

CONNECTION

Burke ♦ Fairfax ♦ Springfield ♦ Fairfax Station



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PHOTO COURTESY OF TWINS ACE HARDWARE

Truong Truong with a Britepaths collection box for school supplies at Twins Ace Hardware in Fairfax.

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NEWS

Two Fatal Pedestrian Crashes on Richmond Highway

Fatal Pedestrian Crash in Lorton

Detectives from Fairfax Police Crash Reconstruction Unit continue to investigate a fatal crash that occurred at 1:28 a.m, Friday, July 8. The crash occurred on Richmond Highway over the ramp from northbound I-95 to northbound Richmond Highway. Preliminarily, detectives determined Keith Thomas, 24, was walking in the southbound travel lanes of Richmond Highway. The driver of a 2005 GMC Sierra was traveling southbound on Richmond Highway and struck Thomas in the roadway. While the driver of the GMC called for help, Thomas was subsequently struck by other vehicles. Rescue personnel responded and pronounced him deceased at the scene. Preliminarily, speed and alcohol do not appear to be factors in the crash. The investigation remains active, and details of the investigation will be presented to the Office of the Commonwealth's Attorney for review.

Anyone with information about this crash is asked to contact the 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).

This is the 12th pedestrian related fatality in the County to date in 2022. Year to date, in 2021 there were 7 pedestrian related fatalities.

Woman Dies After Pedestrian Crash on Richmond Highway

Detectives from the Fairfax Police Crash Reconstruction Unit continue to investigate a fatal crash that occurred July 6 in the 5600 block of Richmond Highway in the Mont Vernon area. Officers responded at 10:20 p.m. for a pedestrian struck by an initially reported dark-colored, older-model SUV on Richmond Highway near Huntington Avenue. The pedestrian, Doris Anita McPhail, 56, of Alexandria, was taken to a nearby hospital with injuries considered life threatening. Ms. McPhail succumbed to her injuries the next morning.

Detectives determined the driver of a 2007 dark-green Toyota Camry was traveling southbound on Richmond Highway. Ms. McPhail was crossing Richmond Highway outside of a crosswalk in a dimly lit area when she was struck in the left lane of the roadway. The driver did not stop to assist or render aid.

As detectives were investigating the crash, the driver of the striking vehicle called 911 and notified dispatchers of their involvement in the crash. Detectives from our Crash Reconstruction will present details of the investigation to the Office of the Commonwealth's Attorney for possible charges. Preliminarily, alcohol and speed do not appear to be factors in the crash.

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NEWS



PHOTO COURTESY OF TWINS ACE HARDWARE
Truong Truong with a Britepaths collection box for school supplies at Twins Ace Hardware in Fairfax.



PHOTO COURTESY OF UNIVERSITY MALL THEATRES
From left, Kyle Ayers and Dan Collings of University Mall Theatres.



PHOTO COURTESY OF ALYA SALON
Natalya Anderson, owner of Alya Salon & Spa, with a Britepaths collection box.

Many Families Unable to Afford School Supplies

Britepaths collects backpacks, funds for school supplies.

BY BONNIE HOBBS
 THE CONNECTION

While it may seem as if schools just let out for the summer and everyone's on vacation, Britepaths and its supporters know that the 2022-23 school year will soon be here. And with that knowledge comes the inescapable fact that many local parents will be financially unable to provide the back-to-school supplies their children will need.

That's where Britepaths comes in, collecting new backpacks, plus cash donations to purchase school-supply kits, for students in need. The Fairfax-based nonprofit is seeking these items now to benefit 2,500 Fairfax County students who otherwise, would begin the school year without the things they need. And Britepaths is asking the local community for help.

"Working families in our community who were already dealing with the effects of the prolonged pandemic have been further stretched by the higher costs of food, gas, rent and other necessities," explained Britepaths Executive Director Lisa Whetzel. "When you're living paycheck to paycheck, the thought of having to find funds for

school supplies, on top of everything else, is extremely stressful."

*Recipient schools whose students will be served through Britepaths' efforts include:

- Daniels Run Elementary
- Eagle View Elementary
- Fairfax High School
- Katherine Johnson Middle School
- Fairfax Adult High School
- Providence Elementary
- Willow Springs Elementary
- Fairfax Villa Elementary

Financial donations to Britepaths' Collect for Kids Back-to-School Program this summer will enable the organization to buy pre-assembled, school-supply kits for these FCPS students, including those in the Fairfax High School pyramid.

Community members are asked to donate funds via Britepaths' secure, online donation page at: <https://britepaths.org/our-services/back-school>, or mail checks payable to Britepaths to 3959 Pender Drive, Suite 200, Fairfax, VA 22030. Write "Back to School" on the memo line. For more information, call 703-273-8829 or email events@britepaths.org.

Britepaths is also collecting 700 new backpacks, which may be dropped off at local, partner businesses or ordered through Amazon. New backpacks – large sizes are needed most – may be brought to several places collecting them for Britepaths.

❖ Backpack donation sites in Fairfax, now through Aug. 1, are at:

Twins Ace Hardware Fairfax, 10310-B Main St.

University Mall Theatres, 10659-A Braddock Road.

Sugar Mama's Ice Cream, 11208 Lee Hwy. Cinema Arts Theatres, 9650-14 Main St. (inside Fair City Mall).

Central Fairfax Chamber of Commerce/Office Evolution Fairfax, 10304 Eaton Place, Suite 100.

FVCbank, 11325 Random Hills Road, Suite 140.

"Hugo the Gargoyle" Little Free Library in Fairfax City's Old Lee Hills neighborhood, Colony Road near Heritage Lane.

❖ Backpacks may also be donated at Alya Salon & Spa, 139 Park St. in Vienna.

People may order them, as well, via an Amazon Wish List linked on Britepaths' Back-to-School page. Or go directly to <https://www.amazon.com/hz/wishlist/ls/30A5MCLIRONCH>.

Those ordering backpacks this way should include their contact information when placing their orders so Britepaths may thank them for their generosity. And logging in to Amazon via Amazon Smile (<http://smile.amazon.com/ch/52-1596259>) helps Britepaths even more.

"We're grateful to all who are donating this summer to help ease this stress for families in need and allow their children to start off the new school year unashamed – and with all the supplies they need," said Whetzel. "Britepaths also appreciates Godman Power Group Inc. and Twins Ace Hardware

for sponsoring the Back-to-School Program, and additional sponsorships are welcomed."

Furthermore, besides collecting backpacks throughout this month, Twins Ace Hardware in Fairfax City is hosting a "round-up at the register" campaign through July 31. Customers may choose to donate to Britepaths' Back-to-School Program the change they would have received from their purchase.

All in all, said Whetzel, "We're hoping people will take a few minutes out of their summer fun to share some of that joy with a local child in need. We pool the donated funds to purchase supply kits in bulk – thereby stretching every dollar and enabling us to provide supplies for each student for around \$10. So \$100 helps 10 students, but any amount people can donate will make a difference."



Britepaths is in its 38th year of providing help and a way forward for struggling individuals and families in Fairfax County and Northern Virginia. All year 'round, the organization relies on funding and volunteer support from businesses, individuals, community organizations and faith communities so it can provide services to people in need.

Britepaths stabilizes families with supplemental food and financial assistance. It also helps them build resilience through financial education, workforce-development coaching and IT training. In addition, Britepaths offers supports for children via its Back-to-School drive, Food4Thought weekend food packs, and holiday assistance. For more information, go to britepaths.org.

Out with the Old; In with the New Fairfax City adopts a new official seal.

BY BONNIE HOBBS
 THE CONNECTION

It's official: The City of Fairfax will soon have a new seal, in keeping with the City's efforts to distance itself from its Confederate past.

After George Floyd's death in 2020 in Minneapolis, City Council wanted to reexamine how the City's markers and institutions reflected the Civil War. So it established the Connecting Fairfax City for All Stakeholder Advisory Group to do so.

One of the elements coming under the group's

One of the elements coming under the group's



From left are Fairfax's old City Seal and the new one it just adopted.

SEE FAIRFAX CITY, PAGE 9



Chief Kevin Davis speaks at the scene in McLean July 7 after a Fairfax County Police officer shot and killed Jasper Aaron Lynch, 26.



Chief Kevin Davis speaks at the scene at Springfield Town Center June 30 after Fairfax County Police officers shot and killed Christian Parker, 37 of Reston.

Two Fatal Shootings by Fairfax County Police

Supervisor Rodney Lusk will convene a virtual public safety town hall meeting on July 21 at 6 p.m. to address community concerns about multiple incidents of police use of force in the last few weeks.

Fairfax County Police officers shot and killed two men in separate incidents. A Reston man, Christian Parker, 37, was shot and killed in the parking lot of Springfield Town Center on June 30. Jasper Aaron Lynch, 26, was shot and killed in a McLean home on July 7.

“Over the past three weeks, there have been a series of high profile incidents involving the Fairfax County Police Department,” said Lusk in a statement released as he announced the date of the town meeting. “I share the concerns that I’ve heard from many in the community about both the nature of these incidents and the frequency at which they are occurring.”

Check @SupervisorLusk where registration information will be posted soon.

A third incident also raised concern when a video widely shared on social media showed two police officers pointing their guns at the person, a juvenile, recording them on a cell phone. Police were responding to a call at the IHOP on Route 50 in the Fairfax County area of Falls Church on Saturday, July 9, with reports that one individual displayed a handgun earlier in the evening.

Investigations are underway.

“I remain completely committed to providing the transparency required to ensure trust between our community and FCPD,” Lusk said. Lusk is chairman of the Board of Supervisors Public Safety Committee, and as such provides policy oversight for the police.

BOTH FATAL incidents were recorded on officers’ body cameras, and that footage will be released along with audio recordings “within 30 days or when it no longer jeopardizes the integrity of the investigation.”

Per department policy, the officers have been placed on restricted duty pending the outcome of an administrative investigation by the Internal Affairs Bureau.

An independent review will be conducted of the incidents by the Fairfax County Independent Police Auditor, Richard G. Schott. The Office of the Independent Police Auditor

was established by the Board of Supervisors on the recommendation of the Ad Hoc Police Practices Review Commission, in the wake of the police shooting death of John Geer of Springfield. The recommendations of the commission also led to the timeline for release of information.

IN McLEAN

According to police, at approximately 7:11 p.m. Thursday, July 7, officers responded to a home in the 6900 block of Arbor Lane in McLean, after a family friend of Jasper Aaron Lynch, 26, called with concerns for his safety. The family friend said Lynch was throwing objects inside the home and pacing.

A designated co-responder unit responded. This team included an officer assigned to the Crisis Intervention Team (CIT) and a clinician from the Sharon Bulova Center for



Rodney Lusk

be a large decorative wooden tribal mask. The officers attempted to de-escalate the situation with verbal commands inside the foyer of the home.

Lynch threw the mask at an officer and began to swing the bottle in striking motion. Two officers attempted to utilize their Electronic Control Weapons. Lynch ran toward officers while swinging the bottle.

“We have crisis-intervention training, and it requires ongoing education. About 42 percent of our agency is trained in it. We’d like to have co-responder mobile-crisis units – a police officer and a mental-health professional in the same car ... It’s the wave of the future in public safety.”

— Fairfax County Police Chief Kevin Davis speaking at a recent meeting of the Sully District Police Station’s Citizens Advisory Committee

Community Health. Lynch left the residence prior to the team’s arrival at 7:26 p.m. The team checked the home and remained in the area for an additional period of time to attempt to locate him, according to the report, but they didn’t find Lynch. The co-responder unit then went to the McLean District Station to speak with Lynch’s family by phone.

At 8:34 p.m., a second call for service was placed by a family friend. This time, three crisis intervention trained officers arrived at the home and spoke to a family member on the scene. The officers found Lynch inside holding a bottle and an object, believed to

One officer discharged his firearm, striking Lynch four times. Officers immediately rendered aid until fire and rescue personnel arrived. Lynch was pronounced deceased at the scene.

The officer who discharged his firearm has been identified as a ten-year veteran. The officer is assigned to the McLean District Station.

The name of the officer will be released within 10 days, unless there is a credible threat to the safety of the officer involved or if additional time is required to thoroughly complete the risk assessment process.

Mark your calendar for a virtual public safety town hall hosted by Supervisor Rodney Lusk on July 21 at 6 p.m. Check @SupervisorLusk where registration information will be posted soon.

A criminal investigation into the use of force is being conducted by FCPD Major Crimes Bureau.

Police report that all information provided in their release is based on preliminary investigative findings and may be subject to revision as the investigation progresses.

To view Chief Davis’ press conference from the scene, see https://youtu.be/n_s66dYFQLs

AT SPRINGFIELD TOWN CENTER

On June 30, officers found Christian Parker, 37, of Reston, in the Springfield Town Center parking lot. Parker was wanted for possession of a firearm by a felon, larceny of a firearm, brandishing a firearm and discharging a firearm within a home.

Parker was wanted after an incident on Sunday at his home in the 2000 block of Royal Fern Court in the Reston Police District. A family member reported Parker stole a firearm from the home and pointed the weapon at a relative. Parker then discharged the firearm inside the home.

The incident was reported more than 10 hours after it occurred. No one was injured at the time of the reckless discharge. Officers obtained warrants for Parker and notified the Fugitive Track and Apprehension Unit. Officers worked throughout the week to find Parker, eventually finding him in the Springfield parking lot.

Detectives coordinated with the Summer Crime Initiative team to help find Parker. This seasonal team of officers focuses on suppressing crime during the summer months.

Officers found Parker in a parking lot and positioned their vehicles in a manner to prevent Parker’s escape.

Parker entered his vehicle as officers approached. Three officers gave Parker several commands to show his hands. Preliminarily,

Fairfax Man Given 18 Months in Prison

A local man has been sentenced to a year-and-a-half in prison for soliciting a minor online. He is Joshua Shearin, 22, of Fairfax.

Fairfax County police arrested him Nov. 9, 2021, for soliciting a minor online.

Police said that, around 11 a.m. that day, Shearin directly messaged another user via a social-media dating app. However, unbeknownst to him, the person receiving his message was an undercover detective. The app uses geolocation technology to locate people in close proximity to the user.

According to police, Shearin exchanged several messages with the detective, who identified himself as a 14-year-old boy. Then, they said, "Shearin sent explicit pictures to the detective and dis-

cussed meeting the boy for a sexual encounter."

Shearin chose a meeting location in Fairfax, and detectives found him there and took him into custody. Detectives from the Major Crimes Bureau's Missing Person and Exploitation Squad charged Shearin with three felonies – two counts of use of communications systems to facilitate certain offenses involving children and one count of attempted indecent liberties.

On Feb. 22 in General District Court, he pleaded guilty to one of the counts of online solicitation of a minor; and in return, the other charges against him were dropped. Then on June 17 in Circuit Court, Shearin was sentenced to five years in prison, with all but 18 months suspended.

BONNIE HOBBS

Concerts Under the Stars

Enjoy Music under the Stars.

The City of Fairfax will present a series of free, music concerts, each Thursday throughout July, at 7:30 p.m. Per-

formances will be outdoors at the Veterans Amphitheater next to City Hall at 10455 Armstrong St. in Fairfax. Dates and performers are:

July 14 - City of Fairfax Band Children's Concert (includes free ice cream for children);

July 21 - Main Street Community Band;

July 28 - City of Fairfax Band Summer Concert.

MOUNT VERNON DISTRICT STATION

POLICE REPORTS

COMMERCIAL ROBBERY: 6138 North Kings Highway (7-Eleven), 7/7/22, 11:53 p.m. Two men entered the store, implied they had a firearm and stole merchandise.

COMMERCIAL BURGLARY: 1500 Belle View Boulevard (Dunkin'), 7/7/22, 4:10 a.m. Two men forced entry into the business and stole property.

SHOOTING: 3600 block of Buckman Road, 7/3/22, 5:58 p.m. A 13-year-old boy displayed a firearm and shot a juvenile victim in the upper body. The victim was originally treated for injuries that were considered life threatening but was later upgraded to non-life threatening. On July 7th, the 13-year-old male was taken to the Juvenile Detention Center and petitions were served on him for aggravated malicious wounding, use of a firearm in the commission of a felony, and illegal possession of a firearm by a person under 18 years of age. Detectives do not believe this was a random act.

ROBBERY: 3400 block of Julep Drive, 7/3/22, 8:55 p.m. Two juvenile males approached the victim, implied they had weapons, and took property. No injuries were reported. This does not appear to be a random act.

ATTEMPTED ROBBERY: 8200 block of Russell Road, 7/4/22, 4:29 p.m. Two men approached the victim and attempted to take his property by force. The two men fled when they saw the police approaching. No injuries were reported.

SHOOTING (RECKLESS DISCHARGE): 7900 block of Janna Lee Avenue, 7/4/22, 11:34 p.m. Fire and Rescue personnel were in the area extinguishing a fire when they heard gunshots and called police. Numerous spent cartridge cases were found. Several vehicles and a residence were struck by the gunfire. No injuries were reported. Preliminarily, detectives do not believe the Fire and Rescue personnel were targeted by the gunfire.

RECKLESS DISCHARGE: Sacramento Drive at Bedford Terrace, 7/5/22, 9:38 a.m. A man driving an SUV got into a dispute with the victim. The driver displayed a handgun, shot several rounds, and drove away. Officers recovered several spent cartridge cases. No injuries or property damage were reported.

COMMERCIAL ROBBERY: 5834 North Kings Highway (7-Eleven), 7/5/22, 11:39 p.m. Two men entered the business, took money and merchandise, and fled on foot.



Public Notice

Updated weight limits on Virginia bridges and culverts

In accord with state and federal law, the Virginia Department of Transportation (VDOT) has imposed new or changed existing weight restrictions and installed new signage indicating the updated weight restrictions on the following bridges and culverts (structures) in Virginia within the last 30 days.

Jurisdiction	Fed Struct Id	Raise #	Road Name	Crossing	Posted Date
KING & QUEEN	10620	628	SPRING COTTAGE RD.	MATTAPONI RIVER	6/30/2022
KING & QUEEN	10595	602	WARES CHURCH RD.	DRAGON RUN	6/30/2022
KING WILLIAM	10671	629	ACQUINTON CHURCH R	ACQUINTON CREEK	6/30/2022
KING WILLIAM	10649	600	W. RIVER RD.	AYLETT CREEK	6/30/2022
LANCASTER	10683	3	MARY BALL RD.	BELLWOOD RUN	6/30/2022
GRAYSON	8690	58	WILSON HWY	BIG WILSON CREEK	6/29/2022
WASHINGTON	18877	58	JEB STUART HWY	STRAIGHT BRANCH	6/29/2022
KING GEORGE	10576	625	PRIM RD.	MATTOX CREEK	6/29/2022
ESSEX	6156	629	BATTERY RD.	MOUNT LANDING CREEK	6/28/2022
ESSEX	6163	684	HOWERTON RD.	WHITE MARSH CREEK	6/28/2022
CAMPBELL	4347	738	ENGLISH TAVERN RD.	TRIBUTARY FLAT CREEK	6/25/2022
WASHINGTON	18878	58	JEB STUART HWY	STRAIGHT BRANCH	6/22/2022
CAROLINE	4484	632	EDGEHILL ACADEMY R	MATTA RIVER	6/22/2022
ESSEX	6152	620	CHEATWOOD MILL RD.	HOSKINS CREEK	6/22/2022
CAROLINE	4359	1	JEFF. DAVIS HWY.	STEVENS MILL RUN	6/21/2022
CAROLINE	4409	301	NBL A.P. HILL BLVD	N FORK PEUMONSEND CREEK	6/21/2022
CAROLINE	4411	301	RICHMOND TPKE	POLECAT CREEK	6/21/2022
CAROLINE	4367	17	TIDEWATER TRAIL	GOLDENVALE CREEK	6/21/2022
ARLINGTON	110	1	JEFF DAVIS HWY.SBL	110: I-395NB & I-395 EXP	6/15/2022
PRINCE EDWARD	13930	612	SANDY RIVER RD.	LITTLE SANDY RIVER	6/11/2022
LEE	10734	58	BUSINESS RTE 58	BRANCH	6/6/2022
MIDDLESEX	12085	17	NBL GEO. WASH. PWY	DRAGON RUN	6/2/2022
KING GEORGE	10566	615	BERRY WARF RD.	DEEP CREEK	6/1/2022
MATHEWS	26970	609	BETHEL BEACH RD.	GARDEN CREEK CANAL	6/1/2022

The list above is not a comprehensive list of all structures with weight restrictions in the Commonwealth, but shows only structures that have new or changed weight restrictions within the last 30 days. The list contains only basic structure identification and location information and the date the new or changed weight restriction and signage became effective.

For a full listing of all bridge and culvert weight restrictions with detailed information about specific structures, including location data and actual weight limits, visit <https://www.virginiadot.org> and navigate to Info Center/Trucking Resources. This page references a posted structures report and a GIS map tool that contain detailed information about restricted structures in Virginia. To receive email notifications regarding new or updated weight restrictions for structures statewide, complete the sign-up form on the web page.

Notices regarding bridges and culverts with new or updated weight restrictions are published monthly by VDOT. For additional information or questions, please contact haulingpermits@vdot.virginia.gov.

The Virginia Department of Transportation is committed to ensuring that no person is excluded from participation in, be denied the benefits of, or be subjected to discrimination under any of its programs or activities on the basis of race, color, or national origin, as protected by Title VI of the Civil Rights Act of 1964. If you need further information on VDOT's Title VI Program or special assistance for persons with disabilities or limited English proficiency, please contact the Virginia Department of Transportation's Title VI Program Specialist at 804-786-2730.

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Citizen Scientists Monitor Ecosystem

Surveying where the wild things are in Lorton and Mason Neck.

BY SUSAN LAUME
THE CONNECTION

If one has a need for scientific data, or just has a hankering to know what birds, butterflies, dragonflies, other wildlife and plants are found in the Occoquan Bay and Meadowood area of Mason Neck, and Lorton, one on-going survey can tell you — down to the species and month of emergence. Now in its 33rd year, the collected surveys, conducted monthly by citizen scientist volunteers, provide an overall picture of the area's ecology. It's believed to be the longest running nature survey of its kind in the United States.

What began as a bird survey in the Occoquan Bay National Wildlife Refuge in 1989, evolved to become a general survey of wildlife activity and plants over a wider area of Mason Neck and Lorton. Over the history of the effort, survey originator and project director Jim Waggener reports managing over 8,800 survey hours, with volunteers contributing over 65,000 hours. The volunteers with various levels of expertise come from local nature groups, such as the Audubon Society of Northern Virginia, the Northern Virginia Bird Club, Audubon Naturalist Society, Virginia Master Naturalists, other regional organizations, and unaffiliated people who have an interest in one or more of the surveyed subjects. Their efforts have documented over 2,200 species of wildlife and plants.

Waggener reports that, "Surveys have documented the first regional records of many rare species, e.g., American White Pelican, Mississippi Kite, Ash-throated Flycatcher, as well as wildlife listed by Virginia's Division of Natural Heritage as very rare, like Frosted Elfin (butterfly) and Fine-lined Emerald (dragonfly). Survey data has been the basis for local/regional checklists and identification guides. Data from surveys of the old Lorton Prison contributed to decisions shaping that site's reuse, and preservation of natural resources in the new Laurel Hill community.



PHOTO BY SUSAN LAUME/THE CONNECTION

Citizen scientists prepare to survey butterflies and dragonflies at Occoquan Regional Park on July 8; Jim Waggener, Jennie Meyer, Ken Larsen, David Rawlinson, Ed Eder, Rusty Moran, Karen Rogers, Michael Ready.

Surveys have led to greater public understanding of each site's unique ecological value, and for Occoquan Bay and Meadowood, were an important element in successful public action to preserve these properties."

It's a low-key and friendly atmosphere as the team gathers for the start of a butterfly/dragonfly count on late summer mid-week morning. Team members are similarly dressed, ready for the field, with binoculars and camera lenses certain to coax out the finest identifying detail on a butterfly or dragonfly. The group members, some who attend regularly, are mostly those of an age who have earned the time to spend hours in the field observing wild things. At the start time, Waggener announces the plan for the event and logistics. Frequent participant Joanne Hutton makes sure newcomers aren't lost as the team moves as a group to the first couple of sites in the vicinity, before splitting off alone or in small groups to cover more territory. Hutton calls their attention to a retention pond, often frequented by dragonflies.

Their inspection is rewarded with sighting of a large number of Needham's skimmers (*Libellula needhami*) and Eastern pond hawks (*Erythemis simplicicollis*), types of dragonflies abundant in our area. Excitement grows when someone spots what might be an uncommonly seen Unicorn Clubtail dragonfly (*Arigomphus villosipes*). Someone calls for Joel Goldman, who has seen the species before, to confirm the identification.

Individual members often call on others with a particular expertise or carrying a powerful camera to verify what's seen. The team will regroup after three hours to share sightings and their count. On this day a trio of newcomers creates a stir announcing a possible sighting of a Dusted Skipper butterfly (*Atrytonopsis Hanna*) which regulars know is not on the list of past sightings, raising doubts about the sighting. Photos are passed, identification arguments are made and final judgment is delayed for further examination and comparison of specimen photos. In the end, the verdict is Northern



MASSACHUSETTS DIVISION OF FISHERIES & WILDLIFE

Frosted Elfin butterflies are rarely seen due to loss of habitat



PHOTO BY JUDY GALLAGHER

Fine-lined emerald dragonfly listed as "very rare" by Virginia's Division of Natural Heritage

Cloudywing Skipper (*Thorybes pylades*), not the Dusted, but all appreciated a good puzzle and the newcomer trio is pleased they've added a new species to the "expected" butterfly checklist.

For the day, 22 species of butterflies and 21 species of dragonflies are counted, along with 51 species of birds. It's been another satisfying morning hunting down the small treasures that renowned entomologist Dr. Douglas Tallamy calls the "little things that run the world."

Waggener, who has a minor in zoology but a major interest in the natural world says, "What we do, while potentially very useful to scientists, can be interesting, educational, satisfying, and just plain fun." Waggener invites adults with an interest in volunteering for one of the monthly surveys to contact him directly at jwagge3093@aol.com. Students under 18 years old may attend with an adult. Dates, and more information,



PHOTO BY SUSAN LAUME/THE CONNECTION
Survey founder and director Jim Waggener examines Chicory bloom which his survey notes usually blooms in late May in our area



PHOTO BY SUSAN LAUME/THE CONNECTION

Survey identifies an uncommon Unicorn Clubtail dragonfly at Point of View, Lorton.

along with survey results are available on the Audubon website at www.audubonva.org.

And on a more serious note, Waggener adds, "The world needs our immediate attention; citizen science can be a source of raw material for crafting solutions to its ills."

Paralyzed Cyclist Gains Freedom for Near Normal Life

After a broken neck sustained in a mountain bike crash, Mark Gottlieb uses an electronic device and therapy to walk again.

BY MIKE SALMON
THE CONNECTION

Since his house was close to the off-road bike trail at Fountainhead Park, mountain bike enthusiast Mark Gottlieb rode the trail a bunch of times in recent years until one day when he had a crash on the trail and broke his neck. He was paralyzed from the neck down and there was a question whether he'd ever walk again. But he credits extensive physical therapy, determination, and the help of an innovative piece of technology called the "L300," to help him get up and around again.

The Bioventus L300 is a functional electrical stimulation system capable of producing measurable mobility improvements for patients with foot drop and/or knee instability caused by an upper motor neuron disease or injury such as a bike accident. It is made by BionessRehab, and uses electrical impulses to send signals to certain muscles, they said.

It looks like a modified Ace bandage with a computer attached. "It zaps the muscles in my left leg," said Gottlieb, and this enables the leg to raise just a bit when walking so that it clears the floor and he won't trip. "This thing helps it go from barely clearing the ground to clearing the ground," he said, and that little bit makes a difference.

Every night he hooks it up to the computer so it recharges, similar to a cellphone, and it has an app which was downloaded beforehand. "I feel a jolt every time my leg moves," he said. Gottlieb can now get around his house and even drive, which is a big change from when he first had the accident. It didn't happen overnight though.

It took a little of everything to get him walking though and he also credits therapy from Advanced Physical Therapy in Tysons for his recovery and the determination of



PHOTOS BY MIKE SALMON/GAZETTE
While in Kenya in 2019, Mark Gottlieb saw a family of lions among other animals.



PHOTOS BY MIKE SALMON/GAZETTE
Mark Gottlieb and the L300.

therapist Valerie Gibson who he still sees once a week. "That's the most advanced therapy place around," he said. They have an exoskeleton which goes around the whole body to help paralyzed individuals walk again.

The L300 is something he uses on a daily basis. "It is a really great alternative to an ankle and foot orthosis device, as it allows for individuals to have far more mobility and way less rigidity and pain," said Sara von Remus of Next Step, a company in the medical field that works with ankle and foot orthosis devices. "Basically, it allows you to use and train your motor function instead of just controlling spasticity and preventing the 'foot drop' that is commonly associated with neurological injuries and diagnoses," she said. Ankle and foot orthosis devices are so inexpensive and technically a "solution" for foot drop, she added. Gottlieb agreed. "It gives you a little edge to walk better, every little bit helps," he said.

The L300 was so successful, Gottlieb has gotten back into the rhythm of his daily life and most hobbies except for biking. He got

rid of the bicycle but still has his bike helmet that was cracked open in the accident. Gottlieb remembers that day back on the mountain bike trail.

"I've had lots of scrapes and bruises on that trail through the years, but this time nothing moved and I couldn't breathe either," he said, "I just laid there." Someone came along and found him, and the rescue squad sent an ambulance and helicopter, but there was no place for the helicopter to land so they took him out on a stretcher.

He was taken to Inova Fairfax where he remained for 40 days and a few operations putting rods in various places where bones were broken. His right side started moving after about two weeks, but the left side was not as healthy, and it took longer.

"I believe I'm getting there," he said. One of his big hobbies is photography, and in March he took a trip to Africa. He's taken some exotic trips around the world and captured each with photos and video and put together a series of books he has in his living room. "In the fall, my son and I are going to the Amazon," he said.

Man Sentenced for Conspiracy to Distribute Meth on the Darknet

A Fairfax man was sentenced Tuesday, July 12 to 52 months for conspiring to distribute between 15 and 45 kilograms of pills containing methamphetamine via the darknet.

According to court documents, from about May 2019 through December 2019, Tyler Pham, 39, conspired to distribute peach tablets advertised as Adderall, but in fact containing methamphetamine, nationwide through the U.S. mail. Pham used the moniker "addy4cheap" on darknet markets, the Empire Market and Cryptonia. Between August 2019 and December 2019, law enforcement agents conducted 20 controlled purchases from "addy4cheap" on both markets for a total of 767 peach tablets received, weighing

approximately 268 grams total.

On Dec. 9, 2019, search warrants were executed at Pham and his co-conspirators' residences, including the homes of Lien Kim Thi Phan, 37, Fairfax, and Hon Lam Luk, 35, Chantilly. In the home of Phan and Pham, agents found 95 peach tablets, and in Luk's Chantilly residence, investigators found over 6,000 peach tablets weighing approximately 2.2 kilograms, all of which resembled those advertised on "addy4cheap" and those received by law enforcement through controlled purchases.

As of Dec. 10, 2019, "addy4cheap" had completed 3,665 sales on the Empire Market and received 2,568 reviews. Based on these reviews, "addy4cheap" had received approximately \$482,572.10 in sales for an approxi-

mate 44,872 pills sold. As of Nov. 7, 2019, "addy4cheap" had fulfilled 140 transactions on Cryptonia.

Pham's six co-conspirators all previously entered guilty pleas in connection with the conspiracy and were sentenced to over 13 years in prison combined. Phan and Duong Nguyen, 29, of Springfield received a sentence of time served for their roles in the conspiracy. Son Nguyen, 36, of Annandale, was sentenced to 34 months in prison for his role in the conspiracy. Dat Nguyen, 37 of Alexandria, and Trieu Hoang, 39, of Springfield, were sentenced to 39 months in prison for their roles in the conspiracy and Luk received 46 months imprisonment for his conduct.

Smart Growth America Shows Roads Are Dangerous by Design

Today, Smart Growth America released "Dangerous by Design" documenting the dangers faced by pedestrians on America's roads. "The Coalition for Smarter Growth urges every official in the DC region, Maryland, and Virginia, to read this report and to make safety for pedestrians and bicyclists on our streets a top priority," said Stewart Schwartz, Executive Director. <https://smartgrowthamerica.org/dangerous-by-design/>

In the past week, two pedestrians were killed in Fairfax County, bringing the total number of pedestrians killed in 2022 to 12. Officers responded at 10:20 p.m. July 6 for a pedestrian struck on Richmond Highway near Huntington Avenue in the Mount Vernon area. Doris Anita McPhail, 56, of Alexandria, was struck by an SUV. She died the next morning in the hospital.

Keith Thomas, 24, was killed in a crash that occurred at 1:28 a.m., Friday, July 8 on Richmond Highway over the ramp from northbound I-95 to northbound Richmond Highway.

According to the report, national statistics show: Pedestrian fatalities are up 62% since 2009, totalling 64,073 deaths.

Pedestrian fatalities increased 4.7% in 2020 over 2019 and preliminary data shows 7485 deaths in 2021, a 40-year high.

Arterial highways — think Route 1, Route 355, Route 50, Georgia Avenue, and Route 7 in the DC region — comprise 15% of all lane miles in the U.S. but 67% of pedestrian deaths.

During the pandemic, as traffic congestion went down, more drivers drove faster and death rates went up.

Places that were less friendly to walking

before the pandemic had significantly higher increases in pedestrian fatalities during the pandemic compared to places that supported higher rates of walking pre-pandemic.

People of color, particularly Native and Black Americans are more likely to die while walking.

Lower income people and older people are more likely to die while walking. "Despite better relative rankings than many parts of the U.S. the DC region is still seeing too many deaths and serious injuries to pedestrians and cyclists, and like other parts of the country, our suburban arterial roads are particularly dangerous. That's why Coalition for Smarter Growth has partnered with CASA in a campaign to make Route 7 in Baileys Crossroads safer, helping the Gum Springs community's fight for a safer Route 1 in Fairfax, and working together with the Northern Virginia Families for Safe

Streets and Fairfax Alliance for Better Bicycling for safer streets across Northern Virginia," said Sonya Breehey, CSG's Northern Virginia Advocacy Manager.

"Similarly, we support Action Committee for Transit's fight for safer streets in Montgomery County and are working for safer streets in Prince George's, which have some of the highest rates of pedestrian injuries and deaths in the region," said Jane Lyons, Coalition for Smarter Growth's Maryland Advocacy Manager.

Areas in this region which have higher percentages of people of color and lower-income households, experience disproportionately more fatalities of pedestrians and crashes on arterials than the rest of the region, said Bill Pugh, Coalition for Smarter Growth Senior Policy Fellow.

"Unfortunately, VDOT and MDOT, and many local departments of transportation are not taking the sort of swift and concerted action necessary to make our streets safer. They continue to

prioritize vehicle speed and movement over safety, and routinely push back on redesigning our streets — especially our very dangerous arterials to make them safer for people walking, biking, rolling, and using transit," said Schwartz.

Sonya Breehey concluded, "SGA documents why design matters and we urge a transformation in how our state and local departments of transportation design our streets — using the design guidance from NACTO (National Association of City Transportation Officials) instead of the car-dominant AASHTO (American Association of State Highway and Transportation Officials). Funding should be shifted from highway and arterial expansion to redesigning our arterials and streets to make them safer for all users."

<https://smartgrowthamerica.org/dangerous-by-design/>

OPINION

The Dangers of Invasive Plants

BY DEL. PAUL KRIZEK



This week, I received the honor of recognition by the Virginia League of Conservation Voters as a “Legislative Hero” for my record on environmental protection and climate action. I received a 100% score on their 2022 scorecard.

Perhaps one of my biggest recent pushes as an environmentalist Delegate is to raise awareness of, and curb, the proliferation of invasive plant species in Virginia. If you are unfamiliar with the concept of invasive species, perhaps you have had to battle with the notorious English Ivy in your own backyard or garden. Once introduced, this plant spreads heavily across all levels of vegetation and can quickly overwhelm and outcompete native plant species for resources. It can be costly and time-consuming to remove. Despite its aggressive and harmful nature, it is still sold and marketed as an ornamental plant across the United States, and even here in Virginia. And this is but one example.

During this past session, I introduced two bills, HB 311 and HB 314 directed at this problem. HB 311 would have encouraged state agencies to prioritize the use of native plants on state properties. This bill failed this session, but I plan to reintroduce it next year. HB 314 was signed into law, directing the Commissioner of Agriculture and Consumer Services to develop a brochure on the value of native plants and the danger of invasives and noxious weeds. Plant retailers will be able to distribute these informational brochures in their stores.

What else can we do to combat this problem? First, it is important to learn what an invasive plant species is, which ones have become endemic in our area, and how we can all work together to protect our native plant species.



English Ivy (*Hedera helix*) spreads heavily across all levels of vegetation and can quickly overwhelm and outcompete native plant species.

Invasive plants are species intentionally or accidentally introduced by human activity into a region where they did not evolve and cause harm to natural resources, economic activity, or humans. These species displace native plant species, reduce wildlife habitat and otherwise alter natural processes. They also impose serious costs on our economy: it is estimated that all invasive species (plants, animals, and diseases) cause \$120 billion in losses every year. Invasive plants typically exhibit the following characteristics:

- Rapid growth and maturity
- Prolific seed production
- Highly successful seed dispersal, germination, and colonization
- Rampant vegetative spread
- Ability to out-compete native species
- High cost to remove or control

The Virginia Department of Conservation and Recreation’s Division of Natural Heritage currently identifies 90 invasive plant species that threaten (or potentially threaten) our natural areas, parks, and other protected lands here in Virginia.

Not all non-native plant species are harmful. In North America, since the time of European colonization, tens of thousands of plant species have been introduced to the continent. Introduced species often do not become established outside of cultivation, and when they do, some are in fact beneficial. In fact, some are vital parts of our economy, including wheat and soybeans. Remember, Virginia’s largest industry by far is agriculture. Of the tens of thousands of plants introduced to North America, here in Virginia, 606 species have been identified as naturalized (reproducing outside of cultivation). Of these, 90 species, or 15 percent of naturalized species (3 percent of the total Virginia flora), have been assessed as invasive in natural communities.

I encourage you to visit the Virginia Department of Conservation and Recreation website (<https://www.dcr.virginia.gov/natural-heritage/invspinfo>) and learn more about invasive species present in our area, report and map sightings of invasive species you may encounter, and do your part by not purchasing and planting invasive species.

In addition, you can join groups such as the Friends of Dyke Marsh that host regular events targeting and removing invasive species. Their next events will be on July 16th and 30th, and August 13th and 27th from 9 am to 11 am. You can email info@fodm.org to sign up. On the legislative side, I intend to continue working with environmental stakeholders and my colleagues in the General Assembly to introduce and pass more legislation to promote awareness and target the spread of invasive species in Virginia, including legislation limiting sales and creating an advisory committee on noxious weeds in the Commonwealth.

For more resources on restraining invasive plants and why to plant native plants, see Plant Northern Virginia Natives at <https://www.plantnovanatives.org/>

Focused on Reducing Future Flooding

BY DAN STORCK
SUPERVISOR, MOUNT VERNON DISTRICT



The Belle Haven/New Alexandria area needs flood protection. Our climate is changing with increased super storms and higher tides in our future, all weather events that will cause more flooding and damage to our people, property and places. I have been a strong advocate for years, along with Congressman Beyer and our state representatives, for getting the federal, state and county support necessary to reduce the likelihood and impact of these future disasters.

The United States Army Corps of Engineers (COE), in conjunction with the Metropolitan Washington Council of Governments (COG), have been studying flood mitigation options for the broader Potomac River area for many years.

The COE and COG worked together for the past several years to identify mitigation options that meet federal criteria for cost/benefits. Work between those entities has been on-going, with a Potomac River DC area coastal study overview presented to County staff in September 2021. In March 2022, the COE next shared with the County and later with me a design outline that met the federal cost/benefit standard. At that time, they wanted our assistance in sharing it with the community.

While I do not support the design the COE presented at their June 14th and 16th meetings, I believe their continued engagement with our community is essential for ultimately identifying a plan that would be supportable by the community, the COE, and the National Park Service. I will continue to work hard, along with Con-

gressman Beyer and state leaders, until we have such a plan and the funding to implement it.

We were able to get the comment period for this design proposal extended through July 31. You can access the COE plan at www.nab.usace.army.mil/DC_Coastal_Study and email comments to DC-Metro-CSR-Study@usace.army.mil.

DC-Metro-CSR-Study@usace.army.mil

Dan Storck is the Supervisor for the Mount Vernon District on the Fairfax County Board of Supervisors\

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Fairfax City Adopts A New Official Seal

FROM PAGE 3

scrutiny was the City seal, adopted by the Council in September 1973. Among other things, it depicts a Confederate soldier representing John Quincy Marr, the first combat death of the Civil War. It also contains an image of Thomas, the sixth Lord of Fairfax, from whom the City derived its name, and the owner of the land royally granted from England's King Charles II.

The seal's motto, "Fare Fac," was used by the Fairfax family and roughly translates from the Latin as "Say it and do it." Surrounding the seal is a border of blue, with gold-rope edging, the City's name and six dogwood flowers. The date at the bottom honors the City's founding in 1805.

On Sept. 14, 2021, Mayor David Meyer and the City Council received the final re-

port and recommendations from the Connecting Fairfax City for All Stakeholder Advisory Group.

The document recommended Fairfax no longer use its current seal and, instead, rework it to remove elements not reflecting the City's values and to keep those that do. More specifically, it stated that Marr should be removed from it because the City seal should not honor Confederate figures. It also advised deleting Lord Fairfax since this British Lord had no direct connection to what's now geographically Fairfax City.

On Sept. 28, 2021, City Council accepted the final report and approved a resolution creating a Council Implementation Subcommittee consisting of Meyer and Councilmembers Janice Miller and Jon Stehle, plus supporting City staff. It enlisted a designer to create a new, official City seal us-

ing components of the original seal, while incorporating more universally accepted imagery. Council then reviewed several iterations of this new seal. In addition, resident surveys were conducted at both the beginning of, and halfway through, the design process.

Staff reviewed all the feedback and asked for final Council consensus regarding whether to proceed with its most-current draft version of the City Seal. This version retains the dogwood flowers, the "Fare Fac" motto and the 1805 date. But it features a new image of City Hall as the seal's focal point. (See photo).

Then on June 28, Council held a public hearing on the matter. The only speaker, Doug Schauss, said, "I'm not sure why we have to change the City seal – it's part of our history. I think erasing the two figures

on it is shortsighted and misguided. It's the wrong thing to do and a big mistake."

Miller then made a motion to approve the new seal, Stehle seconded it and Council voted in favor of it unanimously. Councilmember So Lim was absent, so the vote was 5-0.

The cost of the seal's design work was \$3,500, and Fairfax has already allocated \$200,000 in its FY 23 budget for implementation of the new seal onto, for example, the City's fire and police uniform patches, as well as City flags.

Furthermore, staff is working with various City departments to mitigate costs, where possible. Fairfax's official City stationery is electronic, so there'll be no printing costs associated with the change. Council directed the new seal's effective date to be July 1, 2023.

Studying the Speed Limit on Richmond Highway

The Virginia Department of Transportation will hold a second virtual public information meeting Wednesday, July 20 on a study assessing the speed limit on about eight miles of Richmond Highway (Route 1) between Belvoir Road/Meade Road and I-95/I-495 (Capital Beltway). The purpose is to optimize safety and operations for all users, including pedestrians, bicyclists, drivers, and transit users. At the meeting, the study team will present additional analysis based on public feedback from the November public information meeting, as well as present study recommendations.

Richmond Highway (Route 1) averages about 55,000 vehicles a day within the study limits based on 2019 data, and the existing posted speed limit is 45 mph.

Get Involved

In lieu of an in-person meeting, VDOT invites residents and travelers to learn more, participate in the virtual meeting and give feedback in the following ways through Monday, Aug. 1:

- ❖ Attend the Wednesday, July 20 online meeting. Register at virginiadot.org/Route1SpeedLimitStudy or to participate without registering in listen-only mode, call 877-309-2074 (use access code 325-898-631). The study team will make a short presentation beginning at 7 p.m. and answer questions for about an hour after the presentation. In case an alternate date is needed, the meeting will be held Wednesday, Sept 21.

- ❖ Provide comments via the online survey or by email to meetingcomments@vdot.virginia.gov.

- ❖ Mail comments to Ms. Jessica Paris, P.E., Virginia Department of Transportation, 4975 Alliance Drive, Fairfax, VA 22030.

Meeting materials and the presentation will be available online at virginiadot.org/Route1SpeedLimitStudy, including the recorded presentation after the meeting. https://www.virginiadot.org/projects/northernvirginia/route_1_speed_limit_study.asp

The study's final report is scheduled to be completed this fall.

Fatal

FROM PAGE 4

it appeared Parker reached across the passenger seat and retrieved a firearm. At least one of the officers observed a firearm in Parker's hands and alerted other officers. The officers gave multiple commands to Parker to drop the firearm. Parker disregarded these repeated commands, and Police Officer First-Class Daniel Houtz and Officer Ryan Sheehan discharged their firearms. PFC Houtz is an eight-year veteran of the Franconia Police District Station and OFC Sheehan is a two-year veteran of the Mount Vernon Police District Station. Both officers were assigned to the Summer Crime Initiative Team.

A criminal investigation into the use of force is being conducted by the Major Crimes Bureau.

To view Chief Davis' press conference from the scene, see <https://youtu.be/IMaycMMYWO8>

BULLETIN BOARD

SUPPORT GROUPS

Parent Support Partners, a service of the Healthy Minds Fairfax initiative, are all parents who have received training and are qualified to offer education, support and assistance at no cost to families or caregivers. They provide reliable information that families can use in decision-making and are familiar with services and resources that can help families in distress. Visit www.fairfaxcounty.gov/healthymindsfairfax or www.nami-northernvirginia.org/parent-peer-support.html.

The Shepherd's Center of Northern Virginia Caregivers' Support Group takes place the first and third Tuesdays of each month, 10-11:30 a.m. via Zoom. This group is for caregivers of family members with dementia. Meetings are gently facilitated. For more information and to get the Zoom link, contact Jack Tarr at jtarr5@verizon.net or 703-821-6838.

Haven of Northern Virginia provides support, compassion, information and resources to the bereaved and seriously ill. To become a Haven volunteer, please call 703-941-7000 to request an orientation. Vol-

unteers must complete a 30-hour training and commit to one year of service answering Haven phones (2.5 hours weekly). Next training is scheduled for fall 2017.

ONGOING

Assistance League of Northern Virginia is an all-volunteer non-profit organization that feeds, clothes and provides reading assistance and books to children in need. Assistance League's programs touch the lives of hundreds of children in Fairfax and Prince William Counties and the City of Alexandria. There are many volunteer opportunities for community members to contribute to helping those in need. To learn more, email info@alnv.org, or visit www.alnv.org.

STEM Professionals Needed. Volunteers are needed to assist K-12 STEM teachers in northern Virginia as part of the American Association for the Advancement of Science's STEM Volunteer Program, stemvolunteers.org, during the 2019-20 school year, beginning in September. Please contact Don Rea at 571-551-2488 or donaldrea@aol.com.

Docents Needed. Sundays 1-4 p.m. at

the Fairfax Station Railroad Museum, 11200 Fairfax Station Road in Fairfax Station. Greet museum visitors and tell them about the exhibits, the museum and its railroad and Civil War history. Ideal for those interested in railroads, the Civil War and Northern Virginia history. Training and orientation provided. Other volunteer opportunities are gardening, publicity and exhibit planning. Call 703-945-7483.

Volunteer Adult Mentors Needed. Help assist the Department of Family Services' BeFriendA-Child mentoring program. The mentors provide opportunities for companionship, guidance and support to children who have been abused and neglected, or who are at risk of abuse and neglect. Contact Ibrahim Khalil at Ibrahim.khalil@fairfaxcounty.gov or 703-324-4547.

Volunteers needed at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Museum offers a variety of exciting volunteer opportunities in Museum events, programs and administration. Contact volunteers@fairfax-station.org or 703-945-7483

to explore services that will fit your schedule and interests. Visit www.fairfax-station.org, or call 703-425-9225 for more.

RSVP, a volunteer network for seniors seeking service opportunities in and around Fairfax County, Arlington County and the City of Alexandria, offers a wide array of opportunities for volunteers 55 and older. RSVP volunteers enjoy flexible schedules, free accident and liability insurance while serving, optional mileage and meal reimbursement and are invited to volunteer group projects and social gatherings. To sign up for an upcoming orientation, email Carly Hubicki at chubicki@volunteerfairfax.org or call RSVP at 703-403-5360. To learn more about RSVP, visit www.rsvpnova.org.

Shepherd's Center of Fairfax-Burke serves those 50 and older who no longer drive. Volunteer drivers are needed for trips (Monday-Friday) to medical appointments and companion shopping within the Fairfax/Burke area. Office workers are needed to answer phones in the SCFB office (Monday-Friday) to match drivers and those who need rides. Call 703-323-4788.

Positive Parenting Strategies Course.

At PHILLIPS, 7010 Braddock Road, Annandale. A series of classes and in home consultations taught by PHILLIPS' counselors. Open to all local families. Call Stacy Stryjewski at 703-658-9054.

Thermal Camera Loan Program. Learn where the energy is leaking out of the home with a special attachment for the iPhone or Android. Visit www.fairfaxcounty.gov/energy or call 703-324-5955 for more.

Master Gardener Training. The Fairfax County Master Gardener Association offers plant clinics, home turf training or speakers for homeowner's meetings. Fees vary. Visit fairfaxgardening.org or call MG Help Desk at 703-324-8556 for more.

Fairfax Rotary Club Meeting 12:15-1:30 p.m. Mondays. American Legion, 3939 Oak St., Fairfax. Meetings with luncheon and program. fairfaxrotary.org.

Civil War Research scholarship to a public or private high school senior who resides in Fairfax, Fairfax City, Prince William County, Manassas City, or Manassas Park from the Bull Run Civil War Roundtable in Centreville, Va. Visit bullruncwrt.org for more.

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PUBLIC NOTICE
AT&T proposes to modify an existing facility (new tip heights 96.5' and 99.9') on the transmission pole at 13630 Bellerose Drive, Chantilly, VA (20220733). Interested parties may contact Scott Horn (856-809-1202) (1012 Industrial Dr., West Berlin, NJ 08091) with comments regarding potential effects on historic properties.

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CALENDAR



The Alma Ensemble will appear at Workhouse Arts Center on Sunday, July 17, 2022 in Lorton.

NOW THRU AUG. 27

Summer Saturdays. 11 a.m. to 4 p.m. At Gunston Hall, 10709 Gunston Road Lorton. Explore history in different ways with this drop-in summer program. Each Saturday will have a host of different activities around a different theme. Savor history, dig in the dirt, and play games as we learn about the 18th century at Gunston Hall. Visit the website: <https://gunstonhall.org/events/summer-saturdays-2/>

NOW THRU OCT. 17

Hummingbird Photo Exhibition. At Green Spring Gardens in Alexandria. For those who can't get enough of the beauty of hummingbirds, a group of local photographers are mounting an exhibition this summer at Green Spring Gardens in Alexandria. The title of the show is "A Bouquet of Hummingbirds," and it will feature works from more than 20 area artists and include hummingbirds from all over the Western Hemisphere. All profits from the sale of photos will be donated to the Friends of Green Spring, a non-profit organization devoted to maintaining the gardens and furthering public education and outreach.

FILMS IN THE PARK

Thursdays at 7 p.m. At the Mosaic District's Strawberry Park, 2910 District Ave., Fairfax.
 July 14 – In The Heights
 July 21 – Dating & New York
 July 28 – Dog
 Aug 4 – Spider-Man: No Way Home
 Aug 11 – Encanto
 Aug 18 – Under the Stadium Lights
 Aug 25 – F9 | The Fast & Furious Saga

STARTING WEDNESDAY/JULY 13

Free Concerts in the Park. 7 p.m. At Burke Lake Park, 7315 Ox Road, Fairfax Station. Mark your calendars and plan to come out to Burke Lake Park every Wednesday night starting July 13 through August 24 for an incredible line-up of bands, food trucks, 2 Silos beer, and Peterson's Ice Cream. The atmosphere is informal, so bring a blanket and lawn chairs, and relax with friends and family.

SCHEDULE

July 13 – Randy Thompson Band (Americana Country, Roots Rock)
 July 20 – The English Channel (Top 60/70' British Hits)
 July 27 – The Skip Castro Band (Party Band)
 Aug 3 – Practically Einstein (Vintage Rock)
 Aug 10 – The Road Ducks (Southern Rock)
 Aug 17 – Speidel, Goodrich, Goggin & Lille (Rock)
 Aug 24 – The Colin Thompson Band (Blues Rock)

ENJOY MUSIC UNDER THE STARS

The City of Fairfax will present a series of free, music concerts, each Thursday throughout July, at 7:30 p.m. Performances will be out-

doors at the Veterans Amphitheater next to City Hall at 10455 Armstrong St. in Fairfax. Dates and performers are:
 July 14 - City of Fairfax Band Children's Concert (includes free ice cream for children);
 July 21 - Main Street Community Band;
 July 28 - City of Fairfax Band Summer Concert.

SATURDAY/JULY 16

Elijah Jamel Balbed and the Jogo Project. 7:30 p.m. At Workhouse Arts Center, Lorton. W15 Rizer Pavillion. One of the premiere Jazz Artists in Washington, DC., and named Best Tenor Saxophonist and Best New Jazz Musician by the Washington City Paper, The JoGo Project is dedicated to promoting and preserving the legacy of DC's unique art form.

SATURDAY/JULY 16

"Hercules (1997)." At Chantilly Regional Library, 4000 Stringfellow Road, Chantilly. Join the Fairfax Library Foundation for free outdoor movie screenings and food trucks. Refreshments will be available for purchase from on-site food trucks. Food trucks will open one hour prior to each movie. Contact Cheryl Ann Lee at 703-324-8300 or events@fairfaxlibraryfoundation.org.

SATURDAY/JULY 16

Hai Hua Community Center. 7:30-8:30 p.m. At Ossian Hall Park, 7900 Heritage Drive, Annandale. Enjoy the exotic and diverse beauty of Taiwanese culture and dance. Call 703-324-SHOW (7469) for inclement weather updates.

SUNDAY/JULY 17

Alma Ensemble. 2 p.m. At Workhouse Arts Center, Lorton. W16 McGuire Woods Gallery. The Alma Ensemble was birthed from a desire of the founding members to create music in a way that is empowering and personally resonant by placing a high priority on playing music by women composers, in order to communicate and connect with an audience.

SUNDAY/JULY 17

Model Trains Running. 1-4 p.m. At The Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Northern Virginia NTRAK Club will display and run N Gauge Model Trains. Admission: Museum members and ages 4 and under, free; ages 5-12, \$3; ages 13 and older, \$5 (\$6 special events); seniors and military, active and retired, \$4. Visit www.fairfax-station.org, www.facebook.com/FFXSRR, 703-425-9225.

SATURDAY/JULY 23

Lesson Zero. 7 p.m. At The Austin Grill, 8430 Old Keene Mill Road, Springfield. Visit www.youtube.com/lessonzero and www.reverbnation.com/lessonzero

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Back in the Cancer Business



By KENNETH B. LOURIE

Not that as an active cancer patient still undergoing treatment you're ever out, but occasionally, there are intervals where you are less in/have less frequent cancer-centric activities. And it's important to never let these intervals pass without elevating their importance. A break/brake in any cancer-related action is welcome relief and acknowledging its occurrence is paramount. When you're living in the cancer world, you must find ways to find the most positive element of your rather negative experience. And if the most positive element of that experience is that absolutely nothing happened/is happening, don't ever take it for granted. Take it for every advantage, rationalization, and accommodation possible. Any port in a storm is how many of us cancer patients roll, and the more often the roll, the better.

And for those of you who have unfortunately been effected/associated with cancer, you know the storm of chaos and disruption that its diagnosis causes. Talk about upheaval. Your orderly world goes topsy-turvy and everything you knew/understood before the diagnosis no longer applies. There's the pre-cancer you and the post-diagnosis you. In many cases, you're different people. It's as if your brain is rewired. Moreover, assimilating a cancer diagnosis into your regular routine is hardly for the weak of mind. Unless you find a way to incorporate cancer into your life and minimize its deleterious effects, especially emotionally, the sooner some of the more debilitating physical challenges can be relegated somehow.

It's not simply taking the good with bad – or vice-versa, it's taking it all in stride and being grateful for any morsel of good news/lack of cancer activities whereby you can try to forget you have cancer and live as normal and rewarding a life as your deficits allow. It's not exactly making lemonade, but you're definitely making something. And what's that something? Peace, that's what. Acceptance and comfort. Learning to live within your cancer confines (lab work, treatment/medication, side effects, scans, miscellaneous doctor's appointments, and a pre-occupation with your own mortality) and treat it like any other day – or interval of time. It may be your life, but it doesn't have to define you.

If you have minimal cancer stuff, celebrate it. If you have maximum cancer stuff – as I do in 10 days, give in to it. There's nothing to be done about it other than adhere to the schedule. Once you have cancer and are scheduled into the various ongoing/recurring appointments/responsibilities, unless you make light of it, the weight of it will crush you. Cancer is an equal opportunity villain. It goes after everybody everywhere with seemingly no rhyme or reason or sometimes, all the reasons (family history, environmental, smoking/second-hand smoke). It's not inevitable, but it is undesirable. Avoiding it altogether would be best. If only it were that simple.

Often cancer is in control even as your doctors are treating it/you. Finding a way to balance the ebb and flow, and to not take the lows too hard and try to keep an even keel when there is some good news (it's hardly a guarantee of future results, it may even be temporary; it's a tease almost) seems the only logical pursuit. What you can't control, you need to accommodate, and in that accommodation, you must find your level, a way to remain level-headed throughout your ordeal. (And cancer is nothing if not an ordeal.) Otherwise, you'll make an excruciatingly bad situation worse, if that's even possible. And believe me, it's possible, and there's no future in that.

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

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