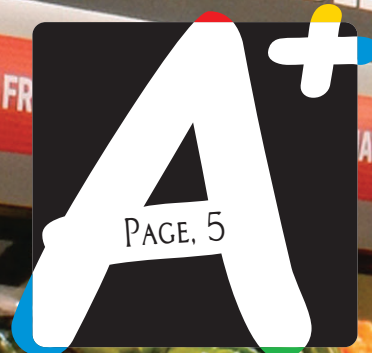


Fairfax CONNECTION



‘Making Healthy Eating Easy and Accessible’

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Teaching Children ‘It’s OK to be Different’

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For Students Serious about Their Acting

NEWS, PAGE 8

Public relations manager Kyle
Johannsen stands by some of Earth
Fare’s colorful produce. The Fairfax store
celebrated grand opening last week.

Teaching Children 'It's OK to be Different'

Fairfax Academy's Musical Theatre presents 'Honk!'

BY BONNIE HOBBS
THE CONNECTION

A children's show with a timely message is the next production of the Fairfax Academy's Musical Theatre Actors' Studio. "Honk!" will take the stage at Fairfax High School for seven performances between Jan. 25-28.

It's a musical-comedy version of Hans Christian Andersen's classic, "The Ugly Duckling." In the story, a duckling called Ugly is teased by his family and other barnyard animals because of his looks. So he runs away, has adventures and meets other animals who teach him that beauty is only skin deep and it's what's inside that matters.

"By the time he returns home, he's turned into a beautiful swan," said Director Mike Replogle. "The lesson is that we should look past the exterior and that we're all the same and beautiful on the inside and we should be inclusive. And I think it's an important message to remind people of in today's world."



PHOTO COURTESY OF SAMANTHA PRICE

Grace, Ugly, Ida and the Cat look toward bright futures once they're reunited and home at last. (From left) are Tatiana Jones (Grace/Bullfrog), Craig Goeringer, Samantha Price and Eila Nash.

PLAYING THE LEAD ROLE of Ugly is senior Craig Goeringer. "Ugly feels different than all the other ducks and geese on the farm," he said. "One day, a cat comes in and leads Ugly astray, and eventually Ugly gets lost and tries to find his way back home, meeting a lot of different characters along the way who teach him about acceptance and loving himself."

He said the show teaches children that "it takes all sorts to make a world and it's important to love and accept others in the same way you wish to be accepted."

Goeringer said rehearsals have been fun. "It's been fantastic to work with such kind

people to make this show," he said. "And besides the vocals, this role is very physical, too."

Classmate Samantha Price portrays Ugly's mother, Ida, "She sees him as he really is and has unconditional love for Ugly," said Price. "When she loses him, she leaves her family behind to look for her son."

"This is my first lead and I'm loving it," she continued. "There's more pressure, but it's good because people depend on you. And it gives you a greater sense of purpose. This is more work than anything I've done so far because the energy and focus level must stay so high. But it's also more fun, and this is definitely the role I wanted. The show proves that it's OK to be different and that we should all stand up for each other."

Playing the cat is senior Eila Nash. "The cat thinks the farm animals are kind of gross, but also wants to eat them," she said. "Then she meets Ugly and kidnaps and tries to eat him. And throughout show, the cat is scheming to eat Ugly, even after he figures out her scheme."

Nash, who also does screenwriting and playwriting, said it's been "really nice getting to know new people from other schools that I otherwise would never have had the chance to work with. And it's interesting to work with a director other than the one at my base school because their styles are so different."

Classmate James Mayuga portrays Drake,

Ugly's dad. "As his son finds out who he truly is, Drake has to accept the consequences of being a bad father, at first, and discouraging Ugly's uniqueness," said Mayuga. "I hope kids learn that, no matter what, beauty is going to be found on the inside and everybody should be treated with the same kind of respect."

He's already gotten into the American Musical and Dramatic Academy for its acting bachelor of fine arts program, but will also audition for Norfolk State University's musical theater program.

PLAYING MAUREEN, a moorhen who's Ida's best friend, is senior Samantha Wallington. "One of Maureen's closest friends has just had a bunch of ducklings, and Maureen tells Ida how wonderful it is to be a mom," said Wallington. "But then she says Ugly is a disgrace to her family. The moral of the story is that it's OK to not fit in, because you'll eventually find your place, even though at first you might be ostracized. You'll always find another group of friends."

Wallington plans to major in musical theater or vocal studies in college and has enjoyed rehearsals for this show. "It's been busy," she said. "But I've had fun working with different people and a new cast of characters that I wouldn't have been able to if I weren't part of the Fairfax Academy."

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SILAS BURKE HOUSE



From left: Earth Fare President and CEO Frank Scorpiniti and Fairfax City Mayor David Meyer.



Earth Fare spokeswoman Laurie Aker pictured by the store's bulk herbs, spices and loose teas.



A customer peruses some of the prepared foods and sandwiches at the deli counter.

‘Making Healthy Eating Easy and Accessible’

Earth Fare grocery store is now open in Fairfax.

BY BONNIE HOBBS
THE CONNECTION

Move over, Wegmans, Whole Foods and other local grocery stores. Earth Fare just opened in the City of Fairfax, and it's already proving a big hit with area residents.

"I think it's great; they have a wide variety of foods and choices," said City resident Kingsley Brinkley. "And I love the layout; the displays are really beautiful. I think it'll be great to have some organic options close by."

"It's awesome – beautiful and bright – and everything seems so fresh," agreed Fairfax's Rugiatu Kaloko. "I like that they can tell you where everything's from, and the sushi is amazing. It's my first time in an Earth Fare and I'm very impressed."

The new, 20,000-square-foot store opened last Wednesday, Jan. 10, in the site of the former Borders bookstore and, later, Golfsmith, at Routes 50/29. Open daily from 7 a.m.-11 p.m., it's at 11052 Lee Highway. And Krista Di Iaconi – senior vice president of the shopping center's manager, Regency Centers – calls Earth Fare "the perfect addition to Kamp Washington."

"This is one of the most prominent corners in the region, and we wanted a grocer who was going to respond to the wants and needs of the surrounding office and residential communities," she said. "This center services over 100,000 people at any given time, so it's important that our lineup of retailers delivers quality offerings to the entire community."

Originally called Dinner for the Earth, the store began in Asheville, N.C., in 1975 and became Earth Fare in the early '90s. It now has 45 stores in 10, East Coast states. This is its second Virginia location; a store in Roanoke opened in November.

"We look for communities with an overall focus on health and wellness, and we found that Fairfax was the perfect match for us," said Earth Fare spokeswoman Laurie



PHOTO COURTESY OF BANDY CARROLL HELIGE

Mayor David Meyer (second from left) helps cut Earth Fare's ribbon, Jan. 10, with company officials, plus City Council members Ellie Schmidt, Jennifer Passey, Michael DeMarco and Janice Miller, and City Manager Bob Sisson (at far right).

Aker. "It's a vibrant, growing community with many families. Our goal is to make healthy eating easy and accessible for everyone, everywhere, and this is a great location – we're very happy about it. The community has been welcoming and seems excited to have healthy options open to them."

THE STORE has some 130 employees, a 44-seat café and free WiFi. It also donated \$3,000 to Inova Health System's Healthy Plate Club to fight childhood obesity. "The heart and soul of Earth Fare is our food philosophy," said Aker. "Every product is free of artificial colors, flavors and preservatives."

Furthermore, she said, "Our fresh meat, seafood and dairy are free of hormones and antibiotics. There's no bleached or bromated flour, and we were one of the first stores in the industry to eliminate high-fructose corn syrup and added trans fat. That's what sets us apart from the average grocery store – our dedication and commitment to our quality standards and food philosophy."

Earth Fare held a pre-opening event last Tuesday, Jan. 9, so City dignitaries and interested residents could get a sneak peek at the new store and sample its food before its grand opening, the next day. Among them were Fairfax City Council members,

Economic Development Director Chris Bruno and Mayor David Meyer.

"Earth Fare is the grocery store of the 21st century," said Meyer. "It combines ethical, corporate practices and food with a social purpose. It offers healthy foods and fills a niche here in the City of Fairfax that's going to prove very popular."

Councilwoman Janice Miller called the new store "spectacular," and Bruno said he was "thrilled that Earth Fare selected Fairfax City as its Metropolitan Washington outpost. This is yet another example of a business that prioritizes quality, choosing Fairfax for the strength of its local economy."

Customer Bruce Wyman had never heard of Earth Fare before, but was glad he went to the store's pre-opening. "It's got a little bit of a Whole Foods feel to it, but not as expensive," he said. "I like its openness and wide aisles, and everything we've tasted – beef tenderloin, sushi, wine and cheese – has been terrific. It's a friendly atmosphere, too, and \$9.99 for an Oregon Pinot is very reasonable."

Fairfax's Kim Luckabaugh said she was excited that Earth Fare is bringing the City "healthy food at affordable prices, tailored for the Fairfax market. I'm on the Earth Fare/Fairfax Community Advisory Board, and its whole purpose was to ensure that this community was represented in helping



Rugiatu Kaloko samples sushi and chicken salad at Earth Fare's pre-opening party.

shape what's in this store."

The board recommended some things residents wanted, such as grass-fed beef, Maryland crabs and grab-and-go foods. And, said Luckabaugh, "Because parents want kids to have healthy foods and some people have health issues, we talked about things like gluten-free options and squeezable apple sauces. And this store also supports local vendors, which is another important component."

Aker said Earth Fare buys seafood fresh off the boat daily via Inland Seafood, and about 70 percent of its produce is certified organic. It also offers daily deals through its Healthy Rewards program to store cardholders. They include \$5 whole, roasted chickens; \$9.99 family pasta night; and \$6 take-and-bake, 16-inch pizzas.

"A family of four can eat for about \$2.50/person per meal, or \$70/week," said Aker. "And every day, there's a different meal to choose from."

The store also features about 175 all-natural and organic, bulk-food options, such as herbs and spices, and even bulk liquids on tap – honey, apple-cider vinegar, balsamic vinegar and olive oil. And it carries 1,000 Earth Fare brand items, all with non-GMO ingredients. There are both local and global cheeses, hand-picked olives and a wine-and-beer section including local, craft beers and microbrews.

SEE EARTH FARE, PAGE 10

OPINION

First Week in Richmond

BY BARBARA FAVOLA
STATE SENATOR (D-31)



It is always exhilarating and humbling to sit in the Chamber as the President of the Senate gavels an unruly body of 40 senators into order. On Jan. 10, Lieutenant Governor Ralph Northam did just that. The next day, Lt. Gov. Northam presided over the Senate for the last time. We wished him well and sent him off to be inaugurated as the 72nd Governor of Virginia.

HIGHLIGHTS OF MY WEEK

Transparency: Committee votes will now be recorded and live-streamed, so Virginians can hear the substantive debates on bills as they work their way through the process. Most bills, especially controversial ones, face their defeat

COMMENTARY

in committee meetings. This long overdue bit of sunshine will enable Virginians to see for themselves how seriously lawmakers are tackling issues important to them. The link to view meetings can be found under the "Members and Session" tab of the viriniageneralassembly.gov website.

Education: Option for Four-Year Teaching Degree: I am proud to say that my bill SB 76 to enable prospective teachers to potentially gain a teaching degree in four years, rather than five, passed out of the Senate Health & Education Committee unanimously. This will reduce the opportunity cost of becoming a teacher, a factor that weighs heavily on prospective teachers who have incurred a large school debt, yet they have the desire to enter

an important but low-paying profession.

Children & Families: Kinship Care Bill — My bill (SB 44) provides support payments to relatives who are willing to offer kin in foster care a permanent home. It passed out of the Rehab and Social Services Committee but was referred to Finance. More than 75 percent of the cost of this kingship program, called "Fostering Futures" is born by the Federal Government. I really hope the money committees can find the \$45,000 to start this program.

On a lighter note, my bill to help small business that bake alcohol infused confectionery products obtain an ABC license, so they may continue to grow their businesses, passed out of committee, as well.

Your emails and support are crucial to the legislative process. It is an honor to represent you and to fight for our values.

The state senator represents parts of Arlington, Fairfax, and Loudoun.

Mr. speaker — Not Mr. Speaker

BY KENNETH R. "KEN" PLUM
STATE DELEGATE (D-36)



One of the first tasks in a new session of the Virginia General Assembly is to decide who is going to run the show. In the Senate of Virginia, the decision is made by the voters of the Commonwealth when they elect the Lieutenant Governor whose principal duty is to preside over the Senate.

In the House, the Speaker of the House is the presiding officer who is elected by the members of the House. The political party with the most members has control of the House and elects the Speaker. Republicans control of the House is 51 to 49 this session, a sharp drop in the 66-34 control of recent years. The closeness of the balance of power led to some meaningful discussions that should result in more transparency in the operation of the House.

My interest in becoming the presiding officer of the House by being elected Speaker was well known. Once the two disputed delegate elections were decided in favor of the

COMMENTARY

Republicans there was no way I could reasonably expect to win. Only the Republican who had worked in his party and in the legislature for decades was nominated, and he was elected unanimously. That helped the session get underway in a cooperative spirit. There will be ample opportunity for debate when the many bills that reflect the issues before the General Assembly are considered.

What does a Speaker wannabe do when his party does not gain control of the legislative body? I have decided for myself that if I cannot be the formal Mr. Speaker of the House of Delegates then I can return to my role as Mr. speaker (small "s") speaking out on tough issues that some may want to duck, and I can speak out on institutional practices that are not transparent or fair. In this way, I can best serve my constituents and the long-term interest of the Commonwealth. I can also serve as a mentor to the many new exciting members that are joining the House of Delegates, and I can

help to reduce any feelings of intimidation they might be experiencing. Certainly the legislature provides experiences that are not replicated in any other role in life.

The techniques of mass communication through phone calls, postcards, rallies, opinion writings, and other practices that were so successful in helping to get candidates elected can be utilized in the legislative process to help influence the outcome of legislation. I have already been seeing groups shifting from advocacy for individual candidates to advocacy for issues. On issues like expansion of health care and independent redistricting, a strong public voice and advocacy are necessary for success.

There will be more opportunities for the public to follow the legislature in real-time this year than ever before. Video streams of meetings of House Full Committees can be accessed online. Download an instruction sheet at https://publications.viriniageneralassembly.gov/display_publication/209.

You can contact me in Richmond by using regular email, kenplum@aol.com or by calling my local telephone number 703-758-9733, which will ring in my Richmond office.

LETTER TO THE EDITOR

Redefining 'Temporary'

To the Editor:

The Connection Newspapers' editorial, "Pulling Legal Status" [Jan. 10-11], insists there is "no upside" to terminating "Temporary Protected Status" for immigrants, but even the editorial hints at upsides:

❖ Salvadorans send \$3.6 billion in remittances to their home country. In national accounting, these remittances are treated like im-

ports — money leaves the U.S., exacerbating our trade, or what economists term "balance of payments" deficit.

❖ Your editorial counts the losses to GDP of ending TPS, but many of those jobs will go to Americans, perhaps at a higher wage due to a tightened job market.

❖ Returning TPS recipients to their homelands before they become eligible to receive Social Security benefits increases the Social Security trust fund's solvency.

❖ Much of affordable housing's

disappearance is driven by demand. Repatriating people will suddenly create lots of vacant housing units, and thereby drive down rents — no government subsidies or zoning density bonuses for affordable housing needed.

Your editorial is essentially a non-sequitor, demanding permanent "Temporary Protected Status." Something permanent per se cannot be temporary or vice versa. The average person sees a sort of corruption in our government abusing language and legal concepts in this fashion and would

foreseeably oppose granting temporary protected status to others beset by future disasters if this one ended up being a sleight-of-hand. The fact that TPS recipients have mortgages, U.S.-born children, etc. is irrelevant to their reason for being here under temporary protected status. And if "temporary" really means permanent, our government is perpetrating a fraud on its citizens, much like developers calling a proposed new building's rooftop "open space."

Dino Drudi
Alexandria

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New Year, New Order

Local organizers teach methods for streamlining a space.

BY MARILYN CAMPBELL

With the holidays now a memory, local organizers are getting requests from those with overflowing buckets of ambition to create and maintain a clutter-free space.

“One of the first things to learn is that a few minutes spent on a few tasks each day can go a long way in maintaining order,” said Jodie Jacobs of SOUPerior Organizing. “Decide how important a clean, clutter-free space is to you and follow through on keeping it that way. Prioritize it like other important things in your life.”

One habit that Susan Unger of ClutterSOS teachers her clients to focus on simple things that can be done easily and frequently. “In general, I recommend keeping up with household duties on a daily basis so none of them become a bigger project,” said Unger. “For example, don’t leave dishes in the sink. Load the dishwasher after every meal and put all cooking and food prep items away so the counters are clear.”

Establishing a daily routine so that tidying becomes second nature is a technique that Unger uses in her own life and teaches to her clients. “I always make my bed first thing in the morning,” she said. “Having a neat bedroom is a great way to start the



Teaching children to put away toys at the end of the day can create a peaceful environment.



Small tasks such as putting away clothes each day can lead to an organized space.

PHOTOS COURTESY OF JODIE JACOBS

day.”

Also on her recommended list of daily tasks: apparel. “Be sure to put all clothes away on a daily basis rather than leaving them on a chair or the floor,” said Unger. “Clean clothes should be hung up or put in drawers and dirty clothes in the laundry basket.”

In fact, Unger tells clients to gather the entire family at the end of each day and spend 10 minutes tidying as a group. “Make a sweep of your house and determine which items need to be put in their proper place,” she said. “It makes for a less stressful and

more pleasant morning when you’re not waking up to clutter sitting around,” said Unger.

Deal with mail on a daily basis so it doesn’t pile up, advises Unger. “Immediately recycle or shred the junk mail and put bills, items to file and reading in an appropriate place.”

Whether it’s a small basket by the front door or storage boxes placed under a bed, one technique for tidiness is having a designated space for items. “Kids’ homework should have a landing place like a backpack,” said Jacobs. “The backpack should

go in a particular place, like on a hook. You have to figure out what works for your family.”

Keep bathrooms in order by adding over-the-door hooks to hold towels, suggested Todd Martz, Home on Cameron in Alexandria. “This might make the room appear smaller, but it [offers] a place to put towels,” he said. “Include a decorative bag on the door hook for toiletries so they’re out of the way.”

“Add an ottoman or coffee table with storage,” continued Martz. “Maximize the space next to a utility or laundry room by adding a ... shelf to hold blankets.”

Whether it’s once a week or once a month, schedule time to spend on organization projects and record it on a calendar, advises Jacobs. “Tie it to something that you already do and select a time that won’t be overrun by other events, she said. “If you know that every Sunday at nine o’clock, you always watch a television show, set aside that time to go through mail, pay bills and respond to invitations while you’re watching. That way, your time won’t get bumped for a soccer game or business meeting.”

One caveat that Jacobs offers her clients is, “Maintaining a routine doesn’t mean that you won’t slip up at times,” she said. “You have to hold yourself to realistic standards or you’ll get discouraged.”

CALENDAR

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CALENDAR

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DANCE COALITION



Dancefest 2018 to Celebrate Northern Virginia Dance

Virginia Dance Coalition presents DanceFest 2018 at George Mason University (GMU), 4400 University Drive, Fairfax, on Jan. 19 and 21, 2018.

❖ Gala Performance at GMU Harris Theatre on Jan. 19, 2018 at 7:30 p.m. Tickets \$25.

❖ Workshops including master classes and seminars at GMU DeLaski Performing Arts Building on Jan. 21, 2018 from 9 a.m. to 7:30 p.m. Tickets: \$40 for observer

tickets for teachers and parents. Full two-day packages begin at \$125 for college students with ID, to \$140 for VADC member to \$170.

❖ Showcase performance of emerging talent at the GMU Harris Theatre on Jan. 21, 2018 at 2:30 p.m. Tickets \$20.

❖ For early bird rates, tickets, and registration go to www.virginiadancecoalition.org or call 703-409-7988

Submit entertainment announcements at www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday. Photos/artwork encouraged.

sculpture, painting, glass, ceramics, and fiber art works. Visit www.workhousearts.org/.

pmagnuson@hotmail.com.

FRIDAY/JAN. 19

B-I-N-G-O. 7 p.m. at Fire Station 3, 4081 University Drive, Fairfax. Call 703-273-3638 or visit www.fairfaxvfd.com.

Sherwood Family Movie. 7 p.m. at the Stacy C. Sherwood Community Center, 3740 Old Lee Highway. Featuring "Smurfs Lost Village." Participants may bring their own snacks. Britepaths will accept donations of non perishable food. Call 703-385-7858.

Dance Fest 2018. 7:30-9:30 p.m. at Harris Theatre at George Mason University, George Mason University, 4400 University Drive, Fairfax. The Virginia Dance Coalition presents DanceFest 2018 Gala Performance highlighting 12 member companies. Visit www.virginiadancecoalition.org.

SATURDAY/JAN. 20

African American Museum. 1-3 p.m. SEE CALENDAR, PAGE 7

THURSDAY/JAN. 18

Lunch N' Life. noon-2 p.m. at the Fairfax Presbyterian Church, 10723 Main St. John Cox, who was a guide at the U.S. Capital Building will speak on the history of the building. \$10. Call 703-323-4788 or visit www.scfbva.org.

Friday Morning Music Club. noon-2 p.m. at Old Town Hall, 3999 University Drive, Fairfax. Friday Morning Music Club, Inc. is a community of music lovers and musicians dedicated to promoting classical music throughout the metropolitan area. On the third Thursday of the month they host their performances at Old Town Hall. Visit www.fmmc.org.

Burke Toastmasters Open House. 6:30 p.m. at The Oaks Community Center, 5708 Oak Leather Drive, Burke. Improve public speaking and presentation skills. Email

ONGOING

Children's Science Center at Fair Oaks Mall. Stop by the Experiment Bar in January and check out Lava Tubes! Learn about density and polarity in this small tube. And back by popular demand, DIY Snow is here for another month to celebrate winter. Visit childsci.org.

Second Saturdays. 6-9 p.m. at the Workhouse Arts Center, 9518 Workhouse Road, Lorton. The Second Saturday Art Walk is the perfect time to meet nearly 85 Resident and Associate Artists, creating art in the studios or exhibiting in our galleries. Experience performances of dance, cabaret, comedy, big band, jazz, and theater. Indulge in classes in the art of mixology or cuisines from around the globe. Enjoy art exhibitions in nine galleries of the region's finest

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CALENDAR



FILE PHOTO BY BONNIE HOBBS

Chocolate Festival

A plate of cupcakes in the 2016 Chocolate Challenge. This year, the City of Fairfax will be all about chocolate on Feb. 2-4 in Old Town Fairfax.

FROM PAGE 6

at Kings Park Library, Large Meeting Room, 9002 Burke Lake Road, Burke. Dr. Johari Rashad will give an inside look at the new National Museum of African American History and Culture, located in Washington, D.C. Free. Visit Sprann-va.aauw.net.

Grand Opening. Board & Brush Creative Studio, 11215 Lee Highway, Suite J, Fairfax. Join Board & Brush Creative Studio for an open house and introduction to a fun new DIY workshop concept in Fairfax. Free food, drinks and the first 50 guests will receive gift bags full of Board & Brush Fairfax giveaways. One lucky person will win a free workshop for 10. Visit boardandbrush.com/fairfax.

MONDAY/JAN. 22

Funday Monday. 10:30 a.m. at Old Town Hall, 3999 University Drive, Fairfax. Movement Monday-Kids Zumba. Free. Call 703-385-7858.

Qigong and Tai Chi Easy. 2-3 p.m. at King of Kings Lutheran Church, 4025 Kings Way, Fairfax. This six-week class will include Tai Chi Easy and other Qigong practices, with a focus on balance, flexibility and vitality — in all aspects of life. The class is suitable for all levels. Movements can be modified to suit individual needs. New students are welcome. Cost \$90. Pre-registration required. Call 703-378-7272 or email churchoffice@kofk.org. Questions about the class contact Pauline at reidpr@hotmail.com.

THURSDAY/JAN. 25

Fall for the Book. 5:30 p.m. at the Great American Bistro, 10427 North St., Fairfax. Fall for the Book's New Pop Up Lit Nights invite the community to happy hour appreciations of literature and storytelling. Visit fallforthebook.org.

FRIDAY/JAN. 26

B-I-N-G-O. 7 p.m. at Fire Station 3, 4081 University Drive, Fairfax. Call 703-273-3638 or visit www.fairfaxvfd.com.

Old Town Hall Concert. 8 p.m. at Old Town Hall, 3999 University Drive, Fairfax. Dave Anderson and Mike Wingo: Anderson-Wingo Duo with guest vocalist Kim Scudera. Call 703-385-7858 or visit www.fairfaxarts.org.

SATURDAY/JAN. 27

10th Anniversary Celebration.

Noon-4 p.m. at City of Fairfax Regional Library 10360 North St., Fairfax. Celebrate 10 years in the beautiful new library space. Please join for an open house featuring music, refreshments, crafts, a balloon artist, and much more fun for the whole family. Visit www.fairfaxcounty.gov/library.

Irish Dancing Show. 7 p.m. in the George Mason University Center for the Arts' Concert Hall, 4373 Mason Pond Drive, Fairfax. "Stepping Out" by Dublin Irish Dance, an exploration of the Celtic experience through the fast footwork of Irish step-dancers and an eight-member traditional Irish band. Call 888-945-2468, or visit cfa.gmu.edu.

THURSDAY/JAN. 28

Railroad Story and Craft. 1:15 and 2:30 p.m. at Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Fairfax Station Railroad Museum will have a day of fun for younger visitors with a railroad-theme story and a related craft. The Museum is open that day from 1-4 p.m. Museum members and ages 4 and under, free; ages 5-15, \$2, 16 and older, \$4. Cost of activities included in admission. Visit www.fairfax-station.org or call 703-425-9225.

Birdland All-Stars Concert. 7 p.m. in the George Mason University Center for the Arts' Concert Hall, 4373 Mason Pond Drive, Fairfax. With drummer Tommy Igoe for a high-energy performance. Call 888-945-2468 or visit cfa.gmu.edu.

Burke Historical Society. 8 p.m. at Pohick Regional Library, 6450 Sydenstricker Road, Burke. Visit www.burkehistoricalsociety.org.

MONDAY/JAN. 29

Acting, Art and More. 8:30 a.m.-3 p.m. at Sherwood Community Center, 3740 Old Lee Highway, Fairfax. Spend the teacher workday indulging a creative side. Join for a full day of drama, art, and music with arts instructors who will share their craft in a fun, relaxed environment. \$60. Register at www.fairfaxcitytheatre.org/one-day-camps-spring-break.html.

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For Students Serious about Their Acting

A glimpse into the Fairfax Academy's Musical Theatre Actors' Studio.

BY BONNIE HOBBS
THE CONNECTION

Many people are familiar with Fairfax High School's theater program, but the Fairfax Academy's Musical Theatre Actors' Studio has a stellar reputation for excellence, as well. And it's due in great part to its director, Mike Replogle.

A former professional actor/director in New York, he has numerous film, television and stage credits, has performed in two national theater tours and has acted on several local stages, including The Kennedy Center.

Replogle was the Founding Artistic Director for the City of Fairfax Theatre Co. He's directed more than 80 professional and community-theater productions and won the area's first WATCH Award in direction for "Richard III."

He's in his 19th year at the Academy, where he was named Teacher of the Year in 2013-14. Two decades ago, he'd just moved here from New York and was directing a professional show in this area. Roger Tomhave – who started the Fairfax Academy with Judy Bowns – was in that show and asked Replogle if he'd teach a class.

"I didn't think kids would take acting seriously, but Roger said I could write my own curriculum," said Replogle. "And my wife said I should take the job because she was pregnant."

ALL THESE YEARS LATER, he said, "I still love the job and the kids. Acting is a frightening field to go into professionally because you're playing without a net and are never sure you'll get a job. But I knew how to do that because I did it in New York and could teach it to my students."

Students flock to the Academy's Musical



Mike Replogle

Theatre Actors' Studio from 22 high schools and must audition to get in. "I need to see if they're truly interested in doing this in high school and college," explained Replogle.

They're taught singing, dancing/stage movement, acting for film and stage – but mainly for musicals, and business. And many grads go into producing or theater-management, become agents and managers and even end up acting in national tours.

"The thing I'm most proud of is that, every year, about 96-98 percent of my seniors get into one of their top five schools," said Replogle. "And 100 percent of my kids who want to get into college get in."

To teach any Academy class, instructors must be certified professionals in the field they're teaching. That means they have 10,000 hours or five years' experience working in that business. Replogle also acknowledges the talents of his fellow Academy member who help make the Actors' Studio so successful.

"Academy Administrator Andrea Cook is doing a wonderful job; and without her help, we couldn't do any of this," he said. "Our upcoming show is 'Honk!' and Music Director Chris Johnston and Choreographer Meredith Barnes have been so patient and have gone above and beyond in their duty to the students. Chris teaches music computer technology and Meredith is our new dance teacher this year, replacing Andrea

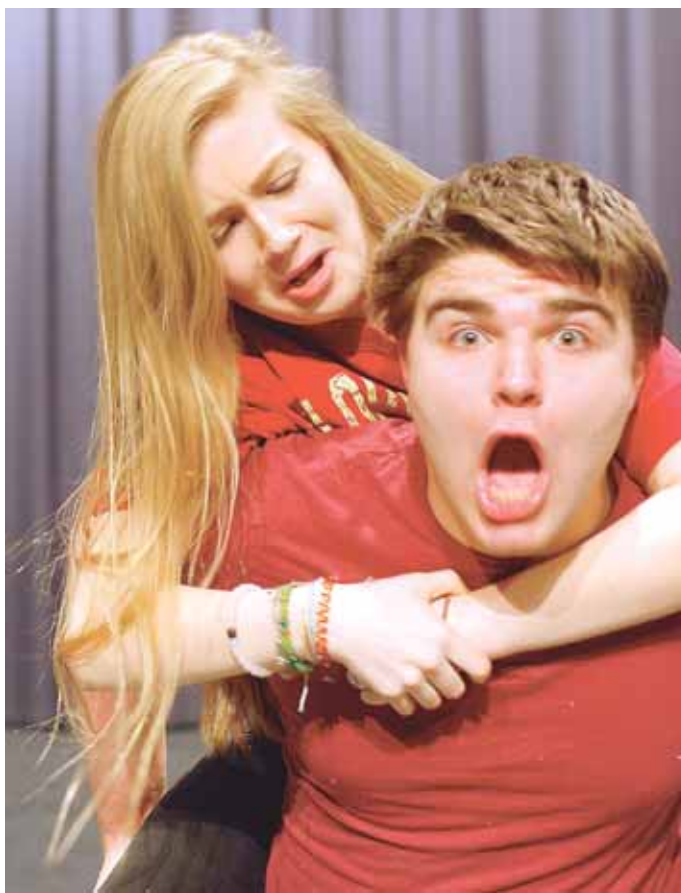


PHOTO COURTESY OF SAMANTHA PRICE

In "Honk!" mother duck Ida (Samantha Price) tries to get Ugly (Craig Goeringer) under control after he's hatched.

when she became head of the Academy."

The Actors' Studio performs one, huge musical every other year. In the off years, the students mainly focus on curriculum and act in musicals in their base schools. Some 90 percent also study with professional vocal and/or dance coaches. And twice a week, Replogle brings in other professionals in these areas to augment their lessons. Theater professionals visit, as well, and alumni return now and then to teach a class.

Besides that, said Replogle, "The colleges know where they can get good kids for their musical-theater programs, so they come visit us. And we send our students to col-

lege fairs to see 12-15 schools' programs, all at once."

AS A RESULT, many of his grads have been accepted to continue honing their craft at a variety of prestigious colleges and universities, including Cincinnati Conservatory of Music, Carnegie Mellon, NYU Tisch, Point Park University, UCLA, Emerson and the Royal Conservatoire of Scotland.

Basically, said Replogle, "The Actors' Studio is a place for young people who are really serious about theater and want to find out what they can and can't do, without risking too much. In many high schools, the same few kids get all the good roles. But here, everyone's talented and they're acting with kids from 22 schools."

"So they learn they're not competing against each other – they're competing to bring out the best in themselves," he explained. "The theater is a troupe, so everyone supports each other and becomes a family. All types of people with all types of talents are needed in this craft, and casting directors are looking for people who are kind, show up on time, are prepared

and can work well with others."

Replogle said high-school theater is a great place for young thespians because they can be among like-minded students. They even share audition tips and information with each other. They also learn that theater is like any business – all the small parts need to work, too, or the producers lose money and the show ends.

And at the Fairfax Academy, the actors make lasting friendships. "We did 'A Chorus Line' 12 years ago, and the kids in that show are all still friends and are working in the theater," said Replogle. "It makes me feel like I actually helped make a difference; being a part of it is really a blessing in my life."

WEEK IN FAIRFAX

Community Outreach Meeting

Fairfax City Mayor David Meyer will hold a community outreach meeting on Saturday, Jan. 20, from 9-11 a.m., in Fairfax City Hall, 10455 Armstrong St. At that time, he'll update residents on various projects in the City and will answer whatever questions people may have.

School Board Member Dalia Palchik to Hold Office Hours

School Board Member for Providence District Dalia Palchik will hold her January office hours on Saturday, Jan. 20, 2018, 9:30-11 a.m. at Panera in Mosaic District, 8191 Strawberry Lane, Falls Church. She is inviting community members to join her on a drop-in basis, to talk, share thoughts, or ask questions. There's

no need to RSVP.

Board & Brush Creative Studio Celebrates Grand Opening

Board & Brush Creative Studio will host an open house for the Grand Opening Celebration and introduction to a new DIY workshop concept in Fairfax on Saturday, Jan. 20, 2-4 p.m. at 11215 Lee Highway, Suite J,

Fairfax. Guests will be treated to free food, drinks and the first 50 guests will receive gift bags full of giveaways. One person will win a free workshop for 10, a \$650 value.

More information on the company and the Fairfax Studio's event calendar where you can sign up for a class can be found at boardandbrush.com/fairfax/

SCHOOL NOTES

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

Abigail C. Flanders, of Fairfax, was named to the dean's academic honor roll for the 2017 fall semester at Baylor University (Waco, Texas).

Carlos Maldonado-Hurtado, of Burke, has been named to the Champlain College (Burlington, Vt.) dean's list for the fall 2017 semester.

Hannah Zakaria, a senior business administration major of Burke, was named to the fall 2017 dean's list at Bob Jones University (Greenville, S.C.).

Christopher Dejesus, of Burke, a freshman intelligence analysis major at York College of Pennsylvania, has been named to the dean's list for the fall 2017 semester.

12

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News

Earth Fare Opens in Fairfax

FROM PAGE 3

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a pizza hotline so customers may order ahead.

The heirloom juice bar features organic smoothies, juices and drip coffee, and a juice-bar happy hour – offering \$1 off all smoothies and juices – is held daily. And the wellness-and-beauty area has non-animal-tested products, plus an on-site wellness specialist to answer questions.

All in all, said Aker, "We have a knowledgeable, trained team in every department. We're here to make healthy eating easy and people's shopping experience the best it can be."

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BULLETIN

Submit civic/community announcements at ConnectionNewspapers.com/Calendar. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

KINDERGARTEN REGISTRATION

Child turning 5 years old by Sept.30? If so, contact your child's school to make arrangements for kindergarten enrollment. Most schools begin getting information together now for parents of incoming kindergartners, and many host an orientation or open house. All kindergarten programs are full-day and located in FCPS elementary schools. Check your school's webpage or contact the school directly for specific enrollment information and dates of orientation or visit www.fcps.edu/registration/kindergarten-registration.

FY 2019 SCHOOLS BUDGET

FCPS Superintendent Scott S. Brabrand will present the **2018-19 school year (FY 2019) Proposed Budget** at the School Board meeting on Thursday, Jan. 11, at Jackson Middle School at 7 p.m. The School Board plans to hold a budget work session on Jan. 22, and a public hearing on the Proposed Budget on Jan. 29, with additional hearings on Jan. 30 and Jan. 31, if needed. Get more information on the FCPS budget at www.fcps.edu/about-fcps/budget/fy2019.

CAREGIVER WORKSHOPS

Learn more about caregiving, or brush up on a specific topic, in education programs this year at Insight Memory Care Center, including:

- ❖ **Classes for Caregivers Series** — offered the third Wednesday of each month, programs are geared with family caregivers in mind. Classes begin with the basics, and move through more specialized topics throughout the year.
- ❖ **Wellness Workshops** — offered quarterly on Saturdays, these workshops are designed for caregivers to focus on their own health and well-being.
- ❖ **Engagement Workshops** — offered quarterly on the fifth Wednesday of the month, these workshops teach practical caregiving skills. Come prepared to learn and get engaged.
- ❖ **Caregiver Bootcamp** — Short on time? Caregiver Bootcamp is a full day training session offering many popular topics all in one place. Bootcamps are offered on a Saturday each spring and fall.

Visit www.insightmcc.org for more.

THURSDAY/JAN. 18

Lunch N' Life. noon-2 p.m. at Fairfax Presbyterian Church, 10723 Main St., Fairfax.
Are You 50 or Better? Join in the next Lunch N' Life sponsored by the Shepherd's Center of Fairfax-Burke. John Cox, who was a guide at the U.S. Capitol Building, will speak on the history of the building. For reservations, call Bea Stephenson at 703-273-5730 **by Jan.12**. The cost is \$10; checks payable to SCFB. If transportation is needed, call the SCFB office 703-323-4788. See www.scfbva.org for more.

SATURDAY/JAN. 20

Community Workshop. 9 a.m.-1:30 p.m. in the cafeteria of Lake Braddock Secondary School, 9200 Burke Lake Road, Burke. The community is invited to participate in a comprehensive planning workshop for the former Northern Virginia Training Center site and the adjacent State Police site. Snow date is Saturday, Feb. 3. Registration will begin at 9 a.m. with the program beginning promptly at 9:30 a.m. Lunch will be served. Read more at bit.ly/2CZgLYC.

Financial/Investor Presentation. 9:30 a.m. at Richard J. Ernst Community Cultural Center, Northern Virginia Community College, Annandale Campus, 8333 Little River Turnpike, Annandale. The Washington D.C. Metro Chapter of the American Association of Individual Investors invites the public to attend a presentation on "What Every Investor Needs to Know." Attendees will learn investor behavior and attitudes in the United States and how these can shape investing outcomes; investor literacy status and ongoing efforts in the United States (with an opportunity to take the FINRA Foundation Investor Literacy Quiz); and how to protect oneself from losing money in an investment fraud. \$40-\$45. Visit www.aaii.com/localchapters.

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Seasons Gratings



By KENNETH B. LOURIE

As a baby-boomer, I've transitioned from black and white television to color to "H.D." - and of course now to "Smart Television;" and within that evolution, so too has the variety, content and number of channels— and the "demand" that we consumers can make — from home, transitioned as well. And I don't suppose much of it could have happened without advertising and the revenue it has generated. Promoted by people, places and things. From sports heroes to celebrities to news makers to cartoon characters to puppets and on to anthropomorphic agents/avatars and other creative mouthpieces.

I grew up watching television — without a remote, not listening to the radio. I remember seeing "Mr. Clean," "The Jolly Green Giant," "Mr. Magoo," "Speedy" — from Alka Seltzer — among other iconic creatures of the creative, all of whom sent so many messages to so many consumers, ripe for the plucking. A brand new medium had arrived: television, and its audience was extra large and extra eager.

And even though these spokes-things were not exactly speaking from the heart (what heart?), they were speaking/symbolizing with conviction — and repetition. The impressions made on impressionable future consumers were incalculable. It launched a generation. Not the "Greatest Generation," mind you, but a generation nonetheless, prepped and ready to make its mark: in the drug store, the convenience store, the supermarket, the box store and now the on-line store. We are not merely what we buy, we are what and how we are advertised to.

Previously I had written a column about how I loathe the computer-generated characters which have been utilized on television in an attempt to capture consumers' interest. As soon as they appear on television, I switch rather than fight. For me, it's an immediate turn off, literally and figuratively. I am not listening to inanimate objects/creations tell an "animate" (yours truly) object what to do. And though I understand the humanity behind the message, as far as I'm concerned, the delivery system does not compute (an old-fashioned usage). Artificial spokes-things are not worth the computer screens they're drawn on.

What has brought this rant on is a new element in the artificially-intelligent world in which many of us are subjected: holiday greetings from a computer. Mass emails sent by manufacturers from whom as a consumer we've emailed, inquired, bought, sold, etc., wishing me a "happy, healthy, prosperous holiday/New Year," yada, yada, yada; click/delete. As fast as I can. Are you kidding me? It's not bad enough that as consumers we are regularly watching/listening to fake spokes-things on television, I am now being directly interacted with through my personal emails too. No. That's where I draw the line/terminate my attention span.

However well-conceived, I am not getting involved with what is in effect, a thing. Pre-programmed messages of this kind are the unkindest cut of all; "Et tu, Brute?" If you/your company can only treat me like a number — and not as a person, don't treat me at all. Don't think for a nanosecond that a holiday missive to a massive holiday audience carries any substantial weight. It doesn't. It provides the exact opposite: a greater wait until I respond. It's akin to be weightless in outer space. It's for bemusement. It serves no functional purpose. And though I can certainly appreciate how getting into thousands/millions of personal email accounts with one keystroke has an appeal, you risk squandering a previously hard-earned resource: goodwill.

You want me as a customer? Don't email me feelings. Email me facts and figures. You really want me as a customer? Then speak to me, really. Save your greetings; and not for next year either.

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



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Fairfax - \$589,900
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Fairfax Station - \$750,000
Beautifully appointed colonial in the Crosspointe neighborhood * 2-story foyer * Main level library w/built-in bookcases * 2-story family room w/stone fireplace * Updated kitchen w/granite, upgraded cabinets, cook island & huge walk-in pantry * Butler's pantry * Master suite features luxury bath & walk-in closet w/built-ins * Spacious deck overlooking the backyard * Call Judy.

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Falls Church Rental - \$2800/month
Great Four Level Split Level Detached Home Inside The Beltway! 4 Bedrooms, 2 Full Ba, 1 Half Ba. Stainless Kit Appliances, Granite Countertops, Hardwood Floors, Lower Level Family Room Walks Out To Spacious Fenced Backyard. Additional Lower Level With Amazing Bar and room perfect for entertaining. 2 Car Garage Home On Nice Cul De Sac Super Location.



Coming Early 2018
Gorgeous 5 Bedroom, 4 Full & 1 Half Bath Colonial Home in Hampton Forest. Totally Remodeled Gourmet Kitchen, New Hardwood Flooring, Finished Walkout Basement, Screened In Rear Porch Overlooking Large Backyard. 1st Level Master Suite. Beautifully Landscaped. Much More. Call For Details.



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Fairfax - \$724,900
Beautiful 4 bed, 3.5 bath home on a quiet cul de sac. Large, bright kitchen opens to the family room or extends out to the deck overlooking the private backyard. Finished walkout basement has an office/bedroom and full bath.



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