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# Fairfax CONNECTION

Home Life Style

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Members of Volunteers for Change, plus people from Fairfax County's Coordinated Services Planning, help man the Britepaths donation table at Shoppers Food Warehouse. Directly behind the table are (from left) Sharon Bulova, Gerry Connolly, Scott Krinke and Christina Garriss.





PHOTOS BY BONNIE HOBBS/THE CONNECTION

**Members of Volunteers for Change, plus people from Fairfax County's Coordinated Services Planning, help man the Britepaths donation table at Shoppers Food Warehouse. Directly behind the table are (from left) Sharon Bulova, Gerry Connolly, Scott Krinke and Christina Garriss.**



PHOTO COURTESY OF CHRISTINA GARRIS

**Volunteers and the Fastran bus driver (in yellow vest) bring the donated food to Britepaths' office at the end of the day.**

## Community Comes Through for Britepaths

### Area residents help Stuff the Bus for hungry families.

BY BONNIE HOBBS  
THE CONNECTION

People doing their best to get their lives in order and stand on their own, two feet often need a bit of help along the way. And that's where Britepaths comes in, providing low-income, working families with emergency assistance, financial literacy and one-on-one mentoring.

Such short-term, safety-net services come as lifesavers to Fairfax County neighbors in need. But many times, they need something even more basic – food to quell their hunger.

So last Saturday, Feb. 10, Britepaths, local residents, volunteers and the Shoppers Food Warehouse at Fair City Mall combined to Stuff the Bus with food, money and grocery-store gift cards to help them out. All in all, it was a big success.

Thanks to the caring efforts of the local community, 900 pounds of food and pantry supplies, valued at \$1,548, were donated. Also contributed were \$1,115 in Shoppers gift cards, plus \$365 in cash and checks. "We are overwhelmed by the generosity of our community," said Britepaths spokeswoman Heather Webb. "It's exciting to see how they came together for this."

Britepaths' Programs Director Christina Garriss said the food drive was for the families in the organization's mentoring programs. "They're working toward self-sufficiency," she said. "And having food stabilizes them while they're trying to reach their goals."

**THE DONATED FOOD** goes to Britepaths' emergency food pantry so its Food Bridge



**Additional volunteers help out at Britepaths' Stuff the Bus food drive, last Saturday, at Shoppers Food Warehouse in Fair City Mall.**

program can provide emergency and short-term food assistance to those struggling to make ends meet. It helps them bridge the gap until they can recover from a serious predicament.

Families are referred to the program by social workers and generally receive assistance – grocery-store gift cards, toiletries and food staples – for some four to six months. Other clients may receive emergency assistance once or twice to tide them over through a brief crisis.

Webb further noted that many of their food recipients are also in the organization's Financial Mentoring or Project BRIDGE programs, en route to becoming financially self-reliant. So, she explained, "The gift cards are another tool to help them with their budgeting skills."

Additional Food Bridge initiatives include Our Daily Veggies farmers market vouchers and Food4Thought weekend food assis-

tance for local students in need. "The vouchers are so our clients can purchase fresh fruits, vegetables and proteins," said Garriss. "Then they can prepare meals with these healthy foods." And via Food4Thought, schools may obtain needed items to send home with students who'd otherwise go hungry over the weekend.

"But we can't do this by ourselves," added Garriss. "So the partnerships through our community are key to our success to keep our pantry stocked throughout the year. And Shoppers Food Warehouse Manager Scott Krinke has been extremely generous, helping us get the foods and gift cards we need."

Saturday's food drive ran from 9:30 a.m. to 4:30 p.m., with members of Volunteers for Change – part of Volunteer Fairfax – helping, along with people from Fairfax County's Coordinated Services Planning. Customers entering the store were given a list of especially needed food items they

could purchase that day, if desired, and donate at Britepaths' table in the store. Or they could buy store gift cards to contribute.

Also dropping by to support the effort were county Board of Supervisors Chairman Sharon Bulova and U.S. Rep. Gerry Connolly (D-11). "Scott said he never turns down a food drive; he's a committed and caring corporate neighbor," said Bulova. "He puts back into the community, and this is a beautiful store – clean, well-stocked and popular. So having food drives here ensures success."

**CALLING BRITEPATHS** a "great organization," Bulova said, "We're so fortunate to be able to partner with nonprofits like Britepaths. Our unique culture in Fairfax County is providing human services in partnership with nonprofits, and Britepaths is among the best. They're hands-on and help people get back on their feet after a downward spiral or personal crisis."

Delighted with the Stuff the Bus program – on Saturday, it was a Fastran bus – Connolly said, "I hope more grocery stores participate because it really makes a difference. Even in affluent communities like ours, there are pockets of great need. And this is an excellent example of a caring community responding to that need."

This was the fourth year Shoppers Food Warehouse participated in this program. "I want to be a help to the community, and this is one way I can do it," explained Krinke. "Shoppers partners with Britepaths for Stuff the Bus, and Britepaths sets up the date and time with our corporate headquarters."

"I've never gone hungry, but I see it out there, so this is my way of doing something about it," he continued. "This is a great area. A lot of kind, giving people are responding positively to this event, and that's what makes this store and this program a success."



# Holocaust Survivor Shares Her Story

**Eva Schloss, the 88-year-old step-sister of Anne Frank, speaks at GMU.**

BY JENNIFER KAYE  
THE CONNECTION

**M**ore than 1,100 people gathered in The George Mason University Center For The Arts in Fairfax on Wednesday night, Feb. 7, for “A Historic Evening With Eva Schloss.” Schloss, the 88-year-old step-sister of Anne Frank and Holocaust survivor, discussed her wartime experiences, stories of loss, and her hope for future generations and the World. The presentation, put on by the Chabad Lubavitch Centers of Northern Virginia, also included a video presentation and a musical tribute of Ani Maamin by oboist and conductor Eugene Sidorov.

Before the presentation, VIP guests gathered for a reception with guitar music played by Stanley Albert, and also were able to sit down and speak with Schloss one-on-one while getting her book, “Eva’s Story,” signed. There was a steady flow of people gathering around her the entire time, telling their childhood stories, discussing relatives they lost in the Holocaust, and asking her many questions about her experiences.

Eli Rosenbaum, U.S. Department of Justice’s Office of Special Investigations, led the talk and Schloss started off with a story about her first encounter with anti-Semitism.

She was 9 years old and went to play with her Catholic friend after school. When she arrived at her friend’s house, the mother slammed the door in her face and told her that she never wanted to see her there again.

A confused Schloss ran home to her mother hoping she could shed some light on the situation, and her mother replied with “This is how life is going to be now.”

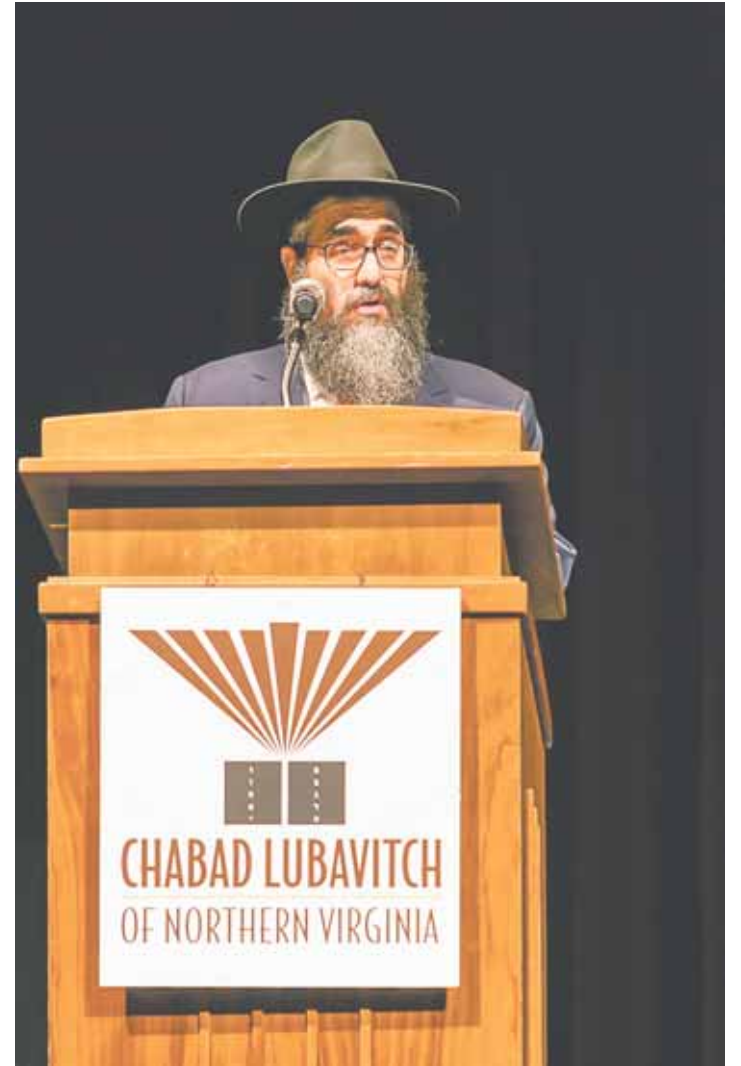
She then went on to describe in detail the years her family was in hiding, the separation of her and her mother from her father and brother, and the Dutch nurse who in 1944 pretended to help them hide, but was in the end a Nazi who turned them in to authorities.

With the audience silent and enthralled throughout the presentation, Schloss detailed her nine months spent in Auschwitz-Birkenau and the last moments she saw her father and brother. She ended her talk discussing the importance of education for everyone, and by telling the audience that all need to look after the planet. Schloss said, “It’s a wonderful gift from God for us to enjoy.”

The closing remarks by Rabbi Leibel



**Eva Schloss, step-sister of Anne Frank and Holocaust survivor, speaks to the crowd at George Mason’s Center for the Arts on Wednesday, Feb. 7.**



**Rabbi Sholom Deitsch, director of Chabad Lubavitch of Northern Virginia, delivers the opening remarks to the audience.**

PHOTOS BY JENNIFER KAYE/THE CONNECTION



**Co-director of Chabad Lubavitch of Northern Virginia, Raizel Deitsch, gives an introduction and talks about her family’s experiences.**

Fajnland, director Chabad of Reston-Herndon, echoed these thoughts by saying, “We must become better not bitter.”



**Eva Schloss answers one of Eli Rosenbaum’s questions about her life and experiences during the Holocaust.**

Schloss stayed quiet about her Holocaust experiences for 40 years, and it was not until 1985 that she decided to devote herself to Holocaust education and world peace. Since then, she has written three books, delivered more than 1,000 speeches

and had a play written about her life.

Schloss is currently on a speaking tour around the United States sharing her and her step-sisters stories, hoping to educate and help end the violence and bigotry that she sees in the world today.



# Preschool to Expand in the Fall

Diana Jenkins oversees Fairfax United Methodist Church Preschool.

BY STEVE HIBBARD  
THE CONNECTION

**D**iana Jenkins, 59, of Fairfax City is quite a fixture at Fairfax United Methodist Church on Stratford Avenue in Fairfax. She started working as a preschool teacher there in 1994, and is now its director. And today, Jenkins calls the place her home.

"We were married in this church and our children (now ages 29 and 35) were baptized and confirmed in this church, and my youngest daughter will be married in November," said Jenkins, who grew up in Roanoke, went to Virginia Tech and came to Fairfax City in 1980.

As director, Jenkins oversees the half-day preschool program for children ages 2 1/2 to 6. With about 70 students and a staff of 10, she said they are looking to expand next September to a full-day program. They will be conducting open houses during Labor Day week, and start the full-day program around Sept. 10, 2018. The present church building was built in Aug. 5, 1956 and has been running a preschool since 1976.

"Our program is licensed through the Commonwealth and accredited by the National Association for the Education of Young Children (NAEYC). Most of our staff currently has bachelor degrees. Some of them have master's degrees in special education or curriculum education," said Jenkins.

**THE SCHOOLS' PHILOSOPHY** in a nutshell is: "Children learn through play and I believe that the basis from which learning takes place begins with social-emotional development, so we are providing an atmosphere that will support children's social emotional development," Jenkins said.



PHOTOS BY STEVE HIBBARD/THE CONNECTION  
**Diana Jenkins is the director of the preschool at Fairfax United Methodist Church.**

"They're going to be given an environment that supports cognitive development. They have to have the ability to sit and follow directions so we have to start with the social/emotional development. Once we have that down, we can teach them ABC's and 123's and kindergarten-readiness skills."

The preschool is organized by three sessions that are an hour-and-a-half blocks; there's morning preschool for 3- and 4-year-olds and supplemental programs, which include before care and afternoon options from 8 a.m. to 6 p.m. The preschool wing uses three classrooms, and there's an additional room for programming or a lending library. They have a maximum of 20 students per classroom; the state ratio is one teacher to 10 children.

The children play outside every day, weather permitting. There is a "Mario Andretti-style" playground that measures 145 feet long by 45 feet wide with a concrete bike path lined with tires. So, it looks like a raceway where they can get on their bikes and have races. There's also a sandbox and a canopy that provides shade.

**CLASSROOMS** are set up with centers where the children have free choice to play.



**One of the three preschool classrooms at Fairfax United Methodist Church.**



PHOTO CONTRIBUTED

**A collage of the 4-year-olds from the yearbook at Fairfax United Methodist Church Preschool.**

They can choose between writing, painting, crayons, watercolors, and even a sensory table with fake snow, dirt and worms. The preschool is an outreach program of Fairfax United Methodist Church, which has an all-inclusive open doors policy. And the pastor meets with the children once a month. "We try to be respectful of other religions or

cultures. We are unapologetically Christian," she said. "The intent is to let children know at all times that God is with them," she said.

The address is 10300 Stratford Ave., Fairfax, VA 22030. For more information, visit [www.fairfaxumc.org/preschool](http://www.fairfaxumc.org/preschool) or call 703-591-3177.

## WEEK IN FAIRFAX

### Arrest Made in Armed Robbery

City of Fairfax Police have arrested a subject in connection with an armed robbery which occurred on Sunday, Feb. 4, at 10911 Maple St., 7-Eleven. Investigation revealed that a subject approached the clerk, displayed a firearm and made a demand for cash. After the clerk handed over the money, the subject fled the area on foot.

As a result of a tip received through Crime Solvers, detectives identified the subject and secured warrants for one count of robbery and another for using or displaying a firearm in the commission of a felony. A 25-year-old Herndon resident was arrested and trans-

ported to the Adult Detention Center where a bond was not issued.

### Fire Sprinkler Extinguishes Building Fire

On Monday, Feb. 5, at approximately 2:16 p.m., units responded to a reported building fire in the 11300 block of Random Hills Road in the Legato section of Fairfax County.

Units arrived on scene of a five-story, commercial building with no fire or smoke showing, however, the fire alarms were audible. Crews made their way to the fourth floor and found a fire sprinkler flowing water. The sprinkler head had extinguished a fire that had started in one of the rooms.

An occupant discovered the fire when he heard a loud explosion and saw flames in an adjacent room. The building fire alarm and one fire sprinkler head activated simultaneously. The sprinkler extinguished the fire. There were 35 people in the building at the time of the fire. The fire sprinkler system prevented further property damage and possible injury to the occupants.

Fire Investigators determined that the fire started in one of the server rooms on the fourth floor and was accidental in nature. The cause of the fire was the ignition of an overheated lithium-ion battery that was being charged, according to Fairfax County Fire & Rescue Department.

There were no reported firefighter or civilian injuries. Damage as a result of the fire were approximately \$5,000.



# NEWS

## Fairfax City Projects on the Horizon

**Schools, Parks and Recreation, share their CIP proposals.**

BY BONNIE HOBBS  
THE CONNECTION

**C**ity Manager Bob Sisson recently presented the proposed Capital Improvement Program (CIP) for the City of Fairfax for FY 2019-2023. It was during a joint work session of the City Council and Planning Commission, allowing both panels to weigh in on the requests made by various City entities.

### SCHOOLS

Fairfax City Schools Superintendent Phyllis Pajardo called her funding recommendation for FY '19 "a modest, needs-based CIP and a slight decrease from last year." There's a \$25,000 paving request for funding to repair parking areas and bus loops at all four City Schools.

But this year, the school system is also collaborating with Parks and Rec, which requested the money in its own CIP, to improve parking at Providence Elementary. "There are parking issues at the school and at the park when the parking areas are full and people park on the field," said Parks and Rec Director Cathy Salgado.

"The youth field is adjacent to the access road," explained Assistant Schools Superintendent Diego Wilson. "We'd extend parking along that road and add more spots by the baseball diamond's right field. It would add 25-30 more spaces."

Salgado said that diamond "has an extensive outfield bigger than we need. So we'd use this extra space behind the diamond [for parking] and not lose any field space."

Councilwoman Ellie Schmidt asked what material will be used for paving the field area, and Wilson said he and Salgado are looking at alternative materials, as recommended by School Board Chair Jon Buttram.

Pajardo is also asking for \$20,000 for concrete repairs to the curbs and gutters at all four schools, plus \$120,000 to replace the two, gym-rooftop, heating/air conditioning units at Providence. Some \$15,500 would help maintain the roofs at Lanier Middle and Fairfax High. And for wellness, \$20,000 is needed to replace carpet with tile in classrooms at Daniels Run Elementary and Providence.

"About 40 percent of the City's total budget goes to education," said Mayor David Meyer. "So this is one of our highest priorities."

### PARKS AND RECREATION

"We have 16 requests for FY '19," said Salgado. Included is \$100,000 to renovate the large soccer field at Providence Park to eliminate flooding and improve field conditions and playability. "The Fairfax Police Youth Club [FPYC] would like to use this field



PHOTO BY BONNIE HOBBS  
**Phyllis Pajardo**



PHOTO CONTRIBUTED  
**Cathy Salgado**

more, but can't, because of the water," said Salgado.

Another \$25,000 would renovate two ballfields at Thaiss Park. "It's a continuing project we're doing with the Fairfax Little League [FLL], and it's contributing to it," she said. In addition, \$70,000 is sought to add lights to that park's field No. 2, with the FLL chipping in \$50,000 of that amount. And, said Salgado, "It'll also help light the adjacent field, which needs more light."

Some \$80,000 would replace the fences around that park's baseball diamonds, and \$30,000 would replace the fence around the Van Dyck Park tennis courts. Also sought is \$75,000 to address ADA-access issues at various City Parks. Another \$30,000 is needed to replace old, damaged and unattractive park entrance and rule signs. "We have multitudes of signs and none of them match," said Salgado. "We want them to be more uniform."

The big-ticket item is \$900,000 to replace the 11-year-old turf at Draper Drive Park. "This is a huge project," said Salgado. "But the FPYC will contribute \$20,000 per field, per year."

She also included \$100,000 as a placeholder to continue the study for a potential community center to replace Green Acres. This same amount is also sought to replace the playground equipment at Cobbdale Park and add equipment at Shiloh Street Park.

Councilman Jon Stehle praised the partnerships that will help pay for some of these projects. "The more students see the investment we're making in the City parks, the more the next generation will see that this is the thing to do," he said.

Councilman Michael DeMarco asked if an analysis had been done, comparing the costs of synthetic vs. natural turf. "Synthetic turf is expensive, but you get more playing time," replied Salgado. "Five minutes after a thunderstorm, it drains, and you can use it. Natural fields are cheaper, but synthetic ones require less mowing and fertilizing and less resting time before you can play on it again. And when someone falls on a turf field, you don't have hard spots."

Pleased with what he heard, Planning Commission Chairman Paul Cunningham said the City's support of the Parks and Rec Master Plan, a few years ago, is now bearing fruit. "We now have a more robust Parks and Rec program," he told Salgado. "Thank you for bringing us good projects to look at."

*This is part one of the two-part story on this topic. Part two is dealing with the proposed CIP projects of the Public Works, Fire and Police departments.*

**BULLETIN BOARD** 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:

SEE BULLETIN, PAGE 11



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# OPINION

## Send in Pet Photos Now

**T**he Pet Connection, a twice-yearly special edition, will publish the last week of February, and photos and stories of your pets with you and your family should be submitted by Friday, Feb. 23.

We invite you to send stories about your pets, photos of you and your family with your cats, dogs, llamas, alpacas, ponies, hamsters, snakes, lizards, frogs, rabbits, or whatever other creatures share your life with you.

Tell us the story of a special bond between a child and a dog, the story of how you came to adopt your pet, or examples of amazing feats of your creatures.

Do you volunteer at an animal shelter or therapeutic riding center or take your pet to visit people in a nursing home? Does your business have a managing pet? Is your business about pets? Have you helped to train an assis-

tance dog? Do you or someone in your family depend on an assistance dog?

Or take this opportunity to memorialize a beloved pet you have lost.

Just a cute photo is fine too. Our favorite pictures include both pets and humans.

Please tell us a little bit about your creature, identify everyone in the photo, give a brief description what is happening in the photo, and include address and phone number (we will not publish your address or phone number, just your town name).

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— MARY KIMM

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**Maddie, the treasured pet of Sharon Lewis, Vienna, celebrated her 11th birthday in great style on July, 2016.**

### LETTERS TO THE EDITOR

## What Needs to Be Fixed?

To the Editor:

In your editorial ("What's Wrong with This Picture?" - Connection, Jan. 24-25, 2018) you wrote that the demographic disparity in enrollment this year at Thomas Jefferson High School (TJ) indicates something is wrong and needs to be fixed. To fix this wrong condition you noted that State Senator Surovell has proposed a bill that would consider economics and geography in the selection process.

Here is my concern: I thought that admission to TJ is open to any and all students and the administration strives to assist anyone interested in achieving admission to the school. Admission is based strictly on merit, academic ability and academic achievement.

Therefore, it begs the question, what is wrong and needs to be fixed?

If the demographics at TJ are wrong and the reason for this needs to be fixed, and the solution is to consider economics and geography in admissions, then the admissions standards will be compromised and no longer based on academic ability and academic achievement.

As a final thought, if demographic percentages are so important and are the reason for the needed fix, why was the percentage of Asian students enrolled at TJ omitted?

**Dan McKim**  
Springfield

## Respecting Differences

To the Editor:

The Danish Government recently proposed a ban on full-face veils worn by Muslim women. It is repulsive to see that such discussion has firmly taken root in yet another Western European country. When will these people understand that by forcing others to go against their beliefs only further creates agitation in society?

In light of these unfortunate trends, the love for my country deepens. I look around me and I see people who, despite their possibly colossal differences, respect each other and act positively towards each other. A Muslim woman wearing her spiritual clothing isn't disrespectful, contrary to what the Danish Government believes, however, forcing these women to do the opposite is.

Despite having to hear this horrible news, never for one second should we give up our beliefs or force others to give up theirs.

This is the definition of what it should mean to be an American, and I hope that we can spread this message of freedom to other countries around the world by continuing to be a model ourselves.

**Haris Qamar**  
Clifton

## Frustration Turned to Hope

To the Editor:

This is a story of frustration

turned to hope. In November last year I sent a check certified through the USPS, it was lost. A month later I stopped payment on it and sent another check certified, unbelievably the second check was also lost. After several phone calls and hours on hold with the USPS, I was told that they were not liable for the lost letters or for the \$70 that I had to pay to stop payment. The rep told me if I was unhappy to contact my congressman, so I did the next best thing.

This is where the story turns to one of hope, Tom Barton, the Clifton postmaster recognizing my frustration agreed to send the third check "overnight" at no cost to me. I dropped by my local delegate, Tim Hugo's office and met with his District Director, Michelle Baker, who took the information and said she would begin working on getting me compensation.

Michelle contacted Tom who informed her he would write a letter to my bank stating that the USPS had lost my letters and ask them to forgo the surcharge. Michelle also contacted the BB&T bank at Union Mill and spoke with Jackie, Karen, Nabila and Mo who agreed to waive the charges.

Michelle also followed up with a phone to me in the evening (way after working hours) to see how things were proceeding – above and beyond her duties.

While I am disappointed with the response I received from USPS, I have restored faith in our system due to the hard work of these individuals.

**Karen Floyd**  
Clifton

## Football Scholarships

To the Editor:

The National Capital Region Chapter of the National Football Foundation is accepting nominations for its 2018 Scholar-Athlete banquet. The Chapter awards five \$1,000 scholarships annually to deserving high school senior scholar athletes who played high school football. Nominees are evaluated on academic and athletic excellence, as well as contributions to their school and community. Nomination packets have been mailed to each high school head coach in the National Capital Region. Deadline for submission of nomination packets is April 6. The 12<sup>th</sup> Annual Awards Banquet will be held on April 22 at the Army-Navy Club in Arlington.

The National Football Foundation was founded in 1947 to promote and develop amateur American football on all levels. The National Football Foundation has more than 115 chapters nationwide. The National Capital Region Chapter has awarded over 65 scholarships and honored over 230 deserving student-athletes in the past 10 years.

The National Capital Region Chapter requests and urges participation from all high schools in the National Capital Region.

For additional information, contact your head football coach.

**Bob Jarrell**  
Scholarship Selection Committee Chairman  
NCR Chapter, NFF

## Fairfax CONNECTION

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# The Varsity Soccer Sportsmanship Challenge

Attorney Ben Glass launches \$13,000 initiative to change culture of high school soccer.

BY STEVE HIBBARD  
THE CONNECTION

Soccer referee and attorney Ben Glass, 60, of Fairfax Station this week launched the Varsity Soccer Sportsmanship Challenge for boys' and girls' high school varsity soccer teams. He is donating \$13,000 to start the initiative to change the culture and improve the bad treatment of referees from players, coaches, and parents during soccer matches.

Teams that sign up and accept the challenge by March 9 will win \$500 each for the boys and \$500 for the girls' teams (up to \$1,000 per school) if that team completes the season without receiving a red or yellow card due to unsportsmanlike conduct. The Virginia high school varsity soccer season starts March 12.

"Some of the Northern Virginia soccer parents are crazy. They think nothing of spewing vile language from the stands towards referees," said Glass, a referee for 44 years. "When student athletes hear their parents yelling at the referees, they think it must be OK for them to do this too."

He continued, "We want school administrators to monitor the behavior in the stands and to get those parents to stop or leave. We are trying to raise awareness and change the culture of behavior in high school soccer."

Glass is targeting 16 teams in Northern Virginia, mostly from Fairfax County public schools. So far, two schools are officially signed on board – Robinson and South County High Schools.

**THIS CHALLENGE** is open to the boys' and girls' high school varsity teams at Fairfax High, Lake Braddock Secondary, Robinson Secondary, South County, West Springfield, W.T. Woodson, Centreville, Chantilly, James Madison, Oakton, Westfield, Thomas Jefferson, Lee, and Jeb Stuart in Fairfax County; as well as Garfield in Prince William; and Fauquier High in Fauquier County.

"What we're saying is get through the season without a player ejection for these things: foul and abusive language to a referee, fighting, and taunting; and for the coaches, do not get ejected for yelling at a referee; and for the players, no yellow cards for arguing with a referee," he said.

"We want school principals to really put a lot of pressure on coaches to insist on good behavior from the players. I believe that players do as the coaches do, not necessarily as the coaches say," he said. "We also want coaches to have conversations with the parents."

He said the bad behavior usually starts with the coach who questions every call and blames bad things in the game on the referee. "This leads to 16-17-18-year-old play-



PHOTO BY STEVE HIBBARD

**Ben Glass at his office, Ben Glass Law, on Old Lee Highway in Fairfax City.**

ers saying things directly to the referee that they would never say to another adult face to face, so this leads to an atmosphere of disrespect," he said.

"Coaches need to develop a culture of respect and teach these kids that the referees are making the least number of mistakes on the field compared to the players. It's not a good life principle to blame others when you don't win," he said.

All over the country, he said the number of referees and officials in all sports is de-



PHOTO BY COLIN LYNCH

**Soccer referee Ben Glass at a scrimmage at Flint Hill High School last fall.**

creasing. In addition, the pool of referees is getting older, and young referees have it worse.

"We lose too many young referees who are tired of the abuse they face on the youth soccer fields, and so you have guys like me, who are 60 and pretty fit keeping up with 18-year-olds," he said.

The Virginia High School League published stats from the 2016-17 school year stating boy's soccer had 268 player ejections; the next closest sport was football with 157 ejections – about 100 less, he said. In boys' soccer, there were 12 coach ejections for the same period. Virginia High School League has strict rules about cursing, he added. Players will get ejected if they use foul language toward a referee, an opponent or a teammate. "If you get ejected for using foul language, it's a three-game suspension," he said.

But the problem is not just in high schools. "Some of the things I have seen in the last couple of years really have focused on the bad behavior of parents at youth games.

And when parents at youth games are spending the afternoon yelling at the referee, then the players feel they have the license to do this," he said.

**GLASS** is a native of Annandale, played soccer at Thomas Jefferson High School as well as the College of William and Mary, where he majored in government and philosophy. He got a law degree from GMU and for 34 years has been in private practice (Ben Glass Law) specializing in personal injury law and disability insurance. He has nine children – five biological and four adopted from China (ages 36-16) – with wife Sandi.

There is no charge to participate in the Sportsmanship Challenge, but schools must confirm their participation by visiting SportsmanshipChallenge.com and completing the web form. Only authorized representatives of the schools are allowed to confirm their school's participation. For more information, visit JustAskBenGlass.com or contact BenGlassLaw at 703-988-6414.

## Discussing Communication Civility

**Abdul Rashid Abdullah spoke on communication civility to the Rotary Club of Springfield. President-Elect Jim Hedrick gives a book certificate for a book donated to Garfield Elementary School's Library to Abdullah, who lives in Herndon and is an adult Boy Scout in the Patriot District (Burke & Fairfax Station), as well as working as a systems architect.**



PHOTO COURTESY OF G.C.C. GARY BLACK III



# 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).

**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 sculpture, painting, glass, ceramics, and fiber art works. Visit [www.workhousearts.org/](http://www.workhousearts.org/).

**Senior Line Dancing.** Mondays, 1 p.m.; Fridays, 10-11:30 a.m. at Little River Glen Senior Center, 4001 Barker Court, Fairfax. Line Dancing is a gentle, social form of aerobic activity. Studies have shown it aids in warding off Alzheimer’s disease. No previous experience needed. Cost: \$5 per 8-week session. Email [barbriba@hotmail.com](mailto:barbriba@hotmail.com) or call 703-524-3739.

**Fairfax Pets on Wheels New Volunteer Orientation.** An orientation for new volunteers interested in visiting residents of nursing homes and assisted living facilities with their approved pets through the Fairfax Pets On Wheels program is held the first Wednesday of every month starting at 7:30 p.m. Visit [www.fpow.org](http://www.fpow.org) for each month’s location. Prior to attending, please complete the online application found at [www.fpow.org/volunteer](http://www.fpow.org/volunteer). [www.fpow.org](http://www.fpow.org), 703-324-5424 or [dfspetsonwheels@fairfaxcounty.gov](mailto:dfspetsonwheels@fairfaxcounty.gov).

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

**FUN-Exercise** Thursdays, noon-12:50 p.m. at Grace Presbyterian Church Family Room, 7434 Bath St., Springfield. Inova certified exercise instructor leads a moderate level exercise class with music and current events conversation. Muscle, Balance, Strength Training using stretch bands and weights both standing and seated exercises. Instructor donation is \$5. [moorefitt@yahoo.com](mailto:moorefitt@yahoo.com) or 703-499-6133.

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



## Hands On Day

The Fairfax Station Railroad Museum will hold a Hands On Day with crafts. Admission: museum members and age 4 and under, free; ages 5-15, \$2; ages 16 and older, \$4. Craft supplies included with admission. Sunday, March 11, 1-4 p.m. at The Fairfax Station Railroad Museum, 11200 Fairfax Station Road in Fairfax Station. Visit [www.fairfax-station.org](http://www.fairfax-station.org) or call 703-425-9225.

## Fairfax City Holds Restaurant Week

Slated for March 4-10, Fairfax City Restaurant Week will celebrate the City’s diverse dining scene and offer an opportunity to enjoy meals with friends, family and neighbors while supporting the Fairfax City restaurant community. Hoping to make Fairfax into Northern Virginia’s next, must-visit, dining destination, participating restaurants will offer a \$35, three-course dinner menu; a \$20, three-course lunch/brunch menu; and dine-in specials.

The following establishments in the City are participating: Coyote Grille, Dolce Vita Italian Restaurant & Wine Bar, 21 Great American Bistro, Hamrock’s Restaurant, High Side, Eastwind Restaurant, French Quarter Brasserie - Fairfax Virginia, Marumen, Curry Mantra - Restaurant in Fairfax, Bellissimo Restaurant, Fine Northern Italian Cuisine, The Auld Shebeen, The Wine House, Primetime Sports Grill, PJ Skidoo’s, 29 Diner, PampaSazone Latin Cuisine, and Breakers Korean BBQ & Grill.

The organizers hope that people will come “Take a Bite of Fairfax City” and discover all the dining and beverage delights the City has to offer. For more information, call 703-385-7851, email [fairfaxcityrestaurantweek@gmail.com](mailto:fairfaxcityrestaurantweek@gmail.com) or see [www.fairfaxcityrestaurantweek.com](http://www.fairfaxcityrestaurantweek.com).

### Cafe Ivrit (Hebrew Cafe).

Wednesdays. 8:15-9:15 a.m. Jewish Community Center of Northern Virginia, 8900 Little River Turnpike, Fairfax. Shalom (hello) Did you always want to converse in Hebrew? Join Na’ama each week for conversational Hebrew. You will learn and practice Hebrew in a fun and interactive way while learning more about Israel. Free, however we ask that you try to attend regularly. RSVP [Naama.Gold@jccnv.org](mailto:Naama.Gold@jccnv.org).

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

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

**Funday Monday** 10:30 a.m., every Monday at Old Town Hall, 3999

University Drive, Fairfax. There will be music, movement, storytelling, performances, crafts, and more. It is open to children of all ages, however especially for those who haven’t yet started school. Programs are free and open to the public, donations are gratefully appreciated. There is ample free parking in the downtown area, and stroller access at the rear of Old Town Hall on Main St. 703-385-7858 [www.fairfaxva.gov/culturalarts](http://www.fairfaxva.gov/culturalarts).

### FRIDAY/FEB. 16

**B-I-N-G-O.** 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.

### 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 jousts 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).

### SATURDAY/FEB. 17

**Country-Western Dance.** 6:30-10 p.m. at Accotink Unitarian Universalist Church, 10125 Lakehaven Court, Burke. The Northern Virginia Country-Western Dance Association will hold a dance, with lessons: 6:30-7:30 p.m. and open dancing, 7:30-10 p.m. A DJ provides music. Couples and singles of all ages welcome. Admission for NVCWDA members \$10; non-members \$12; children under 18 accompanied by a paying adult \$5. Smoke-free, alcohol-free. BYO refreshments. Visit [www.nvcwda.org](http://www.nvcwda.org).

**Valentine’s Day Banquet.** 6:30-11 p.m. at Waterford Receptions at Springfield, 6715 Commerce St., Springfield. The Family Ministry of the Greater Little Zion Baptist Church is sponsoring their Annual Valentine’s Day Banquet. All couples and singles are invited to fellowship and enjoy an evening of fine dining, music, dancing and featured entertainment. \$60 per person (payment deadline is Feb. 10, 2018). Call Anthony or Terri Bazemore at the Church Administration Office – 703-239- 9111.

### SATURDAY-SUNDAY/FEB. 17-18

**“A Midsummer Night’s Dream.”** At George Mason University’s Center for the Arts. Virginia Opera presents its third production of the 2017-2018 season, “A Midsummer Night’s Dream” by Benjamin Britten. For tickets and information visit [vaopera.org](http://vaopera.org) or call 866-673-7282.

### SUNDAY/FEB. 18

**NTRAK Scale Model Train Show.** 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Northern Virginia NTRAK members will hold a N gauge model train show. Admission, Museum members and age 4 and under, free; ages 5-15, \$2 and 16 and older, \$4. Visit [www.fairfax-station.org](http://www.fairfax-station.org), [www.facebook.com/FFXSRR](http://www.facebook.com/FFXSRR) or call 703-425-9225.

### MONDAY/FEB. 19

**Winter Concert.** 3.5 p.m. at Fairfax High School, 3501 Rebel Run, Fairfax. Northern Virginia Youth Winds, the youth division of the City of Fairfax Band Association, presents their winter program. Free. Email [info@fairfaxband.org](mailto:info@fairfaxband.org) or visit [www.fairfaxband.org](http://www.fairfaxband.org).

### THURSDAY/FEB. 22

**Gentle Yoga.** 12:30-2 p.m. at Sentara Surgery Specialists Comprehensive Breast Center, 8988 Lorton Station Blvd., Suite 103, Lorton. This yoga protocol is facilitated by an instructor specifically trained to work with cancer patients. Pat will adapt traditional yoga practices to meet the physiological and psychological needs of cancer patients. No registration required. It is recommended that participants dress comfortably and bring a yoga mat, towel(s), and water. Visit [www.sentara.com](http://www.sentara.com) for more.

**DIY Open House.** 5-7:30 p.m. at Board and Brush, 7002 Spring Garden Drive, Springfield. Board and Brush offers a wide variety of hands-on, DIY art instructional workshops taking visitors through the steps to create a beautiful classic wooden piece. Visit [boardandbrush.com/springfield/](http://boardandbrush.com/springfield/).

### FRIDAY/FEB. 23

**B-I-N-G-O.** 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.

### SUNDAY/FEB. 25

**Burke Historical Society Meeting.** 3:30-5 p.m. at Pohick Regional Library, 6550 Sydenstricker Road, Burke. Guest speakers will be Heather Bollinger and Jeff Clark, who will bring back to life some of the lost towns of Fairfax County. Free. Email [slawski\\_brian@yahoo.com](mailto:slawski_brian@yahoo.com) or visit [www.burkehistoricalsociety.org](http://www.burkehistoricalsociety.org). **I Remember When... Concert.** 4-5:30 p.m. at Lanier Middle School, 3801 Jermantown Road, Fairfax. Join the Main Street Community Band for a musical stroll down memory lane. \$10 adult/\$5 seniors/students always free. Call 571-336-2322 or visit [www.fairfaxband.org](http://www.fairfaxband.org).

### THURSDAY/MARCH 1

**Orchestra Concert.** 7-8:30 p.m. at South County High School Dale S. Rumberger Performing Arts Center Auditorium, 8501 Silverbrook Road, Lorton. Come enjoy the South County High School Orchestra’s program of classical and popular music celebrating spring. Free. Email [schsorchestra@gmail.com](mailto:schsorchestra@gmail.com) or visit [www.schsorchestra.org/](http://www.schsorchestra.org/).

### FRIDAY/MARCH 2

**B-I-N-G-O.** 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.

**Songwriting Contest Finalists Perform.** 7:30 p.m. at Bethesda Blues & Jazz Supper Club, 7719 Wisconsin Ave., Bethesda. Six songwriters have been chosen as finalists and one will win the \$10,000 Grand Prize and 25 hours of complimentary recording studio time at Innovation Station Music. Three songwriters from the Young Songwriter category (including Skyler Foley of Burke) will also perform live and compete for \$2,500. Tickets will be \$15 and \$20 and available at [www.bethesda.org](http://www.bethesda.org).

### SATURDAY/MARCH 3

**Historic Sites in Peril.** 9 a.m.-4 p.m. at Gunston Hall, 10709 Gunston Road, Mason Neck. Meet leaders in Mid-Atlantic archaeology, and learn about their challenges and finds. Speakers from a variety of projects in Virginia and Maryland will discuss sites in peril. Refreshments and lunch included in registration. Registration is \$55; \$45 for Friends of Gunston Hall and Friends of Fairfax Archaeology, \$25 students. Contact Lacey Villiva at [lvilliva@gunstonhall.org](mailto:lvilliva@gunstonhall.org), or 703-550-9220, for more. To register online, visit [bit.ly/2BcZskw](http://bit.ly/2BcZskw).



# Styling a Coffee Table

Using décor to make a table pop.

BY MARILYN CAMPBELL

There's an art to designing a living room coffee table, says local interior designer Susan Tucker. In fact, when she's helping a client create a living room space, she pays particular attention to creating a stylish and functional table.

"It seems like such a small thing, but when designed the right way, a coffee table can become the focal point of a room and really make it pop," she said. "I believe that there's a right way and a wrong way to put together a coffee table, but it's not hard if you keep certain things in mind."

Vary the height and scale so that each item can shine on its own. "If everything is the same height, none of them will be noticed," said Tucker. "Think a pretty vase of flowers behind a small porcelain bowl."

Work to create balance between small and large items, says Alexandria, Virginia-based designer Steven Gambit. "For example, a smattering of small knick-knacks can look cluttered on a coffee table," he said. "Along the same lines, too many large items on a coffee table can be overpowering. Instead select a few items and group them together by size."

Change items as the seasons or holidays



PHOTOS COURTESY OF THE NEST EGG

**Books add visual interest and can provide topics of conversation when displayed on a coffee table.**

change. "As spring approaches, consider adding a small bouquet of fresh or silk spring flowers," said Tucker. "If you celebrate Easter, consider Easter décor, like a bunny or a basket with eggs. I picked up some elegant Easter items at a local home accessories store last spring. One or two simple items can breathe fresh life in a table design."

Choose items with colors that are found in other places in a room's design. "If you



**Consider placing coffee table items on a tray, like this one from the Nest Egg, says Interior Designer Susan Tucker.**

have a painting with bright colors, for example, choose one of the colors and find an item in the same color to add to your coffee table. If you have throw pillows in interesting colors, considering using one of those colors on your coffee table."

Consider only decorating one section of the coffee table, especially if the table is large. "It's a good idea to leave some space free, especially if you entertain a lot," said

Gambit. "Your guests will need a place to put a drink. Don't feel compelled to fill every inch of space."

A serving tray can serve two purposes on a coffee table, says Gambit. "An elegant serving tray can make a dramatic statement on a coffee table, and can give a table some structure, especially if it's holding smaller items," he said. "If you need to clear the coffee table quickly, like if you're entertaining, a tray makes it easy."

Think about what the items on the coffee table will look from different places in the room, suggests Tucker. "Stand over your coffee table and get a sense of what the objects look like gazing down at it," she said. "Sit across the room from it. Can the items be seen fully or are the most appealing parts of an item obstructed? I generally discourage clients from putting picture frames on a coffee table because you can't see the main attraction — the photo — from behind."

Be practical and sentimental. "Because people tend to gather around coffee tables, don't put a breakable family heirloom or an expensive piece on them," said Gambit. "Coffee table books are a good idea because they can be topics of conversation. You can use a coffee table to display things that represent a part of your personality, lifestyle or a hobby."

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**Announcements**

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**Legals**

**ABC LICENSE**

OLIVEMAN, LLC trading as Patriots Pub & Grill, 10560 Main Street, Fairfax, VA 22030-7182. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On and Off Premises and Mixed Beverage license to sell or manufacture alcoholic beverages. Bridget Walters and Mahdi Marafi, Owners. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at [www.abc.virginia.gov](http://www.abc.virginia.gov) or 800-552-3200.

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**NEWS**



PHOTOS BY ED MARION/OLLI

**The Osher Lifelong Learning Institute at George Mason University provides opportunities for mature adults to explore intellectual and cultural subjects as well as share their experiences and talents.**

**Documenting 'Last Lynching in Northern Virginia'**

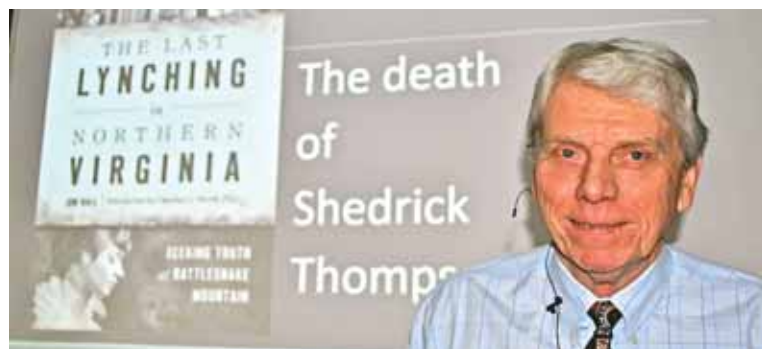
BY MARTHA E. POWERS  
OLLI BOARD MEMBER

In 1932, the body of Shedrick Thompson (a black man) was discovered hanging from an apple tree on Rattlesnake Mountain in Fauquier County. Soon a crowd gathered and set fire to it. When a deputy sheriff tried to put out the flames, a man stuck a pistol in his ribs and said, "Let it burn."

Virginia author Jim Hall enthralled a class of 80 at the Osher Lifelong Learning Institute (OLLI) at George Mason University on Thursday, Feb. 1, with details from his book, "The Last Lynching in Northern Virginia." Hall provided an examination of lynching in Virginia, particularly the more than 100 incidents that occurred throughout the state from 1878-1932. He emphasized Thompson's hanging and theories about his motive when he attacked his employers, a white couple, assaulting the husband and abducting and raping the wife. When Thompson's body was discovered two months later, officials ruled his death a suicide. Fauquier residents, then and now, disputed that verdict, saying that Thompson died at the hands of his neighbors.

Hall's book thoroughly explores both theories through interviews with relatives, townspeople and law enforcements officials, as well as exhaustive details gleaned from newspapers, court records, and other documents.

The significance of whether Thompson's death was



**Jim Hall speaks at the Osher Lifelong Learning Institute (OLLI) at George Mason University.**

due to lynching or suicide was very significant for Virginia, a commonwealth which preferred to believe that its last lynching had occurred in 1927, and that the state had since reformed. Organizations including the NAACP contested this decision, and "The Last Lynching in Northern Virginia" effectively proves their point.

Author Jim Hall is a retired newspaper reporter. His book is a fascinating read, impressively well researched and festooned with fascinating photographs. "The Last Lynching in Northern Virginia" is available in Fairfax County Public Libraries.

The Osher Lifelong Learning Institute at George Mason University provides opportunities for mature adults to explore intellectual and cultural subjects as well as share their experiences and talents. OLLI offers daytime academic courses, special events and cultural activities in a warm and welcoming atmosphere. For more information, call 703-503-3384 or visit [OLLI.GMU.EDU](http://OLLI.GMU.EDU).

**SCHOOL NOTES**

Send notes to the Connection at [south@connectionnewspapers.com](mailto:south@connectionnewspapers.com).

**Anders Gleason**, of Fairfax, was named to The University of Rhode Island dean's list for the fall 2017 semester.

**Ariana Hooberman-Pineiro**, of Fairfax, a theatre major, was named the Coastal Carolina University (Conway, S.C.) fall 2017 dean's list.

**Ariana Monroe**, of Fairfax, was named the Coastal Carolina University (Conway, S.C.) fall 2017 dean's list.

**Alexandra Satre**, of Fairfax, a intelligence and national security studies major, was named the Coastal Carolina University (Conway, S.C.) fall 2017 dean's list.

**Jamie Braverman**, of Fairfax, was named to the fall 2017 president's list at New River Community College (Dublin, Va.).

The following students were named to the College of William & Mary dean's list for the fall 2017 semester: **Layanne Abu-Bader, Vibhav Badrish, Clare Baker, Matthew Baker, Katelyn Birchfield, Joseph Bistransky, Michael Briggs, Alexander Bulova, Penina Cohen, Elizabeth Cymerman, Varun Desai, Caroline Gates, Megan Gillen, Jacopo Gliozzi, Christopher Greene, Sarah Hansler, Xaveria Hawvermale, Abdelwahab Hussein, Lu Huynh, Charlotte Hyland, Jenna Iskandar, Jack Jenet, Sonia Jindal, Nicolaus Kamali, Samantha Kim, Sharon**

**Kim, Helena Klavin, Benjamin Krupka, Caroline Lebegue, Jonathan Lin, Christopher Lohr, Carolina Lopez Silva, Casey MacLean, Emily Maison, Hannah Major, Sarah Marksteiner, Natalia Micheli, Heun Min, Abigail Minor, Samuel Mosquera, Colin Murphy, Mari Nemec, David Park, Blake Phillips, Elizabeth Planert, Clara Poteet, Kirstin Reed, Leanne Riso, Luc Sasseville, Emma Shahn, Mollie Shichman, Rebecca Shkeyrov, Samantha Terry, Semira Tewolde, Bertram Timoner, Morgan Tompkins, Tyler Treacle, Ethan Villavicencio, Julie Vu, Danielle Wallace, Kacey Wheeler, Julia Wicks, Alexandra Wingate, Alexander Xenos, Tong Zhang, and Nora Zimmerman.**



# BULLETIN

FROM PAGE 5

- ❖ **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. 15

**Building Healthy Relationships.** 10 a.m.-noon at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 - Room 100, Dunn Loring. Navigating the social world is hard. It can be extremely difficult for children and teenagers with disabilities. This workshop, for parents of middle and high school students with disabilities, will provide important information to help your child build healthy relationships in the social world. Register at <http://bit.ly/2n15uCF>.

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

## SATURDAY/FEB. 17

**National Engineers Week Youth Conference.** 9 a.m.-2 p.m. at the GMU Fairfax Campus. The conference will include workshop sessions on bioengineering, civil engineering, mechanical engineering, systems engineering, and cybersecurity. Networking opportunities and hands-on activities. Free. Register at [ist.gmu.edu/EngineeringConference/](http://ist.gmu.edu/EngineeringConference/); parent or guardian must register and accompany minors. Call 703-714-5581 or email [smfarquharso@fcps.edu](mailto:smfarquharso@fcps.edu) for more.

## SUNDAY/FEB. 18

**A View from Israel.** 4:30 p.m. at the Jewish Community Center of Northern Virginia, 8900 Little River Turnpike, Fairfax. Reuven Azar, Deputy Chief of Mission, Embassy of Israel will present: A View from Israel – an exploration of the current challenges and opportunities facing the region, US-Israel relations, and the relationship between Israel and the Diaspora. Free. Register at [jccnv.org/register](http://jccnv.org/register).

## TUESDAY/FEB. 20

**Five Pillars of Brain Health.** 12:45-1:45 p.m. at Providence Community Center, 3001 Vaden Drive, Fairfax. In this hour-long, interactive session learn about the five pillars of a brain-healthy lifestyle, share your brain-boosting activities and be inspired by others. For more information or to register call 703-865-0529 or email [cendy.ouber@fairfaxcounty.gov](mailto:cendy.ouber@fairfaxcounty.gov).

## WEDNESDAY/FEB. 21

**Preschool Open House.** 10 a.m. at St. Andrew's Episcopal Preschool, 6509 Sydenstricker Road, Burke. A developmental, Christian preschool offering morning classes for children 2 1/2 to 5 years old. Registration opens to the community on Feb. 26. Free. Call 703-455-8458 or visit [preschool.standrews.net](http://preschool.standrews.net).

**Changing with Age.** 1-3 p.m. at Insight Memory Care Center, 3953 Pender Drive, #100, Fairfax. Discussion on changes that occur with age, warning signs of a memory problem, and what to do if a loved one is experiencing symptoms of dementia. Part of Insight's ongoing Classes for Caregivers series. All sessions are free, and held the third Wednesday of each month. Respite care may be available by request; call to make arrangements. Register at [insightmcc.org](http://insightmcc.org), call 703-204-4664 or email [linsey.vajpeyi@insightmcc.org](mailto:linsey.vajpeyi@insightmcc.org).

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An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them. <b>-Werner Heisenberg</b>			

## "AutoMadic"



By KENNETH B. LOURIE

I realize that given the growth and evolution of the world most of us live in, and how business is transacted, there are two words, a phrase actually, whose very existence is threatened: "Bill me." "C.O.D.," "Cash on delivery" is likely itself on the precipice of extinction, a dodo bird if there ever was one. However, since "Money makes the world go 'round," – or at least it made the hit musical "Cabaret" go 'round in 1966, credit and one's good name can only stretch the dollar so far. Bills have to be paid or else the world doesn't "go 'round" so far. Moreover, if the money is missing, there's less to sing about.

Ergo an idea/system was devised whereby people/entities to whom you owed money would have semi unfettered access to your money – without having to talk to you/ask permission. Once the consumer/"ower" had signed an authorization granting such access, the game was on and the money withdrawn (debited) regularly, as agreed to.

Occasionally, financial inducements were offered to entice the consumer to subject his money/accounts to such plundering. But eventually, the process became all the rage. Meaning, consumers couldn't transact business any other way, and despite any hesitations or objections (anger) to the contrary, it was either debit or die. And though this system didn't cause a revolution or become a motto on a license plate, it did change how we bank, buy and balance.

Within the last few weeks I've added two more automatic monthly debits. Payments which I was given no other realistic choice/method to pay other than all at once (not happening,) or once a month, automatically from my bank. And not that I felt held up by the process, but I did feel as if the highway awaited if I didn't pay their way.

So now I have six monthly debits drafting on five different but recurring days, save for holidays and weekends of course. In addition, I have granted additional bank access to retailers, service providers, Internet-only companies, Amazon, pharmaceutical warehouses and on and on and on; all of whom have keys – so to speak – to my kingdom, such as it is.

Still, I think I know what's being debited at any given time, but in the context of and conjunction with, all the other transactions that I or my wife make, sometimes I don't know if I do know, actually, whether my money is coming in or going out or finding a new home somewhere – and one not in this country and likely irretrievable, or disappearing altogether with any other money I may have accumulated.

All of those worst case, possibly everyday scenarios, notwithstanding, what can I do? If I don't play and in turn, don't pay, then I am likely having to fend for myself. I may still have plenty places to go to, but what am I going to do when I get there? My wallet (unlike George Costanza's) isn't big enough to hold all the cash I'd need to conclude just a few of my transactions. I don't like ceding control this way, but the joke may already be on me: I don't have any control. It was taken away a long time ago when the first authorization was signed allowing a second/third party to withdraw money – automatically, and regularly, from the "signee's" bank account. From that point on, it was, as we say in New England: "Katie bar the door," meaning: bad news, among a variety of other "unpleasantries."

Regardless of how I fear all of these companies/"withdrawers" having a way into my bank account in order to get my money out, the reality is, there isn't a damn thing I can do about it. I just have to pay attention, literally – and figuratively. Otherwise, I'll be a victim of their circumstance.

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



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