

May 11-17, 2017

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2017 Contest Winners Announced

"What can you do to improve your local watershed?"



Rachel Carson Middle School students won top honors for their project to establish a food sharing program between their school and a local shelter to reduce cafeteria waste.

This year hundreds of area students competed to develop solutions to local watershed issues. Finalists presented their proposals at the School Environmental Action Showcase on April 25 at George Mason University. Thank you to all the students, teachers and partners who participated!

Agrium provided nearly \$20,000 in cash prizes and \$10,000 to help implement student ideas.

Caring for Our Watersheds is supported by international nonprofit Earth Force, whose mission is to engage young people as active citizens who improve the environment and their communities, now and in the future. The program empowers students to create solutions in their local watersheds, developing problem-solving, budgeting, community-involvement, and presentation skills.

Turning ideas into realistic solutions is the key to improving our local watersheds.

Northern Virginia Finalists, Grades 6-10

Final Place	Award	Proposal Name	School
1	\$1,000	Food Sharing Program	Rachel Carson Middle School
2	\$900	Classes Plant Grasses Continued	Lanier Middle School
3	\$800	Worm World	Lanier Middle School
4	\$700	Growing a Gold Standard	George Washington Middle School
5	\$600	No Butts About It	Lanier Middle School
6	\$500	Improving the Environment Around our Streams	Gunston Middle School
7	\$450	2017 Ban the Bag	Lanier Middle School
8	\$400	Watershed Protectors	Fort Belvoir Elementary School
9	\$350	A New Generation of Plastics	George Washington Middle School
10	\$300	Collect-Compress-Contribute	J.E.B. Stuart High School

CaringForOurWatersheds.com

Fairfax Science Club Heads to Nationals

Students beat TJ to bring home the State Championship.

By Bonnie Hobbs The Connection

any times, a school's athletes and actors get most of the media's attention. But at Fairfax High School, a talented and creative group of science students is proving every bit as worthy and is now receiving national acclaim.

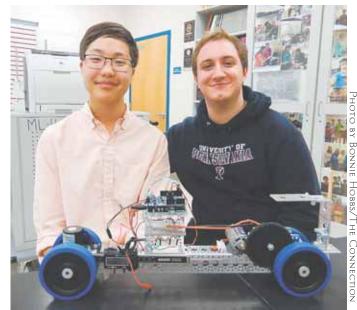
The members of the Science Olympiad club have competed in six tournaments, this school year - at MIT, the University of Pennsylvania and Cornell - winning 137 medals, including 36 for first place. They also won Regionals and, on March 24, Fairfax captured the State Championship at UVA in Charlottesville.

It marked the fifth time Fairfax won it, and this year's victory was especially sweet because the team beat the second-place finisher, Thomas Jefferson High School for Science and Technology, by a whopping 25 points. And on May 19-20, Fairfax will represent Virginia in the 33rd annual National Science Olympiad at Wright State University in Dayton, Ohio.

"This is the strongest and hardest-working team we've ever had," said science teacher and coach Cathy Williams. "They're also close-knit and collaborative and help each other where needed."

The Science Olympiad club has 50 mem-

bers. During competitions, 19 work in teams of two or three people to vie in 25 events: Anatomy and Physiology, tronomy, Chemistry Lab, Disease Detec-Dynamic tives, Planet, Ecology, Electric Vehicle, Electric Wright Stuff, Experimental Design, Forensics, Hovercraft, Hydrogeology, Indoor Bottle Rocket, Invasive Species, Materials Science, Microbe Mission, Optics, Remote Sensing, Robot Arm, Rocks and Minerals, Towers, Wind Power, and Write it,



From left: Bilge Batsukh and Markus Williams display their electric vehicle.

Comprised equally of boys and girls, Fairfax's team contains students from diverse backgrounds and cultures. "Science Olympiad instills a sense of hard work, determination, leadership and curiosity in the team members," said Williams. "Through this club, they've developed skills for success in school and beyond. Our alumni have attended some of the country's most prestigious universities and work in numerous scientific fields."

GOING TO NATIONALS will be team captains Sarah Wasinger and Markus Williams, 15 core members, four more for trial events, plus the coach and two student managers. They're currently putting finishing touches on their projects and are thrilled about winning States.

"Just knowing the resources T.J. is given and their legacy in science competitions, in general, was intimidating," said Wasinger, a senior. "But I told our team, 'We're all just high-school students. If we put in the work, there's nothing stopping us from beating them or doing just as well. And we're just as intelligent."

Science Olympiad's challenges go beyond what's taught in high school, so dedicated students must learn the subjects independently. At States, Fairfax took the first event and continued winning medals.

"They started piling up, and it was really exciting," said Wasinger. "When we were halfway through, we thought, 'We might win this.' You never know. But when they announced TJ as second, I screamed. It was really rewarding because it's a lot of work."

STUDENTS COMPETE in three, broad categories of events - knowledge, lab and engineering – with crossover between them. Some students specialize, but each competes in three or four events. For example, junior Grace Ko does Forensics, Chemistry Lab and Write it, Do it.

In Write it, Do it, she explained, "Someone builds a structure, which I don't see. And my partner, Janessa Jiang, has to write me directions on how to make it - which I then do. We use inexpensive, household items such as straws, Popsicle sticks, LEGOs,

Jiang, a junior, also does Towers, Helicopters and Experimental Design. "In Towers, you build a tower out of balsa wood and test its strength by seeing how much sand it can hold," she said. "It's a few feet high and, normally, holds 132 pounds of sand in a bucket."

In Helicopters, students receive materials to build a helicopter, but design it, themselves. They're judged by the amount of time their craft can fly. At States, Jiang's helicopter flew 2 minutes, 35 seconds, "It was amazing," said Coach Williams. "Everybody was in awe, and it got first place."

Sophomore Emily Sheng did a

SEE OLYMPIAD, PAGE 5

Real-estate tax rate City Council Adopts FY '18 Budget will decrease slightly.

By Bonnie Hobbs The Connection

t's not a lot; but in a time of rising home assessments, every little bit helps. So in that spirit, the Fairfax City Council last week reduced the realestate tax rate from its current \$1.0645 per \$100 assessed valuation to \$1.06

It was part of the City's FY '18 budget adopted Wednesday, May 3. The Council members approved a General Fund budget of \$140.1 million, representing a \$4.6 million increase over FY '17. The total budget amount for all the City's funds is \$173 million.

The Council also set aside \$500,000 for future WMATA transportation requirements, plus increased the City's normal 10-percent surplus by an additional \$70,000. It was able to do so because of a \$639,000 surplus left from the current fiscal year's budget – mainly from the education segment, because Fairfax City had fewer students in its schools, but Fairfax County had more.

"This is a sea change in how this City looks at the future," said Mayor David Meyer afterward. "While it's not a substantial amount of money, it's a big step in the right direction. And we did



on this budget and taking this new ap-

at things this way] in the future.'

THE NEW BUDGET also contains \$150,000 to spruce up the appearance of the downtown area by improving its lighting, sidewalks, pedestrian access, greenery and maintenance. And dog owners will be happy to know that, per the Parks and Recreation Department's request, there's \$50,000 for the design and construction of



Dan Drummond

logo and branding efforts. There'll be a 25-cent increase in the proach, and I hope they continue [looking

stormwater tax to generate more than \$1 million to help the City fund several projects dealing with aging infrastructure, plus comply with state and federal regulations re-

The wastewater service rate will be increased by 10 percent because of needed improvements at the Noman Cole Wastewater Treatment Plant. Plus, explained Finance Director David Hodgkins, "We've experienced a decrease in water usage and,

a dog park.

In addition, the Council approved \$100,000 for the City's Economic Development Opportunity Fund, plus \$160,000 for other Economic Development Authority initiatives. This money will

help the City continue to market itself, attract new businesses and carry out its new

garding stormwater management.

taking effect with the July 1 wastewater utility bills. The C&I tax will rise from 9.5 cents to 10.5 cents per \$100 assessed valuation to generate the funds needed for City transportation projects and to enable Fairfax to receive NVTA [Northern Virginia Transportation Authority] matching funds. "We hope to bring it up to 12

cents by FY '20," said Hodgkins. All resi-

dential properties are excluded from this

therefore, revenue, as people and busi-

nesses become more efficient in using

it." The average, household quarterly

wastewater utility fund payment will go

from \$165 to \$181, with the new rates

The budget also includes \$7.1 million of capital-project funding. And City employees will receive merit pay raises of 2.5 percent, as well as cost-of-living increases of 2 percent.

In approving the \$1.06 real-estate tax rate, the Council voted 5-1, with Councilwoman Ellie Schmidt being the dis

SEE CITY BUDGET, PAGE 4



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News

City Budget Approved

From Page 3

senting vote. Since residential, propertytax assessments rose, she said, "I wanted us to get to the equalization rate of \$1.05. I wanted us to do more cutting."

Once the budget was passed, Councilman Dan Drummond said, "I think we worked well together, and the staff provided some great guidance. I also appreciated the public comments, and I think people will appreciate that we lowered the tax rate a little bit, while funding the City's priorities."

Councilman Michael DeMarco said Fairfax is "in better shape by having some flexibility in the fund balance to deal with any transportation-funding issues arising next year."

Schmidt also thanked the public for its feedback. "We don't have a lot of room for cuts, with all our nondiscretionary expenses," she said. "I would have liked the tax rate to go a little bit lower, but I appreciate where we did end up."

"This is not an easy process," added Councilman Jeff Greenfield. "We're trying to do what's in the best interests of the residents, while maintaining the level of services we all enjoy. This provides a merit increase for staff, and we're successful [as a City] because of them." He, too, was glad about the extra money earmarked for transportation and thanked Drummond for his "help and experience" during the budget process.

Calling the budget "a prioritized spending plan," Councilwoman Janice Miller said she didn't support everything in it, but "There is much in the budget that moves our community forward. We've added an additional \$1.3 million for school tuition to educate our kids, an additional \$2.2 million for personnel costs and benefits, an additional \$1.2 million for capital improvements, an additional \$400,000 for stormwater management and placed \$500,000 in reserve for expected transportation increases."

SHE FURTHER NOTED that the City kept

its reserve fund at more than \$14 million – which is 10 percent of the total City budget. "This, along with a multitude of other line items, will educate our kids, keep us safe in our homes and our businesses, pave our streets, maintain our many facilities, and entertain us in our parks and at our special events.

City services will take care of our residents and our business community, alike, and this is good for all of us."

However, Miller also urged her Council colleagues to step back and assess what went well during the budget process and where they all need to improve. She then thanked City Manager Bob Sisson, Hodgkins, Budget Manager Kerry Kidd, the entire budget committee, other City staff members and department heads, plus her colleagues, for all their help.

"I'm proud, grateful and thankful for all the people who work in our community," said Miller. "I was happy to support this budget and I look forward to a really good next year." Councilman John Stehle also thanked the staff and Council and said he wants the budget to have "continued connection" to the Council's goals and the City's Comprehensive Plan.

Meyer said this budget gives clarity to their path forward in the next fiscal year, and he thanked Drummond, as an "experienced community leader and councilman," for his contributions to the budget discussions. "We're spending other people's money, and that's a very important fiduciary responsibility.

"This City has the overall, lowest tax burden of any jurisdiction in the Northern Virginia region," continued Meyer. He said it's due to "superior" money management and stressed that Fairfax is one of only four cities in Virginia with a AAA bond rating. He then thanked the Council for approving COLA and merit increases for the employees, and the staff for all it does "to serve, support and protect" the businesses and residents of the City.



Student Oboist to Perform in Fairfax Concert

Olivia Johann, a high school oboe player from Centreville, is the featured soloist for the May 13 concert of the City of Fairfax Band. Johann is the winner of the band's annual Young Artist Competition and will receive a financial award along with the solo appearance. The concert is scheduled for May 13, 7:30 p.m., at WT Woodson High School, 9525 Main St., Fairfax.

News

Science Olympiad Finals

From Page 3

hydrogeology project about groundwater and wells for Dynamic Planet. She and partner Ebenezer Sampong took a written test about geological concepts and did calculations to explain how the earth's crust would react to things such as glaciers.

They also received a map with wells marked on it. "A contaminant was leaking into a town's groundwater, and I calculated how fast the water would travel through the wells," said Sheng. "We then proposed solutions and determined if it was still safe to drink that water."

Sheng and Sampong also did Remote Sensing to determine a climate event. And in Invasive Species, Sheng and Mindy Vu identified various ones and described their behavior. Ko, Jiang and Sheng are excited about Nationals for the experience, a break after AP exams and to meet the other teams and make new friends.

Markus Williams and Martin Lee designed and built 3D printed parts for Electric Vehicle and Robot Arm. "We built a small vehicle that had to travel 18-36 feet and be preprogrammed to move on its own after we pushed a button," explained Williams. His expertise is in designing and fitting things together, and Lee's is in construction and fine-precision mechanics.

For Robot Arm, Williams and Bilge Batsukh built a robot to pick up 50 pennies and place them individually on an archery

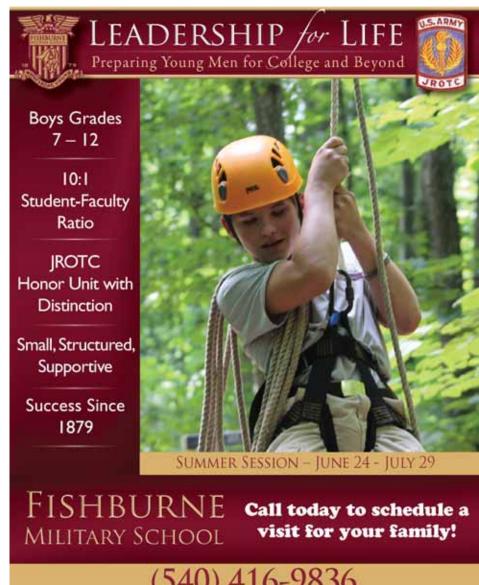
target in a certain alignment. Batsukh also programmed the electric vehicle. "I'm ecstatic to go to Nationals," he said. "I'm looking forward to competing and seeing everyone else's designs. It's astonishing what people can make."

"I think my electric vehicle has a good shot at Nationals," added Williams. "It has the ability to take first place in the nation."

Junior Andrew Bengtson will participate in a new, trial event at Nationals, designing, building and flying a small, electric plane. "I'm excited to see the other teams and the incredible devices they've created, in action," he said. One of Fairfax's top engineers, Bengtson said, "I love watching something work for the first time. When you hit the button and it does what it's supposed to do, it's magical."

However, the school can't compete unless it can get there; and to do so, it must raise \$17,500. "Contributions in any amount would be greatly appreciated," said coach Williams.

TO DONATE, send checks payable to Fairfax High School, with "Science Olympiad" on the memo line. Send them to the school, attention C. Williams, at 3501 Rebel Run, Fairfax, VA 22030. All donations will be acknowledged with a charitable-contribution letter. Or contribute at the club's Go Fund Me page: www.gofundme.com/ fairfax-science-olympiad-nationals.



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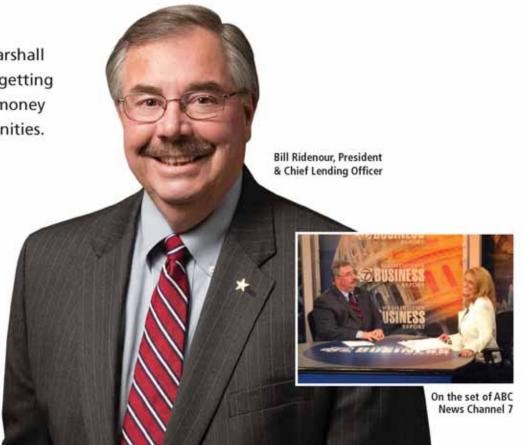
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OPINION

Troubled History of Voter Disenfranchisement

BY DAVE MARSDEN STATE SENATOR (D-37)

irginia has a troubling history of disenfranchising voters based on criminal convictions and failing to restore those rights when disenfranchised citizens have completed their sentences. In the recently completed 2017 ses-

sion of the General Assembly, Republican Sen. Tommy Norment introduced a constitutional amendment (SJ 223) that would have allowed for the restoration of voting rights for violent felons (which includes burglary and certain drug offenses) after release from prison, a fiveyear waiting period, and the payment of all fines, fees, and restitution. Democratic opposition argued that these unpaid monies constituted a modern version of the poll tax. Though poll tax laws are no longer on the books, Virginia has one of the nation's most extreme policies restricting the voting rights of criminal offenders and one of the most racially disproportionate, with more than one in five black adults barred from voting due to a criminal

As Sen. Norment presented this amendment on the floor of the Senate, an interesting debate broke out in the chamber recalling the 1901-02 Virginia Constitution. GOP lawmakers argued, accurately, that the 1901-02 Constitution had the same felony disenfranchisement requirements that existed before the Civil War. What escaped Republican notice was that in 1876 petit larceny — minor property theft - was added to the constitution as a disenfranchising offense. The purpose was to entrap landless and impoverished African Americans who were caught stealing small items such as farm animals, including chickens. The 1876



COMMENTARY

amendment mirrored the notorious "pig laws" passed in Mississippi that same year. Virginia justified its new law under the generally held concept that "chicken stealers were so poor that they could not support their families, lacked moral character, and as they lacked eco-

nomic citizenship they were underserving of political citizenship." Though felony disenfranchisement had been the tradition, petit larceny was slipped into the constitution in 1876 as a means to specifically disenfranchise African Americans. That some whites would be caught up in this disenfranchisement was an acceptable tradeoff, as African Americans were already in prison at five times the number of whites. Anyway, whites with criminal convictions could apply for gubernatorial restorations of voting rights; governors generally refused such restorations for African American appli-

The Republican argument had been that felony disenfranchisement in the 1838 Constitution, which predated the Civil War, proved that it was a race-neutral concept because this constitutional provision was included when only whites were allowed to vote. However, the clear attempt at disenfranchisement by petit larceny made clear that their assertion was inadvertently disingenuous. In the 1889 gubernatorial race, lists of police records were sent to precinct polling officials to be used in excluding black voters.

The following is excerpted from the Washington Bee, a newspaper at the time (1889):

[I]t is enlightening that in the 3rd Precinct over 600 blacks waited in a "blacks only" voting line and 900 blacks waited in line in the

4th Precinct. Voter intimidation ensued as men who were self-identified Republicans and blacks were met with challenges such as "I believe you have been convicted of stealing." Even when denied, the charge led to being taken out of line and arrested for "impudence" if an argument ensued. Black voters were queried on the constitution for 20-25 minutes to slow the lines. Lists of black voter police records were on hand to deny voting. They were mailed to registrars. Voters were delayed for hours as they inched forward in the lines and many could no longer wait and went home.

The "whites only" line, it was reported, moved smoothly.

Virginia has a long pattern of using criminal conviction as a means of disenfranchising African Americans. Petit larceny was in our constitution in 1876, continued in the 1902 constitution, until removed in the 1971 version. It was added to exclude African Americans from voting. There are undoubtedly Virginians alive today who had lost the right to vote because of a conviction for petit larceny. Our prison system still has five times as many African Americans incarcerated as whites. We do not need a constitutional amendment that complicates who can and cannot vote in our commonwealth. The rule should be simple: regardless of your offense, if you are in prison you cannot vote; if you are out of prison you are entitled to vote. This standard would be consistent with the majority of other states. Virginia's history with voting rights is simply too troubling to put forth a new constitutional amendment that will continue to disadvantage African Americans.

Special thanks to Professor Pippa Holloway of Middle Tennessee State University, and Helen Gibson of the Weldon Cooper Center for Public Service whose source material was used for this article.

LETTERS TO THE EDITOR

Taking Exception on Medicaid Expansion

To the Editor:

Col. Krisinger's dismissal of the proposal to approve the Medicaid expansion proposed by state Sen. Dave Marsden (D-37) is exceedingly short sighted (Connection, May 4-10, 2017). His position is typical of some who have a fully funded "government assisted" health care plan.

The proposed Medicaid expansion is a program by which the citizens of Virginia can gain a benefit from the taxes that they have already paid. There is no added cost to the taxpayer. This is Federal tax revenue that is returned to the state for the use of the citizens.

this money allowed it to go to other recipients in other states. It did not reduce the tax burden for Virginia citizens' one iota.

What better use of tax revenue is there than to provide a direct benefit back to the citizens in need? This is a better use of my tax dollars than the extravagant "federal assistance" for bombs and bullets dumped in desert wastelands or the building of a border wall that will never accomplish its intent.

> **F. Tracy Schonrock** Fairfax Station

Unnecessary Alarm

To the Editor:

Recent rhetoric and editorials dealing with health care policy in the United States lead to confusion and unnecessary alarm by bring-The State's earlier refusal to accept ing together two topics: health in-

surance coverage; and pre-existing conditions. Health insurance does two things: reduces cost for the policy holder by means of the discounts insurance companies achieve through volume buying; and, (like insurance in general) assists the policyholder deal with the financial consequences of something very bad which might, or might not, happen. A pre-existing condition, however, is something bad that has already happened.

For pre-existing conditions the health care policy question should be, how to pay for treatment rather than how to coerce insurance companies to pay. Health insurance policies covering pre-existing conditions (e.g. diabetes, high cholesterol, high blood pressure) are widely available. Paying for pre-existing catastrophic conditions (e.g. organ transplant; cancer; multiple sclerosis) is another matter. Forcing insurance companies to take on the cost of treatment for all afflictions, regardless of scope, and spreading these costs through the premiums paid by healthier people, plus tucking in a few government subsidies, is one way (as in Obamacare). There are other ways to pay for treating these catastrophic conditions. The recent healthcare bill passed by the House of Representatives offers an alternative way.

Most people in the United States do not suffer from catastrophic health conditions. Those of us whom God made more fortunate in our health have a responsibility to help those less fortunate. I hope your newspaper will avoid partisan rhetoric and instead foster informed discussion leading to a national policy on how to help the minority who can not pay for the treatment of a catastrophic health condition.

> **Allan Ruppar** Reston



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NEWS DEPARTMENT: south@connectionnewspapers.com

Kemal Kurspahic

Editor * 703-778-9414 kemal@connectionnewspapers.com

Bonnie Hobbs

Community Reporter * 703-778-9438 south@connectionnewspapers.com

Kyle Kincaid

south @connection newspapers.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

Karen Washburn

Display Advertising, 703-778-9422 kwashburn@connectionnewspapers.com

Andrea Smith

Classified Advertising, 703-778-9411 $\,$ classified@connectionnewspapers.com

David Griffin

Marketing Assistant 703-778-9431 dgriffin@connectionnewspapers.com

Editor & Publisher

Mary Kimm mkimm@connectionnewspapers.com @MaryKimm

Executive Vice President

Jerry Vernon 703-549-0004 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 @TheismannMedia

CIRCULATION: 703-778-9427 **Circulation Manager:**

circulation@connectionnewspapers.com



News



Party at Main Street

Main Street Child Development Centers' Family Game Night and Volunteer & Donor Appreciation Night was held April 27. More than 150 family members, donors and volunteers enjoyed an evening of pizza and game playing. The center, located in the City of Fairfax, provides comprehensive early childhood education programs and support services to empower children between the age of 2-5, and their families, regardless of their financial circumstances.



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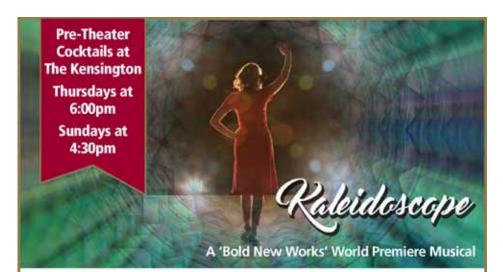
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Sunday, May 14th 7pm show Anya Parpura, MD, Aging Perspectives



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Me & My Mom



Chairman of the Fairfax County Board of Supervisors Sharon Bulova shares a photo of her daughter, Karin Bulova Johansson with grandchild, Mac visiting from Seattle for Christmas.



Noah, Selah and mom Margo, of Burke, enjoy the cherry blossoms at the Tidal Basin.

Jennifer Maloney of Fairfax with her baby daughter Claire, who is mid-sneeze.

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Me & My Mom



Mackenzie Singh, of Fairfax, shares this photo with the short story behind it: "My mom, Suzan Syron-Singh, has many enthusiasms, but it is her belief in community service that exceeds all. In the attached photo, she is posing with her husband (Guri Singh), in front of Chessie's BIG Backyard, a playground at Lee District Park that is specially designed for children with disabilities. In 2015 she received the Eakin Philanthropy Award for contributing personally and via her practice, The Children's Therapy Center, to make the playground a reality. My mom continues to support the community in memory of my older sister, Kelley, who was also a passionate Children's Therapy employee, and my mom's best friend."



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"Me and My Dad"

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Home Life Style

Walk-In Closet Design Ideas

From chandeliers to luxury seating, the option are plentiful.

BY MARILYN CAMPBELL

hen an Old Town Alexandria couple decided to remodel their master bedroom suite, they wanted to pay particular attention to the room's two walk-in closets. Designer Gene Delgado of Hopkins & Porter Construction, Inc., in Potomac, Md. was tasked with overhauling the spaces to give the couple the maximum amount of storage for their clothing and accessories.

"We ordered a storage system from Poliform, an Italian luxury modern furniture brand, that does exquisite closet systems," said Delgado. "The closet spaces are very modern with lots of built-in lighting. Because of the angled ceilings ... we are designing a cabinet for shoe storage and some shelving for purses and luggage. I'm doing a chandelier for the wife's closet to make it warmer and more feminine."

With available accessories ranging from elaborate lighting to luxury seating areas, there's no need to settle for a closet that looks like a cross between and a laundry room and a landfill. When it comes to walkin closets, the options for creating a dream space are plentiful say designers.

"Closets are no longer utilitarian spaces for your clothes. People want their closets to be beautiful," said Delgado. "The trend is that they are bigger, more beautiful and more luxurious. Those with large spaces can have everything from coffee makers to seating areas."

When beginning the design of a closet space, Julia Walter, showroom manager at Italian design firm Boffi, advises clients to make an inventory list of items that will go inside such as long-hanging clothing foldable clothing and shoes.

"What plays into the inventory list is how the client prefers to use their closets," she said. "For example, do they mostly hang or do they fold clothes. It's helpful to see what the client's closet looks like currently [and] works and what doesn't."

A combination of small and large drawers is important for the different items to store, says Walter. For example, small drawers can hold items like jewelry, underwear and socks while larger drawers can hold items like scarves or exercise clothes."

"I like to use the upper most shelves in closets for bulky storage like luggage, hat cases [and] for items that are either not used too much or are seasonal," said Walter. "Open shelves are great for display of shoes and handbags."

Invest in a full-length mirror and install it behind the door or on an open space that won't take away from storage, advises Allie Mann, designer, senior interiors specialist with Case Design/Remodeling, Inc.

"Use every inch of a closet space for storage. There may be small niches that are perfect for scarves, handbags [and] belts," she said. "Build in shoe shelving if possible. Keeping shoes off the floor gives a more organized look to the space. If you want to keep shoe boxes, be sure to label them with photos of the shoes inside so you don't have to open every box to find the pair you're looking for."

For those with a generous budget, Interior Designer Todd Martz, co-owner of Home on Cameron in Old Town Alexandria advises investing in a lighting system for viewing clothing and distinguishing colors.

"Add pullout shelves and rods to organize outfits. [Add] drawers with glass inserts to see contents," he said. "Group accessories [like] belts and purses by color for easy ac-

Accessories that Walter recommends adding to a walk-in closet include belt hang-



Photo Angie Seckinger/Boffi Georgetown

Open shelving for storing shoes and handbags are among the features that designer Julia Walter recommends for walk-in closets.

ers, tie hangers, jewelry drawers and safes. "If space allows, a center island is a great feature for getting dressed and showcasing certain items," she said. "Before a night out, [for example] a gown and shoes can be dis-



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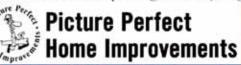
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BULLETIN BOARD

Send 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.

VOLUNTEERS NEEDED

Shepherd's Center of Fairfax-

Burke serves those 50 and older who no longer drive. Volunteer **drivers** are needed for trips (Monday-Friday) to medical appointments and companion shopping within the Fairfax/Burke area. Office workers are needed to answer phones in the SCFB office

(Monday-Friday) to match drivers and those who need rides. Call 703-323-4788

TUESDAY/MAY 9

Dementia Caregivers Support

Group. noon-1:30 p.m. at the Lord of Life Lutheran Church, 5114 Twinbrook Road, Fairfax. Sponsored by the Shepherd's Center of Fairfax-Burke. The group is for those caring for someone with dementia or interested in learning more about providing caregiving to a person with a disorder that affects memory and cognition and may impact behavior and physical abilities. Before attending, contact the facilitator, Eileen Thompson at 703-451-8626 or

Eileen.thompson1@gmail.com.

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/.

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

COMMUNITIES OF WORSHIP

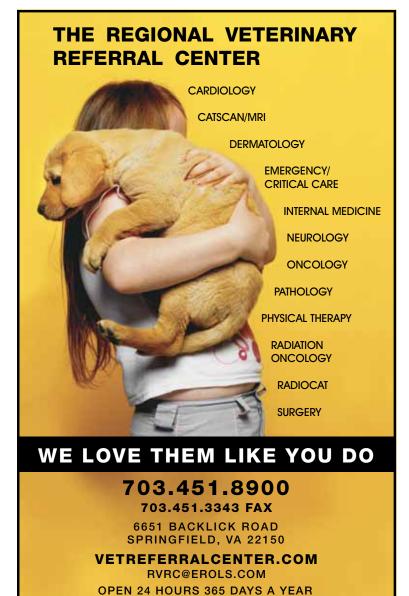
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ONGOING

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.

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

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

Senior Line Dancing 1-2 p.m. Little RIver Glen Senior Center 4001 Barker Court, Fairfax. Line Dancing is a gentle, social form of aerobic activity. Studies have shown it aids in warding off Alzheimer's disease. No previous experience needed. Cost: \$5 per 8 week session. barbriba@hotmail.com 703-524-3739

Fairfax Pets on Wheels New

Volunteer Orientation First Wednesday of each month. 7:30-9 p.m. 3001 Vaden Drive, Fairfax. An orientation for new volunteers interested in visiting residents of nursing homes and assisted living facilities with their approved pets through the Fairfax Pets On Wheels program is held the first Wednesday of every month starting at 7:30 p.m. Visit www.fpow.org for each month's location. Prior to attending, please complete the online application found at www.fpow.org/volunteer. Please do NOT bring pets to this orientation. Also, see weather policy for possible cancellations. www.fpow.org, 703-324-5424 or dfspetsonwheels@fairfaxcounty.gov.

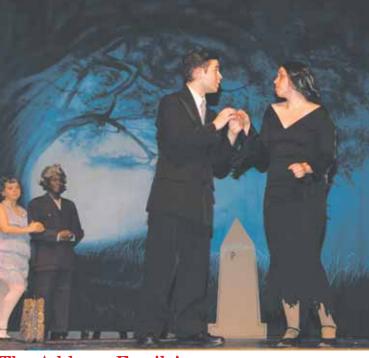
Carolina Shag. Wednesdays. 6:30-10 p.m. Arlington/Fairfax Elks Lodge, 8421 Arlington Blvd., Fairfax. Free lessons at 7:30 p.m. No partners needed. Dinner menu. \$8. Under 21 free. nvshag.org.

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 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 for more information.

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?



'The Addams Family'

Gomez, Morticia and the whole crew will be taking the stage for the South County production of "The Addams Family," May 12-13 at 7 p.m. each night at at South County High School, 8501 Silverbrook Road, Lorton. Visit www.southcountytheatre.org for more.

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. 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

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/.

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. It is open to children of all ages, however especially for those who haven't yet started school. Programs are free and open to the public, donations are gratefully appreciated. There is ample 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

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 or call 703-642-0128 for more.

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 or call 703-505-7434.

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.

MAY 12-13

"The Addams Family." 7 p.m. each night at at South County High School, 8501 Silverbrook Road, Lorton. Visit www.southcountytheatre.org for more.

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 ribboncutting ceremony for the \$6.6 million renovation of the Burke Lake Golf Center driving range. Visit 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 missionschildren at risk, feeding the hungry, and family housing. BBQ meal \$10, family meal \$34, car wash by donations. Visit stgumc.org/ index.html 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 SEE CALENDAR, PAGE 15

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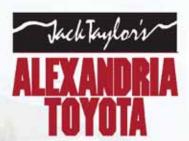


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Announcements

COMMUNITY



On April 30, a group of L4 Swimming masters swimmers joined blind teammate Michelle Duquette at Burke Racquet & Swim Club for the third annual "Swim Like Michelle" fundraiser to benefit the Foundation Fighting Blindness.

'Swim Like Michelle'

Fundraiser supporting Foundation Fighting Blindness held in Burke.

t can be hard enough just to swim in a straight line. Michelle Duquette does it blind. On April 30, a group of L4 Swimming masters team mates joined her in the experience as part of the third annual "Swim Like Michelle" fundraiser. Proceeds go to the Foundation Fighting Blindness.

Duquette had sight until she was 13, when she

began losing her vision. Less than 10 years later, she was completely blind.

Now more than a decade after that, she continues to train in the pool at Burke Racquet & Swim Club, with her mother Bobbe tapping her softly with a tennis ball-capped cane to let her know she's come to the end of a length.

To experience something akin to blindness while swimming, Duquette's teammates put on blacked-out goggles and attempted to swim a relay race with two teams competing.

For more information, visit www.blindness.org.

— TIM PETERSON



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Photo by Tim Peterson/The Connection

Bobbe Duquette (right) taps a swimmer wearing blacked-out goggles during the third annual "Swim Like Michelle" fundraiser to benefit the Foundation Fighting Blindness.



Photo courtesy of Fred Zamon

Bobbe Duquette (left) taps a swimmer wearing blacked-out goggles during the third annual "Swim Like Michelle" fundraiser to benefit the Foundation Fighting Blindness.

Calendar

From Page 12

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

Clifton Homes Tour. 9:30 a.m.-5 p.m. at the Clifton Presbyterian Church, 12748 Richards Lane. Clifton Community Woman's Club presents annual tour of homes in Clifton and Fairfax Station. Silent Auction and Marketplace at Clifton Presbyterian Church, Proceeds donated to local scholarships and charities. \$25 in advance, \$30 day of tour, free to silent auction. Visit www.cliftoncwc.org for more

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

FRIDAY/MAY 19

Bike to Work Day 2017. Registration - now open — is free and open to anyone who commutes in the region, from first timers to daily cyclists. All registrants will be entered in a regional bicycle raffle, and the first 16,000 to register and attend will receive a free t-shirt at one of more than 85 pit-stops throughout Northern Virginia. Participants can register online at www.biketoworkmetrodc.org. Email Megan Goodman at mgoodman@mwcog.org, or call 202-962-3209 for more.

Family Movie and Dinner Night. 6-8 p.m. at the Sydenstricker United Methodist Church, 8508 Hooes Road, Springfield. Hawaiian luau and watch the Disney film "Moana." Free. Call 703-451-8223 or visit sydenstrickerumc.org/ movienight.

SATURDAY/MAY 20

Antique Car Show. 10 a.m.-3 p.m. at City Hall, 10455 Armstrong St. The show is presented by Northern Virginia Regional Group of the Early Ford V-8 Club and the city. Call 703-273-6097 or visit nvrg.org for more

Hope and Health Festival. 11 a.m.-2 p.m. at Lorton Park, 9518 Richmond Highway, Lorton. Free health screenings, food, inflatables, children's games and activities will be available to all in attendance. Visit www.lortonaction.org

Map and Compass Reading. 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.

SUNDAY/MAY 21

Ensemble Gaudior Concert. 4-5 p.m. at St. Andrew's Episcopal Church, 6509 Sydenstricker Road, Burke. Chamber music from the classical era on period instruments including a reproduction of Mozart's piano. Free. Email foma@standrews.net for more.

SUNDAY/MAY 28

Ride of the Patriots Parade. 7:30 a.m. at eastbound Fairfax Boulevard from Capt. Pell's Crab House, 10195 Fairfax Boulevard, and will end at Patriot Harley-Davidson, 9739 Fairfax Boulevard, where opening ceremonies will begin. Then the motorcycles will head to the Pentagon. Visit www.rideofthepatriots.com, or call 703-352-5400 for more.

Burke Historical Society. 3:30-5 p.m. at the Pohick Regional Library, 6450 Sydenstricker Road, Burke. "The Civil War among Local Civilians," presented by John Vrana. County residents were subject to arbitrary arrest, personal threats, and large-scale theft by Union and Confederate forces. Visit www.burkehistoricalsociety.org for more.

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Good is not good, where better is expected.

"Bulky Boy"

Is the nickname I gave Andrew, one of our

male cats. It's because he's a bit portly, like his

name is not the impetus for this particular col-

dency, as the primary (almost exclusive) buyer

lesser extent, services, to buy in bulk/quantity,

not necessarily quality; although that's a subject

of a long-ago column and perhaps a future one

as well — dare I cross that Rubicon again, and

one that has earned me this identical nickname

As a cancer patient originally diagnosed as

"terminal" — at age 54 and a half, eight-plus

years ago, time becomes an integral/essential

part of your life; what there is of it presently,

what you have been told you have left of it and

Even though life has gone on years past my

original "13-month to two-year" prognosis, I still struggle with the emotional yin and yang of

whether I'm closer to the end or further from

struggling, everyday decisions that might have a

time element/time-sensitivity to them are com-

plicated. Is it necessary to do it/buy it/obligate

later? A later I might never see? If I'm trying to

enjoy life in the present as much as possible to

fend off the inevitable and relentless stress that

As a few examples and finally to the point of

a "terminal" cancer diagnosis imposes, then

this column: buying in bulk. 240 dryer sheets

and doesn't exactly get dressed for it; 90 tall kitchen trash bags — we use one bag a week, and that includes bagging the cat litter for five

indoor cats; paper towels — enough quantity

entire house if we had to; toilet paper — is sac-

runs — constantly, is also sacrosanct (although I

paper towels in the pinch; not exactly the same

pinch as if the toilet paper inventory runs out,

however). Naturally, these items are all non-perishable so their life expectancy is not a con-

sideration. But since mine is, sometimes I think

I need to buy them or else, because when I do

sense to overbuy (expiration dates notwith-

standing, except mine). I can't eat all the food

quickly enough anyway (another point of con-

induced haze, that spending money now on an unpredictable future though penny-wise and

beneficial in some emotional ways, might be

period, not feel good today about something I

else am I even going to get to tomorrow? Don't

tating mental and physical images/impacts and

might benefit from tomorrow. I mean, how

I need to filter out potentially harmful/debili-

try to live as unencumbered as possible (to

invoke one of my deceased father's favorite

words)? Cancer is already an uphill battle. If I

don't want to live the legendary life of Sisyphus,

pushing a figurative rock up a hill, only to have

it fall back down time and again, I need to find

a way/strategy to both manage my budget and

have a future, but not at the expense of my

present. You can call me "Bulky Boy" all you

ontrol my mind. Obviously, I want to live like I

pound-foolish. I need to feel good today

tention from a previous column), although I

may try. But even I know, in my cancer-

As for perishables, obviously it makes little

need them it will be too late.

can always use toilet paper, paper napkins or

rosanct, one can never have enough in stock;

and tissues/Kleenex — given how frequently

my eight-years-of-post-chemotherapy nose

that we could likely wrap them around our

- for two adults, one of whom works at home

how does a future benefit help me now?

myself to it now when the benefit might be

the beginning (date of diagnosis). And is so

what you — in your wildest dreams, every day

and every night, hope you actually get to do:

live a relatively "normal" life expectancy.

umn. The impetus for this column is my ten-

of miscellaneous household goods and to a

father, yours truly. However, Andrew's nick-

By KENNETH B. LOURIE

to Andrew

-Thomas Fuller

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