

Fairfax Station **CONNECTION** Clifton & Lorton

Outdoor Artwork on Display at Workhouse

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'Sensible Gun Legislation' Rejected Again

NEWS, PAGE 5

Fairfax Station resident Paul Lockhart, second from left, as Pilot of the crew of the Space Shuttle Endeavour in December of 2002. With him are Commander Kenneth Cockrell and Mission Specialists Franklin Chang-Diaz and Philippe Perrin.



NEWS

Shining Up the Cannon

Edison High School rising senior David Finell shines up the cannon at RE Lee Electric in Newington.

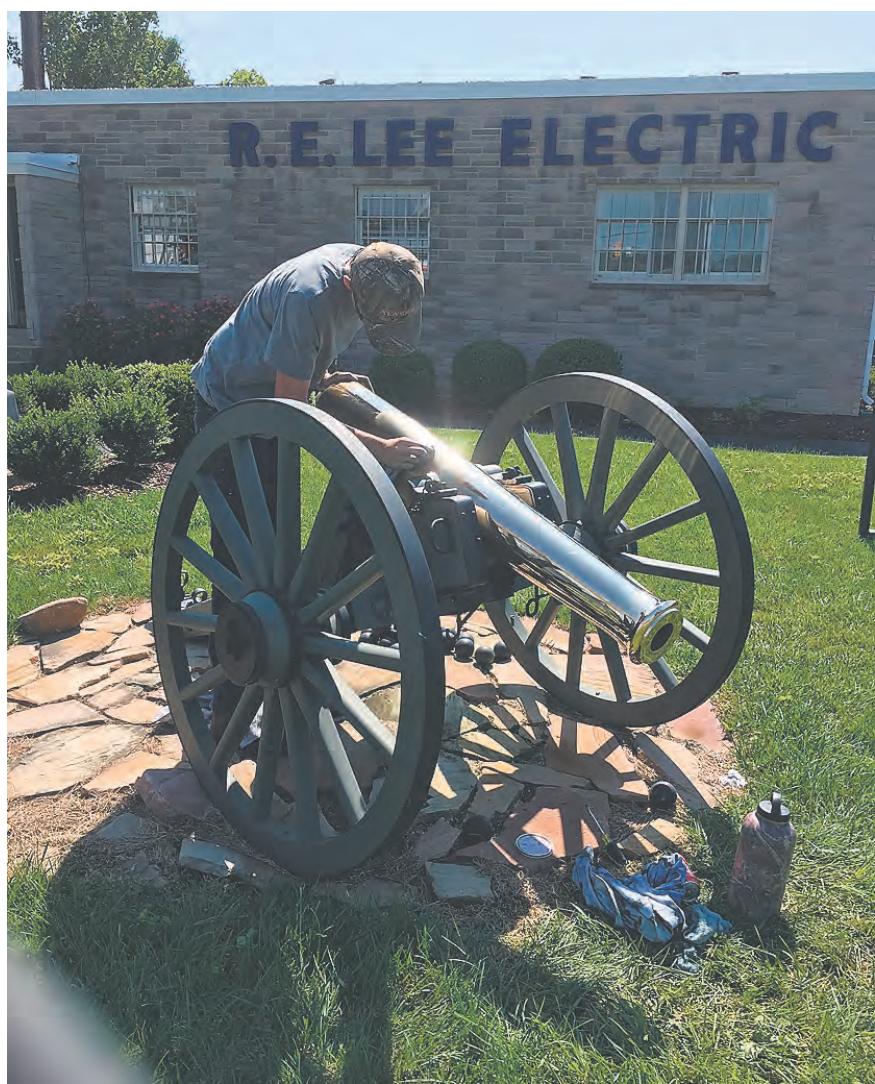


PHOTO BY MIKE SALMON/THE CONNECTION

Illness Outbreak at Greenspring Appears To Be Contained

The Fairfax County Health Department continues to monitor and work with Greenspring to institute appropriate prevention measures to stop further illnesses and those actions are having a positive result. In the assisted living and skilled nursing areas (Garden Ridge), there have been no new illnesses reported and residents who have been ill are recovering.

In the independent living section of Greenspring, which includes approximately 1,700 residents and is located in separate buildings from Garden Ridge, there is no outbreak of respiratory illness. While there is some illness in the independent living section, it is not considered to be an unexpected or unusual number of ill residents. Some illness is to be expected in a community of this size for older residents. Because of the outbreak in the assisted living and skilled nursing sections, Greenspring has instituted enhanced surveillance for illness in the independent living areas. Infection control measures, implemented in the independent area out of abundance

of caution, include temporarily stopping group activities, other than dining, and screening residents for illness as they arrive at the dining rooms. Residents have been informed of the respiratory illness in the Garden Ridge area by robocalls and on the internal website and have been asked to self-report any symptoms to the facility administration.

Independent living residents have been asked to not visit the Garden Ridge section, and to self-isolate if they are ill. Extra cleaning of high-touch surfaces and communal areas is in place.

Additional laboratory testing from CDC has not identified a specific cause for the increase in respiratory illness. Test results showed several bacteria that are known to colonize the nose and throat and may not be the cause of infection. In addition, several specimens were positive for rhinovirus, the cause of the common cold.

We will continue to monitor the situation and support the facility in its efforts to prevent further illness - said Fairfax County Health Department press release.

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Fairfax Station resident Paul Lockhart, second from left, as Pilot of the crew of the Space Shuttle Endeavour in December of 2002. With him are Commander Kenneth Cockrell and Mission Specialists Franklin Chang-Diaz and Philippe Perrin.



PHOTOS CONTRIBUTED

One Small Step Man's greatest journey continues to inspire.

BY JEANNE THEISMANN
THE CONNECTION

It was one small step taken 50 years ago. Around the world, eyes were collectively riveted to grainy pictures on a television screen as others gazed up at the sky in wonder and awe. America had conquered the impossible: A man was on the moon.

"I remember that night vividly," said Paul Lockhart, a retired NASA astronaut and longtime Fairfax Station resident. "It was a clear night in Texas and I was outside with my friends thinking 'Wow! There is somebody up there about to step onto the moon.' It was very exciting."

Lockhart's fascination with space exploration began even earlier, when he watched the space launches of the early '60s.

"One of the few things that all the news networks covered at the time were the space launches," Lockhart said. "I was 5 or 6 and the idea of the unknown really captured my imagination. At the same time, I had an aunt who was a trailblazer in her own way – she was the first female CPA in the state of Texas and flew in open biplanes so she was a bit of a risk taker. She kept putting books on exploration, like Lewis and Clark, in front of me so along with those early space flights I knew this was something I was interested in."

A NATIVE OF AMARILLO, Texas, Lockhart received a BA in mathematics from Texas Tech and a master's in Aerospace Engineering from the University of Texas

**Paul Lockhart
aboard the Space
Shuttle Endeavour
in December of
2002.**



at Austin. He was commissioned in the U.S. Air Force in 1981 and flew as a test pilot for the F-16 aircraft when he was selected as an astronaut candidate in 1996.

Lockhart's two space missions, STS-111 and STS-113, both in 2002, were missions to the International Space Station aboard the Space Shuttle Endeavour. He piloted the

"NASA is a part of our national character. It is recognized and respected around the world and represents the best of what America is."

— Space Shuttle Endeavour astronaut Paul Lockhart

STS-113 mission in December of 2002, the last shuttle mission before the loss of the Space Shuttle Columbia and its crew the following February. The Commander of that mission, Rick Husband, was a childhood friend.

"Rick was from my hometown and we knew each other in high school," Lockhart said. "Although we all know the risks it was a hard loss and since I had just completed

two shuttle missions, I felt the time was right to leave NASA and return to the Air Force."

Lockhart retired from the Air Force in 2007 and returned to NASA in an administrative position. He currently works as Director of Engineering for PEMDAS Technologies and Innovations, a woman-owned, service-disabled veteran-owned Small Business.

As the 50th anniversary of the first moon landing is celebrated on July 20, Lockhart believes we still have more to learn from space exploration.

"I think space exploration is vital to who we are as a nation," said Lockhart, noting that the last moon landing took place in 1972. "Space technology is critical and has such wide-ranging consequences. Every time you use your phone, every time you watch a satellite feed, every time someone uses an ATM or is rushed to the hospital in an ambulance – much of that is traceable back to the sciences that NASA developed." While many are focused on putting a man on Mars, Lockhart believes there is

more to learn before that can happen.

"I believe the right thing to do is return to the moon," Lockhart said. "While the technology is there, there is still so much that we don't know about deep space flight. We need to develop the capabilities and resources that will allow us to eventually reach Mars but more importantly return safely."

AS AMERICA CELEBRATES the imagination, dedication and courage that united the nation and conquered what had once seemed impossible, Lockhart added without any hesitation, "The decision to do this program took the same resolve and willingness to assume a high level of risk that our forefathers did when they signed the Declaration of Independence in 1776 and again in 1944 when America and its allies executed Operation Overlord: D-Day."

Lockhart credits the Apollo program as one of America's greatest examples of risk undertaking.

"We commenced a project that was technically very difficult, fraught with uncertainty and outcome and achieved remarkable success within a very ambitious timetable set by President Kennedy," Lockhart said. "It was truly a national effort as there were tens of thousands of Americans working on the project, either for the government or at major corporations and even small mom and pop businesses." And for Lockhart, July 20, 1969, captured everything a young boy would be interested in.

"I wasn't sure how I would get there, but my path to NASA was about trying to do something significant," Lockhart said. "I believed then and believe now that NASA is a part of our national character. It is recognized and respected around the world and represents the best of what America is."

OPINION

Send letters: online www.connectionnewspapers.com/contact/letter/

National Night Out

BY JOHN C. COOK
BRADDOCK DISTRICT SUPERVISOR

Every Year neighborhoods, police departments, fire departments, and community groups across the country come together for a night of games, food, and community building on National Night Out. Neighborhoods, pools, and community centers host bar-b-ques, block parties, and festivals where police officers pay a visit and mingle with civilians. Children have the chance to meet McGruff the Crime Dog, see emergency vehicles, and give a police officer a high-five. Meanwhile adults and parents can share a burger with an officer and talk about safety con-

COMMENTARY

cerns or even just the latest Nationals game. This night is about strengthening the bonds that make our community safe and happy.

National Night Out, which takes place on Aug. 6, is far more than just a celebration. It is a beneficial learning experience for all parties involved. Children learn that police officers are not just there to arrest people, but to protect and serve their neighborhood. Adults and parents get to personally know the officers in charge of protecting their families. Community groups, such as Neighborhood Watch, can educate their neighbors on their mission and even recruit some to join. Lastly, officers get to meet and better understand the people they serve, thereby improving their service to the community. When this type of communication takes place, we all

benefit and actively make our neighborhoods safer in the process.

I will participate in National Night Out once again this year with the police from West Springfield District Station. I always enjoy visiting the many neighborhoods of the Braddock District in a police car with one of our fine Fairfax County Police Department Officers.

In fact, National Night Out is the perfect time for neighborhood leaders to print and hand out copies of the Fairfax County Community Emergency Response Guide (www.fairfaxcounty.gov/cerg). From there, they can start a conversation with police officers about preparing for emergencies with a special focus on safety. Events like National Night Out bridge the communication gap

that prevents civilians from learning all they can to prepare for emergencies.

Community groups, such as Neighborhood Watch and the Community Emergency Response Team, will also be present to speak to about getting involved. As a community leader I am always happy to see people coming together. There's something special about National Night Out.

In a time where trust in societal institutions is at a dangerous low, National Night Out offers a solution in a positive and enjoyable reprieve from the negative news cycle. Events like this are vital to encourage strong and trusting relationships between first responders and the communities they serve.

The free ice cream is a very big perk as well.

Honoring Molly's Gift

BY LORI BRIGHAM
WASHINGTON REGIONAL
TRANSPLANT COMMUNITY

It was a Friday morning, and as the sun rose over the Lincoln Memorial more than 100 members of the United States Coast Guard gathered on the sixth floor of George Washington University Hospital. They came to say goodbye to their shipmate Molly Waters, who lost her life after a motorcycle crash. Molly, a Coast Guard Commander, spent 16 years rising through the ranks and lived to serve. Now even in death, Molly served others since she had made the selfless decision to register as an organ donor. As Molly was brought from the intensive care unit to the operating room to donate her organs, her shipmates, family, friends and hospital staff lined the hallway, a growing tradition known as an "Honor Walk." We stood silently in the weight of the moment, collectively mourning such a tragic death and expressing our gratitude for the generosity of this ultimate act.

Last year in the United States more people than ever gave the gift of life by donating their organs upon their death. This isn't the type of record that makes headlines. But it should be. Organ donation and lifesaving transplants can only occur when individuals like Molly and their families realize that even in death they can make a difference and become



Honor Walk for Molly Waters took place at George Washington University Hospital in D.C.

part of a much larger story.

That story is one of generosity and inspiration that has led to steady increases in organ donations and transplants. Organ transplants in the U.S. saw their sixth consecutive record-breaking year in 2018, with an 18 percent increase in deceased organ donors between 2015 and 2018. The 10,721 deceased donors last year meant 29,680 transplants for people waiting for an organ. Here in the D.C. metro area, we are part of this story, too. Last year, our organization surpassed our own record recovering and allocating 474 organs from 137 generous donors, which saved the lives of 401 people.

At Washington Regional Transplant Community (WRTC) located in Falls Church, we work every day to help save more lives through organ donation. Our job is to educate medical professionals and the public about organ donation; facilitate the recovery of organs, match them to waiting patients and deliver them to transplant

hospitals; and support donor families before, during and after the donation process and help honor the legacies of their loved ones. We work in close partnership with six transplant centers and 44 hospitals to decrease the number of patients waiting for a lifesaving organ. WRTC is one of 58 organ procurement organizations (OPOs) across the U.S. Our singular mission is to save lives through organ donation and transplantation and, as a community, we are working toward the day that no one dies waiting for an organ. The unfortunate fact today is that with more than 113,000 people on the national transplant waiting list, the need for a donated organ far outpaces availability. And while increased public awareness and willingness to be a donor is essential, that alone isn't enough. Only three in every 1,000 people die in a way that allows for the possibility of organ donation.

OPOs are working to improve these odds. We are pursuing positive changes to federal policies

that govern organ donation and transplantation, including promoting the use of organs from more complex donors, improving clinical support, providing OPOs access to donor hospital health records and addressing transplant center reimbursement and evaluation policies that might be a disincentive to otherwise successful organ matches.

Additionally, at WRTC, we realize the power of scientific and medical research and its ability to save lives and heal patients. Therefore, deceased donors can donate organs and tissues, unsuitable for transplants, to far-reaching medical research and therapy initiatives. In 2018, WRTC allocated 92 organs for research, which ranked seventh in the nation.

The system for organ donation in the U.S. is complex and highly regulated, providing a strong infrastructure and successful track record from which to build. At WRTC, we are privileged to play a role in this system and are committed to working with our local and national partners to make it even stronger and more successful. We honor those who have embraced organ donation as an act of human kindness to inspire others to register as donors too. We encourage you to make the legal and informed decision to be an organ donor.

Lori Brigham is President and Chief Executive Officer of the Washington Regional Transplant Community in Falls Church.

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Lorton & Clifton
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PHOTO COURTESY KAREN HIGA

Grassroots activists hold a going out of business banner on the sidewalk across the road from the National Rifle Association in Fairfax during the July 14 protest against gun violence.



PHOTO BY MARTI MOORE/THE CONNECTION

At the end of the July 14 protest at the National Rifle Association in Fairfax, gun violence prevention activists Kris Gregory of Falls Church and Nancy Despeaux of Reston discuss ideas for getting Northern Virginia residents who have moved to update their voter registration status in time for the Nov. 5 General Election.

'Sensible Gun Legislation' Rejected Again

Local activists reaffirm their commitment to gun violence prevention movement.

BY MARTI MOORE
THE CONNECTION

On July 14, more than 75 concerned people who oppose gun violence in Fairfax turned out to protest at the National Rifle Association. More motivation came from the July 9 failed special session of the Virginia General Assembly, when Republican lawmakers adjourned in record time without considering any proposed legislation.

Passing motorists heading to and from Oakton on a Sunday afternoon beep their car horns and give thumbs-up gestures in support of the protesters, who line the sidewalk at 11250 Waples Mill Road on a hot summer day July 14 — which marks their 79th consecutive vigil for the 20 school children and six adults fatally shot Dec. 14, 2012 at the Sandy Hook Elementary School in Newtown, Conn.

The anti-gun violence activists are used to having their firearm safety bills shot down in committee soon after the Virginia General Assembly regular session starts each January.

"We're always hopeful," says Del. Kenneth "Ken" R. Plum (D-36t) of Reston at the monthly NRA protest, "but realistic."

THE JULY 9 special gun session called by Gov. Ralph S. Northam was no different, as state lawmakers adjourned early with no floor votes on the governor's package of eight proposed gun safety measures. Plum said the General Assembly adjourned just 90 minutes after the session started at noon.

A week later, Kris Gregory of Falls Church said the most important fact to concerned

citizens like herself was every delegate and state senator in the Virginia General Assembly had to vote to adjourn. It was a party-line vote to end the special session July 9 and the Democrats were outnumbered by the Republicans.

"It's such a cowardly way to do it," points out Plum, who is the longest serving member of the Virginia House of Delegates.

Most gun violence prevention activists believe the NRA controls the Republican majority. Gregory attended the July 9 "Votes and Laws" rally held that morning by Moms Demand Action For Gun Sense in America before the legislative session started. She said buses chartered by Brady United Against Gun Violence left Richmond at 1 p.m. before a scheduled 2 p.m. gun rights rally held at the Old Bell Tower. She explained the Virginia Capitol Police requested both sides hold their rallies separately.

Gregory noted at the NRA protest she and more than 500 activists of the gun violence prevention movement statewide were in Richmond July 9 to get a message out to elected officials, "not to provoke the Second Amendment advocates."

She and other protesters learned about the outcome of the special session on the bus ride home through text message from Brady staffers, who stayed in Richmond.

THE GOVERNOR said July 9: "I expected lawmakers to take this seriously. I expected them to do what their constituents elected them to do — discuss issues and take votes."

"An average of three Virginians die each day due to gun violence," Northam said. "That means hundreds of Virginians may die between today and Nov. 18, the next day the legislature plans to work."

According to the state government website, lawmakers agreed to meet again after the Nov. 5 General Election. Gregory makes it clear she and other activists are working to elect "gun violence prevention

champions here in Virginia" on Nov. 5. They are united in heeding a call Gov. Northam has made to Commonwealth voters for more than a year: "If you can't change their hearts, change their seats."

Richmond or Bust

Early on a Tuesday morning at a commuter parking lot in Woodbridge, Springfield resident Earle Mitchell waits his turn to board one of three motor coaches chartered by Brady United Against Gun Violence — on the way to Richmond July 9 for a "Votes and Laws" rally before noon at the state Capitol. They urged Commonwealth lawmakers to pass "sensible" firearm safety laws designed to prevent future deaths from gun violence before the start of a Virginia General Assembly special session that ended as quickly as it started.

Mitchell started volunteering for gun violence prevention causes more than six years ago, when 20 school children and six adults were fatally shot Dec. 14, 2012 at the Sandy Hook Elementary School in Newtown, Conn. Mitchell said he served 28 years for the U.S. Navy and worked as a defense contractor. The 82-year-old activist says he supports universal background checks and believes "Virginians want more gun control." Before boarding the Brady bus, Mitchell affirmed — no matter the outcome in Richmond — he would continue writing letters to lawmakers and newspaper edi-



PHOTO BY MARTI MOORE

Springfield resident Earle Mitchell.

tors, plus hand-written postcards urging folks to vote a straight ticket for the Democratic Party in November.

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- Mount Vernon Gazette
- Springfield Connection
- Vienna/Oakton Connection

Senior Living



Drinking plenty of non-alcoholic fluids like water, even if you're not thirsty can help prevent heat related illnesses.

Beating the Heat

Seniors at greater risk for heat-related illnesses.

By MARILYN CAMPBELL
THE CONNECTION

With the sunny days of mid-summer come sweltering heat. This week's heat indexes topping 110 degrees in some cases illustrate that July and August are the hottest months of the year, according to the National Centers for Environmental Information.

Soaring temperatures may have the greatest impact on those who are over the age of 65.

"They are more likely to have a chronic medical condition that changes the normal body's responses to heat," said Amy Vennett, BSN, RN, Program Manager and Nursing Case Management for Arlington County. "Older adults don't adjust as well as young people to sudden changes in temperature. They're more likely to take prescription medicines that affect the body's ability to control its temperature or sweat."

The physical, cognitive and social changes that happen as one ages, make one more susceptible to illnesses related to extreme heat, says Ingrid Parkhurst, Center Nurse Coordinator and Gerontologist for the Fairfax County Health Department. "So, when it comes to the heat, we need to think about all three perspectives. Physically, older adults might overheat, sunburn and dehydrate more easily given changes to their bodies. Cognitively, older people are more likely than the general population to suffer from some mental decline, [and] they may not be able to communicate their needs in the heat as readily, leaving them open to dehydration and heat-related illnesses."

Vennett says that the signs that might signal the onset of such an illness include "Heat stroke, heat exhaustion, heat cramps, sunburn, and heat rash."

Local counties offer help during times of extreme heat, says Brian Roberts of the Montgomery Health



and Human Services Department. "Anyone who needs to get out of the heat can take advantage of the cooling centers like senior centers during normal business hours."

Staying indoors during the hottest parts of the day, is the most obvious way to prevent illnesses, says Vennett. "If you do spend time outside, wear lightweight, loose-fitting clothing. Drink plenty of non-alcoholic fluids like water, even if you're not thirsty."

"Stay ahead of your thirst," continued Vennett. "On days with heat advisories, take sips from a water bottle all day. If you feel sick, see your physician. Older adults can have multiple health problems at once, and dehydration can affect any of these."

Some older adults go through social changes that could leave them isolated and unable to seek help before reaching the point of an extreme heat-induced illness, says Parkhurst. "That is dangerous because if they do not have social connections it will be harder for them to access the care they need, especially in an emergency," she said. "Those who are isolated or lack the physical ability to drink adequate amounts of water or recognize thirst are at greater risk. And, dehydration easily leads to urinary tract infections in older adults."

"When it comes to severe heat and the elderly, we worry about dehydration and heat related illnesses."

— Ingrid Parkhurst, Mount Vernon Adult Day Health Care, Fairfax County Health Department

NEWS



After the Storm

Tree came down from the storms in Hayfield, all the neighbors came out to cut it up and open the road.

Area Students Graduate From High Point University

High Point University awarded degrees to 919 graduates in spring 2019. Area students receiving degrees are as follows:

Alexandria: Madeleine Sanasack
Burke: Thomas Boudreaux
Centreville: Caroline Hager
Fairfax: Paige Lloyd
Fairfax Station: Anna Billings,
Emily Cole

Great Falls: Daniel Bartlett,
Joshua Gibbs
Lorton: Breanne Linton
McLean: Rachel Gillum
Reston: Brandon Kamga, Ryan
McLaughlin, Dorothy Querolo,
Maggie Williams
Springfield: Soo Min Lee
Vienna: Matthew Bacigalupo ,
James Farrell II, Vienna Forkas.

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 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.

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.

SUNDAY/JULY 28

Movie Screening: Proof of Heaven. 2-4 p.m. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. Best-selling author of Proof of Heaven: A Neurosurgeon's Journey into the Afterlife, Dr. Eben Alexander will describe his personal near death experience and the lessons he has learned. \$25. Register at proofofheavenunity.eventbrite.com.

WEDNESDAY/JULY 31

Last Wednesday Social. 5-7 p.m. at Houlihan's, 6550 Loisdale Road, Springfield. Part social, part networking, part Fairfax-Lee Chapter of the Association of the United States Army updates, part information exchange, and always fun. Contact Leif Johnson at c2806@ausa.org. Visit AUSA.org for more.

FRIDAY-MONDAY/AUG. 2-5

Road Closure: Route 50. Eastbound SEE BULLETIN, PAGE 11

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Fairfax
MEMORIAL



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ENTERTAINMENT

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

ONGOING

Art Exhibition: Virginia Watercolor Society

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 40 th annual juried painting exhibition with about 85 paintings on display. Free and open to the public. Visit www.workhousearts.org/ or www.virginiawatercolorsociety.org

Registration Open: NVSO

The Northern Virginia Senior Olympics features more than 60 events that challenge the mind as well as the body. New games this year: jigsaw puzzle and line-dancing. The games run Sept. 14-28. There will be no on-site registration. Paper registrations, available at most local recreation and senior centers, must be postmarked by Aug. 24. Online registrations must be completed by Aug. 31 at www.nvso.us.

Crafters Wanted for 2nd Annual Fall Craft Show

The Fairfax Station Railroad Museum will hold its 2nd Annual Fall Craft Show and LEGO (TM) Train Show on Saturday, Oct. 12, 2019 ,10 a.m.-4 p.m. For crafters interested in joining the event, booth space is enough room for a 10x10 canopy and cost is \$50 per space. Email dmueller@fairfaxstation.org for an application and further information. Visit www.fairfax-station.org or call 703-425-9225.

Kingstowne Farmers Market

Fridays, through Oct. 25, 4-7 p.m. in the Giant parking lot, 5870 Kingstowne Towne Center, Alexandria. 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. 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. 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. 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. Call 703-642-0128 or visit www.fairfaxcounty.gov/parks/farmersmarkets/burke for more.

THURSDAY/JULY 25

Evenings on the Ellipse: Daryl Davis (swing)

5:30-7 p.m. at the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. The Fairfax County Government Center's backyard will be alive with fun, music and good company this summer as the Evenings on the Ellipse concert series returns. Stop by and relax in style with generous tastings and sales from Fairfax County's two Wineries, Paradise Springs and Bull Run. Visit www.fairfaxcounty.gov/parks/performances/evenings-on-the-ellipse

THURSDAY-SATURDAY/JULY 25-27

Mamma Mia

Thursday-Saturday, 7 p.m. at Hayfield Secondary School,



Juried Exhibit

Virginia Watercolor Society (VWS) is organizing its 40 th annual juried painting exhibition with about 85 paintings on display. Free and open to the public. The exhibit runs through Aug. 2, in the McGuireWoods Gallery, Workhouse Arts Center, 9518 Workhouse Way, Lorton. Visit www.workhousearts.org/ or www.virginiawatercolorsociety.org

7630 Telegraph Road, Alexandria. Based on a 2008 jukebox Musical Romantic Comedy, the story follows a young bride-to-be who invites three men to her upcoming wedding, each one with the possibility of being her father. \$10-\$12. Call 703-505-9955 or visit www.hayfielddrama.com for tickets.

FRIDAY/JULY 26

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.

SATURDAY/JULY 27

Children's Entertainment Series. 10-10:45 a.m. at Burke Lake Park Ampitheater, 7315 Ox Road, Fairfax Station. Featuring The grandsons, jr. (children's songs). Visit www.fairfaxcounty.gov/parks/performances/springfield-nights.

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.

Mountain Songs/Stories. 3-4:30 p.m. at City of Fairfax Regional Library, 10360 North St., Fairfax. Dulcimer legends Ralph Lee Smith and Madeline MacNeil present mountain songs and stories. Sing-alongs and display of old mountain dulcimers. All ages. Free. Visit www.fairfaxcounty.gov/library or call 703-293-6227, ext. 6.

SUNDAY/JULY 28

G-Scale Trains. 11 a.m.-5 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Washington, Virginia & Maryland Garden Railway Society (WVMGRS) members will have a G-Scale train display running. The sheer size of these trains is a wonder to behold as is their ability to run through the garden all year around. Speak with experienced people about this facet of the model railroading hobby. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfaxstation.org,

SEE CALENDAR, PAGE 10



PHOTO COURTESY WORKHOUSE ARTS CENTER

Muralist Paris Allen at work creating an art work

Public Outdoor Artwork on Display

Workhouse to present Mural Project and Festival.

BY DAVID SIEGEL
THE CONNECTION

It's new. It's utterly different. Become part of singular outdoor art being created. It's the Workhouse Mural Project and Festival presented by the Workhouse and curated by Ackshun Jackson.

"This inaugural mural project will transform our main outdoor space into a massive public art gallery, brought to life by the creative energy and skill of our region's muralists," said Ava Spece, CEO and President, Workhouse Arts Center. "We believe both our artists and their bold, large-scale style of art will appeal to audiences. We're excited to produce this type of festival, rarely seen outside large urban centers like Baltimore, Richmond, and Washington, D.C."

The one-day Mural Project is the first mural project of its kind in Fairfax County. It will showcase the creativity of artists from Virginia, Maryland and Washington, D.C. whose primary art form is mural painting. The event will provide

Where and When

Workhouse Arts Center presents the Workhouse Mural Project and Festival at 9518 Workhouse Way, Lorton, Aug. 3, 2019 from 3 to 9 p.m.

Admission is \$20; parking on the Workhouse campus is free. Detailed Workhouse Mural Project and Festival information including artist bios and images and tickets availability call 703-584-2900 or online at www.workhousearts.org/muralproject. Note: The Workhouse asks that guests drink responsibly.

guests with the opportunity to meet and greet the muralists, watch them create new works of art.

The Workhouse Mural Project will be outdoors with live painting, live music and performances, food trucks, cash bar with non-alcoholic beverages, and local vendors. For those over 21, there will be craft beer and wine for purchase.

"We are excited to add the Workhouse Mural Project and Festival to our roster of programs and events. This project will expand the Workhouse Art Center's reach and educate both our community and the Fairfax County region on the incredibly vibrant culture centered around creating murals," said Jaynelle Hazard, Director of Exhibitions, Workhouse Arts Center.

"Murals are important. Like other forms of art, they encourage the viewer to slow down, they serve as collective thought spaces and create dialogue. The mural art form and practice is a key part of our campus' history with many examples of prisoner-created murals still visible outside of some of our historical buildings," added Hazard.

"Public art is one of the oldest, most powerful mediums ever created," said Ackshun Jackson. "As we move into art's future we are going to guide it in the correct direction and make it as fun as possible."

"This will be a perfect opportunity to watch art being created while also enjoying live music from bands and DJs, while also exploring other artists' work in our 'artist alley,'" said Spece. "We're very excited about the Mural Project and Festival. We invite you to join us to experience this unique event."

NEWS

Lee District Field Gets Resurfaced

This field is on the 10-year plan.

By MIKE SALMON
THE CONNECTION

The soccer facilities at Lee District park are getting a field makeover, replacing the synthetic turf on the upper field as part of the county's 10-year resurfacing program. The new surface will allow the leagues to extend their schedules and have consistent playing conditions, said Judy Pedersen, the Public Information Officer at the Fairfax County Park Authority. The rectangular fields support five different sports including soccer, men's and women's lacrosse, football and field hockey.

Even though the field is used for other sports as well, the Lee-Mount Vernon Soccer Club is looking forward to using the resurfaced field, which should be ready for games in early September. "We are very excited about the work that is being done at Lee District Park," said Jennifer Deems, the director of marketing and public relations at the soccer club. "Our Travel Soccer program has started summer training, and will begin league play the end of August," she said. There also is soccer going on throughout the summer in one way or another.

"On Friday, July 26 we are even hosting a free pick up soccer game for ages kindergarten through eighth grade under the supervision of our professional licensed coaches," she said.

The synthetic turf field at Lee District has been in use for 10 years, Pederson said. The synthetic turf was at the end of its scheduled 10-year lifecycle and the replacement cost is \$413,000. The total annual operating cost of a synthetic turf field, including



With a synthetic surface, the field might need less maintenance.

The upper field was scheduled to be resurfaced after 10 years.



maintenance and utility costs, is comparable to a lighted and irrigated natural grass field because of the nature of year-round use, Pederson said.

There are 90 synthetic fields in the county, including high school fields.

At LMVSC, Fall Rec Soccer Registration is currently underway and they will be hosting more than 1600 recreational soccer players and sponsoring more than 400 fi-

nancial assistant families.

Currently, LMVSC is providing summer basketball for the second summer in a row and is happy with the growth experienced in that youth sports program.

These sporting activities are a good way to occupy the long summer days.

"I've heard from some of our players that they practice every day even if their team isn't practicing," she said.

Medalists at the Northern Virginia Senior Olympics diving events Saturday, Sept. 15, 2018. Duane Clayton-Cox from Burke (first row, left) won a blue ribbon in the 65-69 men's category.



BY SHIRLEY RUHE/THE CONNECTION

Register for Senior Olympics

The Northern Virginia Senior Olympics features more than 60 events.

William.

In addition to offering traditional Olympic-style events such as running, walking, discus and swimming, the NVSO also has games that exercise the mind, including bridge, a spelling bee and one of this year's new competitions, jigsaw puzzle. The new event this year for those more active is line-dancing.

In addition to the support from local jurisdictions, the NVSO receives support from numerous local businesses and media outlets, including The Connection Newspapers, which for the third year in a row is an NVSO gold patron.

The NVSO began in 1982 with about 80 competitors. In 2018, more than 800 people took part, making it one of the largest annual senior events in the region. New this year is a flat registration fee of \$15 that allows participants to compete in as many events as they choose with the exception of bowling, cycling, golf and orienteering which have additional charges. NVSO volunteer partner RSVP-Northern Virginia, the region's largest volunteer group for those 55 or better, (which is a program of Volunteer Fairfax, Volunteer Arlington and Volunteer Alexandria) recruits more than 100 volunteers to support the games. Those interested in volunteering should call 703-403-5360 or register online at www.rsvpnova.org.

The NVSO includes more than 60 events that exercise the mind as well as the body. To qualify competitors must be at least 50-years-old by Dec. 31, 2019, and be a resident of Northern Virginia. The games will be hosted at more than 25 venues, located in and around Fairfax and Arlington counties and the City of Alexandria.

A list of events, rules and locations can be found at www.nvso.us. The NVSO is a nonprofit and is a joint project of the cities of Alexandria, Fairfax and Falls Church and the counties of Arlington, Fairfax, Fauquier, Loudoun, and Prince

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CALENDAR

FROM PAGE 8

for more.

Hometown Thursdays: Lesson

Zero. 6:30-8:30 p.m. at Old Town Square, 10415 North St., Fairfax. Fairfax's Hometown Thursdays concert series takes place the first and third Thursdays through September. A free, family-friendly event for all ages. Visit www.fairfaxva.gov/government/parks-recreation/special-events/hometown-thursdays for more.

FRIDAY/AUG. 2

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.

SATURDAY/AUG. 3

Children's Entertainment Series.

10-10:45 a.m. at Burke Lake Park Amphitheater, 7315 Ox Road, Fairfax Station. Featuring Mr. Jon & Friends (children's songs). Visit www.fairfaxcounty.gov/parks/performances/springfield-nights.

Unprofane Riders DMV Car Show.

10 a.m.-3 p.m. at American Legion Post 176, 6520 Amherst Ave., Springfield. Unprofane Riders DMV 1st Annual Car Show Cars, Trucks, SUVs and Bikes, all models welcome. Proceeds go to Shelter House, Inc., a nonprofit organization helping victims of domestic abuse. Raffles and giveaways. Spectators free admission; registration for cars, trucks and SUVs \$20, bikes \$15. Bring a donation of school supplies donation and receive entry into the giveaway prizes. Email unprofaneridersva@gmail.com for more.

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.

The Drew-Smith School Reunion and Picnic. Noon-5 p.m. at Martin Luther King, Jr. Park, 8115 Fordson Road, Gum Springs. Celebrating the Communities of Spring Bank, Gum Springs, Hybla Valley, and Springfield.

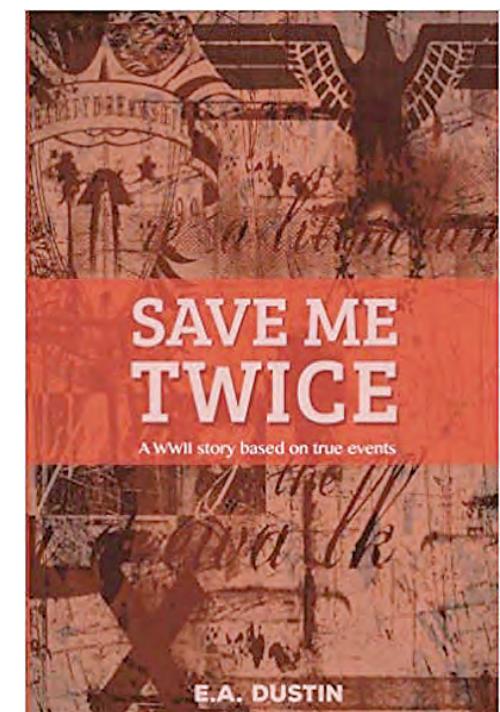
Share common history with photos, year books, and tributes to Fairfax County School leaders and community pioneers. Each family member must have a wristband. Tickets must be reserved and picked up before the event. Contact: Carolyn Quander at 703-772-9440 or cquander@outlook.com; and Sharon "Shubby" Suggs at 703-371-3388 or SuggsSharron3@gmail.com. Order a Drew-Smith Reunion Picnic T-Shirt at 703-649-1769 or popcornsb2@cox.net. In case of rainy weather, meet in the Gym at the Gum Springs Community Center.

Workhouse Mural Project and Festival. 3-6 p.m. at Workhouse Arts Center, 9518 Workhouse Road, Lorton. Visit the inaugural Workhouse Mural Project (WMP) and Festival. This one-day event is the first mural project of its kind in Fairfax County and will showcase the creativity of regional artists whose primary art form is mural painting.

This outdoor festival include live painting, live music and performances, food trucks, cash bar, and

Author Event: E. A. Dustin

Join for a discussion and signing with local author E.A. Dustin who will be talking about and signing copies of her book, Save Me Twice – a WWII story. She will also give a preview of her upcoming book "Self-Healed," a thriller. Friday, Aug. 9, 7-8:30 p.m. at Barnes and Noble Mosaic District, 2921 District Ave., Suite 180, Fairfax. Free admission. Call 703-245-9260 or visit bn.com for more.



R&B. Visit www.fairfaxcounty.gov/parks/performances/springfield-nights.

THURSDAY/AUG. 8

Evenings on the Ellipse: The David Kitchen Band (pop/rock).

5:30-7 p.m. at the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. The Fairfax County Government Center's backyard will be alive with fun, music and good company this summer as the Evenings on the Ellipse concert series returns. Stop by and relax in style with generous tastings and sales from Fairfax County's two Wineries, Paradise Springs and Bull Run. Visit www.fairfaxcounty.gov/parks/performances/evenings-on-the-ellipse

FRIDAY/AUG. 9

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.

Author Event: E. A. Dustin. 7:30 p.m. at Barnes and Noble Mosaic District, 2921 District Ave., Suite 180, Fairfax. Join for a discussion and signing with local author E.A. Dustin who will be talking about and signing copies of her book, Save Me Twice – a WWII story. She will also give a preview of her upcoming book "Self-Healed," a thriller. Free admission. Call 703-245-9260 or visit bn.com for more.

SATURDAY/AUG. 10

Geocaching. 9:30-11:30 a.m. at Burke Lake Park, 7315 Ox Road, Fairfax Station. Set off on a modern-day treasure hunt at Burke Lake Park with the "Geocaching Workshop." Participants 8-adult will learn to use hand-held Global Positioning System (GPS) units to locate hidden treasure caches within the park. After learning how to enter latitude and longitude coordinates, students will test their skills by following the coordinates to find a hidden object, container or unique geological feature. Bring a GPS. There are a limited number to borrow. \$22 per person. Call 703-323-6600 or visit www.fairfaxcounty.gov/parks/burke-lake.

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BULLETIN

FROM PAGE 7

and westbound Route 50 (Arlington Boulevard) at the Route 7 (Leesburg Pike) interchange and eastbound Wilson Boulevard (Route 613) between the eastbound Route 50 service road and the westbound Route 50 service road will be closed from 10 p.m. Friday, Aug. 2 to 5 a.m. Monday, Aug. 5 to demolish the Wilson Boulevard bridge deck over Route 50 and install the new bridge deck. Drivers can expect major delays and are advised to use alternate routes. After the weekend closure, drivers can expect single-lane closures on Route 50 and the eastbound Wilson Boulevard bridge until late fall. The project is scheduled for completion this winter. Visit www.virginiadot.org/projects/northernvirginia/wilson_over_50.asp for more.

SATURDAY/AUG. 3

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.

SUNDAY/AUG. 4

Life Notes Workshop. 1:30-4 p.m. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. Join singer-songwriter and presenter Daniel Nahmod for an experience of music, readings, journaling, and discussion. Through the Life Notes process developed and refined by Daniel, participants will learn to see themselves with clarity and resolve. \$25-\$45. Visit uof-nahmod-workshop.eventbrite.com or call 703-281-1767.

TUESDAY/AUG. 6

Car Seat Safety Check. 5-9 p.m. at the West Springfield district police station, 6140 Rolling Road. Fairfax County Police Department offers free safety check and install events throughout the year to ensure children travel safely. By appointment only; call 703-644-7377 and press 0 at the recording to schedule. In preparation for appointment, install the seat using the instructions that came with the car seat. Trained officers will review the car seat instructions and car owner's manual to be certain that they are being followed as they should.

WEDNESDAY/AUG. 7

New Volunteer Orientation. 7:30-9 p.m. at Providence Community Center, 3001 Vaden Drive, Fairfax. People and their pets (dog, cat or bunny) are needed to join other Fairfax Pets on Wheels, Inc. volunteers who make a difference in the community by visiting residents of nursing homes and assisted living facilities. Visit www.fpow.org. Call 703-324-5424 or visit www.fpow.org for more.

SATURDAY/AUG. 10

Shamanic Journeying. 5-8 p.m. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. Learn about Shamanic Journeying is, and how it is different than meditation in this three-hour long intensive. In the first two hours, there will be a presentation on the history of shamanic journeying, the different types, and an in-depth explanation describing many different paths that use shamanic journeying as a tool. The third hour will be an application of the skills learned. Donations accepted. Call 703-281-1767 or RSVP at journeyingaugust10.eventbrite.com/.

TUESDAY/AUG. 13

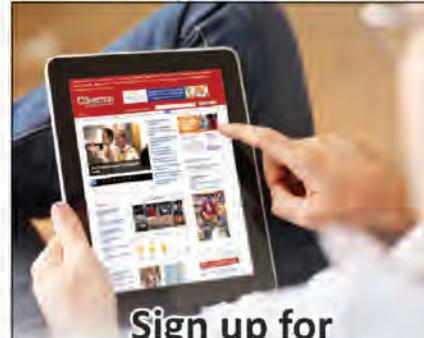
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Family Caregiver Telephone Support Group. 7-8 p.m. Fairfax County's Family Caregiver Telephone Support Group meets by phone on Tuesday, February 13, 7-8 p.m. This month's focus is an open discussion on caregiver stress. Share experiences, gain support and get information without having to travel. Call 703-324-5484, TTY 711 to register.

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"Come On Down!"



By KENNETH B. LOURIE

Except I was not sitting in the audience for "The Price Is Right" when I heard my name called.

Nor was I needing to guess the cost of my infusion with my treatment that day contingent on my guess not exceeding the "actual retail price." And neither were there any of "Barker's Beauties" to wave their hands and showcase what items I would be attempting to price right.

No. There were only multiple oncology nurses standing in front of the Infusion Center's entry door calling out the names of the next patients lucky enough to begin their treatment.

It wasn't exactly "Plinko," but once inside the Center, the fun, such as it is, really begins.

At least that's the way the activity appeared to me. The preceding day was July 4, and the Center was closed forcing those Thursday patients to be rescheduled to either Wednesday or Friday. As a result, the waiting area was particularly full with patients, along with their family and friends – all of whom are encouraged to attend.

In the midst of this crowd, I sat and waited. We hadn't exactly been assigned numbers, but we were assigned oncology nurses and therefore could only enter the Infusion Center with their assistance.

Then, with all of us "waiters" looking at the entry door, waiting for an oncology nurse to walk through and call our name, the door lock clicked open and out walked two oncology nurses. As soon as they cleared the door and entered the waiting area, they called out their respective patient's names (unfortunately not mine).

Upon hearing their names, the two patients and nearly half a dozen of their supporters got up and moved eagerly toward the entry door. It reminded me of the beginning of "The Price Is Right" when four audience members' names are called in quick succession and implored to "Come On Down!" by George Gray (Johnny Olson, the original announcer, retired years ago) and officially become one of that day's contestants.

However, once inside the Infusion Center, it's dead serious.

Your life is at stake, maybe even at risk, depending upon your cancer/treatment, and at this point, you're not playing any more games (although occasionally, you may be guessing the price of things and wondering how it all gets calculated). So, you slide into your Barcalounger, hold out your arm to have your bar-coded wristband scanned and prepare for your hopefully, life-saving infusion – don't smoke 'em, even if you got 'em.

It's rare that you'll see your oncologist in the Center.

Typically, they'll be seeing patients in examining rooms, performing surgery or rounding in local hospitals. But they're always a phone call away should the nurses need any additional instructions or clarification.

Generally speaking, once inside the Center, all goes as anticipated for us patients: you're in, you're treated, you're out. And when you're out, new patients names are called and on and on it goes, just like "The Price Is Right," except the program doesn't end in an hour.

And just like "The Price Is Right," where there are no shortage of audience members wanting to participate, at the Infusion Center, likewise, there seems not to be a shortage of patients wanting to be treated either. (Granted it's not exactly the same thing, but you get my drift, I'm sure.)

Cancer is not fun, nor funny, and an Infusion Center is not filled with anticipation of cash awards and magnificent trips. There is however, lots of empathy and understanding - from your support system and from staff as well.

But it's the last place you want to be, unlike "The Price Is Right."

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

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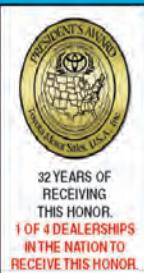
WE WILL RETRIEVE
VEHICLE CODES
& GIVE YOU
AN ESTIMATE
OF REPAIR COSTS.



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.

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



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ToyotaCare Plus \$329.00

Covers up to 4 years/45,000 miles

OIL & FILTER CHANGE

\$24.95

NON-SYNTHETIC

\$34.95

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.

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ALIGNMENT SPECIAL

\$69.95

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.

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BRAKE SPECIAL

\$79.95

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

MACHINE ROTORS ADDITIONAL

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SIGHT LINE WIPER BLADES

**BUY 1
GET 1 FREE**

Sight Line only.

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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

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FREE

BATTERY CHECK-UP

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

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TRUESTART™ BATTERIES

**SPECIAL
OFFER**

\$129.95

INCLUDES BATTERY INSTALLATION

Includes: 84 month warranty, 24 month free replacement, 24 month free roadside assistance.

Does not apply to hybrid batteries.

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CLEAN AIR A/C INSPECTION & VENTILATION SPECIAL

\$129.95

Includes: Replace cabin air filter, and Toyota Evaporator Service using anti-bacterial foam cleanser and odor eliminator.

Bring back that new car smell!

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