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# Fairfax CONNECTION

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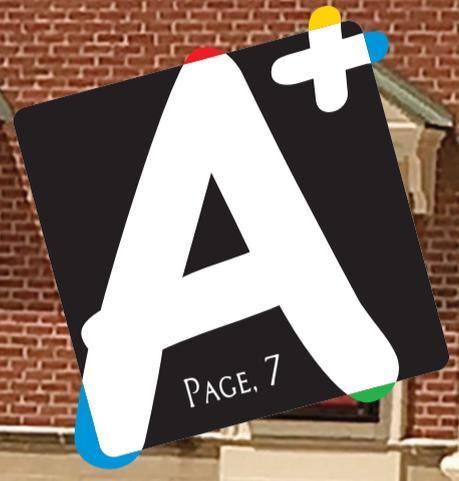


PHOTO BY BONNIE HOBBS/THE CONNECTION  
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## Splashing on A Sunny, Summer Day

NEWS, PAGE 9

**First Glimpse  
At New Firehouse**

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**Playing on a Home Turf**

NEWS, PAGE 6

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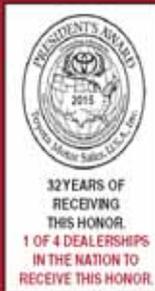
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Architect's rendering of the new Fire Station 33, as seen from Fairfax Boulevard.



Architectural drawing of the new fire station from the parking lot.

## First Glimpse at New Firehouse The replacement for Station 33 should be operational in 2021.

BY BONNIE HOBBS  
THE CONNECTION

Since the City's Fire Station 33 along Fairfax Boulevard has nearly reached the end of its useful life, it's going to be demolished and rebuilt. It was originally constructed for a single-engine company, so its design no longer meets the needs of the modern-day Fire Department.

The current station doesn't have enough space to adequately store equipment, and its ready-reserve apparatus has to be housed off-site. Besides that, says Fire Chief John O'Neal, a new facility will increase the Fire Department's operational readiness and also improve safety, health conditions and quality of life for the staff.

Total cost – including demolition of the old building, as well as design, engineering and construction of the new one – is estimated to be \$9.6 million. The City's financial advisor, Davenport & Co., recommended lease financing as the most cost-effective method for Fairfax to take to fund the station replacement, and the City Council agreed and is moving forward with it.

The firm of Lemay, Erickson, Willcox Architects is designing the new building. And after several meetings with City staff, it presented its proposed interior and exterior renderings to Council members during a recent work session.

"The building footprint is slightly larger than the existing building and is in the same location," said architect Michelle Perry. "The front will be slightly closer to Fairfax Boulevard, with aprons in the front and rear of the building."

She said the new facility will have three engine bays, instead of just two, like the existing station has. It will also have a much larger support area, a large control room and 25 parking spaces, instead of 20, as now. The second floor will have administrative spaces on the right – three offices and a conference room – and a training area to the left. The third floor will feature the dining and kitchen areas, plus bunks for 14 people.

"There's the potential for a green roof and terrace to the rear of the building," said Perry. "And that roof and side wall could also be used for firefighter training. We developed a traditional and familiar build-



BONNIE HOBBS/THE CONNECTION  
**Fairfax Fire Station 33 is going to be demolished and rebuilt.**

ing design, but with some contemporary features, including a large, dramatic archway over the three bays. The brick and cast stone add the traditional elements."

Councilman Jon Stehle asked about security, and O'Neal said there'll be a secure vestibule. Councilman Michael DeMarco asked if the new building would impinge on the Resource Protection Area, but Perry assured him that it will encroach less on it

than the existing building does.

She also noted that the driveway and surface areas for the fire engines and ambulances in the bays will be concrete, but the parking area will be asphalt. However, O'Neal said they could also consider installing some pavers in the parking lot for more pervious surface.

Calling the new station a "handsome building," Councilwoman Janice Miller asked how the construction would be managed. Project Manager Rick Thoesen, with the City's Department of Public Works, replied, "I prefer using the architect to take care of things salient to construction, and I'd help the Chief with change orders, etc." He also said it would be cheaper than hiring a construction-management firm.

As for the project timeline, construction bids are expected to be posted and reviewed between January and March 2019. A contractor should then be selected by that spring. O'Neal said groundbreaking is anticipated by June or July of 2019, with construction completed in December 2020 and a "move-in date of January 2021."

## 'Thanking Those Who Sacrifice So Much'

Councilman Yi donates salary to organizations serving others.

BY BONNIE HOBBS  
THE CONNECTION

A senior aide on Capitol Hill, Sang Yi is unable to accept his \$12,000 annual salary as a member of the Fairfax City Council. So at the July 24 Council meeting, he introduced an appropriation resolution donating \$10,000 of it to American Legion Post 177 in Fairfax and \$2,000 to Yellow Ribbons United.

"While it's a unique circumstance that's led to my inability to accept my salary, I wanted to ensure that the money went



Sang Yi



Emma Dockery

to support veterans-related causes," he said. "I really believe it's a privilege to serve as an elected official, and I couldn't imagine a

better way to honor and support those who serve and sacrifice everything for our nation."

Yi said he chose these two organizations because "What they do for our community is, in my mind, one of the most important volunteer and charity efforts we have in our area." Of the more than 725,000 veterans in Virginia, almost 72,000 people who have served, or do currently, call Fairfax home."

**IN THE CITY OF FAIRFAX**, alone, he noted, "We are estimated to have 1,610 veterans – which is almost 7 percent of our City's population. After all of the sacrifices

made by our veterans, we still see veteran homelessness, unattended mental illnesses and other hardships by our veteran community and their families."

"And that's why American Legion Post 177 – which has been around since, I believe, the mid-1940s and boasts over 1,000 members – is such an important institution in our community," continued Yi. "Post 177 provides countless benefits to our community through its support of Boy Scouts, Civil Air Patrol, Disabled American Veterans and the sponsorship of Honor Flights."

Likewise, he said, Yellow Ribbons United has "one of the most inspiring

SEE COUNCILMAN, PAGE 5

## Freedom of the Press, Friend of Democracy

### Under attack, abroad and now at home.

The press is protected in the U.S. Constitution by name in the First Amendment. The founders recognized the key role that newspapers would play as watchdogs for all layers of government, a key ingredient in a successful democracy. Newspapers have played that role well.

Newspapers have been under assault by technological and economic forces for years. Some of the harm done to government and the public good when newspapers close was documented in recent study, "Financing Dies in Darkness? The Impact of Newspaper Closures on Public Finance."

But now newspapers and other news outlets are facing for the first time a sustained attack from the 45th President of the United States.

It is the role of the President of the United States historically to inspire the American people by words and actions. This president has hammered away at the press in general and reporters specifically.

Today we join hundreds of other newspapers to identify the danger involved when the leader of the free world invokes the language of dictators and authoritarian rulers in attacking the credibility of the press, referring to it as "the enemy of the people." Calling our work "fake news." There are many nastier quotes that we

choose not to repeat here.

The editorial board of Boston Globe made a national call to action for all newspaper editorial boards — both large and small, rural, suburban and metro — across the country to publish a coordinated response to the president's "enemy of the people" rhetoric today, Aug. 16. "We propose to publish an editorial on Aug. 16 on the dangers of the administration's assault on the press and ask others to commit to publishing their own editorials on the same date," the Globe editorial board wrote.

Journalism is a dangerous occupation in many other countries, usually not here in the U.S.

But the fear local journalists feel increased close to home here after the murders of five in the newsroom of the Capital Gazette in Annapolis recently.

#### EDITORIAL

One member of Connection Newspapers staff is Kemal Kurspahic, who shares with us his first-hand experience of running a newspaper from a war zone when information was desperately needed by the besieged residents of Sarajevo. Kurspahic is managing editor for The Connection Newspapers. He was the editor-in-chief of the Bosnian daily *Oslobodjenje* in Sarajevo, Bosnia Herzegovina, 1988-94. Under his leadership the paper published every day from the atomic bomb shelter below *Oslobodjenje's* shelled skeleton of a building during the siege of Sarajevo.

He was critically injured himself when a vehicle taking him to his newsroom crashed as it traveled at high speed down "sniper alley." The International Press Institute named Kurspahic

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one of its first 50 World Press Freedom Heroes in 2000.

Here at Local Media Connection, we are unified in our mission to benefit the community. We are blessed to work in a place where we know violence is rare, and our efforts are more often appreciated than cursed. We won the 2016 Virginia Press Association Award for Journalistic Integrity and Community Service, the Virginia Press Association's highest award, for coverage and editorials leading to police reform in Fairfax County.

We last won the award in 2011 "for exhaustive coverage of homelessness in the newspaper's circulation area." First place for "in depth and investigative reporting" went to our series on teen sex trafficking. We've focused on efforts to feed hungry children right here. We feature good works by members of the community in our 15 papers every week. We're fighting the good fight in the face of devastating economic forces, changes in advertising patterns and huge newsprint increases.

We shouldn't have to fear thinly veiled calls for violence and hatred from the leader of our nation.

— MARY KIMM

## Back to School

#### COMMENTARY

BY KENNETH R. "KEN" PLUM  
STATE DELEGATE (D-36)

Last week I had the opportunity to visit one of my grandsons' schools, and I was genuinely impressed. Parents were invited to come by last week to meet the teachers because his school started on Aug. 15. It was one of the friendliest environments I have experienced — smiles everywhere, genuinely warm greetings for all, and an obvious feeling of caring for all children and parents and grandparents coming into the school. My grandson was clearly eager to get back to school and to see his teachers. He has some special needs that require additional understanding and assistance, and he is clearly getting it in his school setting.

The teachers and administrators wore the school's special tee shirt and were giving high-fives all around.

As one who taught in the classroom for several years, many old memories came back to me. I remember the need to always be

"on" in the school day for students who needed help or attention. In most careers we can coast on a bad day and make up for it later; not so with teaching. You are always the center of attention and must be appropriately responsive to student needs whenever they occur. Students can learn as much about life from your body language and attitude as they can from the subject you are teaching them.

While teachers are assigned a grade level or a subject area, ultimately teachers are teaching children more than just content. I am convinced my son who teaches students in automotive technology is teaching as much about attitude, work habits, developing confidence and being a good citizen as he is about an automobile.

Our daughter who teaches multiply challenged children at the elementary level is demonstrating for parents, the school, and the community the inherent value and potential for every student regardless of the challenges they might face. My wife who was a preschool teacher and director demonstrated

how important it is that young children get off to a good start and is now teaching other teachers to do the same.

Increasingly school divisions are getting an exception to the "Kings Dominion Law" requiring that schools begin after Labor Day. Fairfax County Public Schools is one district now starting before Labor Day. I have always opposed the current law and have voted to repeal it many times. A bill carried over from the past session for further consideration would leave the decision of the starting date for schools up to the local school di-

vision based on the unique circumstances of the community.

The legislature can do much more to support education of our children than dabble in the starting date for schools. Pay for Virginia teachers lags below the national average by about \$4,000. Clearly teachers do not stay in the profession for the money, but they should not have to suffer with low pay because they chose to educate our children. At least in the community we can express appreciation and offer our thank you to our teachers for the important work they do!

#### LETTERS TO THE EDITOR

### Raising School Bus Insurance Policy

To the Editor:

Many thanks so Supervisor Cook for his excellent "Back to School Safety Tips" (Connection, Aug. 9-15, 2018). While many of the tips focused on what drivers can do around school busses, there is more work to be done by our local government to protect our school age children.

When school bus drivers cause accidents that injure students, Fairfax County will assert that both the county and its drivers are immune from claims for damages in excess \$50,000, which is the limit of the county's school bus insurance policy. This claim of immu-

SEE LETTERS, PAGE 11



# Councilman Gives Back

FROM PAGE 3

stories of how the Dockery family came to start the organization and support military families. Emma and Derrick Dockery are truly selfless individuals who both come from military-family backgrounds and devoted themselves to encouraging appreciation for the sacrifices faced by our veteran families.”

Even though a professional prohibition led Yi to seek an alternative use for what would have been his salary as a Councilmember, he stressed that, as a Navy reservist, himself, he’s “extra proud to be with a Council comprised of people who truly appreciate our veterans and are so willing to help support those who sacrifice so much for our nation.”

He thanked his fellow council members for considering his resolution about something so personally important to him. He also said he was confident that, if it passed, both Post 177 and Yellow Ribbons United would find great use for this money to support America’s veterans. “And he thanked these organizations “for all of the work you do and your tireless efforts.”

Before the Council voted on the resolution, two people spoke in favor of it during the public hearing. Jeffrey White, commander of American Legion Post 177, said the funds “will be used widely for good work in the City of Fairfax.”

And Emma Dockery said her father proudly served 30 years in the military, and Yellow Ribbons United was started six years ago when her brother David died. It now serves more than 3,500 people annually and, she said, “It’s a privilege and an honor to be part of a military family.”

**THE COUNCIL** then unanimously approved the resolution. Afterward, outside the meeting room, she

spoke a bit more about her family and what her organization does. Her husband Derrick was a former offensive lineman with the Washington Redskins, Buffalo Bills and Dallas Cowboys.

After he retired from the NFL in 2013, he got a master’s degree in business administration from GWU, interned on Capitol Hill and later worked with Yi on the Oversight and Reform Committee. So the Dockerys invited him to one of their events so he could see firsthand what Yellow Ribbons United does for military children and families.

“We provide fun and engaging opportunities, such as birthday parties at an American Girl store and holiday parties for children with deployed parents or those who have lost a loved one,” said Emma Dockery. “We also have brand and sports partners like the Redskins. So, for example, we were able to have a fun outing at Redskins Park with the players and children.”

Besides that, she said, “We also provide an opportunity for civilian children to give back and volunteer – and, ultimately, thank military children for their sacrifices, too. Sometimes, these kids have to grow up way too fast – dealing with loved ones who are gone for a long time, don’t come home or come home differently from the way they were before leaving.”

“So we try to create good memories for them and bring joy to children who often sacrifice so much on behalf of our country,” continued Dockery. “And we as a community get to thank both military children and their families in a tangible way.”

Pleased with Yi’s donation to Yellow Ribbons United, she said, “Sang is a tremendous individual who not only demonstrates his leadership with words, but even more with his actions. We are so grateful for his continued support and belief in our mission to serve those who serve this great nation.”

## LETTERS TO THE EDITOR

### Ready for Challenges of ‘Real World’

To the Editor:

Graduation. For most, this is a time filled with happiness and celebration for completing a major milestone of their lives, while for others it is an alarm that shatters the serenity of habit by bestowing feelings of panic as they are pushed into the unknown, better known as the “real world.” From a young age, I have always known I wanted to pursue higher education than a high school degree. I

am from a family that puts great priority on secular studies and follow a religion that puts a greater priority on giving back to the community.

In Islam, education is not only heavily emphasized, rather “seeking of knowledge is obligatory upon every Muslim man and woman,” as spoken by the Holy Prophet Muhammad in an Ahadith. As a Muslim young woman, I wish nothing more than

to give back to my community by furthering my education and proving to all those that have conjured up a false image of my faith that is filled with oppression. As I get ready for college that is fast approaching, I am not filled with fear, rather with a raw determination to show the world just how much a Muslim woman can conquer with the power of education and the cape of Islam on her back.

Fazeela Wadan  
Fairfax

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PHOTOS BY MIKE SALMON/THE CONNECTION

Springfield Supervisor Pat Herrity introduced the group.



The lawn at Burke Lake was sloped a little with the stage at the bottom which made viewing easier.

## Playing on a Home Turf

BY MIKE SALMON  
THE CONNECTION

Slippy Clifton isn't known for putting out top-notch country rock musicians but then there's the Thompson family, who have lived there for years, bringing the town's musician status up a notch.

Dad Thompson has impacted the country rock genre for years, and his son Colin is climbing into the driver's seat on the music scene.

On Aug. 8, The Colin Thompson Band was the lead act at Burke Lake as part of the Fairfax County Summer Entertainment Series in the Park. "Crippled Creek," by 1980s band Little Feat was a hit on the second song of their 10-song set. "Here we'll keep it upbeat," he said of the upcoming set.

The family has roots in Robinson High School in the Burke-Fairfax area, where both Randy Thompson and his son Colin graduated before embarking on the country-rock scene.

"My parents met at Robinson," Colin said. Colin's high school band won a "battle of

the bands," competition at school before graduating in 2009. In Clifton, they've both played in the big barn, and "the whole town comes out," said Randy Thompson.

Since then, Colin has played at several Celebrate Fairfax events, Herndon Day festivals, and Clifton Day festivals. Randy still lives in town and uses the historic nature of the town for some of his song writing. One song, "Unknown Zone," is "about all the Civil War ghosts," said Colin.

Recently, *Alternate Root Magazine* named Colin one of the top 21 roots guitar players.

The Fairfax County Park Authority's "Summer Entertainment Series in the Parks, 2018," was funded "in partnership with the Fairfax County Board of Supervisors and generous contributions through the Fairfax County Park Foundation," it stated on the entertainment calendar. The only county contribution was

## Clifton musician headlines the Park Entertainment Series at Burke



Lorton resident Gaye Stafford came with her Irish Setters Keegan, Bella and Flynn.

family, grab a lawn chair and enjoy the music," Herrity said.

To supply the refreshments for the evening, "2 Silos" brewing company from Manassas set up a beer tent, and their marketing rep Meredith Arnest made sure the tap didn't run dry.

She's a marketing graduate from George Mason University, and her evening was "talking about beer, that's what I do," she said. Their top sellers at 2 Silos are Virginia Cream Ale and Mason Pale Ale.

The Thompsons are about to head out on an 11-city European tour. "Europeans love American roots music," said

Colin Thompson.

Later in August at Burke Lake is a local music favorite "Johnny Artis," and Herrity knows them well. "They played at my wedding 29 years ago," he said. The band will play Aug. 22 at 7:30 p.m.

the "Showmobile," portable stage and the park space, according to Herrity. The concerts are part of Herrity's plan for Burke Lake performances. He likes the local nature of the music. For the concerts at Burke Lake, "it's bring your dog, bring your



The band's style of music could be described as country-rock.



Colin Thompson and his father Randy sometimes play together.



PHOTO COURTESY OF TERRI'S TABLE

Cutting fresh produce into bite-sized pieces can make school lunches appealing to children, advises Terri Carr of Terri's Table.

## Lunches That Make the Grade

**Ideas for packing healthy foods that children won't want to trade.**

BY MARILYN CAMPBELL

For many children, one of the exciting back-to-school rituals is selecting a new lunchbox. For parents, that means choosing midday fare to pack in those lunch-pails. While fresh ideas for healthy and satisfying meals may flow freely at the beginning of the school year, as the weeks pass, it can become easy to slip into a lunchtime rut of daily turkey sandwiches. Local nutritionists and culinary instructors offer ideas designed to serve up lunchbox love all year long.

"Making healthy lunches is just about parents educating themselves on the healthy food options that are available and then teaching their kids to make healthy food choices," said Mary Murray of Reston-based Teri Cochrane, Beyond Nutrition. "With my own kids, I just kept bad food choices out of the house so they didn't have those options."

Trade junk food favorites like potato chips for healthy alternatives like plantain chips, advises Murray. "Plantain chips are actually very good and they're also good for you and still have the crunch. If kids were to bring some extra to share with their friends, more kids will see that they're actually delicious."

"Protein and vegetables are remarkably important, but underrepresented," said Sara Ducey, professor, Nutrition and Food at Montgomery College. "A lot of carbs or snacks, stuff like chips, end up in children's lunchboxes because they have a social value for kids who feel like they're open to being judged."

There is a social component to lunchbox fare that should not be overlooked, continues Ducey. "Lunches should be exciting and appealing, especially when children are feeling like they might be judged," she

said. "Cutting fruit into larger pieces for example, keeps them from turning brown as quickly. A Granny Smith apples for example is less likely to turn brown than a Red Delicious apple."

Packing a lunchbox with foods that are hearty and nutrient-dense is a key to maintaining a feeling of satiety throughout the day, advises Ducey. "You want your kids to have a stable blood sugar," she said. "Beans are good for protein and keeping their blood sugar stable. Try things like white bean hummus, chili and stews and soups that are made with beans."

Involving children in the process of selecting and preparing the items that go into their lunch boxes is a key to increasing the chances that those healthy items will actually be consumed, advises Terri Carr of Terri's Table, a cooking school in Potomac, Md. "Children love to cook and the desire for cooking classes in this area is tremendous. Carr offers classes on cooking with children.

"Many kids will eat fresh baby carrots, celery and cucumber, which are also hydrating," added Carr. "Crunchy dried fruit like blueberry, apples and mangos can go in their lunchboxes instead of chips and they're usually a hit."

Replacing fruit juice with natural fruit water by soaking fresh fruit in water to add a burst of flavor without added

sugar is another option offered by Cochrane's firm. Stevia or monkfruit can also be added to sweeten the taste without increasing the sugar content.

"When it comes to beverages, children should only have whole milk and water in their lunchboxes," said Ducey. "Whole milk keeps the child fuller longer. Skim milk actually spikes sugar and they're full at first, but hungry soon after. And a hungry kid doesn't learn as well."

As important as the food that goes into a child's lunchbox are the containers that hold each dish, suggests Ducey. "Invest in good quality stainless steel containers and utensils rather than plastic," she said. "Plastic can transmit chemicals into your food, so stainless steel is a good alternative."

**"Lunches should be exciting and appealing, especially when children are feeling like they might be judged."**

— Sara Ducey, Professor, Nutrition and Food at Montgomery College



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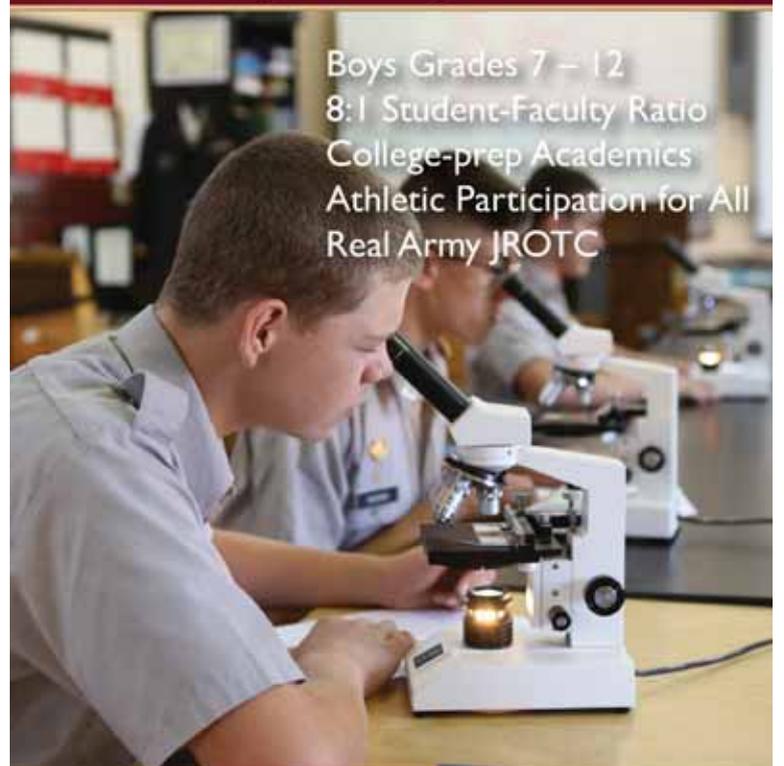
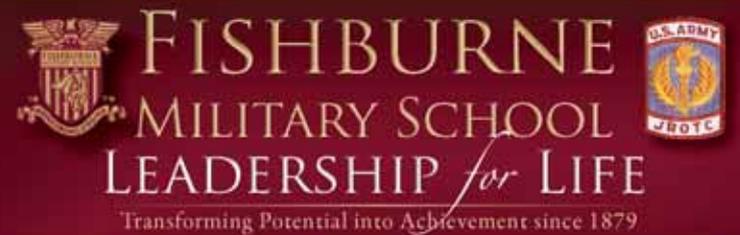
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# ENTERTAINMENT

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.** Through Sept. 5, Monday-Thursday, 10:30 a.m.-2:30 p.m. at The Fairfax Art League, Fairfax Old Town Hall – Upstairs Gallery, 3999 University Drive, Fairfax. Featured artist Yelena Svecharnik presents “My Journey - A Retrospective,” bringing together early watercolors, acrylics and mixed media paintings, linoleum block, printmaking, collages and more. Svecharnik will be in the gallery Wednesday Aug. 22, 29, and Sept. 5. Visit [www.fairfaxartleague.net](http://www.fairfaxartleague.net).

## THURSDAY/AUG. 16

**Evenings on the Ellipse with Doc Scantlin and his Imperial Palms Orchestra.** 5:30-7 p.m. at the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. The Evenings on the Ellipse summer concert series is a family-friendly event featuring a wide range of musical genres. Paradise Springs Winery and The Winery at Bull Run will be providing complimentary tastings; glasses of wine and full bottles available for purchase. A Farmers Market (2:30-6:30 p.m.) will also be on site selling fresh fruit and savory snacks. Rain or shine. Free. Visit [www.fairfaxcounty.gov/parks/performances](http://www.fairfaxcounty.gov/parks/performances).

**Aviation and World War II.** 7-8:30 p.m. at Kings Park Library, 9000 Burke Lake Road, Burke. World War II marked a new era in aviation technology, weaponry and strategy. Christian Godart of the National, Air and Space Museum’s Stephen F. Udvar-Hazy Center will discuss the important role aviation played in the Battle of Britain. Intended audience: adults and teens. Free. Call Kings Park Library Information at 703-978-5600 or visit [librarycalendar.fairfaxcounty.gov/event/3545032](http://librarycalendar.fairfaxcounty.gov/event/3545032).

## FRIDAY/AUG. 17

**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.

## SATURDAY/AUG. 18

**The Holy Yoga Experience.** 9 a.m.-1 p.m. at Living Savior Lutheran Church, 5500 Ox Road, Fairfax Station. The half-day event includes Holy Yoga practice, instruction, Bible study, worship and fellowship. It’s an opportunity for people of all levels of yoga experience to engage with the local Holy Yoga community. \$15. Call 571-239-3416 or visit [www.holyyoga.net](http://www.holyyoga.net).

## Pet Adoption Event.

11 a.m.-2 p.m. at Pet Supplies Plus, 11054 Lee Highway, Fairfax. Find a new forever animal friend with the help of the City of Fairfax Animal Control and Animal Shelter. Visit [www.fairfaxva.gov/government/police/programs/animal-control/adopt-a-pet](http://www.fairfaxva.gov/government/police/programs/animal-control/adopt-a-pet).

## Storytelling Workshop and Book

**Signing.** Workshop, 11 a.m.; book signing, noon-2 p.m. at REI Fairfax, 11950 Grand Commons Ave, Fairfax. Author and journalist Danielle Nadler will teach a free on workshop on how to capture the stories that surround us every day through writing, photography and recordings — and why it’s worth the effort. She’ll also share highlights from her book “Without a Trace: The Life of Sierra Phantom.” Visit [DanielleNadler.com](http://DanielleNadler.com) or [REI.com/stores/fairfax.html](http://REI.com/stores/fairfax.html).

**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. Visit [www.fairfaxcounty.gov/parks/performances/mt-vernon-nights](http://www.fairfaxcounty.gov/parks/performances/mt-vernon-nights).

## SUNDAY/AUG. 19

**Table Top N Gauge Model Train Display.** 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Table Top N Gauge Model Trains (TTRAK) will be on display and running. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit [www.fairfax-station.org](http://www.fairfax-station.org), [www.facebook.com/FFXSRR](http://www.facebook.com/FFXSRR), or call 703-425-9225.

## TUESDAY/AUG. 21

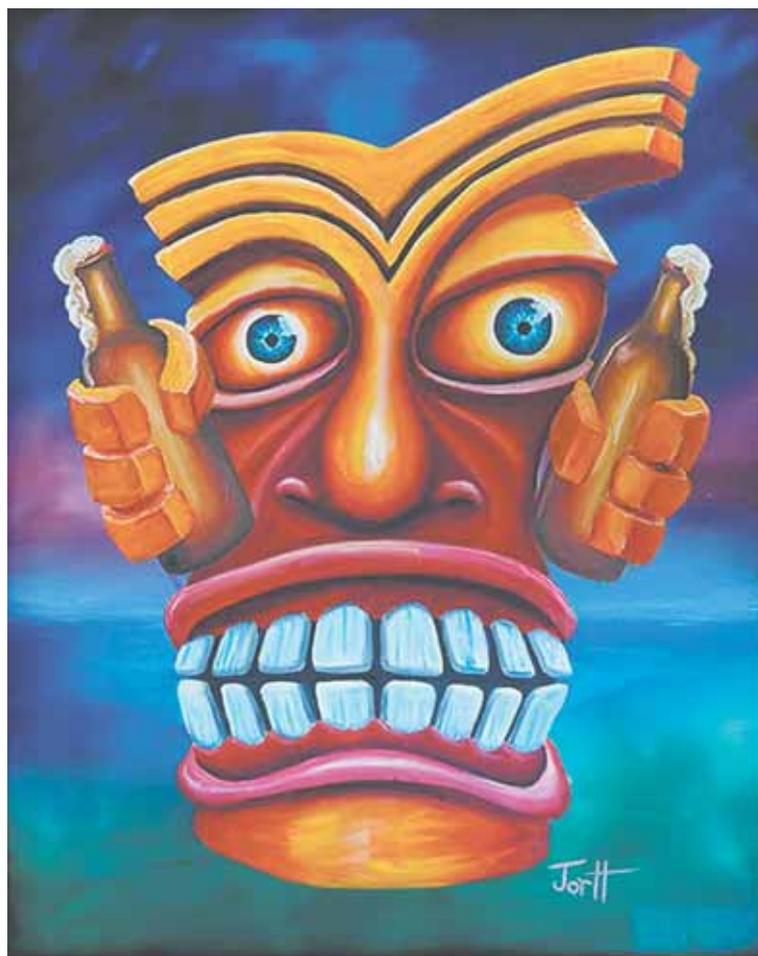
**Farm to Fairfax Market.** 10 a.m.-2 p.m. at Old Town Square, 10415 North St., Fairfax. The market, will be producers-only — meaning that all vendors at the market may only sell what they raise on their farms or make from scratch using local ingredients as much as possible. May-September, weather permitting.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

**Erin’s Epic Stories.** 10:30 a.m. at Old Town Square, 10415 North St., Fairfax. A variety of children’s activities and entertainment in Old Town Square at the pergola, Tuesdays June-August. Weather permitting. Free. Visit [www.fairfaxva.gov/government/parks-recreation/old-town-square](http://www.fairfaxva.gov/government/parks-recreation/old-town-square).

**Burke Lake 4.5 Mile Race.** 6:45-8 p.m. at Burke Lake Park, 7315 Ox Road, Fairfax Station. Chip-timed 4.5 mile race around beautiful Burke Lake. Sponsored by D.C. Road Runners, this race will have awards and refreshments at the post-race celebration. \$10 in advance; \$15 on-site registration. Visit [www.dcroadrunners.org/sign-up/thurston](http://www.dcroadrunners.org/sign-up/thurston) for more information.

## WEDNESDAY/AUG. 22

**Springfield Nights.** 7 p.m. at Burke Lake Park, 7315 Ox Road, Fairfax Station. Featuring: The Johnny Artis Band (R&B). Bring a picnic dinner, blankets, your dog, and lawn chairs and relax with friends and family. Beer and food



Tiki with Beer by John Hartt; media: Oil on Canvas.

## Free Beer (and other lies)

Featuring works by John Hartt, who is known for his quirky oil paintings which have been described as strangely comforting. His latest kooky collection, “Free Beer (and other lies),” explores some of the concepts and stories surrounding beer, drunkenness and lies as only Hartt can interpret them. Through Sept. 2, at Arches Gallery at Workhouse Arts Center, Building 9, 9518 Workhouse Way., Lorton. Visit [www.workhousearts.org](http://www.workhousearts.org). For more information about John Hartt, visit [www.jortt.com](http://www.jortt.com).

will be available for purchase. Call 703-451-8873.

performances.

## WEDNESDAY-THURSDAY/AUG. 22-23

**Studio Ghibli: From Up On Poppy Hill.** Wednesday, 7 p.m. (Japanese with English subtitles); Thursday, 11 a.m. (English dubbed) at Angelika Film Center – Mosaic, 2911 District Ave., Fairfax. The Angelika Mosaic will feature animated films from the celebrated Studio Ghibli praised for their originality, stunning animation, and ambitious storytelling. All tickets are regular admission. Visit [www.AngleikaFilmCenter.com](http://www.AngleikaFilmCenter.com).

## THURSDAY/AUG. 23

**Evenings on the Ellipse with Russikeye Musikanti.** 5:30-7 p.m. at the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. The Evenings on the Ellipse summer concert series is a family-friendly event featuring a wide range of musical genres. Paradise Springs Winery and The Winery at Bull Run will be providing complimentary tastings; glasses of wine and full bottles available for purchase. A Farmers Market (2:30-6:30 p.m.) will also be on site selling fresh fruit and savory snacks. Rain or shine. Free. Visit [fairfaxcounty.gov/parks/](http://fairfaxcounty.gov/parks/)

## FRIDAY/AUG. 24

**Rock the Block: The Darby Brothers.** 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. Bring your own lawn chairs or blankets to sit on. 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. All proceeds go to purchasing fire and rescue equipment. Visit [fairfaxvfd.com](http://fairfaxvfd.com) or call 703-273-3638.  
**Family Movie Night: “Ferdinand.”** 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/AUG. 25

**Discover What’s Hiding at Burke Lake Park.** 9-11 a.m. at Burke Lake Park, 7315 Ox Road, Fairfax Station. During the “Geocaching Workshop,” students age 8 to adult learn to use hand-held Global Positioning System (GPS) units to locate hidden treasure caches in the park. Bring a GPS; a limited number are available to borrow. \$22 per person. Call 703-323-6600 or visit [fairfaxcounty.gov/](http://fairfaxcounty.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. Visit [www.fairfaxcounty.gov/parks/performances/mt-vernon-nights](http://www.fairfaxcounty.gov/parks/performances/mt-vernon-nights).

## SUNDAY/AUG. 26

**First Responders Day.** 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Volunteer Fire and Rescue personnel as well as Fairfax County Police Officers will bring emergency vehicles for display and offer hands-on activities. Civil War Re-enactors will help visitors learn about medical and relief practices then and now. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit [www.fairfax-station.org](http://www.fairfax-station.org), [www.facebook.com/FFXSRR](http://www.facebook.com/FFXSRR), or call 703-425-9225.

## Burke Historical Society Meeting.

3:30-5 p.m. at Pohick Regional Library, 6540 Sydenstricker Road, Burke. Tales from the Trench: BHS President Jon Vrana presents stories and observations of life and death in the Great War. Free. Email [slawski\\_brian@yahoo.com](mailto:slawski_brian@yahoo.com) or visit [www.burkehistoricalsociety.org](http://www.burkehistoricalsociety.org).

## TUESDAY/AUG. 28

**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.

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## The Annual Springfield Bridge

**Walk.** 7 p.m. at the FedEx office at the corner of Amherst Avenue and Bland Street. Hosted by the American Legion Post 176, this is an event to recognize the relationship between Springfield and Fort Belvoir. This family-friendly event is open to the entire community. As the lights begin to shine, the police will close the road and walkers will stroll across Veterans Bridge to American Legion Post 176, followed by a brief ceremony and community covenant signing with Fort Belvoir, followed by community time and food with friends and neighbors. Volunteers are needed. Email [vapost176@vap.vacoxmail.com](mailto:vapost176@vap.vacoxmail.com).

## THURSDAY/AUG. 30

**Evenings on the Ellipse with The United States Air Force ‘Celtic Aire.’** 5:30-7 p.m. at the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Family-friendly event featuring a wide range of musical genres. A Farmers Market (2:30-6:30 p.m.) will also be on site selling fresh fruit and savory snacks. Rain or shine. Free. Visit [fairfaxcounty.gov/parks/performances](http://fairfaxcounty.gov/parks/performances).

**Art and Poetry Event.** 7-9 p.m. at The Fairfax Art League, Fairfax Old Town Hall – Upstairs Gallery, 3999 University Drive, Fairfax. Featured artist Yelena Svecharnik presents “My Journey - A Retrospective,” bringing together early watercolors, acrylics and mixed media paintings, linoleum block, printmaking, collages and more. Visit [www.fairfaxartleague.net](http://www.fairfaxartleague.net).

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## Storytelling Workshop

Author and journalist Danielle Nadler will teach a free on workshop on how to capture the stories that surround us every day through writing, photography and recordings — and why it’s worth the effort. She’ll also share highlights from her book “Without a Trace: The Life of Sierra Phantom.” Saturday, Aug. 18: workshop, 11 a.m.; book signing, noon-2 p.m. at REI Fairfax, 11950 Grand Commons Ave, Fairfax. Visit [DanielleNadler.com](http://DanielleNadler.com) or [REI.com/stores/fairfax.html](http://REI.com/stores/fairfax.html) for more.

# NEWS

Children flock to the splash pad at Fairfax Corner, Saturday afternoon, happy to play outside in the sunshine again, after all the rain.



## Splashing on a Sunny, Summer Day

After all the recent rain, children celebrate the sunshine, Saturday afternoon, by playing on the splash pad at Fairfax Corner in Fair Oaks.



PHOTOS BY BONNIE HOBBS/  
THE CONNECTION

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## THE CONNECTION

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SPECIAL PULLOUT TAB

### Newcomers & Community Guide

## August 22, 2018

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

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

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**Legals**

**ABC LICENSE**  
Diva Nails, LLC trading as Diva Nails, 3912 University Drive, Fairfax, VA 22030. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Day Spa license to sell or manufacture alcoholic beverages. Niknaz Hoy, Owner.  
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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**NEWS**

**Apply for Citizens Fire Academy**

An eight-week Citizens Fire & Rescue Academy (CFRA) program will show participants what firefighters and paramedics do every day. The CFRA is open to county residents 18 and older. Each session will cover different aspects of the organization, providing an overview of the department and its uniformed

and civilian workforce. Program topics include: fire suppression, emergency medical services, training, recruitment, special operations, and other interesting topics. CFRA applications will be accepted until Aug. 31. The Academy will begin Sept. 20 and will meet for eight consecutive Thursdays, from 6 p.m. to 9 p.m. and ending on Nov. 8. See <https://www.fairfaxcounty.gov/fire-ems/cfra>.

FAIRFAX COUNTY FIRE & RESCUE DEPARTMENT PHOTO



**Nonprofits Initiate 5k Home Run for the Homeless**

**Combined effort to raise funds.**

BY SHIRLEY RUHE  
THE CONNECTION

Three non-profit organizations have banded together to sponsor the first Home Run for the Homeless 5k run on Saturday, Sept. 15. Community Lodgings, Home-stretch and Bridges to Independence are all organizations which provide housing, employment, youth education and outreach and child care to parents and children as they move toward self sufficiency in the City of Alexandria, and Arlington and Fairfax counties.

Mark Riley, volunteer coordinator of the event, says this is rare if not unprecedented, that nonprofits come together in this kind of effort.

In an area known for its wealth, the 2018 Point in Time survey identified 1,434 individuals as homeless in Northern Virginia. "The Home Run is a great opportunity for people to support not just one, but three organizations working to help Northern Virginia families overcome homelessness," according to Sam Kelly, chief executive officer, Bridges to Independence.

Lynn Thomas, executive director of Community Lodgings, said, "The primary goal of the race is to inform community members about homelessness and encourage them to become involved."

Riley said, "It would be nice to net, say, ten grand but this isn't about the money; it's about the visibility for the good work of these organizations." Riley said their goal is to get 250 participants, the maximum allowed. "But it is difficult to go to 250 the first year from scratch."

Riley says the race is scheduled to begin at 9 a.m. at Bluemoont Park shelter on Manchester

Street in Arlington. It will follow the W&OD trail almost to Falls Church and end back at Bluemoont Park.

Riley says he has organized other races such as the Thanksgiving Day Turkey Trot. His role for this race is to be the coordinator go-to guy. He says this race involves getting three permits: for the trail, the shelter and the overall special events permit. "You have to make sure it is on the county calendar."

"Then you get your people lined up" — the host beneficiaries and leadership group and the sponsors. "I help with the parking, the food and the music. It sets a mood." Two other essential pieces are the race management company to help time the race and provide the cones and barrels and other necessary equipment. And, of course, the T-shirts for people and this year "really nifty medals. The children love the medals more."

Riley says County Board member John Vihstadt probably inspired the impetus for this event. "Two years ago he contacted me to find out about Home-stretch because they were doing a fundraiser for their childcare." One thing led to another and these three groups got together.

Register for the race at <https://goo.gl/GtrFqe>. Registration fees are \$40 for 18-years and older and \$25 for 6-17 years. Online registration ends Sept. 13 unless it has already sold out. Packet pick up will be Friday, Sept. 14 at Christ Church in Arlington from 5-7p.m. And on Saturday before the race starting at 7 a.m.

Is Riley running the 5k? "Those days are over, but I did sign up."



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# BULLETIN

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 WANTED

**AARP Foundation Tax-Aide** is looking to expand its team of volunteers for the upcoming tax season. Tax-Aide, now in its 51st year, offers free in-person preparation and assistance to anyone, especially those 50 and older, who can't afford a tax preparation service. Volunteers make a difference in their communities by assisting many older, lower-income taxpayers, and their families, who might otherwise miss out on the tax credits and deductions they've earned. To learn about volunteer opportunities, visit [aarpfoundation.org/taxaide](http://aarpfoundation.org/taxaide) or call 1-888-OUR-AARP (1-888-687-2277).

**Docents Needed.** Sundays 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road in Fairfax Station. Greet museum visitors and tell them about the exhibits, the museum and the its railroad and Civil War history. Ideal for those interested in railroads, the Civil War and Northern Virginia history. Training and orientation provided. Other volunteer opportunities are gardening, publicity and exhibit planning. Call 703-945-7483.

## MENTAL HEALTH SERVICES

**The Fairfax-Falls Church Community Services Board's Merrifield Center** offers a new stand-up information kiosk. Part of a pilot project, the new feature aims to improve the customer service experience and decrease wait times for individuals who are seeking mental (behavioral) health services. To check in, individuals respond to five simple questions, then the CSB's Patient Track software alerts staff. Based on clinicians' schedules and availability, as well as the needs of the client, individuals are triaged and seen by the next available staff member. For more information on available services, call the CSB at 703-383-8500 (Monday-Friday, 9 a.m.-5 p.m.). In an emergency 24/7, call CSB Emergency Services at 703-573-5679 or the Fairfax Detox Center at 703-502-7000 (TTY 703-322-9080).

## THURSDAY/AUG. 16

**Macy's Hiring Event.** 11 a.m. - 7 p.m. Job candidates may visit the following Macy's stores to be considered for full- or part-time positions: Macy's Fair Oaks, Macy's Tysons Corner Center, Macy's Westfield Montgomery, Macy's Tysons Galleria and Macy's Fashion Center At Pentagon City. Candidates should apply in advance at [macysJOBS.com](http://macysJOBS.com).

**Clean Energy Rally.** 4:30-5 p.m. at Merten Hall Lawn at 4441 George Mason Blvd., Fairfax. Clean energy supporters will gather to show support for transitioning to clean renewable energy sources like wind and solar in Virginia. Visit [www.sierraclub.org/virginia](http://www.sierraclub.org/virginia) for more.

## LETTERS

FROM PAGE 4

nity, coupled with this very low amount of insurance, can leave those insured with devastating medical bills. To make matters worse, Fairfax County will require anyone settling a claim to agree to keep the settlement confidential, thus ensuring that parents who are putting their children on busses each morning, never discover the risk involved.

If Fairfax County really cares about children it should bring its school bus insurance policy up to date with coverage to \$1 million per claimant, at a minimum, and waive its immunity up to that amount.

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## Progressing, But So Am I



By KENNETH B. LOURIE

"Slow progression" does not mean we are now progressing slowly. Quite the opposite in fact. During this past Monday's "Phoning It In" appointment when the three semi-amigos - me, my wife Dina, and my oncologist - discussed/assessed my most recent CT scan results, a decision was made to fight potential cancer fire with treatment fire.

In effect, we are doubling down, decreasing my present every-seven-week infusion schedule back down to every three weeks and likewise reducing my three-month CT scan interval to two months. All of which changes my "manageable" life to one more cancer centric. Not all appealing but as the South Korean woman driving the white Cadillac told "Hawkeye" in a long-ago M\*A\*S\*H episode: "That's where the water is."

And so we are returning to the scene of the crime (three week intervals) so to speak, and hoping we can nip this tumor growth in the bud thereby enabling yours truly to live longer and hopefully prosper (and live long enough as well to see the new Star Trek series with Patrick Stewart returning as Jean Luc Picard).

I don't want to be totally naive and presume that since the same medication has worked for five years, there's no reason to think, with a little tweaking, it can't continue to work for another five years. However, my oncologist did say he's had patients where a similar approach worked to slow/stop the growth (after an unspecified period of stability like me) so to quote my late father: "The idea has merit."

Ergo, the honeymoon is over. Now the hard part begins, again. One week not feeling well, two weeks feeling pretty well. Then waiting for scan results as if my life depended on it (duh!).

It's nothing my family and I haven't experienced off and on going on nine and half years since my diagnosis/prognosis. Still, after the last five years of relative calm (since I was hospitalized and began the "miracle" drug alimta), life has been normal-ish with infusion intervals widening and scan results indicating some initial shrinkage ("like a frightened turtle"), followed by nearly five years of "stable" CT scans.

But so what else is new in the cancer-patient world? (That's a rhetorical question.)

Cancer returning with or without a vengeance to patients who perhaps had expected otherwise. Cancer is not exactly a disease you forget you had or one that you presume you'll never see or worry about again. Nothing could be further from the truth. The truth being: you are scarred for life - sort of. You become a life-long member of the biggest club in the world. A club, as Grouch Marx might joke, you'd rather not join, especially if they'd have you as a member.

"Cancer Sucks" as a meme is the most insincere form of flattery - for a reason: people die. Cancer leaves a wake and in its path devastation and destruction. Its swath cuts across generations, cultures, demographics, ethnic backgrounds and gender identifications.

If there's any fear we share collectively it is a diagnosis of cancer. Living with it and trying not to die from it has been the bane of my existence - and millions more, many of whom have already succumbed to its ravages. Continuing research into the cause and effect has given me years my oncologist told me I probably didn't have. ("13 months to two years" was my original prognosis.)

How lucky am I. (Not a rhetorical question.)

Now I face another hurdle. Or rather, more of the same hurdle I've managed to jump over for nine-plus years. Whether the 10 percent-ish tumor growth is the real deal or merely just a blip on the cancer radar, only time and treatment will tell. This is the uncertainty all of us cancer patients endure. It's not ideal, but ideal left the building on Feb. 27, 2009.

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



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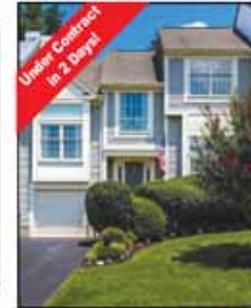


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