

From left: John Myers as John Rice, plus Carmen Wooden and Fred Eckstein as Margaret and Amos Benson. During the Battle of First Manassas, the Bensons nursed the wounded Rice back to health; 25 years later, he repaid them by donating money to rebuild their church.



# Fairfax CONNECTION

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## Democratic Candidates for Governor Debate

A capacity crowd filled Lanier Middle School for a debate sponsored by Fairfax Democrats and Emerge USA.

BY STEVE HIBBARD  
THE CONNECTION

**T**he two Democratic candidates for Governor of Virginia, Tom Perriello, 42, and Lt. Gov. Ralph Northam, 57, participated in their first of five gubernatorial debates across the Commonwealth, on Saturday, April 29, at Lanier Middle School in Fairfax. The cordial debate, which filled the school auditorium to capacity, was sponsored by Fairfax Democrats and Emerge USA.

Moderated by Tom Sherwood of NBC-4 TV, the debate questions centered around everything from gun ownership, to campaign money and ethics, to governing style and personalities, to the economy, and even the Redskins.

A pediatric neurologist by profession, Northam served as State Senator from 2008-2013 and Lieutenant Governor since 2013. He grew up on the Eastern Shore, attended VMI and Eastern Virginia Medical School, and served eight years active duty in the U.S. Army.

Born and raised in Charlottesville, Perriello is a former teacher, non-profit executive, diplomat and Congressman. He's worked fighting for peace in West Africa, as well as the Balkans, Darfur and Afghanistan. In 2008, he served Virginia's Fifth District in Congress, working on the House Transportation & Infrastructure Committee. He has a law degree from Yale.

On the question of whether this is a change election and are citizens satisfied, Northam, who has been in Richmond for 10 years now and attended 180 events around the state, said Virginians are looking for someone to stand up to the hatred and recklessness that are in Washington now. "I think Virginians are looking for someone who knows how to win," he said.

To that, Perriello said for the last 20 years, the median family income in the state has not changed: "We need a fighter who knows how to come in and win an election."

**ON THE QUESTION** of governing the state, which is limited to one term, Northam said he wants to be governor to give people the same opportunities that he had as a child. "I want to make sure that all of our children have access to a world-class education system," he said.

To that, Perriello added: "I've actually worked as a peace negotiator; I think we could use a little peace negotiating in Richmond. We were able to bring people together around clean energy in Southside Virginia. I believe when we show up and listen, we can find common ground."

On the question of creating jobs in Virginia, Northam said the minimum wage needs to rise to \$15 an hour. "We know the



PHOTOS BY STEVE HIBBARD/THE CONNECTION  
**From left: The stage of the Democratic debate for Governor included Lt. Gov. Ralph Northam, moderator Tom Sherwood of NBC-4 TV, and candidate Tom Perriello, at Lanier Middle School auditorium in Fairfax.**



**Democratic candidate for Governor of Virginia, Lt. Gov. Ralph Northam, during the debate.**

jobs of the 21st century are in science, technology, and biotech; we've planted great seeds. We need to make sure higher education is affordable. The way we promote 21st century jobs is through workforce development," he said.

Perriello added: "The Virginia Republicans are part of anti-growth strategy. We have to fundamentally change how we've been thinking about economics."

On the topic of bringing the Redskins to Loudoun County, Perriello said: "We've seen a lot of stadium deals that leave taxpayers



**Democratic candidate for Governor of Virginia, Tom Perriello, during the debate.**

funding too much of the bill. We'd love to see [the Redskins] in Northern Virginia, but the devil's in the details.... We need to focus on development plans and infrastructure development."

Northam said he's always been a Redskins fan but he's not willing to spend taxpayer money to make that happen. Regarding the Redskins name, "The Bullets changed their name to the Wizards. The name 'Redskins' is offensive. I would encourage them to change the name, but ultimately that's a decision the Washington Redskins will



**Sue Langley, Fairfax Democratic chair, at the start of the debate.**

make," he said.

Regarding the skyrocketing cost of college education, Northam said a lot of doctors finish their residency with \$300,000 in student debt. "We in Richmond underfund higher education; we can't keep that up. We need to make it a priority for higher education. We need to take care of Virginia."

Perriello added: "We need to move from a K-12 approach to a Pre-14 approach. We need to start with a universal Pre-K approach. We put out a tax reform proposal that includes universal Pre-K and trade school and community college. This isn't about handing things out to people; this is about what we need."

On the broken Metro rail system that lacks a dedicated revenue source, Northam said he used to live in Silver Spring and rode the Metro everywhere. "Metro is vitally important to the economy in Northern Virginia. We need to fix it....It's going to take leadership; we need to stand up; we need to be at the table and we need to make sure the transportation system is paid for."

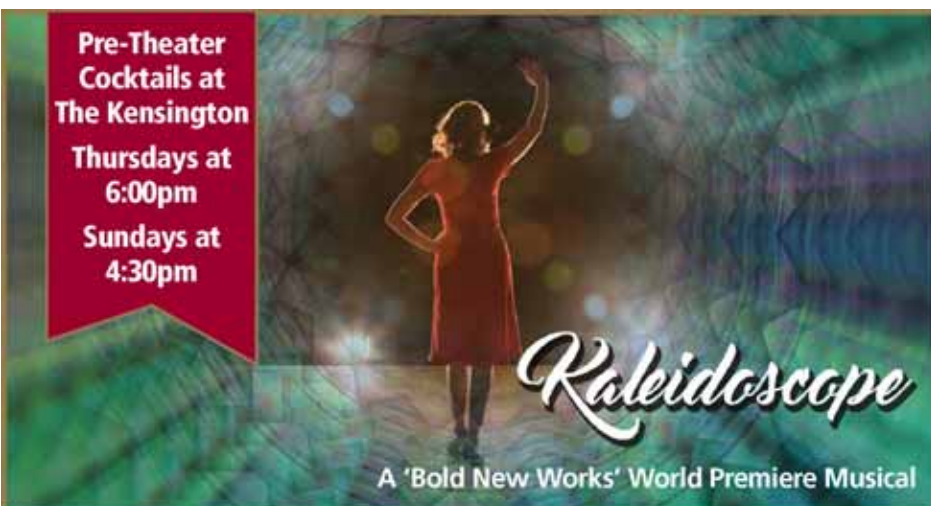
Perriello added: "We've got a 40 percent drop in ridership. This could put us in a spiral and that's very scary, which means we lose revenue. I think we need to look at this as a state-wide challenge. This is one of the greatest drivers of quality of life."

**REGARDING GUN OWNERSHIP**, Northam said: "I know all too well what assault weapons do to human beings...We need to bring people from both sides of the aisle to talk about responsible gun ownership."

Perriello added that it's important to veto terrible legislation that comes out of the state legislature. "I do believe we can build common ground in closing background checks. I think this will require continuing to reach out across the aisle."

Before the June 13 primary election, both candidates will also participate in forums in Arlington and Charlottesville, as well as additional debates in Roanoke, Richmond, Hampton Roads, and Loudoun County.





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Sunday, May 14th  
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**Anya Parpura, MD**,  
 President, Aging Perspectives



Thursday, May 18th  
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**Mikki Firor**, Founder, Trovalto LLC

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## NEWS

# To Widen or Not to Widen?

## City Council mulls spot sidewalk improvements in Old Town.

BY BONNIE HOBBS  
 THE CONNECTION

In March 2016, Fairfax City Council approved having a study done to evaluate feasible locations for sidewalk spot widening in Old Town. The investigation focused on right-of-way needs, utility impacts, landscaping and overall complexity of the work.

And during a recent Council work session, Paul Silverman, a consultant with Sabra, Wang & Associates, which performed the study and field evaluation, reported the results to the City. He'd coordinated it with City Transportation Director Wendy Block Sanford, so she presented details, as well.

They offered seven, possible, sidewalk segments needing improvement, and the proposed costs for each included right-of-way acquisition, final engineering and construction. They are:

- ❖ Sager Avenue – north side, east of University Drive;
- ❖ University Drive – west side, north of Sager;
- ❖ Old Lee Highway – west side, north of Main Street;
- ❖ Main Street – south side between University and Old Lee;
- ❖ Chain Bridge Road – west side between North and Main streets;
- ❖ Main Street – north side between University and Old Lee;
- ❖ Chain Bridge Road – east side between North and Main streets.

The segments amount to about one-fourth of a mile total for all seven sites, with an estimated cost of \$1.2 million. However, said Sanford, "We have a funding constraint

of \$500,000, available to us in last year's CIP [Capital Improvement Projects budget]. So we're recommending doing three or four locations."

**THE FOUR RECOMMENDED** were: Sager Avenue, because it's the only segment without a sidewalk; Old Lee Highway, to create a consistent 12-foot sidewalk there; Main Street, north side, providing access to Old Town Hall and other City properties; and Chain Bridge Road, east side, providing access to several retail businesses there.

"We'll reach out to the Old Town businesses and [Community Appearance Committee Chairman] Kirk Holley to make sure we're advancing the right segments," said Sanford. "Then we'll return to City Council for approval." She said the construction contract could potentially be awarded in spring 2018, with the work beginning then and being done all at once.

"How much will the land right-of-way cost for each project?" asked Councilwoman Janice Miller. Silverman said they figured \$30/square foot, and Sanford said she'd get more specific information about each segment's cost. Miller also asked if some of the businesses might be willing to partner with the City to reduce the cost, and Sanford said they could investigate this possibility.

"Will some of the vegetation be replaced?" asked Miller. "And what type – such as vertically growing greenery – will it be? We need to pay particular attention to landscaping and old trees." However, Sanford noted that, on Chain Bridge Road's east side, most of those trees would be removed.

Regarding Old Lee Highway, Councilman Jon Stehle asked if the asphalt section would receive brick. Public Works Director David Summers said that area was a patch and was "always intended to be replaced."

Councilwoman Ellie Schmidt said they needed to be careful about taking away the existing trees on Old Lee. "Is it worthwhile?" she asked. "I'm concerned about the loss of

SEE STRATEGY, PAGE 5

## Snapshot of Sidewalk Segments

Below is a list of the potential sidewalk segments being considered, plus some of the details about each one:

Right-of-way impact: Up to 6 feet required from four parcels;  
 Estimated cost: \$160,000.

❖ **Sager Avenue** – north side, east of University Drive.  
 145 feet long; a new, 6-foot-wide sidewalk;  
 Utility impacts: Streetlight poles;  
 Estimated cost: \$80,000.

❖ **University Drive** – west side, north of Sager.  
 155 feet, sidewalk widened from 6 feet to 12 feet;  
 Estimated cost: \$130,000.

❖ **Old Lee Highway** – west side, north of Main Street.  
 85 feet; widened from 10 feet to 12 feet;  
 Estimated cost: \$80,000.

❖ **Main Street** – south side between University and Old Lee;  
 245 feet; widened from 5-1/2 feet up to 12 feet;

❖ **Chain Bridge Road** – west side between North and Main streets.  
 235 feet; widened from 6-1/2 feet to 9 feet;  
 Right-of-way impact: 5 feet required from three parcels;  
 Potential 2-foot-high retaining wall required;  
 Estimated cost: \$100,000.

❖ **Main Street** – north side between University and Old Lee.  
 340 feet; widened from 6 feet to 7 or 8 feet;  
 Utility impact: Fire hydrant, traffic signal, streetlight, electric vault and water valve;  
 Estimated cost: \$110,000.

❖ **Chain Bridge Road** – east side between North and Main streets.  
 135 feet; widened from 5 feet to 10 feet;  
 Right-of-way impact: 5 feet required from three parcels;  
 Estimated cost: \$90,000.





Wendy Block Sanford



Ellie Schmidt



Janice Miller

## Strategy for City Sidewalks

FROM PAGE 4

greenery.” She also noted that, in a number of the segments, “The gaslight poles are right in the middle of the sidewalks.” Sanford replied, “If we widened them, the lights wouldn’t be as much of an obstruction on the sidewalks.”

Schmidt said the Sager segment “makes sense and is a good addition.” She also asked if the work on Chain Bridge Road’s east side would affect the Courtside Thai restaurant, and Silverman said it would.

Councilman Dan Drummond asked if the construction could be done in phases so it doesn’t impact the City’s Fourth of July celebration, and Summers said the actual sidewalk work should only take a matter of weeks to complete. Still, said Drummond, “Our downtown area is constrained, and my concern is that [this project] could change the historic nature and character of the City. Going from 5 to 10 feet is doubling the sidewalks.”

Councilman Michael DeMarco asked if the sidewalk segments not included in the initial work could be added later on, if money is available, and Sanford said yes. DeMarco also noted that, “If the gaslights were mounted on buildings, it would be better, and we need to start looking at the downtown holistically.”

**AS FOR CHAIN BRIDGE ROAD’S** east side, Mayor David Meyer said the buildings there “could add window boxes, and there could be hanging plants with flowers. So

there are ways to add color and greenery.” He said the four sidewalk segments City staff recommends doing would cost an estimated total of \$360,000. “Are we comfortable with this prioritization, at this point?” he asked the Council.

“We need outreach with the property owners and more information regarding the costs and how [this project] fits in with the landscaping plans for downtown,” replied Schmidt.

Furthermore, added DeMarco, “The discussions with the property owners may change our prioritization. I think we should bring all seven [segments] to them.”

“I’d like us to have a discussion on all seven,” said Councilman Jeff Greenfield. “But we need to have a consistent plan. I support [widening] sidewalks where we can, but not at the expense of our landscaping plans for the downtown. We need a comprehensive plan for the entire downtown area before we do outreach to the community.”

Miller said the one segment that “makes the most sense” is Sager Avenue, which currently has no sidewalk there. “So it’s not controversial,” she said.

Meyer asked if each segment would be bid individually, and Sanford said whatever segments were approved would be bid as a whole package. Meyer then directed staff to “come up with a comprehensive plan and return. Include more information on the other four segments you considered [in addition to these seven], and let us know some funding options for FY ’18 and the out years, too.”

### WEEK IN FAIRFAX

#### Guided Walking Tours of Old Town

Discover Fairfax history on foot with a 90-minute guided tour of Old Town Fairfax. Tours step off at 10 a.m. from Historic Fairfax Courthouse, 4000 Chain Bridge Road, on May 6, June 3, July 1, Aug. 5, Sept. 2 and Oct. 7. Cost is \$10 per person, \$5 for children 6-12, \$25 per family (of three or more). Reservations are recommended. Call 703-385-8414.

#### Farmers Markets Are Starting

The Downtown Fairfax Coalition Community Farmers Market will be held Saturdays, from 8 a.m. to 1 p.m., May 13 through Oct. 28. The Sunday Farmers Market will be held from 10 a.m. to 2 p.m., May 14 through Oct. 29. Both markets are at 10500 Page Ave., at the corner of West and Main streets in the City of Fairfax. Visit [www.fairfaxsaturdaymarket.com](http://www.fairfaxsaturdaymarket.com) or call 703-430-6164.




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# Preserving 'America's Best Idea'

BY BILL HAFKER  
FAIRFAX COUNTY RESIDENT

**A**s a National Parks enthusiast, I felt very privileged to be in Acadia National Park on Aug. 25, 2016 when the National Park Service (NPS) celebrated its centennial. I got my favorite National Park souvenir there; a picture of the iconic "Bubbles at Jordan Pond," signed by the entire Maine Congressional delegation. They were there to celebrate that event, and it was inspiring to hear their unanimous, bipartisan, and emotional support for Acadia and the entire National Park system. It made me hope that my Virginia Congressional delegation was as unambiguously supportive of the many National Park sites we are blessed to have just minutes, or a few hours, from our doorsteps in Fairfax County.

NPS spent the past 100 years protecting many of America's most scenic landscapes, its diverse but often threatened wildlife, and key elements of our cultural history. As we celebrate 100 years of "America's Best Idea," and look forward to further additions to the system, we must not lose track of the critical work of properly caring for and maintaining the gems already in the system.

Americans and visitors to the U.S. are visiting the parks in record numbers. However, in the face of this great show of support, the NPS is facing a serious challenge: a \$12 billion backlog of necessary infrastructure repairs. These

range from unmaintained trails, to crumbling roads, to visitor centers built over 50 years ago in desperate need of updating.

Some things can be replaced later at increased expense if left beyond repair, but many others, like historical buildings cannot. I've stood in line to use a Porta Potty next to a shuttered bathroom, whose continued use would leak raw sewage into the environment from old or damaged pipes. This decaying infrastructure jeopardizes both the future of these treasured pieces of America's heritage, and the local economies that they significantly support.

**IN VIRGINIA**, National Parks are not just places that protect important pieces of our environment and heritage, they are also major economic engines. According to NPS estimates, visitors to Virginia Parks in 2015 had direct spending of \$982.9 million in local gateway regions. This supported over 15,000 jobs, and added an estimated \$1.3 billion in secondary economic output to the Virginia economy.

Virginia Parks face a staggering \$816 million in needed repairs. Rangers and other park staff do the best they can, but if left unfunded, these issues will negatively, and in some cases permanently, affect the condition of these treasured resources and the visitor experience, ultimately leading to fewer visitors to the park.

If the backlog continues, the future of these incredible assets, and the economic vitality of the businesses and gateway communities they support, remains threatened.

Thankfully, bipartisan legislation recently introduced by Senators Mark Warner (D-VA) and Rob Portman (R-OHIO) would provide the NPS more resources to begin to make a dent in the backlog. The National Park Service Legacy Act (NPSLA) would phase in the allocation of up to \$500 million annually until 2047 from existing government revenues from oil and natural gas royalties.

This bill, if enacted, would help put our National Parks on the right track. By investing in our parks, we will not only start to tackle this backlog, but make our parks more resilient, and prepared to continue welcoming visitors eager to explore our nation's most meaningful and special places.

Congress created the Park Service a century ago to protect America's treasured natural, historical, and cultural sites, and ensure that Americans can enjoy them. There is no better way for Congress to help our parks as they begin their second century, than to support the maintenance funding needed to keep them the world class assets that they are. We need to address the backlog, and keep a new backlog from developing.

Whether you love the parks for what they contain and tell of our country and its values, or are concerned more with providing jobs and economic vitality to our state and country, the NPSLA, and the allocation of adequate funds in the normal budget process, is, if not "America's Best Budget/Funding Idea," at least an awfully good idea that we should all support.

## LETTERS TO THE EDITOR

## 'Benevolence' at Taxpayer Expense

To the Editor:

State Sen. Dave Marsden (D-37) is just the latest Democrat to discuss a proposed Medicaid expansion in the state by insisting that "the Commonwealth has given up \$1.8 billion in federal assistance" (The Connection, April 27-May 3, 2017).

That term "federal assistance" is nothing more than a sugary euphemism for spending collected taxpayer dollars and should register in citizens' minds as such. There is not some benevolent federal government providing "assistance."

That \$1.8 billion only comes by one of two ways: spending taxpayer dollars or going (further) into debt. The money to purchase a "Medicaid expansion" would come from taxes paid by other Americans, and if the government spends \$1.8 billion on a Medicaid expansion in Virginia, that means there is \$1.8 billion less to spend on other priorities, e.g., education, public safety, transportation, etc.

Calling it "federal assistance" (or

something else) does not change the fiscal realities of more taxpayer-funded government spending. As long as that is clear; go ahead, have the public debate on a Virginia Medicaid expansion.

**Chris J. Krisinger**  
Colonel, USAF (Ret)  
Burke

## Stressful 100 Days

To the Editor:

If you're one of over half a million Virginians with a pre-existing health condition, the 1st 100 Days of the Trump Administration were stressful enough to aggravate that condition.

After failing in its effort to cut 24 million Americans from Obamacare, the White House now says it now has the votes to get a bill through the House that will allow states to deny coverage for pre-existing conditions.

Do you think the same lawmakers who voted to mandate an ultrasound for women seeking abortions will want to pay for my or my daughter's pre-existing health conditions?

Without insurance, it would cost about \$1,000 a month to buy the pills that keep my daughter alive. She suffered a stroke in utero and needs two Epilepsy medications to keep her from having grand mal seizures.

She also has serious mental health issues.

I've had breast cancer and would go without health insurance if I had to, but that's not an option for my daughter. With each new report of Republicans toying with the mandate to cover pre-existing health conditions, I do the mental math to determine how long her Dad and I could pay \$12,000 a

year for her meds. And that doesn't include expensive hospitalizations for a life threatening seizure like she had last March.

Meanwhile, Trump spends \$3 million in taxpayer dollars each time he visits his posh resort in South Florida to play golf. That money could be spent saving people's lives that need help paying for health care. Please call your representative in Congress. Tell them to fight hard against any effort to weaken coverage for pre-existing health conditions.

**Linda Falkerson**  
Reston

## The Connection Seeking Photo Submissions for Annual Gallery

Mother's Day is Sunday, May 14 this year and as usual every year at this time, The Connection calls for submissions to our Mother's Day photo gallery. The deadline for late entries is Sunday, May 7.

Send photos of mothers, grandmothers, great-grandmothers, with children or without children in the photos. Please name everyone in the photo, the approximate date, describe what is happening in the photo and include your name, address, email address and phone number. We will not print your full address or contact information.

You can upload photos and information directly to [www.connectionnewspapers.com/mothersday/](http://www.connectionnewspapers.com/mothersday/) or email to [editors@connectionnewspapers.com](mailto:editors@connectionnewspapers.com).

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**NEWS DEPARTMENT:**  
**south@connectionnewspapers.com**

**Kemal Kurspahic**  
Editor ♦ 703-778-9414  
[kemal@connectionnewspapers.com](mailto:kemal@connectionnewspapers.com)

**Bonnie Hobbs**  
Community Reporter ♦ 703-778-9438  
[south@connectionnewspapers.com](mailto:south@connectionnewspapers.com)

**Kyle Kincaid**  
Editorial Assistant  
[south@connectionnewspapers.com](mailto:south@connectionnewspapers.com)

**ADVERTISING:**  
For advertising information  
**e-mail:**  
**sales@connectionnewspapers.com**  
703-778-9431

**Debbie Funk**  
Display Advertising/National Sales  
703-778-9444  
[debfunk@connectionnewspapers.com](mailto:debfunk@connectionnewspapers.com)

**Karen Washburn**  
Display Advertising, 703-778-9422  
[kwashburn@connectionnewspapers.com](mailto:kwashburn@connectionnewspapers.com)

**Andrea Smith**  
Classified Advertising, 703-778-9411  
[classified@connectionnewspapers.com](mailto:classified@connectionnewspapers.com)

**David Griffin**  
Marketing Assistant  
703-778-9431  
[dgriffin@connectionnewspapers.com](mailto:dgriffin@connectionnewspapers.com)

**Editor & Publisher**  
Mary Kimm  
[mkimm@connectionnewspapers.com](mailto:mkimm@connectionnewspapers.com)  
[@MaryKimm](https://twitter.com/MaryKimm)

**Executive Vice President**  
Jerry Vernon  
703-549-0004  
[jvernon@connectionnewspapers.com](mailto:jvernon@connectionnewspapers.com)

**Editor in Chief**  
Steven Mauren  
**Managing Editor**  
Kemal Kurspahic  
**Art/Design:**  
Laurence Foong, John Heinly,  
Ali Khaligh  
**Production Manager:**  
Geovani Flores

**Special Assistant to the Publisher**  
Jeanne Theismann  
[jtheismann@connectionnewspapers.com](mailto:jtheismann@connectionnewspapers.com)  
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**CIRCULATION: 703-778-9427**  
**Circulation Manager:**  
Ann Oliver  
[circulation@connectionnewspapers.com](mailto:circulation@connectionnewspapers.com)





## AREA ROUNDUPS

### Connolly Announces Art Competition Awards Ceremony

On Saturday, May 13, at 3:30 p.m., U.S. Rep. Gerry Connolly (D-11) will hold his 2017 Congressional Art Competition Awards Ceremony at the McGuire Woods Gallery, Workhouse Arts Center, 9518 Workhouse Road, Lorton.

"I am pleased to invite all Virginia 11<sup>th</sup> district student artists, their families, and art educators to join me in celebrating this year's 2017 Congressional Art Competition Awards Ceremony," said Connolly. "This year we had more than 150 incredible submissions from Prince William and Fairfax counties. I want to thank our students for their participation and for allowing us to display their immense creativity and artistic talents."

The art exhibit will run from April 29 through May 13 at the Lorton Workhouse Arts Center and is free and open to the public.

The Annual Congressional Art Competition provides Members of Congress with the unique opportunity to showcase the artistic creativity and talent of high school students from across the United States. The first place entry will be displayed for one year in the United States Capitol. The artist and his or her family will also be invited to a reception at the U.S. Capitol along with the winners from other Congressional Dis-

tricts from around the country. Additional prizes will be awarded to other top entries.

### Pohick Church to Host Annual Yard Sale

Pohick Episcopal Church, the colonial church of George Washington & George Mason, will be holding its annual "Hodge Podge" Yard Sale on Saturday, May 20 from 7 a.m. to 1:30 p.m.

On sale will be furniture, collectibles, household goods, books, clothing and much more. All proceeds will benefit the many ministries of Pohick Church, which serves the southern Fairfax and northern Prince William County areas. Historic Pohick Church is located at 9301 Richmond Highway, Lorton, on U.S. Route 1 between Telegraph Road and Pohick Road. Call the church office at 703-339-6572 or visit [www.pohick.org](http://www.pohick.org).

### Submit Photos


Mother's Day is Sunday, May 14 this year and as usual every year at this time, The Connection calls for submissions to our Mother's Day photo gallery. The deadline for late entries is Sunday, May 7.

Upload photos and information directly to [www.connectionnewspapers.com/mothersday/](http://www.connectionnewspapers.com/mothersday/) or email to [editors@connectionnewspapers.com](mailto:editors@connectionnewspapers.com).



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# Strategies for Maintaining Weight Loss

**Study shows lifestyle changes are critical to keep off unwanted pounds.**

BY MARILYN CAMPBELL

**A** 2016 study by the National Institutes of Health (NIH) shows that while most people who lose a significant amount of weight (10-percent or more of their original weight) tend to regain it, those who were successful in maintaining a weight loss were vigilant in maintaining lifestyle changes that led to the weight loss.

"One reason maintenance is so difficult is that your body isn't seeing that weight loss as a good thing," said Domenica M. Rubino, M.D., director, Washington Center for Weight Management. "It's not just will power, it's biology. It's your hormones telling your brain that your body is really not full. There are medications that target the parts of the brain that are involved in cravings and feelings of hunger."

The reasons that maintaining a significant



PHOTO BY MARILYN CAMPBELL

**A lifestyle overhaul is necessary to maintaining a desired weight.**

weight loss can be challenging range from inactive lifestyles, unhealthy diets and the side effects of medication to mental health issues and metabolic disorders, says Colleen Sanders, assistant professor of Nursing at Marymount University.

"The best recommendation for maintaining weight loss is making lifestyle changes and sticking with them," said Sanders. "Surgery and weight loss medications will achieve weight loss, but if lifestyle choices are not made then weight is typically regained. Diet and exercise will foster weight loss, but once a healthy weight is achieved there has to be healthy eating and routine exercise to maintain that weight."

Avoid fad diets and instead make lifestyle changes that can be maintained long-term, advises Nick Sborz, instructor of physical education at Northern Virginia Community College.

"Consistency is [necessary] and a better approach is going to include multiple strategies," he said. "One of those is to increase your physical activity. [Type], amount and intensity will vary from person to person, but for some it will include walking, riding a biking, walking hills or swimming. For others ... some form of strength training.

**"People have to understand that obesity is a chronic disease. You can't just ... not exercise and eat whatever you want. You're not going to be able to go back to living your life the way you did before you lost weight. There are no quick fixes, there's no magic."**

**— Domenica M. Rubino, M.D., Director, Washington Center for Weight Management**

Recommendations vary, but should be close to 150-minutes of moderate intensity activity or 75-minutes of high intensity activity each week."

The dietary changes needed for weight loss and maintenance can be daunting, continued Sborz. "This is probably the most difficult thing to change, he said. "... [F]or long-term success, try not to be perfect. I like the 90/10 rule. If 90 percent of the time

SEE MAINTAINING, PAGE 9

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**THE CONNECTION**  
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## Maintaining Weight Loss Takes Work

FROM PAGE 8

I do my best to make a better, healthier choices then 10 percent of the time I can eat what I enjoy.”

Keeping track of food intake, counting calories and fat grams and avoiding skipping meals are strategies those in the NIH study credited with weight loss maintenance. “... [W]e need to eat and drink less sugar,” said Sborz. “Sugar is a big reason why people don’t see the results they are looking for. Eat more real food and less [processed] food. Generally speaking, to be considered real, food is must contain five ingredients or less. Focus on good quality carbohy-

drates [like] whole grains, fruit, beans and vegetables, which can provide additional nutrients to help you maintain a healthy weight.

Exercise is one of the most important aspects of maintaining your weight, adds Rubino.

“People have to understand that obesity is a chronic disease,” she said. “You can’t just take medicine and not exercise and eat whatever you want. The medicines help, but you’re not going to be able to go back to living your life the way you did before you lost weight. The medicine works in conjunction with diet and exercise. There are no quick fixes, there’s no magic.”

### FAITH NOTES

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

**JCCNV Mothers Circle** program, for women who are not Jewish but are raising Jewish children. Free education in Jewish rituals, practices and values, while respecting the participant’s choice to retain her own religious identity. Jewish Community Center of Northern Virginia, 8900 Little River Turnpike in Fairfax. Contact Laurie Albert, 703-537-3064 or [Laurie.Albert@jccnv.org](mailto:Laurie.Albert@jccnv.org).

**Metropolitan Community Church** of Northern Virginia, 10383 Democracy Lane in Fairfax, presents worship services on Sundays at 11 a.m. and choir practice, open to all, on Sundays from 9-10:30 a.m.

[www.mccnova.com](http://www.mccnova.com) or 703-691-0930.

**Church of the Nativity** offers a free general bereavement support group open to all adults on the first and third Thursday of each month 7:30-9 p.m. The church is located at 6400 Nativity Lane, Burke. Call 703-455-2400, ext. 17.

**Arabic New Life Baptist Church** is located at 6428 Ox Road in Fairfax Station. Worship services are on Sundays at 10:45 a.m. and prayer services are on Wednesdays at 6:30 p.m. Bible Study is on Fridays at 7 p.m. Pastor: Wissam Jamil. Call 703-273-5599.

**Sydenstricker United Methodist Church** has Worship services Saturday in the chapel at 5:30 p.m. and Sunday in the Sanctuary at 8:30 a.m. and 11 a.m. traditional worship. Sunday School for youth and children is in the Sanctu-

ary at 9:30 a.m., and Sunday School for adults is in the sanctuary at 9:45 a.m. Fellowship is in Hottle Hall on Sundays at 10:30 a.m. 8508 Hooes Road in Springfield. [www.sumcdisciples.org](http://www.sumcdisciples.org) or 703-451-8223.

**St. Anthony of Padua American National Catholic Church**, 10383 Democracy Lane, Fairfax, holds mass for Contemporary Catholics every Sunday at 12:30 p.m. St. Anthony’s is an independent Catholic parish, inclusive and accepting of all people. Experience true acceptance and true Catholicism. [www.MySaintAnthonys.org](http://www.MySaintAnthonys.org).

**Calvary Hill Baptist Church**, 9301 Little River Turnpike in Fairfax, conducts Worship team practice for the Praise Band in the Sanctuary every Thursday at 7 p.m. All are welcome. 703-323-1347



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### “Me and My Mom”

To honor Mom on Mother’s Day, send us your favorite snapshots of you with your Mom and The Connection will publish them in our Mother’s Day issue.

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# ENTERTAINMENT



**Newcomer Jen Drake of Ashburn joins Ava McKay of Fairfax Station (right) in “The Music Man.”**



**Center, Dorian Mroz of Burke plays River City, Iowa Mayor Shinn's wife Eulalie MacKecknie Shinn, in the Good Shepherd Players “The Music Man.”**



**The Good Shepherd Players are “interfaith and intergenerational,” according to director Nancy Lavallee of Springfield, with members ranging from 6 years old to 79.**

PHOTOS BY TIM PETERSON/THE CONNECTION

## Band Stand

### Good Shepherd Players’ “The Music Man” opens May 5.

BY TIM PETERSON  
THE CONNECTION

Give each of them a trombone and the full Good Shepherd Players cast, crew and pit orchestra would have about enough to literally act out Professor Harold Hill’s classic “Seventy-Six Trombones” march from Meredith Willson’s “The Music Man.”

As entertaining as that would be, they’ll instead take their own roles in bringing the hit musical to the Church of the Good Shepherd stage in Burke, beginning this weekend.

The players are “interfaith and intergenerational,” according to director Nancy Lavallee of Springfield, with members ranging from 6 years old to 79. Lavallee

has performed with the group herself, but this is her fifth show in the director’s chair.

Bringing those 70-odd men, women and children together for two rehearsals a week since January this year has been no small feat. “It’s northern Virginia,” Lavallee said, “everyone’s busy.”

Yet finding the time to come together and prepare a production has profoundly bound the players to one another over the 36 years of the troupe’s existence.

“It is a community, in every sense,” said Lavallee. “We form our own family.” Putting on the musical together is like one family projecting to another.

Two of the show’s leads are also newcomers to the Good Shepherd Players. Chris Gray (Professor Harold Hill) and Jen Drake (librarian Marian Peroo) both of Ashburn said there’s pressure coming into the group like this, but that everyone has been extremely welcoming.

“There’s a group environment,” Gray said. “You don’t want to let people down, but you have terrific support. There’s a real tradition to try to stick to.”

**SET IN RIVER CITY,** Iowa in 1912, Hill is a travelling con man who seeks to musically woo both the townspeople and piano teacher-slash-librarian Peroo, with fanciful promises of forming a spiritually cleansing band for boys. Which, of course, he has no plans or means of actually doing.



Tom Allen of Fairfax is performing in his second “Music Man” with the GSP. “The music seems universal,” he said. “You can’t walk out without singing some of the tunes.”

Ben Marple of Fairfax is also back. As a boy, he played Marian’s shy and self-conscious little brother Winthrop. Fifteen years older now, he returns as Hill’s old friend Marcellus Washburn.

“It’s surreal doing the show again,” Marple said. He had nothing but compliments for young Sawyer Makl of Bethesda,

**Set in River City, Iowa in 1912, “Professor” Harold Hill is a traveling con man who seeks to musically woo both the townspeople and piano teacher-slash-librarian Marian Peroo, with fanciful promises of forming a spiritually cleansing band for boys.**

who’s taken over Winthrop’s character.

Drake said she first saw “Music Man” when she was 3 years old. Now her own 3-year-old son, she says, has the Robert Preston movie adaptation of the original production memorized.

Though she loves the rush of performing on stage, Drake said the reason she does theater is because of the friendships she makes, interacting behind the scenes.

With the Good Shepherd Players, there are a lot of opportunities for that – about 76 in fact.

## CALENDAR

Send notes to the Connection at [connectionnewspapers.com/Calendar/](http://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

**“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](http://www.thehubtheatre.org).

**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](http://www.fairfaxspotlight.org).

**Storytime in the Park.** Tuesdays through May 30, 10:30 a.m. at Old Town Square, Fairfax. Visit [fairfaxva.gov/parksrec](http://fairfaxva.gov/parksrec) or call 703-385-7858.

**Carolina Shag.** Wednesdays, 6:30-10 p.m. Arlington/Fairfax Elks Lodge, 8421 Arlington Blvd., Fairfax. Free lessons at 7:30 p.m. No partners needed. Dinner menu. \$8. Under 21 free. [nvshag.org](http://nvshag.org).

**FUN-Exercise** Thursdays, noon-12:50 p.m. Grace Presbyterian Church Family Room, 7434 Bath St., Springfield. Inova certified exercise instructor leads a moderate level

exercise class with music and current events conversation. Muscle, Balance, Strength Training using stretch bands and weights both standing and seated exercises. Instructor donation is \$5. [moorefitt@yahoo.com](mailto:moorefitt@yahoo.com) or 703-499-6133.

**Exercise Program** Mondays and Fridays at 9:30 a.m. year-round at Lord of Life Lutheran Church, 5114 Twinbrook Rd. Fairfax. The exercises are for strength, balance and maintaining limberness. Contact SCFB office at 703-426-2824.

**Cafe Ivrit (Hebrew Cafe).** Wednesdays, 8:15-9:15 a.m. Jewish Community Center of Northern Virginia, 8900 Little River Turnpike, Fairfax. Shalom (hello) Did you always want to converse in Hebrew? Join Na’ama each week for conversational Hebrew. You will learn and practice Hebrew in a fun

and interactive way while learning more about Israel. Free, however we ask that you try to attend regularly. RSVP Naama.Gold@jccnv.org.

**Smoke Free Bingo.** 7 p.m. Every Friday. Fairfax Volunteer Fire Department, 4081 University Drive, Fairfax. Free coffee, entertaining callers, \$1,000 jackpot (with breaks for smoking friends). [www.fairfaxvd.com](http://www.fairfaxvd.com). 703-273-3638.

**English Conversation Groups** weekly at George Mason, Burke Centre, and Lorton Libraries Practice and improve your English. Day and start times vary. Visit: [va.evanced.info/fairfaxcounty/lib/eventcalendar.asp](http://va.evanced.info/fairfaxcounty/lib/eventcalendar.asp)

**Stories From Strawberry Park** 10-11 a.m. Tuesdays in Mosaic, Strawberry Park, 2910 District Ave., Fairfax. Enjoy a live interactive performance each week. For ages 10

and under. Held outside in Strawberry Park. In inclement weather and October through April, storytime will be held in Angelika Film Center. Visit [www.fxva.com/listing/mosaic-district/2326/](http://www.fxva.com/listing/mosaic-district/2326/).

**Funday Monday** 10:30 a.m., every Monday at Old Town Hall, 3999 University Drive, Fairfax. There will be music, movement, storytelling, performances, crafts, and more. Open to children of all ages, however especially for those who haven’t yet started school. Free and open to the public, donations appreciated. Free parking in the downtown area, and stroller access at the rear of Old Town Hall on Main St. 703-385-7858 [www.fairfaxva.gov/culturalarts](http://www.fairfaxva.gov/culturalarts)

### MAY 5-6

**“The Addams Family.”** 7 p.m. each



# ENTERTAINMENT

night at at South County High School, 8501 Silverbrook Road, Lorton . Visit [www.southcountytheatre.org](http://www.southcountytheatre.org).

## MAY 5-OCT. 27

**Kingstowne Farmers Market opens.** 4-7 p.m. every Friday at Kingstowne Giant Parking Lot, 5870 Kingstowne Center, Alexandria. Freshly picked, producer-only vegetables and fruit, from-scratch bread (including gluten free), baked goods, kettle corn, salsa, hummus, cake pops, fruit popsicles, and ice cream. Email [Chelsea.roseberry@fairfaxcounty.gov](mailto:Chelsea.roseberry@fairfaxcounty.gov) or call 703-642-0128.

## MAY 5-13

**"The Music Man."** Various times at Church of the Good Shepherd, 9350 Braddock Road, Burke. \$15 for adults, \$10 for children. Visit [goodshepherdplayers.com](http://goodshepherdplayers.com) or call 703-505-7434.

## FRIDAY/MAY 5

**Movie Under the Stars.** 8:30-10:30 p.m. at Burke Lake Park, 7315 Ox Road, Fairfax Station. Family film about a trip to the past in a Delorean time machine. Call 703-323-6600 or visit [www.fairfaxcounty.gov/parks/burkelakepark/](http://www.fairfaxcounty.gov/parks/burkelakepark/).

## 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](mailto:mawinutley@wesellmore.com) or call 703-642-3380.

**Salamander Saturday.** 10 a.m.-noon at Hidden Pond Nature Center, 8511 Greeley Blvd., Springfield. Spend the morning learning about salamanders with Salamander Savers 4-H Club. Meet salamander ambassadors, and learn about stream monitoring. Visit [savethesalamanders.weebly.com/](http://savethesalamanders.weebly.com/).

**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](mailto:fourcarlins@verizon.net) or call 703-409-1096.

**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/](http://www.fairfaxcounty.gov/library/events/) or call 703-293-6227, ext. 6.

**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/](http://www.fairfaxcounty.gov/parks/burkelakepark/).

**Classical Guitarist.** 3 p.m. at Kirkwood Presbyterian Church, 8336 Carleigh Parkway, Springfield. Classical guitarist Charles Mokotoff performs. Visit [www.kirkwoodpres.com](http://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](http://lakebraddockss.fcps.edu).  
**North & South; Crossing Borders.** 7 p.m. at the Stacy C. Sherwood Community Center, 3740 Old Lee Hwy, Fairfax. Join guitarist Kevin Burnes, and tenor, Daniel DeVera for a journey through the Americas playing tango, samba and mambo. \$15. Visit [northandsouth.brownpapertickets.com](http://northandsouth.brownpapertickets.com).

## 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](http://www.yellowbrickroadfarm.com).  
**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@fcadst.org](mailto:mayweek@fcadst.org).

## 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.

## 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.

## MAY 12-13

**"The Addams Family."** 7 p.m. each night at at South County High School, 8501 Silverbrook Road, Lorton. Visit [southcountytheatre.org](http://southcountytheatre.org).

## SATURDAY/MAY 13

**Burke Lake Golf Center Ribbon Cutting.** 10 a.m. at Burke Lake Park, 7315 Ox Road, Fairfax Station. The Fairfax County Board of Supervisors and the Fairfax County Park Authority Board will host a ribbon-cutting ceremony for the \$6.6 million renovation of the Burke Lake Golf Center driving range. Visit [www.fairfaxcounty.gov/parks/golf/blgc/](http://www.fairfaxcounty.gov/parks/golf/blgc/) or call 703-323-1641.

**BBQ and Car Wash.** 10 a.m.-2 p.m. at St George's United Methodist Church, 4910 Ox Road, Fairfax. 13th Annual Community BBQ and Car Wash. All proceeds go to fund missions-children at risk, feeding the hungry, and family housing. BBQ meal \$10, family meal \$34, car wash by donations. Visit [stgumc.org](http://stgumc.org).

## 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](mailto:Info@MtVernon-LeeChamber.org).

## 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](http://www.scfbva.org) for more.

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Civil War re-enactors fire a 12-pound mountain howitzer.



Tracy and Stephen Riordan portraying Ann and Capt. James I. Waddell, who commanded the last Confederate ship to surrender.



Siblings Mary and James Turner, 9 and 11, respectively, learn about forging metal.

## Learning about the Civil War

The 17<sup>th</sup> annual Fairfax Civil War Day was April 29 at Historic Blenheim.

PHOTOS BY BONNIE HOBBS



From left: Amber Shaw learns about silhouette art from artist Lauren Muney.



Civil War re-enactors prepare to fire a cannon.



Don Mullen speaks to children as Abraham Lincoln.



Al Stone, as Gen. Robert E. Lee, addresses the crowd.



As famed Civil War photographer Mathew Brady, Wayne Ritchie (on right) shows Jane Ha and her son, Daniel Yeum, 12, a wet-plate camera.



5

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## SCHOOLS

### Area Students Win Awards at 2017 Virginia History Day

Students from seven Fairfax County public schools won awards at the 2017 Virginia History Day competition, based on the theme Taking a Stand in History. Two student teams and an individual student captured first place awards in their categories. First place winners were:

❖ Ryleigh Pavlick and Maddie Haag of Lorton Station Elementary School, first place in Junior Group Website for "Rosa Parks and the Montgomery Bus Boycott: Standing Up for Her Rights and Against Discrimination."

❖ Patrick Corrigan, Riley Schwartz, and Kiyan Tarahomi of Langley High School in Senior Group Website for "The Nuremberg Trials: Taking a Stand Opposing Crimes Against Humanity."

❖ Sara Yoon of Lorton Station Elementary School in Junior Individual Exhibit for "One Woman, One Heart, One Passion: Mary Lyon Takes a Stand for Women's Education."

Second place winners included:  
❖ Helen Heaton of West Springfield High School in Senior Paper for "Ned Kelly: The Defiance of Australia's Most Famous Outlaw."

❖ Jaya Nachnani of Whitman Middle School in Junior Individual Website for "The Unseen Stars: An African-American Woman's Stand on the Space Race."

❖ Samantha Cynn of West Springfield High School in Senior Individual Website for "The French People's Stand: The Fight for

Change During the French Revolution."

❖ Aurianna Pratt of Fort Belvoir Elementary School in Junior Individual Exhibit for "George Washington: A Stand Against an Invisible Enemy."

❖ Cindy Rodi of Langley High School in Senior Individual Exhibit for "From Patriot to Pacifist: Siegfried Sassoon and His Letter Against the Great War."

The following students earned third place finishes:

❖ Elizabeth Germaine of West Springfield High School for Senior Paper, "Taking a Stand: The Mirabel Sisters."

❖ Laura Kirk, Layla Nath, and Krysten Smith of West Springfield High School in Senior Group Documentary for "Emmeline Pankhurst's Militant Stand for Suffrage."

❖ Jessica Aujla and Ashley Kim of Centreville High School in Senior Group Website for "Nelson Mandela: Taking a Stand Against Apartheid."

❖ Caleb Barnes of West Springfield High School in Senior Individual Performance for "Bassem Youssef and the Right to Free Speech in Egypt."

❖ Alyssa Gatesman and Cameron Crew of Canterbury Woods Elementary School in Junior Group Exhibit for "Susan B. Anthony: Fighting for Change."

First and second place winners now advance to the National History Day contest, scheduled to be held at the University of Maryland, June 11-15.

## SCHOOL NOTES

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

**Taylor Fremeau**, of Fairfax, was named to the dean's list at Salisbury University (Salisbury, Md.) for the fall 2016 semester.

**Megan Williams**, of Fairfax, has been accepted for admission at Delaware Valley University (Doylestown, Pa.).

**Grace Dunleavy**, of Fairfax, was named to the dean's list at Drake University (Des Moines, Iowa) for the fall 2016 semester.

## Announcements

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# BULLETIN

Send civic/community events to the Connection at [connectionnewspapers.com/Calendar/](http://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](http://www.soberride.com).

## APRIL

**Coffee for Campers.** April is the Month of the Military Child, and to honor our nation's littlest heroes, the National Military Family Association is asking if you'll give up your coffee shop coffee and donate that extra \$5 a day to send a military kid to Operation Purple Camp. Visit [www.militaryfamily.org/get-involved/donate/coffee-for-campers.html](http://www.militaryfamily.org/get-involved/donate/coffee-for-campers.html) for more.

## FRIDAY/MAY 5

**Civil Rights Forum.** 6:30-8 p.m. at Fairfax City Hall, 10455 Armstrong St. Council Chambers (Room 100). Youth and young adult forum on the future of civil rights. Visit [www.fairfaxva.gov/](http://www.fairfaxva.gov/) for more.

## THURSDAY/MAY 11

**Fairfax 50+ Employment Expo.** 10 a.m.-2 p.m. at Fair Oaks Marriott Hotel, 11787 Lee Jackson Memorial Highway, Fairfax. Jewish Council for the Aging, Fairfax County and AARP are sponsoring the event. The event is free and no registration is necessary. Go to [www.accessjca.org/programs/senior-employment/](http://www.accessjca.org/programs/senior-employment/).

## SATURDAY/MAY 13

**Yard Sale.** 9 a.m.-2 p.m. King of Kings Lutheran Church and Preschool, 4025 Kings Way, Fairfax. All proceeds will support Youth Missions. Call 703-378-7272 for more.

## WEDNESDAY/MAY 17

**Legal Considerations for Caregiving.** 1 p.m. at Insight Memory Care Center, 3953 Pender Drive, Suite 100, Fairfax. An elder law attorney will lead this discussion on legal needs to be taken care of such as powers of attorney, wills and estates, guardianships, and trusts. Contact Christi Clark, [christi.clark@insightmcc.org](mailto:christi.clark@insightmcc.org), or call 703-204-4664 for more.

## ONGOING

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**Master Gardener Training.** The Fairfax County Master Gardener Association offers plant clinics, home turf training or speakers for homeowner's meetings. Fees vary. Visit [fairfaxgardening.org](http://fairfaxgardening.org) or call Dora Lockwood at 401-864-4778 for more.

**Fairfax Rotary Club Meeting** 12:15-1:30 p.m. Mondays. American Legion, 3939 Oak St., Fairfax. Meetings with luncheon and program. [fairfaxrotary.org](http://fairfaxrotary.org).

**NARFE Monthly Meeting** Every Second Tuesday 11:30 a.m. American Legion Post 177 located at 3939 Oak Street, Fairfax. NARFE Fairfax 737 monthly luncheon meeting. Enjoy lunch accompanied by a special program. Lunch at noon. Cost: \$11 Speaker/Program-12:45PM. [rrharney2@cox.net](mailto:rrharney2@cox.net) 703-501-0020

**Civil War Research** scholarship to a public or private high school senior who resides in Fairfax, Fairfax City, Prince William County, Manassas City, or Manassas Park from the Bull Run Civil War Roundtable in Centreville, Va. Visit [bullrunwcrt.org](http://bullrunwcrt.org) for more.

**Fairfax-based non-profit Britepaths offers free Financial Education Classes** Sessions at various locations in the Fairfax County area to low- and middle-income adults who reside throughout Northern Virginia. The offerings are free and open to the public, but reservations are required. <https://britepaths.org/news/get-financially-fit-new-year>

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# Hear Ye, Hear Ye



By KENNETH B. LOURIE

I can hear ye and I can see ye. And I don't need life insurance to pay for the cost of my funeral, and neither do I need supplemental insurance to co-pay my Medicare coverage. These are both solicitations/direct mail pieces I've received in my mailbox in the last week. I can't help but wonder why? Have I gotten older before my very eyes without regard to my actual age? Have I somehow become a qualified applicant without realizing the consequences of my living so many years beyond my original "13 month to two-year" prognosis? (I always place quotation marks around my prognosis as an indication of its having been said by my oncologist, and as a bit of a dig since here I sit and write eight years and two months post diagnosis.) Or do the people sending the direct mail pieces know something about me, my household and my neighborhood that I don't?

Not that I really want to think too deeply about why I've been bombarded with these presumptive age-sensitive solicitations but, the piling-on effect of the past two weeks has stoked my embers. It's not as if being target-marketed burns me up or increases the temperature under my collar, but it does cause me to think and consider; always dangerous. As Moe Howard of The Three Stooges said to brother Curly in a typical two-reeler story line: "Every time you think you weaken the nation."

I wouldn't say the onslaught has been at all equivalent to the volume mailboxes see in the weeks leading up to an election, however. The materials I've received lately have felt more personal than the usual and customary ones that arrive before an election promoting a candidate, a cause or an amendment. Those political pieces merely wanted my vote. The pieces I've received of late wanted my life. Not literally of course. But they want me, not exactly a pound of flesh, but more than a piece of paper (computer entry, actually).

I haven't had the opportunity as yet to speak with any of my neighbors to find out if the entire neighborhood was similarly solicited or was it just yours truly, the cancer patient whose survival has raised a marketing flag? I mean, with all the hacking/unauthorized access to phone numbers, addresses, bank accounts, Social Security numbers and private medical information, I don't suppose it's beyond a hacker's reach to secure lists of "terminal" (I also put quotation marks around 'terminal' because again, it's how my oncologist described me in late February 2009, and as yet another dig because I've lived so long beyond 'terminal') patients who quite frankly might be more open to/in need of and sensitive about certain conditions/situations/circumstances not necessarily characteristic of the general population.

Or maybe these direct mail pieces had nothing to do with me (I'm not a narcissist, really; just sort of writing for semi bemusement), but are simply modern-day equivalents of the old town crier – without the bell? But with a similar goal: to reach as many people as possible, hopefully under favorable circumstances, not in the square, but rather in the privacy of their own homes.

Naturally, I tossed all of it. I didn't take offense though, nor am I the least bit defensive about it having landed IN MY MAILBOX. It's simply sound marketing. Find a neighborhood/zip code with the demographics that match your product and voila, a connection is made, supposedly. No connection here however, merely fodder once again for a column. (Besides, I have life insurance and I'm too young for a "med supp.").

*Editor's Note: Learn more about Kenny and his adventures in life (and life with cancer) online at [www.ConnectionNewspapers.com](http://www.ConnectionNewspapers.com).*

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





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