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Attendees at the "Shape of the Region" Conference, hosted by the Community Foundation for Northern Virginia with the Northern Virginia Chamber of Commerce, are introduced to the Opportunity Index – an interactive reporting system offering detailed statistics on the area's social and economic wellbeing.

Northern Virginia's Report Card Unveiled

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NEWS

Northern Virginia's Report Card Unveiled

"Shape of the Region" Conference reviews area's Opportunity Index and gathers leaders to discuss successes and challenges.

By Andrea Worker
The Connection

he Community Foundation for Northern Virginia (CFNOVA), partnering with the Northern Virginia Chamber of Commerce, filled an auditorium on Feb. 15 at Valo Park in Tysons Corner with representatives from nonprofits, public office, academia and business to "unveil a new, dynamic data tool" and to encourage "a deep dive" into the challenges facing the region.

CFNOVA has been connecting donors to community needs throughout Northern Virginia since 1978. In conjunction with its 40th anniversary, the foundation commissioned a report from the Commonwealth Institute for Fiscal Analysis to provide detailed data about the region today, and the changes that have taken place to demographics, economy, education and community and civic life. The result of that research and reporting is the Opportunity Index for Northern Virginia.

The data, like the CFNOVA, encompasses the entire region: Arlington, Fairfax, Loudoun and Prince William counties and the cities of Alexandria, Fairfax, Falls Church, Manassas and Manassas Park, and examines 26 indicators of local social, economic, educational and civic wellbeing. The online report can filter its information by race, ethnicity, age, nativity and jurisdiction, and by date range. According to leadership at the CFNOVA, the Index serves as something of a "report card" for the region, highlighting where progress toward opportunity for all Northern Virginians has been made, and where it would be fair to grade the current state of affairs a "Needs Improvement," and in some cases disturbingly close to fail-

Kevin DeSanto, chairman of the CFNOVA board of directors commented in his opening remarks that the Index "tells big, important stories about our region." The conference focused on only two of the most critical — workforce development challenges and opportunities, and the region's growing income inequality — but before the speakers and the panel discussions began, Michael Cassidy, president and CEO of the Commonwealth Institute for Fiscal Analysis introduced the Index and highlighted several of the findings to "set the stage and provide the background."

FORTY-SEVEN PERCENT of youngsters in Northern Virginia are living with at least one foreign-born parent/guardian — a percentage that is significantly higher than the rest of the state or even of the nation. "That means the region's future depends in part on the ability of the children of immigrants to flourish."



PHOTOS BY ANDREA WORKER/THE CONNECTION

Attendees at the "Shape of the Region" Conference, hosted by the Community Foundation for Northern Virginia with the Northern Virginia Chamber of Commerce, are introduced to the Opportunity Index – an interactive reporting system offering detailed statistics on the area's social and economic wellbeing.



Holly Seibold (left), of Vienna, founder and executive director of nonprofit BRAWS and Lisa Whetzel, executive director of Britepaths, share some "shop talk" before the conference.

The research indicates that if current trends continue, the Minority-Majority Transition, where people of color will become the majority as a share of the region's population will take place as soon as 2020. In 1980, 85 percent of Northern Virginians identified as Non-Hispanic White. In 2015, from when the most recent figures are available, that number is now 40 percent.

Cassidy gave a demonstration of the Index in action, showing how to maneuver through the site, and how to filter the data. He also challenged the attendees to a "miniquiz," asking them to use instant audience survey devices to test their knowledge on some of the collected statistics. In most cases, the majority of the audience missed the mark.

Cassidy was followed at the podium by



Martha Wilson, VP, C&I relationship manager for EagleBank, asks a question of a conference speaker. Wilson says the event "gave me an idea on how EagleBank might even further enhance their philanthropic corporate culture."

Richard Reeves, senior fellow of economic studies and co-director of Center on Children and Families for the Brookings Institution. Speaking on "Economic Mobility and the American Dream," Reeves congratulated the event organizers for including so many members of the business community, saying that too often business leaders were excluded as being "part of the problem of income equality, when, in fact, they are a major contributor to the solution when brought to the table."

In a series of slides and charts, Reeves, a British-American, offered proof that for "the bottom 80 percent on the economic scale there has been no real change in income growth or quality" while the top 20 percent are pulling further and further away. "Basically, poor people are staying poor, rich

people are staying rich, and in many cases, getting richer." Worse, says Reeves, America's class system, most evident in educational opportunities, helps create a self-perpetuating barrier to opportunity for many. Showing a graph that illustrates "College Attendance Rates vs. Parent Income Rank in the U.S.," Reeves called it "one of the most beautiful and terrifying charts." As a Brit, Reeves states that he "knows a bit about a class system" and that it does exist in the U.S. — the country where he became a citizen in 2016. "And it's every bit as ruthless as the class system in the U.K. — just less acknowledged."

The second phase of the conference featured two panels, the first focusing on "Opportunity and Inequality" in the local education system and the second on "Tapping the Workforce Assets in our Own Backyard." The panelists all acknowledged the challenges being faced in both those arenas, but offered some creative actions that they are taking in their areas of influence, from public education to workforce skill development, and inside major area employers.

One critical necessity that all of the panelists in the Workforce discussion agreed upon was the need to "upskill in place," as Ken Eisner, senior manager, Worldwide Education Programs Amazon Web Services described it. "It's getting harder and harder to get in [to our region] and with the lack of affordable housing."

Scott Ralls, president of Northern Virginia Community College agreed that it was imperative to enhance the skills and abilities of the people already in our communities.

AFTER THE CONFERENCE, some of the attendees reacted to the event.

Lisa Whetzel, of Fairfax City, is the executive director of nonprofit Britepaths. She admitted that even with her in-depth association with the most vulnerable of the region's populace, some of the data from the Opportunity Index still came as a surprise, "but this is just the kind of information we all need. It's local, granular."

Whetzel also found the event "inspiring and uplifting. Together we can do things." Immediately following the conference, Whetzel attended the quarterly meeting of her peers in other nonprofits. "The conference got us going with great conversation and idea exchanges. We will be really looking to see if we have taken a deep enough dive through the equity lens."

Martha Wilson, of Fairfax, was a representative of the business community at the conference, as a vice president with EagleBank in Tysons Corner. "EagleBank is already a major philanthropic organization, doing quite a lot for the community. It's a major reason why I joined them, but I see that we can do even more if we get the word out about our efforts, especially to our own employees."

She also has an idea about the internships

Candlelight Vigil for Florida Shooting Victims

Protesters at NRA headquarters decry killings, demand lawmakers pass laws to stem gun violence.

> By Marti Moore The Connection

t's Friday night in Fairfax. Instead of going out for a weekend evening of fun in Northern Virginia, more than 300 people gathered outdoors on both sides of the street at 11250 Waples Mill Road in front of the National Rifle Association headquarters to light candles for the lives lost to gun vio-

For nearly an hour, they stood in the dark, cold night to mourn the loss of 14 students and three faculty members killed Feb. 14 in a South Florida high school shortly before classes ended for the day.

According to the seven-page booking report at the Broward County Sheriff's Office, Nikolas Jacob Cruz, 19, entered the Marjory Stoneman Douglas High School in Parkland, Fla., where he killed 17 people with an AR-15 assault rifle he purchased a year ago. He was charged with 17 counts of first-degree premeditated murder following his capture and held without bond, police records state.

"We should not be mourning yet another school shooting," said Martina Leinz, president of the Northern Virginia Chapter of the Brady Campaign To Prevent Gun Violence.

"Seventeen people murdered, 14 injured with a military-style assault weapon that has no business on American streets, should never be in civilian hands," she said.

"It was easier for this shooter to get a gun that had

that firepower legally, than it would be to buy a six-pack of beer," she said, "because he wasn't old enough for the beer."

The Brady Campaign to Prevent Gun Violence claims a law called an "Extreme Risk Protection Order" can remove guns temporarily from troubled individuals like Cruz via court order. Florida does not have this law, according to the Brady Campaign website.

U.S. Rep. Gerry Connolly (D-11) also expressed his disdain at the Feb. 16 candlelight vigil by adding "the NRA does have blood on its hands. They kill our children."

He called for action, in three measures to protect the American public: A ban on assault weapons, universal background checks and close the gun show loophole.

"And those three things will make America more safe," he said.

Connolly says the reason we don't have universal background checks is "because of the NRA and their blood money."

"And members of Congress and state legislators who are en-

children at the altar of the NRA," he added.

Connolly's staff says the congressman knows the NRA is based in his district and rates lawmakers with



"We are not afraid," is the phrase U.S. Rep. Gerry Connolly (D-11) sings Feb. 16 with other participants. The group closed a candlelight vigil with Civil Rights anthem "We Shall Overcome" in front of the National Rifle Association headquarters in Fairfax.



From left: Lynda Chernisky, Cecile Heatley and Kris Gregory of the Concerned Citizens Against Gun Violence, in Falls Church on Friday night, are disappointed a bill on statewide universal background checks to remove loopholes in the purchase of guns was defeated last month in committee at the Virginia General Assembly.

thralled to that blood money, and have sacrificed our a report card according to their voting record. In a prepared statement Connolly said: "Every year the NRA gives me an 'F' rating ... and I couldn't be prouder of that 'F'."

Transforming Lives

Assistance League to host annual spring luncheon and auctions.

ssistance League of Northern Virginia will hold its annual fundraiser on April 27 to support its community outreach programs. The public is invited to attend the event

which will raise funds for the nonprofit's three major programs: Weekend Food for Kids, New Clothing for Kids, and Reading Express. Through these programs, the all-volunteer nonprofit organization helps more than 6,000 disadvantaged students each year.

Started in 2010 with a delivery of 500 bags of food to one school, Weekend Food for Kids now provides food to children living with food insecurity in Fairfax and Prince William counties and the City of Alexandria who receive free or reduced-price meals on school days but lack adequate food resources on weekends. Today, with financial and hands-on support from the community, Assistance League delivers 1,650 bags of supplemental food to children in six Title I schools every month during the school year.

Last school year, with the help of Dominion Energy, Intelsat, Tee Off for Tots Children's Charities, Quadrant and other charitable organizations, the program provided 15,672 bags of food to children who may otherwise go hungry on week-

The population served is multicultural, and the school counselors identify the children to receive the food.

for Kids program, clothing,



Tony Perkins

shoes and personal grooming products are provided to more than 2,870 children whose families cannot afford those items.

Reading Express targets at-risk first grade students by providing one-on-one tutoring to improve the

reading skills of students at Providence Elementary School in Fairfax. In 2016-17, members gave 521 hours of support in the classroom and, to encourage reading at home, also provided new books to students enrolled in the program.

Through fundraising efforts and grant awards, members lend their time and talent to raise funds to support the organization's mission.

Assistance League will again conduct its primary campaign to raise money to sustain its philanthropic programs in the 2018-19 school year. The "Transforming Lives" Spring Luncheon is scheduled for Friday, April 27 from 11 a.m.-2 p.m. at the Country Club of Fairfax, 5110 Ox Road, in Fairfax. Ticket price is \$65 (\$30 is tax deductible).

This year's luncheon will include silent and live auctions and feature Keynote Speaker Tony Perkins, Fox 5 News Anchor and Co-Host MAGIC 102.3/92.7. Local businesses donate a variety of goods to support the cause. Current event sponsors include: Quadrant, Joyce Koons Honda Buick GMC, Manassas Spine Care Chiropractic Center and NOVEC. To attend or contribcontact: Through the New Clothing ALNorthernVA@gmail.com.

www.northemvirginia.assistanceleague.org.

Lake Braddock Secondary Band Honored

The Lake Braddock Secondary School band has been selected by the John Philip Sousa Foundation as a recipient of the 2017 Sudler Flag of Honor. The award is recognized as one of the nation's highest awards that can be presented to a concert band program. The Sudler Flag of Honor identifies, recognizes, and honors high school band programs internationally that have demonstrated particularly significant high standards of excellence in concert activities over a period of several years. Criteria includes evaluation and superior concert ratings at the state, regional, or national levels for the symphonic band; offering students a complete and balanced program of mu-

sical activities including concert, solo, ensemble, and marching; performances at regional, state, national, and professional meetings of significance; a director who has been in his or her position for at least seven years; and students who have participated in district and all-state honor bands or similar all-area groups. Bands submit recordings and a portfolio detailing the above criteria to be considered for the award; recipients are selected on the quality and merit of the performance and involvement in the above activities.

A member of the John Philip Sousa executive board will present the flag to the students at the school's spring con-

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OPINION

Another Assault on Common Sense

Perhaps this time might be different.

ou can feel the change in the air. This time the victims — teenagers — are outraged out loud about the deaths and wounding of their fellow students, the terror, horror and trauma that will haunt each of them in different ways for the rest of their lives.

Instant activists from last week's school shooting massacre in Florida, now connected to so many others around the country, know that this was preventable, that mass shootings can be stopped.

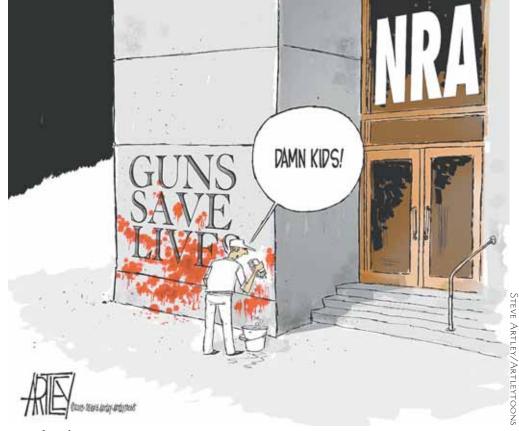
EDITORIAL

Common sense tells them that the shooter, a former classmate, shouldn't have had access

to guns of any kind, never mind an assault rifle. Common sense tells them that the absence of the most reasonable safeguards is a failure of elected officials at both the federal and state level. Common sense tells them it's time for real accountability.

Gun control of course will be complicated. No one is trying to take guns away from the millions of Americans who are gun owners, but the mavens of divisiveness, seeking to stoke the ire of gun owners, will tell them that what activists, what Democrats, what moms want is to take their guns away. It's not true. But gun reform is more complicated and runs deeper than donations from the NRA to elected offi-

Anyone with common sense knows that if we don't have systems in place to keep weapons capable of so much carnage in three minutes out of the hands of someone so openly troubled as the teenage shooter in Florida last week, then we are doomed to relive that day in other tragedies, over and over.



"Wash, Rinse, Repeat."

Demonstrations of hundreds of protesters turned out in multiple places in the last few days. At NRA headquarters in Fairfax, at George Mason High School for a candlelight vigil, in front of the White House.

"I'm with hundreds of Northern Virginians at the NRA headquarters to mourn those lost at Parkland and to demand common sense gun safety measures to protect our children from massacre and violence," U.S. Rep. Gerry Connolly tweeted from the demonstration

there. "As a nation, how can we continue to allow this to happen?"

"I'm with the students calling for gun reform outside the White House," said U.S. Rep. Don Beyer. "So proud to see America's young people leading the way. Stay mad, and stay focused. ... Don't let anyone tell you that there isn't hope, that we can't fight for change and win. There is and we can."

> — Mary Kimm MKIMM@CONNECTIONNEWSPAPERS.COM

Negotiating a State Budget

By Scott Surovell State Senator (D-36)

eek Six of the General Assembly brought us to the midpoint of session, completion of work on all bills in our own chambers, and announcement of the proposed House and Senate budgets.

Twenty-one of my bills "crossed over" to the House of Delegates including several this week. First,

COMMENTARY

my legislation continuing the moratorium on permitting

the closure of coal ash ponds was continued for 14 months so the legislature could have more time mittee on a long journey. The bill to gather information.

Most other states have moved products such as bricks and concrete instead of burying it in the ground for eternity. Dominion has effective interest rates as high at

\$4-8 billion but the recycling community contends that is greatly overstated. My bill requires Dominion to seek specific recycling proposals from coal ash recyclers and to pass proposals along to the legislature so we can consider the actual cost of recycling next year. It is important that we have correct information before we decide to make a decision that will pass along over a billion dollars of cost to electricity ratepayers.

Second, my legislation to place a 36 percent interest rate cap on consumer finance lenders passed the full Senate on a 37-2 vote after going back and forth to comfaces a committee that has already approved a hostile bill in the towards recycling coal ash into House of Delegates, but I am hopeful that we can work out a compromise. Online lenders charging

estimated that recycling will cost 900 percent are currently attempting to use consumer finance licenses and we need to shut this down. Third, my legislation to require Northern Virginia school districts to waive all fees and provide computers to children taking online classes passed the full Senate unanimously. No child who cannot pay \$5 for a lunch should be required to purchase a computer or pay over \$300 to take an online class and utilize the same public school opportunities that wealthy children use to get ahead for college.

Fourth, my legislation to create a settlement structure including state compensation to facilitate as the "Norfolk Four" passed the Senate. All four men were coerced into confessing to a rape they did not commit by a detective who is now incarcerated and knew the identity of the actual rapist. Each

spent over a decade in jail and another eight years of "freedom" while still having to live on the Sex Offender Registry.

The last bill we passed was Senator Saslaw's bill to create a framework to supplement capital funding to Metro and match monies provided by the District of Columbia and Maryland. The bill corrects a technical error from 2013 and imposes a "floor" on gas tax collections which have declined due to lower gas prices. It takes \$20 million per year from allocations to the Northern Virginia Transportation Authority (instead of over \$100 million proposed by the governor). It also imposes a compensation to four men known new \$0.10 per \$100 grantors tax on the sale of real property, and a 2 percent tax on hotel stays.

> On Sunday, the Senate and House announced their respective budgets. Surprisingly, the House of SEE SUROVELL, PAGE 15

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6 Springfield Connection February 22-28, 2018

Report Card Unveiled

From Page 3

that Reeves discussed during the conference. Reeves noted that employers highly value internships when making hiring decisions, but many less-advantaged youth and young adults cannot afford to take unpaid internships while they struggle to pay for their education and for the basics of daily life. "I have a suggestion on how we can help those young people, and possibly assist some of our area nonprofits at the same time." Wilson plans to get with her management colleagues at EagleBank and try to put her proposal into action.

Holly Seibold of Vienna is the founder and executive director of BRAWS — Bringing Resources to Women's Shelters and to low income and homeless young women. Seibold found the event motivational. "It was a great event. Right after it was over, I sent an email to Dr. McDade [superintendent of Manassas Park Public Schools and a panelist at the conference] asking if his school district would like to pilot a program where BRAWS would provide free feminine hygiene products in the



Julien Bois, of Springfield, partner with JustinBradley, had positive feedback for the event.

restrooms, at no cost to the schools."

Julien Bois of Springfield, a partner with JustinBradley, a financial executive search, recruiting and interim staffing company, gave the conference a thumbs up, and kudos to speaker Reeves for his "candid responses to my questions."

the Commonwealth Institute's Cassidy reminded the conference attendees, the Opportunity Index wasn't developed to just tell a static story about the greater community, but rather as a tool that will help engaged citizens shape the future they want to see in Northern Virginia. The Index is available on line and access is free at www.cfnova.org/ opportunityindex.



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Diving into Black History with Books

Local educators suggest books to read in celebration of African American History Month.

BY MARILYN CAMPBELL

hroughout the year, but more intensely during February, Vincent Intondi, Ph.D., uses literature to teach aspects of African American history that are often overlooked or forgotten.

While slavery and the Civil Rights Movement are two of the most poignant periods of Black history, Intondi, a professor of history and the director of the Institute for Race, Justice, and Community Engagement at Montgomery College, and other educators say reading books about lesser known figures and periods in African American history is one way to paint a complete picture, not only of the history of African Americans, but American history as a whole.

"For example, while we focus on Malcolm X, after spending time with his daughter, Ilyasah, I came to realize just how much his wife Betty did and what she meant to the family. Therefore having a book that focuses on her is important," said Intondi, who is the author of "African Americans Against the Bomb: Nuclear Weapons, Colonialism, and the Black Freedom Movement."

"One could argue that there wouldn't



have been a March on Washington were it not for Bayard Rustin, but we don't learn about him because he was gay," continued Intondi. "So part of what's important about these books is not only that they are well written and have amazing illustrations, but because of who they specifically focus on."

Infusing reading with dramatization and memorization, particularly with young children, is a technique that Ana Lado, Ph.D., professor of Education at Marymount University uses in her lessons. "I like to recommend award-winning books or books by

award-winning authors," she said. "I also pick books that can be part of a program [and] can be recited, can be dramatized, can be retold."

"Books that I made students memorize [include] 'I, Too, Am American' and 'My People,' both books of poetry by Langston Hughes; 'I Have a Dream,' [speech by Martin Luther King, Jr. published as a book]; 'Lincoln's Gettysburg Address,' [speech by President Abraham Lincoln published as a book], 'Martin's Big Words: The Life of Martin Luther King, Jr.,' 'Tar Beach' and 'Aunt Harriet's Underground Railroad in the Sky,' [both by Faith Ringgold] and 'If a Bus Could Talk, the Story of Rosa Parks' are book that my youngest students can dramatize," said Lado.

"Underground: Finding the Light to Freedom" by Shane W. Evans is another book that Lado encourages students to read. "This is the absolute easiest way to dramatize the Underground Railroad," she said. "I even use it with students with special needs and beginning English learners."

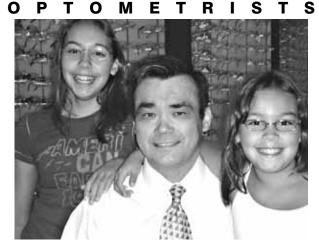
One quality to look for is books about modern day African American heroes who will likely go down in history. When compiling recommend books for African History Month displays, Henrik Sundqvist of the Arlington Public Library said, "We try to pick titles which have been published within the last five years."

Among the books Arlington County Libraries is recommending are: "Firebird: Ballerina Misty Copeland Shows a Young Girl How to Dance Like a Firebird" by Copeland.

One book that offers a historical perspective and deeper understanding of a current issue, says Intond, is "The John Carlos Story" by Dave Zirin and John Carlos. "There is arguably no one better to write about sports, race, and politics than Dave Zirin," he said. "The book is great for a wide range of audiences. If one wants to understand Colin Kaepernick and what is happening today in sports then they should read this book."

Using such narratives offers a deeper understanding of America's past and puts current happenings into perspective. "Students can learn and appreciate those who came before them, sacrificed, fought, put themselves on the line and paid with their freedom and lives for equality," said Intondi. "Students will learn that they are part of the long movement for freedom and they too can change the world."

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Fire Chief Announces Retirement

On Friday afternoon, Feb. 16, Fire Chief Richard Bowers announced his retirement to the men and women of the Fairfax County Fire and Rescue Department. Following his announcement, he sent the following message to all per-

"Good afternoon Fairfax County Fire and Rescue personnel!

I have proudly and honorably served in the Fire and Rescue profession for almost 41 years. Of those 41 years, 10 years have been as a Fire Chief for Metropolitan Fire and Rescue Departments.

"I want all the men and women of the Fairfax County Fire and Rescue Service, career, volunteer and civilian staff to know you are outstanding people and I respect each and every one of you. You are hard

department! I thank you for the opportunity to be your Fire Chief and serve you and the residents of Fairfax County. We have built a strong foundation and achieved so much by working together.

"I have informed County Executive [Bryan] Hill and Deputy County Executive [David] Rohrer that effective April 30, 2018 I will retire as Fire Chief of the Fairfax County Fire and Rescue Department. I will be pursuing other personal and professional endeavors and opportunities. "I have made a com-



Fire Chief Richard Bowers announcing his retirement to

HQ staff and to field personnel via conference call.

workers and I am so proud of everyone and of this mitment to County Executive Hill, Deputy County Executive Rohrer and Chairman [Sharon] Bulova that there will be a complete and thorough leadership transition between now and April 30, 2018. I need everyone to keep focused on the mission and in making sure we take care of each other and the residents who we serve. I need you to respond to the needs of our residents and in turn, I will always support and take care of everyone in the department.

> "We move forward! I will always stand up for and behind the men and women of this department!"



From left: Fire Chief Richard Bowers, Battalion Chief Kelly, Battalion Chief Williams, Lt. Marc Davidson, Deputy Chief Duke, and Battalion Chief Hunter.

Firefighter of the Year

The Fairfax County Fire and Rescue Depart-ment has announced that Lt. Marc Davidson, Training Academy, has been selected as recipient of the 2017 Governor's Fire Service Award for Firefighter of the Year. The Governor's Fire Service Awards were established as a formal recognition of excellence in Virginia's Fire Services.

Davidson was recognized for his tireless efforts to enhance a number of certification courses and officer development training in the department. He has written curriculum for several courses and was the driving force behind a continuing education series titled "Riding The Seat." This series is so popular that fire and rescue personnel from across the region are requesting to attend.

Davidson was also instrumental in gaining delegated authority from the Virginia Department of Fire Programs which allows the department to deliver and certify all training courses delivered at the Academy.

The 2017 Governor's Awards will be presented during the Opening Ceremonies of the 2018 Virginia Fire-Rescue Conference on Saturday, Feb. 24, 2018. The ceremonies will commence at 8:30

lost (adj): 1. unable to find the way. 2. not appreciated or understood. 3. no longer owned or known

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Calendar

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

ONGOING

 $\hbox{\bf ``Uncommon Visions.''} \ {\it Through Feb}.$ 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/.

"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 or www.workhousearts.org.

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 or call 703-273-3638 for more.

SUNDAY/FEB. 24

Film Screening: "White Like Me."
3:30 p.m. at Unity of Fairfax, 2854
Hunter Mill Road, Oakton. The free
movie screening of "White Like Me"
will be followed by a local discussion
and national online discussion
featuring leaders from New Thought
centers around the United States.
This event is free and open to the
public. Visit

whitelikeme.eventbrite.com.

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 or visit 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.

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 or visit 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.fairfaxyfd.com or call 703-273-3638 for more.



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 or call 703-425-9225.

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.

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, or 703-550-9220, for more. To register online,

MARCH 3-APRIL 1

visit bit.ly/2BcZskw.

Avenue Q. Fridays-Saturday, 8 p.m.; Sundays, 2 p.m. at Workhouse Theatre, 9518 Workhouse Way, Lorton. The laugh-out-loud musical tells the timeless story of a recent college grad named Princeton, who moves into a shabby New York apartment all the way out on Avenue Q. He soon discovers that, although the residents seem nice, it's clear that this is not your ordinary neighborhood. \$20-\$35. Visit www.workhousearts.org/.

SUNDAY/MARCH 4

Longaberger Basket Bingo. Doors open 1 p.m., bingo begins 2 p.m. at West Springfield High School Cafeteria, 6100 Rolling Road, Springfield. Proceeds support West Springfield Crew. Tickets are \$25 in advance/\$30 at the door if still available. A ticket includes 20 regular games of Bingo, and one door prize ticket. Special games, raffles and concessions also available for purchase (cash or check only). Visit crewbasketbingo.ticketbud.com/crewbingo for tickets.

MARCH 4-10

Fairfax City Restaurant Week.

Participating restaurants will offer a \$35 three-course dinner menu, a \$20 three-course lunch/brunch menu, dine-in specials, and additional thematic layers of entertainment. Visit

www.fairfaxcityrestaurantweek.com.

MONDAY/MARCH 5

Funday Monday: Mr. Skip. 10:30 a.m. at Old Town Hall, 3999 University Drive, Fairfax. Music, movement, story telling, performances, crafts, and more. Funday Monday is open to children of all ages, however especially for those who haven't yet started school. Free and open to the public, donations appreciated. Call 703-385-7858 or visit www.fairfaxva.gov/ culturalarts.

FRIDAY/MARCH 9

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 or call 703-273-3638 for more.

SATURDAY/MARCH 10

Children's Consignment Sale. 8

a.m.-2 p.m. at Chirst Church, 7600 Ox Road, Fairfax Station. Come and shop for quality, gently used children's clothing, toys, infant items, shoes, books, games, DVD's, videos, furniture and much more. Cash, checks and credit cards. Free admission. Call 703 425-3580 or visit www.christchurchsale.com.

Children's Book Sale. 10 a.m.-3 p.m. at Fairfax City Regional Library, 10360 North Street, Fairfax.

Thousands of gently read books and non-book media organized by categories including picture books, early readers, nonfiction, holiday, chapter books, young adult, etc. \$.25-\$2. Some specials \$3 and \$4. Plenty of free parking below library; personal check or cash only. Call 703-644-4870 or email friendsoffairfaxcitylibrary@gmail.com.



Photo by Evan Seplow/Courtesy George Mason University

"The Big Picture" with David Krakauer and the 35mm Orchestra.

Music and the Movies

A personal journey of discovering one's roots.

By David Siegel
The Connection

sound to feature films in the late 1920s and then the Oscars added categories for music awards, cinema and music have been well intertwined. And even before sound was added to movies, there was often a pianist who accompanied a silent film to add rich emotions.

In the vein of the long marriage of music and movies, the Center for the Arts will have a performance of notable clarinetist David Kraukauer and the 35mm Orchestra as they meld together live music with newly created original evocative animated short films by New Yorkbased video/graphic company "Light of Day." The evening's performance pays homage to about a dozen widely-known films. The evening is called "The Big Picture."

"David Krakauer's performance give fans of classic cinema the opportunity to gain a whole new experience from beloved songs of classic films," said Giovanna Chesler, Director and Associate Professor, Film and Video Studies, GMU/College of Visual and Performing

"Live performance using music and media creates a transportative effect, which Krakauer uses to take the audience with him on a journey of personal discovery and cultural exploration," added Chesler.

The live music to be performed will be from movie musicals such as "Funny Girl," "Fiddler on the Roof," and "The

Where & When

David Krakauer and the 35mm Orchestra with "The Big Picture" at the Center for the Arts, George Mason University, 4400 University Ave, Fairfax. Performance Friday, March 2, 2018 at 8 p.m. Tickets \$26, \$37 and \$44. Call 703-993-8888 or visit www.cfa.gmu.edu

Producers," as well as dramas and comedies such as "Avalon," "The Pianist," and "Life is Beautiful," to name a few. Composers include John Williams, Marvin Hamlisch, Randy Newman, and Mel Brooks among others.

As Kraukauer and his orchestra play, the films will be projected on a large screen behind the performers, so that "The Big Picture" becomes a multimedia storytelling program.

"The Big Picture" pays tribute to Krakauer's personal discovery of his Eastern European Jewish cultural heritage. But, it is more than that for patrons. Krakauer sees the evening's film journey as one for all audiences discovering their own roots. "I think this project really speaks about how people across the ages have found ways to survive in the face of adversity. It's everyone's struggle," noted Kraukauer.

"In a time when America's immigration and family unification policy is being challenged, Krakauer's timely work pays tribute to his family's own immigration to America. Using classic films with a Jewish connection, he highlights the rich artistic achievements that have come out of the Jewish experience and the immigrant experience," added Chesler.

ENTERTAINMENT

Adult Humor, Songs and Puppets

"Avenue Q" appearing at the Workhouse.

By David Siegel
The Connection

inner of multiple Tony Awards, the musical "Avenue Q" is a full-of-heart comic tale about a new resident to an extraordinary neighborhood in the big city. His name is Princeton. He doesn't have much money, or a job, but he has plenty of dreams. "Avenue Q" expressively tells Princeton's journey meeting new, very unique friends, including the girl-next-door named Kate Monster. And there are a lot of moxie puppets who are key to the production's enjoyment. "We are thrilled to present the acclaimed 'Avenue Q,' a Sesame Street experience, for an adult audience," said Ava Spece, President and CEO, Workhouse Arts Center. "And we are pairing 'Avenue Q' with a new exhibition featuring the remarkable artwork of Guy Gilchrist; Jim Henson's original illustrator who drew many familiar characters including Muppet Babies."

With two dozen songs, some with adult humor, "Avenue Q" has music and lyrics by Robert Lopez and Jeff Marx and book by Jeff Whitty. The Workhouse Arts Center's production of "Avenue Q" is directed by Joseph Wallen with choreography by Mary Payne. The live music is under the direction of Darin Stringer. The Workhouse will be using "Avenue Q" puppets courtesy of Costume World.

"It's hard to believe that 'Avenue Q' debuted in New

Where & When

Workhouse Arts Center presents "Avenue Q" at W3 Theatre, 9518 Workhouse Way, Lorton. Performances March 3 to April 1, 2018. Fridays and Saturdays at 8 p.m., Sundays at 2 p.m. Tickets: \$20-\$35. Call 703-584-2900 or visit www.workhousearts.org. Note: Ticket prices may increase, based on demand. Advanced purchase recommended. Limited seating, advance ticket reservations are recommended for this event. Note: Intended for mature audiences due to adult humor, language and situations.

York almost 20 years ago, as it still feels fresh and new – the humor is still relevant and biting (lovingly, of course!). 'Avenue Q's' story is timeless – a scrappy, optimistic young college grad named Princeton, heads to begin life in the big new city," said Wallen. "Suddenly, he learns that the rosy life he was expecting isn't quite there. Yet through it all, he finds his starting point in the world." "Our goal is to have audiences feel like these are our lovable neighbors that live across the street – we know them and we are rooting for them to succeed. Given that no seat is further than 50 feet from the stage, audiences will feel at home on 'Avenue Q,'" added Wallen. "And there will be live music to add to the experience."

The "Avenue Q" ensemble includes a number of Workhouse theater veterans including Christopher Rios (Princeton), Casey Fero, Jason Krage, Harrison G. Lee, and James Maxted. Newcomers to Workhouse audiences include Meredith Eib (Kate Monster). Stephanie Rudden, Jonathan Faircloth, Lauren Hayworth, Holly Kelly Ryan Walker and Ruthie Rado. Each has a key role aimed at bringing smiles and laughter to the audience.

SUN DESIC



Photos by Megan Christensen Courtesy of Workhouse Performing Arts Center

From left: Casey Fero (character Rod) and Harrison Lee (character Nicky) with "Avenue Q" rehearsal puppets designed/created by Silly Puppets.



Ruthie Rado (character Lucy) with "Avenue Q" rehearsal puppet designed/created by Silly Puppets.

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Gun Debate on Lockdown

Democrats unable to gain traction on reform, despite new numbers in House.

BY MICHAEL LEE POPE The Connection

hen lawmakers arrived in Richmond last month, Democrats were hopeful that they would be able to use their new numbers to gain some traction on the gun debate. Now that the session is half over and the nation is reeling from yet another mass shooting, little has been accomplished at the Capitol.

Republicans are still very much in control of the House of Delegates, even if they have a one-vote majority.

Perhaps most significantly, they control the process, which sends all gun bills to a seven-member subcommittee that has six Republicans and one Democrat. All reform efforts died in that subcommittee, including proposals to close the gun show loophole and ban bumpstocks. When Del. Marcus Simon (D-53) introduced a bill to create a new Stop Gun Violence license plate, Republicans amended it to raise money for mental health.

"They were trying to make the point that we don't have a gun violence problem we have a mental health problem," said Simon. "I think that's wrong. We actually have a gun violence problem, and it is in fact about the instrument."

INSTEAD OF MOVING forward on gun control, the Republican majority is moving in the other direction — finding ways to increase where people can take guns. Churches, for example. Virginia law prohibits firearms in places of religious worship. After 26 people were killed in a Texas church last year, religious leaders across Virginia began lobbying to change that. State Sen. Ben Chafin (R-38) responded by introducing a bill that would allow guns in churches during worship services.

"Virginia has the archaic law that says you're not supposed to have firearms in the church," Chafin said in a speech on the Sen-



House Republicans killed more than two dozen gun reform bills this year.

Top Campaign Cash from the NRA

- ❖ \$2,500 to Del. Scott Lingamfelter
- ❖ \$1,500 to House Speaker Kirk Cox
- * \$1,500 to Del. Michael Webert

- ❖ \$500 to Del. Nick Freitas
- ❖ \$500 to House Majority Leader Todd Gilbert
- ❖ \$500 to Del. Tag Greason
- ❖ \$500 to Del. Greg Habeeb
- ❖ \$500 to Del. Tim Hugo
- ❖ \$500 to Del. Jackson Miller

❖ \$500 to Del. Joseph Yost

source: Virginia Public Access Project

Top Campaign Cash from Citizens Defense League

- ❖ \$2,000 to Del. Jeff Campbell
- ❖ \$2,000 to Del. Scott Lingamfelter
- ❖ \$1,500 to Del. Emily Brewer
- ❖ \$1,000 to Del. Rich Anderson ❖ \$1,000 to candidate Michael Bartley
- ❖ \$1,000 to Del. Ben Cline
- * \$1,000 to Del. Mark Cole ❖ \$1,000 to candidate Graven Craig

ate floor. "Even if the faith leaders of the church, even if the people that own the church, even if the people who control the church want to have some members of their

church provide protection." For Republicans, the debate over gun control is a matter of good versus evil. Their solution to the epidemic of gun violence in America is not to restrict who can have guns and where they are allowed. It's to arm what they call the "good guys" who will take down what they call "bad guys." After the

- ❖ \$1,000 to Del. Dave LaRock
- ❖ \$1,000 to Del. John McGuire
- ❖ \$1,000 to Del. Will Morefield * \$1,000 to Del. Chris Peace
- ❖ \$1,000 to Del. Margaret Ransom
- ❖ \$1,000 to Del. Eddie Whitlock
- ❖ \$1,000 to Del. Tony Wilt

source: Virginia Public Access Project

school shooting in Florida, many responded by calling for more guns in the classroom.

"Training and arming a few teachers in each school would make these attackers think twice about ever opening fire," said Prince William County Board of Supervisors Chairman Corey Stewart, a Republican who is challenging U.S. Sen. Tim Kaine. "The only way to stop these mad men is to return fire."

CAMPAIGN FINANCE records show big

money on both sides of this debate. Advocates for gun control donated \$2.4 million to candidates in the last election cycle, mostly to the Democratic statewide candidates who were successful. But gun rights groups pumped more than \$160,000 into targeted House of Delegates races that helped Republicans keep control of the chamber and quash reform efforts. Members of the subcommittee that routinely kills gun reform effort were showered with tens of thousands of dollars in campaign contri-

But money doesn't always win the day. One race that pro-gun groups targeted was a hotly contested election in Prince William County, where eight-term incumbent Del. Scott Lingamfelter (R-31) trying to hold onto a district with shifting demographics. The NRA gave him \$2,500. The Virginia Citizens Defense League gave him \$2,000. A Portsmouth gun dealer gave him \$10,000. But he ended up losing that race to Democrat Elizabeth Guzman.

"I support the Second Amendment and the right of every citizen to own a gun," said Guzman during the campaign. "However, we need to implement responsible gun laws that protect our communities from gun violence.'

Unfortunately for Guzman and advocates for gun control, that agenda was dead on arrival as lawmakers arrived at the Capitol. The Republican majority killed more than two dozen gun safety bills this year - efforts to limit handgun purchases to one a month, proposals to ban high-capacity magazines and laws to keep guns out of the hands of people who present a threat to themselves or others. Republicans are more interested in getting rid of gun-free zones, including schools.

"The idea that we disarm people in the schools, we forbid out teachers and our staff from carrying concealed firearms, is a mistake," said state Sen. Dick Black (R-13) in a Senate floor speech after the Florida shooting.

Senate Might Torpedo Medicaid Expansion

Democrats still need to flip one more GOP senator to make it happen.

BY MICHAEL LEE POPE THE CONNECTION

sually it's the state Senate that leads on progressive issues, and the House of Delegates kind of drags its feet. Not this year.

Republican leaders in the House of Delegates included revenue from expanding Medicaid in their budget, a sudden shift in support for a program they've been opposing for years. On his way out the door, former Gov. Terry McAuliffe included more than \$400 million in rev-

enue from expanding Medicaid under the brinkmanship leading up to the July 1 dead-Affordable Care Act. If Republicans want to oppose expanding health insurance to 400,000 people who live in poverty or with disabilities, they'll have to find money to shore up the state's credit rating and give raises to teachers. "While some of you may continue to be hesitant about expansion," Appropriations Chairman Chris Jones told his colleague, "the fact is that the Affordable Care Act is here to stay."

But that doesn't mean it's a done deal. Senate Republicans might end up torpedoing the deal, or at least engaging in line for passing a budget or facing a government shutdown. So far, the only Republican senator onboard the Medicaid train is state Sen. Emmett Hanger (R-24), co-chairman of the Senate Finance Committee. When asked about which of his colleagues might flip, Hanger said he wasn't sure.

"I wouldn't venture to guess on that right now. I think it'll be a collective kind of thing where you reach a tipping point where it makes sense. So I'm not working on any individuals right now to try to convince them otherwise. I'm just working on a prod-

uct." Lt. Gov. Justin Fairfax cannot break ties on budget votes. So Democrats need to peel off one more vote on the other side the aisle. State Sen. Rosalyn Dance (D-16) says she feels confident that will happen, although she doesn't want to name names just yet.

"I'm not giving it up," said Dance. "But I'll tell you what — I'm cautiously optimistic that once both sides have an opportunity to tweak what will be the final product, it won't be just what the House brought out, it will be the House and Senate's product."

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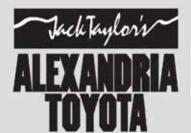
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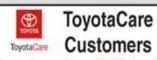


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In January 2018, 16 Burke homes sold between \$698,000-\$295,000.

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6235 CAPELLA AVE
9716 WALTHORNE CT
6129 COVERED BRIDGE RD
8903 MARIANNA CT
5733 WATERS EDGE LANDING CT 4 3 1 BURKE \$478,000 Townhouse 0.05 22015
9143 SILCHESTER CT
6132 WINDWARD DR
9632 HILLOCK CT
5609 STILLWATER CT
6321 BUFFIE CT
5713 OAKSHORE CT
6030 MEYERS LANDING CT
10242 SASSAFRAS WOODS CT 3 2 1
9206 HICKORY TREE CT #5C 3 2 1 BURKE \$295,000 Townhouse

Copyright 2018 MarketStats for ShowingTime. Source: Bright MLS as of February 15, 2018.

In January 2018, 83 Springfield homes sold between \$902,739-\$173,000.

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8389 Edward Carr CT							
8514 WILD SPRUCE DR							
6007 WOODLAKE LN							
7403 LONG PINE DR							
7109 TRIAD WAY 5426 CASTLE BAR LN							
8501 SHADEWAY PL							
9014 MARITIME CT							
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7706 BERTITO LN	4 2 1	I SPRINGFIELD	\$630,000	Detached	. 0.21	. 22153	LAKEWOOD HILLS
9000 MARITIME CT 6004 TIMBER HOLLOW LN							
8641 IVY MINT CT							
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6120 HARMON PL	5 3 0) SPRINGFIELD	\$607,000	Detached	. 0.32	. 22152	CARDINAL FOREST
8627 THAMES ST							
5810 BROADMOOR ST5307 FERNDALE ST							
5220 INVERCHAPEL RD							
8918 VICTORIA RD							
7504 IRENE CT							
7851 LOCUST LEAF LN							
8534 KENTFORD DR							
6637 REYNARD DR 7702 MARTIN ALLEN CT							
6912 GILLINGS RD	5 2 1	SPRINGFIELD	\$543,000	Detached	0.04	22152	ROLLING VALLEY
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7700 ROYAL PATENTS LN							
5314 FOXBORO CT							
6805 LANDOR LN 5808 APPLEFORD DR							
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6534 LANGLEIGH WAY							
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8713 RIDGE HOLLOW CT							
7389 HIDDEN KNOLLS		2 SPRINGFIELD					
8082 POWDERBROOK LN							
6831 CABIN JOHN RD							
7416 SPRING TREE DR							
7523 LONG PINE DR	4 3 0) SPRINGFIELD	\$400,000	Detached	. 0.32	. 22151	NORTH SPRINGFIELD
7430 SPRING TREE DR							
7503 HAVELOCK ST							
7384 STREAM WAY 6031 FORREST HOLLOW LN							
5903 BRUNSWICK ST	3 2 0) SPRINGFIELD	\$370,000	Detached	. 0.21	. 22150	SPRINGFIELD
6845 HEATHERWAY CT							
8586 TYROLEAN WAY							
8067 TRIBUTARY CT							
7773 TIVERTON DR 7903 BUBBLING BROOK CIR							
6543 OLD CARRIAGE DR							
7635 TIVERTON DR							
8058 GRANDVIEW CT	3 2 0) SPRINGFIELD	\$302,000	Townhouse	. 0.02	. 22153	NEWINGTON FOREST
6922 ELLINGHAM CIR #122							
6603C THACKWELL WAY #C							
6964B ELLINGHAM CIR #84 6109 WIGMORE LN #G							
8093 TOPPER CT							
6864 BRINDLE HEATH WAY #C	2 2 0) ALEXANDRIA	\$259,000	Garden 1-4 Floors		. 22315	ETON SQUARE
7707C LEXTON PL #42	2 2 0) SPRINGFIELD	\$250,000	Garden 1-4 Floors		. 22152 R	AMBLEWOOD AT DAVENTRY
5901E PRINCE GEORGE DR #344							
7811 HARROWGATE CIR #B 5802 ROYAL RIDGE DR #B							
	1 1 (, OLIMOTIUM	ψ1/3,000	Garden 17 (10018		. 44174	11VOLI

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BULLETIN

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

KINDERGARTEN REGISTRATION

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

kindergarten-registration. **VOLUNTEERS WANTED**

The Fairfax Station Railroad Museum needs volunteer docents on Sunday afternoons from 1-4 p.m. Greet museum visitors and tell them about the exhibits, the Museum and the its railroad and Civil War history. Training and orientation provided. Other volunteer opportunities are gardening, publicity and exhibit planning. The Museum is located at 11200 Fairfax Station Road in Fairfax Station. Call Michael at 703-945-7483 for more information.

THURSDAY/FEB. 22

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.

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 Pat Fitzsimmons RN, C-IAYT, E-RYT 500, 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 for more.

FRIDAY/FEB. 23

Senior Center Without Walls. 10 a.m.-noon at the Mott Center, 12111 Braddock Road. Fairfax. Register for programs at the Burke/West Springfield Senior Center Without Walls. Call 703-278-8605 with questions. Visit scwow.org/ 2017/12/winter-2018-registration/.

Surovell

From Page 6

Delegates' budget included an expansion of Medicaid, albeit with a work requirement, while the Senate budget contained no expansion. Because of this, the Senate bill was forced to cut over \$500 million from the budget to make up for the lost revenue. Both budgets also cut \$190,000 of funding for a derelict barge in Belmont Bay that I have been working for three years to get removed.

On the good side, the Senate budget included funding for new staff for Widewater State Park in the 36th District which currently has none. Both budgets also increase secondary education money to Fairfax, Prince William and Stafford counties by nearly \$170 million over the biennium.

Each chamber will vote their budget amendments on Thursday and then the budget will be negotiated over the next two weeks.

You can reach me at scott@scottsurovell.org. It is an honor to serve as your state senator.

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-Werner Heisenberg

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Either it was the programming on CBS we were "demanding," or the recorded programming we were watching from PBS; but for the week it was, repeatedly, and I mean REPEATEDLY, we were subjected to the same commercials over and over again. Torture doesn't begin to describe the excruciating reaction I had every time I saw the same people saying the same words. Instead of turning me on to the product or services, it had quite the opposite effect: it tuned me off. Buy what they were selling? More like good-bye.

His Pillow

By KENNETH B. LOURIE

Not that I understand the strategy behind television and/or radio advertising/promoting as I have zero experience. But I do have some experience, 21 years in fact, selling newspaper/display advertising. And what knowledge I've gained says advertising frequently in multiple media platforms is the key to success. Picking and choosing results in hitting and missing. But hitting me constantly without missing a beat is hard to take too, and not necessarily managing the consistency desirable for most businesses to thrive. Moreover, bludgeoning me into submission/buying is not creating a positive experience either and one not likely to lead to repeat business.

With respect to this test - of will power, I can't help wondering if there's a tipping point of sorts when the consumer/watcher/listener becomes less interested/more antagonistic to the message and by association, perhaps even less tolerant of the medium. Not that one can, generally speaking, blame the messenger, but when under the constant barrage of repetition, which in this instance I was forced to endure ("on demand" disables the fast-forward function so it forces you to sit and squirm), you want to blame someone, anyone. Too much of a good thing is not, after awhile, a good thing; and I'm being kind in my characterization.

Having seen the same commercial for what seemed like a dozen times, over a condensed period of time, during nearly every commercial break, I can't imagine how I could place my head on this pillow and not see this man from Minnesota, his warehouse staff, and most disturbingly, his presence when I open my medicine cabinet. Sleep? Hardly. More like shock and not awe as I lay my head down to rest. Visions of sugar plum fairies or sheep prancing over a fence I'm accustomed to, but a man with a moustache telling me what he knew he would about my reaction to his pillow, I can't quite abide.

Relax? More like reacts. Presumably if the message, messenger or medium is somehow disturbing in its consumer/market penetration; rather than being clear, concise and effective, all that was hoped to have been gained is lost in the muddle. And precious dollars wasted in the process. I imagine the question becomes: How much is too much, and how much is not enough? (Other than sports and chocolate, I wouldn't know.)

All I know is what my reaction has been to seeing and hearing endless (or so it seemed) repetition: almost visceral. I'm sort of angry and put upon for having had to listen so much to learn so little. And though I can certainly appreciate its context and presumptive strategy, I still can't help feeling like a victim of sorts; the cost of doing business, I suppose. I understand that watching what I want requires watching some of what I don't want; it's a trade. A trade I can balance except when what I don't want to watch has a stronger/more negative impact on me than

does the programming I want to watch. Remember the goal is to capture my attention, not abuse it.

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

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