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HomeLifeStyle

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Fairfax
CONNECTION



Del. David Bulova and Charlie Potock with the General Assembly resolution honoring Walt Potock.

'He Was a Hero to All of Us'

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Archery Hunting of Deer Begins in County Parks

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Lowery, Womble Help Rams Sweep Bruins

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NEWS



PHOTO CONTRIBUTED

From left, Kim Luckabaugh of Fairfax, program coordinator for Volunteers for Change and Youth Programs of Volunteer Fairfax, is shown with Starbucks Service fellows Salma Kerfal, youth program fellow and Katey Dunn, VFC program fellow in this photo taken in Seattle, Wash.

Volunteer Fairfax Partners with The Starbucks Foundation and Points of Light

Volunteer Fairfax, volunteer service organization in Fairfax County, has announced a new partnership between Points of Light and The Starbucks Foundation in a recently developed employer-led service program created to deepen impactful service in local communities. Along with 12 other Points of Light affiliate organizations across the nation, Volunteer Fairfax has been selected to participate in the initial six-month pilot Starbucks Service Fellows Program, launched earlier this month at Starbucks' headquarters in Seattle, Wash.

"We believe this bold program, designed in partnership with Starbucks, will redefine corporate engagement and the private sector's ability to support civic engagement," said Natalye Paquin, president and CEO of Points of Light. "Starbucks' investment in the 13 communities served by this initiative will not only spark positive change through more than 17,000 hours of community service, but it also serves as a model for an employer-led capacity-building program that Starbucks and other corporate partners can scale globally in the future."

Two Fairfax Starbucks service fellows (Starbucks local employees) have begun working within

the Volunteer Fairfax office to deepen program support that mobilizes people and resources to meet community needs. These fellows will continue to work 20 hours in their store each week, while spending another 20 hours each week with Volunteer Fairfax, a Points of Light local affiliate organization, through focused volunteer efforts that align with their global social impact priorities, with a focus on opportunities that serve youth, refugees, veterans and military families, hunger, environment and disaster recovery.

In Fairfax, Starbucks service fellows' work will involve providing significant additional volunteer opportunities, as well as reaching more future volunteers and creating organizational partnerships, that impact the local communities. Through the Volunteers for Change Program and Youth Volunteer Program of Volunteer Fairfax, individuals across the region will have access to volunteer opportunities that serve these focal points.

"Volunteer Fairfax is thrilled to join this partnership between Points of Light and The Starbucks Foundation to make an important impact in the community," said Wanda Pierce, Interim CEO of Volunteer Fairfax. To learn more about Volunteer Fairfax, visit www.VolunteerFairfax.org.



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WEEK IN FAIRFAX

11th Congressional District Forum

The public is invited to the Candidate Forum for the 11th Congressional District.

It's set for Sunday, Sept. 16, from 2-4 p.m., at the Sherwood Community Center, 3740 Old Lee Hwy. in Fairfax. The three candidates featured are U.S. Rep. Gerry Connolly (D, incumbent); Jeff Dove (R) and Stevan Porter (L). The nonpartisan League of Women Voters of the Fairfax Area is hosting this event. For more information, go to www.lwv-fairfax.org.



These signs are posted in archery program areas.

Archery Cluster	Parks	Acres
Clifton Cluster	Confederate Fortifications	150
	Johnny Moore Stream Valley	342
	Bull Run Regional Park South	447
Fairfax Station Cluster	Patriot Park	122
	Piney Branch Stream Valley	179
	Popes Head Park	38
	Lincoln Lewis-Vannoy Park	68
	Willow Pond	66
	Rocky Run Stream Valley (Portion)	30
Lake Accotink Cluster	Lake Accotink	407
	Wakefield Park	161
	Americana Park	4
	Long Branch Stream Valley	90
Laurel Hill Cluster	Laurel Hill Park & Golf Course	1149
	Old Colchester Park & Preserve	144
	Newington Heights	47
	Mason Neck West	44
	Pohick Bay Regional Park	339
	Noman Cole Plant	103
	BOS Mt. Vernon	115
Pohick Stream Valley Cluster	Burke Station Park	15
	Pohick Stream Valley	570
	West Springfield Village Park	10
	Kings Park West	19
	Shannon Station Park	13
	Crooked Creek Park	12
	Middle Run Stream Valley	169
	Huntsman Lake	26
	Cherry Run Park	4
	Greentree Village Park	19
South Run Cluster	Burke Lake Park	323
	Lake Mercer Park	195
	South Run District Park	115
	South Run Stream Valley	319
	Sandy Run Stream Valley	39
	Brimstone Park	5
	Poburn Woods Park	11

Source: Fairfax County Police Department

Archery Hunting of Deer Begins in County Parks

The Fairfax County Deer Management Archery Program, conducted in parks and other locations throughout the county, will run through Saturday, Feb. 23.

The archery program began in FY 2010 and is part of an integrated Deer Management Program to reduce and stabilize the white-tailed deer population in Fairfax County in efforts to minimize safety and health hazards related to an overabundance of deer. These impacts include deer-vehicle collisions, potential spread of diseases, and environmental damage attributed to deer that can impact the ecosystem.

The program was approved by the Board of Supervisors in 2000 and is recognized as a safe and efficient method of deer population control by the Virginia Department of Game and Inland Fisheries.

Because of its track record of

safety, archery is a preferred deer management method in Fairfax County, according to county officials; archery is a compatible use with residential areas and community parks, allowing for deer population management in urban and suburban areas.

Since Virginia began tracking hunting injuries in 1959, no bystanders have been injured by an archer hunting deer anywhere in the Commonwealth.

Last year, 95 percent of the total deer harvests in the Fairfax County Deer Management Program were through the use of archery.

Fairfax County's Archery Program standards require that all archers meet state hunter licensing, education and safety requirements and must pass qualifications to demonstrate skill and marksmanship, in addition to carrying program identification. Archers are also required to have com-

Details

List of parks and acres can be found at www.fairfaxcounty.gov/wildlife/archery-program

pleted additional training through the International Bowhunter Education Program to participate in the Fairfax County Deer Management Program.

All archers participating in the program must also pass a criminal background check.

Parks remain open to the public during the archery program. Fluorescent orange signs are posted in parks where hunting is authorized. Hunters will only hunt from elevated tree stands; hunting from the ground level is prohibited in county parks.

Tree stands must not be located closer than 100 feet from property lines or closer than 50 feet from established park trails. Archers are not allowed on private property without permission

by the owner or tenant.

Archers are approved to hunt at assigned sites Monday through Saturday during legal hunting hours, 30 minutes prior to sunrise until 30 minutes after sunset.

No hunting is allowed on Sundays in county parks.

More information about the Fairfax County Deer Management Program can be found at www.fairfaxcounty.gov/wildlife/deer-management-program.



PHOTO BY MARY KIMM

Deer by the roadside: he Fairfax County 2018-2019 Deer Management Program will run through Saturday, Feb. 23.

Fairfax County to Hold Well Water Clinic

Do you know what's in your drinking water? While public water supplies are tested daily for contaminants, most private water supplies, like wells and springs, are rarely tested. It is recommended that well owners test their water at least annually for bacteria and nitrates. Learn about the quality of your water and how to care for your water system at the Fairfax County Well Water Clinic. Pre-registration is required, register online: www.fairfaxcounty.gov/neighborhood-community-services/virginia-cooperative-extension There is a \$55 registration

fee which covers the cost of a water quality test which analyzes a sample of your home's drinking water for 14 different chemical and bacteriological constituents. Comparable tests undertaken through a private commercial lab can cost more than \$300. Payment can be made via check or money order made payable to Treasurer, Virginia Tech.

❖ Monday, Sept. 17 - Kick-Off Meeting, 7 to 9 p.m. Pennino Building, Room 206 (12011 Government Center Parkway, Fairfax) Brief informational meeting, receive water sample kits and instructions for collecting water samples.

❖ Wednesday, Sept. 19 - Sample

Drop-Off, 6:30 to 10:30 a.m.

Pennino Building Lobby Turn in water samples and questionnaires.

❖ Wednesday, Oct. 24 - Test Results & Interpretation, 7 to 9 p.m. Pennino Building, Room 206

Receive confidential test results, an explanation of what the numbers mean and information on how to handle any problems that are present. Contact: Adria Bordas, 703-324-5369 More Details:

Virginia Household Water Quality Program - Well Water Clinics at www.wellwater.bse.vt.edu/clinics.php.

‘He Was a Hero to All of Us’ Virginia General Assembly honors the late Walt Potock.

BY BONNIE HOBBS
THE CONNECTION

When people die, they’re always remembered by their loved ones. But a year after his death, long-time Fairfax City resident Walt Potock was officially honored by his community and the Commonwealth of Virginia.

It happened Sept. 2 at the Old Lee Hills Civic Assn.’s annual Labor Day picnic at the Country Club Hills pool grounds. Attendees included friends, family members, local dignitaries and Del. David Bulova (D-37).

“The things that make our country and community great are our unsung heroes – our military personnel, law enforcement and volunteers,” said Bulova. “I knew Walt for 10 or 15 years; and I remember, there weren’t many places I could go without seeing Walt or [his wife] Charlie and their love for their local community and their friends.”

But before moving here, Potock had a distinguished career in the



(From left) are Fairfax Police Chief Carl Pardini; Mayor David Meyer; Del. David Bulova; and Charlie, Steve, Tami, Tyler, Molly, Susan and John Potock.

Air Force, retiring as a lieutenant colonel. He died Aug. 21, 2017, at age 83, with his wife and sons Steve and John at his side and was buried at Arlington National Cemetery. Besides his family, Bulova said Potock also loved the City of Fairfax Police Department and “made sure I voted the right way

on law-enforcement issues.” Then, explaining that he wanted Potock recognized for the totality of his life’s work, Bulova presented Charlie with a resolution from the Virginia General Assembly doing just that.

THE DOCUMENT noted that



Walt Potock in his Air Force uniform

Potock learned the value of hard work and responsibility growing up on his family’s farm in Ohio. He worked for a railroad before joining the Air Force in 1954. And while stationed in Japan, he participated in numerous water rescues involving mariners and downed airmen. He later flew radar missions over the Atlantic Ocean. He and Charlie were married in 1961.

Potock also served in Vietnam as a forward air controller, flying “dangerous, low-altitude, recon-

naissance and target-identification missions.” For one such mission, he received the Silver Star for “gallantry in support of friendly troops on the ground.” It was among his many military awards, including the Distinguished Flying Cross and the Air Medal.

Returning to the U.S., he was stationed at air bases in Florida and Maryland before retiring. Settling in Fairfax, he coached youth sports and was a member of American Legion Post 177. Both he and Charlie volunteered in the City of Fairfax Police Department’s VIPS (Volunteers in Police Service) program and served on the Chief’s Advisory Council. They also served on the Fairfax Independence Day Celebration Committee, helping organize the 4th of July parade and other special events.

The resolution concluded with the General Assembly acknowledging Potock’s death, respecting his memory and being thankful for his life. Bulova was its House of Delegates patron and Sen. Chap Petersen (D-34) was the Senate patron.

SEE WALT POTOCK, PAGE 14



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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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OPINION

County's 275th Anniversary Continues

With motorcycle charity ride.

BY SHARON BULOVA
CHAIRMAN,
BOARD OF SUPERVISORS

If you enjoyed Fairfax County's 275th Anniversary Celebration last year, the adventure continues! Lord Nicholas Fairfax (a direct descendent of our county's namesake) will be back in town on Sept. 22-25, 2018 to lead a motorcycle charity excursion to benefit four local charities here in Fairfax County: Bethlehem Baptist Church Community Support Program, Fairfax County Sheriff's Office Project Lifesaver, Fairfax-Mason Research Fund at George Mason University,

and The Lamb Center.

If you are a history buff and/or motorcycle enthusiast, this event is for you. Participants can ride via motorcycle or car on a one-day, two-day or four-day trip around the boundaries of the original Fairfax Land Grant. This vast and beautiful area, which has been associated with the Fairfax family since the late 1600s, spans between the Potomac and Rappahannock rivers from the Chesapeake Bay to the Fairfax Stone in West Virginia. Along the way, there will be opportunities for camping, seeing multiple historic sites, witnessing historic sign unveilings, hearing stories from colonial era re-enactment groups, and meeting plenty of great people



Sharon Bulova and John Mason at the Fairfax Stone in fall of 2017.

who share of love of Fairfax history. The ride kicks off at the Patriot Harley-Davidson store in the City of Fairfax on Sept. 22 at 8 a.m.

To register for the Lord Fairfax Charity Ride and to make a donation to the charity partners, please visit www.lordfairfaxride.org.

GOP Tax Scheme Hurts Homeowners

BY GERALD E.
CONNOLLY
U.S. REPRESENTATIVE
(D-VA)



President Trump and Republicans in Congress rammed their tax scheme through Congress without a single hearing or considering any Democratic amendments. Unlike many members of Congress, I met with community stakeholders and held a public roundtable to hear firsthand how the bill would affect our region. Overwhelmingly, I was told the bill would hit most Northern Virginian taxpayers hard in their pocketbooks. On top of that, it added \$1.9 trillion to the deficit, completely unpaid for.

In the months since President Trump signed the new Republican tax plan into law, the fallout for Northern Virginians has become clear. A new report, prepared by the House Oversight and Government Reform Committee, confirms our worst fears and finds the Republican tax law will disproportionately hurt Northern Virginia homeowners' biggest asset — their homes.

The report details how the new law's changes to the mortgage interest deduction, home equity loan deduction, and state and local income tax deduction will result in tax increases for many families in our region.

Homes are one of the largest source of savings for American families, and home equity loans

are often the most affordable way for these families to obtain credit. The proceeds from these loans are often used to pay for important expenses such as college tuition and medical expenses. Prior to the GOP tax law, interest on these loans was tax deductible. Under the new law, those deductions are now limited exclusively to home improvements.

This means none of the approximately 547,600 homeowners currently living in Northern Virginia will be allowed to claim deductions for expenses like an unexpected medical emergency. On top of that, beginning in 2018, nearly 106,800 homeowners in our area with existing home equity loans will not be allowed to claim full

home equity interest deductions as they've done in the past.

Another concern for many of our neighbors is that the new law caps state and local tax deductions (SALT) at \$10,000. In Virginia, we have the nation's fourth highest percentage of tax filers claiming the SALT deduction in the country. More than 1.5 million households claim \$16.5 billion in SALT deductions for an average deduction of \$11,288 per household. Fairfax County residents alone claim nearly \$4.62 billion in these deductions. However, under the new tax law, 174,100 homeowners in Northern Virginia will lose the ability to deduct the full amount of their property taxes.

These findings are not hypothetical. This report lays out the real-world impacts of a misguided law that will harm Northern Vir-

ginia families. To make matters worse, just last week the President decided to cancel a scheduled federal employee pay increase citing concerns about the deficit. His tax bill exploded the deficit, and now he is trying to balance the budget on the backs of federal workers.

As the former chairman of the Fairfax County Board of Supervisors, I know how important the housing market is to our region. By targeting the housing market and home values, the new tax law has serious consequences for our community. It puts additional pressure on local government budgets and crowds out investment in our local roads, our first responders, and our education system. We should be protecting those investments at all costs, not undermining them so billionaires get another handout.

LETTERS TO THE EDITOR

Sanctuary for Deer?

To the Editor:

Reading your article, Fairfax Station: A sanctuary (Connection, August 23-29, 2018), I would like to comment that, for the most part, residents like myself appreciate the beauty of nature that abounds in this area: the birds, the raccoons, the occasional fox and the deer. We love the trees and the privacy provided by the wooded areas, yet have accessibility to resources needed for daily living.

However, as I gaze at the se-

renity of a doe and her small fawn, a few feet from her, I cannot help but be saddened by the fact that these creatures are not really in a sanctuary. They may soon be slaughtered by hunters using an archaic and inhumane method (bows and arrows) as they venture toward Burke Lake Park. This practice does not discriminate regarding bucks, nursing does or their fawns (which if not killed will be left to starve). It would be more of a sanctuary if this barbaric practice would be replaced by humane wildlife management practices,

which could include some sterilization projects or even sharp shooting. These practices are limited to a week or two rather than the current stalking and killing or wounding which last nearly 8 months. A deer sterilization project like the one done in Fairfax City could be conducted in one or two parks and be sponsored by contributions to the parks designated for non-lethal wildlife management programs.

Elaine Miletta
Fairfax Station

Fairfax
CONNECTION

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COMMENTARY



PRS call center, where volunteers provide the empathetic, trained voice that someone in crisis needs to reduce their pain and provide connections to care.

We Are Your Crisis Center

BY LAURA MAYER
PRS CRISISLINK,
PROGRAM DIRECTOR



From an early age, we are all taught that if there is an emergency we should dial 9-1-1. We know when we make an emergency call, someone who is trained to help us will answer and eventually an ambulance, a fire truck or a police officer will soon arrive. I remember watching television shows as a child in which a 9-1-1 dispatcher was helping people provide CPR or bandaging a wound, and they had flip charts on their desks helping them guide a caller through their emergency.

For many people, their crisis does not fit this response. When the crisis is your own panic, fear, depression, anxiety, or trauma it is harder to know what to do. There are many numbers available for therapists, doctors, and services for which you can schedule an appointment to be seen for specific problems.

But what happens when you are not sure what the problem is? What happens when your pain is emotional and unbearable, and you cannot wait for a few weeks or even a couple of days to talk about it? What is the 9-1-1 response for thoughts so painful it might not feel like you can live another moment?

The number is 1-800-273-8255 or 1-800-273-TALK. This is the National Suicide Prevention Lifeline and this number is answered in your very own community. This number is not a call center in another state; this number is answered locally by people who are just like you. As the director of PRS CrisisLink, I am often asked why people call our crisis center; what problems are they experiencing and how do we help them? The answer is simple: people connect with us when they are in emotional pain. They have limited options in their lives and they



need someone to help them sort it out. They need someone who cares to listen and help them find solutions. PRS CrisisLink is staffed with a mix of highly trained employees and volunteers.

Many of our crisis workers have been through their own difficulties and are using their experiences to help others. Some are in school working towards becoming a mental health provider and some have lost loved ones to suicide and helping others is a way to honor those who died. Our crisis workers are all people living and working in your community and who have empathy for the challenges life throws at us. We do not use flip charts or standardized responses.

We use our humanity and our kindness to offer a safe place to work together to find solutions; sometimes the solution is feeling cared for, heard and understood.

We know that for every person who dies by suicide in our community, roughly 250 people live through those thoughts. We want you to know that we are here for you, night or day, no matter your need, we are here to help live through your thoughts. We are your local, community-based crisis center, and we care.

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Home LifeStyle

Design Upgrades for Fall

Minor elements can make an major impact as seasons change.

BY MARILYN CAMPBELL

As the time of year where more time is spent indoors slowly approaches, sprucing up an interior space can help ease the transition. From pillows and candles to wreaths and area rugs, local designers show how small touches can make a big impact as seasons change.

A new rug can set the tone for an entire room. "I just finished a living room where we added a luxurious leather sofa that's both elegant and timeless," said designer Sally Kane of Chantilly. "There is a loveseat in a chintz fabric and circular rug with warm shades of brown beige and turquoise. It's almost too pretty to walk on and can be changed out as the seasons change. It shows how adding the right rug can elevate a room."

Throw pillows in bold hues can add a burst of autumn color into a space, easing it from summer to fall. "I'm currently working on a family room where a deep, hunter green is the base color," said Todd Granger, interior designer and design graduate students at Marymount University. "I'm adding throw pillows with a yellow palette, including mustard, citrus and chartreuse."

"The Pantone color of the year for 2018 was Ultra Violet and I'm definitely seeing bold, deep purples being used this fall in interior design," continued Granger. "I'm incorporating them in spaces for my clients who appreciate bold colors. Buying throw pillows is an easy and inexpensive way to make your space match the season."



PHOTO COURTESY OF TODD GRANGER

Throw pillows in bold autumn colors can add warmth to a space as the season changes from summer to fall.

Table linens and serveware are a simple way to transition to fall when entertaining, advises Alexandria-based interior designer Beth Mahoney. "For my own home I purchased some dark blue, monogrammed linen napkins that pick up a shade of blue in my china pattern," she said. "Placemats, tablecloths and candles are all inexpensive things that can make an big impact when it comes to changing seasons."

A wreath in the rich autumnal colors hanging on the front door is a definite harbinger of fall, adds Mahoney. "Wreaths made with pretty combinations of fall foliage like pine cones, berries and even pumpkins can be hung in a foyer or the front door," she said. "Gooseberry, lavender and herbs like sage and bay also make great additions to a wreath."



Accessories in warm, rich shades can help transition a home's interior from summer to autumn.

PHOTO COURTESY OF THE NEST EGG

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PHOTOS BY MIKE SALMON/THE CONNECTION

The fake butterflies that decorated the tables were stand-ins for the real thing.

Rain Stops the Butterfly Release

The memorial event still goes on.

BY MIKE SALMON
THE CONNECTION

There were more umbrellas than butterflies at the second annual “Butterfly Release Memorial,” due to the rain that’s been the spoiler of many outdoor activities this summer. At Fairfax Memorial Funeral Home on Sunday, Sept. 9, there were a few boxes of “Painted Ladies,” butterflies that were supposed to be released in honor of those that were buried at the cemetery through the years, but it didn’t stop the proceedings.

Amy Herrera greeted some 250 guests at the door under the awning where the food was spread out and the tables set. “We have plan B due to the rain,” she said. There were still questions, like “what is plan B?” one woman asked.

Plan B was the ceremony that was planned, which included a musical trio in the lobby of violinist Judy Thompson, Mark Kapeluck and John Glover on bass, and then an introduction by Herrera, a reading by Terri McDermott, closing comments by Fairfax Memorial General Manager Archer Harmon, and food.

This was the second butterfly release, which was to honor the deceased with the lively, delicate insect. “To memorialize that person,” said Herrera. The memorial park imported the butterflies from a butterfly company in Clearwater, Fla. who raise the butterflies for events like this. The Painted Ladies butterflies fly away, pollinate local plants, and begin their journey to Mexico.

“Today we stand united, our



Amy Herrera was at the door explaining why the butterflies will be grounded for the event.



There were more umbrellas to see than Painted Lady butterflies.

universal experience of loss,” said McDermott in her memorial speech. “Butterflies are powerful symbols,” she said. The reading was a poem by Kirsti A. Dyer called “In Memory of You.” “Perhaps you are the morning bird singing joyfully at sunrise, or the butterfly that dances so carelessly on the breeze,” was one stanza.

Last year, it was 73 degrees and sunny, and that was the idea again, but instead it was in the low sixties, pouring rain and gloomy.

The butterflies could not last long in the boxes though, and Herrera’s plan B included a visit to a nearby elementary school on Monday morning to get some school children to help release the butterflies. She told the crowd at the memorial park that she would get a photo, and send everyone a shot of the butterflies.

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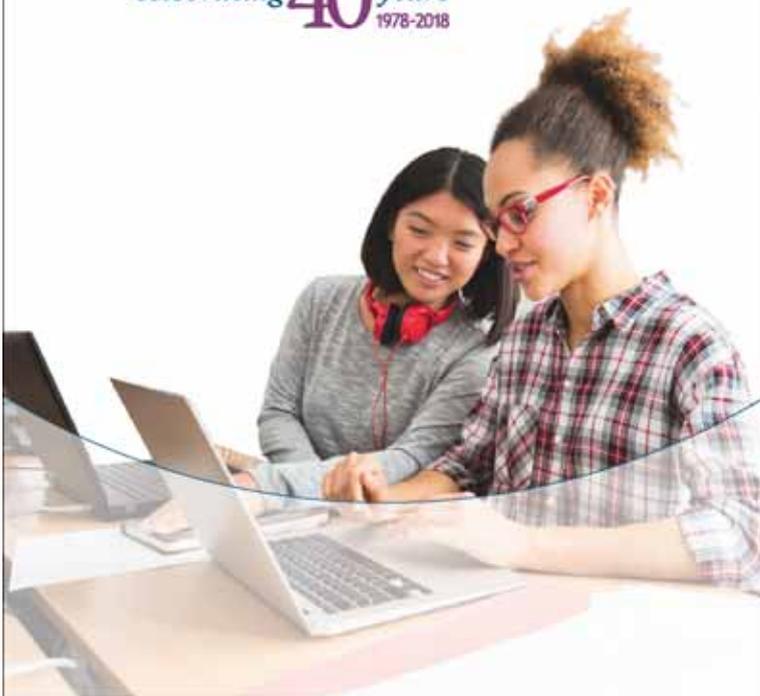
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NEWSPAPERS

SPORTS

Lowery, Womble Help Rams Sweep Bruins Robinson volleyball opens district play with win.

By JON ROETMAN
THE CONNECTION

Following the Robinson volleyball team's sweep of rival Lake Braddock on Tuesday night, a reporter asked Rams head coach Meghan Johnson about her team's performance.

"This is going in the paper?" Johnson joked.

The Rams opened Patriot District play with a 3-0 (25-12, 25-14, 25-19) victory over the Bruins at Robinson Secondary School, but Johnson wasn't exactly pleased. The fourth-year head coach said the team struggled with serving, serve-receive and passing — areas in which Robinson will need to improve if the Rams are to reach their potential come the postseason.

"I think it's nice to be able to come in and be good enough," said Johnson, a 2005 Annandale High School graduate, "but we're always working toward October. We always say regardless [of] who is on the other side of the court, there are certain things that we are looking for and we need from our team because we are playing for postseason."

TWO REASONS for high expectations are senior captain Faith Lowery and junior transfer Olivia Womble.

Lowery is in her fourth varsity season and is one of the Rams' top threats at the net. On Tuesday, she totaled six kills and two aces.

"Faith is 'Steady Eddie,'" Johnson said. "She's consistent, she takes a lot of swings for our team and she's our senior captain, leader. ... She's a go-to hitter for us."

Womble transferred to Robinson from Fairfax, where she played varsity volleyball as a sophomore. On Tuesday, Womble tallied a team-high nine kills, including the final point of the match.

"She jumps well," Johnson said. "She's very athletic, her volleyball knowledge is good, she's aggressive, she's passionate and she likes to win. She's just been a really great addition to our team this year."

Lowery nearly echoed her coach's praise of No. 12. "I love having Olivia on the team," Lowery said. "She has so much energy and life, and she is the most passionate player I've ever met. She just loves to win and hates to lose, and I think that's what makes



PHOTO BY JON ROETMAN/THE CONNECTION

Olivia Womble, left, and Faith Lowery helped the Robinson volleyball team sweep Lake Braddock on Tuesday.

a great volleyball player."

Womble said volleyball has helped with her transition to a new school.

"[The] transition was rough the first few weeks," Womble said. "... Volleyball really helped get [me] a little group of friends that I can see in the halls. It really helped ... getting into the atmosphere at Robinson."

Robinson is in its second season in the Patriot District, and Lowery and Womble will play key roles in whether the Rams can contend West Springfield and Woodson for a district championship. West Springfield and Woodson faced off in the 2017 district and region championship games (West Springfield won both), with both teams qualifying for the state tournament.

Lowery said it's a good thing that Johnson holds the team to a high standard.

"We played a tournament Saturday and our first game was kind of similar to this game," Lowery said. "We were a little bit off. [Johnson] got on us and we pushed really hard and we ended up winning the tournament. I think that says a lot about our team."

Grace Pierce finished with seven kills for the Rams on Tuesday, and Kat Fong totaled four kills and three aces.

Emma Talamoa led Lake Braddock with nine kills.

NEXT UP for Robinson is a home match against Fairfax at 7 p.m. on Thursday, Sept. 13.

Lake Braddock will host Woodson at 7 p.m. on Thursday.

Burke Centre Festival: A Day of Community Fun

The Delaney Hall Band performs at the 41st annual Burke Centre Festival. Despite the intermittent rain, the crowds were steady at the first day on Sept. 8 at the Burke Conservancy Festival Grounds (The next day - Sunday - the Festival was cancelled due to the worsening weather.).



By STEVE HIBBARD/THE CONNECTION



PHOTO BY BONNIE HOBBS/THE CONNECTION

Celebrating Fairfax City's temporary name change this week to "Mystic City" are (from left) Council members Michael DeMarco, Jennifer Passey and Sang Yi, Mayor David Meyer, Pax the Panda, Council members Janice Miller, So Lim and Jon Stehle and a Mystics representative.

Fairfax City Cheers on the Mystics

Fairfax City is celebrating the Washington Mystics as the women's basketball franchise vies for the WNBA Championship, this Friday night, Sept. 14, at GMU's EagleBank Arena.

"It's not every day you have a national championship in your town," said Acting City Manager David Hodgkins. "We love women's sports and this franchise, and we're thrilled that the game is literally in our backyard at George Mason. We want the City to get behind this team – it's so fun to watch."

At Tuesday night's City Council meeting, Mayor David Meyer proclaimed Fairfax "Mystic City" for the week of Sept. 10-16. And Mystics' mascot, Pax the Panda, was on hand for photo opportunities.

Also in the Mystics' honor, the fountains in Old Town Square are running "Mystics Red" all week, and fans may take pre-game selfies in front of the enormous Mystics banner there. And in celebration of the team's first-ever champion-



PHOTO COURTESY OF MIKE MCCARTHY

The banner in Old Town Square supporting the Washington Mystics.

ship run, residents can take advantage of special deals at City restaurants including The Auld Shebeen, Patriots Pub & Grill and P.J. Skidoos.

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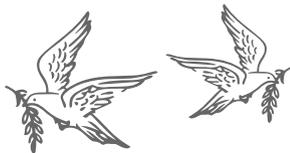
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ENTERTAINMENT

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

THROUGH SEPT. 16

Workhouse 10th Anniversary. At Workhouse Arts Center, 9601 Ox Road, Lorton. The Workhouse Arts Center invites the residents of Fairfax County and guests from throughout the region to visit for a week of free and low-cost events and activities in celebration of its 10th anniversary. Experiences include classes and presentations, films and music, special tours, and more. Visit www.workhousearts.org/events/category/10th-anniversary/ for more.

FRIDAY/SEPT. 14

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 or call 703-273-3638 for more.

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

SATURDAY/SEPT. 15

Citizen Naturalization Ceremony. 10 a.m.-1 p.m. at George Mason's Gunston Hall, 10709 Gunston Road, Lorton. George Mason's Gunston Hall will partner with the United States Citizenship and Immigration Services, Washington Office, in naturalizing candidates. Before the ceremony, guests may enjoy activities and crafts and explore Gunston Hall's grounds. The ceremony is followed by a reception, an opportunity to register to vote, and Gunston Hall's exclusive theater performance, "Mason and his Legacy," performed inside the mansion. Admission is free until 1 p.m. to all visitors. Call 703-550-9220 ext. 240 or visit gunstonhall.org for more.

Grand Opening. 10 a.m. at Macy's Springfield Mall, 3rd Floor, 6400 T. Springfield Mall, Springfield. Join in the Grand Opening of Macy's Backstage at Springfield Mall. Prizes, live DJ, selfie-station and more. Visit l.macys.com/springfield-va for more.

Grand Opening. 10 a.m.-5 p.m. at The St. James, 6805 Industrial Road, Springfield. Enjoy a wide range of activities for the whole family, and register in advance for sports experiences, spa services and more at this 450,000 sq. ft. sports, wellness and active entertainment destination. Free. Call 703-239-6870 or visit www.eventbrite.com/e/the-st-james-grand-opening-celebration-tickets-48966695705?aff=aff0spingo.

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 for more.

14th Annual Merrifield Fall Festival. 11 a.m.-6 p.m. at Mosaic District. Presented by the Greater Merrifield Business Association (GMB), in conjunction with URBNmarket and Mosaic, and held



"Mason and his Legacy," performed inside the mansion as part of a naturalization ceremony.

Citizen Naturalization Ceremony

George Mason's Gunston Hall will partner with the United States Citizenship and Immigration Services, Washington Office, in naturalizing candidates. Before the ceremony, guests may enjoy activities and crafts and explore Gunston Hall's grounds. The ceremony is followed by a reception, an opportunity to register to vote, and Gunston Hall's exclusive theater performance, "Mason and his Legacy," performed inside the mansion. Saturday, Sept. 15, 10 a.m.-1 p.m. at George Mason's Gunston Hall, 10709 Gunston Road, Lorton. Admission is free until 1 p.m. to all visitors. Call 703-550-9220 ext. 240 or visit gunstonhall.org for more.

will be in the heart of the Mosaic District with food vendors, a beer garden, music and entertainment, as well as a pre-holiday handmade and vintage market. Children's activities including: Vienna Singing Princesses, pumpkin painting, face painting, hair braiding, sack races, karate, peace mural painting, carnival games and more. Visit greatermerrifield.org/merrifield-fall-festival for more.

Suffragist Memorial. 1-2:30 p.m. at Kings Park Library, 9000 Burke Lake Road, Burke. "The Best Kept Secret in American History." Patricia D. Wirth, Executive Director/CEO of Turning Point Suffragist Memorial Association will speak about the history behind the memorial, which will be built in Lorton. All are welcome. Free. Call 703-560-1760 or visit sprann-va.aauw.net.

CommUnity FunFest. 1-4:30 p.m. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. Fun for the whole family with food, games, music, children's activities, and an auction is open to everyone. Free, open to all. Call 703-281-1767 or visit www.unityoffairfax.org/funfest.

Harry Ponder. 2-3:30 p.m. at Hidden Pond Nature Center, 8511 Greeley Blvd., Springfield. While the wizards head to Hogwarts, the muggles can celebrate the start of a new school year at Hidden Pond. Learn about our magical beasts, make your own wand, have your fortune told

by Professor Treefroggie, and defend against the dark arts of pollution. \$7. Email casey.riley@fairfaxcounty.gov or call 703-451-9588.

SUNDAY/SEPT. 16

NTRAK Scale Model Train Show. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Northern Virginia NTRAK members will hold a N gauge model train show. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org, www.facebook.com/FFXSRR, or call 703-425-9225.

THURSDAY/SEPT. 20

Hometown Thursdays: Sudden M-

Pac. 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.

FRIDAY/SEPT. 21

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 or call 703-273-3638 for more.

FRIDAY-SUNDAY/SEPT. 21-23

Adult and Virginia Room Book Sale. Friday, 10 a.m.-5 p.m.; Saturday, 10 a.m.-4 p.m.; and Sunday (bag sale), 1-3 p.m. at City of Fairfax Regional Library, 10360 North St., Fairfax. Thousands of gently-read books in all categories including arts, history, cooking, etc. Virginia Room topics include Civil War, Virginia history and genealogy. Cash or check only. Free admission. Call 703-644-4870 or visit www.fairfaxcounty.gov/library/branches/friends-of-city-of-fairfax-regional for more.

SATURDAY/SEPT. 22

Kayak the Marsh at Lake Accotink. 7:30-9:30 a.m. at Lake Accotink Park, 7500 Accotink Park Road, Springfield. "Kayak Tour-Wildlife of the Potomac" is designed for participants age 13 to adult. Glide past bad eagle nests to get an early morning view of wildlife. No previous experience is required. A single-seat kayak and life preserver are provided. \$31 per person. Boaters younger than 16 must be accompanied by an adult registered in the program. This program will be canceled in the event of rain or unfavorable water levels. Call 703-569-3464 or visit www.fairfaxcounty.gov/parks/lake-accotink.

acotink.
Mosby Civil War Bus Tour. 8:30 a.m.-5:30 p.m. Sponsored by the Stuart - Mosby Historical Society; tour leader will be Don Hakenson, Eric Buckland with special guest Tom Evans. The bus will leave Truro Parish (10520 Main St., Fairfax City). Will be visiting Mosby's Grave, Clover Hill (supposedly a safe house for Nick Carter), Wolf's Craig (the home of General Turner Ashby), The Mountain Home in Front Royal. Cost for Stuart-Mosby Historical Society members is \$65; non members is \$75. Reserve a seat by sending contact info to Don Hakenson at dhakenson@verizon.net.

Treasures Revealed. 9:30-11:30 a.m. and 12:30-2:30 p.m. at Army Navy Country Club, 3315 Old Lee Highway, Fairfax. The Salvation Army Ladies Auxiliary of Fairfax County hosts "Treasures Revealed," an art and antiques valuation event. Everyone has something they own that they are curious about, whether it is something inherited, received as a gift, built in a collection over decades, or acquired yesterday in a garage sale. Register and reserve a valuation time slot at Give.virginiasalvationarmy.org/Fairfax-Treasuresrevealed.

Archaeology Day at Gunston Hall. 10 a.m.-4 p.m. at 10709 Gunston Road, Lorton. George Mason's Gunston Hall presents Archaeology Day, a day dedicated to digging up the mysteries of the past. Activities for all ages, including sifting for ancient artifacts, mending archaeological objects, discovering what remains after 200 years, and dressing like an archaeologist. This event is included with Gunston Hall's general admission. Visit www.gunstonhall.org.

Slugfest. 2-3:30 p.m. at Hidden Pond Nature Center, 8511 Greeley Blvd., Springfield. By popular demand the only celebration of slugs on the East Coast oozes back. There will be slug racing, crafts, fortune telling, and slime tossing. \$10. Email casey.riley@fairfaxcounty.gov or call 703-451-9588.

Pig Roast. 5:30-7:30 p.m. at American Legion Post 176, 6520 Amherst Ave., Springfield. The Springfield American Legion is hosting the 2nd



Patricia D. Wirth

Suffragist Memorial

"The Best Kept Secret in American History." Patricia D. Wirth, Executive Director/CEO of Turning Point Suffragist Memorial Association will speak about the history behind the memorial, which will be built in Lorton. Saturday, Sept. 15, 1-2:30 p.m. at Kings Park Library, 9000 Burke Lake Road, Burke. All are welcome. Free. Call 703-560-1760 or visit sprann-va.aauw.net.

Annual Pig Roast in support of the 8th Annual Virginia, State-Wide Motorcycle Rally for the Legion Riders. Tickets are \$20 until Aug. 22 and \$25 afterwards. Tickets are available at www.facebook.com/Squadron176 ("Events" tab), at the Post lounge, or at the time of the event. All are welcome and there is ample parking. Call 703-440-0336 or visit www.facebook.com/Squadron176 for more.

Twilight 5K Run. 6:30-8 p.m. at South County High School, 8501 Silverbrook Road, Lorton. 4th Annual Twilight Rock-n-Run 5K (7 p.m.) is a family-oriented event which also features a 1-mile Glow Walk and a Kids' Fun Run (starts at 6:40 p.m.). This event benefits the South County High School Band. \$10-\$35. Email schstwilight5k@gmail.com or visit www.schsbands.org.

SATURDAY-SUNDAY/SEPT. 22-23

Bull Riding Invitational. Saturday, 6:45 p.m.; Sunday, 1:45 p.m. at Eagle Bank Arena, 4500 Patriot Circle, Fairfax. For the first time in league history, PBR's (Professional Bull Riders) elite tour, featuring the top 35 bull riders in the world and ranked bucking bulls in the nation, will invade Fairfax, Virginia. Tickets start at \$25. Visit www.eaglebankarena.com.

SATURDAY-TUESDAY/SEPT. 22-25

Lord Fairfax Motorcycle Ride Fundraiser. Multiple options to join Lord Fairfax and trace the boundaries of the original Lord Fairfax Land Grant with one-, two- and four-day options. Participants will cover their own expenses. Visit www.lordfairfaxride.org for details and registration for Ride and/or Car Rally.

SUNDAY/SEPT. 23

Memories of the Orange and Alexandria RR. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. A special exhibit in cooperation with the Burke Historical Society will highlight the legacy of the Orange and Alexandria Railroad - the railroad the Fairfax Station was constructed to service. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org or call 703-425-9225.

TUESDAY/SEPT. 25

Fall Art Lessons for Youth. 5:15-6:15 p.m. at Woods Community Centre, 10100 Wards Grove Circle, Burke. Instructor Carol Zeitlin teaches drawing and watercolor for children 8 and older. Visit www.czartlessons.com or call 703-250-6930.

Fall Drawing Plus Color Class. 6:15-7 p.m. at Woods Community Centre, 10100 Wards Grove Circle, Burke. Instructor Carol Zeitlin explores drawing and watercolor with children 5-8 years old. Visit www.czartlessons.com or call 703-250-6930.

FRIDAY/SEPT. 28

Rock the Block: JunkFood. 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 for more.

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. Call 703-273-3638 or visit www.fairfaxvfd.com.

The Manhattan Transfer



‘ART by George!’ Headlines Jazz Icons The Manhattan Transfer

The event to raise scholarship funds for George Mason University students.

BY DAVID SIEGEL
THE CONNECTION

“‘ARTS by George!’ is a magical, moving, unforgettable experience benefitting student scholarships as well as the ‘Great Performances at Mason.’”

“This year’s event brings together community and college, drawing inspiration from many student showcases as well as world-class talent,” said Jay Speer and Donn Smith, “ARTS by George!” co-chairs. “Where else can you experience so many different art forms together in one place, while dining on a sumptuous buffet under the stars in a night not to be missed!”

The annual “ARTS by George!” helps fund scholarships for GMU College of Visual and Performing Arts students in a wide range of fields, benefits the Green Machine Ensembles and the Mason Community Arts Academy. The event provides guests the opportunity to tour about a dozen open studios and rehearsal halls, “where they can enjoy live presentations of student work and behind-the-scenes insights,” added Speer and Smith.

Music icon The Manhattan Transfer headlines this

year’s “ARTS By George!” The group has been a source for delectable pop and jazz hits for more than four decades bringing a melodic flair and jazz-infused vocals to a performance. The group has earned multiple Grammy Awards, is an inductee into The Vocal Group Hall of Fame and recipient of The National Music Council’s American Eagle Award.

As a special addition joining The Manhattan Transfer on the Center for the Arts (CFA) stage will be the Fairfax-based American Festival Pops Orchestra with Artistic Director and Founder Anthony Maiello. And in a very singular bonus, student members of the Mason Jazz Vocal Ensemble, directed by Dr. Darden Purcell, Director of Jazz Studies/Jazz Voice at Mason will perform “I’ll Be Seeing You,” and “No More Blues” on the CFA stage. “No More Blues” is a music piece custom-arranged by American Festival Pops Orchestra Composer/ Arranger-in-Residence, Bryan Kidd.

“The gala ‘ARTS by George!’ brings every aspect of our College to life in just a few short, electric hours, with student showcases, a renowned headliner performance, great food, and the best company anywhere,” said Rick Davis, dean, GMU College of Visual and Performing Arts. “It has helped put the arts at Mason on the radar, and raised essential funds for program and scholarship support.”

“ARTS by George!” aims to benefit deserving students while guests are thoroughly entertained. The gala also benefits CFA’s “Great Performances” so that this year there will be the first-ever “Family Series” with entertainment for children and families.

Olly Olly Exhibiting Works of Elizabeth Piper Board

BY DAVID SIEGEL
THE CONNECTION

Olly Olly, the alternative art venue in downtown City of Fairfax is exhibiting the distinctive artistic vision of Elizabeth Piper Board. Board, who works and exhibits throughout the metro D.C. area, is known for her use of diverse artistic media to express herself visually. Board is a graduate of George Mason University (GMU) and is a photographer at GMU.

Board described her works on

Where and When

Olly Olly Arts Space presents “a detached observer,” an exhibition of work by Elizabeth Piper Board at 10417 Main St., 2nd Floor, Fairfax. Exhibition from Sept. 15 through Nov. 3, 2018. Gallery is open by appointment and Mondays and Thursdays from 11 a.m. to 3 p.m. Admission is free. For more information call 703-789-6144 or visit www.ollyolly.com

exhibition at Olly Olly this way; “This body of work sets out to unite my visual contemplations on femininity, power and sexuality ... casting off my need to be masculine in order to feel safe and wholeheartedly embrace my womanhood with strength and poise. Balancing control and release

within self-portraiture.”

For Jessica Kallista, Olly Olly founder and also Gallery Director, the Buchanan Partners Art Gallery, Hylton Performing Arts Center, Board’s “visual practice spans a wide variety of mediums - never wanting to be stuck in one form of expression. Personal narrative is common



(From left) Musicians Sean Heely and Kevin Elam will entertain again at this year’s festival.

Irish Festival in Fairfax, Sept. 22

The sounds and sights of Irish singers, dancers and musicians will fill the air during the 23rd Annual CCÉ Irish Folk Festival in the City of Fairfax. Set for Saturday, Sept. 22, from noon-6:30 p.m., music performances and cultural displays will be held at the Sherwood Center, 3740 Old Lee Hwy., and at the Auld Shebeen Irish Pub, 3971 Chain Bridge Road. Dublin-based Comhaltas Ceoltóirí Éireann (CCÉ) is the largest, nonprofit group involved in the preservation and promotion of Irish traditional music and culture. This family-friendly event is presented in cooperation with the City of Fairfax and the City of Fairfax Commission on the Arts. It takes place rain or shine, parking is free and venues are handicap-accessible. Cost is \$10/person, with a \$20/family maximum.

There’ll be four stages of continuous Irish music and dance performed by both world-class artists and regional all-stars. Headlining this year’s event will be Bua, Billy Jackson, Ann Droney Kirrane and Gabriel

Donohue.

Other performers will include Brian Gaffney, Sean Heely, Kevin Elam, The Bog Band and Dancers, Meara O’Malley and Dan Kaufman, Culin School of Traditional Irish Dance, Blackwaterslide, Shepherd’s Pie, Craggy Island and Maple Academy of Irish Dance.

Tunes will be played on the fiddle, banjo, pipes, flute, accordion and drum. Attendees will also experience the vibrancy and riches of Irish traditional songs, dances, culture and community through step dancing, social dancing, plus sean-nós dance performances (similar to clogging) including Shannon Dunne Dance.

Also on tap will be music workshops and sessions, Gaelic sports, vendors and exhibits. Workshops will be held from 10 a.m.-noon at the Auld Shebeen and from noon-5:45 p.m. at the Sherwood Center. For a detailed schedule of the music sessions, performances and instructional workshops, go to www.CCEirishfest.org.

—BONNIE HOBBS

in her work and she uses art to examine her own patterns of thinking, release anxiety and cope with discomfort. While photographic methods are common in her work and she studies photography, she regularly uses painting, collage, embroidery and video.” This is only the second solo exhibition of an artist at Olly Olly since it was founded by Kallista in 2014. Kallista is a graduate of George Mason University.

‘Chaos Calms Me’ by Elizabeth Piper Board on exhibition at Olly Olly.



PHOTO BY ELIZABETH PIPER BOARD/COURTESY OF OLLY OLLY

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-Werner Heisenberg

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-Werner Heisenberg

NEWS

Walt Potock Honored

FROM PAGE 4

After receiving it, with her sons and their families beside her, Charlie said, "I'm just very humbled, and Walt would be humbled and proud. He was always low-key; he didn't tell many people he had a Silver Star. He was a listener, but also a hero, and a hero in our eyes."

"He was a wonderful man – he was tall and handsome and flew airplanes," she continued. "That's what I fell in love with. But he was also thoughtful and kind. My dad died when I was young, and Walt was so nice to my mom. I think he loved her even before he loved me."

Pleased to be attending the presentation ceremony, Fairfax City Mayor David Meyer called Walt Potock "the finest example of leadership a community could ever have. We're very thankful for his presence among us."

Also there was City Police Chief Carl Pardiny. "After graduating from the Citizens Police Academy in 2007, Walt and Charlie volunteered with the Police Department," said Pardiny. "I was the captain in charge of Professional Standards, and Charlie volunteered as my administrative assistant. Walt worked with our Traffic Services section, running the speed trailer and scheduling the placement of the decoy car." After Potock died, Pardiny had the speed trailer's message read, "Godspeed Walt" in his honor.

"He was a hero to all of us, particularly in the Police Department," said Pardiny. "To have a man of his stature and experience working in a volunteer capacity demonstrated his passion for service and his commitment to public safety at the local level. It was a pleasure and an honor to work with him, to have him on our team and to know him personally. Really, he was just an inspiration to me and to so many of the police officers and support staff with whom he worked."

Saying his dad created a great family, Steve Potock said, "We are who we are today based on his guidance, love and commitment to community and family. And we miss him."

"It's still really hard to celebrate occasions without him," added Steve's wife, Tami. "Walt was fabulous, and he was definitely a role model for our three children."

HAPPY TO SEE his father's life acknowledged so meaningfully, John Potock said, "On mom's behalf, we're all honored that they think of him that way. Growing up



PHOTOS COURTESY OF JOHN POTOCK

(From left) are Carl Pardiny and VIPS volunteers Walt and Charlie Potock.



BONNIE HOBBS/THE CONNECTION

(From left) Carl Pardiny, Charlie Potock, David Meyer and David Bulova pictured after the resolution presentation.



Walt Potock by his USAF O-1 Bird Dog aircraft in 1967-68 Vietnam.

to be a commercial-airline pilot, myself, I read a lot about aviation history and heroes – and I can honestly say my dad is my biggest hero."

"We flew together quite a bit,

over the years, until a year before he died, and he was a great pilot," continued John. "And he also stands as an example of the kind of integrity and values we need to remember."

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

VOTER REGISTRATION AND ID EVENTS

The Fairfax County Office of Elections
(12000 Government Center Parkway Suite 323, Fairfax) is open daily during normal business hours to provide county residents the opportunity to register to vote or obtain a free voter photo ID if needed. Applicants will need to complete a photo voter ID application, have a photo taken and sign a digital signature pad. Call 703-222-0776.

The following special events will also provide opportunity to register to vote and/or get a photo Virginia Voter card.

- Monday/Sept. 17, 11 a.m.-2 p.m., Heatherwood Retirement Community, 9642 Burke Lake Road, Burke.
- Wednesday/Sept. 19, 10 a.m.-2 p.m., Greenspring Retirement Community, 7410 Spring Village Drive, Springfield.
- Tuesday/Sept. 25, 11 a.m.-2 p.m., Burke Health and Rehab Center, 9640 Burke Lake Road, Burke.
- Thursday/Oct. 4, 10 a.m.-1 p.m., Leewood Healthcare Center, 7120 Braddock Road, Annandale.

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 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.

THURSDAY/SEPT. 13

Gentle Yoga. 12:30-2 p.m. at Sentara Surgery Specialists Comprehensive Breast Center, 8988 Lorton Station Blvd., Suite 103, Lorton. This yoga protocol is facilitated by Pat Fitzsimmons RN, C-IAYT, E-RYT 500, an instructor specifically trained to work with cancer patients who will adapt traditional yoga practices to meet the physiological and psychological needs of cancer patients. No registration required. It is recommended that participants dress comfortably and bring a yoga mat, towel(s), and water. Visit www.sentara.com for more.

SUNDAY/SEPT. 16

11th District Congressional Candidate Forum. 2-4 p.m. at the Sherwood Community Center, 3740 Old Lee Highway, Fairfax. The League of Women Voters of the Fairfax Area will hold an 11th District Congressional Candidate Forum. The certified candidates have been invited and are listed here as they appear on the Virginia Department of Elections' website: Jeff A. Dove, Jr. (R), Gerald Edward Connolly (D) (incumbent), and Stevan M. Porter (L). The questions for the candidates will come from the audience. This event is free and open to the public. Email PR@lwv-fairfax.org for more.

WEDNESDAY/SEPT. 19

Understanding Care Options. 1-3 p.m. at Insight Memory Care Center, 3953 Pender Drive, Suite 100, Fairfax. Dementia care is not one size fits all. Each person, each stage, and each family is unique. Come and learn about multiple care options to help plan and evaluate the best fit. Free. Respite care may be available by request; please notify us when registering to confirm availability. Register online at insightmcc.org, or contact Lindsey Vajpeyi at 703-204-4664 or lindsey.vajpeyi@insightmcc.org.

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A Declaration of Semi Independence



By KENNETH B. LOURIE

Now that I've spent the last two publishing weeks moaning and groaning about my potentially life-changing CT scan results from my upcoming Sept. 26 scan, I think it's time to buck up, don't you? I mean, how long can I continue to drone on before I bore even myself? Talk about putting the cart before the horse, I'm putting myself before the cart.

If I've learned/assimilated anything in my nine and half cancer years, it is that waiting for results rather than presuming or anticipating and/or especially overreacting to them in advance of anything actually being confirmed as negative/problematic is, highly recommended. Much easier said than done I understand, but the alternative "butters no parsnips," to quote Mrs. Patmore from the Downton Abbey kitchen.

And if one has been compromised, as I have been by a "terminal" diagnosis (2/27/09), followed by years of chemotherapy and the variety of associated side effects, wasting any time or energy on pursuits which don't enhance life, liberty and the pursuit of happiness, is a pursuit not worth pursuing.

Moreover, given how little control one has over the entire cancer experience - from initial screening/testing/diagnosing/staging to lab-testing/treating/maybe even "surgerizing" (to use of my late father's made-up words), it would seem the sooner the patient/survivor accepts and sort of embraces their place in the cancer feedback loop, the better. Otherwise, the process likely becomes even more excruciating than it already is.

The problem is that cancer can be, shall we say, uncooperative.

Adding to its "uncooperativeness" is its effect on a patient (yours truly) who has lived years beyond the presumptive treatment guidelines oncologists refer to. Generally speaking, stage IV, non-small cell lung cancer survivors of nearly 10 years are few and far between so there's very little empirical evidence/information available advising oncologists how to treat the anomaly. (I've been called worse.)

They're challenged enough determining how to treat the 234,030 new cases projected for 2018 (according to the American Cancer Society). When it comes to treating an old case - mine, common sense and trying to not make things worse seems as much a reasonable course of action as any, especially as I try not to count the days until my next scan. It will get here soon enough - or not - so I see no advantage in obsessing about it and staring at the calendar.

Oddly enough, outliving one's prognosis by as many years as I have presents its own peculiar set of problems.

I never thought I'd be quoting/invoking a Doris Day song but, "Que sera, sera, Whatever will be, will be, The future's not ours to see, Que sera, sera. What will be, will be." And though I realize Doris wasn't singing about cancer per se, it was more so about life.

Nevertheless, if there's one subject that us cancer patients could use all the uplifting lyrics sung and/or talked about, it is words which can minimize the slings and arrows of the outrageous misfortune which has befallen us and to help find a way to make the best of the extraordinarily difficult circumstances life has us living.

So what if I have to wait a month for the other shoe to potentially drop? I'm alive and reasonably well. Besides, there's no guarantee that the shoe dropping will be the cancer shoe. Maybe it will be the non-cancer shoe?

Regardless, whatever shoe drops on or about Sept. 26, I'll be there to pick it up, find some bootstraps, buckle up and get on with it.

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

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