

PHOTO BY ABBY SACKS/THE CONNECTION OPINION, PAGE 4 ENTERTAINMENT, PAGE 8 CLASSIFIEDS, PAGE 10 FOLLOW ON TWITTER: @BURKECONNECTION

Burke CONNECTION

WELLBEING

PAGE 7

West Springfield High School graduates throw their caps in the air in celebration.

From 'Pete the Cat' to Social Justice

NEWS, PAGE 3

Springfield Regatta: A Hit at Accotink

NEWS, PAGE 6

Lessons from the Greatest Generation

OPINION, PAGE 4



RYAN McELVEEN

★ FOR FAIRFAX COUNTY CHAIRMAN ★

VOTE JUNE 11

We are thankful every day to be raising our family in Fairfax County. I want the same to be true for you.

Ryan

RYAN'S VISION FOR FAIRFAX COUNTY

Ryan is the **only** candidate with both the **leadership experience representing the entire county** and the vision necessary to **change the status quo**. He will fight for **a community that works for everyone**, including:

- **EDUCATION.** The best school system in the country and universal pre-Kindergarten for all.
- **INNOVATION.** High-speed internet access, sustainable buildings and transportation infrastructure and green space for all.
- **OPPORTUNITY.** Apprenticeships, innovation labs, small-business incubators and affordable housing for all.

ABOUT RYAN

- Lifelong Fairfax resident, raised in Vienna and lives in McLean with wife, Xuan, and daughter, Sierra
- At-large member, Fairfax County School Board, representing all 1.2 million county residents since 2012
- Associate Director, John L. Thornton China Center at the Brookings Institution
- M.I.A., Columbia University; B.A., University of Virginia; I.B. Diploma, George C. Marshall High School

RYAN'S RECORD

As an at-large School Board member during the past eight years, Ryan has championed:

- Competitive teacher compensation.
- More inclusive policies.
- Gun violence prevention.
- Human trafficking prevention.
- Curriculum internationalization.
- Fresher, healthier food offerings.
- Improved college and career access.
- Student mental health and discipline reform.
- Responsible, transparent budgets and auditing.
- Improved public engagement and legislative advocacy.



Learn more at

WWW.MCELVEENFORCHAIRMAN.COM

Paid for and authorized by Friends of Ryan McElveen



From 'Pete the Cat' to Social Justice

Speakers urge West Springfield Graduates to draw lessons from history.

BY ABBY SACKS
THE CONNECTION

The West Springfield High School commencement ceremony, which was held Tuesday, June 4 at the EagleBank Arena, had an unorthodox approach to addressing graduates.

Instead of delivering the typical Principal's address, West Springfield Principal Mike Mukai opted to share his speaking time with the principals of the subsidiary elementary schools. Each principal, including Mukai, shared one quote from a famous scholar and another quote from the children's book "Pete the Cat" with a similar sentiment.

This string of speeches began with Keene Mill Elementary School Principal Renee Miller reminding students that they all excel in different areas and that comparing one person's form of success to another's is futile — for, as Einstein is quoted, "if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid." To accompany this quote, Miller chose the "Pete the Cat and the New Guy" excerpt: "being different is really very coolÉ there is something everyone can do."

Mukai closed these successive speeches by sharing his favorite quote from "Pete the Cat's Groovy Guide to Life." With conviction he told the graduates, "there are no failures, just lessons."

There was a theme of learning from past failures and mistakes, as the keynote speaker, social studies teacher Joanne Pendry, focused on the importance of social and personal history and their impacts on the students' futures. She urged the audience to use the United States's history as a "guidebook" and asked them to "understand the past to guide and instruct your future," she said.

PHOTOS BY ABBY SACKS/THE CONNECTION



Joanne Pendry delivers the keynote address.

She shared her own experience of graduating from high school, which she noted was exactly 30 years ago to the day, asking if anyone could relate to high stress levels and worrying about how she would get her cap to stay on her head while not disturbing her perfectly styled hair. But, as she was getting ready, she saw on television live footage of the Tiananmen Square Massacre. She remembered seeing "students on the other side of the world bravely helping each other to safety. [She] saw young people standing up definitely against an opposing force."

From this and other moments of activism from young people, Pendry "found inspiration in the power of students." She hoped her audience would, too. "I know what youth are capable of. And I see potential in each of you that can lead and inspire our world," she said.

Closing her speech, she asked the graduates to thank the people around them. "Show your gratitude to the adults who have helped shape you É Equally so, show your gratitude to your peers," she said. "You have become part of each others' history and have helped form each other into who [they] are."

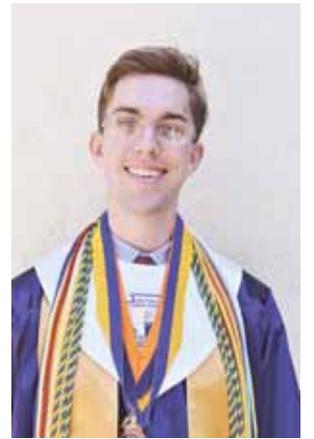
Finally, she asked everyone to "be grateful of the history you've made together at West Springfield." And, in keeping with the theme of learning and moving forward, she said, "I implore each of you to go forward and make new history."

VIEWPOINTS

Graduates Look at Years Ahead

—ABBY SACKS

Parker Brown is "very, very excited for the years ahead." He plans to study political science at Howard Payne University in the fall. In five years, he sees himself attending law school at the University of Virginia. Going forward, he wants to "look at life" and not be "stuck in the moment."



"I feel older and excited to see the world," said Andy Tran, after graduating. He will be attending George Mason University next year to study computer science. His plans for after college include working at the Naval Research Lab.



Jessica Kirby will be going to the University of Mary Washington to major in journalism. She dreams of writing for the Richmond Times-Dispatch in five years. "I love so many things from high school, but I also know that I'm really ready to leave," she said.



Julien Berger is "super excited" to attend the University of Georgia in the fall to study music. His post-grad plans include "whatever I can do in music," he said. He is interested in teaching, composing and anything related to music.



Alex Marsden wants to study psychology or social work when she arrives at the College of Charleston in August. She plans to pursue either a PhD or Master's degree in a social science, possibly at the University of Virginia. Her future plans also include "trying to find the positive stuff in every day," she said.



Lessons from the Greatest Generation

Reflections on the 75th Anniversary of D-Day.

BY SUPERVISOR JOHN C. COOK
BRADDOCK DISTRICT

Thousands of young American soldiers boarded ships in England destined for the beaches of Normandy, France 75 years ago. Allied leaders planned the first-of-its-kind invasion for months. They designated five main beaches for the attack and named them Utah, Omaha, Sword, Gold, and Juno. On the morning of June 6, 1944 high winds and rough waves made for a difficult journey to Northern France for the 5,000 ships and 11,000 airplanes carrying 150,000 Allied troops.

The weather was far from perfect for an operation, but General Dwight Eisenhower could not risk the Germans spotting the massive military presence on the coast of England. When Allied Forces landed, they were met with a barrage of fire. Nearly 2,500 Americans died in history's largest air, land, and sea invasion. Despite the treacherous terrain and heavy casualties, Allied forces broke through German lines and liberated the Gallic Coast. The pivotal victory allowed the Allies to secure the



At the Board of Supervisors meeting on Tuesday, June 4, 2019, the Board recognized the 75th anniversary of the D-Day Invasion on June 6, 1944. Included here is Rear Admiral Gene Sizemore holding the plaque and other veterans with the members of the Board.

Western Front and begin a liberation campaign towards Germany.

On the 75th anniversary of this momentous military victory, we are compelled to remember not just the heroism of the troops, but also

their virtues of service of sacrifice of that generation. The harrowing actions of these servicemembers deserve the greatest respect and deepest gratitude. They showed courage, tenacity, valor, and honor in the face of incredible dangers and challenges. As Tom Brokaw eloquently put it, "They answered the call to help save the world from the two most powerful and ruthless military machines ever assembled." This anniversary should also prompt all of us to emulate the Greatest Generation's immense sense of duty and willingness to serve. Nearly every American in World War II found a way to support their nation during the conflict. Thousands of men volunteered to serve in the Armed Forces. Women supported the military in many different ways. Families nationwide planted victory gardens and volunteered for local groups that supported the war effort. Women also took industrial jobs in armament factories. In Burke, Va., residents volunteered 24/7 with the Aircraft Warning Service by staying in a watch tower to look out for enemy planes.

Today our nation faces many challenges. But a nation that could win two World Wars can also successfully meet the challenges of today. The spirit of the Greatest Generation is here to guide us.

LETTERS TO THE EDITOR

Gun Violence As Public Health Crisis

To the Editor:

For almost 20 years I have been fighting for better gun laws in Virginia — laws to prevent the unspeakable horrors that we saw in Virginia Beach on May 31, 2019 when a gunman with two .45 caliber handguns with high-capacity magazines murdered 12 people and injured many others.

At times, I have felt like it was an exercise in futility — that I was simply banging my head against the wall. No matter how sensible the proposal introduced, it would be killed in committee by Republicans and a few rural Democrats and never even make it to the floor for a vote.

We might have 20 people testify in support of bills including victims of gun violence, law enforcement, and the medical community; yet the voice of one gun industry lobbyist opposed to the measures would be the only one that mattered.

After the shooting at Virginia Tech, there was a slow movement towards change — at least among Democrats. It was a movement that accelerated in the aftermath of the shooting at Sandy Hook Elementary School that left 26 little children and educators dead. Ru-

ral Democrats aligned with the majority in their party and started speaking out about the need for stronger laws to curtail the carnage. In fact, many Democratic candidates at even the highest levels of government began to run on the issue vowing to fight for sensible gun violence prevention measures if elected. Those Democrats won including most recently, Governor Northam, Lt. Governor, Fairfax and Attorney General Herring. And it should be no surprise. Polling tells us that as much as 90 percent of the public is in favor of stronger gun laws such as expanding background checks.

So, with the public and a Governor who clearly supports gun violence prevention measures, why can't we affect change? Because the GOP is in control of both chambers of the General Assembly and they continue to kowtow to the gun lobby instead of taking the decisive action that would make the Commonwealth safer for us all. Take the 2019 session for example. Democrats introduced dozens of firearms bills including ones to expand background checks, ban assault weapons, limit high-capacity magazines, cap handgun purchases to one a month, and to keep guns out of the hands of domestic violence abusers. Republicans defeated them all.

Gun violence has become a public health crisis in Virginia and

across the country. But it is an epidemic that we know how to treat. Stronger gun laws won't prevent all senseless acts of violence but they will save lives. To get the stronger laws we deserve, we must vote for candidates who are more afraid of another horrific shooting than they are of the gun lobby and at this juncture, only the Democrats can stake that claim.

The proposals already exist. We

The Month of Ramadan:

To the Editor

The month of Ramadan is a holy month for Muslims in which we fast from dawn to sunset and spend most of our time praying to God and reading the Holy Quran. The month of Ramadan is a period of time in which we advance our spiritual knowledge and bring ourselves closer to God by doing good deeds. As a child, it is not obligatory for me to fast, but this month is still very important to me. I still have the chance to gain more spiritual knowledge and bring myself closer to God. Ramadan is also very exciting for me because as a family we spend more time together and I get to go to the mosque. It is a month filled with blessings and increased forgiveness. Even if I don't fast I give up something that I like to do such as watching TV or movies. I also donate money, food, or other items to charities. In Ramadan, it

know what needs to be done. And once Democrats are the majority party in both chambers we will finally be able to pass bills to make Virginia safer and Governor Northam will gladly sign them into law.

Martina Leinz

Burke
President, Northern Virginia
Brady Chapter, United Against
Gun Violence

Sara Choudhary

Student
Washington Irving Middle
School
Springfield

Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors.

Send to:

Letters to the Editor
The Connection
1606 King St.
Alexandria VA 22314

By email:
editors@connectionnewspapers.com






Pat Fales Associates
703-503-4365
www.PatFales.com



5641 Burke Centre Parkway
 Burke VA





**8512 Cathedral Forest Drive,
 Fairfax Station \$1,070,000**

Enjoy Summer in Your Own Private Oasis!

- ❖ Over 5,600 Finished sqft on 3 Levels
- ❖ Beautifully Updated - Everything's Been Done for You!
- ❖ Private Wooded 3.23-Acre Lot Surrounded by Hiking Trails
- ❖ The Outdoor Space & Private Yard Make this a Perfect Home for Entertaining!
- ❖ Screened Porch, Deck, Slate Patio & Custom Play Yard
- ❖ Stunning Renovated Bathrooms, Updated Kitchen, Custom Built-Ins
- ❖ High Ceilings, Spacious Room Sizes, 5 Bedrooms & 4.5 Baths
- ❖ Finished Walkout Lower Level w/Rec Room, Bar, Bedroom & Full Bath

**11007 Hampton Road,
 Fairfax Station \$825,000**

Escape the Crush of a Neighborhood!

- ❖ Classic Brick Front Colonial on 3 Wooded Acres
- ❖ Updated Granite Kitchen, Updated Baths & Fresh Paint
- ❖ 3,500 sqft with 4 Bedrooms, 3.5 Baths, 2 Fireplaces, & a Large Finished Walkout Basement
- ❖ Enjoy Wooded Views from the Large Deck & Fenced Yard



Tell us what you think

submit your Letter to the Editor to editors@connectionnewspapers.com



VOTE JUNE 11TH



James Walkinshaw *an experienced leader who shares our progressive values*

Democrat for Supervisor Braddock District

ENDORSED BY

- ☑ Congressman Gerry Connolly
- ☑ Chairman Sharon Bulova
- ☑ The Washington Post
- ☑ Fairfax Teachers & Firefighters

Endorsed by the Fairfax Education Association and IAFF Local 2068



www.JamesWalkinshaw.org

Paid for and authorized by James Walkinshaw for Braddock Supervisor

ENJOY THE COMFORT NOW...PAY FOR IT ON YOUR TERMS!



SALES • SERVICE • INSTALLATION



turn to the experts

- 24 Hour Emergency Service
- Planned Maintenance Agreements
- Free Estimate on System Replacement
- FREE Second Opinion on System Failure
- Senior & Military Discounts
- We Service All Brands
- 100% Satisfaction Guarantee
- Up Front Pricing

Brennan's has been proudly serving Northern Virginia since 1979. Our team of highly trained professionals are at your disposal ready to deliver a quality product and quality service at a fair price.

"We are here when you need us."

*System rebates ranging from \$0 to \$1,650 depending on equipment purchased. Rebates subject to change. Expires 6/30/19. †With approved credit on qualifying equipment. Call Brennan's for complete details.

Up to 72 Months[†]

NO INTEREST FINANCING

\$74 (Reg \$84)

Don't Forget Your Safety & Maintenance INSPECTION

Per System

Carrier Rebates up to \$1650*



CALL NOW
703-491-2771
info@brennanshvac.com
www.brennansHVAC.com

2017 Best

HOME IMPROVEMENT CONTRACTORS

Northern Virginia Magazine

VOTED

INSIDE 2018 BEST OF PRINCE WILLIAM



Chairman Sharon Bulova kicks the race off with a Springfield Days proclamation.



Team Space X was awarded for Team Spirit.

PHOTOS BY MIKE SALMON/THE CONNECTION

SOL Skills Used in Cardboard Boats Pay Off

Annual Springfield Regatta is a hit at Accotink.

BY MIKE SALMON
THE CONNECTION

Building the NASA-themed Space X boat out of Kings Glen Elementary School was a Standards of Learning lesson as much as it was a student project for the annual Cardboard Boat Regatta at Lake Accotink. There were lessons on math, language arts, physics, public relations and writing, to build the boat, but when it came to coordinating the rowing, they practiced a few minutes before launching because “we were so worried about getting the boat done,” said Sierra Berkley, 11. On the water, the Space X boat didn’t come in first but the 27 students involved did earn the Team Spirit award.

“We had to make a lot of compromises,” said Alex Smith from Burke.

The Space X was just one team among many who dealt with compromising, cardboard and duct tape at this annual event during the Springfield Days weekend on June 2. Fairfax County Chairman Sharon Bulova started off the event reading a proclamation that announced Springfield Days as an official event, and then the boats hit the water.

There were several heats of races throughout the day and winners in the various categories. Fans lined the beach, the announcer MC’d the event and lifeguards helped out in the water.

In case of any emergencies, the Greater Springfield Fire and Rescue Squad was nearby, and has been involved every year. “It’s usually scrapes, heat exhaustion,” said Kayla Thompson, a rescue squad volunteer that has been to races in the past.

After their first heat, team “Water Titan” was glad to throw their boat in the dumpster. A father involved called the waterlogged mess “a shocking success,” but the crew had their fun and now it was time to move on. “All by ourselves, we made it,” said Melvin Yohn, 10.



Cyrano de Boaterac hits the beach on the first heat of the races.



Space X from Kings Glen Elementary School comes in a close third or fourth.



On the beach.



The Water Titan turned into the Waterlogged Titan.

WELLBEING

PTSD: Recognizing and Healing

During PTSD Awareness Month, clinicians work to raise awareness, treatment options.

BY MARILYN CAMPBELL

“They took all my clothes and made me walk naked for two days so I couldn’t escape,” said one woman. “They kill people over nothing,” said another.

These are the descriptions from Latina immigrants of their experiences as they were smuggled from Mexico to the United States. These women and others like them often experience rape, assaults, and gun violence, said Carol L. Cleveland, PhD, Associate Professor of Social Work, George Mason University.

In a recent paper, “An Exploratory Study of Latina Immigrant Trauma,” she and co-author Cara Frankenfeld, PhD, also of George Mason University, spoke with patients at Mason and Partners Clinic in Springfield, Falls Church and Manassas Park who described events that often left them with Post Traumatic Stress Disorder (PTSD). During June, which is PTSD Awareness Month, mental health professionals are working to raise public awareness of the disorder and a knowledge of the treatments available to those who suffer.

There is often a lack of understanding which makes it difficult to identify said Cleveland. “PTSD is a shift in how people think, feel and behave in response to a traumatic event they experience. It’s something that induces profound terror,” she said.

“[Symptoms include] intrusive thoughts and memories of the traumatic event, such as thinking about the event when you don’t want to, having flashbacks or having a strong emotional reaction to a something that reminds you of the trauma,” said Joanne Bagshaw, PhD, Professor of Psychology at Montgomery College.

“It’s important for people with PTSD to have hope because they can get better.”

— Carol L. Cleveland, George Mason University

A person experiencing PTSD might avoid people or experiences that remind them of the trauma, said Bagshaw. “You [can experience] negative thinking about yourself and the world, such as having traumatic expectations or detaching from relationships.”

Managing and healing even severe symptoms is possible with the right strategies. “There are several very good treatments for trauma,” said Bagshaw.

Among these healing methods is Cognitive Behavioral Therapy (CBT), a form of psychotherapy that teaches how to cope with dysfunctional emotions, behaviors,



PHOTO COURTESY OF NORTHERN VIRGINIA THERAPEUTIC RIDING PROGRAM

Equine Therapy can be used to treat those with PTSD, says Olivia Taylor of the Northern Virginia Therapeutic Riding Program.

and thoughts. Another therapy is Eye Movement Desensitization Reprocessing (EMDR) which involves a patient briefly focusing on the traumatic memory under the guidance of a trained clinician and ultimately experiencing relief.

“There is research which shows EMDR is highly effective in desensitizing the trauma,” says Cleveland.

Therapeutic riding is an emerging therapy that has not been studied extensively for PTSD. “[It] is teaching people to ride and work with horses with the goal of improving their physical or mental well-being,” said Olivia Taylor, Program Director of Northern Virginia Therapeutic Riding Program (NVTRP). “One of the biggest benefits we see for our riders with PTSD is that riding puts them in the moment, focused on creating a bond with their horse. They’re not thinking about past events or being hypervigilant, but feeling peaceful in the moment.”

For those who have strained interpersonal skills related to trauma, such as the ability to trust others, therapeutic riding provides a safe space for working on that

proficiency, Taylor said. “Horses are empathetic, non-judgmental creatures, so therapeutic riding provides a great opportunity to work on building a trusting relationship with another living being,” she said.

As an example, Taylor points to one NVTRP rider who suffers from debilitating and life-disrupting anxiety resulting from PTSD. “Over several weeks of riding, she has devel-

oped a very strong bond with the horse she rides,” says Taylor. “They share an especially close relationship, and she credits the trust she has in him with her ability to overcome her fears of riding and progress more than she’d ever imagined. We find that this sort of trust and openness to an empathetic relationship carries over into riders’ lives beyond the farm, helping them to rebuild healthy lives.”

Welcome Zaher Aymach, D.D.S.
Diplomate of the American Board of Orthodontics
Gary Kramer, D.D.S.
Sara Bunin, D.D.S.
 DIPLOMATES OF THE AMERICAN BOARD OF PEDIATRIC DENTISTRY
 Dentistry for Children, Adolescents & Special Needs
 703-978-0051 KBPediatricSmiles.com

SUITE F • 5631 BURKE CENTRE PARKWAY • BURKE, VA. • 22015

COMMUNITIES OF WORSHIP



Worship Gathering - Sunday 8:45 & 11 AM
 Sunday School 10:10 AM
 Sun. Evening - Realtime Worship & Youth 6 PM
 Family Night - Wednesday 7:15 PM
 Home Life Groups, College/Young Adult Ministries, and Living Free Support Groups
 Visit our Website: jccag.org
 4650 Shirley Gate Road, Fairfax
 Bill Frasnelli, PASTOR 703-383-1170



**To Advertise Your
 Community of Worship,
 Call 703-778-9418**



**TELL US
 WHAT
 YOU
 THINK**

SUBMIT YOUR LETTER TO THE EDITOR HERE
www.ConnectionNewspapers.com/contact/letter

CALENDAR

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

ONGOING

Art Exhibit: Somewhere Between You and Me. Through July 20, Fridays and Saturdays, 11 a.m.-3 p.m. at Olly Olly, 10417 Main St., 2nd Floor, Fairfax. In Somewhere Between You and Me, young nonbinary transgender artists intimately seek to understand and bring understanding to what it means to experience life as a nonbinary person. Call 703-789-6144 or visit ollyollyart.com for more.

Art Exhibition: Virginia Watercolor Society. Through Aug. 2, gallery hours in the McGuireWoods Gallery, Workhouse Arts Center, Workhouse Arts Center, 9518 Workhouse Way, Lorton. Virginia Watercolor Society (VWS) is organizing its 40th annual juried painting exhibition with about 85 paintings on display. Free and open to the public. Visit www.workhousearts.org/ or www.virginiawatercolorssociety.org for more.

Kingstowne Farmers Market. Fridays, through Oct. 25, 4-7 p.m. in the Giant parking lot, 5870 Kingstowne Towne Center, Alexandria. Farm fresh eggs, local honey, berries, fresh picked vegetables, fresh local fruits, baked breads and treats, chicken, tamales, salsa, hummus, gourmet sausage, fresh roasted coffee beans, more. Call 703-642-0128 or visit www.fairfaxcounty.gov/parks/farmersmarkets/kingstowne.

Wakefield Farmers Market. Wednesdays, 2-6 p.m. through Oct. 30, at Wakefield Park, 8100 Braddock Road, Annandale. Eleven local farmers and producers will sell fresh produce and fruits; meats; breads and pastries; jams; dairy products and eggs; herbs; flowers, and more. All products are grown or produced by the vendors and come from within 125 miles. The Fairfax County Master Gardeners Association will be there each week, providing horticultural information to home gardeners in Fairfax County. Call 703-642-0128 or visit www.fairfaxcounty.gov/parks/farmersmarkets/wakefield.

Lorton Farmers Market. Sundays, 9 a.m.-noon, through Nov. 17, in the VRE Parking Lot, 8990 Lorton Station Blvd., Lorton. Eleven local farmers and producers sell fresh produce and fruits; meats; breads and pastries; jams; dairy products and eggs; herbs; flowers, and more. All products are grown or produced by the vendors and come from within 125 miles. The Fairfax County Master Gardeners Association will be there each week, providing horticultural information to home gardeners in Fairfax County. Call 703-642-0128 or visit www.fairfaxcounty.gov/parks/farmersmarkets/lorton.

Springfield Farmers Market. Saturdays, through Nov. 23, 10 a.m.-2 p.m. at Springfield Town Center, 6699 Spring Mall Drive, Springfield. Vendors include Cascade Beverage, Celestial/Fossil Farms, Chilanga Tortilla, Conecopia, Greenwich Farms, Iganacio's Produce, Kingdom Gourmet, Lola's Kusina, Lund's Produce, Smiths Mecklenburg, Taste Old Country, Three Puppies, Tyson Farm, and Windmill Meadows. Visit www.community-foodworks.org or call 202-697-7768.

Burke Farmers Market. Through Dec. 21, 8 a.m.-noon at the VRE parking lot, 5671 Roberts Parkway, Burke. A great selection of fresh produce, baked goods, seafood, and dairy. All vendors make their own food or grow it locally within 125 miles. Call 703-642-0128 or visit www.fairfaxcounty.gov/parks/farmersmarkets/burke for more.

THURSDAY/JUNE 6

Silent Sentinel Awards. 6-9 p.m. at Army Navy Country Club (Arlington), 1700 Army Navy Drive, Arlington. Turning Point Suffragist Memorial Association is bestowing the Silent Sentinel Award upon seven people who exemplify suffragist strength in pursuit of equal rights. The evening's festivities include a cocktail reception, dinner, and a live performance of Elizabeth Cady Stanton: "Cyrano of the Suffragists." The evening also includes a silent auction as well as a live auction led by the Honorable Ken Plum. \$200. Seating is limited, reserve space at www.eventbrite.com/e/countdown-to-suffrage-centennial-and-silent-sentinel-awards-gala-tickets-59388838615 or email pwirth@suffragistmemorial.org.



PHOTO COURTESY OF GUNSTON HALL

Newly minted American citizens offer their pledge to the flag.

Declaration Day

Join Gunston Hall in celebrating the anniversary of the Virginia Declaration of Rights, written by George Mason. This family-oriented program kicks off with a naturalization ceremony, followed by a variety of activities for all ages, a museum theater performance, and visits to Gunston Hall's brand-new exhibit: Revolutionary Rights. Saturday, June 15, 11 a.m.-4 p.m. at George Mason's Gunston Hall, 10709 Gunston Road, Lorton. Complimentary. Call 703-550-9220 or visit www.gunstonhall.org.

FRIDAY/JUNE 7

Grand Opening: Stemtree. 6 p.m. at Stemtree Education Center, 11226A Waples Mill Road, Fairfax. Stemtree offers students in grades K-12 one-on-one instruction in science, technology, and engineering. The community is invited to see the facility and to learn how Stemtree differs from traditional STEM centers. Light refreshments will be served. Visit www.stemtree.com/fairfax for more.

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/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.

THROUGH SATURDAY/JUNE 8

Transcribe-a-thon on Women's Suffrage. Various times at Pohick Regional Library, 6450 Sydenstricker Road, Burke. Be a part of history. Help transcribe Library of Congress documents related to the Women's Suffrage movement. Projects include the papers of Clara Barton, Mary Church Terrell and more. Service hours can be earned by students for helping with this project. Adults. Teens. Learn more about the By The People project at the Library of Congress <https://crowd.loc.gov/>. Check for times at librarycalendar.fairfaxcounty.gov/event/5424792.

SATURDAY/JUNE 8

Caturday Celebration. 10 a.m.-4 p.m. at Loyal Companion Mosaic, 2905 District Ave, Suite180, Fairfax. Stop by and enjoy feline-themed festivities, product education and more. Cats available for adoption 1-4 p.m. with Lost Dog & Cat Rescue Foundation. Call 571-341-7753.

Summer Saturdays. 11 a.m.-4 p.m. at Gunston Hall, 10709 Gunston Road, Lorton. Join Gunston Hall for a summer of fun. Each Saturday in June, July, and August, stop by for a historic adventure

on the grounds and in the Visitor Center. Included with regular admission. Call 703-550-9220 or visit www.gunstonhall.org/visit/guide/upcoming-events.

Ice Cream Social Fundraiser. Noon-4 p.m. at the Workhouse Arts Center, 9518 Workhouse Road, Lorton. The 2019 Workhouse Ceramics Program Ice Cream Social Fundraiser feature hand-made ice cream bowls created by students, ceramic artists and instructors. Participants pay \$20 per bowl and are given ice cream and toppings (included in purchase price). Live music, raffle, scavenger hunt and children can explore fire trucks with Crosspointe local Fire Station #41. Patrons will also be able to see other on-site artist demonstrations and exhibits. Visit www.workhousearts.org/events for more.

Second Saturday Art Walk. 6-9 p.m. at Workhouse Arts Center, 9518 Workhouse Way, Lorton. Discover all the Workhouse Arts Center has to offer. Meet nearly 100 Resident and Associate Artists, creating art in the studios or exhibiting in Workhouse galleries, as well as performances of dance, cabaret, comedy, big band, jazz, and theater. Some workshops require registration. Visit www.workhousearts.org/events/category/second-saturday/.

Movie Night: Rio. Dusk. Liberty Lorton, the former prison turned new development, is hosting a series of events that includes barnyard yoga, outdoor movie nights, and the second annual Turkey Trot. Events are open to residents and non-residents of Liberty. Visit thelibertylife.com for more.

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 or call 703-425-9225.

Films in the Park: Spider-Man: Into the Spider-Verse (2018). 7 p.m. at Strawberry Park in Mosaic, Fairfax. Mosaic's summer movie lineup has something for the whole family. Grab a blanket, friends and family and watch favorite films underneath the stars. Visit mosaicdistrict.com/events/event/films-in-the-park-2/.

WEDNESDAY/JUNE 12

Sip and Swing. 5-8 p.m. at Laurel Hill Golf Club, 8701 Laurel Crest Drive, Lorton. Enjoy a round on Virginia's newest golf course. Price includes range balls, golf cart and nine holes of golf and a glass of wine. This event welcomes the first 12 people who RSVP. Come solo or bring a friend. Payment will be made upon arrival at the event venue. Check in at to pro shop at least 15

minutes prior to the start time. Member, \$32; |non-members, \$42. RSVP to Roberta Korzen at roberta.korzen@fairfaxcounty.gov or 703-324-8782.

FRIDAY/JUNE 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. <c

SATURDAY/JUNE 15

39th Annual Spring Civil War Mosby Bus Tour. The bus will leave Truro Parish, 10520 Main St., Fairfax City, promptly at 8:30 a.m. (return 5:30 p.m.) The tour will stop at Mount Zion Church, Aldie Mill, the Hathaway House (where Mosby climbed out on a limb), Old Whitewood and more. \$65 members of the Stuart-Mosby Historical Society; \$75 for non-members. To sign up contact Don Hakenson at 703-971-4984 or email dhakenson@verizon.net.

Declaration Day. 11 a.m.-4 p.m. at George Mason's Gunston Hall, 10709 Gunston Road, Lorton. Join Gunston Hall in celebrating the anniversary of the Virginia Declaration of Rights, written by George Mason. This family-oriented program kicks off with a naturalization ceremony, followed by a variety of activities for all ages, a museum theater performance, and visits to Gunston Hall's brand-new exhibit: Revolutionary Rights. Complimentary. Call 703-550-9220 or visit www.gunstonhall.org.

Summer Saturdays. 11 a.m.-4 p.m. at Gunston Hall, 10709 Gunston Road, Lorton. Join Gunston Hall for a summer of fun. Each Saturday in June, July, and August, stop by for a historic adventure on the grounds and in the Visitor Center. Included with regular admission. Call 703-550-9220 or visit www.gunstonhall.org/visit/guide/upcoming-events.

SATURDAY-SUNDAY/JUNE 15-16

Father's Day Park Programs. This Father's Day weekend spend time with fathers and grandfathers in a program just for them at a county park.

❖ **Golf Tournament.** Saturday, 8 a.m.-noon at Burke Lake Golf Course. Kick off the weekend with the "Father's Day Golf Tournament." Two-player teams compete in an 18-hole scramble format in three divisions: Father/Jr. 7-12; Father/Jr. 13-17; Father/Adult partner with closest-to-the-pin contests and prizes for the top three places in all three divisions. \$75 per team includes lunch. Call 703-323-1641 or visit www.fairfaxcounty.gov/parks/golf/burke-lake.

❖ **Wood Carving.** Sunday, noon-4 p.m. at Colvin Run Mill. Celebrate by treating Dad to a free wood carving lesson with the Northern Virginia Carvers. There is a nominal charge for wood blanks. While visiting the mill, take a tour. Dads and granddads tour for free on Father's Day when accompanied by a paying child. Call 703-759-2771 or visit www.fairfaxcounty.gov/parks/colvin-run-mill.

❖ **"Animal Dads."** Sunday, 1-1:45 at Hidden Oaks Nature Center, Annandale. Children age 2-6 can pretend to be a penguin, wolf and beaver dad as they learn about these dotting fathers. Participants will meet live animals and make a craft for their favorite father/grandfather. The program at Hidden Oaks Nature Center runs from 1 to 1:45 p.m. \$8 per child. Children must be accompanied by an adult. Call 703-941-1065 or visit www.fairfaxcounty.gov/parks/hidden-oaks.

❖ **Family Fishing.** Sunday, 2-3:30 p.m. and 4:30-6 p.m. at Riverbend Park, Great Falls. If Dad likes to fish, register for the "Father's Day Family Fishing" program at Riverbend Park. Supplies and equipment will be provided, or bring a rod and reel. Pick up some fishing tips. All fish caught will be released. Designed for participants age 4-adult. \$12 per person. Call 703-759-9018 or visit www.fairfaxcounty.gov/parks/riverbend.

❖ **Father's Day Campfire.** Sunday, 6-7 p.m. at Ellanor C. Lawrence Park, Chantilly. Wrap up the day with the "Father's Day Campfire." Learn about some of nature's best fathers, take a hike near a stream and eat s'mores. Of course, moms are invited, too. \$8 per person. Children must be accompanied by a registered adult. Call 703-631-0013 or visit www.fairfaxcounty.gov/

SPECIAL SAVINGS FOR YOUR TOYOTA



**WELCOME TO ALEXANDRIA TOYOTA'S
PERSONALIZED CAR CARE EXPERIENCE**

**BUY 3
TIRES
AND
GET
THE
4TH FOR \$1**



See Service Advisor for details.

GOT TIRES?

INCLUDES ROAD HAZARD PROTECTION, TIRE WARRANTY, AND FREE COURTESY INSPECTION.

BONUS: ADD A 4 WHEEL ALIGNMENT FOR \$39.95

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 6/30/19.

**CHECK ENGINE
LIGHT DIAGNOSIS**

**NO
CHARGE**

INITIAL DIAGNOSIS

WE WILL RETRIEVE
VEHICLE CODES
& GIVE YOU
AN ESTIMATE
OF REPAIR COSTS.



NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 6/30/19.

Jack Taylor's
**ALEXANDRIA
TOYOTA**



SAFETY FIRST ALWAYS!
Have Your Vehicle Checked
for Open Campaigns/Recalls
Recall Hotline: 703-684-0710

SERVICE & PARTS DEPT HOURS:

Monday - Friday, 7:00am to 7:00pm
Saturday, 8:00am to 5:00pm

**YOU HAVE SATURDAY OFF.
THAT'S EXACTLY WHY WE DON'T!**

**ToyotaCare
Customers**

Don't Forget Your **FREE** Service.
5,000 • 10,000 • 15,000 • 20,000 • 25,000

NOW AVAILABLE Mile Services
Call your ASM for details

ToyotaCare Plus \$329⁰⁰
Covers up to 4 years/45,000 miles

3750 Jefferson Davis Hwy • Alexandria, VA 22305

OIL & FILTER CHANGE

\$24⁹⁵

NON-SYNTHETIC

\$34⁹⁵

SYNTHETIC

Includes: Genuine Toyota oil filter, up to 5 qts of conventional oil*, inspect windshield wipers, check tire condition, check battery (with print-out), inspect and adjust all fluid levels, inspect air & cabin air filters.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 7/31/19.

BRAKE SPECIAL

\$79⁹⁵

Includes: Install Genuine Toyota front brake pads, inspect front & rear rotors & drums, check tire condition and inspect all hardware. Pads only.

MACHINE ROTORS ADDITIONAL

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 7/31/19.

**SIGHT LINE
WIPER BLADES**

**BUY 1
GET 1
FREE**

Sight Line only.

NOT VALID WITH ANY OTHER OFFER. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF PURCHASE. VALID ONLY AT ALEXANDRIA TOYOTA PARTS CENTER ONLY. GOOD THRU 7/31/19.

FREE

BATTERY CHECK-UP

Check cold cranking amps and visual inspection of battery condition. Includes battery condition print out.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 7/31/19.

VARIABLE DISCOUNT

\$15.00 OFF when you spend \$100.00 - \$199.99

\$30.00 OFF when you spend \$200.00 - \$299.99

\$45.00 OFF when you spend \$300.00 - \$399.99

\$50.00 OFF when you spend \$400.00 or more

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 7/31/19.

TRUESTART™ BATTERIES

**SPECIAL
OFFER**

\$129⁹⁵

INCLUDES BATTERY INSTALLATION

Includes: 84 month warranty, 24 month free replacement, 24 month free roadside assistance. Does not apply to hybrid batteries.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 7/31/19.

ALIGNMENT SPECIAL

\$69⁹⁵

Your car's alignment suffers, and can cause uneven tire wear and steering problems. **INCLUDES:** Inspect suspension, ball joints, struts & shocks, tire condition and set tire pressure.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 7/31/19.

Jack Taylor's
ALEXANDRIA TOYOTA

**CLEAN AIR A/C INSPECTION
& VENTILATION SPECIAL**

\$129⁹⁵

Includes: Replace cabin air filter, and Toyota Evaporator Service using anti-bacterial foam cleanser and odor eliminator. **Bring back that new car smell!**

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 7/31/19.

CALL FOR AN APPOINTMENT AT **703-684-0710** OR SCHEDULE ONLINE AT **ALEXANDRIATOYOTA.COM**

Announcements

Announcements

AUCTION:
Historic Manteo Home & Gardens

- 400/404 Uppowoc Ave. Manteo, NC
- Forbes-Nixon House with Stunning Gardens
- Beautifully renovated 3958 sq ft 4 BR 5 BA Home
- Walking distance to EVERYTHING
- B&B or Event Venue?
- WILL SELL at or above \$325K June 15 on site or online

Mike Harper (NCAL 8286) 843-729-4996

HarperAuctionandRealty.com

Announcements

Announcements

Spectacular Seaside Lots
\$29,900 - \$79,900

Build the home of your dreams! 1 to 2 acre lots in an exclusive development on the seaside (high and dry on the mainland) on Virginia's Eastern Shore, 42 miles south of Ocean City. Adjoins NASA and faces Chincoteague and Assateague Island National Seashore, world famous for it's fabulous beaches and wild ponies.

The property features a private entrance, paved roads, underground utilities, dock and community pool. Great climate, low taxes, boating, fishing, restaurants and wide sandy beaches just miles away. Both waterview and waterfront lots available priced at \$29,900 to \$79,900. Financing available with discounts for cash and multiple lot purchases.

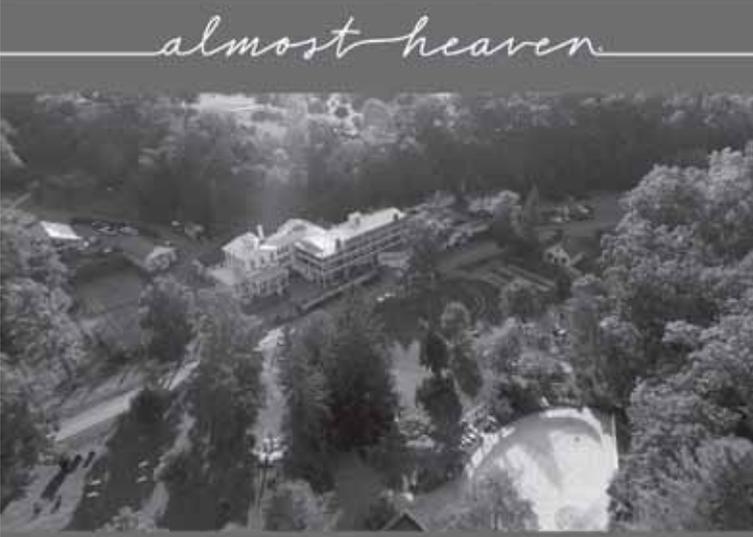
Tel (757) 824-6289
see our website: oldemillpointe.com



Announcements

Announcements

almost heaven



Discover picturesque woodlands and healing waters. Experience almost heaven at Capon Springs and Farms.

WVtourism.com/CaponSprings

CAPON SPRINGS and farms / **WEST VIRGINIA**

NEWS

Detectives Make Arrest in 1999 Armed Attack of Woman in Burke

A Fairfax County man is in custody for a 1999 abduction of a woman in the Burke area. On May 30, detectives from Fugitive Taskforce with the assistance of the Hyattsville City Police Department arrested 67-year-old Allen Lewis Buracker at his workplace in the 2900 block of Belcrest Drive in Hyattsville, Md.

Detectives from Major Crimes Bureau – Cold Case Squad have been actively working on this case and new investigative leads allowed detectives to identify Buracker as a suspect.

On Aug. 18, 1999, a woman was attempting to locate a business in the Burke Town Plaza in the 9500 block of Old Keene Mill Road when she was approached by Buracker who was there doing property maintenance. He lured the victim to a vacant office where he brandished a knife and assaulted her. She was eventually able to escape and called the police.

Major Ed O'Carroll, Commander of the Major Crimes Bureau, said, "Our Cold Case Squad is a dedicated group of talented detectives that relentlessly pursue justice for the hundreds of victims of unsolved

murders and sexual assaults. Their tireless efforts on these always active and important cases are a testament to their work ethic and the law enforcement profession. They will continue to bring closure to those victims and families affected by these heinous crimes."

Buracker is currently charged with being a Fugitive from Justice and is being held at the Hyattsville Department of corrections. He will be facing abduction with the intent to defile charges once he's extradited back to Fairfax County.

Since the 1990s, it is believed that Buracker has lived and worked in the following Virginia and Maryland counties or cities doing property maintenance: Prince William, Stafford, Spotsylvania, Prince George's, Fredericksburg, and Harrisonburg. Detectives believe there is a possibility there are other victims. They are asking for anyone with additional information to call the Major Crimes Bureau at 703-246-7800.



POLICE PHOTO
Allen Lewis Buracker

BULLETIN BOARD

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

CAMPS

Art Camp Registration. Summer Art Camp in Burke for 5-8 year olds, 8 years and up, and teens/adults. Camp is held through Burke Centre Conservancy at the Woods Community Center, 10100 Wards Grove Circle, Burke. Camp weeks run July 22-26; July 29-Aug. 2; and Aug. 5-9. Call 703-250-6930 or visit

www.czartlessons.com.
 ❖ Fine Arts & Crafts Camp (8 years & up)
 ❖ Drawing Camp (8 years & up)
 ❖ Drawing Plus Color & Craft Fun Camp (5-8 year olds)
 ❖ Art Boot Camp for teens/adults
 Call instructor at 703-250-6930 or visit www.czartlessons.com.

Vacation Bible School. Monday-Friday, July 8-12, 9 a.m.-noon at Fellowship Baptist Church, 5936 Rolling Road, Springfield. Vacation Bible School with an "In the Wild" theme. Free. Call 571-337-0209 or visit honorngod.org.

SEE BULLETIN, PAGE 11

Employment

Employment

VINSON HALL RETIREMENT COMMUNITY
\$600 Sign On Bonus!!
FULL-TIME CNAS

Vinson Hall Retirement Community in McLean, VA is currently seeking full-time Certified Nursing Assistants (CNAs) for our Assisted Living and Skill Nursing facilities.

Schedule
7am-3:30pm (off every other weekend)
3pm-11:30pm (off every other weekend)
11pm-7:30am (off every other weekend)

To qualify:
Must have Virginia CNA certification
No Experience Required

Vinson Hall Retirement Community offers competitive pay and benefits including health, dental, and 401(k).
Apply online at www.vinsonhall.org/careers
Email: humanresources@vinsonhall.org
Vinson Hall is an Equal Opportunity Employer M/F/V/D.

For Sale

Downsizing but not ready for condo life?

Have the best of both! Updated contemporary offering quiet one-floor living in Potomac, walk to Mont Mall and reg park, beaut gardens, gourm kitchen, expansive master spa suite, 2c garage, snow rem incl driveway.

MLS# MDMC625566
Call Ritchie for a tour 240-246-5423

Employment

Forget Daily Commuting

Print and digital media sales consultant for area's most popular and trusted local news source

Manage your own hours from home
Enjoy flexible schedule plus no daily commute
Help local businesses grow
Unique opportunity to be a voice in your community
Competitive compensation

Call **Jerry Vernon**
703-549-0004
Connection Newspapers & Digital Media
Trusted Connection to Local Communities

Announcements

Announcements

Lifetime METAL ROOFING
by VA CAROLINA BUILDINGS, INC

40 YEAR WARRANTY ON THE FINISH - ENERGY EFFICIENT
SUPERIOR DURABILITY - SENIOR CITIZEN DISCOUNT
FACTORY DIRECT - WE FINANCE - CALL NOW!

WWW.METALROOFOVER.COM **1-800-893-1242**

Find us on Facebook and become a fan!

www.Facebook.com/connectionnewspapers

THE CONNECTION
Newspapers & Online
The Connection to Your Community
www.connectionnewspapers.com

BULLETIN

FROM PAGE 10

FRIDAY-SUNDAY/JUNE 7-9

White Elephant Sale. Friday, 5-8 p.m.; Saturday, 9 a.m.-7 p.m.; Sunday, 8:30 a.m.-2:30 p.m. at St. Mary of Sorrows Catholic Church, 5222 Sideburn Road, Fairfax. St. Mary's White Elephant sale will feature furniture, antiques, household, garden, toys, books, jewelry, china and more. Admission: Friday, \$5; Saturday-Sunday, free. Call 703-978-4141.

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, to register or contact Lindsey Vajpeyi at 703-204-4664 or lindsey.vajpeyi@insightmcc.org.

THROUGH MONDAY/JUNE 10

Food Donation Collection. 9 a.m.-5 p.m. at the Coldwell Banker Residential Brokerage office, 4000 Legato Road, Suite 100, Fairfax. The Coldwell Banker Residential Brokerage Reston office is collecting healthy, non-perishable food donations for Food for Others as part of a companywide initiative, Healthy Food Week. Contact Mary Pultz at 703-691-1400 or Mary.Pultz@cbmove.com.

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 or email Recpac@fairfaxcounty.gov.

NARFE Fairfax 737 Luncheon Meeting. 11:30 a.m.-1:30 p.m., at American Legion Post 177, 3939 Oak St., Fairfax. Meetings are held on the second Tuesday of each month from September through June, and opened to all active and retired Federal employees, spouses and guests. Register for luncheon (\$11) by Friday before meeting at 703-280-2356.

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.

MONDAY/JUNE 17

Voice-Over Class. 7-9 p.m. at Woodson High School, 9525 Main St., Fairfax. Learn to do voice for commercials, films, videos, and more. 18 and older. \$79. Call 703-658-1201 or visit bit.ly/2PZQ16N.

SATURDAY/JULY 6

Peripheral Neuropathy Support Group. 2-4 p.m. at Mason District Governmental Center, 6507 Columbia Pike, Annandale. The Peripheral Neuropathy Support Group for greater Washington meets the first Saturday of the month. All are welcome. RSVP for available seating. Call 301-263-0616 or visit www.dcpnsupport.org for more.

SATURDAY/JULY 27

"Your Journey Through Grief." 2-4 p.m. at Haven of Northern Virginia, 4606 Ravensworth Road, Annandale. Haven of Northern Virginia offers this free summer workshop. Registration requested. For information and registration, call 703-941-7000 or email havenofnova@verizon.net.

BUSINESS DIRECTORY

WWW.CONNECTIONNEWSPAPERS.COM

CALL 703-549-0004 FOR ADVERTISING INFORMATION

LANDSCAPING A&S CONSTRUCTION SOD, Mulch, Clean-Up Leaf Removal Hauling. 703-863-7465		Good is not good, where better is expected. -Thomas Fuller	
ELECTRICAL K & D ELECTRIC COMMERCIAL / RESIDENTIAL SERVICE Family Owned & Operated Recessed Lighting Ceiling Fans Phone/CATV Computer Network Cabling Service Upgrades Hot Tubs, etc...		ELECTRICAL Licensed/Bonded/Insured Office 703-335-0654 Mobile 703-499-0522 lektrkman28@gmail.com	
GUTTER GUTTER CLEANING Gutters and Downspouts Cleaned Small Repairs • Gutter Guards PINNACLE SERVICES Lic/Ins 703-802-0483 free est. email: jamie@lawnsandgutters.com web: lawnsandgutters.com Friendly Service with a Friendly Price!		GUTTER	
A&S Landscaping <ul style="list-style-type: none"> • All Concrete work • Retaining Walls • Patios • Decks • Porches (incl. screened) • Erosion & Grading Solutions • French Drains • Sump Pumps • Driveway Asphalt Sealing 703-863-7465 LICENSED Serving All of N. Virginia			
RN. CONTRACTORS, INC. Remodeling Homes, Flooring, Kitchen & Bath, Windows, Siding, Roofing, Additions & Patios, Custom Deck, Painting We Accept All Major Credit Cards Licensed, Insured, Bonded • Free Estimates • Class A Lic Phone: 703-887-3827 E-mail: rncontractorsinc@gmail.com www.rncontractors.com			
LANDSCAPING Patios & Drainage Your neighborhood company since 1987 703-772-0500 J.E.S. Services Free Estimates • Fully Licensed & Insured <ul style="list-style-type: none"> • Planting & Landscaping Design • Drainage & Water Problems • Concrete Driveways, Replacement or New • Patios and Walks • Masonry Work or Dry Laid • Paver, Flagstone, Brick, any style you choose • Retaining walls of all types All work Guaranteed		LANDSCAPING	
TILE / MARBLE Quality Tree Service & Landscaping Reasonable prices. Licensed & insured. Spring Cleanup... Tree removal, topping & pruning, shrubbery trimming, mulching, leaf removal, planting, hauling, gutter cleaning, retaining walls, drainage problems, etc. 25 years of experience – Free estimates 703-868-5358 24 Hour Emergency Tree Service		TILE / MARBLE	
IMPROVEMENTS Power Washing Go from green to clean, do you have mold on your siding rotten wood that's a hoar violation? We do houses, decks, fences, side walks, etc. Deck and fence repair, deck staining and sealing. Licensed & Insured • Free Estimates email: jnave@comcast.net 703-987-5096			
ATTENTION ADVERTISERS: expand your audience beyond our weekly print edition with THE CONNECTION DIGITAL <ul style="list-style-type: none"> ► Email Marketing ► Social Media ► Sponsored Content FOR MORE INFORMATION CALL 703.778.9431 OR VISIT CONNECTIONNEWSPAPERS.COM/ADVERTISING			
Sign up for FREE DIGITAL SUBSCRIPTION to any or all of our 15 papers WWW.CONNECTIONNEWSPAPERS.COM/SUBSCRIBE			

From Weak To Week



By KENNETH B. LOURIE

For the next six weeks or so until mid-July when my bi-monthly CT scan reminder arrives in my inbox, I am on easy street/living the life of Riley. The email will confirm time and place when scans – and face-to-face appointments with my oncologist, are scheduled. Reminders which I really don't need.

I mean, my life is at stake here. What kind of moron ("Why? Are there more than one kind?" to quote Curly Howard of The Three Stooges.) forgets/neglects medical appointments related to one's life when death is looming?

And death for me has been looming since late February 2009. That's when an (now my) oncologist dropped the figurative hammer on Team Lourie after a nearly two-month pursuit to determine the truth for just us: "Non-small cell lung cancer, stage IV," with a "13-month-to-two-year" prognosis.

Talk about devastating news. To say we were all stunned does a disservice to the word "stunned."

To invoke Yoda from "Star Wars," speechless we were.

That was a long time ago, however, and much has occurred. The details of which are somewhere between being lost in the ether and lodged in my brain, generally retrievable should the need arise. A need which I often have when writing this column but one which doesn't manifest itself too much in my daily activities.

Yes, I have cancer, but I try not to make a big or central thing about it. To say, "It is what it is" isn't meant to trivialize the overwhelming nature of a "terminal diagnosis;" it's more an attempt to compartmentalize it somehow. (I just hope the compartment has an infinite amount of space. Otherwise, I fear I'll be in trouble fairly soon.)

But not for the next six weeks. For the next six weeks, I am on cruise control. I will be going about my regular business without too much emotional interference.

I wouldn't exactly say I'm on cruise-control/"passenger" in a self-driving car, but I am able to function without consulting the manual.

This "honeymoon" is as good as it gets for a patient whose life is lived from one diagnostic scan to the next, not knowing, generally, if the you-know-what has hit the fan. It's the sword of Damocles on steroids.

But what else is new?

For a cancer patient? Not much.

This is the life, a life which for us fortunate few, we have to live, despite the initial words to the contrary spoken by our respective oncologists – who were consulting the manual: If patient "X" presents with such and such then his/her prognosis is so-so.

Just last week, my oncologist told me the average life expectancy "for lung cancer patients is one year." And even though I've lived an unexpected life – and met many others who likewise have lived beyond expectations, his assessment of my fellow lung cancer "diagnoses" was still horrifying. (Why not me? I think there's been a misspelling somewhere.)

Misspelling or not, I'll go on pretending life in the cancer lane, as bumpy and in as need of repair as any you can imagine – or have read about in this space, goes on without further adieu, so to speak.

My philosophy has been: "Until they tell me otherwise, and even if they do ... " I have tried, and hope I will continue to try, especially if the future news is not so good, to not become a victim of my own circumstances. And though I have occasionally received some discouraging news, I have tried not to give in to it.

"It's nothing until it's something and even if it's something, it's still could be nothing." That's how I roll.

For the past 10 years plus, I've rolled along managing the "slings and arrows" of my outrageous misfortune: a life-long non-smoker with no immediate family history of cancer diagnosed with an incurable form of lung cancer.

Lucky me. You bet I am.

Alive and reasonably well a decade after the hammer came down.

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



BEST
WASHINGTONIAN
2018

Hermendorfer
Associates
Top 1% of Agents Nationally



Centreville - \$415,000

Great Townhome in Great Community! This house has so many updates! Kitchen, all baths, flooring, landscaping, just to name a few!



Fairfax Station - \$899,000

This home has it all! Privacy and convenient location, Updated Kitchen and Baths, Walk out Lower Level! Screened in Porch to enjoy incredible backyard!

Find More Information at: www.Hermendorfer.com • 703-503-1812



SOLD IN 3 DAYS!
\$36,000
ABOVE LIST!



FALLS CHURCH
1 DAY ON MARKET!
UNDER CONTRACT!



KAREN SCHIRO
BEAUTIFUL HOMES



Top 3% Agents Nationally

BEST
2018

Are you thinking about selling?
Want to know how I can get you more \$\$?

Call/Text me today at **703-509-3888**



JUDY SEMLER
703-503-1885
judys@lnf.com



Fairfax - \$590,000

Coming Soon - Put your personal touches on this Middleridge Payne Colonial. Currently undergoing new paint, new flooring, new garage door, new driveway and more. 5 Bedrooms and 2.5 Baths and finished walk-out basement, vinyl windows. Great cul-de-sac location, walk to Woodglen Lake, Middleridge Park, community pool and more. Easy commute to shopping and more.



Jim Fox
703.503.1800
jim.fox@LNF.com
Washingtonian Magazine's "Top Team" 2015
NVAR Lifetime Top Producer



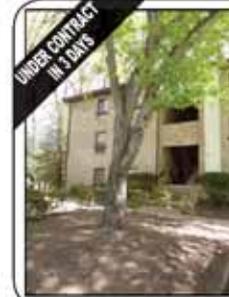
included deck for morning coffee overlooking nature. Laundry on BR level. Walkout RR w/gas frpl & full bath. Great storage in unfinished bmt. 2 assigned parking spots + ample guest spaces. Call Jim for a tour today!

W. Springfield \$475,000

Stunning 5-1/2 all-brick TH tucked away in back of neighborhood on non-thru street backing to woods. Updates galore. New carpet, fresh paint. Spacious LR w/volume ceiling. Separate DR. Updated eat-in KT w/new LG Hi-Macs counters, updated appliances, new flooring & doors to deck overlooking wooded parkland. Master bedroom has WI closet plus remodeled bathroom with lg. walk-in shower &



Come to the HEART of Real Estate, Since 1980 Proudly Serving Northern VA
KAY HART, CRS, GRI
Associated Broker
Life Member NVAR Top Producer
kay.hart@longandfooster.com
703.503.1860



Reston Condo \$190,000

2 BR, 2 BA Patio Condominium. Reasonable Fees with All Utilities included. Great Location near Amenities: Reston Town Ctr, Silver Line, Toll Road. Excellent Condition and Priced Right! Contact Kay for add'l info: 703-217-8444



JOHN ASTORINO
Realtor®
703.898.5148
NVAR Multi-Million Dollar Sales Club
Residential Top Producer
BEST
2018

JA
JOHN ASTORINO
& associates

UNDER CONTRACT!

UNDER CONTRACT!

UNDER CONTRACT!



The Retreat at Crosspointe
Lorton - \$800,000



Burke Centre
Burke - \$519,000



Woodstone
Alexandria - \$569,900

CALL US TODAY TO SELL YOUR HOME FAST!

UNDER CONTRACT!

UNDER CONTRACT!

UNDER CONTRACT!



Briarlyn Estates
Fairfax Station - \$1,250,000



Savoy at Reston Town Center
Reston - \$415,000



Rhygate
West Springfield - \$515,000

For more information, go to www.JAHomes4u.com or John.Astorino@LNF.com



CHERYL K. PRYOR
Now is the perfect time to buy a home



(703) 801-9985
ckpryor@msn.com



Sheila Adams
703-503-1895
Life Member, NVAR Multi Million Dollar Sales Club
Life Member, NVAR Top Producers



Fairfax \$615,900
Lovely Brick front Colonial featuring 4 Bedrooms, 2 1/2 Baths, Full Finished Basement, 2 car Carport (could be turned into a Garage), Deck, perfect for entertaining. New Roof. Call Sheila Adams for Appt. 703-201-4681.

Looking for a New Career?



Long & Foster
Is Proud to Offer Real Estate Scholarships for the Military

Contact Paul DiCicco to learn more about the P. Wesley Foster Military Service Scholarship
703-503-1899
or
PaulD@LNF.com



ELLIE WESTER
703-503-1880
L&F Founder's Club
Lifetime NVAR Top Producer
Life Member, NVAR Million Dollar Sales Club
ellie.wester@longandfooster.com



Fairfax \$719,900
Two ACRES in Glendilough!
Over 4000 finished square feet on a breathtaking private lot in Woodson High School district. More details and pictures available from Listing Agent.



There is no better time to get your real estate license! Classes forming now at our office.
For information contact Paul DiCicco, Managing Broker, 703-503-1899 or pauld@lnf.com

