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# Chantilly CONNECTION

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South Lakes High ROTC members were the color guard for Saturday's ceremony honoring the Civil War soldiers found in Centreville.

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PHOTO BY BONNIE HOBBS/CENTRE VIEW



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# 'We Are Honored to Receive the Recognition'

## Westfield's 'Rock of Ages' receives 24 Cappies nominations.

BY BONNIE HOBBS  
THE CONNECTION

The performances have been given, the critics have written their reviews and the ballots have been cast for the 2019 Cappies, honoring the best in high-school theater. And Westfield High's "Rock of Ages" garnered a whopping 24 nominations.

The 20th annual Cappies Gala for the National Capital Area will be held Monday, May 27, at 7 p.m., in The Kennedy Center in Washington, D.C. And since one of Westfield's two dozen nominations was the coveted, Best Musical nod, its actors will get to perform a scene from the show during the gala.

Westfield's other nominations are as follows:

Lead Actress in a Musical: Keeley Rogers;  
Supporting Actor in a Musical: Harry Schlatter;

Comic Actor in a Musical: Alan Gutierrez-Urista;



PHOTO COURTESY OF JAMES TERRANZANO

The cast and crew of Westfield's Cappie-nominated musical, "Rock of Ages." (Director Rachel Harrington is on right, in purple).

Male Vocalist: John Henry Stamper;  
Female Dancer: Bridgette Carey;  
Featured Actor: Colin Brown;  
Featured Actress: Lauren LeVine  
Ensemble in a Musical: Westfield's Ensemble;

Stage Crew: Sarah Bourgeois, Hayden Cutler & the Bourbon Room Employees;  
Stage Management: Lauryn Bailey;  
Sets: Braeden Anderson, Nora Lewis;  
Costumes: Alan Gutierrez-Urista;

Lighting: Mary Clare Bernier;  
Hair and Makeup: Grace Jenkins;  
Special Effects and/or Technology: Ray Panzer;  
Marketing and Publicity: Oscar Lazo, Cassie White.

Beverly D'Andrea, Julia Tucker and Oscar Lazo each received individual nods for Andy Mays Rising Critic. Grace Jenkins, Lizzy Maisel and Sarah Bourgeois were each nominated for Maryland Theater Guide

Returning Critic, and Westfield's whole critic team received a nod for Critic Team.

"We are honored to receive the nominations and recognition the Cappies organization bestowed on our program this year," said Westfield Theater Boosters Vice President Carol Cutler. "And it clearly reflects the depth of talent at Westfield."

She also stressed that the 24 nominations were divided equally among three areas. "Seven nominations were earned in the Cappies Critic categories, recognizing our critics' tireless work throughout the entire, school year as individuals (Rising and Returning Critics) and as a team," said Cutler.

"Rock of Ages' also captured amazing, non-performing categories, such as Stage Management, Stage Crew, Sets, Lighting, Special Effects, Costumes, Hair/Makeup and Publicity/Marketing," she continued. "And the show's cast members shined, too, in the performing categories, such as Lead Actress, Male Vocalist, Supporting Actor, Comedic Actor, Featured Actress, Featured Actor, Female Dancer and Ensemble."

In the past, said Cutler, Westfield has not been as widely recognized with non-performing nominations, as "It is difficult to capture how much effort and work goes on behind the scenes. For those categories, the

SEE CAPPIES, PAGE 10



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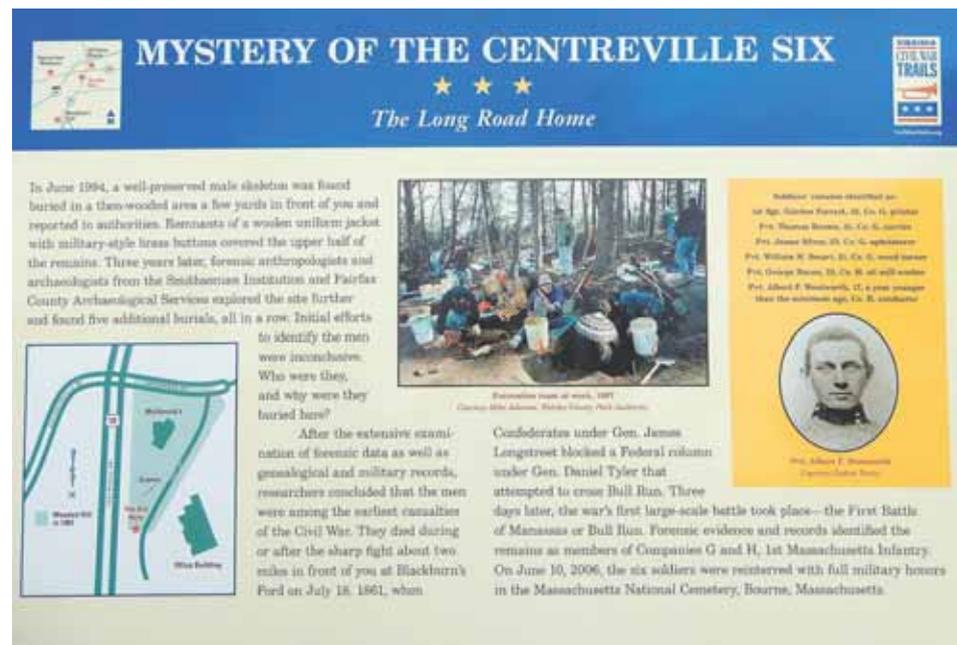
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# NEWS



BONNIE HOBBS/CENTRE VIEW

The crowd responds to a somber moment at the event's start.



BONNIE HOBBS/CENTRE VIEW

This is the marker commemorating the Civil War soldiers discovered in Centreville.

## Bringing Closure to a Civil War Mystery

BY BONNIE HOBBS  
CENTRE VIEW

Most people just think of the Centreville McDonald's on Fort Drive as a place for burgers and fries. But those lucky enough to be here in January 1997 also know it as the site of one of the most extraordinary events in Centreville's history – the exhuming of the remains of six Civil War soldiers.

"It was one of the most amazing days in my career of 24 years on the Board of Supervisors," said former Sully District Supervisor Michael Frey. "It was so exciting and so much fun."

He was addressing the 80 or so people who came to that McDonald's parking lot, Saturday morning, May 18, 2019 for a special ceremony commemorating that time and the unveiling of a historic marker. Attendees included local residents, history buffs, relic hunters and the event's organizer – the Bull Run Civil War Round Table (BRCWRT) – which meets monthly at the Centreville Regional Library.

Frey recounted several, important events in Centreville's history – including George Washington staying here as a young surveyor, the devastation caused by the Civil War, and Lee Highway becoming the first paved road in Fairfax County. "Centreville is an example of the evolution of an American community," he said. "And people appreciate that we've preserved its history."

Kevin Ambrose, of the Northern Virginia Relic Hunters Assn. (NVRHA), found the first grave in 1994, but no one investigated further until the rest were discovered, 2-1/2 years later, just prior to construction of the McDonald's. It had to move to its current site because its old restaurant was demolished for construction of the Routes 28/



BONNIE HOBBS/CENTRE VIEW

Jim Lewis addresses the crowd.

29 Interchange.

**LOCAL HISTORIAN** and NVRHA member Dalton Rector – who was later instrumental in helping determine the soldiers' identities – said they "were found in what's now the drive-through lane for fast-food pickup."

The astonishing discovery led to a three-day archaeological excavation, beginning Jan. 30, 1997, under the direction of world-renowned, forensic anthropologist Doug Owsley of the Smithsonian Institution. Skeletons and historic artifacts from the gravesites were measured, cataloged and removed.

"So many people came to see the dig," said Frey. "Union Mill Elementary Principal Brenda Spratt brought classes here to watch, and people parked on both sides of Route 28 and crossed the road to see. I actually got to go into one of the graves and



BONNIE HOBBS/CENTRE VIEW

Caleb G., 5, wears a Union soldier's uniform at the event.

work with Dr. Owsley. That soldier was exposed from the waist up, but there were buttons and bits of clothing. One soldier had his boots intact and some wore the coats of Union soldiers. Spending three hours next to Dr. Owsley is something I will never forget. And I thank you for coming out today to show your passion for history and love of community."

The soldiers were from Companies G and H of the 1<sup>st</sup> Massachusetts Volunteer Regiment, which sustained heavy casualties during the Battle of Blackburn's Ford. They died on or shortly after July 18, 1861, three days before the Battle of First Manassas – considered the first battle of the Civil War.

"The heat was oppressive, and water was scarce; the soldiers drank from puddles in the road," said the BRCWRT's James Lewis. "The Massachusetts unit was in a five-hour



BONNIE HOBBS/CENTRE VIEW

Kevin Ambrose found the first grave.

battle with the Confederate soldiers. The next day, Union forces retrieved their dead and buried some of them in the area, likely marking their graves with wooden crosses."

The war raged on and, that fall, said Lewis, 40,000 Confederates "encamped in Centreville for the winter. They cut down all the trees and burned every stick they could find – including the markers on the makeshift graves – for warmth."

Fast forward to May 7, 1994, and Ambrose was relic-hunting at that site, popular with his group because of its history. "My metal detector picked up a faint, iron reading – which was coffin nails," he told the crowd on Saturday. "I dug about 18 inches down and found little bones – toes

SEE HISTORIC MARKER, PAGE 6

# OPINION

## Vote June 11, It's Fairfax County's Election Day

Most local races in Fairfax County are likely to be decided in June, don't wait for November.

**M**ake a plan to vote in the Fairfax County Democratic primary by June 11. Otherwise count yourself out. Most of the path for the future of governance in Fairfax County will be decided when the votes are counted that day.

All polling places will be open on June 11, polls are open from 6 a.m. until 7 p.m.

At least four members of the 10-member Board of Supervisors will be new. The chairman will be new, although possibly a former district member.

The two at-large vacancies in the county have the power to change the political and social climate of the county, and to set priorities for reform. Every ballot in Fairfax County will have at least these two races for the Democratic primary, and it is so important to turn out and vote for them:

❖ Commonwealth's Attorney

❖ Chairman, Board of Supervisors  
Races that will be on the ballot depending on location:

❖ Member Virginia Senate, 31st, 33rd or 35th Districts

❖ Member House of Delegates, 38th or 49th Districts

❖ Member Board of Supervisors, Braddock District

### EDITORIAL

❖ Member Board of Supervisors, Hunter Mill District

❖ Member Board of Supervisors, Lee District

❖ Member Board of Supervisors, Providence District

Sample ballots can be seen at [www.fairfaxcounty.gov/elections/upcoming](http://www.fairfaxcounty.gov/elections/upcoming).

You can vote absentee in person at the Fairfax County Government Center until June 8.

❖ Monday, Tuesday, Wednesday, and Friday, 8 a.m. to 4:30 p.m.

❖ Thursday, 8 a.m. to 7 p.m.

### UPCOMING VOTER PHOTO ID EVENTS

❖ The Office of Elections is open during normal business hours to provide the opportunity to register to vote or obtain a free voter photo ID if needed.  
12000 Government Center Parkway Suite 323  
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❖ Sherwood Regional Library  
June 1, July 6, Aug. 3, Sept. 7, and Oct. 5  
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Alexandria, VA 22306

❖ Saturday June 1, June 8, 9 a.m. to 5 p.m.  
Satellite locations listed are open one day only, Saturday, June 8, from 9 a.m. to 5 p.m.

❖ Franconia Governmental Center

❖ Herndon Fortnightly Library

❖ Lorton Library

❖ Mason Governmental Center

❖ McLean Governmental Center

❖ Mount Vernon Governmental Center

❖ North County Governmental Center

❖ Providence Community Center

❖ Sully Governmental Center

❖ West Springfield Governmental Center

See [www.fairfaxcounty.gov/elections/absentee](http://www.fairfaxcounty.gov/elections/absentee).

## Looking on the Sunny Side

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



### COMMENTARY

**F**ollowing the daily news coming out of our Nation's Capital is enough to leave anyone despondent. The backing away from long-sought freedoms against discrimination and oppression to a seeming lack of concern about the health of our planet and its people to a rise in hateful speech and behavior punctuated by the concentration of wealth in the hands of a few at the expense of the many contribute to the feeling of desperation on the part of many who share values very different than those holding positions of power today. Add to the very real concerns about the direction of our country the plight of millions around the world and one can become very depressed.

I remind myself regularly that it is important to remember that behind all the dark clouds there is a sunny side. While my examples of the sunny side will be from our community over the last couple of days, the sunshine of care and compassion shines in differ-

ent ways and intensities throughout the world every day. We sometimes have to clean the lenses through which we view our community and the world to gain a clearer perspective of where we are and where we are headed.

Just last weekend Jane and I spent an evening with the caring and compassionate people in our community who raise money and work through FISH (Friendly, Immediate, Sympathetic Help) to help those who are down on their luck pay their utility bills and rent, fill prescriptions, and learn to manage their finances. A golf tournament today with Kids R First along with the volunteer help of many will provide funding to ensure that thousands of children in our region start school with book bags filled with needed school supplies. Students in South Lakes High School (SLHS) who do not have enough to eat at their homes can get food through the SLHS Food Pantry on school days and for the weekends.

Days in a homeless shelter can no doubt seem bleak despite the best efforts of volunteers to make them seem otherwise, but nothing can replace the burst of sunshine that comes from Cornerstones and all its supporters who work mightily to end homelessness in our community. I spent an evening recently with the volunteers of Britepaths who are doing the same kind of work in other areas of our region bringing hope to many.

I spend time monthly with volunteers from Moms Demand Action, Brady Campaign, and other groups working to end gun violence. Their commonsense approach to the public health crisis of gun violence will pay off. I continue to be impressed with the determination and hard work of the Herndon-Reston Indivisibles who are devoted to the election of caring candidates to office and to bring focus on bad public policies.

I am honored to be in public office to observe and participate in the hard work of citizens who bring sunshine where it is needed. I have listed just a few examples. Join with us and pull back the shades to let the sunshine in. Let me know at [kenplum@aol.com](mailto:kenplum@aol.com) if you are looking for ways to become involved.

### LETTERS TO THE EDITOR

## Protecting Minors from Political Groups

To the Editor:

It is undeniable that a conservative resurgence is currently active in America and concentrating efforts on a women's right to privacy and abortion. Although media focus is on Georgia and Alabama, the recent protest activity by D.C. Area Anti-Abortion Advocacy (a.k.a. DC4A) occurring out-

side of D.C. area middle and high schools, including James Madison High School, is a prime example of how quasi-political interest groups are affecting our community. Pro-Life activism is protected through civil rights and liberties within the United States and public high schools; students can organize clubs, write academic and

newspaper arguments, invite speakers, and hold discussions to convey their beliefs on abortion. But, the protestors from DC4A are different; the adult volunteers shout through bull-horns at students exiting school, hold up photos of severed fetuses, and approach students to video their responses on why they want to "kill

babies." Then DC4A posts these videos onto their Facebook and Youtube to rile members by saying that the students "insult the murdered babies." I call upon the Virginia General Assembly to make it illegal for non-school entities to share identity even if the video camera itself is not on campus grounds.

**Grace Kugler**  
Vienna

## Chantilly CONNECTION

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A Connection Newspaper

## Senior Living

# Skincare after 55

Adjusting the regimen for senior skin as one ages.

BY MARILYN CAMPBELL

From fine lines to age spots, normal changes in the skin are inevitable as it matures. Skincare after 50 doesn't need to involve plastic surgery or products with a high price tag. There are simple options for treating the conditions that appear as one ages.

"Everyone ages differently, but you may notice your skin is drier and thinner and starting to look like paper," said dermatologist Shelly Hall, M.D. "You may notice that you're developing more age spots wrinkles and creases. Your skin might be blotchier and irritated easily. You also might notice that your skins heals more slowly."

One of the top recommendations for aging skincare is sunscreen. "For most of us, skin gets more fragile as we age. That's why it's essential for seniors to take extra care and protect themselves from the sun," said Susan Yohe, gerontology nurse for the Fairfax County Health Department. "In addition to using a high-SPF sunscreen, we also recommend long, loose fitting clothing that covers the skin, and a wide-brimmed hat when outside. This will help keep you safe and preserve your skin."

"Wear sunglasses to reduce lines around eyes," added Hall. "Slather on sunscreen that offers broad-spectrum protection and stay out of the sun between 10 a.m. and 2 p.m. It's so important because the sun can age your skin prematurely. Indoor tanning and sun lamps expose your skins to UV rays which can also make your skin age faster."

Watch for skin cancer that can occur because of too much exposure to the sun, warns Hall. "Everyone should see a dermatologist for a skin care exam at some point."

Wash your face twice a day, but avoid using soap, suggest Hall. "Use warm water and a mild cleaner, but don't scrub."

"Vitamin A cream can reduce fine wrinkles," said Hall. "It also helps with rough skin and hyperpigmentation or discoloration that comes with aging and overexposure to the sun. Products that contain Vitamin C can lead to healthy skin and may reverse the negative effects of aging."

Getting adequate sleep promotes healthy skin, says Hall. "It gives our body and skin time to refresh and renew."

Diet and lifestyle also play a role in the way one's



PHOTO BY MARILYN CAMPBELL

**Berries of all types are rich in antioxidants.**

**"Berries are great for the skin because they help keep inflammation down. Green, leafy vegetables especially parsley and lettuces offer tremendous nutrition."**

**— Sara Ducey, Professor of Nutrition, Montgomery College**

skin ages. Eliminating smoking, decreasing alcohol consumption and eating fresh fruits and vegetables and foods rich in Omega-3 offer the nutrients necessary for healthy, glowing skin, says Sara Ducey, professor of Nutrition at Montgomery College.

"Water is especially important for keeping skin hydrated," she said.

"Fish is particularly important, especially fatty fish that are rich in Omega-3 fatty acids like salmon and tuna. Berries are great for the skin because they help keep inflammation down.

Green, leafy vegetables especially parsley and lettuces offer tremendous nutrition."

A simple and holistic approach is the foundation of skincare, advises Hall.

"The bottom line is maintaining a healthy lifestyle, eating a healthy diet and practicing sun protection," she said.



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PHOTO CONTRIBUTED

A photo from the archaeological dig at the McDonald's site in January 1997.



PHOTO CONTRIBUTED

The soldiers were finally laid to rest in June 2006 with full military honors.

# Historic Marker Dedicated in Centreville

FROM PAGE 3

– and two, parallel bones – legs. Digging again, I found a 5-inch-thick wafer, with bluish-gray cloth and a line of eagle buttons, and what I thought were ribs and underwear.”

“A soldier had been buried in a pine box, and the ground had collapsed on him and compressed it into a wafer,” continued Ambrose. “I told my friend that I was digging with, and he laughed, saying it was a trash heap with chicken bones. I dug again, and a skull with all its teeth rolled out.”

Ambrose then covered the site with tin cans and trash so others wouldn't dig there and notched a nearby tree so he could find it again. “I felt bad for disturbing a grave, but I didn't want the soldier bulldozed, so I notified Fairfax County,” he said. Red tape and paperwork ensued and, 2-1/2 years later, the land sold and McDonald's planned to build there.

“Luckily, Dr. Owsley was available to come here,” he said. By then, leaves and pine needles had camouflaged the spot but, using his metal detector, Ambrose found it. “They excavated and the bones came up,” he said. “Owsley used his probe and found five more graves in a row. The whole community became involved in this mass effort, and I dug beside Owsley and Mike Johnson, [the county Park Authority's senior archaeologist], for three days.”

Ambrose said the skeletons were well-preserved and the graves were shallow because the original diggers hit shale and couldn't dig deeper. “The big question was, ‘Who are these guys?’” he said. “They all had standard, Union buttons, plus shoulder buttons most Civil War uniforms didn't have.



BONNIE HOBBS/CENTRE VIEW

Members of the Bull Run Civil War Round Table pose in period costumes.

One soldier wore a canvas-topped, baseball shoe, so we thought it was a city unit. One had a musket ball in his pocket, and they'd died of bullet wounds.”

The Smithsonian's forensic analysis revealed they'd eaten a seafood diet so were, perhaps, from New England. It also showed most were 23 or younger, the youngest just 16-18. “Dalton Rector researched and learned one guy was on a club baseball team in Boston,” said Ambrose. “The soldier I found was Albert Wentworth, who was 17, but lied about his age – you had to be 18 – to join the war.”

DNA testing was impossible due to lack of close relatives, so the remains stayed at the Smithsonian for nine years. But Rector

plugged away, eventually identifying them.

**USING FORENSIC EVIDENCE**, genealogical records and extensive historical data, he determined the soldiers were from the Massachusetts unit. Some of the jacket buttons had an “I” on them, signifying infantry, and Massachusetts officers wore this type of button.

Companies G and H of the 1st Massachusetts Volunteer Regiment fought in the Battle of Blackburn's Ford, and Rector obtained a list of those soldiers' names and ages, learned how each man died and painstakingly concluded which ones were in the Centreville graves.

Company G's soldiers battled in their jack-

ets. But during hand-to-hand combat, Company H joined as reinforcements, fighting without jackets. That's significant because the men in graves No. 1, 3 and 6 all had jackets, but the others did not. Besides Wentworth, the other soldiers were 1<sup>st</sup> Sgt. Gordon Forrest, 32, and Pvts. Thomas Roome, 31; James Silvey, 23; William Smart, 21 and George Bacon, 22.

Hearing the news, the Massachusetts Sons of Union Veterans of the Civil War called the Park Authority to arrange for their return home. Johnson and Park Authority volunteer C.K. Gailey personally drove the remains there. And on June 10, 2006, the soldiers were buried with full military honors in the Massachusetts National Cemetery on Cape Cod.

It was an authentic re-enactment of a burial from the Civil War period. It included a horse-drawn hearse, a procession to the burial site led by a fife-and-drum corps, an 1879 prayer and a 21-gun salute with 1853 Enfield rifle muskets. The six soldiers were each

buried inside the same type of pine caskets used when they were killed.

Covering each casket was a 35-star, American flag like those in 1861. The honor guard then folded the flags into triangles and presented them to particular people, including Johnson. He later gave it to Frey, who displayed it in the Sully District Governmental Center.

On Saturday, Lewis said the flag is still there. He, Frey and others then unveiled the marker to be placed on a grassy spot near the McDonald's parking lot. “It will enable all to enjoy this memory,” said Lewis. Then the Rev. Drew Pallo said, “Now we bring closure to those who brought this story to light.”



PHOTOS BY TOM MANNING/THE CONNECTION

Athletes are lined up waiting to start the 2019 Westfields Triathlon.

# Area Athletes Compete in Westfields Sprint Triathlon

The sixth annual Westfields Triathlon took place on April 28 at the Cub Run RECenter in Chantilly. The event was hosted by the Westfields Business Owners Association and put on by Revolution3 Triathlon. The sprint distances included a 250 yard pool swim, a 12 mile bike ride, and a 3.1 mile run. There were also two shorter “Splash & Dash” swimming and running distances for the kids. The Westfields Triathlon kicked off the triathlon season in the DC Metro area. This year’s race beneficiaries are Girls on the Run of Northern Virginia, Second Story Youth Services and Safe Shelter, and 911 Promise Run.

—TOM MANNING



**Brandon Raines from Centreville finishes up the 12 mile bike ride.**



**Omar Canty from Chantilly is focused during the the bike leg.**



**Carolyn Boyer from Centreville crosses the finish line with a time of 1:36:10.**



**Max Nguyen from Chantilly spreads his arms as he is about to finish.**



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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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# CALENDAR

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

## SUNDAY/MAY 26

**Reading Circle Activities.** 1-4 p.m. at The Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. A Reading Circle Activity Day will be held at the Fairfax Station Railroad Museum. Books featuring railroads or Civil War history are read and discussed and there may be a craft associated with the book theme that day. 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.

## MONDAY/MAY 27

**Park Authority Salutes Military with Free Admission Day.** The Fairfax County Park Authority will honor those who serve and have served in the U.S. Armed Forces with a free day for military families at RECenters and lakefront parks on Memorial Day. Families can enjoy such amenities as pools, fitness rooms, drop-in fitness classes, gyms and mini-golf. The lakefront parks offer amusements such as carousel rides, boat rides, train rides, mini-golf and camping. Amenities vary by location. Excludes the Water Mine, regulation golf and food vendors. Visit [www.fairfaxcounty.gov/parks/honoring-americas-veterans-memorial-day](http://www.fairfaxcounty.gov/parks/honoring-americas-veterans-memorial-day) for details.

## WEDNESDAY/MAY 29

**OAR's 2019 Jazz and Wine Fundraiser.** 7:30-9:30 p.m. at The Winery at Bull Run, 15950 Lee Highway, Centreville. Guests will enjoy complimentary wine and catered hors d'oeuvres; the Greg Byrd Band will provide live jazz. Visit [www.oarnova.org](http://www.oarnova.org) to register.

## THURSDAY-FRIDAY/MAY 30-31

**Broadway Pops Concert.** 7:30-10 p.m. at Centreville High School Auditorium, 6001 Union Mill Road, Clifton. The CVHS choir's annual Broadway Pops concert features music from the Broadway musicals "The Lion King," "Mama Mia!" "Guys and Dolls," "Dreamgirls," "Motown," and "On Your Feet!" as well as a composition by Francisco Nuñez and solos from several seniors. Admission is free, however on-site donations will be greatly appreciated. Email [slsweetman@gmail.com](mailto:slsweetman@gmail.com) or call 703-389-1676.

## SATURDAY/JUNE 1

**Clifton Caboose Run.** 6-9 p.m. in the Town of Clifton, at the intersection of Clifton Road, Newman Road and Main Street. A 5K Run and 1-Mile Fun Run/Walk beginning in the turn-of-the-century town of Clifton. A post-race party with refreshments, live music and an awards ceremony will take place at the Red Barn near Clifton's Main Street area. 5k run, \$21; 1-mile fun run/walk, \$15. Call 703-968-0740 or visit [www.facebook.com/cliftonva.org](http://www.facebook.com/cliftonva.org).

## SUNDAY/JUNE 2

**"Memory Lane Day" Tours.** 1-4 p.m. at The Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Fairfax Station Railroad Museum will conduct short walking tours (about 45 minutes each) of the immediate historic neighborhood around the Fairfax Station Railroad Museum. The tours involve moderate walking. There is no extra charge for the tours. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit [www.fairfax-station.org](http://www.fairfax-station.org) or call 703-425-9225.

**Heritage Nepal Festival.** 4-8 p.m. at Centreville High School, 6001 Union Mill Road, Clifton. America Nepali Society Heritage Festival will showcase Nepali Heritage, Traditions and Culture. The Cultural Program will be organized by kids from the community which will last approximately one and half hours. Free. Call 571-331-5412 or visit [www.americanepalsociety.org/](http://www.americanepalsociety.org/) for more.

## THURSDAY/JUNE 6

**Westfield All Night Grad Party.** 11 p.m.- 4 a.m. at Uptown Alley, 8300 Sudley Road Suite Unit A-7, Manassas. Westfield High School will be hosting an All Night Grad Party at Uptown Alley. Registration for Seniors and donations is



## Clifton Caboose Run

A 5K Run and 1-Mile Fun Run/Walk beginning in the turn-of-the-century town of Clifton. A post-race party with refreshments, live music and an awards ceremony will take place at the Red Barn near Clifton's Main Street area. Saturday, June 1, 6-9 p.m. in the Town of Clifton, at the intersection of Clifton Road, Newman Road and Main Street. 5k run, \$21; 1-mile fun run/walk, \$15. Call 703-968-0740 or visit [www.facebook.com/cliftonva.org](http://www.facebook.com/cliftonva.org).



## Live Music: Andy & Judy

PHOTO COURTESY OF ANDY & JUDY

Enjoy live folk music with Boston-based musical duo, Andy & Judy. They will perform traditional and folk music with influences of country, gospel and blues. Saturday, June 15, 2-3 p.m. at Centreville Regional Library, 14200 St. Germain Drive, Centreville. All ages. Free. Call 703-830-2223 or visit / [librarycalendar.fairfaxcounty.gov/event/4534779](http://librarycalendar.fairfaxcounty.gov/event/4534779) or [www.andyjudy.com](http://www.andyjudy.com).

now open (register by May 31). \$75, includes food, drinks, and all activities. Email [bocm61@gmail.com](mailto:bocm61@gmail.com) or visit [www.ptsa.westfieldhs.org/parents/angp-homepage/](http://www.ptsa.westfieldhs.org/parents/angp-homepage/).

## FRIDAY-SUNDAY/JUNE 7-9

**Celebrate Fairfax! Festival.** Northern Virginia's largest community-wide event, the 38th annual Celebrate Fairfax! Festival, is set to take place on the grounds of the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. The Celebrate Fairfax! Festival features 25 acres of concerts, family programs, exhibits, carnival rides and nightly fireworks. Among the festival's highlights are more than 120 performances on seven stages, including Better Than Ezra and Smash Mouth. Call 703-324-3247 or visit [www.celebratefairfax.com](http://www.celebratefairfax.com).

## SUNDAY/JUNE 9

**T-TRAK Scale Model Train Show.** 1-4 p.m. at The Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Northern Virginia T-TRAK members will hold an N gauge Model Train Display. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit

[www.fairfax-station.org](http://www.fairfax-station.org) or call 703-425-9225.

## SATURDAY/JUNE 15

**Live Music: Andy & Judy.** 2-3 p.m. at Centreville Regional Library, 14200 St. Germain Drive, Centreville. Enjoy live folk music with Boston-based musical duo, Andy & Judy. They will perform traditional and folk music with influences of country, gospel and blues. All ages. Free. Call 703-830-2223 or visit / [librarycalendar.fairfaxcounty.gov/event/4534779](http://librarycalendar.fairfaxcounty.gov/event/4534779) or [www.andyjudy.com](http://www.andyjudy.com).

## SUNDAY/JUNE 16

**Sully Antique Car Show.** 10 a.m.-3:30 p.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Take Dad for a stroll down memory lane this Father's Day with a visit to the Antique Car Show at Sully Historic Site. Relive a time when chrome was king and V-8 engines ruled the land. Car show tickets are \$10 for adults, \$8 for seniors, and \$6 for children, and will be sold at the gates. Call 703-437-1794.

## SATURDAY-SUNDAY/JUNE 16-17

**Two-Day NTRAK 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 two day N gauge Train Show. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit [www.fairfax-station.org](http://www.fairfax-station.org) or call 703-425-9225.

## ONGOING

**Fitness for 50+.** Daytime hours, Monday-Friday at Sully Senior Center, 14426 Albemarle Point Place, Chantilly. Jazzercise Lite, Zumba Gold, Hot Hula Fitness (dancing Polynesian style), Strength Training, Qi Gong, Tai Chi and more. Membership is \$48 a year, and waivers are available. Email [lynne.lott@fairfaxcounty.gov](mailto:lynne.lott@fairfaxcounty.gov) or call 703-322-4475 for more.

**History Volunteers Needed.** Fairfax Station Railroad Museum needs history buffs. The Museum offers a variety of volunteer opportunities in Museum events, programs and administration. Email [volunteers@fairfax-station.org](mailto:volunteers@fairfax-station.org) or call 703-945-7483 to explore opportunities. The Museum is located at 11200 Fairfax Station Road in Fairfax Station. It is open every Sunday, except holidays, from 1-4 p.m. [www.fairfax-station.org](http://www.fairfax-station.org), 703-425-9225.

**Art Guild of Clifton Exhibit.** 10 a.m.-8 p.m. at Clifton Wine Shop, 7145 Main St., Clifton. Includes oil paintings of European settings; doors, windows, and flower shops. Free. Call 703-409-0919 for more.

**Carolina Shag Dance.** Wednesdays, 6:30-10 p.m. at Arlington/Fairfax Elks Lodge, 8421 Arlington Blvd., Fairfax. Free lessons at 7:30 p.m.; no partners needed; dinner menu at 6:45 p.m. Tickets are \$8. Visit [www.nvshag.org](http://www.nvshag.org) for more.

**Open Rehearsal.** Wednesdays, 7:30 p.m. at Lord of Life church, 13421 Twin Lakes Drive, Centreville. The Fairfax Jubil-Aires barbershop chorus invites men of all ages who enjoy singing. Free. Visit [www.fairfaxjubilaire.org](http://www.fairfaxjubilaire.org) for more.

**Live After Five.** Fridays at 5:30 p.m. at The Winery at Bull Run, 15950 Lee Highway, Centreville. Every Friday night a band plays on the patio of the winery. Free to attend. Visit [www.wineryatbullrun.com](http://www.wineryatbullrun.com) for a full schedule.

**Mondays are Family Night.** 5-7 p.m. at Villaggio, 7145 Main St. \$45 for a family of four. Call 703-543-2030 for more.

## LIBRARY FUN

**Toddlin' Twos.** Tuesdays, 10:30 and 11:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. Early literacy storytime with songs and activities included. Age 2 with caregiver, free. Call 703-502-3883 to reserve a spot.

**Storytime for Three to Fives.** Tuesdays, 1:30 p.m. at the Chantilly Library, 4000 Stringfellow Road. Stories and activities for children age 3-5 with caregiver. Free. Call 703-502-3883 to reserve a spot.

**Plant Clinic.** Saturdays, 10:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. A neighborhood plant clinic with horticultural tips, information, techniques, and advice. Free. Call 703-502-3883 to reserve a space.

**Lego Block Party.** Every other Saturday at 10:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. Legos will be provided for an afternoon of building. Grades 3-6. Free. Call 703-502-3883 to reserve a spot.

**Duplo Storytime.** Every other Wednesday, 10:30 and 11:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. Develop and reinforce early literacy skills for reading success. Ages 1-3 with adult. Free. Call 703-502-3883 to reserve a spot.

**Legos Kids Club.** Every other Tuesday, 10:30 a.m. at the Centreville Regional Library, 14200 St. Germain Drive. Thousands of Legos for children to play with. Ages 6-12. Free. Call 703-830-2223 to reserve a space.

**Starlight Storytime.** Every other Wednesday, 7 p.m. at the Centreville Regional Library, 14200 St. Germain Drive. Stories under the stars for ages 4-8. Wear pajamas and bring stuffed friends. Free. Call 703-830-2223 to reserve a space.

## IMPROVING ENGLISH

**One-on-One English Conversation.** Various times at Centreville Regional Library, 14200 St. Germain Drive. Spend an hour with a volunteer tutor to practice conversing in English. Various times and days. Reservations are required. Call the library at 703-830-2223 to make a reservation.

SEE CALENDAR, PAGE 9

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# SCHOOLS



## St. Andrews Preschool Honored

St. Andrews Lutheran Church Preschool in Centreville has been recognized in a recent awards ceremony held at Fairfax County Public Schools for their efforts for little ones with and without special learning needs. Pictured - in no particular order - Denise Forrest (Coordinator, Early Childhood Identification and Services), Leslie Kotecki (nominator), Patricia Flora (Director), Jane Angilletta, Lisa Campet, Kelley Collins, Karen Heitman, Jorie Lanouette, Pam Herman, Kathy Janiga, Julie Ko, Linda Kupsky, Erin Lambert, Julide Miller, Dawn Rubino, Jennifer Thompson, Leslie Turner, Caroline Wennerberg.



## CALENDAR

FROM PAGE 8

**ESL Book Club.** Mondays, 7 p.m. at the Centreville Regional Library, 14200 St. Germain Drive. Meet and discuss a book chosen by group. Free. Call 703-830-2223 with questions and to reserve a spot.

**English as Second Language Book Club.** Mondays, 7-9 p.m. at Centreville Regional Library, 14200 St. Germain Drive. Adults learning English meet to discuss a book chosen by the group. Call the library 703-830-2223 for book title.

**Advanced English Conversation Group.** Tuesdays, 10:30 a.m.-12:30 p.m. at Centreville Regional Library, 14200 St. Germain Drive. Drop-in conversation group for adult English as Second Language speakers who want to improve their skills. Call 703-830-2223 for more.

**English Conversation Group.** Tuesdays, 10:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. Practice English with a group of students and adults. Free. Call 703-502-3883 to reserve a space.

**Farsi Conversation Group.** Thursdays, 7-8 p.m. at Centreville Regional Library, 14200 St. Germain Drive, Centreville. Practice speaking Farsi with native speakers in this weekly drop-in conversation group. No registration required. Adults. Call 703-830-2223 for more.

**English Conversation Group.** Thursdays, 7 p.m. at the Chantilly Library, 4000 Stringfellow Road. Practice English with a group of students and adults. Free. Call 703-502-3883 to reserve a space.

**Practice English Conversation Group.** Saturdays, 3-5 p.m. at Centreville Regional Library, 14200 St. Germain Drive. Drop in and enjoy casual conversation and learning for adult learners of English. Volunteer led program. Call 703-830-2223 for more.

**ESL Book Club.** Every other Saturday, 11 a.m. at the Chantilly Library, 4000 Stringfellow Road. Adults learning English are welcome to meet and discuss a book chosen by the group. To find out book title, call 703-502-3883.

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# Cappies

FROM PAGE 2

students are required to prepare large, tri-fold boards reflecting the inspiration, planning and implementation of their ideas. This year, they made a concerted effort to showcase their work – resulting in Cappies nominations in eight of the 11 non-performing categories.”

Furthermore, she said, “Director Rachel Harrington’s selection of ‘Rock of Ages’ for Westfield’s Cappies show proved timely, with the recent resurgence of ‘80’s music. The onstage exuberance and interactive improv proved contagious, as evidenced by the show’s record-setting Cappies nominations.”

“It is exciting to have so many individual students attending the Cappies Gala this year,” added Cutler. “And as a Best Musical nominee, Westfield’s entire ‘Rock of Ages’ cast will perform ‘Don’t Stop Believin’ on The Kennedy Center stage. It will be a very special experience for all involved.”

## BULLETIN BOARD

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.

### THURSDAY/MAY 30

**Interfaith Ramadan Dinner.** 7:30 p.m. (registration); 8 p.m. (program starts) at Fairfax County Government Center – Cafeteria, 12000 Government Center Parkway, Fairfax. Join for an Interfaith Ramadan Dinner hosted by Fairfax County Chairwoman Sharon Bulova. Call to prayer and dinner are at 8:30 p.m. Register at [bit.ly/fxcounty2019](http://bit.ly/fxcounty2019).

### MONDAY/JUNE 3

**DiabetesSisters PODS Meetup.** 7-9 p.m. at Chantilly Regional Library, 4000 Stringfellow Road, Chantilly. Join the first meeting of this brand new PODS Meetup for an evening of sisterhood, encouragement, and peer support. Women living with any type of diabetes are warmly welcome. Free. Email [sara@diabetessisters.org](mailto:sara@diabetessisters.org) or visit [diabetessisters.org/pods-part-diabetessisters-meetups](http://diabetessisters.org/pods-part-diabetessisters-meetups) for more.

### SATURDAY/JUNE 8

**Caregiver Workshop.** 11 a.m.-3 p.m. at Hollin Hall Senior Center, 1500 Shenandoah Road, Alexandria. Join this Caregiver Workshop with Pete Shrock, nationally known grief and crisis responder, focusing on building resilience through caregiving challenges. This is a free event, and all caregivers and family members are invited to attend. Lunch will be provided. Visit [insightmcc.org](http://insightmcc.org), to register or contact Lindsey Vajpeyi at 703-204-4664 or [lindsey.vajpeyi@insightmcc.org](mailto:lindsey.vajpeyi@insightmcc.org).

SEE BULLETIN, PAGE 11

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FROM PAGE 10

## TUESDAY/JUNE 11

**Park Authority Summer Jobs.** 10 a.m.-1 p.m. at the Herrity Building, 12055 Government Center Parkway, Fairfax. This year the Fairfax County Park Authority's Rec-PAC summer camp program will operate at 45 elementary school locations around Fairfax County on weekdays from July 1-Aug.8, 8:15 a.m.-3:45 p.m. Applicants are required to bring an original Social Security Card and a DMV photo ID. Only those who are 18 years of age and older will be considered. Visit [www.fairfaxcounty.gov/parks/rec-pac/jobs](http://www.fairfaxcounty.gov/parks/rec-pac/jobs) or email [Recpac@fairfaxcounty.gov](mailto:Recpac@fairfaxcounty.gov).

## FRIDAY/JUNE 14

**Application Deadline: Fire Academy.** The Fairfax County Fire and Rescue Department is now accepting applications for its Girls Fire and Rescue Academy summer camp, which will take place July 11-13, 2019. The Academy is open to female students who will be in grades 7-12 in the upcoming 2019-2020 school year. Participants must be a Fairfax County resident. Free. Visit [www.fairfaxcounty.gov/fire-ems](http://www.fairfaxcounty.gov/fire-ems).

## SATURDAY/JUNE 15

**Volunteer Habitat Heroes.** 10 a.m.-noon at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. Volunteers will remove non-native invasive plants to protect native species and support wildlife habitat and will use tools to pull or cut invasive plants in the natural areas. Volunteers may take part in a small planting of native trees and shrubs to help the forest regenerate. Volunteers must be at least 13 years old, and those 15 years and younger must be with an adult. For more information or to volunteer, contact Kiersten Conley at 703-631-0013.

## MONDAY-FRIDAY/JUNE 24-28

**Young Actors Workshop.** 9 a.m.-1 p.m. at Westfield High School. This camp is for rising 1st-7th grade students. For more than a decade, this dramatic arts camp has offered students the chance to sing, dance and participate in theatre games and performances. Through words, music and movement, students engage in activities that culminate in a presentation of songs and dances from popular Broadway shows.

Visit [www.westfieldtheatre.com](http://www.westfieldtheatre.com) to register.

## SUNDAY/OCT. 6

**Low Cost Rabies Vaccine Clinic.** Noon-2 p.m. at Sully District Governmental Center, 4900 Stonecroft Blvd., Chantilly. Cost is \$15 per pet, cash and check only. Dogs, cats, and ferrets may be vaccinated at the clinic. Dogs must be on leashes; cats and ferrets must be in carriers. All pets will receive a 1-year rabies vaccination. To obtain a 3-year vaccine, bring pet's rabies certificate (not tag) showing the current rabies vaccination expiration date. 2019 county dog licenses will be sold for an additional \$10 per license. Visit [www.fairfaxcounty.gov/animalshelter/communityassistance/rabiesclinics](http://www.fairfaxcounty.gov/animalshelter/communityassistance/rabiesclinics) for more.

## ELECTRONICS RECYCLING

**Residents Can "E-cycle"** at the I-66 transfer station. It is free but residents may be asked to show proof of residency. Personal waste only. The I-66 station is located at 4618 West Ox Road, Fairfax and open from 8 a.m.-4 p.m. from Monday-Saturday and from 9 a.m.-4 p.m. on Sundays. Visit [www.fairfaxcounty.gov/dpwes/recycling/electric-sunday.htm](http://www.fairfaxcounty.gov/dpwes/recycling/electric-sunday.htm) for more.

## DONATIONS

The **Student Auto Sales Program** operating from Centreville High School works in conjunction with the CVHS automotive technology classes to bring in donated automobiles, boats and motorcycles for students to work on. Some refurbished vehicles are sold, with 75 percent of the proceeds going back to the auto tech program. The program is in need of cars, trucks or motorcycles, which are fully tax deductible, for student training. Contact Lyman Rose at 703-802-5588 or by e-mail [lyman.rose@fcps.edu](mailto:lyman.rose@fcps.edu) for more.

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| <b>MONDAY-FRIDAY/JUNE 24-28</b><br><b>Young Actors Workshop.</b> 9 a.m.-1 p.m. at Westfield High School. This camp is for rising 1st-7th grade students. For more than a decade, this dramatic arts camp has offered students the chance to sing, dance and participate in theatre games and performances. Through words, music and movement, students engage in activities that culminate in a presentation of songs and dances from popular Broadway shows.<br>Visit <a href="http://www.westfieldtheatre.com">www.westfieldtheatre.com</a> to register.  |  | <b>ATTENTION ADVERTISERS:</b><br>expand your audience beyond our weekly print edition with<br><b>THE CONNECTION DIGITAL</b><br><ul style="list-style-type: none"> <li>Email Marketing</li> <li>Social Media</li> <li>Sponsored Content</li> </ul> FOR MORE INFORMATION CALL 703.778.9431 OR VISIT <a href="http://CONNECTIONNEWSPAPERS.COM/ADVERTISING">CONNECTIONNEWSPAPERS.COM/ADVERTISING</a>  |  |  |  |
| <b>SUNDAY/OCT. 6</b><br><b>Low Cost Rabies Vaccine Clinic.</b> Noon-2 p.m. at Sully District Governmental Center, 4900 Stonecroft Blvd., Chantilly. Cost is \$15 per pet, cash and check only. Dogs, cats, and ferrets may be vaccinated at the clinic. Dogs must be on leashes; cats and ferrets must be in carriers. All pets will receive a 1-year rabies vaccination. To obtain a 3-year vaccine, bring pet's rabies certificate (not tag) showing the current rabies vaccination expiration date. 2019 county dog licenses will be sold for an additional \$10 per license. Visit <a href="http://www.fairfaxcounty.gov/animalshelter/communityassistance/rabiesclinics">www.fairfaxcounty.gov/animalshelter/communityassistance/rabiesclinics</a> for more. |  | <b>CONNECTION DIGITAL</b><br>Ranking Selection Washington's Leading Newsletters<br>Newsletters & Online<br>703-778-9431<br>www.ConnectionNewspapers.com   |  |  |  |
| <b>ELECTRONICS RECYCLING</b><br><b>Residents Can "E-cycle"</b> at the I-66 transfer station. It is free but residents may be asked to show proof of residency. Personal waste only. The I-66 station is located at 4618 West Ox Road, Fairfax and open from 8 a.m.-4 p.m. from Monday-Saturday and from 9 a.m.-4 p.m. on Sundays. Visit <a href="http://www.fairfaxcounty.gov/dpwes/recycling/electric-sunday.htm">www.fairfaxcounty.gov/dpwes/recycling/electric-sunday.htm</a> for more.  |  | <b>RN. CONTRACTORS, INC.</b><br>Remodeling Homes, Flooring, Kitchen & Bath, Windows, Siding, Roofing, Additions & Patios, Custom Deck, Painting<br>We Accept All Major Credit Cards<br>Licensed, Insured, Bonded • Free Estimates • Class A Lic<br>Phone: 703-887-3827<br>E-mail: <a href="mailto:rncontractorsinc@gmail.com">rncontractorsinc@gmail.com</a><br><a href="http://www.rncontractors.com">www.rncontractors.com</a>  |  |  |  |
| <b>DONATIONS</b><br>The <b>Student Auto Sales Program</b> operating from Centreville High School works in conjunction with the CVHS automotive technology classes to bring in donated automobiles, boats and motorcycles for students to work on. Some refurbished vehicles are sold, with 75 percent of the proceeds going back to the auto tech program. The program is in need of cars, trucks or motorcycles, which are fully tax deductible, for student training. Contact Lyman Rose at 703-802-5588 or by e-mail <a href="mailto:lyman.rose@fcps.edu">lyman.rose@fcps.edu</a> for more.  |  | <b>LANDSCAPING</b>   <b>LANDSCAPING</b><br><b>Patios &amp; Drainage</b><br>Your neighborhood company since 1987<br><b>703-772-0500</b><br><b>J.E.S. Services</b><br>Free Estimates • Fully Licensed & Insured<br><ul style="list-style-type: none"> <li>Planting &amp; Landscaping Design</li> <li>Drainage &amp; Water Problems</li> <li>Concrete Driveways, Replacement or New</li> <li>Patios and Walks • Masonry Work or Dry Laid</li> <li>Paver, Flagstone, Brick, any style you choose</li> <li>Retaining walls of all types</li> </ul> All work Guaranteed |  |  |  |
| <b>FRIDAY/JUNE 14</b><br><b>Application Deadline: Fire Academy.</b> The Fairfax County Fire and Rescue Department is now accepting applications for its Girls Fire and Rescue Academy summer camp, which will take place July 11-13, 2019. The Academy is open to female students who will be in grades 7-12 in the upcoming 2019-2020 school year. Participants must be a Fairfax County resident. Free. Visit <a href="http://www.fairfaxcounty.gov/fire-ems">www.fairfaxcounty.gov/fire-ems</a> .  |  | <b>Sign up for FREE DIGITAL SUBSCRIPTION</b><br>to any or all of our 15 papers<br><a href="http://WWW.CONNECTIONNEWSPAPERS.COM/SUBSCRIBE">WWW.CONNECTIONNEWSPAPERS.COM/SUBSCRIBE</a>  |  |  |  |

## The Weak After



By KENNETH B. LOURIE

And now the fun begins. Not! For some reason, I can't get the Journey song, "Lovin', Touchin', Squeezin'" out of my head, except that my lyrics are "Waitin', Wonderin', Hopin'." I'll know the results of last week's diagnostic scans soon enough, on Tuesday in fact, the day before this column publishes, when we have our next usual and customary post-scan, face-to-face appointment with my oncologist.

As it is presently scheduled, what having a Tuesday appointment after the preceding Wednesday scan means is, we won't have received the results prior to our appointment. The interval of time is too short.

When the post-scan appointment had been on Friday, nine days out, as it has been on many occasions, my oncologist felt compelled (maybe because we 'compelled' him) to email the us scan's results rather than make us wait so long. But six days is not quite so long enough before he'll be seeing us, so I am humming a Journey song in the interim.

And let me tell you, going in cold (not knowing the results beforehand) "is all it's cracked up to be" -- to invoke a quote by "Hawkeye" from M\*A\*S\*H when talking to Radar about his widowed mother being alone.

But I won't be alone on Tuesday; my wife, Dina, will be along for the ride. A ride she has made many times, especially during the early years of heavy-duty chemotherapy when infusion days, start to finish could last upwards of 10 hours, door to door.

The process for these post-scan appointments is somewhat different, 45 minutes or so.

It begins in an examining room with yours truly being examined/questioned by a nurse ("Are you in any pain?") followed by her checking my vitals: oxygen level, pulse and blood pressure ("Mr. Lourie, you're blood pressure is high." "You bet it is.")

After she enters the information on the computer, she'll excuse herself and as she exits the examining room she advises us that the doctor will be in shortly.

Typically, with 15 minutes or so, depending on his schedule, we'll hear a knock on the door and my oncologist's voice asking if it's OK for him to enter. "Yes, of course," we say.

The way the examining room is configured, the examining chair, where I'm sitting, is on his immediate left, partially blocked from his view as he opens the door. Dina is sitting in a chair directly ahead of him and in clear sight as he enters the room. This means she'll see his face before I do and instinctively she'll try to read his expression and body language for a hint of what's to be said.

Occasionally, he breaks the ice immediately and says something like "scans look good, very pleased," knowing that we as patients are hanging on his every word. Other times, he says very little as he sits at his computer and begins asking the standard questions with which we are all too familiar.

This exchange will last about five to 10 minutes, depending on my interruptions. Generally, within the context of this exchange, the subject of my scan results will be mentioned.

This is the moment of truth.

I can't really say it's worth waiting for, good news or bad. It's more about enduring.

Unfortunately, we can't change much about this process. I have a "terminal" disease and scanning is the process by which the doctor can assess my health. Waiting for this assessment is the absolute bane of my existence.

And now with a more frequent scanning schedule, every two months, I am "bane-ing" more than ever before. I can't say it's a perfect set of circumstances, but it's my journey and I'm stuck with it.

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



Members of the Friends of the Fairfax County Animal Shelter Board of Directors and Staff, from left: Rita Altman, vice president; Michael Frey, board member; Lindsey Kellogg, Friends staff; Evelyn Grieve, president; Jill Westeyn, secretary; Kelsey DeWispelaere, board member; and not pictured is Nancy Abbott, board member.



PHOTOS BY STEVE HIBBARD/CENTRE VIEW

Visitors enjoy wine at the Friends 13<sup>th</sup> Annual Wine, Whiskers & Wags held at Paradise Spring Winery.

# Wine, Whiskers & Wags in Clifton

## Paradise Spring Winery hosts 13<sup>th</sup> annual event for Friends of the Fairfax County Animal Shelter.

About 250 people came out to the 13<sup>th</sup> Annual Wine, Whiskers & Wags event held at the Paradise Spring Winery in Clifton on Sunday, May 19, 2019. Sitting outdoors in 90-degree temps, people brought their dogs and sipped wine while contributing to the Friends of the Fairfax County Animal Shelter. The event included a silent auction, dog training demos, and “Ask the Trainer Questions.” Last year, the Friends gave \$275,000 to the municipal shelter — money from donors and from events like this.

According to Evelyn Grieve, President of the Friends: “For 13 years we’ve been working with the shelter and raising funds to help pets that come into the shelter for medical, dental, and parasite prevention.



(From left): Lara Abou-Reaaili of Fairfax Station; Alison Wingo of Vienna; and Kayla Dundie of Vienna.

The shelter takes in a number of pets and they can’t always pay for the medical, so our biggest thing that we started for was to pay for medical treatments. We branched



Carlye Schuldt of Centreville with her English Cream Golden Retriever.

out to the dental and parasite prevention so every pet that comes in – dogs, cats and rabbits – they all get inoculated for fleas, ticks and heartworms.”

She continued: “We give them collars, tags and leashes. We have behavioral programs. We also buy shelter support items like toys and food and cat scratching toys. What we’re hoping to accomplish is to have people know that there are great pets at the shelter. Our motto is ‘Adopt, Don’t Shop.’”

Lindsey Kellogg, Communications and Administration Specialist, added: “We have several programs from medical to parasite prevention to TNR (Trap, Neuter, Return Program). Our goal is to get all of the animals at the shelter adopted. But with the TNR program, we’re aiming to cut down on the population in the cat community. We try to encourage people to understand where pets come from.”

Grieve added: “Because we have to take in every pet, our live release rate is 95 percent and no pet gets euthanized for space. We’ve had pets in the shelter for up to 18-plus months. We either have them go out to fosters; we have sent them to rescue partners; or they’ve gone to other shelters. So, we make sure every pet who has the ability to be adopted is adopted. That’s the shelter’s biggest goal.”

— STEVE HIBBARD



Clay Riley and Donna Chittum of Fairfax with their dog Molly.



Picnickers at the Wine, Whiskers & Wags event at Paradise Spring Winery in Clifton.