



Fairfax Station CONNECTION Clifton & Lorton



Seeds of Change

NEWS, PAGE 3

Board Approves Budget Mark-Up

NEWS, PAGE 12

Wild Horse Adoption Event Held in Lorton

NEWS, PAGE 8

From left, Sharon Bulova presents the Volunteer Fairfax Service award for Family Volunteer to Shayla and Samantha Young of Springfield. The Youngs volunteer with the Lorton Community Action Center, which serves more than 300 families per week with food and other basic needs, as well as bringing food and other items to donate themselves.



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NEWS



Members of the Fairfax County Community Emergency Response Team receive the Volunteer Fairfax Service award for Fairfax County Government Volunteer Program. There are 27 active CERT teams that have been set up around the county, establishing relationships with local fire and police stations, as well as faith organizations, for emergency situations.



PHOTOS BY TIM PETERSON/THE CONNECTION

From left, state Sen. George Barker (D-39) congratulates Community Champions John Pellegrin (Springfield District) and Michel Margosis (Lee District) and the 25th annual Volunteer Fairfax Service Awards.

Seeds of Change

BY TIM PETERSON
THE CONNECTION

Volunteer Fairfax marked an historic 25th annual Service Awards ceremony April 21 with 193 individual and group nominations. Nominees and award-winners were recognized at the Waterford at Springfield for their hundreds of hours volunteering.

Board of Supervisors Chairman Sharon Bulova said the trick of putting people who want to help into action is harnessing them in a given direction. "That is the work of Volunteer Fairfax," Bulova said.

Bulova read a proclamation from the supervisors declaring April 21, 2017 an official day to recognize all volunteers around Fairfax County. "Each one of our 2017 nominees has strengthened the community with their selfless service and we honor them today," Volunteer Fairfax CEO Elise Neil Bengtson said in a statement. "May their service inspire others to join the network of strong community roots."

Senior, family youth and group volunteers were recognized, as well as Community Champions selected by each magisterial district supervisor.

Springfield resident Marie Monsen won the Volunteer Fairfax Lifetime Achievement award.

Monsen co-founded the Interfaith Communities for Dialogue after September 11, 2001 and for years has volunteered with the Annandale Christian Community for Action. Along with Rebuilding Together, they help low-income homeowners in the Annandale, Lincolnia, Bailey's Crossroads and Culmore areas of Fairfax County.

Monsen said giving back was just something she learned from the good values of her Scandinavian immigrant parents, being a child of the 1960s, as well as her faith.

She said she was attracted to the diversity in Fairfax County, and appreciates its tradition of government agencies working together with people. Monsen added it was exhilarating to "see so many people doing so many things."

Visit www.volunteerfairfax.org.



Left, Supervisor John Cook (R-Braddock) with his district's Community Champion David Curtis. As chair of the Truro Homes Association, Curtis spearheaded a restoration project for Turkey Run Stream.



Center, Marie Monsen of Springfield, receives the Volunteer Fairfax Service Lifetime Achievement award. Monsen co-founded the Interfaith Communities for Dialogue after September 11, 2001 and for years has volunteered with the Annandale Christian Community for Action, which, together with Rebuilding Together, helps low-income homeowners in the Annandale, Lincolnia, Bailey's Crossroads and Culmore areas of Fairfax County.



Right, Supervisor Jeff McKay (D-Lee) with his district's Community Champion Michel Margosis (left). Margosis is a Holocaust survivor, speaks about his experiences and served as Lee District appointee on the Human Rights Commission for more than a decade.



Right, Supervisor Pat Herrity (R-Springfield) with his district's Community Champion John Pellegrin (left). Pellegrin has been a volunteer with the Rotary Club of West Springfield for the past 16 years, during the latest of which he put in more than 500 hours with the organization that embodies the slogan "Service above Self."



From left, Sharon Bulova presents the Volunteer Fairfax Service award for Family Volunteer to Shayla and Samantha Young of Springfield. The Youngs volunteer with the Lorton Community Action Center, which serves more than 300 families per week with food and other basic needs, as well as bringing food and other items to donate themselves.



Left, Board of Supervisors chairman Sharon Bulova honors Fairfax County Community Champion John Wood. Accepting for Wood was Kim Luckabaugh (right) from the City of Fairfax. Wood owns the 29 Diner, where he hosts community activities and fundraisers, including for domestic violence awareness, the Meals Tax campaign, first responders and local youth.

OPINION

Your Summer, Your Child, Your Values

A time for parents to build humanitarian spirits.

BY SHARON STRAUCHS

It's summer. The rigors of homework, youth clubs and team-scheduled Saturdays are over. No more carpools. Now it's your turn to make empowering choices to impact your child's life and eventually the lives of their children.

While our kids are young, the challenge is how to find summer-perfect opportunities that are fun, yet meaningful, and how to get the kids away from their electronic devices. When choosing summer activities, this is your golden opportunity to focus on your specific family values. While swimming lessons, camp-outs, and sports are important, wouldn't it be wonderful to incorporate activities that help your children focus beyond themselves and to the world beyond Northern Virginia?

We educators emphasize that the earlier your child engages in volunteer activities you find important, the more likely children will grow up respecting your family's values. In the D.C. Metro Area, there is a plethora of humanitarian programs for the under-18 age group that will get them into the habit of helping others.

College advisers all know that beyond APs, GPAs, and SAT/ACT scores, colleges today scrutinize applicants' activities, their "resumes," to help determine acceptances and scholarships.

So start now, at a pivotal point in your child's life and witness the hot, summer days of NOVA becoming wondrous as you watch priorities slowly change. We recommend starting at www.VolunteerFairfax.org (Opportunities Just for Youth). Plus, in Virginia, kids have the opportunity to earn service-oriented awards such as the "Diploma Seal of Excellence in Civics" (www.doe.virginia.gov), or "The Prudential Spirit of Community Award," Virginia state-issued civics "diploma" for students in grades 5-12 who complete at least a 50-hour service project.

Where could you possibly begin to invest 50 or more hours, and for what cause? Our family discovered the famous "Meals on Wheels" program, started by former U.S. Rep. Frank Wolf, and delivered meals to senior citizens for our 10-year, part-time family project. (www.mealsonwheelsamerica.org)

For our "foodie" kids who are cooking or gardening enthusiasts, The Food Network

sponsors "No Kid Hungry." Proceeds from bake sales are donated to help end childhood hunger (www.bake.nokidhungry.org) and the Gardening for Good project encourages kids to grow vegetables to donate to senior centers, or help fight senior hunger by sharing a meal. This encourages kids to learn to cook, and helps your family bond with a senior while eating and storytelling. (www.hunger.generationOn.org)

What about our animal-loving children? They can develop a Dog Park Clean-Up plan at their favorite park or socialize with dogs and cats at local shelters with the Puppy and Kitty Love programs. This is great for families who love pets but can't actually own one. (www.GenerationOn.org/parents/resources/projects/animal-welfare).

As always, we parents must insure that activities are safe and the charities are legitimate. The benefits of helping humanitarian organizations while taking advantage of your relaxed summer schedule can create so many powerful, long-lasting memories and family summer traditions. Aesop states, "No act of kindness, no matter how small, is ever wasted."

Sharon Strauchs has been Director/Owner of Herndon-based Cortona Academy in Northern Virginia. Visit www.CortonaLearning.com.



PHOTOS BY JOHN NASH

Marsden



State Sen. David Marsden (D-37) addresses more than 140 members of the Osher Lifelong Learning Institute.

Virginia Economy Is Doing Well, Marsden Says

"In spite of some pockets of economic problems, the Virginia economy is doing well," said state Sen. David Marsden (D-37). Speaking to more than 140 members of the Osher Lifelong Learning Institute (OLLI), Marsden discussed some of the factors contributing to the state's economic strengths: federal/military-related employment, the Port of Virginia, the Chesapeake Bay, an educated, diverse, and well-trained workforce, agriculture, tourism, and technology.

Marsden's presentation included graphs where he compared the Virginia economy

to national averages. The corridor from Northern Virginia through Richmond to Virginia Beach remains the strongest part of the Virginia economy, although this area is still recovering from the recent recession and federal budget reductions. The educated workforce and growing technology base have helped this corridor fare much better than other parts of the commonwealth.

Some areas Marsden felt needed attention include:

- ❖ Job creation, especially in the coal industry and other depressed areas of the state.
- ❖ A rise in the minimum wage above \$7.50

per hour. For 120,000 Virginians, the minimum wage they earn is simply not enough to make a decent living.

❖ Medicaid expansion, especially in depressed areas. By refusing expansion, the commonwealth has given up \$1.8 billion in federal assistance.

❖ Growing transportation problems that could be alleviated through expanding the transportation fund, improving roadways, devising innovative transportation solutions, and widening of Interstate 66 to include toll lanes.

OLLI member Stephanie Trachtenberg arranged the meeting.

Fairfax Station,
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News

South County High School Drumline Excels in Competition

South County High School Indoor Drumline won seventh place in the world in their class, Scholastic Open, at the Winter Guard International World Championships in Dayton, Ohio, on Saturday, April 22. The musicians returned home before dusk on Sunday evening, and received a big greeting and welcome home reception celebration by their families, teachers and other students from Marching Band.

Their director, Grant Butters, gathered

them in the band room to give them their badges and remind them that they all have to go to school the next day, after their week long event. They performed four times in the WGI World Championships competition. Tina Mansfield, one of the parents who attended the world competition with the group, said the students were up late every night and up early each morning to attend every performance so they could grow, learn and enjoy every minute of it.



PHOTOS CONTRIBUTED

South County High School Indoor Drumline received a big greeting and welcome home reception celebration by their families, teachers and other students.



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Board Approves Budget Mark-Up with 8-2 Vote

Final adoption of the county budget takes place on May 2.

By ANDREA WORKER
THE CONNECTION

By an 8-2 vote, the Fairfax County Board of Supervisors voted on Tuesday, April 25, to approve the FY 2018 Budget Mark-up. Although the formal adoption of next year's budget won't take place until May 2, historically the board does not make changes to the package after the mark-up is held.

"I'm pleased that the majority of my colleagues were able to support a budget package that preserves vital county and school programming," said Supervisor Jeff McKay (D-Lee), who chaired the Budget Committee. For the record, McKay read the county's Third Quarter FY 2017 Review, the Mark-Up recommendations, the board's Budget Guidance for FY 2018 and FY 2019, and the FY 2018 - FY 2022 Capital Improvement Program (CIP) before the supervisors discussed each portion of the budget process and cast their votes.

The final draft is a balanced budget. Supervisor Pat Herrity (R-Springfield) said that while it does not provide for "real tax relief," the budget still represents a "victory for taxpayers" since it holds the property tax rate at the current level of \$1.13 per \$100 of assessed value, although some homeowners will see a slight increase (0.7 percent for the average taxpayer) due to increases in property values.

THE AMENDMENTS to the FY 2018 Advertised Budget that was originally presented by County Executive Ed Long on Feb. 14, restored funding to several human services programs that had been shifted to the "unfunded for 2018" column, including the Insight Memory Care program that provides day care services for county residents suffering from mid-late stage dementia. The Community Readiness and Support Program, under the umbrella of the Fairfax-Falls Church Community Services Board,



PHOTO BY ANDREA WORKER/THE CONNECTION

Fairfax County Board Chairman Sharon Bulova and Budget Committee Chair Supervisor Jeff McKay (D-Lee).

was also given a reprieve, and its four staff positions re-instated to continue offering an intensive, low ratio-to-client service to those with a variety of mental health and developmental disability issues.

There was general consensus that finding at least partial funding to launch Phase II of the Diversion First Program, which seeks to provide treatment instead of incarceration for people with mental health or developmental disability issues who come into contact with law enforcement for low-level offenses, was a real achievement in the approved Budget Mark-up. The program succeeded in diverting 375 individuals from potential arrest in its first year.

WHEN THE MOTION to approve the Mark-up was called for, the dissenting votes were cast by supervisors Dan Storck (D-Mount Vernon) and Kathy Smith (D-Sully).

"This budget will not meet our needs," said Smith, who also questioned whether the budget process was "working the way it should."

Among her concerns is the gap between

the Fairfax County Public Schools' (FCPS) financial ask for FY 2018 and what the county transferred. Smith, who served on

"Looking ahead, the FY 2019 budget will pose new challenges, including potential federal cut backs and sequestration ... As always, Fairfax County will remain vigilant to any future changes that may impact the local budget in the upcoming fiscal year."

— Sharon Bulova, Fairfax County Board Chairman

the School Board before her election to the Board of Supervisors, says the gap will mean even more teacher vacancies and larger classes. The FCPS did receive an additional \$1.7 million during the mark-up process, resulting in an operating transfer increase of 2.79 percent over last year.

Storck thinks "we're making a mistake" with this budget, calling for a plan that focuses more on investments that will grow revenues. Storck said Fairfax County "keeps funding the success of the rest of the state at the expense of our own."

Several of the supervisors commented on the county's limited options for raising revenue, and in a statement released after the meeting, McKay wrote: "We will again have a dialogue with Richmond ... state law limits our revenue sources, we are left with property taxes as our main resource. This is not sustainable."

Further discussion surrounded the proposed Budget Guidance, which serves as a template for the county executive and staff in the development of the next budget and the financial plans for years to come. Included for consideration and for sourcing "fiscally-constrained funding options" are: addressing the growing opioid abuse crisis, tax relief for spouses of first responders killed in the line of duty, the procurement and implementation of a pre-notification 9-1-1 data repository system, further Public Safety staffing, county employee pay and pension review, and how to deal with the looming increases expected for funding the county's commitment to the Metro system.

The motion to adopt the Budget Guidance as written passed unanimously. With one budget not yet officially adopted, the supervisors seemed eager to begin their work on the issues set forth in the Budget Guidance, with Supervisor Penny Gross (D-Mason) asking staff to begin looking for additional meeting time slots in order to tackle the working agenda.

"Looking ahead,"

said Bulova, "the FY 2019 budget will pose new challenges, including potential federal cut backs and sequestration ... As always, Fairfax County will remain vigilant to any future changes that may impact the local budget in the upcoming fiscal year."

SUMMARIES of the documents discussed and approved at the Budget Mark-up session are available on the county's website, www.fairfaxcounty.gov. The meeting, which was streamed live, is archived and can be watched via the website.

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PHOTOS CONTRIBUTED



Carter Dean and his mother Becky Gaven, both of Wisconsin.



From left, Chili Captains Collen Pilliod of Fairfax and Diane Ringer of Burke manage the Hopsfrog Grille cook-off for charity on April 8.



From left, Jenny Milton of Burke, celebrity chef Kaimana Chee of Maryland and Monica De Mouche of Fairfax Station at the Hopsfrog Grille April 8.

Chili Cookoff at Hopsfrog Benefits Spina Bifida Foundation

For the fourth year, the Hopsfrog Grille in Burke hosted a chili cook-off to raise money for charity. On April 8, they raised \$5,299 for the Spina Bifida Wisconsin Foundation.

Spina Bifida is a birth defect that affects the development of a baby's spinal cord. Carter Dean, 4, was born with the defect, but brought his bubbly personality and playful nature to the event as its special guest.

The cook-off featured 16 contestants as well as live music from "E on the Keys."

Prizes for the cook-off were donated by other local businesses.

Hopsfrog Grille is located in the Burke Centre Shopping Center at 5765 Burke Centre Parkway.

— TIM PETERSON



From left, Tiffany and Silfredo Sosa (aunt and uncle of Carter Dean) of Lorton, and Dennis Dean (Carter's grandfather) attend the Hopsfrog Grille chili cook-off April 8.

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 BEFORE

A burro is used to help guide a wild mustang into its new owner's trailer as part of the Bureau of Land Management's wild equine adoption event April 21.

PHOTOS BY
TIM PETERSON/
THE CONNECTION



Range Rovers Wild horse and burro adoption event held in Lorton.

When the land can no longer support the number of wild horses occupying it, the U.S. Bureau of Land Management rounds up and relocates groups of them to manage the population and natural resources.

On April 21 and 22, nearly two dozen wild mustangs and burros (donkeys) from California and Oregon came to Lorton for adoption as part of the BLM's Wild Horse and Burro Program.

The animals were penned in the Meadowood Recreation Area on Gunston Road for potential adopters to observe and meet with them. Several had already been previewed and applied for online prior to the event.

Krissy Close came down from outside of Baltimore, Md. for the adoption. Close trains horses for racing and showing, and thought a wild mustang would be "a fun challenge," for them. "We'll see what cool stuff he likes to do," she said.

Suzanne Myers of Pennsylvania has adopted several wild mustangs. She taught several lessons at the adoption on "gentling" them so that eventually they may be harnessed and ridden.

"I'm here to show how the mustangs act much like any other horse," Myers said.

In one demonstration, Myers was in a fenced off area one-on-one with a mustang she'd never worked with before, that had never been in captivity before. She followed it around the pen with a long metal pole, eventually resting the pole on its back while it ran. Myers explained she needed to have the horse feel her presence, a connection, and the pole acted as an extension of her.

Other adopters with wild mustang experience said those horses are completely different from domesticated animals, in that "you get a fresh slate," according to Amanda Frazier of Amosville, Va.

"You can correct dangerous behaviors quickly, usually," Frazier said. "They're hearty, they bond well, they try their heart out once they feel safe."

For more information, visit www.blm.gov.

— TIM PETERSON



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PHOTOS CONTRIBUTED

Thirty-five people participated in the April 23 Clifton Earth Day event.

Cleaning Up Clifton for Earth Day

Thirty-five people participated in the April 23 Clifton Earth Day event, an organizer Laura McDonald said. In two hours, volunteers picked up 25 bags of trash, weeded, created a pollinator garden and planted 100 perennial native flowers around the historic town.

Clifton Cafe, Cupcaked Bakery, Hydrangea of Clifton-Jennifer Benford Heilmann, The Main Street Pub, Peterson's Ice Cream Depot, Trummer's On Main, and WheelHouse Mind Body Studio.

— TIM PETERSON

The Clifton Betterment Association, Town of Clifton and Clean Fairfax Council sponsored the cleanup.

Local businesses donated door prizes as part of the Earth Day event, including Belle Jar Design,



Volunteers clean along the side of the road as part of Clifton Earth Day observance April 23.



In two hours, volunteers picked up 25 bags of trash, weeded, created a pollinator garden and planted 100 perennial native flowers around the historic town.

ENTERTAINMENT

Send entertainment 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

"Cherry Blossom Kimonos." Through April 30 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 www.workhousearts.org/event/exhibit-late-bloomers/ for more.

Earth Day Art Exhibit. Various times through May 4 at the City Hall Atrium, 10455 Armstrong St., Fairfax. The City of Fairfax Environmental Sustainability Committee will host the 2017 Earth Day Art Exhibit "Natural Causes! Exploring the impact of nature on daily lives." A mixed media show with subject or materials related to the natural and built environment by local students. Visit www.fairfaxva.gov/ for more.

"The Late Wedding." Various times through May 7, at the John Swayze Theatre at the New School of Northern Virginia, 9431 Silver King Court, Fairfax. A play by Christopher Chen that is both a spy thriller and a sci-fi love story. Visit www.thehubtheatre.org for more.

Spotlight on the Arts Festival. Various times through May 9 at Old Town Hall, 3999 University Drive, Fairfax. The 32nd Annual Fairfax Spotlight on the Arts Festival starts on April 21st with a glittering evening at Old Town Hall celebrating three decades of arts in the City of Fairfax. Opening Gala, is 7 p.m., Saturday, April 29. Visit www.fairfaxspotlight.org for more.

THURSDAY/APRIL 27

2017 NOVA Student Film Festival. 6-9 p.m. at the Bisdorf Building, Room 196 at the Alexandria Campus, 5000 Dawes Ave. Northern Virginia Community College will present a number of films created by NOVA students. Free. Visit blogs.nvcc.edu/lgebre/ for more.

Screenagers Documentary. 7-9 p.m. at Robinson Secondary School, 5035 Sideburn Road, Fairfax. Parents and students invited to watch the documentary film "Screenagers: Growing Up in the Digital Age." Ages 10 and older. Visit www.screenagersmovie.com/ for more.

FRIDAY/APRIL 28

Beau Soir Ensemble Concert. 8 p.m. at Old Town Hall, 3999 University Drive, Fairfax. The area premiere "Goodbye My Friend," by Marjan Mozetich and an arrangement of Claude Debussy's "Children's Corner." Free. Visit www.beausoir.org for more.

SATURDAY/APRIL 29

Run for the Children. 8-11 a.m. at Fairfax County Courthouse Complex, 4110 Chain Bridge Road. The 7th Annual Fairfax CASA (Court Appointed Special Advocates) Run for the Children 8K Race and 3K Run/Walk will be held in historic Fairfax City, starting and ending at the Fairfax Courthouse complex on Chain Bridge Road. Visit www.fairfaxrunforthechildren.com or www.fairfaxcasa.org for more.

History of Pimmit Hills. 8:30 a.m. at the City of Fairfax Regional Library, 10360 North St., Fairfax. The story of Fairfax County's first government subsidized housing development. Free. Visit www.fairfaxcounty.gov/library or call 703-293-6227 for more.

Used Book Sale. 9 a.m.-2 p.m. at Accotink Unitarian Universalist Church, 10125 Lakehaven

SEE ENTERTAINMENT, PAGE 11

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FROM PAGE 9

Court, Burke. A wide variety of books, games, puzzles, CDs and DVDs for both adults and children. Email administrator@accotinkuu.org or call 703-503-4579 for more.

Family Fun Day. 9:30 a.m.-3:30 p.m. at Providence Community Center, 3001 Vaden Drive, Fairfax. Foster, adoptive and kinship families gather for day of activities and learning at Spring Forward Family Fun Day. Dr. Bruce Thyer, professor at Florida State University and author of Science and Pseudoscience in Social Work discusses “What Really Works and What Doesn’t for Tough Kids.” visit www.FormedFamiliesForward.org or call 703-539-2904 for more.

Gilbert and Sullivan. 10 a.m.-5:30 p.m. (forum), 8 p.m. start (performance) at the George Mason University Fairfax Campus. Forum participants will meet in the Fenwick Library Main Reading Room, Room 2001. Performances, exhibitions, and a forum as part of a year-long celebration of the work of Gilbert and Sullivan. Email cdevlin6@gmu.edu for more.

Civil War Author. 10 a.m.-5 p.m. at Historic Blenheim and the Civil War Interpretive Center, 3610 Old Lee Highway, Fairfax. “Fairfax Civil War Day” – living history programs, infantry and cannon firings, scholarly talks, music by the 2nd South Carolina String Band, military drills, historic house tours, wagon rides, youth activities, and barbecue. Admission: \$5/adults; \$3/youth, 12 and under. Visit 703-591-0560 for more.

Craft and Vendor Spring Fair. 10 a.m.-3 p.m. at Burke United Methodist Church, 6200 Burke Centre Parkway, Burke. Jewelry, fashion, home decor, kitchen, garden, gourmet, and more. Free. Visit www.womansclubofspringfield.org for more.

Fairfax Civil War Day. 10 a.m.-5 p.m. at Historic Blenheim and the Civil War Interpretive Center, 3610 Old Lee Highway, Fairfax. Living history programs, infantry and cannon firings, scholarly talks, music by the 2nd South Carolina String Band, military drills, historic house tours, wagon rides, youth activities, and barbecue. \$5/adults; \$3/youth, 12 and under. Visit www.fairfaxva.gov for more.

GMU Student March. 10 a.m. at George Mason University, Alan and Sally Merten Hall, 4441 George Mason Blvd, Fairfax. GMU students will march for climate, jobs and justice with hundreds of thousands of activists in Washington, D.C. For more, contact Kelsey Crane at kelsey.crane@sierraclub.org or 703-438-6246.

Walk to End Sexual Violence. 10:30 a.m. at the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Participants can walk in honor of one of the victims who reported a sexual assault in Fairfax County in 2016. Visit www.fairfaxdvcommunity.org/saam for more.

Tea and Tour. 3 p.m. at Historic Pohick Church, 9301 Richmond Highway, Lorton. Living history program beginning at 4 p.m. and music will be

provided by the Apollo String Quartet. \$35. Email nbsage@aol.com or call 703-339-6572.

U.S. Army Chorus. 5 p.m. at Westwood Baptist Church, 8200 Old Keene Mill Road, Springfield. Beyond the traditional military music and patriotic standards, the repertoire of the Army Chorus covers a broad spectrum which includes pop, Broadway, folk, and classical music. Call 703-455-2743 for more.

Coffee House/Open Mic Night. 6:30-9:30 p.m. at Calvary Hill Baptist Church, 9301 Little River Turnpike, Fairfax. Free. Music by local talent, call or text Pete at 703-955-2039 if to perform.

SUNDAY/APRIL 30

Burke Historical Society. 3:30 p.m. at Pohick Regional Library, 6450 Sydenstricker Road, Burke. Learn about the Carrington Event of 1859. Visit www.burkehistoricalsociety.org/ for more.

Pohick Church EYC Coffeehouse. 6-8 p.m. at Historic Pohick Church, 9301 Richmond Highway, Lorton. An evening of entertainment, snacks, coffee and hot chocolate. Performers will include youth, adults and local musicians. The event is free, but donations will go toward the Pohick Church Episcopal Youth Community Senior High Summer Mission Trip. Email rusty@pohick.org or call 703-339-6572.

SATURDAY/MAY 6

Annual Community Spring Clean. 9 a.m.-1 p.m. at RE/MAX 100, 5501 Backlick Road parking lot. Documents securely shredded on site, propane tanks, electronics, household hazardous waste safely recycled/taken to processing facility for proper disposal. Collecting coats, blankets and sleeping bags for local charities and entertainment by the Dr. Robert Band. Free. Email mawinutley@wesellmore.com or call 703-642-3380.

Walk/Bark for Life. 10:30 a.m.-6 p.m. at Lorton Workhouse for the Arts, 9518 Workhouse Road, Lorton. Relay for Life is a fundraiser for the American Cancer Society. Walk and raise money, music, food. This year BARK for Life is for dogs that includes costume contest, prizes, dog activities. Email fourcarlins@verizon.net or call 703-409-1096 for more.

2017 Forgotten Fairfax Programs. 11 a.m. at the Virginia Room, City of Fairfax Regional Library, Room A/B, 10360 North Street, Fairfax. Mike Copperthite will speak about his great-great grandfather, Henry Copperthite, founder of the Connecticut Copperthite Pie Co. and owner of the Burke racetrack from 1909 to 1916. Pie will be provided. Visit www.fairfaxcounty.gov/library/events/ or call 703-293-6227, ext. 6 for more.

Wilderness Survival Skills. 11 a.m.-noon at Burke Lake Park, 7315 Ox Road, Fairfax Station. Mark Chapin, the founder of the Mountaineer Wilderness outdoor program in Virginia and West Virginia, an Air Force veteran and graduate of the Wilderness Survival School and Sea Survival School will be sharing his knowledge with teens and adults. \$10. Call 703-

323-6600 or visit www.fairfaxcounty.gov/parks/burkelakepark/ for more.

Classical Guitarist. 3 p.m. at Kirkwood Presbyterian Church, 8336 Carrleigh Parkway, Springfield. Classical guitarist Charles Mokotoff performs. Visit www.kirkwoodpres.com, or call the church office at 703-451- 5320.

Dessert on Broadway. 7 p.m. at the Lake Braddock Little Theater, entrance 14, 9200 Burke Lake Road, Burke. Visit lakebraddockss.fcps.edu for more.

SUNDAY/MAY 7

Emerald City Equestrian. 9:45 a.m. at Laurel Hill Equestrian Arena Dairy Road, Lorton. There is no water on site so bring water and park horse trailers in horse trailer designated parking area. Must have current coggins. \$12 per class or \$100 for entire day. Visit www.yellowbrickroadfarm.com for more.

May Week Luncheon. 1-3:30 p.m. at the Hilton Springfield, 6550 Loisdale Road. This year’s keynote speaker will be Elaine Nichols, Senior Curator of Culture, Smithsonian National Museum of African American History and Culture. \$50. Email mayweek@fcacd.org for more.

MONDAY/MAY 8

Seniors Only Golf Tournament. 8 a.m. at Greendale Golf Course, 6700 Telegraph Road, Alexandria. Prizes for first and second place in each division and closest-to-the-pin. \$45.Call 703- 971-6170 for more.

FRIDAY/MAY 12

Spring Concert. 7:30 p.m. at St. Stephens United Methodist Church, 9203 Braddock Road. The Maranatha Singers will present “Bon Voyage.” Free. Call 703-250-5013 for more.

WEDNESDAY/MAY 17

Chamber Golf Classic. 1 p.m. at Laurel Hill Golf Club, 8701 Laurel Crest Drive, Lorton. Event is the main fundraiser for the Mount Vernon Lee Chamber of Commerce Scholarship Fund and will be capped at 120 golfers. Email Info@MtVernon-LeeChamber.org for more.

THURSDAY/MAY 18

Fashion Show and Luncheon. noon-2 p.m. at the Church of the Good Shepherd, 9350 Braddock Road, Burke. Proceeds to support support the Shepherd’s Center of Fairfax-Burke. \$30. Visit www.scfbva.org for more.

Burke Historical Society. 7 p.m. at the Sherwood Center, 3740 Old Lee Hwy, Fairfax. The evening will feature Cindy Bennett speaking on “Camp Alger and a Local Epidemic.” In 1898, Camp Alger’s poor sanitation led to typhoid and a disastrous relocation march. Visit www.fairfaxcounty.gov/library/events/ or call 703-256-3800.

a.m.–2 p.m. at West Springfield District Station, 6140 Rolling Road, Springfield and Mason District Station, 6507 Columbia Pike, Annandale. Drop off unused or expired medications at a Fairfax County Police district station (pills or liquids only, no pressurized canisters or needles). Visit www.fairfaxcounty.gov/csb or email wwwcsb@fairfaxcounty.gov.

Caregiver Bootcamp: Dementia 101. 9 a.m.-3 p.m. at Insight Memory Care Center, 3953 Pender Drive, Suite 100, Fairfax. Insight offers the free Caregiver Bootcamp on essential caregiving topics. Learn from experts in their fields, and gain knowledge on the basics needed as a caregiver. Topics include a dementia overview, financial concerns, legal considerations, and community resources. Contact Christi Clark, Christi.Clark@InsightMCC.org, 703-204-4664 or visit InsightMCC.org.

Housing Fair. 9 a.m.-1 p.m. at the Northern Virginia Association of Realtors, 8497 Pennell St., Fairfax. Instructional housing fair with 15-minute classes, free documents shredding, vendors, and refreshments. Free parking. call 703-207-3226 or visit nvar.com/HousingFair.

BULLETIN BOARD

Send community/civic 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.

SOBER-RIDE FOR CINCO DE MAYO

Free Sober Rides. Friday, May 5, 7 p.m. through Saturday, May 6, 4 a.m. Area residents, 21 and older, may download Lyft to their phones, then enter the code CINCODC in the app’s “Promo” section to receive a no cost (up to \$15) safe ride home. The SoberRide code is valid for the first 1,500 Lyft users who enter the code. Visit www.soberride.com.

THURSDAY/APRIL 27

Autism Awareness Month. 10 a.m.-noon at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 - Room 100, Dunn Loring. Individuals with Autism Spectrum Disorder and other cognitive disabilities may not recognize danger, react well in an emergency or be able to seek help. Attend this workshop to learn safety risks for individuals with special needs, proactive steps to reduce the risk of

potential dangers, information on the new Yellow Dot Program and more. Register online at bit.ly/2ogNf84 or call 703-204-3941.

U.S. Constitution Teachings. 7 p.m. at Pohick Library, 6450 Sydenstricker Road. The national, non-partisan Convention of States Project’s Northern Virginia (NoVA) team will hold three Open House meetings to inform and discuss with Commonwealth voters its efforts to amend the U.S. Constitution. Visit www.ConventionofStates.com for more.

FRIDAY/APRIL 28

Chamber Scholarship Application Deadline. For the following high schools - Edison, Hayfield, Lake Braddock, Lee, South County and West Springfield. Open to students in private schools, and those being home-schooled, as well. Completed scholarship applications are due back to the Chamber office by Friday, April 28, 2017. Finalists will be interviewed Tuesday, May 9. Visit springfieldchamber.org, or call 703-866-3500 for more.

SATURDAY/APRIL 29

Operation Medicine Cabinet Cleanout. 8



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Fighting Summer Brain Drain

Academic camps keep minds engaged when school is out.

BY MARILYN CAMPBELL
THE CONNECTION

Summer often evokes images of pool splashing and backyard barbecuing. For some educators though, warm weather months represent a potential loss of skills acquired during an academic year. Known as “brain drain,” this concept refers to research that shows that, on average, students lose one to three months of learning when they are not engaged in academic activities during summer months. Academic camps can address this loss of academic skills while allowing children to enjoy summer fun.

“... Students have the opportunity to explore a topic in depth, without juggling competing scholastic demands or intramural activities,” said Dr. Janine Dewitt, professor of sociology at Marymount University in Arlington.

For example, campers at Summertime Camp at St. Stephen's & St. Agnes School in Alexandria will have an opportunity to choose from a variety of specialized camps ranging from physics and French to zoology and rocket and space science.

“Specialty camps are great ways to try new things, to expand horizons and to challenge yourself,” said Jim Supple, associate dean of students and director of summer programs at St. Stephen's & St. Agnes School. “One of the best things about specialty offerings is that there are so many. Children are naturally curious — specialty camps provide a way for children to learn more about their curiosities and interests.”

Campers at 3E (Explore, Enrich, Enjoy) Summer Camp at Marymount University will explore science through nature and electronic gadgets, mathematics through making boats and geodesic domes, language arts through writing stories, and fine arts through creating dramas and cartoons. The camp will be offered during two sessions: July 10-14 and July 17-21 with half and full day options for students ages 6 to 12.

Ana Lado, Ph.D., camp director and a professor at Marymount, says that the goal is to give students a chance to brush up on, gain or maintain academic skills in a relaxed environment. “Campers will be in



PHOTO COURTESY OF MARYMOUNT UNIVERSITY

Academic camps such as this one at Marymount University allow students to maintain academic skills while having fun.

small groups with a low camper to counselor ratio and guided by Marymount University Department of Education faculty, students, and alumni,” she said. “Throughout each week of camp, campers will be able to choose among a variety of projects that pique their interest. Campers will create new social connections, grow academically, and develop physically.

High school students who want an in depth study of globalization can attend Marymount's D.C. Institute from July 9-12. During the camp, named The Global Village, students will live on campus and earn college credit.

“We will talk about how increasing global connections shape our lives today,” said Dewitt. “Students can expect classroom discussions that focus on a series of central questions followed by field trips to area museums and site visits.”

For parents concerned about balancing the need to maintain academic skills with the need for downtime, Dewitt says that, “Parents can prevent academic burn-out by limiting the number of scheduled activities over the course of the summer, and selecting only those that foster their child's natural curiosity. Summer courses that allow students the freedom to select different types of learning activities can be both energizing and fun.”

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Nursing Camp for HS Students

Campers will get a real-world view of the nursing profession.

BY MARILYN CAMPBELL
THE CONNECTION

This summer a group of high school students with an interest in health care as a profession will get a chance to experience the real-world work of nurses when they attend a nursing camp at George Mason University. “Our goal has been to introduce high school students to what nursing is, and what it is not,” said Carol Urban, Ph.D., R.N., associate professor and director, School of Nursing George Mason University. “We find that we have students come to Mason who declare nursing as their major, but have never had any experience with nurses outside of their health care provider’s office or the school nurse. We want to introduce them to nursing as a career, and the many opportunities that exist in nursing beyond working in a hospital.”

The camp will provide small group projects and hands-on simulation to introduce core concepts of nursing. Nursing faculty hope to expose students to the diverse career paths available to those with a degree in nursing.

Urban says that students will be taught healthcare



PHOTO BY ALEXIS GLENN/CREATIVE SERVICES/GEORGE MASON UNIVERSITY

GMU College of Health and Human Services Nursing student Megan Holmes works in the Simulation Lab at the Fairfax Campus.

skills, such as how to take a blood pressure and how to check a pulse. “We will provide ... time in our nursing simulation laboratory where we have our human simulators,” she said. “[Campers] will have observational experiences in a hospital with nurses and will be given an opportunity to talk with nurses we have on our faculty who have been in unique career fields including a forensics nurse, and a researcher who works globally in sub-Saharan Africa.”

The camp will also expose students to new trends in healthcare. “Healthcare delivery is changing and

SEE NURSING, PAGE 4



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Introduction To Nursing

FROM PAGE 3

the camp is exposing the students to the changing healthcare climate,” said Christine M. Coussens, Ph.D., associate dean of Community Engagement in the College of Health and Human Services at George Mason University. “In the newer healthcare models, nurses will have a significant role in how and when healthcare is delivered and they will continue to be leaders for ensuring the health of patients and communities.”

DURING A TYPICAL DAY at the camp, students will spend several hours in the nursing skills laboratory learning basic skills and techniques. “Then they may have some time in our nursing simulation lab, working with a [simulated human] patient and using some of those skills to practice caring for the patient,” said Urban. “On another day, they will spend several hours in one of the local hospitals on a nursing unit, observing the nurses in-action, and learning about what nurses do there. They may also spend some time in one of our Mason and Partners clinics, learning how nurses care for patients in a clinic setting and how valuable educating patients about their health is to improving their health.

Students will also have an opportunity to engage in a dialogue with nurses to gain insights into real world experience. “They’ll have conversations with nurses about their careers and learning what education and experiences they needed for that kind of a job. For example, what does a forensics nurse do?” asked Urban.

Coussens hopes that students will leave the camp



PHOTO BY ALEXIS GLENN/CREATIVE SERVICES/GEORGE MASON UNIVERSITY

GMU College of Health and Human Services Nursing student Jakeline Merino works in the Simulation Lab at the Fairfax Campus.

Nursing Camp for HS Students

JULY 10-14, 2017

Cost: \$275

Time: 8:30 a.m.-3 p.m.

Application deadline: May 8

For more information, visit chhs.gmu.edu/nursing/camp/index.cfm

knowing the diversity of options that a degree in nursing can offer. “A degree in nursing opens possibilities for students to work in hospitals, healthcare management positions, policy positions ... globally in clinics and with aid organizations, in forensic roles [and] research institutions,” said Coussens. “There are limitless opportunities. A degree in nursing can open doors because of the clinical license and analytical ability.”

Admission to the nursing camp is competitive because of the limited number of available spots.

“We’ve run this camp before and it has been well-received,” said Urban. “‘Graduates’ of the camp have said that it really opened their eyes to everything a nurse does, and the great career potential that nurses have. They are amazed at the various opportunities a nurse can have. It also makes them aware that nursing is hard, but rewarding — it isn’t just what you see in the media, it’s real work. But more importantly, they see the passion that nurses have for that work, and the reward of seeing a patient and family member helped by the work that nurses do.”

The camp will run from July 10-14. The cost is \$275. For more information, visit chhs.gmu.edu/nursing/camp/index.cfm.

Camp & School Notes



Fairfax City Theater Summer Drama Camp is a one-week long camp in July and August.

Health Club, 1472 Chain Bridge Road, McLean. Learn with former world champion James Willstrop. Twelve players in each group. Visit www.jahangirsquash.com/camps or call the club at 703-356-3300.

a.m.-1 p.m., Intermediate group, Afternoon Session: 1:30 pm- 5:30 pm, Advanced group at The McLean Racquet & Health Club, 1472 Chain Bridge Road, McLean. Learn with former world champion James Willstrop and Heba El Torky. Twelve players in each group. Visit www.jahangirsquash.com/camps or call the club at 703-356-3300.

JULY 24-28

Squash Camp. Morning Session: 9

JULY 10-14

Summer Drama Camp. 9 a.m.-3 p.m. at Lanier Middle School, 3801 Jermantown Road, Fairfax. Campers rotate through sessions in art, music, dance, acting, stage makeup or stage combat, with some fun time for camp games and recess. Ages 5-13. Email fairfaxcitytheatre@gmail.com for more.

JULY 17-21

Summer Drama Camp. 9 a.m.-3 p.m. at Lanier Middle School, 3801 Jermantown Road, Fairfax. Campers rotate through sessions in art, music, dance, acting, stage makeup or stage combat, with some fun time for camp games and recess. Ages 5-13. Email fairfaxcitytheatre@gmail.com for more.

JULY 31-AUG. 4

Summer Drama Camp. 9 a.m.-3 p.m. at Truro Anglican Church, 10520 Main St., Fairfax. Campers rotate through sessions in art, music, dance, acting, stage makeup or stage combat, with some fun time for camp games and recess. Ages 5-13. Email fairfaxcitytheatre@gmail.com for more.

JUNE 26-30

Squash Camp. Morning Session: 9 a.m.-1 p.m., Intermediate group, Afternoon Session: 1:30-5:30 pm, Advanced group at The McLean Racquet &

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