

# Burke CONNECTION

WELLBEING  
PAGE 8

A few dozen people attended the Burke Historical Society's talk on "Everything Burke" on Sunday, Feb. 28, 2018, at Pohick Regional Library.

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FEBRUARY 8-14, 2018

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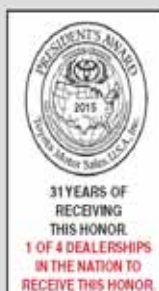


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# Lawmakers Play Whack-A-Mole with Predatory Lenders

Senate panel takes action to limit one kind of high-interest loan while leaving a loophole for another.

BY MICHAEL LEE POPE  
THE CONNECTION

**B**y this time next year, high-interest lenders may be prohibited from making consumer finance loans — at least ones they find profitable at 200 percent interest. So that loophole may be closed by the end of the General Assembly session. But it seems likely lawmakers will leave Richmond this year creating no restrictions on open-end lines of credit, raising concern among some that lawmakers are playing a game of whack-a-mole. “All of a sudden, in the last five, six, seven, eight years we’ve got title lenders, payday lenders, revolving lenders and now internet lenders jumping the fence and coming over into the consumer finance act that had never contemplated this kind of lending,” said Jeff Smith, executive director of the Virginia Financial Services Association. “So not only do we support this legislation, we drafted it.”

That legislation would create a cap of 36 percent interest rates for all consumer finance loans, closing one loophole that has allowed loans for as much as 950 percent



PHOTO BY MICHAEL LEE POPE/THE CONNECTION

**Check Into Cash lobbyist Robert Baratta testifies before the Senate Commerce and Labor Committee. Last year, his company donated more than \$8,000 to members of the committee, which killed a bill that would have created new consumer protections on his company.**

interest. Car-title lenders were using these kinds of loans in a bait-and-switch operation until 2016, after a series of investigative reports exposed the practice and lawmakers took action to rein in the industry. Since that time, internet lenders have moved to an unregulated product known as open-end lines of credit. Last week, lawmakers rejected a bill that would have prevented lenders from allowing lenders to have more than one loan at a time.

“The only way I would know that someone has an installment loan is if they were trying to get it from me,” said Robert Baratta, lobbyist for Check Into Cash, which

contributed more than \$8,000 to members of the committee last year. “I don’t know if they’ve gone down the street to somebody else and took one out unless there’s some kind of database we can access.”

**CRITICS OF PREDATORY LENDING** say payday lenders and car-title lenders already have to comply with that restriction, which prevents people down on their luck from taking out new loans to cover old loans. Of all the consumer protections considered in a series of bills this year, this is one of the most important to people who want to make sure these companies don’t take advantage

“We’d like to close this loophole to ensure that some of the most vulnerable Virginians aren’t taken advantage of”

— Kevin Mauer,  
associate director,  
Virginia Catholic Conference

of people who are already experiencing hefty medical bills or family emergencies. “We’d like to close this loophole to ensure that some of the most vulnerable Virginians aren’t taken advantage of,” said Kevin Mauer, associate director of the Virginia Catholic Conference.

Opposition to high-interest loans isn’t coming just from consumer groups and religious organizations. It’s also coming from businesses in the consumer-finance industry, who believe unscrupulous businesses are using their section of the code to make predatory loans. That’s why they worked with state Sen. Scott Surovell (D-36) to craft the 36-percent cap. Although that bill got out of committee, his other bill that would have created similar restrictions on open-end lines of credit did not. “They’re using these open-end credit loans to evade the laws that we passed,” said Surovell. “We can’t keep playing whack-a-mole.”

## Northern Virginia MATHCOUNTS Competition Held

Top teams, team members and coaches announced.

**T**he Northern Virginia Regional MATHCOUNTS Competition was held on Saturday, Feb. 3, 2018 at George Mason University. The regional competition combines the Fairfax, George Washington, and Northern Virginia Chapters of the Virginia Society of Professional Engineers.

About 418 students in sixth through eighth grades at 50 elementary and middle schools competed at the events. They have been practicing since the fall and were selected to represent their schools at the competition. Students compete as school teams and as individuals.

The top teams, team members, and coaches from each Chapter are:

### ♦ Fairfax Chapter Area

1. Rachel Carson Middle School (Coach: Kristen Shebek)  
Students: Andrew Kim, Luke Wang,

- Anirudh Bansal, Suraj Uppalapati
2. Rocky Run Middle School (Coach: Melanie Roller)

Students: Aarav Bajaj, Keertana Yalamanchili, Nilima Khanna, Pranav Mathur

3. Frost Middle School (Coach: Maura Sleevi)

Students: Darin Mao, Steven Chen, Alison Song, Ja-Zhua Cheng

### ♦ George Washington Chapter Area

1. Mark Twain Middle School (Coach: Jack Schiavone)

Students: Jeb Cui, Eugene Choi, Irfan Nafi, Ashley Lee

2. South County Middle School (Coach: Gina Griffin-Evans)

Students: Shreyas Mayya, Michael Hwang, Sara Yoon, Sarah Khalil

3. Carl Sandburg Middle School (Coach: Nicole Yoder)

Students: Quinn Powell, Ryan Lien, Chloe Renaud, Gavin Cramer

### ♦ Northern VA Chapter Area

1. BASIS Independent McLean (Coach: Tyler Sullivan)

Students: Pravalika Putalapattu, Samuel Wang, Ethan Zhou, Eleanor Kim

2. Cooper Middle School (Coach: Lisa Walsh)

Students: Isabella Zhu, Danniell Cao, Kevin Shan, Bradley Cao

3. Longfellow Middle School (Coach: Mary Jo Clark)

Students: Alan Vladimiroff, Lillian Sun, Yee-fay Li, William Jiang

The top-scoring students in each Chapter are:

### ♦ Fairfax Chapter Area

1. Aarav Baja, Rocky Run Middle School
2. Dhruv Alladi, Rocky Run Middle School
3. Darin Mao, Frost Middle School
4. Andrew Kim, Rachel Carson Middle School
5. Anand Advani, Nysmith School

### ♦ George Washington Chapter Area

1. Jeb Cui, Mark Twain Middle School
2. Shreyas Mayya, South County Middle School
3. Eugene Choi, Mark Twain Middle School
4. Michael Hwang, South County Middle School
5. Irfan Nafi, Mark Twain Middle School

### ♦ Northern VA Chapter Area

1. Pravalika Putalapattu, BASIS Independent McLean

2. Alan Vladimiroff, Longfellow Middle School

3. Samuel Wang, BASIS Independent McLean

4. Sehyun Choi, Longfellow Middle School

5. Ethan Zhou, BASIS Independent McLean

The top two teams and top four students who are not on the top two teams from the Fairfax Chapter along with the winning team and top two students who are not on the winning team from each of the George Washington and Northern VA Chapters will advance to compete at the Virginia State MATHCOUNTS Competition to be held in Richmond on March 17, 2018.

MATHCOUNTS is a national middle school math enrichment program offering competition and club activities designed to foster appreciation of math among U.S. students so as to prepare students for future career opportunities and success.

Additional information on the national MATHCOUNTS program is available at [www.mathcounts.org](http://www.mathcounts.org).

# History Talk on 'Everything Burke'

## Burke Historical Society's Brian Slawski gives a tour on Burkes around the world.

BY STEVE HIBBARD  
THE CONNECTION

**T**he Burke Historical Society presented a talk by Brian Slawski, 36, its program chair and vice president, on "Everything Burke" at its annual meeting on Sunday, Jan. 28, 2018 at the Pohick Regional Library.

In addition to discussing a history of Burke, Va., the utility patent examiner by day gave brief histories of other Burkes around the world. He made the point that "Burke" didn't really mean "Burke," exclusively; he allowed for variations on the name – such as Burkesville, Ky., and Burkeville, Texas, in addition to places like Burke, Vt., and Burke, N.Y., for example. And since he wasn't able to go to local archives and find primary sources for each of these places, he said he picked from what he could find online.

"It was a bit of a struggle because I can't go to all of these places and look up their local archives. I tried to find as much as I could online. A lot of that was from local historical societies or the municipal websites, or the state historical encyclopedia was online and had entries for different localities," he said.

Here is an edited selection of Brian Slawski's presentation on "Everything Burke:"

### BURKE, VIRGINIA

European settlement in the Burke area began in the 1700s, but it wasn't until the Orange & Alexandria Railroad arrived in the 1850s that Burke's Station got its name. The man most responsible for that event was Silas Burke, who served as a director of the railroad as well as an official and entrepreneur in a huge range of other endeavors. Silas Burke died in 1854, and the village's location on the new railroad brought the area some scattered action during the Civil War, including a Christmas 1862 raid by J.E.B. Stuart.

Life settled down in the farming village after the war, but new excitement was brought by Henry Copperthite, an impresario who had made a fortune selling pies in the District. Copperthite bought the Silas Burke House around 1900 and opened a racetrack in 1908 at the site of present-day Burke nursery. The track was a hit with locals and Washingtonians alike, but ran for only about eight years.

Two disasters struck Burke in the mid-20th century. The first was a huge forest fire in 1941, which took several days to put out. The second came 10 years later, when the federal government selected Burke as

**Brian Slawski gives a presentation on "Everything Burke" on Sunday, Jan. 28, 2018 at the Pohick Regional Library.**



**Jon Vrana, President, Burke Historical Society.**

PHOTOS BY STEVE HIBBARD/THE CONNECTION



**A few dozen people attended the Burke Historical Society's talk on "Everything Burke."**

the site of Washington's new international airport. The town fought hard to get the planners to look elsewhere, finally succeeding when Chantilly was chosen instead. Yet by then many in Burke had sold their land and moved away.

Surplus property was developed as Burke Lake Park or sold at auction. Developers built new suburbs like Kings Park and Burke Centre, and Burke gradually melded into greater Washington. Nonetheless, the small-town atmosphere persists at events like the Burke Centre Festival.

### THOSE OTHER BURKES

❖ **Burke, Vermont** - Burke, Vermont, was chartered in 1782 but without settlers for another 10 years. Like a fair number of other Burkes, it was named for Sir Edmund Burke, the British statesman who defended the Colonies in hopes of averting war. Early industries were in potash and lumber, shifting to dairy farming as the forests were cleared. Today Burke sits in the heart of the state's Northeast Kingdom, a term coined by former governor George Aiken in exasperation with the region's independent streak, even by Vermont standards.

❖ **Burke, New York** - Even farther north is Burke of Franklin County, New York; the town's northern border is formed by Quebec province. It was partitioned from the town of Chateaugay in 1844 and named for Sir Edmund Burke.

Industries in Burke over the years included sawmills, grist mills, tanneries, sandstone quarries, and factories for producing starch. The Ogdensburg and Champlain Railroad arrived in the area in 1850. Among Franklin County's more dramatic history, it

was the staging point for some of the Fenian Raids of 1866 and 1870, when Irish-American militias, sympathetic to Irish independence, launched cross-border attacks on the British dominion to the north.

❖ **Burke County, North Carolina** - Burke County lies in west-central North Carolina, along the Catawba River basin. It was founded in 1777 and named for Thomas Burke, one of North Carolina's delegates to the Continental Congress and later governor. During the same period, residents of Burke County would head south to join the Patriot militias in the Battle of Kings Mountain.

❖ **Burke County, Georgia** - As in North Carolina, Burke County, Georgia, was formed in 1777 and was notable for contributions to the Southern theater of the War of Independence, though many residents remained loyal to the Crown.

Two engagements took place in 1779, the first a skirmish at the Burke County Jail, and the second the Battle of Briar Creek. This fighting is recounted by historical markers at the county courthouse, dating from 1857.

Burke County saw fighting again in the Civil War, as Sherman's cavalry under Judson Kilpatrick rode northeast during the March to the Sea.

❖ **Burkesville, Kentucky** - Burkesville is the seat of Cumberland County, Kentucky, named for the early local magnate Isham Burk. In 1768, the Iroquois deeded the land along the Cumberland River to settlers, though the county wouldn't be born for another 30 years.

Burkesville was again three decades ahead of its time in 1829, when a local drill-

## Upcoming BHS Events

Burke Historical Society (BHS) meetings are held at Pohick Regional Library, 6450 Sydenstricker Road, Burke. Visit [www.burkehistoricalsociety.com](http://www.burkehistoricalsociety.com).

- ❖ **Sunday, Feb. 25, 2018, at 3:30 p.m.** – Heather Bollinger and Jeff Clark: "Lost Towns of Fairfax County." Learn about some of the once-vibrant communities in Fairfax County that have since faded from view.
- ❖ **Sunday, March 25, 2018, at 3:30 p.m.** – Scott Diezman: "Col. John T. Wilder of the Union Army." Learn about Union Col. John Thomas Wilder and his 17th Indiana "Lightning Brigade," whose new Spencer repeating rifles were instrumental in the Tullahoma Campaign of Tennessee.

ing for salt brine wound up striking oil instead. He was disappointed, since no one knew what to do with the stuff. The gusher was known as the Great American well, springing 30 years before the 1859 well at Titusville, Pennsylvania, that's considered the birthplace of the modern petroleum industry. So, what did the folks in Burkesville do with their oil before there were machines to use it?

They bottled it and sold it as medicine, of course. Besides attracting visitors who came to see the well as a curiosity, the oil was sold across the country as a remedy for all kinds of ailments. Speaking of medicine, Burkesville is also thought to have the oldest pharmacy in Kentucky. And speaking of black liquid cure-alls, Burkesville was also the birthplace of the founder of Maxwell House coffee.

❖ **Burke, Wisconsin** - Burke, Wisconsin, is a town of about 3,000 in Dane County. It lies in between Sun Prairie and Madison, and it's due to be annexed by those two cities and the Village of De Forest by 2036. It was founded in 1847 and named for Sir Edmund Burke.

❖ **Burke, Texas** - Burke, Texas is a city of some 700 in Angelina County, part of what's known as Deep East Texas. Built on the longleaf pine savannah, it was founded in 1881 with the arrival of the Houston, East and West Texas Railway, and named for a civil engineer who helped survey the railroad. Prior to that time, the region had been known for growing cotton and raising cattle.

❖ **Burkeville, Texas** - Even deeper in Deep East Texas, right beside Louisiana, is Burkeville. After its 1844 founding and naming for the man who plotted the town, Burkeville was chosen as seat of Newton County in 1848. Yet like Burke to the west, Burkeville would find itself eclipsed by local rivals. A county courthouse was built in Burkeville, but in 1853 another election decided that the upstart settlement of Newton should be county seat instead. Burkeville remained active as a center of local agriculture and trade, serving as a Confederate arsenal during the Civil War, and publishing its own newspaper.

❖ **Burke's Garden, Virginia** - Burke's Garden is a fascinating community in Tazewell County in the southwestern Com

SEE HISTORY, PAGE 11



# The 2018 Native Seedling Sale Opens

Low-cost bare-root seedlings available.

BY MERCIA HOBSON  
THE CONNECTION

**T**he Northern Virginia Soil and Water Conservation District announced their annual seedling sale is on for 2018 as of Feb.

1. The non-regulatory, locally-led, conservation agency is making low-cost bare-root native shrub and tree seedlings available to Northern Virginia residents.

All seedlings are suited for planting in the greater Washington, D.C. area. This year's seedling sale features shrubs and trees that are tolerant of deer browse. The District advertises that their \$11.95 Six Seedling Tree Package includes two Eastern Redbuds, two Pawpaw, and two Shortleaf Pine. Their \$16.95 10 Seedlings Shrub and Small Tree Package contains two Witchhazel, two False Indigo Bush, two Serviceberry, two Silky Dogwood, and two Spicebush.

Because these are first- and second-year bare-root trees and shrubs, the District acknowledges they are small "...but when cared for properly, they can grow into lovely landscape specimens faster than you think."

The District reports they get most of their seedlings from the Virginia Department of Forestry and the seedlings come without soil. Their roots are wrapped in wet newspapers and placed in a plastic bag to keep them moist. Each package of six-10 seed-



PHOTOS COURTESY OF NORTHERN VIRGINIA SOIL AND WATER CONSERVATION DISTRICT

**A Shortleaf Pine grows to 100 feet and is shade tolerant.**

lings bundled together is typically 1-3 feet long and 4-6 inches wide. To differentiate between the seedlings, which the district cites can lovingly be described as looking like "twigs," they wrap colored flagging tape around each species pair and provide a color code for identification.

A full, nonrefundable payment must accompany each order received no later than

Wednesday, April 11, or until supplies run out. Payment is accepted online with a credit card, debit card, or e-check. Funds cover the cost of the seedlings and associated program costs. The pickup site will be at the Packard Center in Annandale. Orders may be picked up on Friday, April 20, 9 a.m.-4 p.m., or Saturday, April 21, 9 a.m.-noon. NVSWCD reports proceeds from the sale



**A shade tolerant Silky Dogwood produces blue or grayish berries in the fall and is considered a small tree, growing 6-10 feet in height. It is being offered as a bare root seedling by Northern Virginia Soil and Water Conservation District in their 2018 Native Seedling Sale.**

support educational programs, including the high school Envirothon competition, biological stream monitoring, storm drain education, Youth Conservation Camp, Science Fair awards, and other outreach activities.

To view the online seedling sale store visit [nvsacd-velocitypayment.com.3dcartstores.com/](http://nvsacd-velocitypayment.com.3dcartstores.com/).

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# An Opportunity To Improve TJ

To the Editor:

*The following open letter was addressed to state Sen. Steve Newman, chair of the Education and Health Committee.*

**A**s graduates of Thomas Jefferson High School for Science and Technology (TJHSST), we were deeply troubled to read that the Education and Health Committee of the Virginia State Senate struck down Senate Bill 787, the proposal by state Sen. Scott Surovell to make the admissions policies at Governor's Schools such as TJHSST more equitable. While debates will continue about whether Senator Surovell's legislation is the right instrument, its intent to significantly alter Jefferson's admissions procedure to account for class is sound. No serious action has been taken on this issue at the state or local level since the school was designated as a magnet school and that has to change. Outreach efforts have had modest success in the past, but they are not enough to make Jefferson equitable. For this reason, we strongly support the intent of the senator's bill and ask the committee to work with Senator Surovell to draft legislation to make progress on this urgent issue.

All of us attended Fairfax County Public Schools. There's one among us who still has her yearbooks and class pictures from kindergarten through 12th grade. And in those images from schools like Saratoga Elementary School and Mark Twain Middle School are the smiling faces of friends and classmates of all races, as well as friends and classmates who lived in a nearby HUD housing development. None of the kids from that housing development made it into TJ, not one. And virtually none of the Black and Hispanic students in those other photos were admitted either.

The racial and economic composition of Jefferson has been an annual news story just about every year since it became a magnet school, and it's never good news. Last year, only 17 Black and Hispanic students were admitted — 3.4 percent out of 490 students. And only eight students (1.6 percent) eligible for free or reduced-price lunches (an indicator of students living in low-income or poor families). This despite the fact that Fairfax County Public School students overall are 25.4 percent Hispanic, 10.1 percent Black, and 29 percent are eligible for free or reduced-price lunches.

This disparity between Jefferson's enrollment and the racial and socioeconomic composition of Fairfax County is unacceptable and easily remedied. Countless elite institutions — especially elite colleges — have modified their admissions procedures and requirements in recent years because they have realized that their old criteria have long been leaving talent on the table. They have softened their standardized testing requirements, engaged in admissions outreach, and sought out partners in high schools and middle schools to create a pipeline of under-represented and low-income students to draw from. These students (who would never have been admitted under the old admissions protocols) have thrived at these elite institutions — often overperforming their standardized test scores. Yet Jefferson's admis-

sions policies proceed ignorant of these developments.

We live in a time when headlines and Twitter feeds constantly observe the pernicious effects of systemic inequality and racism in the daily lives of the poor and people of color. And the state of Virginia has a long legacy of racism that the world was reminded of last year during and after the events that took place in Charlottesville. White supremacy is not just Nazis marching in the streets; it also lies in maintaining a high school that excludes the poor, African-Americans, and Latinos, and then calls itself the greatest, most meritocratic high school in the country. You and the other 12 members of the committee who struck down this modest change to Jefferson's admissions policies have voted to maintain a blatantly racist and classist flagship school.

This is a shameful display when it would have been so easy for you to answer the impassioned requests of so many parents and alumni, as well as Senator Surovell. We understand that the committee has framed its objections to this bill in terms of local rights. While in many cases local school boards are best situated to make local educational decisions, when a board ignores a pressing issue affecting its most vulnerable and disempowered constituents over decades, the state has an obligation to step in and remedy the injustice.

The one way that Jefferson, with the help of the Fairfax County School Board and the Virginia legislature, could truly differentiate itself is by showing that it is working deliberately and intentionally to combat the structural and systematic racism and class privilege that feeds students into the school. Thousands of schools and nonprofits around the country have already made meaningful change in this area, it's time for Jefferson and those in charge to take responsibility for this problem and do the same.

**Alexis Clements**, TJHSST '98, BA Emerson College '01, MS London School of Economics '06  
**Daniel Morales**, TJHSST '98, BA Williams College '02, JD Yale Law School '05  
**Kristina Danahy (Buenafe)**, TJHSST '98, BS/MS University of Virginia '03, Ed.M Harvard '08  
**Kristen Olvera Riemenschneider**, TJHSST '98, BSEE University of Virginia '01, JD University of Virginia '06  
**Koyuki Smith**, TJHSST '96, BA Columbia University '01, MA Columbia University Teachers College '03  
**Megan Radek**, TJHSST '93, BA University of Virginia '97, MA University of Illinois '04  
**Veronica Pillar**, TJHSST '06, AB Princeton University '10, MS Cornell University '14  
**Christopher Lee Rollins**, TJHSST '04, BA College of William & Mary '08  
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## NEWS

# Fairfax Brewer Holds A Special Fundraiser

BY NATALIA MEGAS  
THE CONNECTION

For local resident and brewer Antonio Maradiaga and his wife Maha Majdoub, hosting a fundraiser on Feb. 11 benefiting orphaned chimpanzees in Liberia at their family-owned nano-brewery was a no-brainer.

"My immediate response to it was, that's great, I would love to do it," Maradiaga said.

Named after their twins, now 10 years old, Twinpanzee Brewing Company was a perfect fit for a good cause raising funds for Liberia Chimpanzee Rescue and Protection whose mission is to establish the first and only chimpanzee sanctuary in Liberia. When Loudoun resident and photographer Kristi Odom approached the brewery about the fundraiser idea, there was no hesitation.

"We've always called our twins chimps or monkeys. We've always loved nature," said Maradiaga who was born and raised in Fairfax. As a Boy Scout, Maradiaga said a love and appreciation for nature and conservation was instilled in him at a young age.

Maradiaga's strong roots in Fairfax County, where his parents still live, have kept him grounded.

Although they tried for three years to bring their brewery to Fairfax County, it ultimately ended up in Loudoun County.

"I'm one of those people that stick around Fairfax," he said, adding that they're active with local community groups such as the Cub Scouts of America and at their boys' Fairfax County school.

After graduating from McLean High School, he pursued a double major in psychology and English from George Mason University and a Masters in child psychology from the same university. He eventually landed a job as a software developer in 2000 after gaining experience in software packages helping at the faculty computer lab.

But it was his hobby for brewing, which began in 2006 that became the catalyst for the brewery, which opened this past August. This month is their six-month anniversary.

"The brewery is an extension of my hobby," he said, a hobby he does at night and on the weekends.

"It started with one of those Mr. Beer kits," he said, teaching him important basics like sanitizing and cleaning. After receiving an all-grain brewing kit from his wife,

SEE FUNDRAISER, PAGE 13



PHOTO CONTRIBUTED

Antonio Maradiaga and his wife Maha Majdoub, with their 10-year-old twins.

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### Remodeled Kit & Baths

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Fairfax Sta/South Run \$939,950

### Impressive Newport Model

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Turmeric, powdered ginger, honey and almond or coconut milk can create a soothing and healing drink for those who are battling the flu, says nutritionist Sara Ducey.

COURTESY OF SARA DUCEY



## WELLBEING

# Feeding the Flu What to eat when fighting the flu.

BY MARILYN CAMPBELL

**F**lu season is in full swing and, according to the latest statistics from the Centers for Disease Control and Prevention, it's packing a powerful punch. According to the most recent CDC report, the flu is widespread in most states, and healthcare providers report an uptick in influenza-related hospitalizations and deaths.

While the thought of eating might

**“One of the best sources for protein when you have the flu is real, bone-based soup.”**

— Sara Ducey, Professor of Nutrition and Food, Montgomery College

be unappealing to someone who is battling the flu, nutritionists and health care providers say certain nutrients are essential for keeping up one's strength. Soothing and healing ingredients are key allies when fight-

ing this season's virus.

“The thing you need most is water,” said Sara Ducey, professor of Nutrition and Food at Montgomery College. “You need sufficient water to bring nutrients to your cells and take away the waste. As you hydrate it gives your immune system more of a boost.”

Protein, says Ducey, will help one's body build and maintain strength. “It's important for supporting the immune system and for helping your body breakdown medicines like Tylenol,” she said. “One of the best sources for protein when you have the flu is real, bone-based soup, not ramen noodles that have chicken flavoring.”

Bone broths, like those made from chicken or beef, offer hydration, protein and amino acids, added Ducey. Broth can be sipped or used as the base for a soup. “It's a natural healing and restorative food,” she said. “At this point, everyone can assume that they're going to get the flu and prepare some bone-based broth ahead of time and keep it on hand in the freezer. You can also buy boxes of it.”

Fresh ginger can work as an anti-inflammatory, soothe an upset stomach and boost one's immune system, says nutritionist Debbie Hynes of Practical Ayurveda. “Warm water with grated ginger and honey can soothe a sore throat or upset stomach,” she

said.

Foods that are high in Vitamin C like orange juice, particularly a variety that contains pulp, can boost your immune system, says Ducey. “It's a powerful antioxidant which is important for keeping your muscles strong especially when you're sick.”

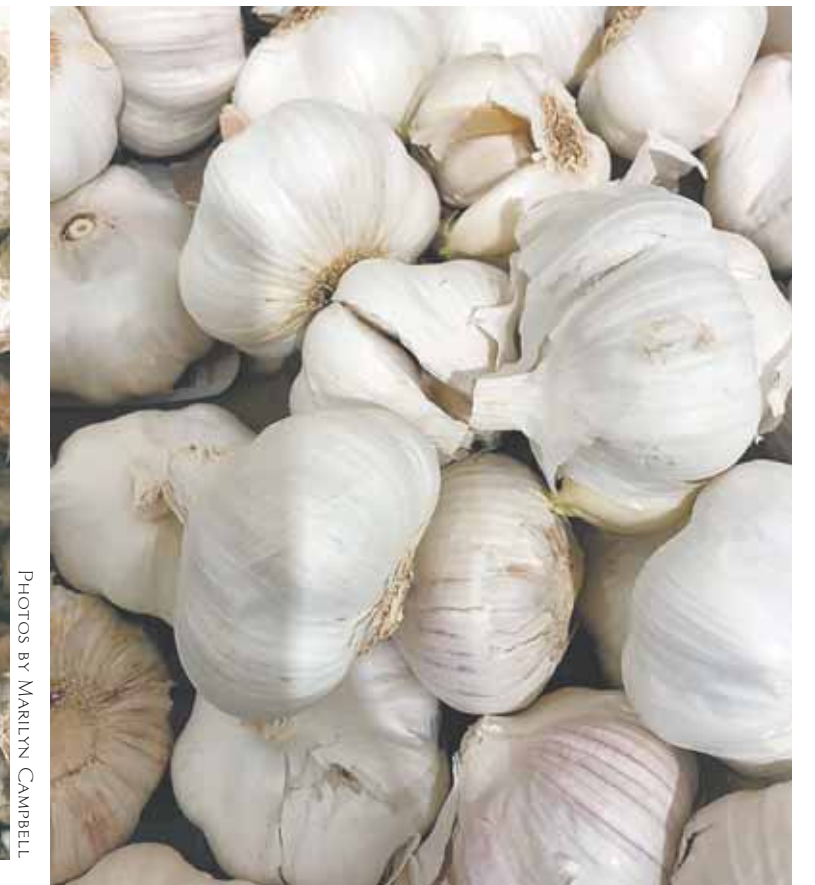
Garlic is another ingredient that Hynes likes to include in flu-fighting recipes. “It has antibacterial properties, especially when it's raw,” she said. “I add it to chicken broth along with chili flakes to sip when someone in my family has a stuffy head. The combination can clear the sinuses. And if you can stand to eat it, raw garlic has the strongest antibacterial properties.”

Turmeric works as an anti-inflammatory and antioxidant, says Hynes. “It's been known for those properties in Chinese medicine for centuries,” she said.

Ducey uses the spice in a creamy drink she creates called Golden Milk. “I take a cup of milk, a teaspoon or two of honey and a little black pepper and put it in the microwave to warm it,” she said. “You can use almond or coconut milk if you can't tolerate dairy. Turmeric is very poorly absorbed by the body, so adding a little black pepper helps absorb it. It sounds bizarre, but it's strangely comforting.”



Fresh ginger can be a soothing ingredient for those who have the flu.



Garlic is credited with having anti-bacterial properties.

PHOTOS BY MARILYN CAMPBELL

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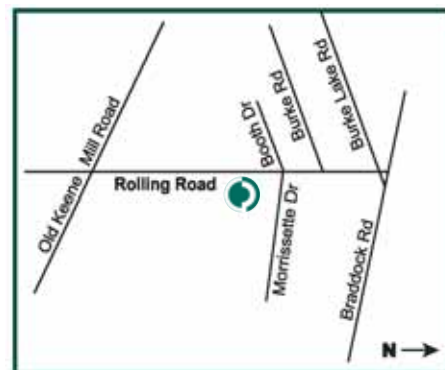
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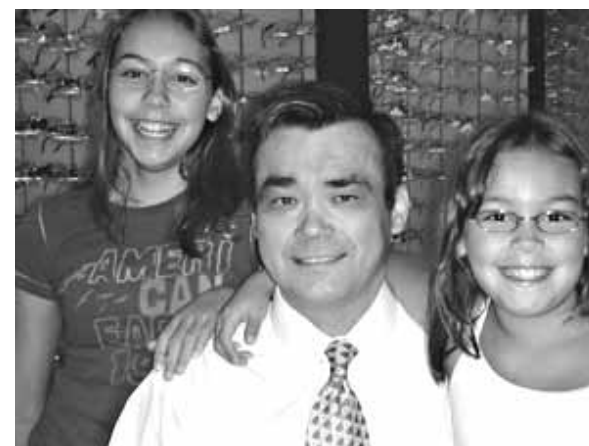


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|---------------------------------|----|----|----|-------|----------------|----------------|-------------------|--------|-----------------|---------------------------|
| 6276 TIMARRON COVE LN .....     | 4  | 4  | 1  | ..... | BURKE          | \$910,000      | Detached          | 0.23   | 22015           | TIMARRON COVE             |
| 5261 DUNLEIGH DR .....          | 4  | 3  | 1  | ..... | BURKE          | \$670,000      | Detached          | 0.20   | 22015           | DUNLEIGH                  |
| 9421 ONION PATCH DR .....       | 4  | 3  | 1  | ..... | BURKE          | \$670,000      | Detached          | 0.21   | 22015           | LONGWOOD KNOLLS           |
| 8950 KENILWORTH DR .....        | 3  | 3  | 1  | ..... | BURKE          | \$660,000      | Detached          | 0.20   | 22015           | MEADOWS OF NARNIA         |
| 9101 DE SOTO CT .....           | 4  | 3  | 1  | ..... | BURKE          | \$639,900      | Detached          | 0.27   | 22015           | SOUTHPORT                 |
| 9825 WOLCOTT DR .....           | 4  | 2  | 1  | ..... | BURKE          | \$632,000      | Detached          | 0.23   | 22015           | BURKE CENTRE              |
| 9605 CRAYFORD CT .....          | 5  | 3  | 1  | ..... | BURKE          | \$622,500      | Detached          | 0.39   | 22015           | PEPPER TREE               |
| 6413 FOUR OAKS LN .....         | 4  | 2  | 2  | ..... | BURKE          | \$618,500      | Detached          | 0.23   | 22015           | FOUR OAKS ESTATES         |
| 10334 STEAMBOAT LANDING LN ...  | 4  | 3  | 1  | ..... | BURKE          | \$600,000      | Detached          | 0.28   | 22015           | BURKE CENTRE              |
| 6511 LEGENDGATE PL .....        | 4  | 3  | 1  | ..... | BURKE          | \$585,000      | Detached          | 0.08   | 22015           | OLD STONE MILL            |
| 6556 KOZIARA DR .....           | 4  | 3  | 1  | ..... | BURKE          | \$560,000      | Detached          | 0.25   | 22015           | CHERRY RUN                |
| 9120 ANDROMEDA DR .....         | 5  | 3  | 1  | ..... | BURKE          | \$547,500      | Detached          | 0.24   | 22015           | ROLLING VALLEY WEST       |
| 9617 SHIPWRIGHT DR .....        | 4  | 2  | 1  | ..... | BURKE          | \$535,000      | Detached          | 0.20   | 22015           | LONGWOOD KNOLLS           |
| 5639 FORT CORLORAN DR .....     | 4  | 2  | 2  | ..... | BURKE          | \$500,000      | Detached          | 0.30   | 22015           | SIGNAL HILL               |
| 10116 CHESTNUT WOOD LN .....    | 4  | 3  | 1  | ..... | BURKE          | \$450,000      | Townhouse         | 0.05   | 22015           | BURKE CENTRE              |
| 9433 ULYSSES CT .....           | 4  | 3  | 1  | ..... | BURKE          | \$449,927      | Townhouse         | 0.07   | 22015           | TRIPOLIS AT LAKE BRADDOCK |
| 5420 BRIXHAM CT .....           | 3  | 2  | 1  | ..... | BURKE          | \$449,000      | Townhouse         | 0.03   | 22015           | LAKE BRADDOCK             |
| 6600 BESTWICKE CT .....         | 4  | 2  | 1  | ..... | BURKE          | \$445,000      | Detached          | 0.32   | 22015           | CHERRY RUN                |
| 9504 IRONMASTER DR .....        | 4  | 3  | 1  | ..... | BURKE          | \$431,000      | Detached          | 0.19   | 22015           | ORANGE HUNT WEST          |
| 9515 DRAYCOTT CT .....          | 4  | 3  | 1  | ..... | BURKE          | \$430,000      | Townhouse         | 0.04   | 22015           | CARDINAL GLEN             |
| 10203 FAIRE COMMONS CT .....    | 4  | 2  | 1  | ..... | BURKE          | \$420,000      | Townhouse         | 0.06   | 22015           | BURKE CENTRE              |
| 5721 OAKSHORE CT .....          | 3  | 3  | 1  | ..... | BURKE          | \$420,000      | Townhouse         | 0.04   | 22015           | BURKE CENTRE              |
| 9810 TARA CT .....              | 3  | 2  | 2  | ..... | BURKE          | \$395,000      | Townhouse         | 0.05   | 22015           | BURKE VILLAGE             |
| 5823 PIN OAK COMMONS CT #7 ...  | 3  | 2  | 1  | ..... | BURKE          | \$390,000      | Townhouse         | .....  | 22015           | WALDEN AT BURKE CENTRE    |
| 5632 RAPID RUN CT .....         | 3  | 2  | 2  | ..... | BURKE          | \$383,999      | Townhouse         | 0.03   | 22015           | LAKEPOINTE                |
| 5876 JACKSONS OAK CT .....      | 3  | 2  | 2  | ..... | BURKE          | \$375,000      | Townhouse         | 0.03   | 22015           | BURKE CENTRE              |
| 10370 BRIDGETOWN PL #118 .....  | 3  | 3  | 0  | ..... | BURKE          | \$360,000      | Townhouse         | .....  | 22015           | OAKWOOD COMMONS BURKE     |
| 5772 WALNUT WOOD LN .....       | 4  | 3  | 1  | ..... | BURKE          | \$359,000      | Townhouse         | 0.04   | 22015           | BURKE CENTRE              |
| 5102 ARRIT CT .....             | 3  | 2  | 1  | ..... | BURKE          | \$342,000      | Townhouse         | 0.03   | 22015           | LAKE BRADDOCK             |
| 9715 ASHBOURN DR .....          | 3  | 2  | 2  | ..... | BURKE          | \$335,000      | Townhouse         | 0.03   | 22015           | GREENFIELD FARM           |
| 5546 PEPPERCORN DR .....        | 3  | 1  | 2  | ..... | BURKE          | \$325,000      | Townhouse         | 0.03   | 22015           | GREENFIELD FARM           |
| 5512 PEPPERCORN DR .....        | 3  | 3  | 1  | ..... | BURKE          | \$316,000      | Townhouse         | 0.03   | 22015           | GREENFIELD FARM           |
| 5516 CROSSRAIL CT .....         | 3  | 1  | 2  | ..... | BURKE          | \$315,000      | Townhouse         | 0.03   | 22015           | GREENFIELD FARM           |
| 9480 CLOVERDALE CT .....        | 3  | 2  | 1  | ..... | BURKE          | \$310,750      | Townhouse         | 0.03   | 22015           | OLD MILL COMMUNITY        |
| 10657 OAK THRUSH CT .....       | 2  | 1  | 1  | ..... | BURKE          | \$300,000      | Townhouse         | 0.05   | 22015           | BURKE CENTRE              |
| 5900 ANNABERG PL #188 .....     | 3  | 3  | 0  | ..... | BURKE          | \$292,500      | Townhouse         | .....  | 22015           | OAKWOOD COMMONS BURKE     |
| 9145 BROKEN OAK PL #84 .....    | 3  | 2  | 1  | ..... | BURKE          | \$279,900      | Townhouse         | .....  | 22015           | KEENE MILL WOODS          |
| 5934 COVE LANDING RD #203C .... | 2  | 2  | 0  | ..... | BURKE          | \$242,500      | Garden 1-4 Floors | .....  | 22015           | BURKE COVE                |

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At a recent corporate luncheon, every Junior Achievement student in attendance received a domestic trip with Delta and two nights at an Extended Stay property.



PHOTOS CONTRIBUTED

## Omega Travel Donates to Junior Achievement and Artemis House

Omega World Travel, a full-service travel company headquartered in Fairfax, offers corporate and government travel management, leisure travel, and meetings and events services. Since 1972, they have served corporations of all sizes and industries, in addition to nonprofits, government agencies and contractors, educational institutions, and more. They are an independent, certified woman-owned business offering a “high touch, high service, high tech” approach to fit each client’s needs.

As a company, Omega prides itself on being an active and positive force in the communities where they do business, believing in corporate social responsibility and addressing, participating in, and responding to world and national events in communities they serve. Two of the causes Omega supports as an organization are Junior Achievement and Artemis House.

Junior Achievement is the largest organization in the USA that helps young people gain the knowledge and skills they need to achieve economic success, plan for the future, and make the best academic and economic decisions. Their programs focus on work readiness, entrepreneurship, and financial literacy.



At a recent luncheon, Omega held a winter clothing drive, including a Mitten Tree, to benefit Artemis House, and collected 127 winter clothing items.

Artemis House, formerly referred to as the Fairfax County Women’s Shelter, provides a safe haven for victims of family violence situations. They offer professional counseling, children’s programs, court accompaniment, community education, emergency transportation, a safe and supportive community, and advocacy and links to resources for legal help, employment, housing, medical, child care, and other needs.

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# History Talk on ‘Everything Burke’

FROM PAGE 4

monwealth. The Garden is Virginia’s highest upland valley, and completely surrounded by Garden Mountain, giving it the nickname “God’s Thumbprint.” The mountain itself abuts the long ridge called Clinch Mountain, immortalized in music by the Carter Family and Ralph Stanley. The valley was formed when limestone caverns collapsed, and the still-eroding limestone provides ideal growing soil.

❖ **Burke Township, Pipestone County, Minnesota** - In southwestern Minnesota, Burke is one of 12 townships making up Pipestone County. The township was incorporated in 1879, the same year that the railroad arrived, and named for Thomas Nicholas Burke, an Irish Catholic theologian sent in 1870 on an exhaustive and well received preaching tour of the United States.

❖ **Burke, Idaho** - Burke, Idaho is a ghost town in Shoshone County, close to the Montana border. Burke’s story began with the 1884 discovery of silver and lead ore in Burke Canyon. Mines and mills quickly sprouted, a railway was built, and Burke was founded in 1887. The most famous operations were the Hercules and Hecla mines, but fortune seekers also came to stake small gold and silver claims. Wyatt Earp arrived in 1884, opened a saloon near Burke in Eagle City, and helped keep the peace before moving on after a few months.

❖ **Burke County, North Dakota** - Burke County is in northwestern North Dakota; adjoining Saskatchewan. It was founded in 1910 and named for John Burke, who served as governor of North Dakota and Secretary of the Treasury under Woodrow Wilson. The county seat is Bowbells, named after the famous bells of the Church of St. Mary-le-Bow in London; the town was established in 1896 on the Soo Line Railroad. The Burke County courthouse is on the National Register, built in 1928.

❖ **Burkeville, Virginia** - Virginia appears to be unique among states of the Union in having three completely distinct Burke-named places. The last of these is Burkeville, a town of about 500 in Southside on the western end of Nottoway County. Burkeville ap-



PHOTOS BY STEVE HIBBARD/THE CONNECTION

**Brian Slawski greets guests after his talk on “Everything Burke” on Sunday, Jan. 28, 2018 at the Pohick Regional Library.**

pears to be named after the proprietor of Burke’s Tavern, though this isn’t quite certain. At any rate, the tavern dates from the 1820s and is on the National Register. The town came later, with the arrival of the Richmond and Danville and the

Southside railroads in the 1850s.

Slawski also spoke about Burkeville, British Columbia, Canada; Burkes Pass, New Zealand; Bourke, New South Wales, Australia; Burketown, Queensland, Australia.

## VOLUNTEER EVENTS & OPPORTUNITIES

Fairfax County is offering a Free **Caring for You, Caring for Me** for caregivers of older adults. **Mondays, Feb. 26-March 26, 1-3 p.m.** at Insight Memory Care Center, 3955 Pender Dr., Ste. 100, Fairfax. Find out more at [www.fairfaxcounty.gov/OlderAdults](http://www.fairfaxcounty.gov/OlderAdults) (under Hot Topics). Call 703-324-7577, TTY 711.

The **Fairfax Commission on Aging** meets on **Wednesday, Feb. 21, 1-3 p.m.** at the Mount Vernon Government Center, Rooms 2 & 3, 2511 Parkers Lane, Mount Vernon. The public is welcome to attend and join in the comment period that begins each session. Find out more at [www.fairfaxcounty.gov/familyservices/older-adults/fairfax-area-commission-on-aging](http://www.fairfaxcounty.gov/familyservices/older-adults/fairfax-area-commission-on-aging). Call 703-324-5403, TTY 711 for meeting access needs.

Fairfax County’s **Family Caregiver Telephone Support Group** meets by phone on **Tuesday, Feb. 13, 7-8 p.m.** This month’s topic is Maintaining Relationships While Caregiving. Call 703-324-5484, TTY 711 to register.

### VOLUNTEER OPPORTUNITIES

**The Northern Virginia Long Term Care Ombudsman Program** needs volunteer advocates for residents in nursing homes and assisted living facilities. Contact Lisa Callahan at 703-324-5861, TTY 711 or email [Lisa.Callahan@fairfaxcounty.gov](mailto:Lisa.Callahan@fairfaxcounty.gov).

Meals on Wheels needs **Drivers, Coordinators, and Co-coordinators** for routes throughout the county. Apply online at [volunteer.fairfaxcounty.gov](http://volunteer.fairfaxcounty.gov).

Fairfax County needs **Respite Care** volunteers to visit and oversee the safety of older adults. Support and training provided. Contact 703-324-5374, TTY 711. Apply online at [volunteer.fairfaxcounty.gov](http://volunteer.fairfaxcounty.gov).

The **Chronic Disease Self-Management Program** needs volunteer leaders to co-facilitate 2-hour workshops that help people with chronic illnesses. The 6-week program meets in Fairfax County. Training provided. Contact ElderLink at 703-324-5374, TTY 711, or go to [www.FairfaxCounty.gov/DFS/OlderAdultServices/chronic-disease.htm](http://www.FairfaxCounty.gov/DFS/OlderAdultServices/chronic-disease.htm). Apply online at [volunteer.fairfaxcounty.gov](http://volunteer.fairfaxcounty.gov).

Volunteer Opportunities at Senior Centers and Adult Day Health Care Centers

Fairfax/Centreville/Chantilly

❖ The Little River Glen Senior Center in Fairfax is in need of Instructors for the following classes: SAIL, Qigong, Basic Language, Group Fitness, ASL, Computer Lab Assistants, Current Events, ESL, Front Desk Assistance, a Volunteer Coordinator and a Trip Assistant. Apply online at [volunteer.fairfaxcounty.gov](http://volunteer.fairfaxcounty.gov).

❖ Co-Coordination for Centreville/Chantilly Meals on Wheels Routes – Volunteers needed to oversee and coordinate the driver roster and schedule. Apply online at [volunteer.fairfaxcounty.gov](http://volunteer.fairfaxcounty.gov).



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# CALENDAR

Submit entertainment announcements at [www.connectionnewspapers.com/Calendar/](http://www.connectionnewspapers.com/Calendar/). The deadline is noon on Friday. Photos/artwork encouraged.

## ONGOING

**“Uncommon Visions.”** Through Feb. 25, various times at 2905 District Ave., Suite 115 (in the Mosaic District), Fairfax. The Torpedo Factory Artists’ Association (TFAA) presents “*Uncommon Visions*,” the third exhibition at Torpedo Factory Artists @ Mosaic. This mixed-media show features the work of more than 40 TFAA member artists. Each of the artists, through use of form, color, technique, or materials, aim to guide the audience into unexpected avenues and share their own personal perceptions. Visit [www.torpedofactoryartists.com/event/uncommon-visions/](http://www.torpedofactoryartists.com/event/uncommon-visions/).

**“Mobile Views.”** Through March 4, various times in W-9 in the Arches Gallery, Workhouse Arts Center, 9518 Workhouse Way, Lorton. In her show, “Mobile Views” Kathy Strauss explores the ‘fine art’ of cellphone photography. Visit [www.imagewerks.net](http://www.imagewerks.net) or [www.workhousearts.org](http://www.workhousearts.org).

## THURSDAY/FEB. 8

**Art and Lunch.** 10:30 a.m.-2:30 p.m. at Old Town Hall, 3999 University Drive, Fairfax. Bring lunch and enjoy the company of other artists. Visit [www.fairfaxva.gov/culturalarts](http://www.fairfaxva.gov/culturalarts) for more.

**Artist Reception.** 7-9 p.m. at Old Town Hall, 3999 University Drive, Fairfax. Come and enjoy refreshments, meet the featured artist and be a part of your local artist community. Visit [www.fairfaxva.gov/culturalarts](http://www.fairfaxva.gov/culturalarts) for more.

## FRIDAY/FEB. 9

**Bingo.** 7 p.m. at Fire Station 3, 4081 University Drive, Fairfax. Enjoy free coffee, entertaining callers, a friendly atmosphere, \$1,000 guaranteed jackpot, treasure chest progressive raffles, and good food available for purchase. All proceeds go to purchasing fire and rescue equipment. Visit [www.fairfaxvfd.com](http://www.fairfaxvfd.com) or call 703-273-3638 for more.

**The Bonita Lestina Old Town Hall Performance Series.** 8 p.m. at Old Town Hall, 3999 University Drive, Fairfax. “The Nearness of You” featuring Darden Purcell, a Washington D.C. based jazz vocalist. Call 703-385-7858 or visit [www.fairfaxva.gov/culturalarts](http://www.fairfaxva.gov/culturalarts).

## SATURDAY/FEB. 10

**Cassi & Issac, Read Aloud.** 11:30-4:15 p.m. at George Mason Regional Library, 7001 Little River Turnpike, Annandale. Introducing Cassi & Issac, an original picture book written and illustrated by Kora Coker, a Girl Scout Ambassador working toward earning her Gold Award. Sign up online for a reading session at [www.signupgenius.com/go/10C054EAE623AAFD0-cassi](http://www.signupgenius.com/go/10C054EAE623AAFD0-cassi) or [kora.kykographics.com](http://kora.kykographics.com).

**Champagne and Chocolates Fundraiser.** 4-7 p.m. at Gunston Hall, 10709 Gunston Road, Lorton. Champagne, small plate hors d’oeuvres, desserts, mansion tours by costumed historical interpreters, raffle and live auction to benefit educational programs for George Mason’s Gunston Hall. Music by Robinson High School String Quartet. Cocktail attire. \$50 per person. RSVP by Feb. 3 at [bit.ly/champagneandchocolates2018](http://bit.ly/champagneandchocolates2018). Call 703-550-9220.

**Artist Reception.** 6-9 p.m. in W-9 in the Arches Gallery, Workhouse Arts Center, 9518 Workhouse Way, Lorton. In her show, “Mobile Views” Kathy Strauss explores the ‘fine art’ of cellphone photography. Visit [www.imagewerks.net](http://www.imagewerks.net) or [www.workhousearts.org](http://www.workhousearts.org).

## FRIDAY-SATURDAY/FEB. 9-10

**Chinese Food Fest.** Friday, 11 a.m.-7 p.m.; Saturday, 10 a.m.-4 p.m. at Wegmans Fairfax, 11620 Monument Drive, Fairfax. Attendees can taste Peking duck Wegmans-style, fresh handmade dumplings, Chinese hot pot and bubble tea. Celebrity chef Martin Yan will do cooking demonstrations at 11 a.m. and 4 p.m. on Friday, and 10 a.m. and 2 p.m. on Saturday. He’ll also be available to sign cookbooks after each demo. There is no cost to attend Chinese Food Fest. Visit [www.wegmans.com/stores/fairfax-va.html](http://www.wegmans.com/stores/fairfax-va.html).

## FEB. 10-14

**Singing Valentines.** 8 a.m.-8 p.m. Throughout Northern Virginia. Surprise a special someone. Singing telegrams delivered to a Northern Virginia or D.C. location of one’s choice by an a cappella quartet from the Fairfax Jubil-Aires barbershop chorus. \$60 and up. Call 571-418-3840 or visit [www.fairfaxjubilaires.org](http://www.fairfaxjubilaires.org) for details.

## SUNDAY/FEB. 11

**Table Top N Gauge Model Train Show.** 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Museum members and ages 4 and under, free; ages 5-15, \$2; ages 16 and older, \$4. Visit [www.fairfax-station.org](http://www.fairfax-station.org) or call 703-425-9225.

**Valentine Rose Bouquet.** 2-4 p.m. at Merrifield Garden Center, Fair Oaks, 12101 Lee Highway, Fairfax. Create a



Going My Way? by Kathy Strauss.

## Mobile Views

Opening Feb. 4 and on exhibit until March 4, the Workhouse Arts Center will showcase an exhibit by artist, Kathy Strauss. In her show, “*Mobile Views*” Strauss explores the ‘fine art’ of cellphone photography. She will be on hand to talk about her work and the process she used at the opening reception on Saturday, Feb. 10, 6-9 p.m. in W-9 in the Arches Gallery at the Workhouse Arts Center. The Workhouse Arts Center is located at 9518 Workhouse Way, Lorton. Gallery hours are Monday-Friday: 11a.m.-7p.m.; Sunday: 12-5 p.m. Learn more about Strauss at [www.imagewerks.net](http://www.imagewerks.net); the Arches Gallery at [archesgallery.weebly.com/](http://archesgallery.weebly.com/) and the Workhouse Arts Center at [www.workhousearts.org](http://www.workhousearts.org).

European hand-tied valentine bouquet with Arlington Rose Foundation. Tricia Smith, floral design instructor, will demonstrate and guide as participants create a bouquet with roses, flowers and greenery. Bring pruners, a medium tall vase and a box to transport bouquet. Members \$5 at the door, non-members pay \$20 which membership for 2018. Email [jhansen@actnow.com](mailto:jhansen@actnow.com) or call 703-641-9637.

**Beau Soir Concert.** 4-5:30 at St. Andrew’s Episcopal Church, 6509 Sydenstricker Road, Burke. Known for their exciting performance style and diverse programming, this DC-based trio of flute, harp, and viola is dedicated to the performance of standard and contemporary repertoire spanning a variety of musical genres. Reception to follow. Childcare provided. Free. Call 703-455-2500 or visit [www.standrews.net](http://www.standrews.net).

## TUESDAY/FEB. 13

**Pancake Supper.** 5:30-7 p.m. at Grace Presbyterian Church, 7434 Bath St., Springfield. Join Grace Presbyterian Church for a pancakes. In addition to eating pancakes, there will be a pancake race. Call 703-451-2900 or visit [gracepresby.org](http://gracepresby.org).

**“Sweatheart” Dance Party.** 6:30-8:30 p.m. at Mott Community Center, 12111 Braddock Road, Fairfax. Fairfax Jazzercise and Fairfax Zumba host a double workout to celebrate Valentine’s Day 6:30pm (Jazzercise) and 7:30 pm (Zumba) If you’ve never tried these workouts, come and take a class for free. Wear workout clothes and shoes. Email [ffjazzercise@gmail.com](mailto:ffjazzercise@gmail.com) or call 703-909-6449.

**Genealogy In Depth.** 7-9 p.m. at Burke Centre Library, 5935 Freds Oak Road, Burke. The seminar sponsored by the Burke Historical Society and presented by Beach Carre will center on using tax and court/will/probate records in your genealogy research. Free. Visit [www.burkehistoricalsociety.org](http://www.burkehistoricalsociety.org).

## WEDNESDAY/FEB. 14

**Music Showcase.** 7:30 p.m. at Epicure Cafe, 11104 Lee Highway (at route 29), Fairfax. An evening of mini-concerts with guest host-producer Jay Keating. Performers include Duane Siler and Feature Laurence Baer. \$10 suggested donation goes to the featured act. Visit [EpicureCafe.org](http://EpicureCafe.org) for more.

## FRIDAY-SATURDAY/FEB. 16-17

**“Loyal Heart.”** Friday, 7 p.m.; Saturday, 1 p.m. at Woodson High School, 9525 Main St., Fairfax. Woodson High senior Paul Hardin has written a musical that tells the story of young King Henry VIII, who jousting under the name Sir Loyal Heart in 1511. Hardin composed 24 original songs, fully orchestrated for a 16-piece pit orchestra. The performances are free and open to the public. Contact Pam Hardin at 703-425-7896 or [pamhardin@verizon.net](mailto:pamhardin@verizon.net) or Joan Brown at [jcbrown1@fcps.edu](mailto:jcbrown1@fcps.edu).

## Heather Buck as Tytania in Virginia Opera’s “A Midsummer Night’s Dream.”

PHOTO BY BEN SCHILL  
PHOTOGRAPHY/COURTESY  
OF VIRGINIA OPERA



# Mystery and Magical Dreams at Mason Stage

## Virginia Opera presents “A Midsummer Night’s Dream.”

BY DAVID SIEGEL  
THE CONNECTION

A fanciful world where love propelled by music can sometimes be quite mad is arriving at the Center for the Arts courtesy of Virginia Opera. An operatic tale sung in English, “A Midsummer Night’s Dream” by Benjamin Britten is a vivid retelling of William Shakespeare’s play about magic potions, mix-ups, sprites and spirits, along with a very special donkey called Bottom, a trickster named Puck and a group of humorous folk named “Rude Mechanicals.”

As an opera, “A Midsummer Night’s Dream” is a production that through music and singing blurs the lines between fantasy and reality. Britten’s inventive, enchanting score was composed in 1960. It is one of the most produced operas in the past decades. Britten’s musical composition can be romantic for its entangled love stores, ethereal for its vivid night-time forest fantasy, and comic whenever the Rude Mechanicals appear in their spotlight.

In an interview, “Midsummer’s” stage director Michael Shell suggested audiences will know the opera from its Shakespearean roots. “This opera uses recognizable text and lines from the original Shakespeare play, though in slightly different order.”

The Virginia Opera production of “Midsummer” will use the theater world as its setting. It is a place where reality and fantasy collide. “The journey these characters take in ‘Midsummer’ explores one of the things that sets humans apart

## Where & When

Virginia Opera presents “A Midsummer Night’s Dream” at George Mason University Center for the Arts, 440 University Drive, Fairfax. Performances: Saturday, Feb. 17, at 8 p.m. and Sunday, Feb. 18 at 2 p.m. Tickets: \$54, \$90 and \$110. Call 888-945-2468 or visit [www.cfa.gmu.edu](http://www.cfa.gmu.edu). Note: Sung in English with projected English supertitles. Pre-performance discussion 45 minutes before the curtain with “Dr. Opera” Glenn Winters.

from all other animals; our capacity to love,” added Shell. “Love is blind. Love is irrational and can frustrate. Yet the ‘Midsummer’ characters seek it, desire it, and go after it with reckless abandon in scenes that can be silly and ridiculous about love as a driving force.”

The opera has many physical movement qualities. The performers do more than stand and deliver. The cast includes several returning Virginia Opera veterans. Soprano Heather Buck sings the role of Tytania, the Queen of the Fairies. Bass-baritone Matthew Burns has the comic role of Bottom and former Virginia Opera Herndon Foundation Emerging Artists, David Blalock and Kristen Choi return to sing the roles of Lysander and Hermia, respectively.

Joining this production will be 16 students from the Governor’s School for the Arts Vocal Music Department, under the direction of Alan Fischer and Stephen Z. Cook.

Virginia Opera’s “A Midsummer Night’s Dream” will be anything but pastoral. It will be “exhilarating and lively, far from staid. Come see for yourself and perhaps recognize your own younger self in love,” added Shell. Consider yourself invited.



# Fundraiser for Chimps

FROM PAGE 7

he was hooked.  
“I just really, really enjoyed it,” he said.  
The fundraiser, “Primates 4 Primates” presents an opportunity to not only raise awareness of orphaned chimpanzees, victims of Liberia’s illegal bush meat and live pet trades, but to offer a new beer based on

food chimpanzees eat like figs and mangoes, honey, and milk lactose. The family-owned and -built brewery creates their beer flavoring with 100 percent natural ingredients.

Their hope is to raise awareness for the non-profit organization and to meet “a whole new set of people who maybe never thought of coming to our brewery.”

"Primates 4 Primates" fundraiser at



**“Primates 4 Primates” fundraiser at Twinpanzee Brewing Company will be held on Feb.11 from 3-6 p.m.**

Twinpanzee Brewing Company will combine a love for primates, beer, and art on Sunday, Feb. 11 from 3-6 p.m. at 101-D Ex-

ecutive Drive in Sterling. Food and live music will be available. Visit [www.facebook.com/Twinpanzee/](http://www.facebook.com/Twinpanzee/).

**Enjoy those hugs & kisses early!  
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**Announcements**

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If you or a loved one has suffered an amputation after taking Invokana® or Invokamet®, please contact our law firm now as you may be entitled to financial compensation.

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**News**

**Community Foundation Launches  
Opportunity Index for Northern Virginia**

The Community Foundation for Northern Virginia announced the launch of The Opportunity Index for Northern Virginia, an interactive dashboard to serve as a data resource for community knowledge and strategic philanthropic giving, and to help grow philanthropy for the most economically disadvantaged populations. The data and accompanying report were prepared by The Commonwealth Institute for Fiscal Analysis, a nonprofit think-tank that provides credible, independent, and accessible information and analyses of fiscal and economic issues with particular attention to the impacts on low- and moderate-income persons. The Opportunity Index is available to the public for free at [www.cfnova.org/opportunityindex](http://www.cfnova.org/opportunityindex).

"The Community Foundation developed and launched the Opportunity Index to help our entire region better define, and then act on, the biggest challenges we face and the greatest opportunities we have," said Eileen Ellsworth, Community Foundation President and CEO. "The data provides a common understanding of the dynamics at work in our region, providing insights and trends to guide our future work," said Ellsworth.

Comprising several key indicators reflecting the region's economy, community health, civic life, and educational outcomes, the Opportunity Index includes data from 2000-2015 and will be updated annually to track changes and produce trend lines over time, advancing stakeholders' understanding of the true needs of the region. The data is demographically, jurisdictionally, ethnically and racially disaggregated to

shine a light on the reasons why some areas in Northern Virginia have more opportunity than others.

Northern Virginia is a diverse, growing region with a well-educated population and strong economy. However, there are a growing number of families who lack access to affordable housing and educational opportunities for their children. The data in this Index highlights trends that shine a light on these areas of opportunity and inequality. The region is becoming more diverse – in 2015, 47 percent of children in Northern Virginia lived in immigrant households and people of color made up 48 percent of residents of the region's five highest-population localities, up from 35 percent in 2000. At the same time, there are growing numbers of poor school-aged children, increased income inequality, and a widening income gap between individuals of different racial or ethnic backgrounds.

"I am thrilled that the Community Foundation for Northern Virginia is taking this strong leadership position to monitor the health of the region and to quantify our most critical needs. The Opportunity Index will be an invaluable resource for leaders from business, government, community and nonprofit organizations to determine how to invest in the region's future. The dashboard serves as a 'report card' for our region and provides some indispensable data that will direct the future work of the Community Foundation, and help the region as a whole become ever more vibrant, inclusive and equitable," said Paul Leslie, CEO of Dovel Technologies and Community Foundation board member.

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# BULLETIN

Submit civic/community announcements at [ConnectionNewspapers.com/Calendar](http://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](http://www.fcps.edu/registration/kindergarten-registration).

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

## THURSDAY/FEB. 8

**Award Nomination Deadline.** 5 p.m. Nominate a volunteer or volunteer group that has made a positive impact on the Fairfax County community at [www.volunteerfairfax.org](http://www.volunteerfairfax.org). The Fairfax County Volunteer Service Awards is a community-wide celebration of volunteerism. For a complete list of categories and guidelines, visit [www.volunteerfairfax.org](http://www.volunteerfairfax.org) or call Kristen Moore at Volunteer Fairfax at 703-246-3531.

**Planning Commission Meeting.** 7:30 p.m. at Government Center Auditorium, 12000 Government Center Parkway, Fairfax. Topic: Proposed Goddard School. Visit [www.fairfaxcounty.gov/braddock](http://www.fairfaxcounty.gov/braddock).

## FRIDAY/FEB. 9

**Section 504 - What Parents Need to Know.** 10 a.m.-noon at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 - Room 100, Dunn Loring. Learn how students with a disability may qualify for a Section 504 Plan under Section 504 of the Rehabilitation Act of 1973, a federal civil rights law that prohibits discrimination against individuals on the basis of a disability. Kathy Murphy, FCPS Section 504 Specialist will present this workshop and answer your questions. Register at [bit.ly/2E6X15C](http://bit.ly/2E6X15C).

## SATURDAY/FEB. 10

**Office Hours.** Mount Vernon District Supervisor Dan Storck will host Saturday office hours. Email [mtvernon@fairfaxcounty.gov](mailto:mtvernon@fairfaxcounty.gov).

- ❖ 9-11:30 a.m. at Lorton Library, 9520 Richmond Highway, Lorton.
- ❖ 12:30-3 p.m. at the Mount Vernon district office, 2511 Parkers Lane, Mount Vernon.

**Town Hall Meeting.** 9-11 a.m. at the City of Fairfax City Hall, Council Chamber, 10455 Armstrong Street, Fairfax. Del. David Bulova (D-Fairfax) is will hold a Town Hall meeting for his constituents in the 37<sup>th</sup> House District. Bulova will be joined by State Sen. Chap Petersen (D-Fairfax). All constituents are invited to share their ideas and thoughts on issues that are important to the community. For more information or to RSVP, contact 804-698-1037 or [Deldbulova@house.virginia.gov](mailto:Deldbulova@house.virginia.gov).

**Stuff the Bus.** 9:30 a.m.-4:30 p.m. at Shoppers - Fair City, 9622 Main St., Fairfax. Support Britepaths' Stuff the Bus food drive and help the families they serve.

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## "Chronic Ken"



By KENNETH B. LOURIE

Nearly nine years into a "13 month to two-year" prognosis, I can hardly believe my good fortune. And though I rarely look a gift-oncologist in the stethoscope, I am happy nonetheless to count my blessings as I continue to look ahead rather than stress behind, and try not think about what was said and when.

At the initial "Team Lourie" meeting with my oncologist, I was told that there was no cure for lung cancer. I could be treated though. As to whether I might live beyond two years, I remember my oncologist responding to our desperate query by saying: "Could you be the one? Sure." Reassuring it wasn't, but hopeful? It sort of was.

As the years have passed and research into lung cancer has grown, an interim step to a cure has evolved: treating lung cancer as a chronic (has opposed to acute/dire) disease, similar to diabetes, as an example. Not as yet curable, but manageable over a longer period of time. A disease with which, I'm fond of saying, one can live. Live beyond the applicable word because, I have to tell you, at the beginning of my treatment, based on what my oncologist had described, living was a long way from what he was anticipating my outcome would be. Nevertheless, I began treatment the following week and the rest is history you regular readers have been privy to since June of '09 when I first published a "cancer" column (as I call them).

Feb. 20, 2018 will be nine years since my internal medicine office called me at work with the results of my previous week's biopsy. He said the tumor was malignant. I remember asking him what that meant. (Duh!). He said he'd rather let the oncologist answer any questions and referred me to the doctor, the same doctor with whom I've been a patient all these years. Sure enough, a week later we heard the news: non-small cell lung cancer, stage IV. And I've been up to my whatsis in real or imagined anxiety ever since.

And I'm still present and accounted for as are more and more of us previously-characterized-as-terminal, non-small cell lung cancer "diagnosees." We are not just patients any more. We are survivors, surviving longer than ever before. We are not cured but neither are we dying. Our treatments are modified when the results warrant it and life continues to go on. As much as a cure would be, and continues to be, the goal, life continues, relatively normally, for many of us. It's unlikely however, that we'll ever get out from underneath the weight of our cancer diagnosis. Rather than dying from it though, we're now able to live with it months/years longer than many patients previously diagnosed within the disease.

So what's the next step? Maybe a bigger, bouncier, longer step than before, but more than likely, more of the same, moving forward, one step at a time. To one whose present was hardly a given nine years ago and whose future seemed like a taken-away, being able now to actually live in the present without fearing/forfeiting the future is the opposite scenario many of us lung cancer patients, especially those of us staged as IV, ever imagined. Day by day was the best we could muster.

Now we're mustering months and years and living longer more fulfilling lives. We're not victims anymore nor are we victimized by our circumstances. We're advocating and being advocated for. We don't exactly have lung cancer on the run, but we may have it on the trot. I don't know if I'll live to see a cure but I have lived long enough to have given myself a nickname, one which I'm most proud to have earned.

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





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