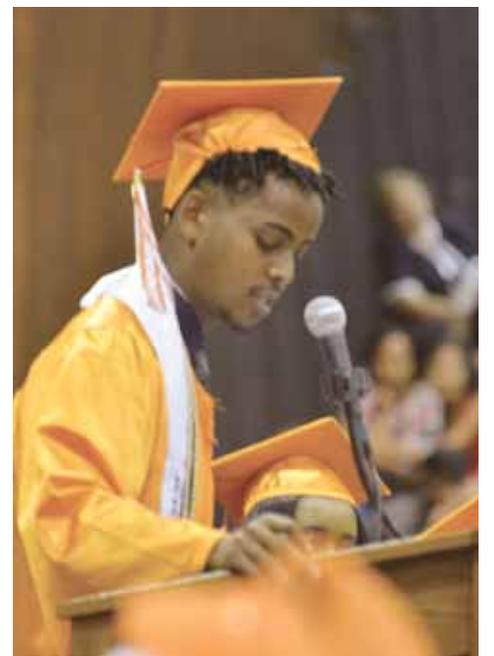
**THREE STUDENTS** were given the honor of addressing their classmates during the ceremony.

Carmen Mazyck was the recipient of the Faculty Award, described by award presenter Kathy Johnson as filled with “contagious positivity...a bright light in our school

and community.”

Mazyck gave thanks to the teachers and staff of Hayfield, paying special tribute to former Hayfield principal Dave Tremaine, who died of cancer the day before the graduation of the Class of 2014. “He made this a safe place for all,” she said, noting that tradition continues. “Hayfield sets an example of what the world should be like – open, no division. We are all equal. Get ready for the Class of 2018! Though birds fly, Hawks soar!” she finished her remarks to thunderous applause.

Fawaz Ahmand offered a mix of humor, realism, and pride in his speech to his classmates, reminding them that in times of “winds that slow us down” it was only when “the hawk lowers its wings that the journey is lost...we have the strength in us!”



Class president Matthews Tessema praised his classmates for their community spirit and actions for social justice in his remarks.

PHOTOS BY  
ANDREA WORKER  
THE CONNECTION

President of the graduating class, Matthews Tessema, also thanked teachers, staff, parents and other mentors, and praised his peers for their spirit, and their willingness to “do the right thing.” He reminded them that “greatness stems from changing lives for the better,” rather than focusing on amassing wealth or objects.

**AS INSPIRING** and well-received as all of the speeches and musical presentations had been, the capped-and-gowned crowd was ready to stand up and take that walk, diploma in hand, on to the next chapter. And so the names were read, the awards and certificates handed out, and then the Hayfield Secondary School Class of 2018 marched with heads held high, out the doors towards their futures.



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# OPINION

## Medicaid Expansion Will Save Lives

Almost too many benefits to count that will help all Virginians, including economic stimulus.

The benefits are huge. The Virginia General Assembly, finally motivated by the huge change in the House of Delegates wrought by energized voters last November, passed a budget that included expanding Medicaid under the Affordable Care Act.

A celebratory press release goes out any time 10 or more jobs come to any place in Virginia. But estimates are that finally accepting the available federal money to expand Medicaid under the Affordable Care Act could stimulate the creation of 30,000 jobs.

Just including the expansion in the budget made hundreds of millions of extra dollars available for other priorities.

It will make all of us who live and work in Virginia healthier via "herd immunity." Ensuring that our fellow residents have access to healthcare, to medications to treat contagious illnesses, to vaccinations, to preventive and acute care protects all of us. We don't want the people who shop with us, ride with us on the Metro or wait in line at motor vehicles to be sick without a reasonable way to be treated. We want the people around us to be healthy. It makes everyone healthier.

In Northern Virginia, tens of thousands of people who are living without health insurance

will be eligible. Hundreds of thousands of people across the state will gain access.

Virginia has bypassed about \$10 billion by not having expanded Medicaid since it was possible. It's not perfect, but now it is done.

"Health care is not a privilege: It is a right," said state Sen. Dick Saslaw, highlighting the importance. "A lot of us here have had a lot of breaks in our lives, but there are many others out there who do not get these breaks. They work hard, but for one reason or another things don't turn out right for them. These people need our help, and we have done that."

Other perspectives on the benefits: "As a mother of an Autistic child, I know just how important Medicaid is for many things here in Virginia. Medicaid helps fund not just our schools but also our Special Education programs here in Virginia," said Monica Hutchinson, organizer for New Virginia Majority. "This expansion will have a ripple effect. Not only will hundreds of thousands of Virginians receive the care they deserve, but our schools will also receive extra money in their annual budgets."

"Now, nearly 400,000 Virginians can see a doctor without fear of financial ruin," Del. Kathy Tran said. "Last election, voters made it clear that increasing access to healthcare is the top issue for our Commonwealth."

EDITORIAL

## Richmond Highlights: 94-1 for Metro Reform

General Assembly session wrap-up.

BY TIM HUGO  
STATE DELEGATE (R-40)



This year, the General Assembly addressed a myriad of issues that will impact our community and the entire Commonwealth. From economic development to energy, public safety to transportation, many important discussions and compromises occurred.

My policy initiatives were driven by conversations I have with constituents. I focused on improving our transportation infrastructure, increasing Virginia's renewable energy portfolio, and creating safer communities, while holding the line on new taxes.

Northern Virginia's congestion impacts our quality of life and regional economy daily. A vital component of our transportation infrastructure is the Metro system which, unfortunately, is unreliable and less safe than riders deserve. When running efficiently, Metro gets cars off the roads, reduces congestion, and provides transportation options for Northern Virginians.

This year, I sponsored the bipartisan comprehensive Metro reform and funding package

that passed with a 94-1 vote. The legislation includes key reforms such as a three percent cap on annual operating expenses, increased oversight, and changes to depoliticize Metro board governance. We met Virginia's funding goal by prioritizing existing transportation dollars. With local taxes going up again in Fairfax, I felt additional tax increases on Northern Virginians were not necessary.

Virginia's renewable energy portfolio has expanded, but we can do more. I sponsored legislation removing barriers for solar project development, strengthening our grid infrastructure, and directing utilities to generate more power from renewable sources — specifically 5,000 megawatts of utility solar and wind energy. This is in addition to my previous legislation that promoted net-metering and that created Virginia's Solar Development Authority.

The opioid epidemic continues to impact Fairfax families at an alarming rate. The General Assembly has worked to help those suffering and reduce overdoses. This year, the House expanded on my 2017 legislation which required doctors to request a patient's prescription history before initiating a new prescription and direct them to limit opioid prescrip-

As fewer and fewer people have employer-paid health coverage for themselves, much less their families, elections have consequences that can mean the difference between life and death," said Jaime Contreras, a vice president at 32BJ SEIU.

"The budget's inclusion of a bipartisan compromise plan to drawdown available federal funds to help hundreds of thousands of hard-working, uninsured Virginians gain health care coverage will promote public health improvements, job growth, economic vitality, and strengthen our health delivery system," said Virginia Hospital & Healthcare Association President and CEO Sean T. Connaughton.

"We are especially thrilled that some 7,000 Arlingtonians now will have healthcare coverage — this legislative action will improve outcomes for their health and welfare, strengthen our workforce, and help our community and the Commonwealth," said Katie Cristol, Arlington County Board chair.

AARP Virginia State Director Jim Dau said the bipartisan effort increases access to health care for 400,000 Virginians, including 95,000 people over 50 who are not yet eligible for Medicare.

"We have been fighting to expand Medicaid for years and I'm so proud to have been a part of the team that finally got it done. This achievement will dramatically improve the lives of real people in communities across the Commonwealth, including over 5,600 people in the 49th district," said Del. Alfonso Lopez (D-49)

tions to no longer than seven days. Now, a prescription history check is required for new prescriptions related to a surgical procedure such as wisdom tooth removal.

In years past, this time of year is when high school bands, cheerleading squads, and sports teams are holding car wash fundraisers. Recently, various localities have restricted these activities due to over-burdensome federal regulations. My legislation will allow these groups to hold car washes with biodegradable soaps to lessen the environmental impact. I want to thank Springfield Supervisor Pat Herrity for bringing this to my attention.

Lastly, I frequently hear constituents say their taxes are high enough. I agree. That's why I again worked to hold the line on new taxes. This year, the House defeated more than \$770 million in proposed new taxes, including a new tax for streaming services such as Netflix, Hulu, Pandora, and Spotify, as well as an effort to reinstate the Estate Tax (so called "Death Tax").

Overall, the 2018 session was productive. Virginia once again proved that bipartisanship works. If I can ever be of assistance, please email me at delthugo@house.virginia.gov.

### Write

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# Preparing Home for Summer

From finding spaces for wet swimsuits and school papers to adding new throw pillows, small touches can add a warm-weather feel.

PHOTOS COURTESY OF ANNIE ELLIOTT INTERIORS.

BY MARILYN CAMPBELL

When school ends and summer begins, a home's functionality can change. From backpacks overflowing with a school year's worth of school papers and art projects that need a home to bedrooms that call for a warm weather refresh, local designers suggest small tweaks to interior spaces that can yield a big impact.

From breezy white sheets to beach-themed accessories, summer calls for a lightening up of home decor, advises interior designer Anne Madden of Mount Vernon. "I always encourage clients to refresh their home decor during warmer months," she said. "Remove heavy bed linens that were meant to keep you cozy and replace them with light and airy linens in neutral or cool colors. This is also a good time to swap out throw pillows made from heavy fabrics like wool and incorporate pillows made from lighter fabrics like linen into your home's design."

In addition to changing bedroom accessories, summer is also good time to breathe new life into bathroom decor. "Take an inventory of your linen closet and replace towels that are worn and frayed with thick, fluffy ones," said Madden. "Make sure your shower curtain and liner are fresh and free of mildew. If they aren't, replace those too."

Corralling pool necessities into a designated space is a key to maintaining an organized home during the summer, advises professional organizer Susan Unger of Clutter SOS. "When preparing to head to the pool with your children, it's a real time saver to have an area in the laundry room, entry or garage where all the necessary items are kept and they don't need to be gathered up each time," she said. "Keep a beach bag loaded with sunscreen, towels, snacks, toys and clothes. Perhaps each child could even have their own beach bag. Have a designated area in your home for wet towels and suits to be hung up to dry when returning home."

Create a space that is dedicated to summer crafts in a way that doesn't overtake a home's aesthetic, suggests Unger. "Having a

**"Have a designated area in your home for wet towels and suits to be hung up to dry when returning home."**

— Susan Unger, Clutter SOS



**Adding new towels and shower curtain in light and airy colors, like those in the bathroom by Annie Elliott Interiors, can add a touch of summer to a bathroom.**

separate crafts table for children is great or if space is an issue covering the kitchen table with a plastic tablecloth will work also," she said. "It also helpful to have a separate cart with plastic drawers or a small shelving unit with plastic bins to house craft items. I like plastic because it is washable."

Each drawer or bin can house items like paint, marker, crayons, coloring books or construction paper, continued Unger. "Put a printed label on each drawer or bin," she said. "I like to add a picture of the item as well which encourages younger children to start developing reading skills. They are then also able to match the item to the container when it comes to putting away the supplies. It is never too early to encourage cleaning after themselves."

The beginning of summer is a great time to sort through school papers and art projects collected thought out the year, says Unger. "As the parent, it will make it easier for your child if you do a presort and get rid of all the schedules, notices and worksheets before involving your child in the process," she said. "Then you both can decide on the special items to keep. I like to use a plastic file bin for each child and put each year's items in a hanging file with the grade on the file tab. This also creates a limited amount of space for the selected items to keep."

If you haven't already done so, schedule a maintenance service appointment for your HVAC system, suggests Maden. "It's better to spend the money now to make sure it's in good working order than to wait until breaks down during a heatwave and be at the mercy of overbooked repair companies," she said.



**Adding throw pillows in light, airy colors like the one in the room by Annie Elliott Interiors, can make a space appear ready for summer.**

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

## VOLUNTEERS NEEDED

**Assistance League of Northern Virginia**, a volunteer nonprofit, invites community members to join the organization to participate in its Reading Express program. Volunteers provide one-on-one tutoring to first grade students during the school year. To learn more contact VP Membership Mary Gronlund at [gronbiz@aol.com](mailto:gronbiz@aol.com) or Program Coordinator Lynn Barron at [lynnieb517@verizon.net](mailto:lynnieb517@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 host an orientation or open house. 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 or visit [www.fcps.edu/registration/kindergarten-registration](http://www.fcps.edu/registration/kindergarten-registration).

## THURSDAY/JUNE 14

**American Heart Association Benefit.** 11 a.m.-2 p.m. at Sheehy Volkswagen, 6601 Backlick Road, Springfield. Heart-healthy trivia and hands-only CPR demonstrations. Sheehy dealerships throughout the area will lead various initiatives in support of the Sheehy 8000 including healthy cooking demonstrations, blood pressure screenings, fitness demonstrations and CPR training for employees and the community. Visit [www.sheehyhasheart.org](http://www.sheehyhasheart.org) or call 703-712-8700.

## SATURDAY/JUNE 16

**Community Shredding Event.** 8 a.m.-noon at Springfield Government Center, 6140 Rolling

Road, Springfield. Shred event is open to Fairfax County residents along with residents of the Towns of Vienna, Herndon and Clifton and the Cities of Fairfax and Falls Church. Documents from businesses will not be accepted. All cars must be in line by noon. Residents will be asked to remain in their vehicles. Visit [www.fairfaxcounty.gov/publicworks/recycling-trash/document-shredding](http://www.fairfaxcounty.gov/publicworks/recycling-trash/document-shredding).

**FCCPTA Leadership Training Summit.** 9 a.m.-3 p.m. at Thomas Jefferson High School for Science and Technology, 6560 Braddock Road, Alexandria. The Spring 2018 PTA Leadership Training Summit will provide training and leadership development for PTA officers, committee chairs and leaders in preparation for the 2018-19 school year. Visit [www.fccpta.org](http://www.fccpta.org).

## MONDAY/JUNE 18

**Community Meeting.** 7 p.m. in the Springfield Governmental Center, 6140 Rolling Road, Springfield. Supervisor Pat Herrity and the Fairfax County Department of Transportation (FCDOT) will hold a public meeting regarding three projects: Burke Road realignment, VRE Rolling Road parking lot expansion and the Burke Road speed study. Attendees may review project plans and display boards at 7 p.m. FCDOT staff will give a formal presentation at 7:15 p.m. and then host a question and answer period after. Comments are due by close of business, Friday, July 6, 2018, and may be submitted in person at the meeting; via the online feedback form; in writing to FCDOT at 4050 Legato Road, Suite 400, Fairfax, VA 22033; or by calling 703-877-5600 or TTY 711. Visit [www.fairfaxcounty.gov/transportation/projects/burke-road-realignment](http://www.fairfaxcounty.gov/transportation/projects/burke-road-realignment).

## MONDAY/JUNE 20

**Rotary Club of Fairfax Meeting.** 12:15 p.m. at American Legion Hall, 3939 Oak St., Fairfax. The Rotary Club of Fairfax, founded in the City of Fairfax in 1931, is one of more than 33,000 Rotary clubs worldwide. Rotary International's

SEE BULLETIN, PAGE 13

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

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Honor graduate Isabel Nieves, followed by Sohil Nisar, approaches the platform to receive her diploma.



Honor graduate Fabiana Sakun, followed by Valeria Sanabia, flashes a smile during the presentation of the diplomas.

## Edison Graduates Encouraged to 'Fight the Righteous Fight'

BY JENNETH DYCK  
THE CONNECTION

**F**our hundred and nineteen students graduated from Thomas A. Edison High School June 11. The commencement exercises were held at the EagleBank Arena at George Mason University.

Graduates entered the arena to the traditional theme of "Pomp and Circumstance" before standing at attention for the National Anthem.

Principal Pamela Brumfield encouraged the students to be the kind, hard-working people the world wants to see. "Be the most wanted wherever you go," she said, "because you strive to make a positive difference."

The Edison Commencement Choir, directed by Anna Cooper, sang a familiar theme from the Broadway musical "Wicked" titled "For Good" before the class president, Mariam Hasan, addressed her classmates.

"I like to think of life as a journey on a bike, and at this moment in time, we've graduated from training wheels. ... In these past four years, look at all you've accomplished, and in this next chapter in life,



Over 500 Edison graduates toss their caps into the air after receiving their diplomas.

you'll do so much more," said Hasan.

Stacey Kiggins, an award-winning teacher at Edison, gave a commencement address praising the students for their hard work. She implored the students to take the tools they acquired in high school and wield them

as weapons against poverty, corruption, injustice, bigotry, and cruelty.

"Join me, class of 2018, in fighting the righteous fight with these tools you have been given," said Kiggins.

Kiggins also pushed the students to go

beyond what they learned in high school, warning them teachers can never fully prepare them for "the real world."

"I had to learn my craft by practicing it, like everyone before me. And this in itself is not and will never change," said Kiggins.

After the commencement address, the Edison Symphonic Band and Orchestra, directed by Charlie Mitchell and Josephine Cofie-Arrington, performed the now-trending musical masterpiece "A Million Dreams" from the blockbuster hit, "The Greatest Showman."

The ceremony concluded after acknowledging certain groups of students, such as those going into armed forces, graduating with honors, or graduating with an IB diploma, and of course the presentation of the diplomas.

"[The students] are brave, in fact, I would say they're fearless," said Kiggins after the ceremony, referencing the students' desire to come to school every day despite the dozens of campus shootings across the country.

"[I hope to see them] in charge of Congress, in operating rooms, on the screen, everywhere. And I anticipate they will. They'll do it."

PHOTOS BY JENNETH DYCK/THE CONNECTION



Honor graduate and IB Diploma candidate Powlos Million glances up into the audience searching for friends and family as he waits for his diploma.



Class president Mariam Hasan plans to attend Virginia Tech to study engineering.

# FATHER'S DAY PHOTO GALLERY

Photos submitted by Lionel Michael of Springfield



You are so lucky to have gotten such a beautiful, well rounded, smart and funny family. No wonder we are all your favorites. Uncle Lesley and his wonder family gathered from around the world to be with him this summer.



Having children ixs like living in a frat house - nobody sleeps, everything's broken, and there's a lot of throwing up. Nia, Cy, Chanel and Jerry with papa Neil.



Picture 1: Fans of Celebrate Fairfax. Joaquin & Jose faithfully having a serious bonding moment at the Fairfax County Government Center.



Dad, you have always been the coolest, like all those times you said "yes" when mom said "no" — Damien and Theiran.



Linley Michael and Kevin Timms of Springfield. Fathers, grandfathers and friends forever. R.I.P



I have a hero, I call him dada. Teagan and Paul Michael, second father's day and here we are again.

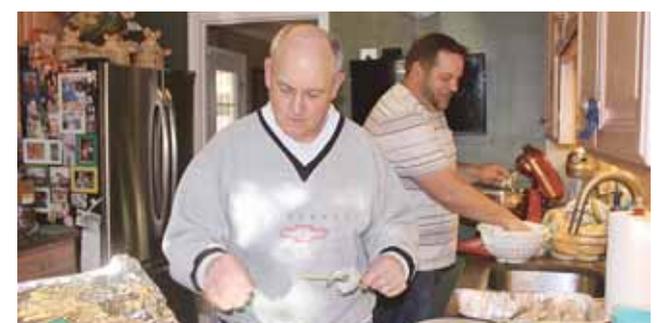
Last Father's Day my son gave me something I always wanted: the keys to my car. Bobby and Wayne of Springfield.



Dad, no matter what life throws at you, at least you don't have ugly children. Tintin, Kyle & Kendra bonding together.



I feel bad for other people; I certainly got the best dad. Baby Liam and proud first time daddy Nathan.



My father doesn't do anything unusual. He only does what dads are supposed to do—be there. Thanks dad, love Michael.



My son wants 50 percent of my Father's Day gifts. He says, if it weren't for him, I wouldn't even be a father. Keifer, Dusty, Shadow, Millie, Thor and Dory.



Dear Daddy, I may find my prince, but you will always be my king. Gabby, Gulya & Baby Annabel of Springfield.



Daddy's little fishing buddies. We like fishing, but it is better when we get to spend time together. Noel, Eli and Megan

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\*Stem cell therapy is still considered experimental by the FDA.



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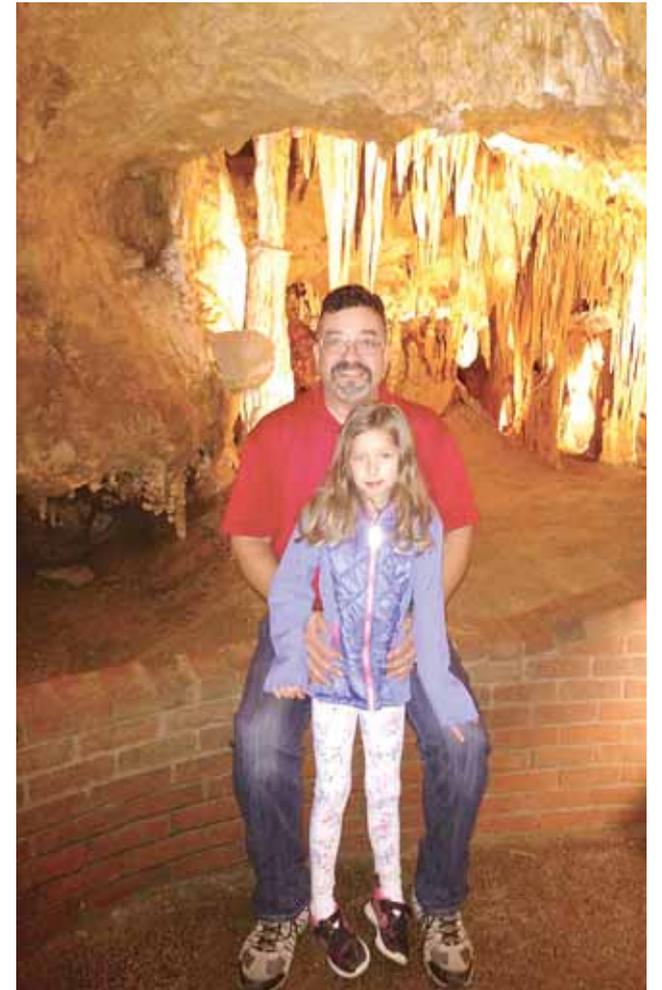
# FATHER'S DAY PHOTOS



**"I'm going to be just like Dad!":** Jack Heuer, 4, and Chris Heuer live in Kingstowne area of Alexandria, but love coming to Old Town and walking to the river. The picture was taken at the Old Town Alexandria waterfront, August 2012.



**"Earning Bobcat":** Jack Heuer, 7, and Chris Heuer at the Bobcat ceremony for Cub Scouts. Alexandria - Faith Fellowship Church firepit. April 2015.



Edward and Sofia Amoros, 6, of Springfield, visiting Luray Caverns in February 2018.

## BULLETIN BOARD

### FROM PAGE 9

motto is "Service above Self." Rotary Club of Fairfax meets weekly. Visit [www.fairfaxrotary.org](http://www.fairfaxrotary.org) or email [ihollans@earthlink.net](mailto:ihollans@earthlink.net).

### Keeping Your Loved One Safe.

1-3 p.m. at Insight Memory Care Center, 3953 Pender Drive, Fairfax. As the brain changes, abilities change too. Learn about potential safety issues, balancing safety with independence, and ways to keep a loved one safe at home and away. This program is a part of Insight's Classes for Caregivers series. Free Respite care may be available by request; please call to make arrangements. Register online, or call 703-204-4664 or email [lindsey.vajpeyi@insightmcc.org](mailto:lindsey.vajpeyi@insightmcc.org).

### MONDAY/JUNE 25

#### Future of Retail-Non-Office Building Repurposing.

7 p.m. at Fairfax County Government Center, Conference Rooms 9/10, 12000 Government Center Parkway, Fairfax. A public informational meeting on Plan Amendment 2017-CW-6CP - Non-Office Building Repurposing. The meeting provides an opportunity to learn how retail markets are changing and discuss how alternative uses may be used to fill existing retail spaces. Visit [www.fairfaxcounty.gov/planning-zoning/plan-amendments/non-office-building-repurposing](http://www.fairfaxcounty.gov/planning-zoning/plan-amendments/non-office-building-repurposing) or contact Michael Lynskey, DPZ, at 703-324-1204.

### TUESDAY/JUNE 26

#### Cyber Training and Education Conference.

George Mason University Science and

Technology Campus in Manassas. The conference offers two tracks - one for veterans interested in training pathways in cyber and another for teachers at the high school level, to provide them with the educational curriculum essential to prepare current high school students for a future in cyber technology. Open to all area veterans and teachers at no charge; and all attendees can earn .7 CEUs for their attendance. Visit [vsgi.gmu.edu/cyber-ready-conference-registration-page](http://vsgi.gmu.edu/cyber-ready-conference-registration-page).

### MONDAY/JUNE 27

#### Rotary Club of Fairfax Meeting.

12:15 p.m. at American Legion Hall, 3939 Oak St., Fairfax. The Rotary Club of Fairfax, founded in the City of Fairfax in 1931, is one of more than 33,000 Rotary clubs worldwide. Rotary International's motto is "Service above Self." Rotary Club of Fairfax meets weekly. Visit [www.fairfaxrotary.org](http://www.fairfaxrotary.org) or email [ihollans@earthlink.net](mailto:ihollans@earthlink.net).

### TUESDAY/JULY 10

#### Story Time: Focus and Self-Control.

10-11 a.m. at The Parent Resource Center Library, 2334 Gallows Road, Entrance 1 - Room 105, Dunn Loring. This Story Time will highlight books and activities to support focus and self-control in young children. Focus and self-control is an evidence-based executive functioning skill that involves paying attention, following the rules, thinking flexibly, and exercising self control. Registration is limited and required for children ages 4-6 and their parents. Visit [www.fcps.edu/resources/family-engagement/parent-resource-center](http://www.fcps.edu/resources/family-engagement/parent-resource-center) for more.

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## Employment

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# ENTERTAINMENT

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

## ONGOING

**Art Exhibit: House, Sky and Abyss.**  
Through June 24, gallery hours at Workhouse Arts Center's Vulcan Muse Gallery, 1st Floor, 9518 Workhouse Road, Lorton. House, Sky and Abyss is a solo exhibition featuring Gerardo Camargo chronicling the relationship between natural environment and social constructs. Visit [www.workhousearts.org](http://www.workhousearts.org).

## 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 [fairfaxartleague.net](http://fairfaxartleague.net) or call 703-587-9481.

**Artist Reception.** 7-9 p.m. at Old Town Hall, 3999 University Drive, Fairfax. The Fairfax Art League will be hosting a Feature Artist Reception. Free and open to the public. New members welcome. Visit [www.fairfaxartleague.net](http://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 theme in 2018 is "Reading Takes You Everywhere." Visit [research.fairfaxcounty.gov/summer-reading](http://research.fairfaxcounty.gov/summer-reading).

**Old Town Village Performances: Main Street Brass Quintet.** 7-8 p.m. at Old Town Plaza, 3955 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](http://www.oldtownplazafairfax.com).

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

**Family Movie Night: "Lego Ninjago Movie."** 7 p.m. at 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. "Britepaths" Food Drive at Family Fun Nights. Britepaths is a volunteer-based organization that identifies and addresses the unmet fundamental needs of Fairfax area residents. Call 703-385-7858.

## SATURDAY/JUNE 16

**Bike to Market Week.** 8 a.m.-noon at Burke VRE, 5671 Roberts Parkway, Burke. The Fairfax County Farmers Markets will be celebrating Bike to Market Week at select locations in collaboration with the Fairfax County Department of Transportation. Bring family and friends along and receive a free bike map and giveaways. Visit [www.fairfaxcounty.gov/parks/farmersmarkets](http://www.fairfaxcounty.gov/parks/farmersmarkets) or call 703-642-0128.

**Kidz Korner: Mr. Skip - Fun and Songs.** 10:30 a.m. in Old Town



PHOTO BY CHIP GERTZOG, PROVIDENCE PLAYERS

**Liz Mykiety 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](http://www.providenceplayers.org) for more.

Square at the pergola, Fairfax. A variety of children's activities and entertainment in Old Town Square, Saturdays June-September. Free show. Visit [www.fairfaxva.gov/government/parks-recreation/old-town-square](http://www.fairfaxva.gov/government/parks-recreation/old-town-square).

**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 find out how to adopt 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](http://www.fairfaxva.gov).

**Father-Daughter Dance.** 6-9 p.m. at The Sherwood Center, 3740 Old Lee Highway, Fairfax. Fairytale guests will be visit that evening so don't miss out. Girls celebrate Father's Day with dads, granddads, big brothers, godfathers and family members. There will be lots of dancing, games, prizes and good food. \$30 per person. Register at [fairfaxva.gov/specialevents](http://fairfaxva.gov/specialevents). Call 703-385-7978 or email [parksrec@fairfaxva.gov](mailto:parksrec@fairfaxva.gov).

**Mount Vernon Nights.** 7 p.m. at Workhouse Arts Center, 9518 Workhouse Road, Lorton. This series of free, public concerts features a variety of musical performances reflecting Fairfax County's diversity, culture and community spirit. Bring a picnic dinner and a blanket and enjoy one of Fairfax County's special summer traditions. Visit [www.fairfaxcounty.gov/parks/performances/mt-vernion-nights](http://www.fairfaxcounty.gov/parks/performances/mt-vernion-nights).

## SATURDAY-SUNDAY/JUNE 16-17

**NTRAK Model Train Show.** Saturday, noon-5 p.m.; Sunday, noon-4 p.m. at Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Northern Virginia NTRAK members will hold a two day N gauge train show. Museum members and age 4 and under, free; ages 5-15, \$2 and 16 and older, \$4. Visit [www.fairfax-station.org](http://www.fairfax-station.org), [www.facebook.com/FFXSRR](http://www.facebook.com/FFXSRR) or call 703-425-9225.

## MONDAY/JUNE 18

**Funday Monday: Theatre School.** 10:30-11:30 a.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](http://www.fairfaxva.gov/government/parks-recreation/old-town-square).

## TUESDAY/JUNE 19

**Farm to Fairfax Market.** 10 a.m.-2 p.m. at Old Town Square, 10415 North St., Fairfax. The market, will be producers-only - meaning that all vendors at the market may only sell what they raise on their farms or make from scratch using local ingredients as much as possible. May-September, weather permitting. Call 703-385-7893.

**Storytime in the Park.** 10:30 a.m. in Old Town Square, 10415 North St., Fairfax. In association with Fairfax County Public Library. Weather permitting. Visit [www.fairfaxva.gov](http://www.fairfaxva.gov).

## WEDNESDAY/JUNE 20

**Bike to Market Week.** 8 a.m.-noon at Wakefield Park, 8100 Braddock Road, Annandale. The Fairfax County Farmers Markets will be celebrating Bike to Market Week at select locations in collaboration with the Fairfax County Department of Transportation. Bring family and friends along and receive a free bike map and giveaways. Visit [www.fairfaxcounty.gov/parks/farmersmarkets](http://www.fairfaxcounty.gov/parks/farmersmarkets) or call 703-642-0128.

## THURSDAY/JUNE 21

**Free Lemonade Day.** 10 a.m.-9 p.m. at Charleys Philly Steaks, 6500 Springfield Mall, Springfield. Customers can visit the Springfield Charleys location at Springfield Town Center to receive a free, regular-sized Original Lemonade during regular operating hours on Thursday, June 21 (no purchase necessary, limit one per customer). Visit [charleys.com](http://charleys.com).

**Hometown Thursdays: Big Bad JuJu.** 6:30-8:30 p.m. at Old Town Square, 10415 North St., Fairfax. Third Thursdays in May-September. The new series will host local bands from the Fairfax area. Meet up with friends, grab dinner at one of the many restaurants in downtown, and listen to great music. A free, family-friendly event for all ages. Visit [www.fairfaxva.gov/government/parks-recreation/special-events/hometown-thursdays](http://www.fairfaxva.gov/government/parks-recreation/special-events/hometown-thursdays).

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SEE CALENDAR, PAGE 15

# CALENDAR

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## FRIDAY/JUNE 22

**FrogHair Golf Tournament.** Noon at Twin Lakes Golf Course, 6201 Union Mill Road, Clifton. Enjoy the chance to be a winner at the upcoming FrogHair Golf Tournament presented jointly by Southwestern Youth Association and Chantilly Youth Association. A fun twist on the game is presented at each hole, providing both experienced and inexperienced golfers with an opportunity to win a prize. \$99 per person. Visit [www.froghairgolfclassic.com](http://www.froghairgolfclassic.com).

**Rock the Block: The 5:55.** 6:30-9:30 p.m. at Old Town Square, 3999 University Drive, Fairfax. Family-friendly free concert series, which features live bands, beer garden, and city restaurant vendor booths. Free. Call 703-385-7858 or visit [www.fairfaxva.gov/rocktheblock](http://www.fairfaxva.gov/rocktheblock).

**B-I-N-G-O.** 7 p.m. at Fire Station 3, 4081 University Drive, Fairfax. Enjoy free coffee, entertaining callers, a friendly atmosphere, \$1,000 guaranteed jackpot, treasure chest progressive raffles, and good food available for purchase. Visit [www.fairfaxva.gov/bingo](http://www.fairfaxva.gov/bingo) or call 703-273-3638.

## SATURDAY/JUNE 23

**Ribbon Cutting at Hidden Pond.** 10 a.m. at Hidden Pond Nature Center, 8511 Greeley Blvd., Springfield. The public is invited to a ribbon-cutting ceremony and site celebration of the new playground and multi-use outdoor shelter at Hidden Pond Nature Center. Visit [www.fairfaxcounty.gov/parks/hidden-pond/](http://www.fairfaxcounty.gov/parks/hidden-pond/).

**Kidz Korner: Superheroes Party – Ever Laughter Parties.** 10:30 a.m. in Old Town Square at the pergola, Fairfax. A variety of children's activities and entertainment in Old Town Square, Saturdays June-September. Free show. Visit [www.fairfaxva.gov/government/parks-recreation/old-town-square](http://www.fairfaxva.gov/government/parks-recreation/old-town-square).

**“Midnight in America: Darkness, Sleep, and Dreams during the Civil War.”** 2-4 p.m. at the Civil War Interpretive Center at Historic Blenheim, 3610 Old Lee Highway, Fairfax. Christopher Newport University Professor Jonathan W. White, PhD, will discuss how the horrors and rigors of war for both Union and Confederate soldiers penetrated their lives at night through sleeplessness and dreams. Free. Call 703-591-6728.

**Mount Vernon Nights.** 7 p.m. at Workhouse Arts Center, 9518 Workhouse Road, Lorton. This series of free, public concerts features a variety of musical performances reflecting Fairfax County's diversity, culture and community spirit. Bring a picnic dinner and a blanket and enjoy one of Fairfax County's special summer traditions. Visit [www.fairfaxcounty.gov/parks/performances/mt-vernon-nights](http://www.fairfaxcounty.gov/parks/performances/mt-vernon-nights).

## SATURDAY-SUNDAY/JUNE 23-24

**Amateur Radio Field Day.** From 2 p.m. Saturday to 2 p.m. Sunday, at Burke Lake Park, 7315 Ox Road, Fairfax Station. Field Day is a national amateur radio event, is conducted during a 24-hour period. Field Day operations must be powered by emergency power sources – generators, solar power or batteries. Visit [viennawireless.net](http://www.viennawireless.net).

## SUNDAY/JUNE 24

**Vegetable Plant Clinics.** 4-6 p.m. at Franconia Park, 6432 Bowie Drive, Springfield. Focus will be on garden diseases. Fairfax County Master Gardeners will add a focus on vegetable gardening to their Plant Clinic program. Sponsored by Virginia Cooperative Extension. Contact the VCE Fairfax County Master Gardener Help Desk at 703-324-8556.

## JUNE 25-29

**Summer Art Camp.** Registration is open for Art Camp 2018 in Burke for 5-8 year olds, 8 years and up. Camp is held through Burke Centre Conservancy at the Woods Community Center, 10100 Wards Grove Circle, Burke. Second location is Burke Presbyterian Church, 5690 Oak Leather Drive, Burke. Camps include: Fine Arts & Crafts Camp (8 yrs. & up) = \$142 plus \$25 supply fee; Drawing Camp (8 yrs & up) = \$142 plus \$25 supply fee; Drawing Plus Color & Craft Fun Camp (5-8 yrs) = \$120 plus \$20 supply fee. Camp weeks are June 25-29; July 16-20; and July 23-27. Call 703-250-6930 or visit [www.czartlessons.com](http://www.czartlessons.com).

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## Trying to Mind My Weekly Business



By KENNETH B. LOURIE

Usually I'm able to write my column because something is on my mind, or at least percolating in there somewhere. At the moment, nothing is on my mind or even remotely percolating. The reason for this lack of percolation is that as of Saturday, eight days after my last chemotherapy infusion, I still haven't been able to think clearly in my mind – or out of it, because I've spent the past week wallowing in it.

The post-chemotherapy experience to which I vaguely refer is the primary side effect of the drug with which I am infused. For the week or so following my treatment, I am not quite myself (nor am I anybody else for that matter). I am dull and void.

I am not interested in most tasks and less inclined to concern myself with trivialities and/or any responsibilities related or not. I am simply biding time, usually lying on the bed, fully dressed but minimally engaged. Sights and sounds don't bother me but neither do they motivate me in the slightest.

I am not exactly a shell of my former self, but the chemotherapy has definitely hollowed out a place for itself. Eating and drinking is very challenging. Consequently, I have difficulty swallowing the 60-odd pills that I take every day. If I'm not careful I will become less medicated and more constipated. As a direct result, I will sleep throughout the day – and night. Furthermore, I risk becoming dehydrated and vitamin and nutrient deficient.

Let me be clear: this column is not about me dying, or the feelings that I have during this post-chemotherapy “weak” thinking that I am. Hardly. It's more an attempt to explain – and perhaps justify, the minimal creative thinking I've engaged in this past week preparing to write this column. It reminds me of a particular Seinfeld episode when George explained to Jerry why he was unable to lie his way out of dinner with J. Peterman: “I dug down and there was nothing there.”

All of the previous paragraphs being written, compared to myriad complications I could be experiencing – and am not, as well as the premature death “prognosed” by my oncologist: “13 months to two years” back in late February 2009, I am quite the opposite of a victim of my circumstances. I am a survivor. Nine-plus years. Though still an active patient and one never characterized as a N.E.D. (“no evidence of disease”), I continue to look forward not backward. My life is ahead of me, not behind. To invoke an old reference: “It beats Bermuda off-season.”

When “Team Lourie” asked my oncologist back in early '09 if I could possibly live beyond my prognosis, he was not particularly encouraging. I remember him saying: “Could you be the one? Sure.” (“One” being the operative word.)

And in the context of all that he was explaining/outlining, hardly was it offered up with any enthusiasm. It was more a verbal life preserver (no pun intended). Something for us to grasp as we continued to discuss and then ultimately decided to begin chemotherapy infusions six days later on the following Wednesday.

And here I still am, June 9, 2018, “Chronic Ken,” as I've previously “monikered” myself.

I'm living proof of one of the recent goals of lung cancer research: to change a previously terminal diagnosis from a death sentence into a life sentence. And I can live with that, hopefully for many years. I have no doubt that research/clinical studies will make it all a reality.

New drugs/treatment protocols are being approved almost daily it seems, by the F.D.A. In fact, as many drugs have been approved in the past few years as had been approved in the previous decade. I have treatment choices now that I've never had before, immunotherapy is but one example.

As far as the subject matter for this week's column, this is all I could muster. I hope you don't mind.

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

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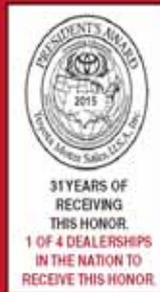
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