



Fairfax CONNECTION

FAMILY CONNECTION

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(From left) Caleigh Davis, Nathaniel Smith and Tommy Kelleher rehearse a scene from Paul VI's upcoming production of 'Little Shop of Horrors.'

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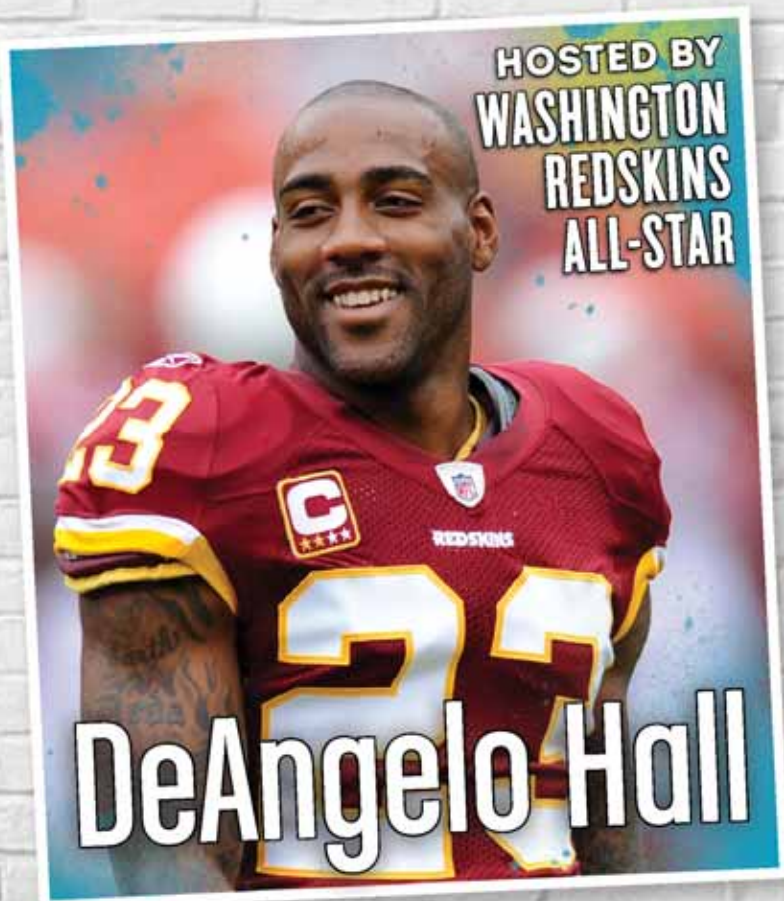
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‘Something I Will Cherish’

Animal Shelter named after Michael Frey.

BY BONNIE HOBBS
THE CONNECTION

If a dog is man’s best friend, then certainly Michael Frey is one of the best friends of dogs, cats and other animals. In fact, he’s advocated for them so much that the Fairfax County Animal Shelter has now been named and dedicated in his honor.

After serving 37 years in county government — including six, four-year terms as Sully District supervisor — Frey retired at the end of 2015. And on March 4, family, friends, shelter staff and supporters, former Board of Supervisors colleagues and staff members from his tenure as supervisor attended the dedication ceremony.

There were speeches, laughs and heartfelt sentiments, plus the unveiling of the sign declaring the building the Michael R. Frey Animal Shelter. Board of Supervisors Chairman Sharon Bulova led things off.

Quoting Charles Darwin, she said, “The love for all living creatures is the most noble attribute of man.” She then said, “The compassionate and humane treatment of animals cannot be separated from the quality of life for people. The two go hand-in-hand.”

Saying this county has come a long way since the days of the dog catcher and the dog pound, Bulova called Frey a leader and an inspiration in the community for bringing about many positive changes for animals here. “Almost 40 years ago, when Michael first joined county government — first as staff and then as the first elected supervisor of the Sully District — he noted that there was little thought about the humane treatment of animals,” she said. “This bothered Michael a great deal.”

Bulova said Frey always stresses that it took many hardworking and dedicated people to make progress at the shelter and in the community, fighting for better conditions for the animals. “And that is true,” she said. “Before these improvements were made, we had cats in cages in the hallways — and that was not OK.”

But Frey, too, campaigned for the animals and, said Bulova, “Today we recognize the importance of Michael’s contributions to these monumental changes. Whether it was for dog parks in the community, dog runs for the shelter, recognition of other people’s work for animals — like [veterinarian and shelter volunteer] Susan Hall, support for improvements in our animal facility or changes to animal ordinances and laws, Michael was always at the forefront on our Board to champion these important causes.”

AT LONG LAST, citizens approved a bond issue and the shelter was renovated. “Just three years ago, we came together for the ribbon-cutting ceremony to



(From left) are Supervisors Jeff McKay, John Foust, Kathy Smith, Sharon Bulova, Michael Frey, Pat Herrity, Penny Gross and John Cook outside the newly renamed animal shelter.

celebrate the opening of this beautiful, state-of-the-art animal shelter,” said Bulova. “Today, we celebrate one of our community leaders whose vision, dedication and advocacy helped to make these changes a reality.”

Addressing Frey directly, she said, “I am so proud to be here today for the dedication of this wonderful building in your honor, Michael. We are grateful for all your years of service to the community and the Board of Supervisors. We are happy to celebrate and to honor you with this fitting tribute to your passion and advocacy for animals with this building dedication.”

Gina Lynch, of the Animal Services Advisory Commission, said Frey established that commission and pushed the county to adopt a no-tethering law. “A community’s core values are reflected in how we act — including how we treat animals,” added Deputy County Executive Dave Rohrer. “Michael’s been a leader in that and has earned our respect.”

But when Frey stepped to the podium, he remained his usual, humble self.

Although the shelter now bears his name, he related something a friend told him. “He said, ‘If a building is named after you, that includes the floors, too,’” said Frey. “So whenever an animal has an accident on that floor...”

The rest of his sentence was drowned out by laughter, but the audience got the point and knew Frey wasn’t about to let the honor go to his head. He then sincerely thanked Supervisors Pat Herrity (R-Springfield) and Kathy Smith (D-Sully) for introducing the naming resolution to the Board of Supervisors and thanked the Board for approving it.

“Before I joined the Board, the shelter was something considered ‘out of sight, out of mind,’” said Frey. “I brought it to their attention; but without the Board’s support I couldn’t have done anything. Then

SEE ANIMAL SHELTER, PAGE 4



PHOTO COURTESY OF EILEEN CURREN

The Doo Wop Girls (from left) Ronalenne Gruseck, Grace Tecala, Meghan Kelly, Kim Phan, Madeleine Mangilit, Mackenzie Bacarella and Kelly Farmar, pose with Andrew Goldstein.

‘Fun Musical with Great Characters’

Paul VI presents ‘Little Shop of Horrors.’

BY BONNIE HOBBS
THE CONNECTION

Take a man-eating plant, add music and a dash of romance, mix well and you get Paul VI High’s upcoming play, “Little Shop of Horrors.” The cast and crew of about 50 have been rehearsing since early February, and it’s the school’s Cappies show.

“It’s probably one of the most technically difficult shows we’ve ever done,” said Director Kathy d’Alelio. “But I love it because it’s a fun musical with great characters and something for everybody. There’s campy humor and our choreographer, Ahmad Maady, and musical directors, Erin and Naj Qureshi, are phenomenal. We have an enormously talented cast, and I’m so proud of our leads.”

The story takes place in a poor area of New York City in the early 1960s. It tells what happens after a mild-mannered, flower-shop assistant named Seymour discovers a deadly plant that he calls Audrey II after his girlfriend.

“We have four Audrey II puppets, and a boy will operate the largest one from inside,” said d’Alelio. “We rented them from the company that did the ones for the Broadway production. In the story, the plant starts bringing in tons of business, and both Seymour and the

shop become very successful — but at a price. And in the process, he and Audrey fall in love. So the moral dilemma is whether Seymour should continue to feed this plant — or, if not, will he lose the love of his life, if he’s not a success?”

Senior Nathaniel Smith plays Seymour. “He’s nerdy and incompetent and works for and lives with the florist shop’s owner, Mr. Mushnik, on Skid Row,” said Smith. “Seymour discovers a new breed of Venus Flytrap, but he still lacks self-confidence. He’s an orphan; Mushnik took him in when he was very young, so he’s never had a family to look out for and encourage him. He’s easily molded and will do anything for someone who gives him a compliment.”

Thrilled with his role, Smith said, “I’ve been wanting to play this character since I was very small, so it’s nice to finally live it out. I realized his low self-confidence could be portrayed in many ways — for example, through his voice, posture and movements — so I like getting to explore that. Playing the lead is hard work, but performing with such a fantastic, talented cast — who are also my friends — makes it all worthwhile.”

Smith’s favorite number is “Grow for Me,” which he sings to the plant to encourage it to grow. “Seymour sees it as his only chance out of Skid Row,

SEE PAUL VI, PAGE 10

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NEWS



PHOTOS BY BONNIE HOBBS/THE CONNECTION

(From left) Michael Frey, Sharon Bulova and Pat Herrity listen to the speeches during the ceremony.

Animal Shelter Named After Michael Frey

FROM PAGE 3

the citizens supported a bond issue to renovate the shelter, and this building is the result."

Noting his love of dogs, Frey said Supervisor John Foust (D-Dranesville) once introduced him at an event by saying, "If dogs could vote, he'd be governor." And while Frey's always championed the shelter, he credited its success to its leadership, especially under Director Karen Diviney, saying, "Once she took over, we began to explore what we could do here, and we owe her our thanks."

IN 2014, the shelter even received special recognition from the U.S. Humane Society. Mentioning some of its current programs, Frey said volunteers take dogs home for the weekend, and the shelter is even trying to end cruel "dog farms" in Korea.

"To think that we're doing things like that and have progressed this far makes me feel so good," he said. "And to think that my name will be on this building — with the Karen Diviney Hall and Susan Hall Dog Runs — is something I will cherish." To his friends, county colleagues and shelter personnel in the audience, Frey said, "You all have been such a huge part of what I've been able to get done, and I thank you for your contributions."

Friends of the Fairfax County

Animal Shelter raises money for animals needing emergency medical care and supplements county funds the shelter gets for its programs, and Frey is now joining its board. After the ceremony, the group's president, Evelyn Grieve, said, "We're excited about the dedication of the building to Michael because he's been a champion of animals, his whole life. And we're beyond thrilled that he's going to join our board; it means the world to us."

Diviney, who directed the shelter from 2005-13 and is currently the interim director until a new one is named, also attended the festivities. "This is really a fitting honor for Michael, who's always supported animals and animal issues in the community," she said. "And he was instrumental in pushing through the bond referendum for this building's renovation, so it was an honor to be part of this recognition for him. It's truly well-deserved."

As for Frey, he said, "I did the things I did because I loved them. Animals have always been a huge part of my life and always will be. I never did anything for the recognition, but I really do appreciate that the Board [of Supervisors] named the building after me. When I think about all the people they could have done this for, the fact that they chose me is very humbling."



Mary O'Malley
took this cake's
photo of
Michael Frey
and his dog
Boomer.



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NEWS

Fairfax High Principal Delivers State of the School Report

Dave Goldfarb, principal of Fairfax High School, delivered his eighth state of the schools report to the City of Fairfax School Board on Monday, March 6, 2017. Goldfarb highlighted student achievement, discussed FHS "Project Aware" efforts to support students' emotional development and welcomed English as a Second Language (ESOL) department chair Carrie Zill to explain the changes in ESOL programming. The presentation concluded with Goldfarb welcoming Sydney Suarez, City of Fairfax School Board student representative to discuss the Student Advisory Committee.

Fairfax High School welcomes more than 2,400 students from over 87 countries that speak more than 60 languages. Along with 200 staff members, Principal Goldfarb said FHS is dedicated to providing students with a wide range of opportunities to grow and thrive. This year, FHS offered new courses such as animation, applied calculus, broadcast journalism and Arabic. Principal Goldfarb highlighted recent student achievement such as the eight-year consecutive conference champion field hockey team, the nationally recognized DECA (marketing) team, sending 20 science fair projects to regional competition, the Forensic team conference champions, student artists with the most Scholastic awards in Northern Virginia and the theater program which recently won third place in a state competition.

Fairfax High School is in its second year of "Project Aware," a grant program along with four other FCPS to offer emotional support to students. This year Project Aware is allowing FHS teachers and administrators get quicker access for students to local psychiatric professionals. In addition, FHS staff



Dave Goldfarb, principal, Fairfax High School: "We hope our students leave our school with discovered passions and realized potential."

PHOTO CONTRIBUTED

members are being trained to help students recognize and identify emotions that may be interfering with their academic and social success. "Emotions often serve as barriers or boosters to our achievements in learning even we don't want to acknowledge them," said Goldfarb. "Being in touch and control with our emotions leads to overall effectiveness, health and performance."

ESOL Department Chair Zill presented the school board the updates in the ESOL programming. In the past, ESOL students had a difficult time graduating in four years because they were unable to take courses until they passed English proficiency levels. Now students are

able to simultaneously work on their proficiency while also taking courses such as Government and English 9 that opens a four-year pathway to graduation. The courses have the same standards, but the instruction is differentiated to the student's level of English understanding. Zill, a 2002 FHS graduate thinks the changes will be beneficial to students. "The new course programming offers students opportunity to take and earn graduation-required credits much earlier."

Goldfarb concluded his presentation by discussing his work with the Student Advisory Committee. The 20-member committee now in its seventh year, is designed to provide the administration with a variety of student voices about a wide range of topics. School Board Student Representative and four-year committee member Sydney Suarez talked about her experience. "It sets a really good tone. I leave the meeting with a lot of new insight and it gives a unique way of giving the administration information about what students are feeling," said Suarez.

FREE SEMINARS & VOLUNTEER OPPORTUNITIES

Fairfax County is offering the following **Free Seminars for Family Caregivers of Older Adults**. Register for all seminars at www.fairfaxcounty.gov/OlderAdults or call 703-324-5205, TTY 711.

❖ **Five Questions to Consider About Paying for Long-Term Care — WEBINAR.** Wednesday, April 5 — Noon-1 p.m. Your computer or telephone. You will receive an email with access instructions.

❖ **Medicare 101** - Wednesday, April 12 — 2-3:30 p.m. Reston Community Center — Hunters Woods, 2310 Colts Neck Road, Reston.

❖ **Strategies for Difficult Conversations** - Monday, April 17, 2017 — 7-8:30 p.m. City of Fairfax Regional Library, 10360 North Street, Fairfax

❖ **Caregiver Boot Camp — Dementia 101.** Saturday, April 29, 2017 — 8:30 a.m.-3 p.m. Insight Memory Care Center, 3953 Pender Drive, Suite 100, Fairfax

Fairfax County's free **Family Caregiver Telephone Support Group** meets by phone on Tuesday, April 11, 7-8 p.m. The

group will discuss using the internet to help your caregiving journey. Register beforehand at www.fairfaxcounty.gov/OlderAdults and click on Telephone Caregiver Support Group. Call **703-324-5484**, TTY 711.

Fairfax County is offering a free **Chronic Disease Self-Management program** on Wednesdays, April 19-May 24 from 10 a.m.-12:30 p.m. at Bethlehem Baptist Church, 7836 Fordson Rd., Alexandria. Learn and share positive strategies to better manage overall health. Register beforehand at www.fairfaxcounty.gov/OlderAdults or **703-324-5489**, TTY 711, or email Colleen.Turner@FairfaxCounty.gov.

The **Fairfax Commission on Aging** meets on Wednesday, April 19 at 1 p.m. at the McLean Governmental Center - Community Room, 1437 Balls Hill Rd., McLean. The public is welcome to attend and join in the comment period that begins each session. Find out more at www.fairfaxcounty.gov/dfs/olderadultservices/coa.htm. Call **703-324-5403**, TTY 711 for meeting access needs.



The Kensington Falls Church Presents Energized Fitness for Parkinson's

Announcing an Introductory Orientation with Laxman Bahroo, MD and Angela Onyekanne, DPT, GCS, CEEAA
Sunday, April 9, 2017 • 2:00pm-4:00pm

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The Kensington Falls Church is pleased to announce its collaboration with the Parkinson Foundation of The National Capital Area (PFNCA) and Genesis Rehab Services to offer Energized Fitness for Parkinson's. The program provides a high-energy fitness experience geared toward improving mobility and strength while participants share time with others facing Parkinson's.

Energized Fitness will be introduced by Dr. Laxman Bahroo, a neurologist who focuses on movement disorders, and Angela Onyekanne, a therapist who is trained in LSVT BIG (a therapy that involves large amplitude, exaggerated movements that lead to smoother, larger, safer movements). Dr. Bahroo and Angela are our allies in striving to maximize health and optimize independence for people with Parkinson's. **Please RSVP to join us.**



Dr. Laxman Bahroo is an assistant professor and co-director of the Neurology Residency Program at MedStar Georgetown University Hospital. He is a board certified neurologist and member of the Movement Disorders program. Primary areas of focus in movement disorders include the medical and surgical management of Parkinson's disease and essential tremor.



Angela Onyekanne, DPT, GCS, CEEAA has ten years of experience working exclusively with geriatric clients in a variety of settings. She is APTA Board-Certified in Geriatric PT and LSVT BIG certified for individuals with Parkinson's disease.



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Expand Medicaid Now

Virginia has missed out on \$10 billion, 30,000 jobs and care for 400,000 citizens.

Virginia's General Assembly has refused to accept one of the key provisions of the Affordable Care Act, expansion of Medicaid at almost no cost to Virginia that could have covered 400,000 uninsured Virginians and would have brought more than \$10 billion into the state. It has also cost lives.

Ironically, the failed bill to "repeal and replace" the Affordable Care Act included changes to Medicaid that would have penalized states, like Virginia, that did not expand Medicaid, permanently reducing federal funding.

On Monday, Gov. Terry McAuliffe proposed a budget amendment restoring his authority

to pursue planning for Medicaid expansion in the wake of the failed repeal effort in Congress.

Kansas and North Carolina are taking steps this week to expand Medicaid, hoping to join the 31 other states plus the District of Columbia that have already done so.

More than 140,000 residents of Fairfax County have no health insurance. More than 40,000 residents of Arlington and Alexandria have no health insurance. That's more than 12 percent of the people who live in one of the wealthiest areas in the nation.

A Harvard Medical School study determined that the decision by 25 states to reject the expansion of Medicaid coverage under the Affordable Care Act would result in between 7,115 and 17,104 more deaths than had all states opted in. In Virginia, the number of deaths due to failure to expand Medicaid: between 266 and 987.

From a practical perspective, declining federal money to provide healthcare to uninsured Virginians makes no more sense than declining federal funds for transportation or education.

In Virginia, 102,000 uninsured people with

a mental illness or substance use disorder could qualify for coverage if Medicaid were expanded under the Affordable Care Act.

As Virginia and the rest of the nation wrestles with heroin and opioid addiction, expanding Medicaid would allow for expanding treatment programs. One of the big obstacles to helping people who are fighting addiction is the availability of treatment when it is most needed.

"The time has come for us to bring our taxpayer dollars back to serve the individuals who need them the most," said McAuliffe. "With this amendment, I'm asking the General Assembly to work with me to pursue Medicaid expansion and put this funding to work for our most vulnerable Virginians."

Primaries for candidates for the House of Delegates plus governor, lieutenant governor and attorney general are in June, with all seats on the ballot in November. An important question as voters choose: What is their position on Medicaid expansion? How did incumbents vote?

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

LETTERS TO THE EDITOR

Disappointed

To the Editor:

I'm a little late in getting back to this but I was deeply disappointed in the article, "Standing Together Against Hate," by Tim Peterson (Connection, March 9-15).

He summarizes U.S. Rep. Gerry Connolly and state Sen. Dick Saslaw being anything but "united" at a gathering to condemn threats against local Jewish community centers. Unless by united, the reporter means they mutually reinforced each other's talking point?

Connolly is described as saying "the 2016 Presidential election represented a sliding back in the history of America. As a consequence hate groups are feeling emboldened." I'm assuming he was blaming the victory of Donald Trump for these threats against the centers.

Saslaw echoed the sentiment and added, "And that it didn't help with Trump encouraging supporters to violently remove protestors from his rallies, offering to pay their legal expenses."

Given a chance to do something that "unites" most people, Connolly and Saslaw displayed rank hack partisanship. Why must everything be politicized, used as an excuse to attack political opponents? Are they incapable of being civil, even to their own constituents who might disagree with

them?

I guess they considered it more important to repeat the meme du jour.

Mr. Connolly surely knows that the locus of anti-Israel activity in the United States is Mr. Connolly's Democratic Party along with liberal groups on campuses.

And Mr. Saslaw is aware that the center of political agitation is the "Resistance" movement in the Democratic party and its allies to the left. It is Trump supporters who are attacked by masked anarchistic "Black Block" professional protesters and agitators. And it is Republican and conservative speakers who are attacked on campuses, as we saw with Charles Murray at Middlebury College recently.

Furthermore, it was the previous (Democrat) administration that set U.S.-Israeli relations back years and buddied up to hostile nations such as Iran. Donald Trump had already met (favorably) with Israeli leaders before the gathering referred to in the article.

Now we learn that the threats may be the work of a mentally disturbed Israeli-American citizen.

Apologies from Connolly and Saslaw? Will they be more circumspect in the future?

One last question, these days reporters are constantly tossing out the word "unsubstantiated" when Donald Trump says something, how about applying the

same filter to some of the wilder claims from Democrats?

Brett Moss
Burke

Trumpcare is Greater Threat Than Russia

To the Editor:

Do we care about Russia? We should. But while the FBI investigates whether Trump's campaign worked with a known enemy to intervene in our elections, I am concerned with a far greater threat to the health of our democracy, the Trump healthcare bill.

As a mom who carries an Epi-pen for her son, as someone who is familiar with the cost of expensive diagnostic tests and care for rare diseases, as someone who has studied the business of healthcare and practices for wellness, I could argue against the merits of Trumpcare, but I won't. Logic tells us the foundation of the bill is wrong.

The GOP healthcare bill is a terroristic threat to the fundamental power of our nation, the likes of which Putin could have never inflicted upon us. What better way to destroy a nation than physically weaken its people? A nation full of ill people who are financially compromised and emotionally distraught cannot create a strong, safe or independent country.

How malicious. How devious. To promote the bill as increasing health care choice when it will cut health insurance for millions of people. Trumpcare is a greater risk to our security than a foreign agent because it will cripple the source of our success, our people. We, enlisted (wo)men, government workers, technology innovators, doctors, teachers, artists and police officers should all exercise our choice to grant everyone access to health care by rejecting the GOP proposal.

In Northern Virginia we know better. In the districts where representatives have blindly or complicity argued for such a destructive bill, let's remind them that we know better. To the senators who have provided lukewarm support for access to healthcare, let's call them out.

Margaret Gallen
Reston

Write

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

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SPORTS



John Riggins' 43 yard TD in Super Bowl XVII led to the Redskins first Super Bowl victory over Miami, 27-11.

Pro Sports in D.C. — Cursed?

BY STEVE GREENHOUSE
AND DAVE RYAN
OLLI AT GEORGE MASON UNIVERSITY

Washington's four major professional sports franchises have been around a long time, but sure don't have much to show for it, rues Steve Greenhouse, a retired electrical engineer, Reston resident and long-suffering fan who recently conveyed his tale of woe to members of the Osher Lifelong Learning Institute in a four-week course in Loudoun.

While there have been a few championships, there have also been long periods of mediocre play. The baseball, basketball and hockey clubs have won a grand total of two championships in a combined 165 seasons, while the Redskins haven't won the Super Bowl for a quarter century.

GREENHOUSE'S COURSE traced the history of the four teams, their high points and low, their greatest players, their management travails and the cultural issues that influenced their history.

After the Redskins franchise moved to Washington from Boston in 1937, all of the team's league titles were attained during two 10-year spans: between 1937-45, they went to the NFL Championship game five times, winning two of them. The second span was the first Joe Gibbs era lasting from 1982-91, when the Skins won three Super Bowls. Since Dan Snyder purchased the Redskins in 1999 however, the team has never advanced to the conference championship game. In the 2014-15 seasons, the Redskins hired a new coach and a general manager; the latter was fired last Thursday, perfectly illustrating the franchise's dysfunction.

The Washington Nationals (nee Senators) baseball team, founded in 1901, was one of the American League's eight charter franchises. From 1911-33, the Senators were one of the more successful franchises, winning three AL pennants and their only World Series in 1924. The team included one of the greatest pitchers of all time, Walter Johnson. After being abandoned by the

Senators and then an expansion team, Washington went without baseball for 33 years. Baseball returned in 2005, when the Montreal Expos franchise became the Washington Nationals. The Nats have won three division titles, but no playoff series.

The Washington Wizards (nee Bullets) basketball team was the only one to play in the National Basketball Association (NBA) finals four times during the 1970s. A long shot to win the 1978 NBA Championship, they defeated the Seattle SuperSonics to bring a professional sports championship to Washington for the first time in 36 years. From 1981-2013, however, the Wizards made the NBA playoffs only 11 times, never advancing to the conference finals. The 2014 and 2015 seasons saw an uptick in the Wizards' performance, making the playoffs both years only to lose in the conference semi-finals. Last year, they failed to make the playoffs.

Since their founding in 1974, the Washington Capitals ice hockey team has won one conference championship to reach the 1998 Stanley Cup Finals (in which they were swept by the Detroit Red Wings four games to none), and captured nine division titles. Ted Leonsis, owner of the team since 1999, revitalized the franchise by drafting star player Alexander Ovechkin. The Capitals record in the playoffs has been abysmal; they have lost 10 playoff series after having led by two games.

ALL FOUR of our teams have made substantial and significant changes in the last few years: new coaches, roster makeovers and attempts to fix management dysfunction. An optimist might conclude these changes will lead to success in the near future, even championships. A superstitious pessimist will continue to moan and groan as our teams persist in their losing ways, but keep on rooting for them nevertheless.

The Osher Lifelong Learning Institute (OLLI) provides first-rate educational, social, and cultural opportunities for citizens of Northern Virginia at teaching sites in Reston, Loudoun and Fairfax. More information about its program and events can be found at www.lli.gmu.edu

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FAMILY CONNECTION

Backyard Adventure

Ideas for a spring break family staycation.

BY MARILYN CAMPBELL
THE CONNECTION

For Katie Wendel, a spring break vacation this year won't mean loading up the car and driving several hundred miles or waiting in long lines at the airport. While the Bethesda mother of five is planning to enjoy some relaxing downtime with her family, she won't venture far from home.

"We're going to be tourists this year and visit the monuments and museums in Washington. We're also going to try to find every avenue in the city that's named after a state," said Wendel. "If you think about it, there's so much to do in this area that we all take for granted. You really don't have to leave the area to feel like you're in another city."

From museum exhibits to adventure centers, a goldmine of family getaways abounds locally. There are even activities for family bonding available without leaving home.

"Ask the kids what they would like to do. Involve them and give [them] a choice."

"Ask the kids what they would like to do. Involve them and give [them] a choice. Whatever it is they suggest, come up with a plan to document their adventure so they can share it with grandparents or siblings away at college."

— Dr. Lois Stover,
Marymount University

Whatever it is they suggest, come up with a plan to document their adventure so they can share it with grandparents or siblings away at college, said Lois Stover, Ph.D., dean, School of Education and Human Services at Marymount University. "Let them help plan the Metro route or just look at the Metro map and randomly pick a station and explore that area."

"A lot of adults assume that kids want a big trip, but a lot of times a kid will say, 'I want to blow bubbles in the back yard.' It's important for children to have a say in how the family uses its free time," said Carolyn Lorente, Ph.D., professor of psychology at Northern Virginia Community College.

Among the recommendations that Stover offers are activities at one's neighborhood library and trips to indoor public swimming pools. For animal-loving families the National Zoo offers beasts ranging from elephants and eagles to tigers and frogs.

"Get outside and take the family to one of the lesser known national parks, like Prince William, or walk the C&O Canal," said Stover.

There's also Gravelly Point Park near Reagan Washington National Airport in Arlington, which is ideal for family picnics, games of kickball or simply watching air

SEE SPRING BREAK, PAGE 9

FAITH NOTES

Send notes to the Connection at south@connectionnewspapers.com or call 703-778-9416. Deadline is Friday. Dated announcements should be submitted at least two weeks prior to the event.

Congregation Adat Reyim, an independent Jewish congregation, offers services Friday at 8 p.m., Saturday at 9:30 a.m. and Maariv minyan at 7:30 p.m. Hebrew School is Sundays from 9-11:15 for K-6th graders and Mondays from 5:30-7:30 p.m. for 3rd-6th graders. Adat Reyim is located at 6500 Westbury Oaks Court in Springfield. 703-569-7577 or www.adatreyim.org.

Burke Presbyterian Church, 5690 Oak Leather Drive in Burke, worship services are Saturday Coffeehouse at 5:30 p.m. and Sundays at 8:30 a.m. and 11 a.m. www.BurkePresChurch.org.

One God Ministry Church, 4280/4282 Chain Bridge Road, Fairfax, now has a Web site with news, events, training, conferences, fellowship programs and more. Early Morning Service is at 8 a.m., Sunday School at 10 a.m., Sunday Worship Service at 11 a.m., and Wednesday Bible Study at 7 p.m.

Women, Men, and Youth Bible Studies are on the third Tuesday of each month at 7 p.m. A

Spiritual Gifts Service is the first Friday of every month at 7 p.m. One God Ministry has ministries for youth, men, women, couples, music and singles. 703-591-6161 or www.onegodministry.org.

Faith Communities in Action meets the first Wednesday of every other month from 2-4 p.m. at the Fairfax County Government Center, Conference Rooms 2 and 3, 12000 Government Center Parkway, Fairfax.

The Bahá'ís of Fairfax County Southwest offers "Interfaith Devotions: World Peace and Unity" for the general public on Saturdays. These free devotional gatherings meet at the Pohick Regional Library, Room #1, 6450 Sydenstricker Road, Burke, 22015.

St. Leo the Great in Fairfax hosts "Night of Praise" the first Saturday of each month, featuring praise music and Eucharist adoration at 7 p.m. Located at 3704 Old Lee Highway in Fairfax.

St. Matthew's United Methodist Church, 8617 Little River Turnpike, Annandale, offers a traditional service on Sundays at 8:15 and 11:15 a.m. and a contemporary service on Sundays at 9:45 a.m. www.stmatthewsumc.org or 703-978-3500.

FAMILY CONNECTION



PHOTO CONTRIBUTED

Local national parks like Theodore Roosevelt Island are ideal for family staycations, says Lois Stover, Ph.D. of Marymount University.

Spring Break

FROM PAGE 8

planes take off and land. “If it’s warm, do a beach day in the backyard [or] set up an indoor mini-golf course with Nerf balls [or use] Wiffle balls and bats,” said Stover. “Have a dance party, a science day. Have a ‘Today is Blue, or whatever color works, Day,’ so everyone wears blue, all foods are blue, you ride the blue line Metro just to see where it goes, [for example].”

The U.S. Botanic Garden Conservatory on the National Mall is where Stephanie Kleinman is planning to take her twin daughters during spring break.

“The girls call it a museum for plants, and it’s neat to go from the desert to the jungle all within one building,” said Kleinman who

lives in McLean. “We’ll probably check out some of the other museums while we’re downtown.”

There are times when a staycation can be more relaxing than travel, says Lorente. “If you look at the list of the top 100 stressors in life, taking a vacation is on the list,” she said. “A staycation, when done with purpose, can really be good.”

Advanced planning is a key to making that time spent together meaningful, advises Lorente. “A lot of times people say they’re taking a staycation and they end up doing chores around the house. And everybody is on their electronics,” she said. “But it’s really about family bonding and everyone coming together and creating shared experiences as a family.”

FREE SEMINARS & VOLUNTEER OPPORTUNITIES

Fairfax County is offering the following **Free Seminars for Family Caregivers of Older Adults**. Register for all seminars at www.fairfaxcounty.gov/OlderAdults or call 703-324-5205, TTY 711.

♦ **Five Questions to Consider About Paying for Long-Term Care — WEBINAR.**

Wednesday, April 5 — Noon-1 p.m. Your computer or telephone. You will receive an email with access instructions.

♦ **Medicare 101** - Wednesday, April 12 — 2-3:30 p.m. Reston Community Center – Hunters Woods, 2310 Colts Neck Road, Reston.

♦ **Strategies for Difficult Conversations** - Monday, April 17, 2017 — 7-8:30 p.m. City of Fairfax Regional Library, 10360 North Street, Fairfax

♦ **Caregiver Boot Camp – Dementia 101.** Saturday, April 29, 2017 — 8:30 a.m.-3 p.m. Insight Memory Care Center, 3953 Pender Drive, Suite 100, Fairfax

Fairfax County’s free **Family Caregiver Telephone Support Group** meets by phone on Tuesday, April 11, 7-8 p.m. The group will discuss using the internet to help your caregiving journey. Register beforehand at www.fairfaxcounty.gov/OlderAdults and click on Telephone Caregiver Support Group. Call **703-324-5484**, TTY 711.

Fairfax County is offering a free **Chronic Disease Self-Management program** on Wednesdays, April 19-May 24 from 10 a.m.-12:30 p.m. at Bethlehem Baptist Church, 7836 Fordson Rd., Alexandria. Learn and share positive strategies to better manage overall health. Register beforehand at www.fairfaxcounty.gov/

OlderAdults or **703-324-5489**, TTY 711, or email Colleen.Turner@FairfaxCounty.gov.

The **Fairfax Commission on Aging** meets on Wednesday, April 19 at 1 p.m. at the McLean Governmental Center - Community Room, 1437 Balls Hill Rd., McLean. The public is welcome to attend and join in the comment period that begins each session. Find out more at www.fairfaxcounty.gov/dfs/olderadultservices/coa.htm. Call **703-324-5403**, TTY 711 for meeting access needs.

ElderLink Support Group for Caregivers meets on Wednesday, April 5, at 10 a.m. Calvary Hill Baptist Church, 9301 Little River Tnpk., Fairfax. For more information, call **703-324-5489**, TTY 711 or visit www.fairfaxcounty.gov/dfs/olderadultservices/elderlink.htm.

VOLUNTEER OPPORTUNITIES

The **Chronic Disease Self-Management Program** needs volunteer leaders to facilitate workshops. Call **703-324-5374**, TTY 711, or go to www.FairfaxCounty.gov/dfs/OlderAdultServices/chronic-disease.htm.

Fairfax County needs volunteers to **drive older adults to medical appointments** and wellness programs. Call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/olderadultsand click on Volunteer Solutions

Meals on Wheels needs Drivers and Coordinators for routes throughout the county. Call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions



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Paul VI Presents ‘Little Shop of Horrors’

FROM PAGE 3

so it’s an emotionally charged song,” he said. “It’s his fight-to-survive song.”

Smith said the audience will like the Audrey II puppets, music and acting, as well as the dancing by the Doo Wop Girls. “They’re Skid Row residents and school dropouts

who roam the streets, singing, dancing and causing trouble,” he said. “Their dancing is fast and sharp, and they do an incredible job.”

Portraying Seymour’s love interest, Audrey — who’s also dating an abusive dentist — is senior Caleigh Davis. “Audrey’s very pretty and looks like a bombshell,

but she is also sweet, genuine and naïve,” said Davis. “She’s the hot girl with the temperament of a Disney princess, although her circumstances don’t reflect that. She keeps getting into abusive relationships with guys, but never learns from them. She’s been stuck in Skid Row, her whole life, and has always been poor. She hopes

to have a suburban lifestyle and the American Dream, but doesn’t know how to reach it.”

THE MOST CHALLENGING thing, said Davis, is “nailing Audrey’s New York accent. But she has great ballads that are so much fun to sing. And in this role, I get to channel the old Hollywood actresses who had this energy about them, and it’s really wonderful to tap into that.”

Davis especially likes singing, “Suddenly Seymour,” with Smith and the Doo Wop Girls. “Audrey and Seymour are declaring their love to each other,” said Davis. “And Audrey finally realizes she has a shot at a real family and a life with someone who’s not a joke.” She said the audience will “love the plant — it looks so cool. The dancing is great and the musical numbers are energetic and really stand out. And we’re having so much fun on stage that, hopefully, the audience will, too, just watching us.”

Classmate Tommy Kelleher plays Mushnik. “He’s stressed and desperate,” said Kelleher. “His business is on the brink of bankruptcy, so he’s about to close it. He doesn’t feel like God’s helping him, so he’s loud and angry and takes things out on Seymour. He has a strong personality that makes him easy to play and he’s also physical. And it’s fun to pretend to beat Nathaniel, as Seymour.”

Kelleher’s favorite song is “Mushnik and Son,” his duet with Smith. “The music is simple, yet entertaining, with a ‘Fiddler on the Roof’-style parody,” said Kelleher. “And at the end, there’s a tango.” He said the audience will enjoy this “modern musical with updated Broadway songs,” the plant

To Go

Show times are Friday-Saturday, April 7-8, at 7:30 p.m.; and Sunday, April 9, at 2 p.m. Tickets are \$10 for students and senior citizens, and \$15 for adults, at the door or via www.paulvi.com.

puppets, music, characters and set.

His twin brother, Bobby Kelleher, designed the set, with a florist’s shop and dentist’s office that both rotate. The audience will first see the outside of the florist shop, and then it’ll open to reveal the interior. And since it’s on Skid Row, Kelleher and his crew made it look old, dingy, worn out and water-damaged.

PORTRAYING THE DENTIST is senior Drew Goldstein. “He’s extremely narcissistic and believes he’s entitled to all the women around him,” said Goldstein. “He’s dating Audrey and likes beating her. He also feels like he knows better than everyone else.”

Goldstein enjoys playing him because “he’s not your stereotypical villain. He has some redeeming qualities and really believes he’s helping people, although he’s not. He’s also addicted to nitrous oxide, and it’s fun to sing a whole song while on it.”

Goldstein especially likes singing, “The Dentist,” in which his character explains why he loves causing pain and why he tortures his patients. “It has an awesome beat and is humorous and fun to sing,” he said. “Overall, the audience will like how ridiculous the story is — about a plant coming to eat the world — but with a dark side. It has its horror bits, but is still fun. They’ll also like all the crazy characters, and all our hard work will definitely show through.”

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Nathaniel Smith and Caleigh Davis perform a song from Paul VI’s ‘Little Shop of Horrors.’

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NEWS



PHOTO COURTESY OF FCRC

More than 300 voters attended a Fairfax County Republican Committee straw poll and candidate forum on March 25, according to FCRC executive director Eric Johnson. The event was held at Robinson Secondary School.

Gillespie Wins GOP Straw Poll

More than 300 voters attended a Fairfax County Republican Committee straw poll and candidate forum on March 25, according to FCRC executive director Eric Johnson. The event was held at Robinson Secondary School.

With 55.84 percent of the vote from those in attendance, Ed Gillespie won the poll for Virginia governor. State Sen. Jill Vogel (R-27) received a winning 64.36 percent of votes for Lt. Governor. John Adams won the poll for Attorney General, with a 61.69 percent majority.

Matt Ames, FCRC chairman, said in a statement that winning in Fairfax County "is the key to winning in Virginia."

"[One] in seven Virginia voters lives in Fairfax County," Ames said. "No candidate has been elected Governor of the Commonwealth without also caring Fairfax County in more than 30 years — and that includes Republican Governors McDonnell, Gilmore and Allen."

Primary Elections June 13

Primary elections will be held in Virginia on June 13 this year. The deadline to register to vote, or update an existing registration, is Monday, May 22. The deadline to request an absentee ballot to be mailed to you is Tuesday, June 6. Your request must be received by your Registrar by 5 p.m.



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Fee: No Fee



Please join us for our Second Saturday Divorce Workshop and get the information, support and guidance from professionals: a family law attorney, financial advisor, a mortgage broker, and a private investigator..

Registration at the door; however, pre-registration is recommended as space is limited.

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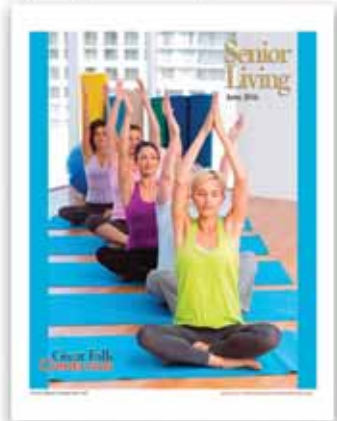
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ENTERTAINMENT

Festival Returns to Mosaic

Film and music festival at
Mosaic's Angelika Theater
April 10-23.

BY DAVID SIEGEL
THE CONNECTION

Celebrating the film lover and filmmaker, Fairfax's home-grown Northern Virginia (NOVA) International Film and Music Festival returns for its third year at Mosaic's state-of-the-art Angelika Film Center. This year's festival will be two-weeks in length with added events aimed at the music aficionado.

The 2017 NOVA Festival will use its two weeks to screen more films and have more sessions on the business-side for area filmmakers, screenwriters, and those interested in cinema production and distribution.

"We're thrilled that the acclaimed Northern Virginia International Film and Music Festival is returning to Fairfax County this year, as it is an exceptional demonstration of the art and culture that embodies this region," Barry Biggar, President & CEO of Visit Fairfax, the official destination marketing organization of Fairfax County.

"A film festival of this caliber is not only important to our visitors, but also greatly contributes to the quality of life of our residents," added Biggar.

"Our NOVA International Film and Music Festival showcases the creative talents in the local area. It offers an opportunity to see films before they are screened nationally," said Fernando Mico, festival founder. "The Festival is an opportunity for filmmakers to display their work in a competitive setting as well as learn the important business-side of the film industry."

Where & When

Northern Virginia International Film and Music Festival at Angelika Film Center, Mosaic District, 2911 District Ave., Fairfax. Film screenings April 10-23. Tickets: \$15. Seminars and panels tickets on acting, screenwriting, film production and distribution \$20. Black tie awards evening \$80. Tickets and details at www.novafilmfest.com or call 703-960-1970.



The Festival will present a "Legend Award" to Eduardo Sanchez, who is best known for his ground-breaking film, "The Blair Witch Project."

This year the festival will present a "Legend Award" to Eduardo Sanchez, who is best known for his ground-breaking film, "The Blair Witch Project."

At last year's festival Red Zeppelin Productions, a Springfield-based film company, had its feature-length film "TRI" screened at the festival. In a recent interview, Theodore A. Adams III, President, Red Zeppelin Productions said the festival offers an opportunity "to meet and collaborate with distributors, financiers and award-winning filmmakers from the US and from around the world."

The film "TRI" is a drama about the first-time triathlete who was inspired by a cancer patient. The film was meant to "teach, inspire and invoke action," noted Adams. In an age when films are screened beyond a traditional movie house, Adams added that "TRI" has been available on digital platforms for viewing; it all started with the NOVA Festival.

Both Mico and Adams suggested that beyond seeing new movies another reason to take in the Northern Virginia Film and Music Festival is the opportunity "to network with fellow artist and film-goers."

CALENDAR

Send notes to the Connection at connectionnewspapers.com/Calendar/ or call 703-778-9416. The deadline is the Friday prior to the next paper's publication at noon. Dated announcements should be submitted at least two weeks prior to the event.

ONGOING

"Her Story" Art Exhibition. Through April 2, gallery hours are Mon.-Fri: 11 a.m.-6 p.m.; Sun: 12-5 p.m. at the Workhouse Arts Center, 9518 Workhouse Way, Lorton. Show focuses on how women have a role in inspiring and shaping our society. Visit www.workhousearts.org.

FRIDAY/MARCH 31

Bingo. 7 p.m. at the Fairfax Volunteer Fire Department) 4081 University Drive. Fairfax. Benefits the Fairfax Volunteer Fire Department. Visit www.fairfaxva.gov/ for more.

Dance Gala Concert. 8 p.m. at George Mason University Center for the Arts, 4373 Mason Pond Drive, Fairfax. The Gala Concert is Mason Dance Company's crowning season event featuring "Second to Last," by

Alejandro Cerrudo, "Mass," by Robert Battle, "Balance/Imbalance," by Soon Ho Park, and a new work by Susan Shields. \$10-\$25. Call 703-993-8794 or email cdevlin6@gmu.edu.

MARCH 31-APRIL 1

Spring Children's Consignment Sale. Friday at 9 a.m.-8 p.m. at Cameron United Methodist Church, 3130 Franconia Road. Some items are half price on Saturday. Email CUMC.CCS@gmail.com for more.

Artist Reception. 7-9 p.m. at Village Gallery, 3950 University Drive, Fairfax. The "I Still Dream Of You" paintings encompass the time from 2002 onward and are the artist's attempt to come to grips with the tragedy of losing a child in infancy. The exhibition will run from April 1-29. Visit www.fairfaxartleague.net or call 703-409-5061.

SATURDAY/APRIL 1

Yard Sale. 8 a.m. at Green Acres Center, 4401 Sideburn Road, Fairfax. Proceeds benefit the 2017 City of Fairfax Independence Day Celebration. Donated items may be dropped off at Green Acres on Friday,

March 31st between 5-8 p.m. Call 703-385-7858 for more.

2017 Laps for Learning. 8:30 a.m. at Rolling Valley Elementary School, 6703 Barnack Drive, West Springfield. Raise funds, get healthy and support the school PTA. All Rolling Valley students and their siblings are invited to participate. Walk is followed by a health fair, 9:30-11 a.m. Visit www.fcps.edu/RollingValleyES/ for more.

Watershed Clean-Up. 9-11:30 a.m. at Hidden Pond Nature Center, 8511 Greeley Blvd., Springfield. Help remove bottles, cans, tires, and other carelessly dumped debris from local streams. Call 703-451-9588 or visit www.fairfaxcounty.gov/parks.

City of Fairfax Fishing Derby. 9:30 a.m. at Ashby Pond Conservation, 9817 Ashby Road, Fairfax. Ashby Pond Conservatory will be stocked with hundreds of trout, bring a fishing rod, bucket, plastic bag and ice. A limited quality of fishing rods will be available on site to borrow. Bait will be supplied. Volunteers will provide instruction, pond education and fish cleaning demonstrations. Fee: \$5 per fisherman. Three 45-minute fishing time slots available. Tickets available on-line and at

ENTERTAINMENT

Sherwood Center, Green Acres Center and City Hall P&R Office starting Monday, February 1, 2017. Call 703-385-7858 to pre-register.

Forgotten Fairfax Lecture. 11 a.m. at City of Fairfax Regional Library, 10360 North St., Fairfax. Forgotten Fairfax Presents Beacon Field and Hybla Valley Airports: A Talk by Anna Marie Hicks and Harry P. Lehman. Free. Visit www.fairfaxcounty.gov/library or 703-293-6227, ext. 4.

Job Fair for Teens. Noon-2 p.m. at West Springfield High School, 6100 Rolling Road, Springfield. Visit www.fairfaxcounty.gov/springfield/teenjobfair.htm for more.

Kite Festival. 10 a.m.-4 p.m. at Gunston Hall, 10709 Gunston Road, Mason Neck. A day of kite flying and children's activities, crafts, and guided tours. Kites will be available for purchase in the museum shop. \$10 adults; \$8 children 6-18, complimentary admission for Friends of Gunston Hall. Call 703-550-9220 or email historic@gunstonhall.org.

MONDAY/APRIL 3

Funday Monday. 10:30 a.m. at Old Town Hall, 3999 University Drive, Fairfax. A variety of children's activities and entertainment including music, movement, story telling, performances, crafts, and more. Children of all ages. Free and open to the public, donations are gratefully appreciated. Call 703-385-7858 or visit www.fairfaxva.gov/culturalarts for more.

TUESDAY/APRIL 4

Burke Historical Society Research Seminar. 7 p.m. at Burke Centre Library, 5935 Freds Oak Road. Featuring Bob Patrick, former director of the Veterans History Project (VHP) of the Library of Congress. Free. Email slawski_brian@yahoo.com for more.

APRIL 4-MAY 30

Storytime in the Park. Tuesdays, 10:30 a.m. at Old Town Square, Fairfax. Visit fairfaxva.gov/parksrec or call 703-385-7858.

WEDNESDAY, APRIL 5

National Walking Day. 10:30 a.m.-1 p.m. at Springfield Town Center, 6500 Springfield Center Drive, Springfield. American Heart Association and Sheehy Auto Stores are hosting a prize-filled walking course at the Springfield Town Center. Visit heart.org/nationalwalkingday for more.

APRIL 5-MAY 10

Adventures in Learning. Each Wednesday, 9:15 a.m.-1 p.m. at United Baptist Church, 7100 Columbia Pike, Annandale. Each Wednesday starts with gentle seated yoga at 9:15. Lectures from healthcare experts from 10:45-11:45. Discussion group 12-1 p.m. \$35 for all six weeks or \$10 each. Call SCAS 703-941-1419 or visit at shepherdscenter-annandale.org.

APRIL 5-30

"Cherry Blossom Kimonos."

Various times at the Workhouse Arts Center, Building 9, 9518 Workhouse Way, Lorton. The kimonos show is part of a campus-wide celebration of cherry blossom events in the region, titled "Late Bloomers." The artists will be on hand to talk about their work at the gallery reception in the Arches Gallery in building W9 on Saturday April 8, 6-9 p.m. featuring light appetizers. The reception is free and open to the public. Visit



Kimono Art

Opening on Wednesday April 5, an exhibit opens that focuses on kimono art called "Cherry Blossom Kimonos" in the Arches Gallery in the Workhouse Arts Center - located at the Workhouse Arts Center in Lorton. On Saturday, April 8 from 6-9 p.m. the artists will be on hand to talk about their work and the processes they use at the gallery reception in the Arches Gallery in building W9, featuring light appetizers. The reception is free and open to the public.

www.workhousearts.org/event/exhibit-late-bloomers/ for more.

THURSDAY/APRIL 6

EGG-STREME Night Egg Hunt. 7 p.m. at the Civil War Interpretive Center, 3610 Old Lee Highway, Fairfax. Bring a flashlight and a bag/basket to collect eggs. Visit with the Easter Bunny beginning at 7 p.m. Visit fairfaxva.gov/parksrec or call 703-385-7858.

FRIDAY/APRIL 7

Bingo. 7 p.m. at Fire Station 3, 4081 University Drive, Fairfax. All proceeds go to purchasing fire and rescue equipment. Visit www.fairfaxvfd.com or call 703-273-3638.

SATURDAY/APRIL 8

Easter Egg Hunt. 9 a.m.-noon at Franconia United Methodist Church, 6037 Franconia Road, Alexandria. Email markarenin@verizon.net.
Write in Cursive. 10:30 a.m.-1:30 p.m. at City of Fairfax Regional Library, 10360 North St., Fairfax. "Hands-on" workshop that helps children ages 8 to 12 learn to write in cursive. Free. Visit www.fairfaxcounty.gov/library or call 703-293-6227, ext. 6.
Unneeded Items Auction. 6-9 p.m. at Knights of Columbus Hall, (behind St. Leo the Great Church), 3700 Old Lee Highway, Fairfax. Proceeds to fraternal and charity fund-raising organization that supports Alzheimer's, Cooley's Anemia, and Cancer research. Email Joe.lamarca@italianheritagelodge.org or call 703-475-6962 for more.

APRIL 8-9

7 Fingers of the Hand. Saturday, April 8 at 2 p.m. and 8 p.m. and on Sunday, April 9 at 4 p.m. in the George Mason University's Center for the Arts, 4400 University Drive, Fairfax. Production of Cuisine & Confessions. Visit cfa.gmu.edu.

SUNDAY/APRIL 9

Model Train Show. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax. The Northern Virginia NTRAK members will hold a N gauge T-TRAK model train show. Visit www.fairfax-station.org or call 703-425-9225.

NPR Author. 2 p.m. at the Fairfax

Museum and Visitor Center, 10209 Main St., Fairfax. National Public Radio News correspondent and author Tom Gjelton will discuss his book, "Nation of Nations: A Great American Immigration Story," a study of several immigrant families in Fairfax County and the challenges and upheavals the new arrivals and their communities faced. Call 703-385-8414 for more.

WEDNESDAY/APRIL 12

Springfield Christian Women's Connection Luncheon. 11:30 a.m.-1:30 p.m. at Springfield Golf and Country Club, 8301 Old Keene Mill Road, Springfield. Annual charitable fundraiser with a cake auction. Reservations call 703-922-6438 or e-mail SpringWmConn@yahoo.com.

SATURDAY/APRIL 15

Holy Saturday Silent Retreat. 9 a.m.-3 p.m. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. Free. Spend a day in noble silence, meditating and creating a space to be still and listen. Our day will be spent alternating between sitting and walking meditation with some periods of stretching. Only a small fraction of meditation practices will be guided. Call 703-281-1767 or register online at unitysilentretreat.eventbrite.com.

APRIL 18-JUNE 10

Spring Art Lessons for Youth Classes. 5:15-6:15 p.m. at Woods Community Centre, 10100 Wards Grove Circle, Burke. Instructor Carol Zeitlin drawing and watercolor for children 8 and older. Visit www.czartlessons.com or call 703-250-6930 for more.

Spring Drawing Plus Color Class. 6:15-7 p.m. at Woods Community Centre, 10100 Wards Grove Circle, Burke. Instructor Carol Zeitlin, drawing and watercolor for children 5-8 years. Call 703-250-6930 or visit www.czartlessons.com.

WEDNESDAY/APRIL 19

Civil War Forum. 7:30 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax. Bernard Kempinski, writer of articles and books on railroading, will present the Civil War Forum, "Introduction to the Railroads of the Civil War." Visit www.fairfax-station.org for more.

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Del. Eileen Filler-Corn addresses the audience prior to the screening of the documentary.



More than 200 people attended the Richmond screening.

Filler-Corn Addresses Audience at Richmond Screening

Last Thursday, Delegate Eileen Filler-Corn (D-41) joined a crowd of more than 200 at the Richmond screening of “My Kid is Not Crazy,” a documentary following the lives of six children affected by either Pediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal Infections (PANDAS) or Pediatric Acute-onset Neuropsychiatric Syndrome (PANS).

PANS occurs when an infectious trigger, environmental factors, and other possible triggers create a misdirected immune response, resulting in inflammation on a child’s brain. PANDAS specifically occurs when the infectious trigger is streptococcus bacteria (which causes strep throat). The event was sponsored by the PANS Re-

search and Advocacy Institute. The crowd included many physicians and family members of children inflicted with PANS/PANDAS.

The delegate from Springfield only recently learned of PANS/PANDAS herself after a local activist reached out to her about her son’s condition. The Founder and President of PRAI contacted Filler-Corn in the fall, explaining her idea for legislation. Filler-Corn introduced HB 2404 and along with the support of PRAI and advocacy of many parents, the bill passed this session.

The bill will create an advisory council on PANDAS and PANS and will advise the Commissioner of Health on research, diagnosis, treatment, and education relating to

these identified disorders and syndrome. “Some of the best ideas for legislation comes from members of our community,” said Filler-Corn. Gov. Terry McAuliffe has since signed HB 2404 into law.

Filler-Corn was at the screening addressing the large crowd prior to the screening of the documentary and she shared prepared greetings from the Governor. “PANS/PANDAS is not a new disease. The main issue is diagnosing it, as so many parents and physicians...can attest,” wrote McAuliffe. “It is our shared hope that efforts to raise awareness about PANS/PANDAS will decrease the often lengthy period before a child is diagnosed and contribute to one day finding a cure.”

BULLETIN BOARD

Send civic/community notes to the Connection at connectionnewspapers.com/Calendar/ or call 703-778-9416. The deadline for submissions is the Friday prior to publication. Dated announcements should be submitted at least two weeks prior to the event.

THURSDAY/MARCH 30

Nomination Deadline. These awards recognize dedicated community service done by our youth and encourage them to continue to be active in their communities, sponsored by Eagle Bank. Cash prizes will be awarded in the tiered amounts of \$100 for elementary school students, \$200 for middle school students, and \$300 for high school students. Email NSCAServiceAwards@gmail.com for more.

FRIDAY/MARCH 31

Scholarship Application Deadline. The Springfield/South County (SYC) Board of Directors are sponsoring the George Angulo Scholarship Award. The \$1,000 college scholarship will be awarded annually to an area high school senior with a history of volunteer service. Visit www.sycva.com for more.

Senior Safety Summit. 9 a.m.-noon at the Braddock District Governmental Center, 9002 Burke Lake Road, Burke. Braddock District Supervisor John C. Cook invites the public to

attend a health and safety summit for seniors. Contact Braddock District Supervisor John C. Cook’s Office at 703-425-9300 or Battalion Chief Willie F. Bailey, Fairfax County Fire & Rescue Department at 703-246-3801.

SATURDAY/APRIL 1.

Civil War Scholarship Deadline. Scholarship to be given for research of local Civil War history. The Bull Run Civil War Roundtable in Centreville offers a \$1500 scholarship to a public or private high school senior who resides in Fairfax, Fairfax City, Prince William County, Manassas City, or Manassas Park and will attend college in the fall of 2017. Information and application instructions can be found at bullrunwrt.org.

Special Education Conference 2017. 8 a.m.-3 p.m. at Hayfield Secondary School, 7630 Telegraph Road, Alexandria. The latest research, strategies, and trends in the education of students with disabilities. Over 60 workshops to choose from and over 80 exhibitors to see. Translators available. Register: www.fcps.edu/node/33238 or call 703-204-3941 for more.

Teen Job Fair. noon-2 p.m. at West Springfield High School, 6100 Rolling Road. Co-sponsored by West Springfield High School Student Government Association and Greater Springfield Chamber of Commerce. Call 571-423-1086 for more.

SUNDAY/APRIL 2

Kick Off National Crime Victims’ Rights Week. 4:30 p.m. check in begins at the Fairfax Corner Shopping Center, 4100 Monument Corner Drive, Fairfax. Join the Fairfax County Police Departments Victim Services Section on Sunday, April 2, 2017 to help launch the 2017 National Crime Victims’ Rights Week (April 2-8), with the 5th Annual 5K Walk and Crime Victim Tribute. Crime victims, survivors, family members, friends, and the community are invited to raise awareness for victims’ rights in Northern Virginia and show their support for all victims of crime. Free. To register, visit www.surveymonkey.com/r/NCVRW2017.

SATURDAY/APRIL 15

Fibromyalgia Fight Club. 2-4 p.m. at City of Fairfax Regional Library Meeting Room, 10360 North St., Fairfax. CFS NOVA and Fibromyalgia Fight Club welcome Linda Tannenbaum, CEO/President, Open Medicine Foundation, to speak on research in ending Myalgic Encephalomyelitis/Chronic Fatigue Syndrome and related diseases. Free. Email nanczyan@gmail.com, call 703-785-2525 or visit www.openmedicinefoundation.org for more.

4

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