

# McLean CONNECTION

WELLBEING  
PAGE 6

## Helping Cherrydale VFD Celebrate 100 Years

NEWS, PAGE 3



Mark Peters; 3-year-old Arman; 1-year-old Zain; 4-1/2-year-old Rehan Smith; and Mike Paris, McLean volunteer firefighter, join the Cherrydale Volunteer Fire Department at the beginning of its parade Saturday, July 20.

## Youth-powered Community

NEWS, PAGE 9

## 'American Idol' Success Live at Tysons

NEWS, PAGE 7

PHOTO BY SHIRLEY RUHE/THE CONNECTION  
OPINION, PAGE 4 ♦ ENTERTAINMENT, PAGE 8 ♦ CLASSIFIEDS, PAGE 10

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## Cherrydale VFD Celebrates 100 Years

McLean volunteers join in focus on fire prevention.

BY SHIRLEY RUHE  
THE CONNECTION

Fire engines lined up in the parking lot of St. Agnes Catholic Church on Randolph Street on Saturday, July 20. Arman, Zain and Rehan Smith stared up at the mysterious silver knobs on the side of the fire trucks while other children climbed into the driver's seats for a pretend drive to a fire.

The parade would wind through the neighborhood streets and end up at Cherrydale Fire House where the rest of the festivities included a chili cook off, a moon bounce, fire truck demonstrations, raffles and Bingo.

The parade kicked off the day-long celebration of the 100-year anniversary of the construction of the Cherrydale Fire House on Lee Highway.



**Cherrydale Volunteer Fire Department Chief Chris Jones says a lot of their job today is prevention.**

Cherrydale Volunteer Fire Department is the oldest in Arlington and recognized by the National Register of Historic Places as a local historic landmark. The Volunteer Fire Department was formed in 1898 but had no specific fire house until the present one was completed in 1921. The Cherrydale Department has grown to 50-60 volunteers after its beginnings with a group of 12 men who had gathered to fight a fire.

Mike Paris, a volunteer from McLean, says he just received his 30-year pin. He



**From left: 3-year-old Arman, 1-year-old Zain and 4-1/2-year-old Rehan Smith at the celebration of the 100-year anniversary of the construction of the Cherrydale Fire House on Lee Highway.**

says the good thing about firefighting efforts today is that there is so much research and development to keep firefighters healthy. "So many have heart attacks and cancer." Now he says they focus on clothing, how it is cleaned, hoses on exhaust. Today he says there are a lot more medical calls. "Fire safety is better and better

so there are less fires."

Cherrydale Volunteer Fire Department Chief Chris Jones said, "Today a lot of our job is fire prevention. We spend 80 percent of our time on education. Look at our area in Northern Virginia. It is one of the safest places in Virginia." Jones said, "With the new construction materials, Arlington

doesn't really burn."

Jones says in addition to celebrating their anniversary today, the event is a fundraiser to raise money to refurbish the historical building. "It will take a large dollar amount to keep it going for the next 100 years. For instance to restore one of the historic windows probably costs \$1,500."



**Mark Peters; 3-year-old Arman, 1-year-old Zain and 4-1/2-year-old Rehan Smith; and Mike Paris, McLean volunteer firefighter, join the Cherrydale Volunteer Fire Department at the beginning of its parade Saturday, July 20.**

## Park Volunteers Honored with Elly Doyle Service Awards

Volunteers from Sully Historic Site, the Reston Farmers Market and Friends of Pimmit Barn will be honored for their outstanding service contributions as recipients of the Fairfax County Park Authority's 2019 Elly Doyle Park Service Awards.

Shauna Shapiro has been a teaching and touring docent at Sully Historic Site since 2002, and in her volunteer role, she has been involved in almost every aspect of Sully's mission. Shapiro loves to teach, and as a docent she relates 18th century history to groups of all ages. Her nomination noted that she frequently assists in training new volunteers and is an excellent mentor. She has gone the extra mile to research cooking in the slave quarter and kitchen, slave life history, the

Lee family background and historic clothing to give her the tools to be a strong interpreter.

Reston Farmers Market Managers John and Fran Lovaas and Keith Strange are being honored for their 43 combined years of service in managing the market. John Lovaas was the founding Market Manager and has served for 22 years. Fran Lovaas formally joined him as a manager 16 years ago. Keith Strange made the partnership a trio six years ago. The managers were praised for being full of energy, fun, creativity and innovation, and for providing excellent customer service to market vendors and shoppers. This year, they spearheaded a pilot program with the Park Authority and Clean Fairfax to reduce the use of plastic bags in the market and have es-

tablished a gleaners program to take unsold vegetables and fruits to a food pantry for low-income families. In 2019, the Reston Farmers Market was named the Best Farmers Market in Northern Virginia by readers of Virginia Living Magazine.

Connie Cordovilla has been President of Friends of Pimmit Barn for more than eight years, creating the group to preserve the beautiful gambrel roof barn and parcel of land believed to be the last dairy barn inside the beltway of Northern Virginia. She has organized Halloween parties and family movie nights and drawn volunteers from across the county. She works with McLean Youth Athletics on the barn's upkeep and organizes barn clean-up days several times a year. She also was instrumental in establishing a Memo of Understanding between

the Park Authority and Pimmit Barn last year. She communicates the all-important history of the barn to many and has worked tirelessly in support of a plan to establish a historic marker on the barn property.

The award winners will be honored at a ceremony in November.

The Elly Doyle Park Service Award was established by the Park Authority in 1988 in recognition of former Park Authority Board Chairman and member Ellamae Doyle's years of outstanding service toward the preservation of parkland and establishment of natural and recreational areas for the benefit of Fairfax County residents. The purpose of the award is to publicly recognize a volunteer or group of volunteers for outstanding contributions to Fairfax County parks.

# 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-

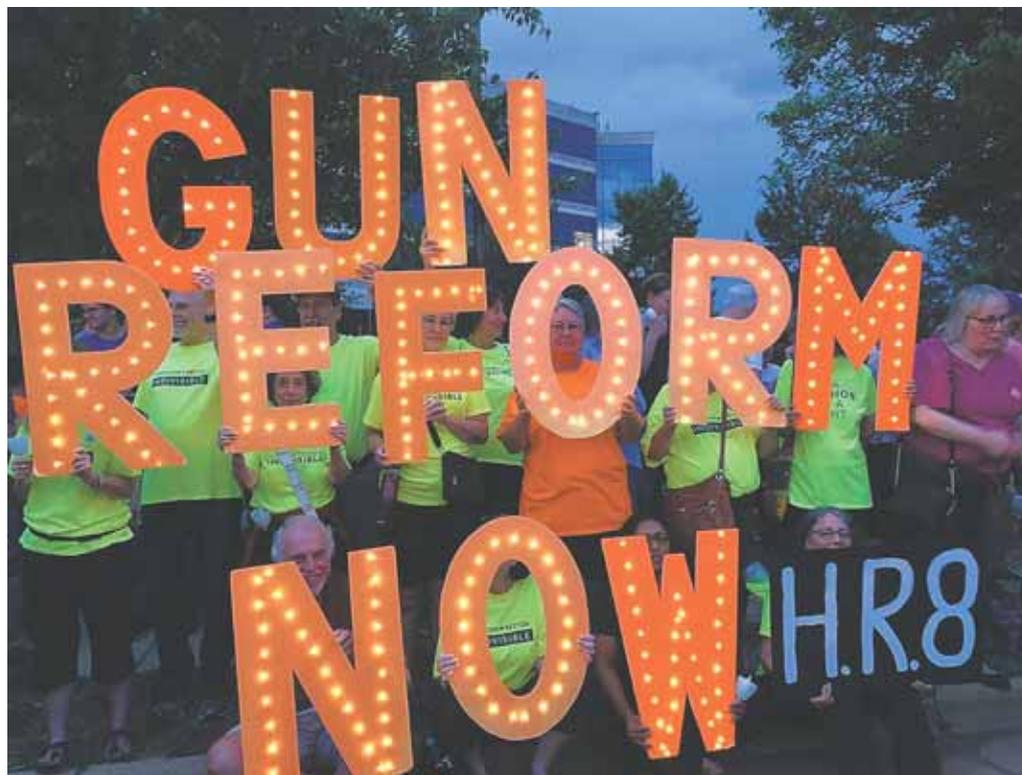


PHOTO COURTESY OF HERNDON RESTON INDIVISIBLE

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

aterials 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)

### 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-

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

McLean  
**CONNECTION**

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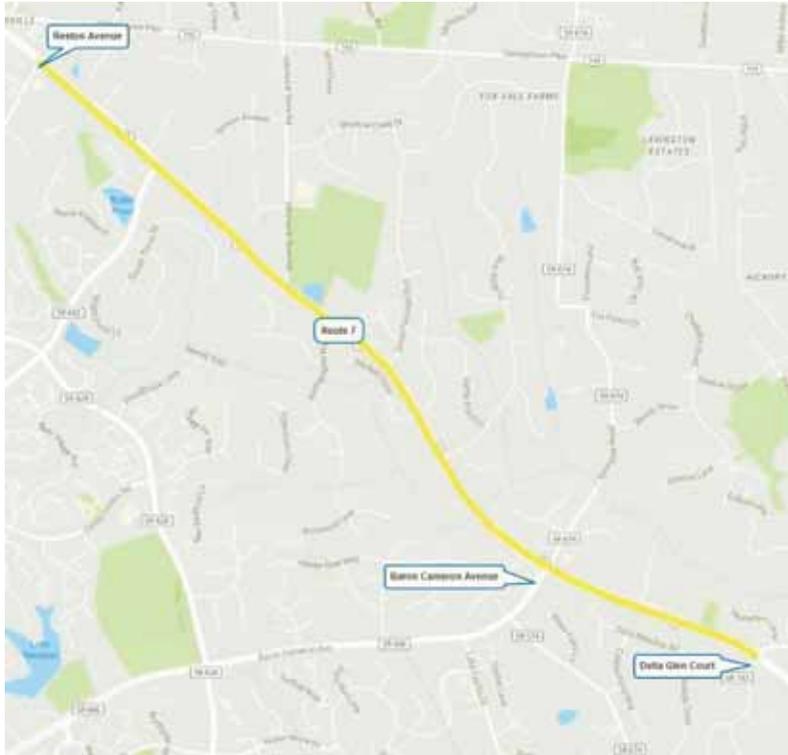
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# Night Work Along Route 7 Continues

**B**eginning on or about Friday, Aug. 2, 2019, construction activities will occur during the overnight hours on Fridays and Saturdays, as well as Sundays through Thursdays, along Route 7 between Reston Avenue and Delta Glen Court. Work may also occur on adjacent side streets in the vicinity of the Route 7 in this area. Lane closures may occur during the following hours: Sunday - Thursday nights, 10 p.m. to 5 a.m. Friday nights, 10 p.m. to 9 a.m. Saturday nights, 10 p.m. to 8 a.m. The work is being performed under Fairfax County Noise Waiver ZIB Reference Number 2019-1506. Please use caution and be alert to signs, as well as potential flagger or police direction in work zones. Slow-moving vehicles and equipment may be entering and exiting the road. All work is subject to change based on weather and schedule. The Route 7 Corridor Improvements Project will widen the road from four to six lanes, add shared-use paths and make substantial intersection and other improvements between Reston Avenue and Jarrett Valley Drive. To stay in-



**The Route 7 Corridor Improvements Project will widen the road from four to six lanes, add shared-use paths and make substantial intersection and other improvements between Reston Avenue and Jarrett Valley Drive.**

formed and to sign up for email updates and alerts, visit [connectroute7.org](http://connectroute7.org).

WEEK IN MCLEAN

## Pedestrian Dies after Being Hit by Stolen Car

A 60-year-old woman died as a result of injuries from a crash that occurred shortly before 3 p.m. Saturday, Aug. 3 near the intersection of Shreve Road and Hickory Street. Detectives from Crash Reconstruction Unit have preliminarily determined that Betty Ana Bernstein-Zabza, of Falls Church, was walking with a juvenile northbound on a pedestrian pathway adjacent to Shreve Road. They entered a crosswalk that connected the pathway to a sidewalk when they were hit by a stolen 2013 Nissan Titan pickup truck. Detectives believe the driver, a 46-year-old man of South Riding, lost control of the truck causing it to exit the roadway and hit Bernstein-Zabza and the juvenile. Bernstein-Zabza was taken to a local hospital where she was pronounced deceased. The juvenile was treated for minor injuries. The driver ran from the scene but was arrested a short time later. He was not injured. Both speed and drugs appear to be factors. He was charged with one count of felony hit and run. He was taken to the Adult Detention Center where he is being held without bond. Additional charges are anticipated. Detectives believe he may have been involved in additional criminal events Saturday in both Fairfax County and adjoining jurisdictions.

Anyone with information about this crash is asked to contact Crash Reconstruction Unit at 703-280-0543. Tips can also be submitted anonymously through Crime Solvers by phone -1-866-411-TIPS (866-411-8477), by text - Type "FCCS" plus tip to 847411, and by web - Click [HERE](#). Download our Mobile tip411 App "Fairfax Co Crime Solvers". Anonymous tipsters are eligible for cash rewards of \$100 to \$1000 dollars if their information leads to an arrest.

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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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PHOTOS BY MARTI MOORE/THE CONNECTION

**Danny Gokey points the microphone at his fans, who help him sing 2016 ballad “Tell Your Heart to Beat Again” at a free concert on a Friday evening July 26 outside Tysons Corner Center shopping mall.**



**Alexandria residents Joseph Aaron, 7, and his mother, Dawn, dance and clap while Danny Gokey and his six-piece band perform 1978 hit song “September” by Earth, Wind & Fire an outdoor concert in Tysons.**

# ‘American Idol’ Success Performs Live at Tysons

**Audience donates more than 800 backpacks for District school kids in foster care.**

BY MARTI MOORE  
THE CONNECTION

“I’ve never had a song this big in my career,” admits former “American Idol” contestant Danny Gokey on a Friday afternoon during a live radio interview before his sound check at Tysons Corner Center.

Gokey’s latest hit song “Haven’t Seen It Yet” has an inspirational message.

“I’m getting a lot of great feedback on this record,” Gokey said before his free concert July 26 at Tysons Corner Center. The song, he explained, came out of a writing session on a day Gokey felt frustrated by things that didn’t happen in his life the way they should.

“Disappointment can take the wind out of your sails,” Gokey said. “We have to trust



**“American Idol” eighth season finalist Danny Gokey, center, has his picture taken with Herndon mother Meena Gollamudi and her daughter, Benita, following a free concert he performed July 26 on the plaza at Tysons Corner Center. “It was a blessing and refreshing to the soul,” said the 18-year-old music fan.**



**Listeners of Washington-area radio station WGTS 91.9 FM heed its call to help foster kids in the District of Columbia and donated more than 800 new backpacks filled with school supplies July 26 at a afternoon ice cream tour and evening concert at Tysons Corner Center.**

God,” to set us on a path toward something better. In 2008, Gokey lost his first wife, Sophia, to complications from surgery for congenital heart disease, according to online reports.

She liked a hit television reality show called “American Idol” and encouraged her husband to compete. Following her death, Gokey channeled his grief into an audition that led to competition and a spot in the final round. Gokey placed third in 2009 behind Adam Lambert and the singing contest’s eighth season winner Kris Allen.

Within a couple of hours, the outdoor space on the plaza at Tysons Corner Center was filled with hundreds of people of all ages on a warm summer evening July 26. The audience stretched from the shopping mall entrance to the Vita luxury apartment building.

## 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 educates 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.



PHOTO COURTESY OF FAIRFAX COUNTY FIRE & RESCUE DEPARTMENT

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

# CALENDAR

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

## ONGOING

**Self Portraits.** Business hours through mid August at Starbucks, Great Falls Center, 9863 Georgetown Pike, Great Falls. See self portraits by Forestville Elementary School, third grade artists in the meeting room at Starbucks. The show curated by FES Art Teacher, Renee Riddell, is presented by Great Falls Studios in cooperation with Great Falls Starbucks. Visit [www.greatfallsstudios.com](http://www.greatfallsstudios.com) for more.

**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).

**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).

❖ In one-session introductory Junior Golf clinics, kids and teens learn basic golf rules, etiquette of the game, get familiarized with different types of clubs and acquire skills for putting and chipping in a social and relaxed environment. Clubs and practice balls provided. Clinics are offered at Burke Lake, Oak Marr and Pinecrest golf courses for \$15 each in August.

❖ Golf camp week-long sessions are still open – campers learn putting, chipping, iron and woods play from certified instructors in a friendly, group atmosphere. Course etiquette and best safety practices will teach kids and teens fundamentals while they socialize and have fun. Clubs are not required but suggested. All campers will receive a certificate and golf fun pack upon camp completion. Burke Lake Golf Center and Twin Lakes Golf Course offer half day summer camp, Pinecrest Golf Course offers both half and full day summer camp options. Oak Marr Golf Complex offers half day spring and summer camp through Everybody Golf School.

❖ Course-ready juniors will enjoy the Junior Club Championship, Aug. 16, 8 a.m.-noon at Burke Lake Golf Center. Golfers participate in an 18-hole individual stroke competition. Competitors will be separated into three divisions with first, second, and third place prizes available in all divisions. Lunch provided. Call 703-323-1641 to register.

**Oak Marr Farmers' Market.** 8 a.m.-noon at Oak Marr RECenter, 3200 Jermantown Road, Oakton. Every Wednesday through Nov. 13, rain or shine. Vendors include produce, meats, eggs, cheeses, pies, cured and smoked meats, popsicles, sorbet, bread, croissants, falafel sandwiches, humus, and pesto. Call 703-281-6501 or visit [www.fairfaxcounty.gov/parks/farmersmarkets/oak-marr](http://www.fairfaxcounty.gov/parks/farmersmarkets/oak-marr) for more.

**McLean Farmers Market.** Fridays, through Nov. 15, 8 a.m.-noon at Lewinsville Park, 1659 Chain Bridge Road, McLean. Sixteen local farmers and producers will sell fresh produce and fruits; meats; breads and pastries; jams; dairy products and eggs; herbs; flowers, coffee, and more. Visit [www.fairfaxcounty.gov/parks/farmersmarkets/mclean](http://www.fairfaxcounty.gov/parks/farmersmarkets/mclean).

**Great Falls Farmers Market.** Saturdays, 9 a.m.-1 p.m., 778 Walker Road, Great Falls. Music, vendors, fresh produce, fresh prepared food, delightful bakery, spices from around the world, wild-caught fish, grass-fed, free-range meats, organic-fed poultry and eggs. Email [kathleen@greatfallsfarmersmarket.org](mailto:kathleen@greatfallsfarmersmarket.org) for more.

**Oakton Farmers Market.** Saturdays, 9 a.m.-1 p.m. at Unity of Fairfax Church, 2854 Hunter Mill Road, Oakton. Year-round weekly farmers market in Oakton. Local produce, meats/eggs, dairy, baked goods, and more. Admission is free. Visit [community-foodworks.org](http://community-foodworks.org).

## THURSDAY/AUG. 8

**Parent and Child Fishing.** 4:30-6 p.m. at Riverbend Park, 8700 Potomac Hills St., Great Falls. This introductory course is designed for parents and children age 6-17. Start with such

## Vienna Arts Society Reception

The Vienna Arts Society invites the public to a reception celebrating two exhibitions. The "Healing Wall" is created by troops on the mend at Fort Belvoir Hospital. "The Open Door" features a judged photography exhibition. Enjoy light refreshments and meet the artists as Juror Sandi Croan presents awards. The exhibition continues through Aug. 31. Saturday, Aug. 10, 3-5 p.m. at Vienna Art Center, Windover Building, 243 Church St. NW, Vienna. Free and open to the public. Visit [www.ViennaArtsSociety.org](http://www.ViennaArtsSociety.org) or call 703-319-3971.

### Kolmanskop 317, photograph by Sandi Croan.

fishing basics as how to rig and use a fishing rod and how to stay safe around the water. The class will cover environmental awareness, as well as how to catch fish. A rod and bait are provided. \$12 per person. Call 703-759-9018 or visit [www.fairfaxcounty.gov/parks/riverbend](http://www.fairfaxcounty.gov/parks/riverbend).

**Nottoway Nights: The Johnny Artis Band.** 7:30 p.m. at Nottoway Park, 9537 Courthouse Road, Vienna. Thursday evenings, through Aug. 22. Bring a picnic and a blanket or chair. For last minute weather cancellations call 703-324-7469 one hour prior to the program start time.

## FRIDAY/AUG. 9

**Farmers Market Week.** 8 a.m.-noon at Lewinsville Park, 1659 Chain VBridge Road, McLean. Celebrate National Farmers Market Week at the McLean Farmers Market. Event includes games, kid's activities, a gift basket drawing, and cooking demonstrations by local chefs. Call 703-642-0128 or visit [www.fairfaxcounty.gov/parks/park-news/2019/psa196](http://www.fairfaxcounty.gov/parks/park-news/2019/psa196) for more.

**ESL Playdate Cafe.** 1-2 p.m. at Oakton Library, 10304 Lynnhaven Place, Oakton. Meet other caregivers of young children. Adults practice English while children enjoy play time in the same room. Birth-5 years with adult. Free. Call 703-242-4020 or visit [librarycalendar.fairfaxcounty.gov/event/5260042](http://librarycalendar.fairfaxcounty.gov/event/5260042).

**Summer on the Green: Shenandoah Run (folk).** 6:30 p.m. on Vienna's Town Green. Friday nights through Aug. 23. Bring chairs and/or blankets. No alcoholic beverages are permitted. Consider leaving pets at home. In the event of rain, check the weather line at 703-255-7842. Learn more at [www.viennava.gov/DocumentCenter/View/3997](http://www.viennava.gov/DocumentCenter/View/3997).

## FRIDAY-SUNDAY/AUG. 9-11

**The Wedding Singer.** Friday-Saturday, 7:30 p.m.; Sunday, 1 p.m. at the Vienna Community Center, 120 Cherry St SE, Vienna. The Vienna Youth Players' presents their production of The Wedding Singer. The 2006 musical based on the 1998 Adam Sandler film of the same name is brimming with fun, jokes, music, and a cast of 35 youthful and energetic performers. Tickets are \$15 at [viennava.gov/webtrac](http://viennava.gov/webtrac) or in person at the community center.

## SATURDAY/AUG. 10

**Park Scavenger Hunt.** 10-11:30 a.m. at Riverbend Park, 8700 Potomac Hills Street, Great Falls. Spend a Saturday morning on a scavenger hunt for birds, butterflies and



blossoms. Take a wagon ride through the meadow at the park and look for park critters and meet a friendly animal up close. For participants age two-adult. \$7 per person. Children must be accompanied by a registered adult. Call 703-759-9018 or visit [www.fairfaxcounty.gov/parks/riverbend](http://www.fairfaxcounty.gov/parks/riverbend).

**29th Anniversary Block Party.** 1-4 p.m. at The Old Firehouse Center, 1440 Chain Bridge Road, McLean. Celebrate the Old Firehouse's 29 years of serving the Greater McLean community. Activities include: live music, outdoor games, rock climbing wall, history exhibit, and more, plus hot dogs, popcorn and ice cream. Free admission. Visit [www.mcleancenter.org](http://www.mcleancenter.org) for more.

**Vienna Arts Society Reception.** 3-5 p.m. at Vienna Art Center, Windover Building, 243 Church St. NW, Vienna. The Vienna Arts Society invites the public to a reception celebrating two exhibitions. The "Healing Wall" is created by troops on the mend at Fort Belvoir Hospital. "The Open Door" features a judged photography exhibition. Enjoy light refreshments and meet the artists as Juror Sandi Croan presents awards. The exhibition continues through Aug. 31. Free and open to the public. Visit [www.ViennaArtsSociety.org](http://www.ViennaArtsSociety.org) or call 703-319-3971.

## SUNDAY/AUG. 11

**Concerts on the Green: Vinyl Invention.** 6-8 p.m. on the Great Falls Village Centre Green. Bring picnic baskets, chairs and blankets for an evening of live music. Free. Visit [www.celebrategreatfalls.org](http://www.celebrategreatfalls.org).

## MONDAY/AUG. 12

**Meteor Astronomy Class.** 8-9:25 p.m. at Turner Farm, 925 Springvale Road, Great Falls. Whether one calls them fireballs or shooting stars, meteors are exciting to see in the nighttime sky. This class covers meteor basics, such as what meteors are, their origins, the best time to view them and fireball reporting. An optional observing session will be held outdoors after class, weather permitting. Designed for participants age 10-adult. \$8 per person. Advance registration is required; no walk-in registration is available. Call 703-324-8618 or visit [www.fairfaxcounty.gov/parks/turner-farm](http://www.fairfaxcounty.gov/parks/turner-farm).

## TUESDAY/AUG. 13

**Kids on the Green: Wildlife Ambassadors (live animals).** 10 a.m. on the Vienna Town Green. The Kids on the Green series is a weekly collection of interactive animal shows,

magicians, puppet performances, and more, running through Aug. 20. Free. Visit [viennava.gov](http://viennava.gov) for more.

## THURSDAY/AUG. 15

**Nottoway Nights: The Seldom Scene.** 7:30 p.m. at Nottoway Park, 9537 Courthouse Road, Vienna. Thursday evenings, through Aug. 22. Bring a picnic and a blanket or chair. For last minute weather cancellations call 703-324-7469 one hour prior to the program start time.

## FRIDAY/AUG. 16

**Summer on the Green: Big Bad JuJu (rock and dance covers)** . 6:30 p.m. on Vienna's Town Green. Friday nights through Aug. 23. Bring chairs and/or blankets. No alcoholic beverages are permitted. Consider leaving pets at home. In the event of rain, check the weather line at 703-255-7842. Learn more at [www.viennava.gov/DocumentCenter/View/3997](http://www.viennava.gov/DocumentCenter/View/3997).

**Chillin' on Church.** 6:30-9:30 p.m. on Church Street between Dominion and Mill roads. Live music, food trucks, and beer and wine sales. Blankets and lawn chairs are encouraged, but pets are not. You must be 21 years or older with a valid photo ID to purchase alcoholic beverages. Chillin' on Church is presented courtesy of Ben and Jerry's. Admission is free.

## SATURDAY/AUG. 17

**31st Annual Great Falls Race.** 9 a.m.-1 p.m. at Great Falls Tavern Visitor Center, 11710 MacArthur Blvd, Potomac, Md. The Great Falls Race was one of the original extreme whitewater competitions, and more than 30 years later it will still be one of the most challenging. The premiere event of the Potomac Festival is a sub-60 second sprint down through the powerful cataracts dropping nearly 60 vertical feet. Only experts may compete, but the entire paddling community is welcome to watch and volunteer. Racers must register online prior to noon on Friday, Aug. 16. \$25 early registration; \$35 starting Aug. 12. Visit [potomacfestival.org/race.html](http://potomacfestival.org/race.html) for more.

**Wagon Ride at Riverbend.** 10-11:30 a.m. at Riverbend Park, 8700 Potomac Hills St., Great Falls. Travel by the Potomac River and through the woods while learning about Riverbend Park's wildlife and the American Indians who once lived here. For participants age 2-adult. \$7 per person. Children must be accompanied by a registered adult. Call 703-759-9018 or visit [www.fairfaxcounty.gov/parks/riverbend](http://www.fairfaxcounty.gov/parks/riverbend).

## SUNDAY/AUG. 18

**Breakfast Buffet.** 8 a.m.-noon at Vienna American Legion Post 180, 330 Center St., N. Vienna. Get omelets, scrambled eggs, blueberry pancakes, bacon, sausage, biscuits and gravy and more. Adults \$10, children 12 and under \$4. Call 703-938-6580.

**Wood Carving Lessons.** Noon-3 p.m. at Colvin Run Mill, 10017 Colvin Run Road, Great Falls. Whittle out some time for "Wood Carving Lessons" at Colvin Run Mill with the Northern Virginia Carvers.

No reservations are required. These lessons are designed for participants 12-adult. There is a nominal charge for wood blanks. Or enjoy a "Grinding Demonstration." See and hear 19th century technology at work while watching the miller grind flour or meal. Demonstrations will take place as conditions permit. No reservations are required.

Tours of the mill cost \$8 for adults, \$7 for students 16 and up with ID, and \$6 for children and seniors. Call 703-759-2771 or visit [www.fairfaxcounty.gov/parks/colvin-run-mill](http://www.fairfaxcounty.gov/parks/colvin-run-mill).

## TUESDAY/AUG. 20

**Kids on the Green: Beech Tree Puppets.** 10 a.m. on the Vienna Town Green. The Kids on the Green series is a weekly collection of interactive animal shows, magicians, puppet performances, and more, running through Aug. 20. Free. Visit [viennava.gov](http://viennava.gov) for more.

## THURSDAY/AUG. 22

**Nottoway Nights: Billy Coulter.** 7:30 p.m. at Nottoway Park, 9537 Courthouse Road, Vienna. Thursday evenings, through Aug. 22. Bring a picnic and a blanket or chair. For last minute weather cancellations call 703-324-7469 one hour prior to the program start time.

# Youth-powered Community

In Fairfax County 71st 4-H Fair and Carnival community's young people shine.

BY MERCIA HOBSON  
THE CONNECTION

“Today’s Fairfax County 4-H Fair reflects the vibrant urban and suburban communities Fairfax County has grown into,” said Yvonne Johnson, park manager at Frying Pan Farm Park early Saturday morning. It was the third day of the 71st 4-H Fair and Carnival held at Frying Pan Farm Park in Herndon August 1-4.

While the fair offered old-fashioned country fun through its exhibits and demonstrations, it revealed a community powered by young people with diverse interests, from animal showmanship to horticulture, to science, technology, engineering and the arts.

In the 4-H Building, Hap O’Brien of Annandale displayed a frame from one of his beehives heavy with honey. He explained bees were needed for pollination but “are in desperation” given the Varroa mite infestation that weakens them. “Mite infestation weakens most bee colonies and is the cause of the loss of most wild honeybees,” he said.

**OVER AT THE EXHIBITION** tables, Ann Marlow, vice president of the board for Friends of Frying Pan Park looked over entries in the Foods and Nutrition Department she helped judge. Alexandra Blake of Great Falls won Grand Champion with her cupcake entry. Becca Berglie of Centreville won Reserve Grand Champion for her fruit pie.

During the Rabbit and Cavy Show, John Ameen rated the Standard Rex rabbits. Although the rabbits owned and raised by Hannah Rosenbusch, 10, of Falls Church and her sister Ava did not place, Hannah explained the importance of bonding with rabbits. “You have to give rabbits lots of attention and bond with them, or they will become aggressive towards you. Then it’s not fun to have them,” she said. Ava told she won a Grand Champion Ribbon in the Quick Bread Class for the 4-H Foods and Nutrition Department.

“The fair is always forward-looking, as seen by incorporating STEAM entries into the exhibits,” said Kristy Carter of Herndon, board member, Friends of Frying Pan Park. A summary of the Science & Technology Department of the 4-H catalog revealed computer-generated graphics, games and



PHOTOS BY MERCIA HOBSON/THE CONNECTION  
**Many hands are ready to catch the baby chick a young boy holds at the Fairfax County 71st 4-H Fair and Carnival.**



**Hannah Rosenbusch, 10 of Falls Church, and her sister Ava, 8, snuggle one of the rabbits they entered in the Rabbit and Cavy Show.**

web pages and a Visual Arts Department with graphic design-commercial, digital painting and photo manipulation.

Outside one of the barns, the Strengelein sisters of Centreville, Summer, 11, Hannah, 8, and Brooke, 10, held ribbons and entries. “I entered the 4-H Fair for the fun of it. I chose this image because it was my most memorable photo. I used a Kodak camera,” said Hannah.

**FAIR-GOERS** enjoyed horse and dog demonstrations and rabbit, cavy and livestock shows, as well as an antique tractor pull and old fashion games.

Cow and goat milking became a first-hand experience for many fair-goers. In one of the barns, two young children from Herndon, Sean, 3, and his sister Emma, 10 months, touched a horse for the first time, compliments of Alina Ampeh of Oakton and member of Virginia Trotters 4H Horse Club.

Leaving the barn, the whirl and twirl of rides by Cole Shows Amusement Company could be seen in the distance, set up in one of the pastures. If patrons could handle the Zipper, they could handle any other ride on the carnival midway. For the more faint of heart, the Tubs of Fun ride was a great choice for all ages.

Eric Kulczycky of Visit Fairfax attended the event. “Visit Fairfax is celebrating the 50th anniversary of the iconic Virginia is for Lovers slogan with a summer tour of the LOVE letters. Frying Pan Farm Park is one of our fabulous partners on tour and is a wonderful tourism destination within the county,” he said.

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Storage Line of Virginia, LLC (t/a APT Storage), Box 767, Haymarket VA 20168, pursuant to the assertion of a lien for rental of a storage unit, will hold a public auction for the sale of all goods in a storage unit to take place at 10:00am on Tuesday, Aug 13, 2019 at storage unit 281A, located at Avalon Tysons Corner, 1569 Tyson's Corner, McLean, VA 22102 to satisfy the lien. All terms of the sale are cash. Call 800-217-4280 for questions.

## Employment

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## NEWS

**"USS Bucket" based in Herndon is all speed ahead with a strong start at the 2nd Annual Lake Anne Cardboard Boat Regatta. The ship placed Second in the Skipper Class with a time of 2:45.**

PHOTOS BY  
MERCIA HOBSON/  
THE CONNECTION



# Cardboard Boat Regatta Returns to Lake Anne

**This year's regatta will be held on Saturday, Aug. 10.**

**M**ore than 50 teams are expected to construct and decorate their own life-size cardboard boats and then take to Lake Anne in timed heats during the Reston Historic Trust & Museum's third annual Lake Anne Cardboard Boat Regatta. It is a fun activity for everyone: families, individuals, friends and organizations looking for fun team building activities. Awards will be given to the fastest boats in each category as well as the "Titanic" or fastest to sink.

The regatta will be held on Saturday, Aug. 10 from 12 to 6 p.m. at Lake Anne. Festivities are free of charge, with all team registrations and sponsorships benefiting the Reston Historic Trust & Museum (RHT). This year's presenting sponsor is Griffin Owens Insurance.

The Cardboard Boat Regatta at Lake Anne is a community favorite - fostering Reston pride and teamwork (as well as a little healthy competition!).

For questions, more information, or to volunteer, contact Alexandra Campbell at [info@restonmuseum.org](mailto:info@restonmuseum.org) or 703-709-7700.



**Pirates Lea Daniel, 11, from Great Falls and her brother, Quincey, 14, prepare to launch "USS Cinder" at the 2018 Lake Anne Cardboard Boat Regatta. The team placed first in the Cadet Class with a time of 2:14.**

The crowd cheers as "River Sea Chocolates Wild Sloth" heads toward the buoy after "Aperture Apartments" capsizes. The paddleboard rescue teams hurry toward the crewmembers in the water during the 2-18 Lake Anne Cardboard Boat Regatta.



## 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.

### CAMPS

**Summer Choir Camp.** Monday-Friday, Aug. 12-16 and Sunday, Aug. 18 at Church of the Holy Comforter, 543 Beulah Road NE. \$125 fee includes lunches, recreational activities, music education and camp t-shirt. All children in rising 2nd-7th grade are welcome. No prior music experience or training required; solid reading skills are highly recommended. Scholarships are available. Download registration forms at [www.holycomforter.com](http://www.holycomforter.com).

### 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/](http://journeyingaugust10.eventbrite.com/).

### TUESDAY/AUG. 13

**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.

### THURSDAY/AUG. 15

**Caregivers Support Group.** 10-11:30 a.m. at UUCF Unitarian Universalist Congregation of Fairfax - Program Building, 2709 Hunter Mill Road, Oakton. For caregivers to adult family members with dementia. First and third Thursdays of every month. Hosted by Shepherd's Center of Oakton-Vienna, [scov.org](http://scov.org). Contact facilitator Jack Tarr at 703-821-6838 or [jtarr5@verizon.net](mailto:jtarr5@verizon.net).

### 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).

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## 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.

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