

# Cheeky Monkey: New Pop-Up Art Gallery

ARTS, PAGE 5



Artist Terry Downs wove together recycled wood to create this artwork titled, "Game Board." It's in Fairfax's new pop-up art gallery, Cheeky Monkey.

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## NEWS

### Del. Filler-Corn Statement on Medicaid Expansion Milestone

Governor Northam announced that more than 300,000 Virginians are covered by Medicaid since the Commonwealth expanded access a year ago. This news is not just an achievement for the women and men who worked so hard on enrollment, but for all Virginia communities.

Research has shown that people in states without Medicaid Expansion face dire and sometimes deadly consequences.

Furthermore, rural hospitals and under-funded inner city health care systems are more likely to stay afloat with increased Medicaid access.

Virginia House Democratic Leader Eileen Filler-Corn has issued the following statement:

“Medicaid expansion in Virginia is welcome and life-saving news. I am proud to have worked with my colleagues to expand healthcare coverage in our Commonwealth



**House Democratic Leader Eileen Filler-Corn**

and I regret that it didn't come soon enough for many Virginians.

“Until their backs were against the wall, Republicans fought expansion of

Medicaid, at the expense of the most vulnerable residents in our state.

“Now we must envision what Virginia can look like in the future.

From expanding access to health care, improving education and continuing to improve our roads, Democratic leadership in the House will better the lives of Virginians across our Commonwealth by tackling our most urgent challenges.”



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# City Identifying Transportation Projects to Fund

It will soon be applying for money from various sources.

BY BONNIE HOBBS  
THE CONNECTION

Transportation is always a hot topic in the City of Fairfax, and City Council recently held two work sessions on the proposed Two-Year Transportation Program. Making the presentation was Transportation Director Wendy Sanford, requesting Council's guidance before she applies for outside funding.

During the fiscal year 2018/19 transportation-funding cycle, the City applied for \$105 million for 17 projects. So far, said Sanford, "We've leveraged \$1 million in local money and received \$80 million in transportation funding for 14 projects – and we're awaiting decision on two others. That's pretty good."

This funding will be available between FY '20 and FY '25, depending on the funding source. And a new, two-year, funding cycle begins in early FY '20 for money that'll be available between FY '21 and FY '26.

"Given the complexity of some of the applications, it is imperative that the City identify projects for potential funding consideration, well ahead of the applications deadlines," explained Sanford. "The proposed program was developed based on Council and community priorities."

She also noted that the City's Comprehensive Plan Implementation Guide identifies priorities for short and long term. And, she said, "That's how we developed the list of projects."

"We should be very proud of the \$80 million you've gotten for us," said Councilman Jon Stehle. "We compete with other jurisdictions throughout the state for this money."

And, added Public Works Director David Summers, "This money also saves us from using General Fund money for maintenance – for example, replacing pipes under Route 50 as part of the Northfax project and its funding."

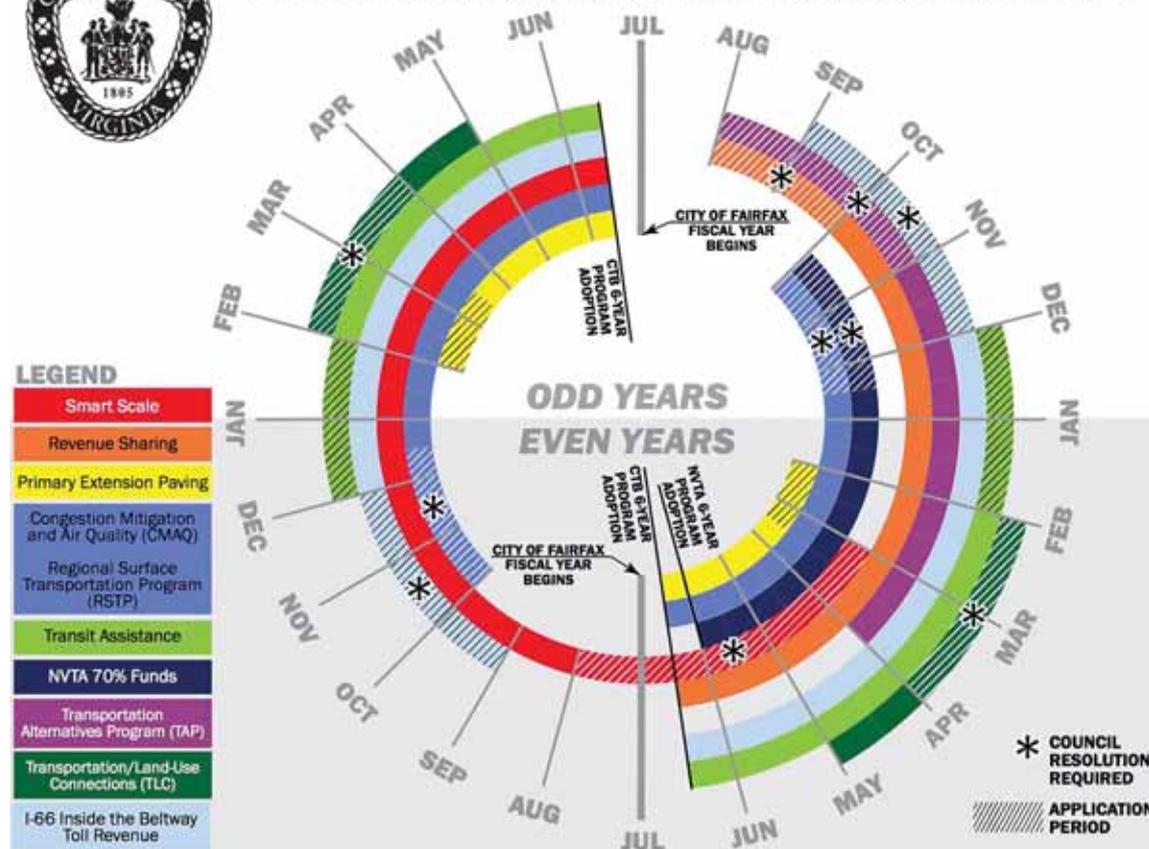
**COUNCILWOMAN** Jennifer Passey said some things the City needs to consider are: "Are some of these projects affected by our Small-Area Plans? And will they alleviate traffic congestion for the residents?"

Agreeing, Councilman Sang Yi said biking, walking and trails are nice, but reducing traffic gridlock should be the top priority.

Mayor David Meyer generally agreed with



## 2-YEAR TRANSPORTATION FUNDING TIMELINE



Transportation Director Wendy Sanford created this timeline showing when the City must apply for money from each funding source.

**"Given the complexity of some of the applications, it is imperative that the City identify projects for potential funding consideration, well ahead of the applications deadlines."**

—Transportation Director Wendy Sanford



PHOTO BY BONNIE HOBBS  
THE CONNECTION  
**Wendy Sanford**

him, saying, "In a city this small, we focus on congestion relief and mitigation at certain key intersections." But he noted that, "Sometimes, trails contribute to the City's overall transportation plan."

Yi also recommended that Fairfax's Micromobility Network Plan – which would identify the City's preferred bike paths – should be done before moving ahead with bike and bikeshare projects, and Sanford concurred. Yi said a survey of what pedestrian-network plans are needed here should also be conducted, and he supported the idea of a traffic-signal system with transit priority.

Councilwoman So Lim asked if there's a limit to the amount of funds the City can receive, so Sanford went through the various funding sources, including Revenue Sharing, for which Fairfax may receive as much as \$5 million/fiscal year (\$10 million total). She said both Smart Scale and NVTAs 70-percent funds have no maximum.

"The really big money is in those two, and there's no dollar limit for either of them,"

said Sanford. "The Smart Scale funding-application cycle starts when NVTAs finishes – and that way, we know what we received for a project and how much we still need. We can use the NVTAs 70-percent funding to be the local match for Smart Scale projects. And for certain projects, I can also ask for half the money from NVTAs and the other half from Smart Scale."

She said the FY '20/'21 funding priorities should be: Projects with partial funding, those with completed concept-planning and now ready for implementation, plus some new projects. And she noted that local C&I money could be used to develop concept plans and cost estimates for new projects to apply for in future, funding-application cycles.

The partially funded projects are: The Eaton Place/Chain Bridge Road intersection, Old Lee Highway multimodal improvements, Government Center Parkway extension, Old Town sidewalk widening, and Northfax West.

Projects whose concept-planning is done

are: Bike Share implementation, Main Street Streetscape, Micromobility Network plan and the Sager Avenue culvert (to improve it east of East Street).

Since there are a slew of potential, new projects, Sanford's department surveyed the community (406 people responded) about which projects are important to them. Some 62 percent agreed that Fairfax Circle could be improved.

Another 57 percent said the Jermantown Road/Lee Highway/Rust Road intersection should be upgraded to reduce flooding, improve traffic flow and pedestrian safety, and/or address a confusing layout. And 41 percent said the Chain Bridge Road sidewalk could use new bicycle and/or pedestrian connections from Taba Cove Court to Fairfax Boulevard.

Sanford then presented her proposed transportation-funding applications. They included the funding source for each project and when the money would become available. Her FY '21/22 Revenue Sharing applications are for the University Drive Extension, \$400,000; Old Lee Highway Multimodal improvements, \$3 mil-

lion; and Jermantown Road/Route 29 traffic-signal rebuild, \$500,000. Her FY '22 applications are for Main Street Streetscape improvements, \$2.4 million; and Sager Avenue culvert, \$880,000.

She's also applying for FY '21 Transportation Alternatives funds for the Sager Avenue sidewalk between University Drive and East Street. The projects earmarked for FY '24/25 NVTAs 70-percent funds are: Chain Bridge Road/Eaton Place intersection improvements, \$21.3 million; Old Lee Highway Multimodal improvements, \$3 million (to add to the previous \$3 million, since this project costs \$6 million total); University Drive Extension, another \$400,000; and the George Snyder Trail Underpass, \$5 million.

On the FY '21/22 list for I-66 Inside the Beltway Commuter Choice funds is a new, traffic-signal system with transit priority to improve traffic flow through the City. And a traffic-signal upgrade at the Old Lee Highway/Old Pickett Road intersection is earmarked for Congestion Mitigation and Air Quality Improvement (CMAQ)/ Regional Surface Transportation Program (RSTP) funds.

**POTENTIAL SMART SCALE APPLICATIONS** for FY '26/27 are the Fire Station 33 trail, Snyder Trail underpass and possibly improvements at Fairfax Circle.

After discussing all these proposals, Sanford advised the Council that "It's important to stagger these projects so we don't overload staff or the community."

Councilman Michael DeMarco asked whether the City should still implement a

SEE TRANSPORTATION, PAGE 10

# OPINION

## Gun Reform Now

Reform might not happen in Virginia until after the November election.

If we look back a little more than a month, the memory of the Republicans in the Virginia General Assembly adjourning a special session on gun safety by ambush, without any discussion on proposed measures, resonates with raw emotion.

The NRA publicly launched its operations that day from the conference room of the Speaker of the Virginia House of Delegates, literally announcing to members on its website where to meet. It must have seemed such sweet success to them to shut that session down without any deliberation.

The lives of the 12 people who died in Virginia Beach at the end of May were not discussed.

But now many more lives have been cut short or forever changed by gunfire between the July 9 debacle in the Virginia General Assembly and today.

There must be state and local legislation as well as federal legislation.

Here are some key provisions:

- ❖ No one with a restraining order or convicted of domestic violence should have access to firearms.
- ❖ Comprehensive universal background checks.
- ❖ Ban assault weapons.
- ❖ Ban large capacity mechanisms for ammunition.

**ON TUESDAY**, Aug. 20, at noon, the Virginia General Assembly Crime Commission will accept public comments on the gun legislation introduced during the July 9 and through July 19. Public comment will be taken for the first 3 hours (more details will be announced in the coming weeks on how to sign up to speak). Next, patrons will present their bills. Currently, there are about 60 bills that have been filed. Members have until July 19 to file legislation. Link to bills: <http://lis.virginia.gov/cgi-bin/legp604.exe?192+lst+ALL> See <http://vscc.virginia.gov/meetings.asp> for updates.

Crime Commission staff is currently accepting written comments on this topic. Send written comments and any other information/ma-

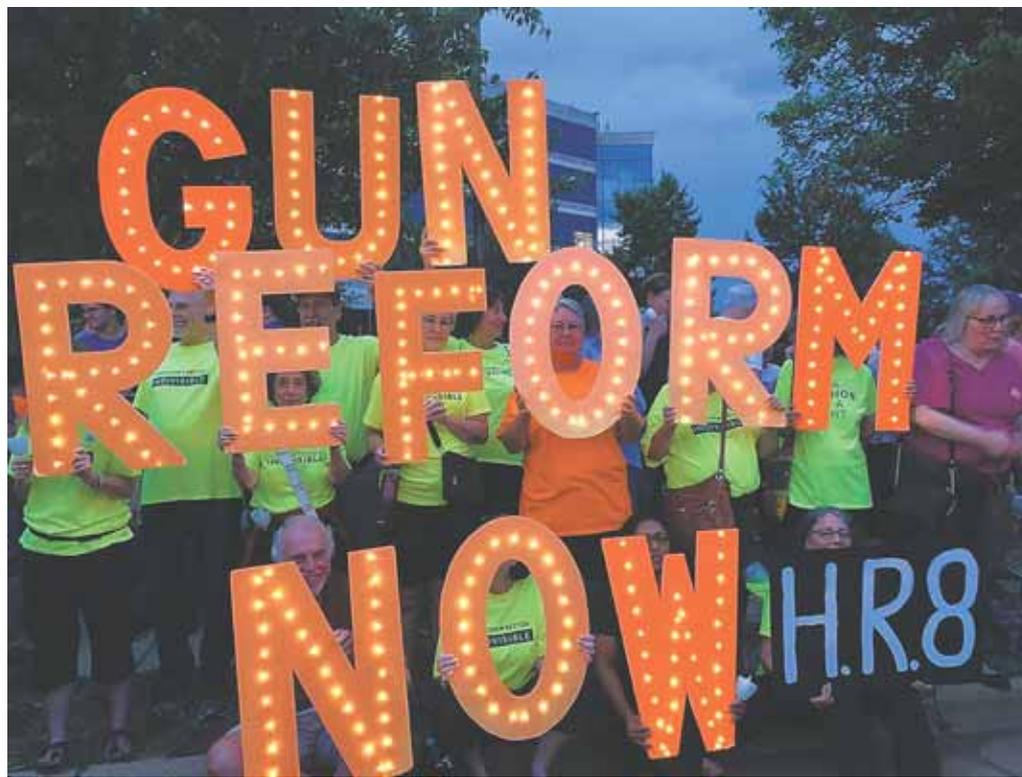


PHOTO COURTESY OF HERNDON RESTON INDIVISIBLE

**Hundreds of protestors gathered at NRA headquarters in Fairfax Monday, including members of Reston Herndon Indivisible holding these letters.**

materials relevant to this topic via email to [comments@vscc.virginia.gov](mailto:comments@vscc.virginia.gov) or via postal mail. Comments will be shared with members of the Crime Commission.

Additional details regarding the deadline for submitting written comments will be announced following the Aug. 20 Crime Commission meeting.

Attn: Written Comments  
Virginia State Crime Commission  
1111 East Broad Street, Ste. B036  
Richmond, Virginia 23219

### THREE THINGS:

- ❖ Video games aren't the cause. Video game usage is as high or higher in many other countries, all with almost no gun violence.
- ❖ It's not mental illness, although giving

more resources for treatment of mental illness would be welcome. Incidence of mental illness is similar in other countries, all with almost no gun violence. (Doing a better job keeping guns out of the hands of people with mental illness would prevent thousands of suicides.)

❖ More guns won't help. In Dayton, police shot and killed the attacker in less than a minute, but still he shot and killed nine people and wounded 27.

There is a good chance that reforms won't happen without electoral change both in Virginia and nationally. Don't forget about voting in November. Every seat in the Virginia General Assembly is on the ballot.

— MARY KIMM

[MKIMM@CONNECTIONNEWSPAPERS.COM](mailto:MKIMM@CONNECTIONNEWSPAPERS.COM)

act common sense gun reform.

**Barbara Glakas**  
Herndon

## Tired But Not Defeated

To the Editor:

I am really tired. Tired of violence. Tired of living in fear.

Tired of constant sadness and grief. I'm tired of worrying about whether my younger brothers will come home safe from campus or feeling uneasy at the mosque. I'm tired of some in our society not realizing that gun violence at this level is beyond alarming. I am tired that this kind of violence is still not widely considered extremism. I'm

tired of us giving attention to the perpetrator and not the conditions that led to it. I'm tired of my country not honoring the victims by using faith as a part of healing and yet not heeding the words of faith as a form of preventative action. Whether it's the Quran saying killing one life is the killing of all mankind, or how Matthew and Exodus command "You shall not murder," over and over again in the Bible, we don't really seem to follow through. So much #thoughtsandprayers. We are all tired, but we aren't defeated. But we need our awareness, our votes and our calls for action to be in full force more than ever.

**Saira Bhatti**  
Centreville

### LETTERS TO THE EDITOR

## We Must Change

To the Editor:

After the Columbine shooting we were told by the legislators in power: "Now is not the time to talk about gun control. We would be acting out of emotion. Any legislator who uses this event to pass gun legislation is taking advantage of the situation and is acting out of partisanship."

After the Sandy Hook, Parkland, Pulse Night Club, and Virginia Tech shootings happened we heard the same thing – "Now is not the time."

After the D.C. Navy Yard shooting – "Now is not the time." Virginia Beach and Gilroy shootings – "Now is not the time."

And now Dayton and El Paso. Is

it time yet?

In 2019 alone 246 people have been killed and 979 injured from mass shootings in the United States. And our President says: "Mental illness and hatred pulls the trigger—not the gun." No one denies that mental illness is sometimes a contributing factor, but a mentally ill person would not have killed all those people had he been armed with a switch blade.

We cannot change our President. We know that. And we cannot change those legislators who enable the President and who are beholden to the NRA. The only person we can change is ourselves. We must tolerate this no longer. We must be willing to elect people who don't peddle hate, and who are willing to en-

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From left: Jennifer Rose and Danette Nguyen admire Terry Downs's artistry with discarded wood he kept from landfills.



J-P Müller beside his sculpted-metal artwork of a flamenco dancer.

# Cheeky Monkey: New Pop-Up Art Gallery

**C**heeky Monkey, a pop-up art gallery at 10426 Main St. in Fairfax, held its grand opening Aug. 3. Attendees browsed, met the artists and enjoyed refreshments. The two-room gallery features artwork by J-P Müller, Terry Downs, Larry Ringgold and Kierk Ashmore-Sorensen and will be there until its space is leased. Both Müller and Downs are Fairfax High grads.

PHOTOS BY  
BONNIE HOBBS  
THE CONNECTION



Kierk Ashmore-Sorensen with his soapstone carving titled, "The Light and Dark Side of the Moon."



Mary Driver Downs (Terry Downs's wife) serves carrot cake from Victoria's Cakery to the guests.



Attendees and artists mingle in the two-room, art gallery.



Larry Ringgold created this rhinoceros out of driftwood. When it's outside, it means the art gallery is open.



J-P Müller's stainless-steel textile, "Grandma's Scarf," is displayed in the gallery.

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## WELLBEING

# Summer's Bounty: So Healthy and Tasty!

Don't miss the height of summer season for fruits and vegetables.

BY MARILYN CAMPBELL  
THE CONNECTION

**L**ocal farmer's markets right now are overflowing with deep purple plums, tomatoes ripened by rays of sun and peppers in hues that span a rainbow. This season's bounty yields not only flavors with a richness that peaks in August, but also a powerful punch of nutrients.

"Produce is most nutritious when it's in season, but it's normal to see supermarkets carrying the same produce all year long, said nutritionist Carley Johnston. "People don't always think about only cooking with what's in season because they don't have to."

Fruits and vegetables that are consumed out of season are often shipped from other countries, picked before they're ripe and sprayed with preservatives. "When produce is allowed to ripen while it's sitting in a packing box on its way to the supermarket it's robbed of some of its nutritional content," said Johnston.

On the other hand, produce that is naturally sun-ripened is more vitamin and nutrient-dense than its prematurely picked counterparts because ripening allows those elements to develop fully, says Lauren Trocchio, registered dietitian at Washington Center for Weight Management and Reset. "Cooking seasonally ... means using produce that has traveled less of a distance to your kitchen," she said. "Both of these things may prevent the nutrient loss that comes with picking produce early or spending a lot of time in transit. The longer the transit and wait time, the more impact to nutrition and taste."

Among the nutrient-dense — and delicious — fruits and vegetables that are in season in summer are peaches, blueberries, zucchini and tomatoes. "Blueberries for example are rich in antioxidants and fiber," said Johnston "They're also high in Vitamins C and K. Blackberries are high in fiber and antioxidants. They're also anti-inflammatory which can boost your immune system. Corn is high in Vitamin B. Cucumbers are hydrating which is important during the summer."

Fortunately preserving the health benefits is made easy because only minimal preparation is needed to get maximum flavor, says culinary instructor Terri Carr of Terri's Table Cooking classes in Potomac, Md. "Cooking in the summer with the freshest local produce is a real treat," she said. "There is a smorgasbord of ingredients to choose from."

From watermelons, peaches and plums to tomatoes, corn and zucchini, summer brings a variety of culinary inspiration. "Imagine a platter of tomatoes, peppers, sweet peas, zucchini, sweet Vidalia & red onions, continued Carr. "Complicated recipes are not



PHOTO COURTESY OF TERRI CARR

**These skewers of cantaloupe, prosciutto, mozzarella and tomatoes drizzled with a basil balsamic dressing and created by Terri Carr, are vitamin-packed and perfect for appetizers or a light dessert.**

needed when quality summer produce is available ... in fact it's better to cook simple recipes that bring out the food's flavor."

Using the best of summer produce, Carr is teaching seasonal cooking classes this summer using her popular preparation methods. "A favorite summer salad is Panzanella ... a classic Italian bread salad," she said. "Combine toasty bread cubes with lots of colorful peppers, tomatoes, green onions, basil, cucumber. Beautiful presentation & flavor. Perfect for lunch or a side dish at dinner."

For those who think eating seasonally means epicurean deprivation, Carr dispels that notion. "Imagine a platter of summer fruit, she said. "Peaches, nectarines, plums, apricots, strawberries, blueberries, blackberries [and] melons, They're absolutely delicious all by themselves or mixed in with a salad or dessert."

Cooking with a mixture of seasonal herbs and produce, like basil and vine-ripened tomatoes, offers an even more powerful impact on the palette. "Summer herbs [are] my favorite, said Carr. "Most herbs are now available in grocery stores year round but they cannot compare to summer's bounty. Basil, thyme, rosemary, parsley and mint are my go-to's when creating a meal."

Summer produce offers energy needed to maintain the active lifestyle that comes with longer days filled with outdoor activities, says Johnston. "Our bodies need the added energy we get from the nutrition found in berries and peaches," she said. "Cucumbers and melons are juicy which keeps us hydrated when it's hot outside."

**"Cooking in the summer with the freshest local produce is a real treat."**

— Terri Carr,  
Terri's Table Cooking Classes

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# Mantua Moms, Kids Help Immigrants at the Border

**O**n July 31, a group of families from the Mantua community in Fairfax hosted a supply drive to collect items for immigrants crossing the U.S. border. More than 40 boxes of supplies were donated, sorted and shipped to the Catholic Charities of Rio Grande Valley by the volunteers. The event was sponsored by Champion Services Waste Management and organized by Moms of Mantua and Kids Give Back. The donation was accompanied

by a letter to the immigrants receiving the donation: "These items are donated by a group of families in Virginia. We are praying for you and your families — that you will find a happy, safe and secure future ahead. Please don't give up. We hope that these items will ease some of the hardship you are facing along your journey. Please know that we are aware of the situation and we are doing what we can to help. We welcome you and we hope you will find the peace you are seeking in our country."



Mantua community comes together to collect supplies for immigrants crossing the border.

PHOTOS CONTRIBUTED



More than 40 boxes of supplies were donated, sorted and shipped to the Catholic Charities of Rio Grande Valley.

## BULLETIN BOARD

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

### DONATIONS NEEDED

**School Supply and Backpack Drive.** 8 a.m.-4 p.m. at the Parent Resource Center, 2334 Gallows Road, Room 105, Dunn Loring. For the nearly 56,000 students in Fairfax County Public Schools living at the poverty line, obtaining school supplies can be difficult. FCPS is partnering with roughly 20 nonprofits and businesses to ensure that students will have the supplies they need this fall for its "Collect for Kids" campaign. A \$25 donation will fill a backpack with FCPS approved supplies for a student. Organize a

collection drive of new backpacks in your community and bring to one of the Collect for Kids drop off locations. Visit [www.collectforkids.org/get-involved](http://www.collectforkids.org/get-involved) or call 703-204-3941.

### 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

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## ONGOING

**Junior Golf Fairfax Camps, Clinics and Competition.** Burke Lake Golf Center is located at 6915 Ox Road, Fairfax Station. Pinecrest Golf Course is located at 6600 Little River Turnpike, Alexandria. Twin Lakes Golf Course is located at 6201 Union Mill Road, Clifton. Oak Marr Golf Complex is located at 3136 Jermantown Road, Oakton. Visit [www.fairfaxcounty.gov/parks/golf/junior](http://www.fairfaxcounty.gov/parks/golf/junior).  
**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](http://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@fairfax-station.org](mailto:dmueller@fairfax-station.org) for an application and further information. Visit [www.fairfax-station.org](http://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. 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, and much, more. Call 703-642-0128 or visit [www.fairfaxcounty.gov/parks/farmersmarkets/kingstowne](http://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](http://www.fairfaxcounty.gov/parks/farmersmarkets/wakefield).

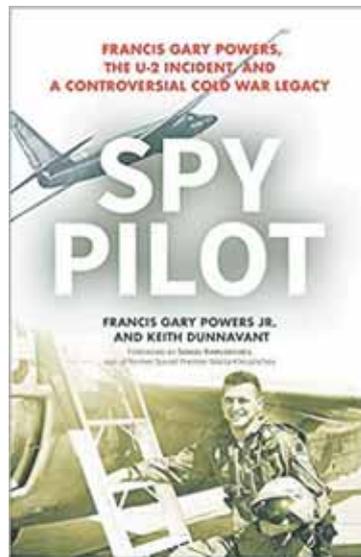
**Lorton Farmers Market.** Sundays, 9 a.m.-noon, through Nov. 17, in the VRE Parking Lot, 8990 Lorton Station Blvd., Lorton. Eleven local farmers and producers sell fresh produce and fruits; meats; breads and pastries; jams; dairy products and eggs; herbs; flowers, and more. All products are grown or 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](http://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](http://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](http://www.fairfaxcounty.gov/parks/farmersmarkets/burke) for more.

## 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](http://www.fairfaxvfd.com) or



## Author Event: Francis Gary Powers Jr.

Meet Francis Gary Power Jr, son of the famous U-2 spy pilot shot down over the Soviet Union in 1960. Copies of his new book will be available for purchase. Tuesday, Aug. 13, 7 p.m. at City of Fairfax Regional Library, 10360 North St., Fairfax. Free. Email [va\\_room@fairfaxcounty.gov](mailto:va_room@fairfaxcounty.gov) for more.

call 703-273-3638 for more.

**Author Event: E. A. Dustin.** 7-8:30 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](http://bn.com) for more.

## FRIDAY-SATURDAY/AUG. 9-10

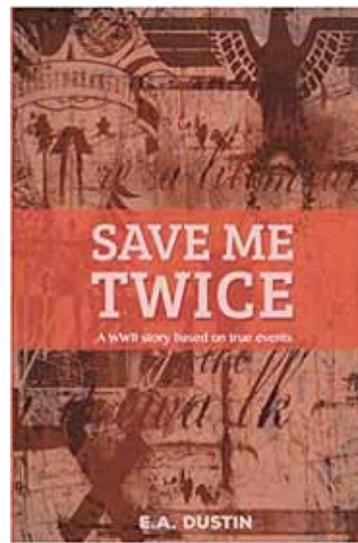
**Reserve a Boxwood Cutting.** The historic boxwood at Gunston Hall are in declining health and are being removed as a part of a garden restoration project. Hundreds of clippings of these boxwood plants have been taken to preserve their genetic material. Following Gunston Hall's big rooting day, there are still some cuttings available. Reserved cuttings are available online only; boxwood cuttings will not be reserved over the phone or in person. Reservations need to be completed no later than 9 a.m. on the day of pick up. Reserved cuttings will be potted. \$15. Visit [gunstonhall.tix.com](http://gunstonhall.tix.com) and click Reserve a Boxwood.

## 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](http://www.fairfaxcounty.gov/parks/burke-lake).

**Music in the Parks - “Feast for Young Ears.”** 10 a.m. at Burke Lake Park Amphitheater, 7315 Ox Road, Fairfax Station. The Fairfax Symphony Orchestra is partnering with Fairfax County Parks to provide free Music in the Parks children's concerts. The performances are engaging and interactive experiences; perfect for young, first-time concert-goers. Each concert offers an introduction to the musicians, their instruments, their roles in creating the music, and features a wide variety of musical selections from classical music to the familiar music of today. Visit [www.fairfaxsymphony.org/concerts-in-the-parks](http://www.fairfaxsymphony.org/concerts-in-the-parks).

**Family Safety Day.** 10 a.m.-2 p.m. at Focus Family Martial Arts Academy, 11230 Waples Mill Road, Fairfax. A family-oriented, fun day to spend time with community members at “Family Safety Day.” Policemen, firefighters, karate



## 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](http://bn.com) for more.

instructors and other organizations are partnering to teach children about the importance of safe habits and self-defense. Dance demonstrations, sno-cones, inflatables and other fun activities will be available. Free. Email [office.manager@jccag.org](mailto:office.manager@jccag.org) or call 703-383-1170.

**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](http://www.gunstonhall.org/visit/guide/upcoming-events).

## SUNDAY/AUG. 11

**TTRAK Model Train Show.** 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Northern Virginia TTRAK members will hold a N gauge Model Train Display. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit [www.fairfax-station.org](http://www.fairfax-station.org) or call 703-425-9225.

**Films in the Park: Homeward Bound (1993).** 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/](http://mosaicdistrict.com/events/event/films-in-the-park-2/).

## TUESDAY/AUG. 13

**Author Event: Francis Gary Powers Jr.** 7 p.m. at City of Fairfax Regional Library, 10360 North St., Fairfax. Meet Francis Gary Power Jr, son of the famous U-2 spy pilot shot down over the Soviet Union in 1960. Copies of his new book will be available for purchase. Free. Email [va\\_room@fairfaxcounty.gov](mailto:va_room@fairfaxcounty.gov) for more.

## WEDNESDAY/AUG. 14

**Springfield Nights: The Johnny Artis Band (Blues, Rock&Roll).** 7-8:30 p.m. at Burke Lake Park, 7315 Ox Road, Fairfax Station. Springfield Nights returns for a second summer season with free musical performances on Wednesday evenings at Burke Lake Park ranging from bluegrass and pop, to rock and R&B. Visit [www.fairfaxcounty.gov/parks/performance/springfield-nights](http://www.fairfaxcounty.gov/parks/performance/springfield-nights).

## THURSDAY/AUG. 15

**Evenings on the Ellipse: Mariachi Los Amigos with special guest group, Common Ground (mariachi plus jazz).** 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/performance/evenings-on-the-ellipse](http://www.fairfaxcounty.gov/parks/performance/evenings-on-the-ellipse) for more.

**Hometown Thursdays: Witness Protection.** 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](http://www.fairfaxva.gov/government/parks-recreation/special-events/hometown-thursdays)

## FRIDAY/AUG. 16

**Junior Club Championship.** 8 a.m.-noon at Burke Lake Golf Course, 7315 Ox Road, Fairfax Station. Golfers age 7-17 square off in the season-ending tournament. This is an 18-hole, individual stroke tournament for all age divisions: 10 & under; 11-13; and 14-17. There will be closest-to-the-pin contests and prizes for 1st, 2nd, 3rd place in all three divisions. \$25 for junior program members; \$35 for non-junior program players; lunch included. Call 703-323-1641 or visit [www.fairfaxcounty.gov/parks/golf/burke-lake](http://www.fairfaxcounty.gov/parks/golf/burke-lake).

**B-I-N-G-O.** 7 p.m. at Fire Station 3, 4081 University Drive, Fairfax. Enjoy free coffee, entertaining callers, a friendly atmosphere, \$1,000 guaranteed jackpot, treasure chest progressive raffles, and good food available for purchase. All proceeds go to purchasing fire and rescue equipment. Visit [www.fairfaxvfd.com](http://www.fairfaxvfd.com) or call 703-273-3638 for more.

**Campfire Fridays.** 7:30-9 p.m. at Hidden Pond Nature Center, 8511 Greeley Blvd., Springfield. Start the weekend off with a campfire and s'mores while exploring the hidden gems at Hidden Pond Nature Center. Learn about the plants and animals that call Hidden Pond home. Designed for participants 3-adult. \$10 per person. Call 703-451-9588 or visit [www.fairfaxcounty.gov/parks/hidden-pond](http://www.fairfaxcounty.gov/parks/hidden-pond).

## SATURDAY/AUG. 17

**Children's Entertainment Series.** 10-10:45 a.m. at Burke Lake Park Amphitheater, 7315 Ox Road, Fairfax Station. Featuring John Hadfield (family show). Visit [www.fairfaxcounty.gov/parks/performance/springfield-nights](http://www.fairfaxcounty.gov/parks/performance/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](http://www.gunstonhall.org/visit/guide/upcoming-events).

**Movie Night: The Princess Bride.** 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](http://thelibertylife.com) for more.

## SUNDAY/AUG. 18

**Celebrating Nancy Cappel.** 3-6 p.m. at St. Matthew's United Methodist Church, 8617 Little River Turnpike, Annandale. St. Matthew's UMC will host a retirement celebration for Nancy Cappel, a nationally recognized handbell director, who has directed handbell and vocal choirs for 50 years. The Celebration program will last 1.5 hours to be followed by a reception. Free. Visit [StMatthewsUMC.org](http://StMatthewsUMC.org) for more.

**Films in the Park: Akeelah and the Bee (2006).** 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/](http://mosaicdistrict.com/events/event/films-in-the-park-2/).

## WEDNESDAY/AUG. 21

**Nine and Wine.** 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. 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](mailto:roberta.korzen@fairfaxcounty.gov) or 703-324-8782.

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**\$34<sup>95</sup>**

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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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**BRAKE SPECIAL**

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

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**FREE**

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**\$129<sup>95</sup>**

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**

### Legals

#### ABC LICENSE

HBFFX LLC trading as Parc de Ville, 8296 Glass Alley Ste 110, Fairfax, VA 22301-2288. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On Premises/Mixed Beverage license to sell or manufacture alcoholic beverages. Ian Hilton, Managing Member.  
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.  
-Werner Heisenberg

### Employment

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### Employment

#### Classroom Aide

**Job Description**  
We are looking for kind, caring individuals to work in the afternoons, Monday through Friday, who love children and are interested in assisting in the care and development of preschoolers. Applicants must be committed to excellence in the classroom and the positive and appropriate implementation of a planned, high-quality program.  
Job Type: Part-time 3:00 pm - 6:30 pm Monday through Friday

### Employment

#### Preschool Teacher

**Job Description**  
Kiddie Country is accepting applications for a co-teaching position working with preschool children. Applicant must have a degree, preferably in Early Childhood Education. Team teachers will work together to appropriately conduct a planned, semi-structured program supported by a Curriculum Specialist. Please apply if you are nurturing, accessible, enthusiastic, caring and committed to high quality education for the youngest learners. Applicants are invited to call Kiddie Country directly for further information. EOE.  
Job Type: Full-time, Monday through Friday

### Employment

#### Assistant Food Service Manager

**Job Description**  
Kiddie Country is looking for a certified food service manager to join our kitchen team. You would assist in school lunch and snack preparation/service and daily clean up responsibilities. The position is on Monday, Tuesday and Thursdays from 9:00 am to 4:00 pm.  
Job Type: Part-time  
Salary: \$15.00 /hour

### Announcements

### Announcements

## LAND & EQUIPMENT AUCTION

Fri, Aug. 23, 12:30PM • 2051 Renan Rd, Gretna, VA

Estate of Alvin N. Greene

### 352 Acre Farm w/ Pond

plus 2 Acre Lot on Renan Rd and Vehicles & Farm Equipment

AGENT ON SITE: SUNDAYS 1-3PM or self-guided tours OK anytime

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### Announcements

### Announcements

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## NEWS



PHOTO COURTESY OF FAIRFAX COUNTY FIRE & RESCUE DEPARTMENT

The CERT training classes follow the FEMA curriculum, tailored to local disasters and hazards.

## Free Training Classes For Community Emergency Response Team

The Community Emergency Response Team (CERT) Program educates residents about disaster preparedness for hazards that may impact their area. CERT trains county residents in basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations. Using the training learned in the classroom and during exercises, CERT members can assist others in their neighborhood or workplace following an event when professional responders are not immediately available to help. CERT members also are encouraged to support emergency response agencies by taking a more active role in emergency preparedness projects in their community.

The CERT training classes follow the FEMA curriculum, tailored to local disasters and hazards. It edu-

cates people about disaster preparedness for hazards that may impact their area and trains them in basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations. Emphasis on hands-on skill development and Fairfax County protocols and procedures. Instructor will provide syllabus with class schedule at first session. This training does not require any special physical strength or agility.

For more information and to register for the next two classes at the Fire and Rescue Academy, click on the link below:

CERT 149 at the Fire and Rescue Academy - Aug. 28, Sept. 4, 9, 11, 16, 18, 23, 25. Mondays and Wednesdays, 7 - 11 pm.

CERT 153 at the Fire and Rescue Academy - Sept. 30, Oct. 2, 7, 9, 14, 16, 21, 23. Mondays and Wednesdays, 7 - 11 p.m.

## Transportation Projects Discussed

FROM PAGE 3

bikeshare program, "knowing it's decreasing in popularity to scooters."

And Sanford told him, "We're now considering a smaller initial program, just from Old Town to GMU, instead of citywide. We'd apply for funding for the bike docks."

"What are some of the challenges at Fairfax Circle that would make us do a redesign?" asked Councilwoman Janice Miller. "It seems to work fine, to me."

"Driver confusion and pedestrian-safety issues," answered Sanford. "There's major redevelopment going on there, and we want to connect it to Old Lee Highway. It could function better."

Furthermore, said Summers, "It's an obsolete design. And at the

corners where people merge and there are pedestrians, it could be improved - possibly with a grade separation. There are issues with conflict, sight distance and visibility. We'd first get a feasibility study about the best bang for our buck."

Miller then asked about traffic accidents there, and Summers replied, "Certain areas of the circle are problematic, and we get complaints from motorists."

"The traffic circle is a nightmare in the morning," added Passey. "Overall, I'm fine with how Mrs. Sanford has done this, so I say, 'Go forward.'"

Sanford plans to return to Council in September; and between then and December, she'll seek the City's endorsements for her transportation-funding applications on the City's behalf.

Be a part of our *Wellbeing* pages, the first week of every month.

Delight in our *HomeLifeStyle* sections, the second week of every month. Peek at the top real estate sales, glimpse over-the-top remodeling projects, get practical suggestions for your home.

Celebrate students, camps, schools, enrichment programs, colleges and more in our *A-plus: Education, Learning, Fun* pages, the third week of every month.

Questions? E-mail [sales@connectionnewspapers.com](mailto:sales@connectionnewspapers.com) or call 703-778-9431

THE CONNECTION  
NEWSPAPERS

# BULLETIN

FROM PAGE 7

accepted. Call 703-281-1767 or RSVP at [journeyingaugust10.eventbrite.com/](http://journeyingaugust10.eventbrite.com/).

## TUESDAY/AUG. 13

**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.

## 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.

## TUESDAY/AUG. 20

**Volunteer Seminar: RSVP.** 10:30 a.m. at Junior Achievement Finance Park, 4099 Pickett Road, Fairfax. RSVP-Northern Virginia (Retired and Senior Volunteer Program) will hold a seminar on volunteering in retirement. The one-hour event is free and open to the public. To sign up for the Aug. 14 info session, email [bmorris@volunteerfairfax.org](mailto:bmorris@volunteerfairfax.org), call RSV703-403-5360 or visit [www.rsvpnova.org](http://www.rsvpnova.org).

**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.

## WEDNESDAY/AUG. 21

**4th Annual Clergy Breakfast.** 8:30-10:30 a.m. at Vienna Baptist Church, 541 Marshall Road, SW, Vienna. This once-a-year connection continues to build fellowship and goodwill throughout the year as attendees collectively address common issues. The Clergy Breakfast also showcases Shepherd's Center of Oakton-Vienna's new vision statement, their mission statement and the current programs and services they have been providing seniors, their caregivers and families for over twenty-one years. All faiths are welcome. RSVP by Aug. 16 at 703-281-0538 or [office@scov.org](mailto:office@scov.org).

**Public Comment Sought.** The Office of Intermodal Planning and Investment, the Virginia Department of Transportation, and the Department of Rail and Public Transportation, under the leadership of the Commonwealth Transportation Board (CTB), are developing a plan to study Virginia's 179 miles of the Interstate 95 corridor between the Woodrow Wilson Bridge in Alexandria, Virginia and the North Carolina border. The first comment period will end Aug. 21, 2019. Additional comment opportunities will be available throughout the study period. For more information about the study, or to view meeting materials and access the online engagement tool, visit [VA95Corridor.org](http://VA95Corridor.org).

## TUESDAY/AUG. 22

**Volunteering with Students.** 1:30-3 p.m. at Sherwood Regional Library, 2501 Sherwood Hall Lane, Alexandria. Information session about GrandInvolve recruiting older adults who are interested in volunteering in the classroom in Fairfax County's Title 1 elementary schools. Opportunities: mentors, classroom helpers, material preparation, and more. Free. Visit [www.grandinvolve.org](http://www.grandinvolve.org) for more.

## SATURDAY/AUG. 24

**Large Yard Sale.** 8 a.m.-1 p.m. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. Unity of Fairfax will host a large, indoor, church yard sale with hundreds of items from many households and a restaurant liquidation. Free admission. Visit [www.unityoffairfax.org](http://www.unityoffairfax.org).

**Messy Church.** 5-6:30 p.m. at St. Peter's in the Woods, 5911 Fairview Woods Drive, Fairfax Station. Join St. Peter's in the Woods for their monthly Messy Church. It's a worshipping community especially geared towards families and young children, but welcoming to all. Bible-themed crafts and activities, casual worship and a free, family-style dinner. Call 703-503-9210 for more. Registration is appreciated, visit [www.stpetersinthewoods.org/events](http://www.stpetersinthewoods.org/events).

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<b>LANDSCAPING</b> <b>IMPROVEMENTS</b> <b>Sign up for FREE DIGITAL SUBSCRIPTION</b> to any or all of our 15 papers <b>WWW.CONNECTIONNEWSPAPERS.COM/SUBSCRIBE</b>		An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them. <b>-Werner Heisenberg</b>	

## Some Trek: To Go Where This Man Has Never Gone Before



By KENNETH B. LOURIE

Although I've had a pretty good run of late not writing much about "the cancer," to quote "Forrest, Forrest Gump," the reality is, as you might imagine, cancer is ever present – in your head and in your heart (and for me, in my lungs).

Never more so then when your quarterly CT scan is imminent. As I sit and write this column on a Sunday, Wednesday, three days hence is what you'd call 'imminent.' Not that there's much preparation, there's not. But with electronic media being what it is, one does receive multiple reminders: text, email and the occasional call.

And, even though I don't actually have to do anything in advance, I am reminded nonetheless, in advance, what there is yet to be done: show up! (Apparently, many cancer patients, staff have told me, are not as compliant as you'd expect them to be.)

But it's not the 'advance' or the 'after' that I'm addressing in this column. It's the way-before and how a CT's imminence affects one's life.

As much as I write a good game – and talk/act a good game, living one's life pretending to minimize cancer's presumptive/possible/"prognosed" impact is indeed make believe. Not that I'm a glass half-empty person, I'm not, as you regular readers know.

However, there's nothing like a computerized tomography and a post-scan appointment with one's oncologist to focus your attention on the fact that you have been/are living with what your oncologist originally characterized back in early 2009, as a "terminal disease:" non-small cell lung cancer, stage IV (and giving you a "13 month to two year" prognosis, to boot).

A disease whose initial progression (doctor-speak for growth/movement) eliminated surgery as an option, but one for which there have been multiple lines of chemotherapy, none of which was ever been said to be a cure. In the spirit of that reality, how does one live in the present and plan for the future? (Jeez, that last line sounds right out of one of the Carrie Bradshaw's "Sex and the City" voice overs.)

On the one hand – the one with no sense of reality, I suppose one is simply to go about one's varied business with nary a care or concern in the world. On the other hand – the one with enough a sense of reality to choke a horse, I suppose I am to mark time, count the number of days until my next scan, plan for today and think about tomorrow.

But, not too many tomorrows as there's no sense getting ahead of oneself or else one will get behind. And if that sounds mixed up, it is. Because for cancer patients, "Time is a godforsaken paradox."

As Captain Kathryn Janeway of "Star Trek: Voyager" further explained many star dates ago: "The future is the past, the past is the future. The whole thing gives me a headache."

And if you do get any headaches, you need to contact your oncologist because in 30 percent of lung cancer patients, the cancer moves to the brain. A location which presents all sorts of treatment and quality of life challenges.

And, a manifestation there, should it appear, scares the living daylights out of me. But never mind. Just keep on planning and pretending that you don't have a "TERMINAL" disease. You know, the type of disease for which there's "NO CURE."

Then again, if I do get bogged down by certain realities, I'll be no work and no play – and no fun (neither do I want to be a dull boy). And no fun is no way to live – in the past, present or future, and that's no paradox.

So, if and when the chips and/or the "chippee" is down, one needs to be thankful for the chips that you do have and for the ones you hope yet to accumulate. Otherwise, you might as well see the cashier on your way out.

Life's too short (don't I know it) to live only in the present and not consider the future. And if I don't consider the future, it's unlikely I'll have one. Just because I've now had a past that lasted years longer than I expected shouldn't mean I can't have a future I never anticipated.

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



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