



Springfield CONNECTION

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HomeLifeStyle

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The West End girls rugby team
does a little warming up
during Virginia Senior Night.



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From left: Marcy Stennes, Cheryl Laferty, Gov. Terry McAuliffe, Dorothy McAuliffe, Cindy Notham, Dorothy Keenan and Kay Larmer in Richmond. GrandInvolve received the Governor's Community Organization Award on April 20, 2017.



PHOTOS COURTESY OF GRANDINVOLVE

Suba Saty volunteers at Crestwood Elementary in Springfield. He is one of the some 100 volunteers of GrandInvolve.

Volunteers Bridge Age and Culture Gaps

GrandInvolve gives seniors and children chance to learn from each other.

BY ABIGAIL CONSTANTINO
THE CONNECTION

“Can I touch your arm?”
“I hope I have white hair when I’m a hundred.”
Those are some of the things Springfield resident Cindy Notham has heard in her two years volunteering with GrandInvolve.

The nonprofit group had its beginnings when Dorothy Keenan, of Burke, served on a committee on the Fairfax 50+ Community Action plan that was tasked to find out how to make Fairfax County a livable community for all ages, specifically what could be done to make the county a desirable place to live for people over 50 years old.

Keenan said that the committee findings indicated that people wanted more intergenerational activities, and they wanted to understand the cultures who live in the community better.

GrandInvolve was founded in 2014 with those answers in mind and the goal of reducing ageism and increasing cultural understanding.

The group has some 100 volunteers who go to six schools in Fairfax County located in Herndon, Chantilly, Lincolnia, Springfield, Lorton and Alexandria. Keenan said the schools were chosen in a wide range so that no matter where anybody is from, there is a school nearby where one could volunteer.

“Children see an older person as just another human being,” Keenan said. Volunteers do a range of activities in the classroom and after school. They help children practice speaking English; they help them



Caroline Valentine, a GrandInvolve volunteer, helps children at Crestwood Elementary in Springfield



GrandInvolve volunteer Joanie Capella, helps students at Crestwood Elementary in Springfield.

understand lessons; they listen to the children read; and they help teachers with various tasks.

Notham said that a lot of the children she helps at Parklawn Elementary in Alexandria do not have many opportunities to see older people. “A lot of these kids, their grandparents are not in the area,” she said.

She recalls one student who needed to leave the classroom tell the teacher that he had to go with the “grandma” because he doesn’t get in trouble when he goes with Notham.

“I don’t want children to be afraid of old people,” Notham said. Keenan said that what volunteers do is a good way for children to understand that an older person is just like them.

But the benefits of volunteering is a two-way street. “It makes me feel good,” Notham said. She said she sees the smiles on senior’s faces when working with the children — they feel useful and feel they have a purpose.

In a statement, Kathryn Knoble of Greenspring Village in Springfield said that the partnership with GrandInvolve brings opportunity for residents to volunteer and build community connections.

Parklawn Elementary Principal Larry Aiello in a testimonial said that the presence of GrandInvolve volunteers resulted in an increase of other community volunteers at the school.

On April 20, GrandInvolve received the Governor’s Community Organization Award in Richmond for its work fighting ageism and furthering understanding of cultures.

Notham said that it is important for older people to see what tax dollars are doing for the schools and what teachers are doing. Moreover, she said it is important to realize that children, no matter where they come from, are just children. “Doesn’t matter where they come or what they look like. They’re just children.”

For more information on GrandInvolve, visit www.grandinvolve.org/.

SPORTS



The West End boys rugby team plays Gonzaga in the Jesuit Classic.



The West End girls rugby team during Virginia Senior Night.

SYC West End Rugby Going to Nationals

Both the Springfield boys' and girls' teams will be competing May 18-20.

BY STEVE HIBBARD
THE CONNECTION

The boys and girls high school rugby teams from Springfield have accomplished something pretty amazing — the Springfield South County Youth Club (SYC) West End Rugby teams will both be competing in the national championships next week. The boys will be going to Kansas City, Mo., May 18-20; and the girls to Elkhart, Ind., May 19-20. Last year, the boys won the National Tier 2 High School National Rugby Championship and they hope to do the same this year.

Jeff Rupp, who is Commissioner of the SYC and head coach of the boys high school team, said they will be trying to defend their title. "I'm really proud of these guys. We went last year and did really well and we're going to go back and defend our title," said Rupp. "These kids work hard and they're very coachable. We will be good representatives of Mid-Atlantic Rugby and Virginia Rugby. We're all excited about going. We just look forward to the opportunity."

He added, "We're one of the only clubs in the entire country where the boys and girls teams are going to nationals. So that's pretty remarkable."

The West End boys team consists of 45 players from about 15 high schools, but primarily West Springfield and Robinson Secondary. There are about 125 boys and girls on the high school and middle school teams combined. Some of the players have been playing together since elementary school and now they're high school seniors, so there are a handful of players ages 16 to 18 who have been playing for 10 years or more.

Rupp started the program in 2000; the boys high school rugby started in 2008, and the girls started in 2012. This season, the



The West End boys rugby team takes on Fort Hunt.



The West End girls rugby team plays in the Exiles Tournament.

boys beat Loyola Blakefield from Baltimore and West Shore United from Pennsylvania, losing to Fort Hunt in Alexandria. Across the state, they are ranked No. 3 overall; their national ranking is 25 or 30.

The boys team has won state titles three times — in 2010, 2011, and 2015. The girls team has won state titles four years in a

row — in 2014, 2015, 2016, and 2017.

ON MAY 6, the girls team, which is coached by Matt Estes, won their fourth consecutive state championship by a score of 117-0, by playing a combined Rugby Virginia mixed team consisting of other rugby teams from the state. Estes, of West Spring-

field, coaches the high school and middle school girls teams. When he started five years ago, he had eight players; now there are more than 50.

"I'm very proud of how hard they work and it shows, especially compared to other teams in Virginia and Maryland," said Estes. "To take a team from not even being in existence five years ago to going to three national championship tournaments is pretty awesome. I think it's a testament to how hard the girls work in the season and during the off season."

Estes added, "I think what makes me the most proud is the community they've made for themselves and how they literally welcome girls from different schools and different backgrounds," he said. "And this team has worked to create a place where everybody feels welcome on and off the field."

"Our girls are pretty good; they are the best team in Rugby Virginia and nobody else can come close," said Rupp. "They've been to nationals twice and are going back a third time. They haven't won a (national) championship. The best they finished in previous trips was third. They're going back this year and will be very competitive."

Joseph Adase of Springfield has played boys rugby for 15 seasons, since he was 8. He played during the spring and summers for the SYC middle school and high school teams. In just the last three weeks, he's gone to the Exiles and Jesuits tournaments.

"By going to those tournaments, the kids get great competition," said his father Jim Adase. "It gives them great preparation to play at the national level competition." The West Springfield High senior was recently accepted to play rugby for the U.S. Coast Guard Academy, where he'll be reporting to on June 26.

Bret Stevenson, 15, of Burke has been playing lock for one year with West End. The Robinson Secondary student says he is excited to be going to nationals. "We've put in a lot of work this season. I feel like we've got something to prove since we've lost states. We won nationals last year and we need to defend that title."

Head Captain Joshua Thorne, 18, of West

SEE RUGBY, PAGE 10

On May 7, Lt. Col. Nick Perriello (right) received a motorized scooter wheelchair from Germaine Broussard (left) and the non-profit organization she founded called TroopTreats.



PHOTO CONTRIBUTED

TroopTreats Donates Motorized Scooter to Veteran

Korean War veteran Lt. Col. Nick Perriello has a license to drive, fly and maneuver a tank. Now, he said, he'll need to get one for a wheelchair.

On May 7, the Springfield resident received a motorized scooter wheelchair from Germaine Broussard and the non-profit organization she founded called TroopTreats.

For 15 years, Broussard has coordinated sending care packages containing home-made cookies, other snacks and toiletries to military members based overseas and in war zones.

Wheelchairs are a more recent addition to the donations.

Supervisor Pat Herrity (R-Springfield) was present at the ceremony where Perriello

received the scooter. Herrity previously worked with the veteran's son when he was in high school and college.

"The work TroopTreats does for our veterans is incredible," Herrity said. "Nick served and put his life on the line for his country. It's great whenever our community can pay back a small part of that debt."

Perriello served in the U.S. Army for more than 24 years as a helicopter pilot in the 101st Airborne. He plans to move to the Springfield retirement community Greenspring where he will be closer to his wife. The wheelchair makes seeing her that much more accessible.

For more information about TroopTreats, visit www.trooptreats.com.

— TIM PETERSON



PHOTO CONTRIBUTED

Veteran Lt. Col. Nick Perriello (front) plans to move to the Springfield retirement community Greenspring where he will be closer to his wife. The wheelchair donated by TroopTreats makes seeing her that much more accessible.

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Troubled History of Voter Disenfranchisement

BY DAVE MARSDEN
STATE SENATOR (D-37)



COMMENTARY

Virginia 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 session 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 five-year 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 conviction.

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

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 economic 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 applicants.

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. The State's earlier refusal to accept

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.

E. 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 bringing 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 compa-

nies 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 Ruppap
Reston

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NEWS



PHOTO CONTRIBUTED

The candidates spoke of their personal backgrounds, the issues most important to them, and why they are running for office.

Democratic Women of Clifton Host Forum

More than 200 Democrats came together at the Town Hall in Clifton for the Annual Democratic Forum on April 30. Attendees got to meet and greet, listen, and ask questions of gubernatorial candidates Ralph Northam and Tom Perriello; Lieutenant Governor candidates Justin Fairfax, Susan Platt, and Gene Rossi; and seven Northern Virginia Democratic candidates for the House of Delegates: Donte Tanner (40th District), Tilly Blanding and Kathy Tran (42nd District), Hala Ayala and Ken Boddy (51st District) and Hannah Risheq and Latifa Lyles for John Carey (67th District).

The candidates spoke of their personal backgrounds, the issues most important to them, and why they are running for office.

Audience members spoke of the challenge of picking the best candidates among those they heard. Chair Jane Barker urged attendees to work for their candidates and to rally behind those who win the primaries.

All Democratic women in Northern Virginia are invited to join Democratic Women of Clifton. For more information about activities, meetings, or membership, write cliftonwomendems@aol.com or visit www.democraticwomenofclifton.org.

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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ME & MY MOM



Marina Michael and the rat pack, Megan & Eli, "Who said there was no Christmas Land mommy."



"Mom we love you, but you already know we are all awesome." Andrew, Sandra & Bobby Pereyra of Springfield.



Mrs. Frank and favorite son Michael. "Mom thanks for being my button and holding everything together."



Beverley and Denise Sams: "Thanks for visiting us in Springfield mom. Love you."



Maryann, Katie and Tiegan of Springfield, three generations of beauty. "Welcome to the world Tiegan."



Keifer and Caryl Michael of Springfield. "Mama, thanks for being my rock."



"Our mom, Cheryl, has always attended and helped out at our sporting events, Boy Scouts, Confirmation and now my brother's wedding. This picture was taken at Stefan's wedding March 25, 2017. Our mom is the best!" writes Heath Marquardt of Springfield.



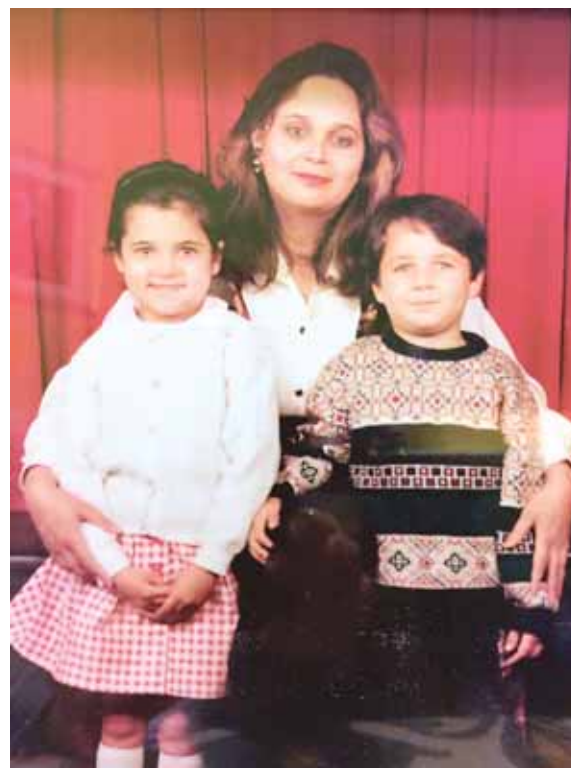
Three generations of festive ladies: Allison Priebe, Cynthia McClain Brooks, both of Alexandria, and Florence Priebe, of Springfield, celebrate each and every day with the mantra life is a party — dress like it!



Caitlyn Muteru, of Springfield, sends this photo with her mom, Audrey and brother Kevin. "We love to spend time together outdoors as we explore the town and our community," she writes.



"I want my children to have all the things I couldn't afford. Then I want to move in with them." Sabrina, Cy and Jerry of Springfield.



"I'd like to be the ideal mother, but I'm too busy raising my kids."



The Christy Family gathering in Springfield. They came from the North, the South, the East and the West; Being a full-time mother, grandmother is just the best.



"My mother's menu consisted of two choices: Take it or leave it." Rima, Kyndra & Kyle Michael of Springfield.



"To the world you might just be one person, but to one person you might be the world." Tintin & Marie Michael of Springfield.



"There is only one pretty child in the world, and that would be me," Joaquin and my mommy Simone.



PHOTO GALLERY!

"Me and My Dad"

To honor dad on Father's Day, send us your favorite snapshots of you with your dad and The Connection will publish them in our Father's Day issue. Be sure to include some information about what's going on in the photo, plus your name and phone number and town of residence. To e-mail photos, send to:

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SPORTS

Rugby Boys, Girls Go National

FROM PAGE 4

Springfield plays the scrum half position. The senior at West Springfield High has been playing West End rugby for six years and is a little nervous about going to nationals. "If everybody works together and does the simple things we were taught, it shouldn't be too difficult," he said. He has a rugby scholarship to play at Mount St. Mary's University next fall and will be traveling to New Zealand to train for more experience.

Andrew Pata, 18, of Springfield has been playing on West End rugby for four years. The West Springfield High senior is excited about going to nationals, where he'll be playing wing and inside center. "It's an amazing opportunity to go back and defend our title. I've been working on this for three months," he said.

ON THE GIRLS SIDE, Elizabeth Wilson, 17, of Springfield has been playing tackle rugby since seventh grade. The West Springfield High student said she is thrilled to be going to nationals. "I'm nervous but I'm also excited to see the high level of play there, and see how our team competes against such high level teams," she said.

Andrea Garcia, 18, of Springfield attends West Springfield High and plays the second row. "There's going to be a lot of teams competing against us. Hopefully we'll be prepared for what we're training for and the outcome will be in our favor," she said.

Joshua's sister Lindsey Thorne, 16, plays wing and scrum half and attends West Springfield High School.

"Honestly, I just think the whole team's been working really hard this year. Going to so many tournaments has helped prepare us for nationals. I think we've come far as a team this year," she said.

Lindsey's dad Richard Thorne, whose other child Joshua is the boys' team captain, said, "Rugby is a unique sport where everybody plays regardless of what team you're on; you're a brotherhood or a sisterhood. The closeness that the kids build is amazing. They love each other as brothers and sisters."

He said Joshua has changed since he began playing, and rugby took him to a different place. "When Joshua started off, he wasn't a confident kid. Within six years, he gained leadership skills and unbelievable self-confidence. He's developed the love for rugby because of the team and the atmosphere," he said.

Some of the Virginia All-Star boys include Logan Emery, Joseph Adase, and Joseph Brody. The All-Star girls include Elizabeth Wilson and Abby Tobias, who are also U.S. All-Americans and will be competing on the international level, playing teams from Canada.

THE WEST END RUGBY held a fundraiser at the Fair Winds Brewery in Lorton on Sunday, May 7, for their trip to the nationals. In order to attend, the SYC is trying to raise \$35,000 for the cost of airfare, hotels, rental vans, and meals. The players have contributed \$700 each thus far. If you would like to help with the cause, make contributions to: www.youthleaguesusa.com/syc/16-17/Donation.html

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Walk-In Closet Design Ideas

From chandeliers to luxury seating, the options are plentiful.

BY MARILYN CAMPBELL

When 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 a laundry room and a landfill. When it comes to walk-in 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 access."

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 displayed."

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SPRINGFIELD CONNECTION ♦ MAY 11-17, 2017 ♦ 11

Celebrating Beethoven

BY DAVID SIEGEL
THE CONNECTION

Where & When

One of the most celebrated of Beethoven's symphonies, Symphony No. 9 with its famous "Ode to Joy" choral will be performed by the Fairfax Symphony Orchestra (FSO) in a special evening. The FSO is observing its 60th year as a leading Fairfax County arts institution.

Why will it be special evening? The "Ode to Joy" performance will include a collaboration with other major Fairfax County-based performing arts gems – the Fairfax Choral Society and the Music & Arts Chorus combining for the "Ode to Joy."

Beethoven's 9th has "a clear message of a common humanity in his 'Ode to Joy,'" said Christopher Zimmerman, music director, FSO. The symphony was written as Beethoven grappled with deafness, adding "an extra dimension to appreciating his extraordinary achievements and the nature of his musical expression."

"It is a good thing for enriching the artistic life of a community if its arts organizations are able to work together and collaborate on projects," added Zimmerman. "It will bring out the best in each organization. It can produce something new, and it helps bring all arts to a wider audience."

The full evening of Beethoven will also include the FSO performing Beethoven's Symphony No. 1. By performing both Beethoven's Symphony No. 1 and No. 9 in one concert an audience "will be able to hear the extraordinary artistic evolution of this com-

Fairfax Symphony Orchestra with the Fairfax Choral Society and the Music & Arts Chorus in performance of Beethoven's Symphony No. 1 and Beethoven's Symphony No. 9 at George Mason University, Center for the Arts, 4400 University Drive, Fairfax. Performance: Saturday, May 13 at 8 p.m. Tickets \$24, \$39, \$53. Call 888-945-2468 or visit www.fairfaxsymphony.org. Pre-Performance discussion at 7 p.m. with David Ginder of WETA 90.9-FM with FSO Conductor Christopher Zimmerman and special guests.

poser," said Zimmerman.

For the Fairfax Choral Society, now in its 55th year, "performing masterworks for chorus and orchestra" is always a high on the list of performances," said Doug Mears, artistic director. Beethoven's "Ode to Joy" is "one of the greatest in this genre and it is a privilege for our choruses to be able to perform it with the FSO. I hope our audience will experience ecstatic and exhilarating emotion."

Terry Stoneberg, director of music, Music and Arts Chorus described "Ode to Joy" as one of the most difficult works for chorus ever written. "Too often choruses are buried by the sheer volume of sound that an orchestra produces."

At the Center for the Arts performance, "the audience will not only be able to hear the combined choruses, they will feel the chorus singing through the orchestra and get a sense of the excitement and power that Beethoven wrote into this piece."

This is a rare evening with some of Fairfax County's finest performing artists working together for a stirring connection with Beethoven's greatness.

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

ONGOING

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 shepherdscenar-annandale.org for more.

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.

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

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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.

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/ 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/index.html for more.

WEDNESDAY/MAY 17

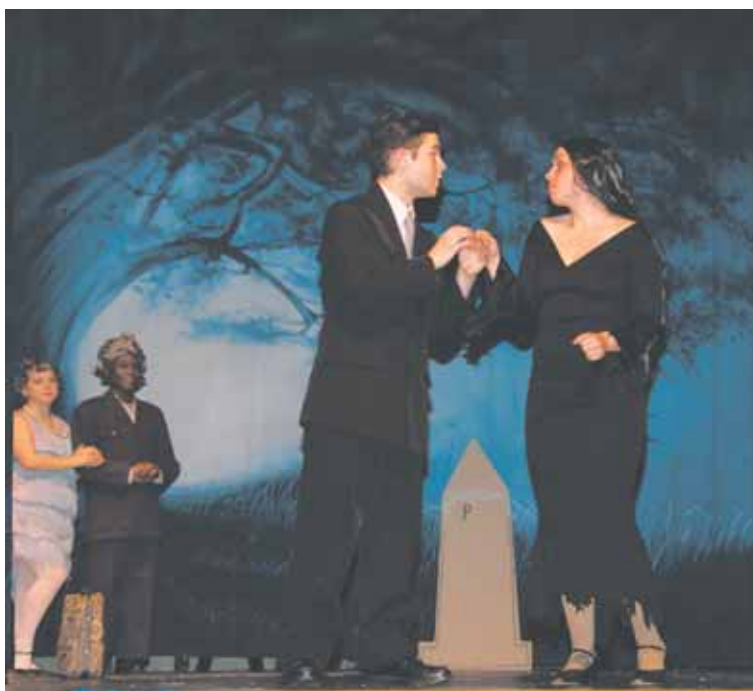
Chamber Golf Classic. 1 p.m. at Laurel Hill Golf Club, 8701 Laurel Crest Drive, Lorton. Event is the main fundraiser for the Mount Vernon Lee Chamber of Commerce Scholarship Fund and will be capped at 120 golfers. Email Info@MtVernon-LeeChamber.org for more.

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 703-256-3800.



‘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.

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. Register online at www.biketoworkmetrodc.org. Email

Megan Goodman at mgoodman@mwcog.org, or call 202-962-3209.

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 nvr.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 for more.

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, 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.

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Legals

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MADE IN THAILAND LLC trading as THAIS CORNER, 8607 WESTWOOD CENTER DRIVE, VIENNA, FAIRFAX COUNTY, VIRGINIA 22182. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a WINE AND BEER ON AND OFF /DELIVERY PERMIT license to sell or manufacture alcoholic beverages. APICHART PENGCHIT, PRESIDENT. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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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.

'Swim Like Michelle' Fundraiser Held in Burke

It 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 teammates 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



PHOTO COURTESY OF FRED ZAMON

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.

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 more.

MONDAY/MAY 15

Homework and Study Strategies. 11 a.m.-noon at PEATC, 8003 Forbes Place, Suite 310, Springfield. In person and webinar options. Topics to be covered include how to help children get organized and manage time and various strategies to be used for specific homework difficulties. Register to attend: www.eventbrite.com/e/peatc-parent-coffee-and-presentation-with-remotewebinar-viewing-tickets-31717825871. Webinar: zoom.us/webinar/register/80b22ca516ff533366858a512be5123a.

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, or call 703-204-4664 for more.

THURSDAY/MAY 18

Van Dyck Park Workshop. 7:30 p.m. at the Stacy C. Sherwood Community Center, 3740 Old Lee Highway. The Parks and Recreation Department has launched the Van Dyck Park Master Plan to help plan the future of this park. Call 703-385-7858 or visit www.fairfaxva.gov/ for more.

SATURDAY/MAY 20

Hodge Podge Yard Sale. 7 a.m.-1:30 p.m. at the Historic Pohick Church, 9301 Richmond Highway, Lorton. On sale will be furniture, collectibles, household goods, books, clothing and much, much more. All proceeds will benefit the many ministries of Pohick Church, which serves the southern Fairfax and northern Prince William County areas. Call 703-339-6572, or visit www.pohick.org.

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"Bulky Boy"



By KENNETH B. LOURIE

Is the nickname I gave Andrew, one of our male cats. It's because he's a bit portly, like his father, yours truly. However, Andrew's nickname is not the impetus for this particular column. The impetus for this column is my tendency, as the primary (almost exclusive) buyer of miscellaneous household goods and to a 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 to Andrew.

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 what you — in your wildest dreams, every day and every night, hope you actually get to do: live a relatively "normal" life expectancy.

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 the beginning (date of diagnosis). And is so struggling, everyday decisions that might have a time element/time-sensitivity to them are complicated. Is it necessary to do it/buy it/obligate myself to it now when the benefit might be 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 a "terminal" cancer diagnosis imposes, then how does a future benefit help me now?

As a few examples and finally to the point of this column: buying in bulk. 240 dryer sheets — for two adults, one of whom works at home 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 that we could likely wrap them around our entire house if we had to; toilet paper — is sacrosanct, one can never have enough in stock; and tissues/Kleenex — given how frequently my eight-years-of-post-chemotherapy nose runs — constantly, is also sacrosanct (although I can always use toilet paper, paper napkins or 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 consideration. But since mine is, sometimes I think I need to buy them or else, because when I do need them it will be too late.

As for perishables, obviously it makes little sense to overbuy (expiration dates notwithstanding, except mine). I can't eat all the food quickly enough anyway (another point of contention from a previous column), although I may try. But even I know, in my cancer-induced haze, that spending money now on an unpredictable future though penny-wise and beneficial in some emotional ways, might be pound-foolish. I need to feel good today - period, not feel good today about something I might benefit from tomorrow. I mean, how else am I even going to get to tomorrow? Don't I need to filter out potentially harmful/debilitating mental and physical images/impacts and 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 control my mind. Obviously, I want to live like I have a future, but not at the expense of my present. You can call me "Bulky Boy" all you want, but "crazy-kookie" not so much.

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



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