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# Burke CONNECTION

## Lake Braddock Secondary Hosts FanQuest

NEWS, PAGE 12

Public Safety  
Heroes Honored

NEWS, PAGE 2

‘Nevertheless,  
She Persisted’

NEWS, PAGE 11





# Public Safety Heroes Honored

40<sup>th</sup> annual event held March 9 at the Hilton McLean Tysons Corner.

The 40<sup>th</sup> annual Valor Awards was held on Friday, March 9, at the Hilton McLean Tysons Corner honoring men and women who have shown valor, courage, and service to others. Every year the Northern Virginia Chamber of Commerce pays tribute to public safety employees in the Fairfax County Police Department, Fire & Rescue Departments, Sheriff's Office, and Herndon and Vienna Police Departments for their exceptional bravery.

Honored guests included elected officials U.S. Rep. Gerry Connolly (D-11), U.S. Rep. Barbara Comstock (R-10), Fairfax County Board of Supervisors Chairman Sharon Bulova, Supervisors John Foust (Dranesville), Jeff McKay (Lee), Pat Herrity (Springfield), John Cook (Braddock), Kathy Smith (Sully), and Dan Storck (Mt. Vernon). Chaplain Jerrold Foltz gave the benediction.

The Gold Sponsors were INOVA Health Systems, Transurban, United Bank, Visit Fairfax of Fairfax County, and Volkswagen Group of America. The Silver Sponsors were Macerich and Motorola. The Bronze Sponsors were Dominion, Fair Oaks Mall, and Sandy Spring Bank.

Chris Lawrence, News Anchor at NBC4, was the emcee, and the event was recorded in the official Congressional Record.

— STEVE HIBBARD



**Pilot Garrett G. Wymer receives his Valor Award from Ed Roessler Jr., Chief, Fairfax County Police Department.**

## Silver Medal of Valor Recipients

Pilot Garrett Wymer, MPO Douglas Middlebrooks, and PFC Ali Sepehri are awarded the Silver Medal of Valor for their actions involving a helicopter crash. During the civil unrest that broke out in the City of Charlottesville. The crew quickly assessed their landing options and MPO Middlebrooks and PFC Sepehri hiked ap-



**Members of Fairfax County's Urban Search & Rescue Team, Virginia Task Force 1**

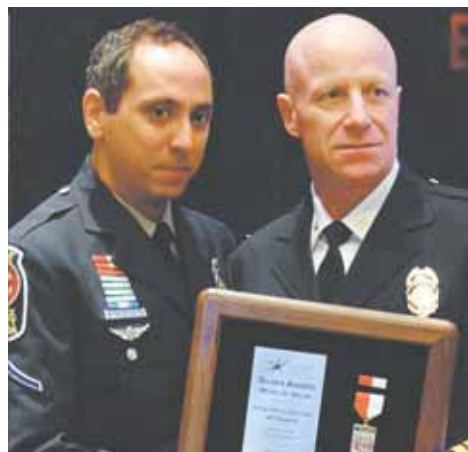
## Gold Medal of Valor Recipients

Fairfax County's Urban Search & Rescue team, Virginia Task Force 1 is awarded the Gold Medal of Valor. In the effort to save lives and alleviate suffering, Fairfax County's Urban Search & Rescue team, Virginia Task Force 1 was deployed to San Juan, Puerto Rico which had sustained extensive damage from Hurricane Irma only days prior to the arrival of Hurricane Maria. Upon arrival, the team immediately established a base of operations and conducted search and rescue operations in the Virgin Islands. While conducting lifesaving and humanitarian aid missions in Puerto Rico,

Hurricane Maria formed as a Category 5 hurricane taking direct aim at San Juan. Even with the threat of the oncoming hurricane, the team continued their search and rescue operations on the Virgin Islands.

The team endured the assault of Hurricane Maria for 24 hours only to continue the search and rescue after the storm had passed.

The members of VATF-1 acted without regard to their personal safety under extremely hazardous conditions. They demonstrated courage, dedication, and determination.



**Police Officer First Class Ali Sepehri receives his Valor Award from Ed Roessler Jr., Chief, Fairfax County Police Department.**



**Master Police Officer Douglas E. Middlebrooks receives his Valor Award from Ed Roessler Jr., Chief, Fairfax County Police Department.**

ers at the scene. Without regard for their own personal safety, the crew of Fairfax 1 landed in an unfamiliar location without ground support in order to render immediate high level medical care to fallen officers. Pilot Wymer, MPO Middlebrooks, and PFC Sepehri demonstrated exemplary courage, composure, and compassion during an incident involving extreme personal risk.

## Silver Medal of Valor



**Officer Isa L. Martin receives his Silver Medal of Valor from Ed Roessler Jr., Chief, Fairfax County Police Department.**

Officer Isa Martin is awarded the Silver Medal of Valor for his bravery and quick actions when he arrived early to work and observed a man attempting to breach the station's secure fences. Officer Martin drew his off-duty weapon while simultaneously issuing verbal challenges to the driver. With the help with another officer who arrived on the scene, they secured the subject without further incident. Despite his status as a new officer, Officer Martin handled this violent subject with both extreme professionalism and restraint.



**Second Lieutenant Michael D. Gubesch receives his Silver Medal of Valor Award from Ed Roessler Jr., Chief, Fairfax County Police Department.**

Second Lieutenant Michael Gubesch is awarded the Silver Medal of Valor for his brave actions in halting a dangerous pursuit. Faced with a dangerous criminal that clearly had no intent to stop, Second Lieutenant Gubesch made a critical decision to end the pursuit before more lives could be put in harm's way. He used his patrol vehicle to execute a perfectly timed Precision Immobilization Technique (PIT) that spun the vehicle around on the road. The subject brazenly continued to try and escape but was stopped by the quick thinking and decisive actions fellow officers on the scene. Potentially placing himself in harm's way, Second Lieutenant Gubesch executed sound judgment in a tense situation, ending with a successful conclusion.

SEE VALOR AWARDS, PAGE 15



## 2018 Student Peace Awards

**Students from 23 Fairfax County schools recognized for promoting peace and conflict resolution.**

BY STEVE HIBBARD  
THE CONNECTION

**S**tudents from 23 Fairfax County Public Schools were named recipients of the 2018 Student Peace Awards of Fairfax County, which were handed out in a reception held Sunday, March 11, at the Sherwood Community Center in Fairfax.

Since 2006, the awards have recognized youth who introduce programs in their schools on many different issues that promote peace and conflict resolution throughout the county. In the 2017-2018 school year, the recipients each received \$200, plus another \$100 to be given to any nonprofit organization of his or her choice.

"It's an honor to be here to help recognize you today for your outstanding work to promote peace throughout Fairfax County and beyond. Your areas of focus cover a wide range of topics and methods, but all unite in one common goal, and that is to encourage and to strengthen peace and unity among all of us," said Sharon Bulova, Board of Supervisors chairman. "In Fairfax County, we consider our diversity to be our greatest asset. It is what makes us special."

Special guests included Bulova; U.S. Rep Gerry Connolly (D-11); state Del. Ken Plum (D-36); School Board Member Ilryong Moon; School Board Chair Jane Strauss; School Board Member Ryan McElveen; and Guest Speaker Janessa Gans Wilder, founder and CEO of the Euphrates Institute, who flew in from California for the event. The host and organizer was Margaret Fisher.

Sarah Osman, 18, of Lorton, a senior at King Abdullah Academy, worked with "RefAmerica," which welcomed high school Syrian refugees who recently moved here. "As American high school students, we got to interact with each other and understand one another's cultures," she said. "We actually got to go to Congress and speak to congressional leaders on the matter of welcoming Syrian refugees into our country. I spoke about the plight of the history and how welcoming them into this country keeps the Pilgrim's legacy alive because the Pilgrims of 1620 came into this country in hopes of starting a brand new land where there would be freedom of speech and religion."

Alvin Kim, 17, of Annandale, who attends Annandale High School, worked with NAKASEC – The National Korean and American Service and Education Consortium. "I lobbied and worked towards immigrant rights and immigrant opportunities and also helping to improve the community around Annandale," he said. "I did stuff



**Annandale High School: Nahom Dagnachew, Dongun Kim, Victor Nguyen, and Kaa-lok Yap were honored for their work in defense of DACA, the Deferred Action for Childhood Arrivals program. They are with U.S. Rep Gerry Connolly (D-11) and state Del. Ken Plum (D-36).**



**Lake Braddock Secondary School: Zahra Alisa was honored for her work with the Fairfax County Student Human Rights Commission's fair housing committee and mental health project. She is with U.S. Rep Gerry Connolly (D-11).**

### Hayfield Secondary School

Carmen Mazyck is a founding member and past communications chair of the Hayfield Black Student Union (HBSU). She also established and designed the organization's logo and motto: Educate, Serve, and Inspire.

As its current president, Carmen has arranged for guest speakers at monthly meetings, including civil rights activist and Freedom Rider, Joan Trumpauer Mulholland. Carmen also led the club's efforts to provide gifts for 40 "angels" on the Salvation Army Christmas Tree. Additionally, she coordinated other service projects including Project Giveback (a food drive) at Thanksgiving, a day of service at Hayfield Secondary School on MLK Day, and educational trips to the Smithsonian's National Museum of African American History and Culture.

like protesting for DACA, which was an Executive Order by President Obama back in 2012, and I also went to our U.S. senators such as Mark Warner and Tim Kaine to ask for their help in our cause .... We went

PHOTOS BY STEVE HIBBARD/THE CONNECTION



**Robinson Secondary School: Faraz Zia was honored for establishing Project NNZIA, a business venture in which 20 percent of all profits from clothing sales go towards the Edhi Foundation in Pakistan that helps the needy. He is with U.S. Rep Gerry Connolly (D-11).**

Carmen organized her school's first student minority panel, comprised of members of different races, religions, and cultures. Muslim students on the panel spoke about the emphasis on education in their homes. Another student shared his experiences of living in an interracial family while others emphasized how colorism caused division in marriages and relationships. Most of the 50 students who attended found the conversation valuable and said they felt comfortable discussing these often-difficult topics not generally presented in the classroom.

Carmen summarizes her efforts by saying, "There cannot be peace until we learn how to embrace and celebrate our unique differences and blended cultures. Only then can we better serve our communities and inspire others to do the same."

around our school and our neighborhoods asking for petition signatures so that our representatives, both senators and House members, that they know that we care and that it is important to us that these needs



**Hayfield Secondary School: Carmen Mazyck was honored for arranging guest speakers for the school's Black Student Union group and organizing a minority student panel. She is with U.S. Rep Gerry Connolly (D-11).**



**Woodson High School: Yousof Omeish was honored for founding his school's Muslim Student Association that has fostered increased tolerance and understanding while presenting facts on Islam and dispelling misinformation. He is the third member of his family to receive a Student Peace Award. Pictured with U.S. Rep Gerry Connolly (D-11) and state Del. Ken Plum (D-36).**

are met."

Nahom Dagnachew, 16, of Springfield, who attends Annandale High School, works with NAKASEC to promote immigrant rights. "When DACA was repealed, we did a lot of actions and sit-ins in Congress in order to promote DACA. In the last Virginia election, we also did a lot of voting promotion. We're trying to get the voter turnout high. We managed to increase Asian turnout by 195 percent for the 2017 Virginia election. Right now, we're working on getting a clean Dream Act approved," he said.





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## News

# Advocates Praise Sheriff's End to ICE Contract

Sheriff will no longer hold detainees for extra time.

BY KEN MOORE  
THE CONNECTION

The "Sheriff's Office will no longer hold inmates past their release date unless an ICE administrative request to detain the inmate is accompanied by a criminal detainer issued by a court," according to Fairfax County Sheriff Stacey A. Kincaid.

Kincaid informed Immigration and Customs Enforcement (ICE) in late January that the Sheriff's Office will officially terminate its intergovernmental service agreement (IGSA) with ICE on May 23, 2018, following the required 120-days notice.

"We intend to comply with all federal obligations as they pertain to ICE. ... We found it expedient to no longer have an agreement that required us to extend our resources beyond these obligations," according to Kincaid.

**"In Judaism, we are commanded to welcome the stranger and treat him or her as our own."**

— Rabbi Jeffrey Saxe

ADVOCATES EXPRESSED support for Kincaid's decision at the next available public comment period before the Board of Supervisors on Feb. 20.

Elizabeth Benson, a member of Fairfax for All Coalition, said: "The cancellation of the agreement was fought for over the course of a year."

"We appreciate the stance taken by the sheriff to cancel the IGSA and how this is a vital step in Fairfax County towards protecting our communities and recognizing that we are an integral part of this county," said Michelle Larue.

"I urge every member of the Board of Supervisors to strongly and publicly support Sheriff Kincaid's termination of Fairfax County's IGSA agreement with ICE," said Penny Anderson. "She should be applauded not vilified for doing so."

BUT IMMIGRANTS WHO LIVE in Fairfax County also live in constant fear of law enforcement and immigration agents, said Anderson.

They also fear becoming active members in the political process, educational process and in the community, said Larue.

"If I stand idly by and watch or hear about families being torn apart, people avoiding sending children to school, people afraid of getting health care they need, and the examples are endless, then I am complicit in this travesty," said Anderson, a member of ACLU's People Power.

Rabbi Jeffrey Saxe of Temple Rodef Shalom said: "Every faith tradition has its own particular ways of addressing the need to be welcoming to those who come into the community. In Judaism, we are commanded to welcome the stranger and treat him or

her as our own," he said.

He told his family's history, relating that his grandparents escaped Hitler and Nazi Germany in 1938. They married two days after their arrival in America, with only four people present at the wedding.

"They were able to build good lives for themselves, not just because of their own strength, but because of the support of others in the community, people who didn't know them but wanted to help," said Saxe.

"I wonder what would have happened to them if they would have come into this country today," he said.

WORK NEEDS TO CONTINUE, the advocates said, for the county to adopt policies to "secure equal justice for all residents of Fairfax County regardless of immigration status," said Benson. "Our coalition has made additional suggestions about how to cement these protections in policies."

The political environment has changed with the current administration, said Larue, which has allowed ICE "expanded enforcement efforts which only serves to generate fear in our communities and actually undermines public safety in our county."

"Now it's time for the county to also take concrete steps in protecting our community and not collaborating with ICE," said Larue.

SEVEN SUPERVISORS raised their hands when Benson asked if they supported the termination agreement, with the exception of Braddock Supervisor John Cook and Springfield Supervisor Pat Herrity. (Providence Supervisor Linda Smyth was not present during the informal tally.)

"It was the sheriff's decision not the Board of Supervisors. I think she did the right thing," said Bulova. "Fairfax County is a very diverse community and we value our immigrant community in Fairfax County and we also keep our community safe through community policing."

According to Kincaid's statement, the Sheriff's Office will continue to cooperate with ICE, as it does with other local, state and federal authorities.

Bulova said the sheriff's action would not put the community at risk. She also urged people to stay involved in reporting crimes and when they are victims of crime.

"While I may disagree with you on your first two points, I very emphatically agree with you on the last one," said Herrity, following Bulova's remarks. "Our police don't do immigration enforcement, they never have."

His remark drew scoffs.

"I would encourage you to change that opinion," Herrity said.



Rabbi Jeffrey Saxe



## News



PHOTOS CONTRIBUTED

The girls came up with several ideas of how they wanted to make the community a safer place to live.



The girls created something simple to slip on and off that would serve as a reminder to "Just Keep Driving!"

## Burke Girl Scouts Promote Safe Driving

On Wednesday, Feb. 28, Girl Scout Troop 3928, from Burke handed out free homemade "phone bracelets" at the Giant in the Huntsman Square Shopping Mall. Distributing the phone bracelets and educating the public about the dangers of distracted driving is part of the girls' journey toward earning the Girl Scout Bronze Award, the highest honor a Junior Girl Scout can achieve.

The bracelets were homemade with one side decorated by the girls to wear on your wrist. Then, when driving, the bracelets can be flipped around to the side with the slogan and used to cover up the screen of a cell phone to help keep the driver from looking at it and getting distracted.

The girls came up with several ideas of how they wanted to make the community a safer place to live and ended up agreeing that one of the biggest problems we face in today's society is texting and driving—not only with teenage drivers, but in drivers of every age. As part of their research, they discovered some alarming statistics, including the fact that texting and driving kills thousands of people in the US every year. The girls created something simple to slip on and off that would serve as a reminder to "Just Keep Driving!"

Girl Scout Troop 3928 includes 3 leaders and 14 fifth grade girls from elementary schools in the Burke area.



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## Successes in the State Legislature

BY SCOTT SUROVELL  
STATE SENATOR (D-36)

Last week brought an end to the regular 2018 session of the General Assembly. Once again, I had some significant successes. The legislature sent 13 of my 61 bills to Governor Northam for his signature. Legislators continued 15 to 2019 for studies and referred several to agencies for administrative consideration.

While several of my budget amendments were included in the Senate budget, including funding the first staff at brand new Widewater State Park in Stafford, we unfortunately adjourned without adopting a biennial budget due to the Senate Republican Caucus's refusal to include Medicaid expansion into their budget. Budget discussions have completely stalled out and Governor Northam will call us into special session at some point in the next two months.

This week, my amendment to a delegate's bill to prohibit operating a moving motor vehicle while drivers have a phone in their hand died after passing the Senate 29-

11. Due to fiscal impacts of amendments loaded onto the bill requiring a racial profiling study, opponents were able to push the bill into a conference committee where it died. Car accidents and deaths are on the rise nationally and in Virginia due to distracted driving and this would have saved lives. I will try again next year.

I am especially proud of successful legislation that I carried with a companion bill by House Appropriations Committee Chairman Chris Jones providing compensation to four men who were wrongfully convicted of rape after being coerced into false confessions by a corrupt Norfolk detective currently in federal prison. The four former sailors, known as "The Norfolk Four," spent between eight to 12 years in jail and another eight-plus years out of jail on the Sex Offender Registry. The legislation authorizes the state to compensate them \$3.5 million if the City of Norfolk at least matches that amount. Convicting the innocent is bad enough, but it is especially wrongful if it is achieved



through intentional law enforcement misconduct.

The legislature also approved a bill to provide a \$154 million dedicated funding stream for Metro. This money will now need to be matched

by Maryland and the District of Columbia, but it is desperately needed to make up for 20 years of funding neglect. Metro funding is good news, but I am very disturbed that the Senate's proposal to increase the Northern Virginia hotel tax and grantor's tax (the tax on home sales) was omitted. Because of this, an additional \$50 million per year will be diverted from the Northern Virginia Transportation Authority (NVTA). This means that those NVTA funds may not be available for U.S. 1 improvements in Fairfax and Prince William counties. I will urge Governor Northam to amend the bill.

Last week, I met with several state officials. First, I met with Virginia Department of Transportation (VDOT) officials to address the pending U.S. 1 widening between Fort Belvoir and Hybla Valley. You can read an update in my

online newsletter at [scottsurovell.blogspot.com](http://scottsurovell.blogspot.com). I also met with VDOT about granting them authority to regulate large signs on our interstates to avoid the debacle last week when some I-95 lanes were shut down for three days by a Potomac Mills' 140-foot sign that fell down.

I also met with state economic development officials to discuss Virginia's designation of areas to be included in the federal Opportunity Zone Program, which would incentivize redevelopment in low-income or high-unemployment areas.

Prince William County has refused to share their submission to the state with me and Fairfax County prioritized the Amazon site in Herndon over U.S. 1 although I am not aware of any low-income areas around the Amazon site. I hope to provide persuasive information to the state about the 36<sup>th</sup> District's U.S. 1 Corridor, a designation that could yield significant benefit to this highway's future.

Please let me know if you have any feedback on this session at [scottsurovell@gmail.com](mailto:scottsurovell@gmail.com). It is an honor to serve as your state senator.

### LETTERS TO THE EDITOR

#### Keeping Kids Safe

To the Editor:

Thank you for your excellent work, Connection! I was happy to see approximately half of the March 7-13 issue of the Oak Hill / Herndon Connection devoted to the conversation on keeping kids safe from shootings.

A law to restrict purchasing of guns to one per month only was passed in 1993 in Virginia, and

then repealed in 2013. Statistics about gun violence at the time showed that having that particular law on the books prevented so much tragedy. Statistics show that gun violence went back up when the law was repealed; gun traffickers take advantage of Virginia's weaker gun laws and illegally traffic guns to other states.

I did a small amount of research

on the one-handgun a month law, and I understand it was repealed, but this legislation needs to be revisited.

I was also surprised to learn about Virginia Law SB 288 - a common sense law that was going to require citizens who legally own guns to report if their gun was stolen or transferred.

This law failed in committee and

was never voted on. It's a common sense gun law, I can't understand how something so simple could not even go to a vote in the Senate?

We need to enact common-sense laws that protect our nation's children.

**Jodi Beatty**  
Herndon

#### Costs and Benefits of Arming the Teachers

To the Editor:

The lead editorial by Monte F. Bourjaily, IV ("No Guns in the Classroom," Connection March 7-13, 2018) warns of many ills that would attend the arming of school personnel. Whether that is a good idea or not, it bears consideration that hundreds of U.S. school districts have done so for some years, apparently without untoward consequence (at least so far), as detailed by a recent New York Times news article (available at <http://nyti.ms/2oLEem0>). That experience should not be overlooked in forming a necessarily probabilistic judgment as to whether the benefits (such as more rapid re-

sponse to active shooters and general deterrence) are likely to outweigh the costs (such as the potential for accidental shootings and general unease). As for the supposed "gag rule," the Dickey Amendment does not prohibit research into the effects of gun violence, only CDC advocacy for gun control, reading in relevant part: "none of the funds made available for injury prevention and control at the Centers for Disease Control and Prevention (CDC) may be used to advocate or promote gun control" (available at <http://bit.ly/22zCqKD>, pdf page 245).

**Griselda Farthing**  
Great Falls

### Write, Respond, React

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

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# Spring 2018 HomeLifeStyle

The 85th Historic Garden Week in Virginia includes tours of homes and gardens in Great Falls, McLean and Vienna hosted by the Garden Club of Fairfax on Tuesday, April 24, 2018. The featured historic home was once the Hunting Lodge for Lord Fairfax for whom Fairfax County is named, a privately owned home, beautifully preserved and not often open to the public, dating to the mid 1700s. One garden is designed like a quilt because the owner of this historic house is a world renown quilter. [fairfax@vagardenweek.org](mailto:fairfax@vagardenweek.org) for tickets. [www.vagardenweek.org](http://www.vagardenweek.org)

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PHOTO BY DONNA MOULTON/FAIRFAX GARDEN CLUB

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# 85th Virginia Historic Garden Week in April

**M**ark your calendar for Tuesday, April 24, 2018, as the Garden Club of Fairfax invites you to this year's Historic Garden Week Tour in Great Falls, McLean and Vienna.

Experience 250 years of history in the once agricultural hills of northern Fairfax County. In Great Falls is the William Gunnell home built in 1750 as a hunting lodge for Lord Fairfax. Stroll through a quilt garden designed by the current owner, a well-known quilter, and enjoy carefully tended fruit and vegetable gardens as well as landscaped vistas.

In the historic town of Vienna, explore an 1892 home built on the grounds of the Grange Camp and a charming cottage designed by a couple as a "sensible home" to retire-in-place.

A transitional executive home with a waterfall garden is showcased in McLean.

Tour headquarters are at Meadowlark Botanical Gardens, 9750 Meadowlark Gardens Court, Vienna, where admission and refreshments are included.

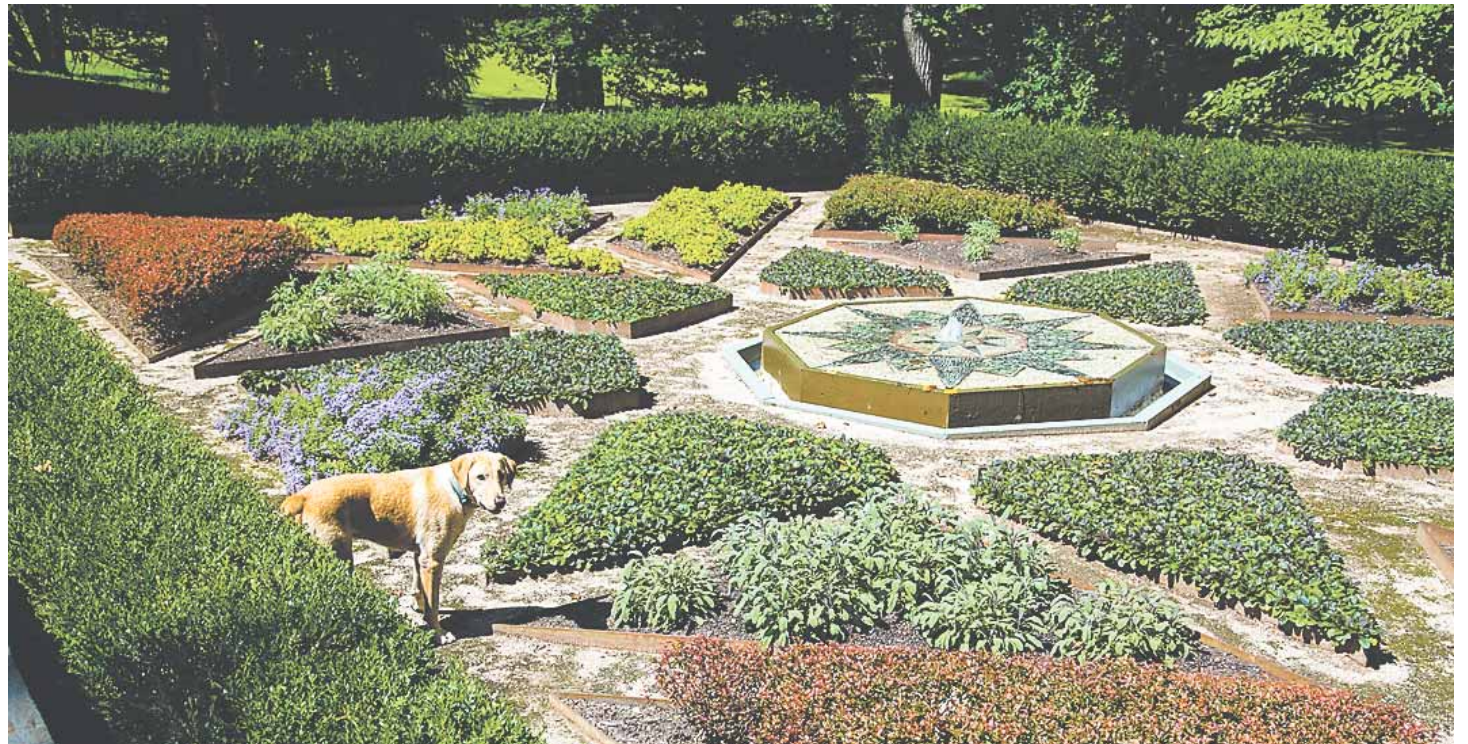
Access to William Gunnell House is only by shuttle bus. Pick-up and drop-off at Great Falls Library, 9830 Georgetown Pike, Great Falls. Tickets available at the Library.

As part of the Garden Club of Virginia's 85th Historic Garden Week, this tour will be one of thirty statewide tours held April 21-28, 2018 featuring nearly 200 of Virginia's most picturesque gardens and private homes.

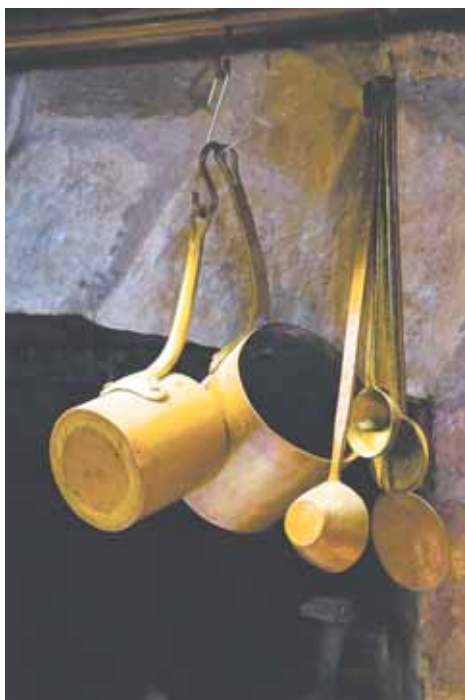
Proceeds from the event fund the restoration and preservation of more than 40 of Virginia's historic public gardens and landscapes, a research fellowship program, and a new partnership with the Virginia State Parks. Iconic landmarks such as Mount Vernon, the Pavilion Gardens at the University of Virginia and the Woodrow Wilson Presidential Library have been restored to their original splendor due to the hard work of thousands of volunteers, the generosity of countless home and garden owners, and the nearly 30,000 visitors from around the world who have enjoyed the tours.

For more information about the tour and to buy tickets online, go to [www.vagardenweek.org](http://www.vagardenweek.org). The statewide schedule for Historic Garden Week is also listed. Advance Tickets: \$40 per person online or by mail before April 17. Send a self-addressed stamped envelope and check made out to The Garden Club of Fairfax to Marty Whipple, 11508 Yates Ford Road, Fairfax Station, VA 22039. (703) 978-4130 or [Fairfax@vagardenweek.org](mailto:Fairfax@vagardenweek.org) for questions. \$50 day of tour.

**WILLIAM GUNNELL HOUSE**, Innsbruck Avenue, Great Falls The original home is a hall-and-parlor structure built in 1750 on 12,588 acres owned by Thomas, sixth Lord Fairfax, for whom the county is named. The now 10-acre property includes a large farm pond, Virginia's fifth oldest measured hemlock, boxwood lined paths, flower, fruit, vegetable and herb gardens, and grape and



**The 85th Historic Garden Week in Virginia includes tours of homes and gardens around Virginia, as well as in Great Falls, McLean and Vienna hosted by the Garden Club of Fairfax on Tuesday, April 24, 2018. The featured historic home was once the Hunting Lodge for Lord Fairfax for whom Fairfax County is named, a privately owned home, beautifully preserved and not often open to the public, dating to the mid 1700s. This garden is designed like a quilt because the owner of this historic house is a world renown quilter. [fairfax@vagardenweek.org](mailto:fairfax@vagardenweek.org) for tickets. [www.vagardenweek.org](http://www.vagardenweek.org)**



**Details from the William Gunnell home in Great Falls built in 1750 as a hunting lodge for Lord Fairfax.**

rose arbors. Accessible only by shuttle bus.

**MONTVALE WAY, McLEAN** Located within a 255-acre wooded community of 166 homes in McLean, known as "The Reserve," this two-level executive style home was built in 2001 by one of the premiere builders in Northern Virginia. A sunroom is the perfect spot to enjoy the backyard koi pond and extensive landscaping.

**THE GRANGE CAMP**, Redwood Drive, Vienna The exterior front of this Folk Victorian home with a Federalist front porch is

essentially unchanged from its 1892 appearance. Alexander Wedderburn, a successful printer and publisher in Alexandria, purchased the property and built a summer home on 42 acres previously owned by the post-Civil War Grange movement and used for annual summer fairs. Mature trees provide shade and privacy to enjoy an array of flowering shrubs and specimen trees on the 1.7 acre property.

**CENTER STREET NORTH**, Vienna. Custom built, 2011 modern Cape Cod cottage in historic Vienna. As the owner of REfind,

a Vienna boutique, the homeowner mixes vintage with fresh accessories throughout.

More than 2,300 fabulous arrangements, using greenery and flowers grown in members' own gardens, will decorate the featured homes on this year's tours.

## Great Falls, McLean, Vienna House & Garden Tour

Tuesday, April 24, 2018, 10-4 p.m.  
Hosted by the Garden Club of Fairfax,  
Contact: Claudia Lewis, Garden Club of Fairfax PR  
[Fairfax10618@verizon.net](mailto:Fairfax10618@verizon.net) or  
[fairfax@vagardenweek.org](mailto:fairfax@vagardenweek.org) for tickets.  
[www.vagardenweek.org](http://www.vagardenweek.org)



# Open Floorplan Enhances Home

By JOHN BYRD

When does a house become dated? The answer may be subjective, but 60 years is a long time in the life of a kitchen. When an older home becomes antiquated, it's time for inspired thinking.

Such are the personal revelations driving many a sweeping makeover, says David Foster, president of Foster Remodeling Solutions, and the professional whose design team rehabilitated the 1,200 square foot north Arlington rambler being featured in an open house Saturday, March 24 from 11 a.m. to 2 p.m.

The three-bedroom circa 1950s brick rambler has been owned by Chris and Megan Tighe since 2009. To make the house more suitable for a family that includes a school-age daughter, the remodeling entailed joining two small rooms (kitchen and dining room) and incorporating the footprint of a rear-facing sunroom.

The new 350-square-foot suite is configured as an open floor plan that includes a gourmet kitchen, family dining zone and mudroom.

Meanwhile, the suite's eye-catching transitional-style interior is enhanced by a custom-designed food prep island, built-ins and a stunning view of a leafy backyard brimming with mature trees.

To augment available light, a 10-foot-by-6-foot window wall, insulated with Argon-filled double ply glass, provides a spot-on view of the Tighe family garden.

"We learned early on that an open house can help neighbors find ideas for improving their own homes," says Foster. "People can see for themselves what design styles are being introduced, and what technologies are proving practical, even life-enhancing."

Visitors searching for direct professional input, on the other hand, are free to explore ideas with Dory Clemens, the Foster designer who executed the Tighe makeover.

"This is an exceptional transformation," said Clemens pointing to the many original built-ins and distinctive interior elevations. "The ideas implemented here respond to a broad range of owner requirements, yet colors and textures work together to create a warmly habitable living space."

Looking back, Chris Tighe says

he and wife, Megan, started thinking about remodeling not long after moving into the house nine years ago.

"A childhood friend with an architectural background initially helped us sketch out some perspectives on a CADD system," Tighe said. "We routinely discussed ways we might make the new house feel larger, more functional and more personal."

The Tighes learned about Foster Remodeling from neighbors, and decided to set up a meeting. "I showed our drawings to Dory and she immediately began pointing out options that improved the plans in ways I hadn't even considered," Chris Tighe said. "This quickly became a very productive process for the whole family."

Owing to limited space, persons interested in attending the open house should call 703-550-1371 and ask for the address; or RSVP online at <https://www.fosterremodeling.com/resources/free-educational-seminars/>

John Byrd has been writing about home improvement for 30 years. He can be reached @ 703/715-8006, [www.HomeFrontsNews.com](http://www.HomeFrontsNews.com) or [byrdmatx@gmail.com](mailto:byrdmatx@gmail.com)

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## Improving Functionality

Designer must-haves for building a dream kitchen.

BY MARILYN CAMPBELL  
THE CONNECTION

From a Sub Zero refrigerator and Bosch dishwasher hidden behind an oak cabinet front to a backsplash and center island covered with slabs of marble, the options for creating a dream kitchen can seem endless, say local designers, but they are also very personal.

"A seldom used \$15,000 La Cornue stove which might impress friends may define one person's idea of a dream kitchen, while the definition of a dream kitchen for another person might include a more practical approach to form and function," said interior designer Joseph Van Goethem. "For example, my wife is an excellent cook, so her dream kitchen is all about spices, dishes and cookbooks."

Hand-painted Italian tile used for the backsplash was one of the luxuries that Van Goethem incorporated into the design of his own kitchen in McLean. "It infuses the kitchen with color and visual interest beneath the cabinetry. We chose a Silestone countertop over neutral stone for its durability, stain resistance and ease of maintenance."

For counters toppings, quartz and butcher block are two materials that interior designer Carolyn Elleman says are at the top of her list. Strong and durable, butcher block is made by connecting long wooden boards. Maple and cherry wood are two of the most popular materials for such countertops.

"As natural stone or granite seems to be not used as much, we have seen a spike in the use of quartz and butcher block," said Elleman, who is an interiors specialist at Case Design/Remodeling, Inc.

A versatile island is a kitchen must-have for Jean P. Freeman, professor of interior design at Marymount University. "The real rave right now in kitchens is something that I introduced to the Pedini [kitchen design



PHOTO BY NICELY DONE KITCHENS AND BATHS

**Waste bin and other drawers are kitchen must-haves, advises Melissa Fielding of Nicely Done Kitchens and Baths.**

firm] eight years ago while designing my own sustainable house in McLean, Va.," she said "It was to have an island with most of the essentials located on it. The idea of having an island with a sink, dishwasher, cook-top and plenty of storage below has been taken by storm."

Such a design technique reduces the need for overhead cabinetry, advises Freeman. "The island idea uses cabinets with only pull-out drawers for dishes, glasses, pots and pans. The drawers are so convenient and easy to organize. There are also drawers within drawers for flatware and other utensils; and with all the counter space, there is room for eating and having extra helpers when preparing meals," she said.



PHOTO BY STACY ZARIN GOLDBERG

**A counter and island tops made from butcher block, like the one in this Alexandria kitchen by Case Design/Remodeling, Inc., is a dream kitchen must-have, says designer Carolyn Elleman.**

Drawers can be made to accommodate refrigeration units and microwaves, advises Freeman. "Even warming ovens are available in drawers," she said. "There are many new and dynamic, convenient and much more interesting options on the market than most people are aware of."

Features that improve functionality top the must-haves list of designer Melissa Fielding of Nicely Done Kitchens and Baths.

"I love tray dividers. They can really revolutionize the kitchen because you can maximize the space for your cook and serve ware," she said. "Another one of my highly recommended items are kitchen drawers because things like that favorite mixing bowl or large pan, come towards you instead of having to reach up to get them."

Keeping trash out of sight is a top priority for Fielding.

"One item that I really feel is a must-have is a waste bin drawer," she said. "Otherwise you have this beautiful kitchen and then you have a wastebasket as an eyesore. With a waste bin drawer near your prep area, you can put in items like onion skin as you're cooking rather than having to walk across the kitchen. They allow a kitchen to be beautiful and functional."

Steam-convection ovens and show-piece ranges that are ornate enough to become the focal point of the kitchen are two desirable kitchen features, suggests Michael Winn of Winn Design + Build. "Steam-convection ovens are a great way to cook," he said. "These are functioning as a second, or even primary, ovens and even replacing microwaves."

Winn also believes in relocating electrical outlets from a kitchen's backsplash to an area under the cabinetry to create a seamless and clean appearance. "This is especially the case with the popularity of slab backsplashes [where the counter continues] up the backsplash," he said.



PHOTO BY STACY ZARIN GOLDBERG

**A large kitchen island, like this one by Case Design Remodeling, Inc., is a must-have for cooks and entertainers, says designer Carolyn Elleman.**



PHOTO BY JOSEPH VAN GOETHEM

**When building his own dream kitchen, interior designer Joseph Van Goethem of McLean, included cabinets for porcelain dinnerware, silver flatware and cookbooks. He also added a backsplash made of hand-painted tile.**



# ‘Nevertheless, She Persisted’

Commission for Women celebrates 2018 honorees at Women’s History Month reception.

BY ANDREA WORKER  
THE CONNECTION

**M**arch is Women’s History Month, and the theme for this year’s celebrations is “Nevertheless, She Persisted,” referring to the now-famous phrase that was part of Republican Senate Majority Leader Mitch McConnell’s rebuke of Democratic Sen. Elizabeth Warren of Massachusetts in February of 2017 after a party-line vote to stop Warren’s speech against the appointment of Sen. Jeff Sessions as the U.S. attorney general.

“Sen. Warren was giving a lengthy speech,” said McConnell at the time. “She had appeared to violate the rule[s]. She was warned ... nevertheless, she persisted.”

Since then, that phrase has become a rallying cry for women’s rights advocates and others around the world, and is a fitting description for the women chosen by the Fairfax County Commission for Women as their 2018 honorees, according to Michelle Mueller, the county’s liaison to the commission, who led the program at the commission’s reception on March 6 at the Government Center.

The women selected as this year’s recipients for recognition by the county “have exemplified that persistence,” said Mueller in her remarks, especially in their work to “fight all forms of discrimination against women.”

❖ **Sheila Coates**, a sixth generation Virginian, Coates has been “persisting” for over four decades. The founder and president of Black Women United for Action since its inception in 1985, Coates has served on the board of the National Council of Women’s Organizations and as a delegate to the National Summit on Africa. She successfully lobbied for a minority-at-large position to the Fairfax County Commission for Women, as well as for the appointment of an African American woman to the board at George Mason University — a first for the institution which she attended and where she studied public administration and political science. Coates continues her work, serving on a number of boards, panels and committees, and advising and educating on women’s rights issues.

❖ **Grace Wolf Cunningham** is serving her fourth term on the Herndon Town Council and is the first Korean American elected official in the Commonwealth of Virginia. Cunningham is an adviser to the Washington Coalition for Comfort Women’s Issues (WCCW). The group’s name comes from the euphemism given to the more than 200,000 women trafficked as sex slaves during World War II by the Japanese military as “comfort” for the fighting troops and was started to call for acknowledgement of, and reparation to these victims. In addition to their founding mission, today, WCCW continues to advocate for the rights of wartime victims and is dedicated to the “eradi-



**From left: Board of Supervisors Chairman Sharon Bulova; honorees Lidia Soto-Harmon, Laura Harris, Grace Cunningham, and Sheila Coates; Hunter Mill District Supervisor Cathy Hudgins; and Michelle Mueller, county liaison to the Commission for Women at the Women’s History Month 2018 Reception.**

cation and prevention of sex crimes.” Cunningham was the driving force behind the installation of the “Peace Garden,” unveiled at the Government Center in 2014, as a memorial to those “Comfort Women” and as a reminder of the need to remain vigilant and continue to fight human trafficking.

❖ **Laura Harris** is another veteran in the fight against discrimination and as a champion for victims of domestic violence. Harris has worked for Fairfax County Juvenile and Domestic Relations Court Services Unit for over 30 years and led the charge to bring county services and resources together in a coordinated response to domestic violence, instrumental in establishing the county Domestic Violence Prevention, Policy and Coordinating Council, as well as the Domestic Action Center. Among her achievements, Harris also helped to start the volunteer “Attorney for the Day Program” which provides pro bono legal services to clients seeking protective orders in domestic violence situations, but who cannot afford attorneys or who face challenges understanding their rights and the legal system.

❖ **Lidia Soto-Harmon**, the CEO of the Girl Scout Council of the Nation’s Capital, believes in developing and supporting future leaders, assuring that all young women have the opportunity to succeed. To that aim, Soto-Harmon works to make sure that no girl or volunteer is excluded from full participation in Girl Scouts because of fi-

nancial difficulties. Adding to her resume of years of activism, Soto-Harmon currently serves as the governance chair for the Meyer Foundation, an organization that “works on pursuing and investing in solutions that build an equitable Greater Washington community in which women of color and economically vulnerable thrive.”

Assisting Michelle Mueller in presenting certificates to the honorees were Fairfax County Board of Supervisors Chairman Sharon Bulova, and Hunter Mill District Supervisor Cathy Hudgins. At the regular Board of Supervisors’ Meeting which followed the reception, Bulova presented a proclamation, accepted on behalf of the Commission for Women by Cunningham, declaring March 2018 as “Women’s History Month, and a time to honor all women who continue to fight and succeed in bringing positive change to the lives of diverse American Women.”

**ACKNOWLEDGING THE WOMEN** who sacrificed in the past to gain the opportunity for women of today to succeed, the reception also included a display of the planned Turning Point Suffragist Memorial, a garden-based memorial to be located within the Occoquan Regional Park in Lorton — once part of the prison grounds where women suffragists were incarcerated.

Executive Director of Turning Point Patricia Wirth was on hand to showcase the drawings of the memorial and remind attendees of the contributions of the women



**From left: Patricia Depew Wirth, executive director of the Turning Point Suffragist Memorial organization, and Herndon Town Council member and Commission for Women 2018 honoree Grace Cunningham in front of the display highlighting the designs for the national memorial planned for suffragists, to be built in the Occoquan Regional Park in Lorton.**

“who came before us.” Wirth says they still haven’t raised all the funds needed to build the national memorial, but declared that regardless of what phase of achievement has been reached by that time, “there’s going to be an unveiling event on Aug. 26, 2020.”

Cunningham vowed to “put pressure on my colleagues to donate to the fundraising efforts for the memorial. We are so fortunate to live in amazing Fairfax County,” said Cunningham, “where we have a woman as our Board of Supervisors chair, a woman chair for the public school board, mayors like Lisa Merkel of Herndon, women serving our area in the state legislature and so many more, unlike many other jurisdictions across our region and the country — and we wouldn’t have this opportunity without these women who sacrificed to get women the right to vote.”

For more about Women’s History Month and the Commission for Women, see [www.fairfaxcounty.gov/cfw](http://www.fairfaxcounty.gov/cfw). The Turning Point Suffragist Memorial Association has a Facebook page and information on [www.suffragistmemorial.org](http://www.suffragistmemorial.org). A public Women’s History Month Celebration is scheduled for Saturday, March 17 from 1:30 – 4:40 p.m. at Thomas Jefferson High School for Science and Technology in Alexandria.

Those interested in attending can RSVP and purchase the \$7 tickets at [www.womens-history-month-2018.eventbrite.com](http://www.womens-history-month-2018.eventbrite.com).





The fans filled the bleachers for the FanQuest at Lake Braddock Secondary School.

# Lake Braddock Secondary Hosts FanQuest

Some 57 students from Robinson, Annandale and Lake Braddock play Special Olympics basketball game, as 1,000 cheer them on.

The bleachers at Lake Braddock Secondary were packed with cheering fans for the first-annual FanQuest basketball game on Friday, March 9, between Lake Braddock, Robinson, and Annandale High Schools. FanQuest is a Special Olympics event where 57 special needs students from three schools played basketball with help from the gen-ed students in front of a crowd of about 1,000 people.

"Special Olympics is a growing organization here in the County and so we want to showcase our students and give them the opportunity to play just like every other athlete," said Heather Finch, Special Ed teacher and coach at Lake Braddock. "It's getting the community involved, letting them know that there's a lot of people here who care about our students with disabilities."

"FanQuest is a wonderful opportunity for our Special Olympians from various schools in the region to get together and play a bas-

ketball game in a high school court with a group of fans to watch," said John Banbury, Principal of Lake Braddock. "I've covered this event many times in various other schools and it's really a remarkable event. You can hear the crowd behind me how excited everybody is to watch them play and I'm excited that this is our very first time and I hope this continues for years to come."

"We're excited to have FanQuest here at Lake Braddock Secondary School to promote inclusion and opportunity for whole school engagement with our unified champion schools in Northern Virginia," said Veronica Jennings, Potomac Region Director with Special Olympics Virginia. "So, this evening is about whole school engagement and to show the community the benefits of unified sports that are going on here between all the schools from Robinson and Annandale High Schools."

The special-ed students were partnered with general-ed students who attend prac-



PHOTOS BY STEVE HIBBARD/THE CONNECTION

FanQuest organizers from Lake Braddock Secondary School.



Christian Coghill, 16, of Lake Braddock does a layup.



P.E. teacher Gail Patton sings the "Star Spangled Banner."

tices and who assisted them in playing the game. The opening ceremony included cheerleaders from Special Olympics Area 26 performing. For half-time, there were performances from the Jump Roping Lions and dance teams. In the hallway, there was a Tailgate Party set up with booths from clubs and organizations. The emcees were two administrators: Tony DiBari and Bret Garner.

The event was put together with the support of Special Olympics of Virginia, the Lake Braddock PTSA and Student Government, Peer Helping Club, DECA, Athletic Boosters, and members of the football and baseball teams. "This is our first year. We hope to make this an annual event and continue it next year," said Finch.

— STEVE HIBBARD



The FanQuest team at Lake Braddock Secondary.



Team NOVA Special Olympics Cheerleading Squad.





**Pictured are:(bottom) David Solomon (LBSS); (standing, from left) Bobby Seigle (Coach), Will Vetter (Westfield), Brady Lencz (WTW), Sinneh Bangura (WTW), Mason So (LBSS), Trey Seigle (LBSS), Jamie Kaiser (LBSS), Jordan Condon (Centreville), Tyler Grunzke (SOCO), [standing back] Paul Hopkins (Asst Coach).**

## County League Champions

Burke Basketball eighth grade boys team won the Fairfax County Youth Basketball League's (FCYBL) Division 1 Championship against Vienna 51-46 on Friday, March 9, at Madison HS. The team was led by 6'5 center, FCYBL League MVP and the Russ O'Quinn Tournament MVP, David Solomon (Lake Braddock) with 22 points and 21 rebounds.

The eighth grade boys team is one of 17 select/

travel teams which represent the Burke community in the FCYBL. This is Burke's first ever Division 1 eighth grade title and they finished the season with Burke Boy's records for wins (15), seeding (#2), and points scored (944) in Division 1 — eighth grade. FCYBL comprises 28 youth group organizations in addition to Burke Basketball with teams represented from Arlington, Fairfax and Loudoun Counties.

## 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.

### SOBER-RIDE FOR ST PATRICK'S DAY

**Free Sober Rides.** Saturday, March 17, 4 p.m. through Sunday, March 18, 4 a.m. Area residents, 21 and older, may download Lyft to their phones, then enter a code in the app's "Promo" section to receive a no cost (up to \$15) safe ride home. WRAP's St. Patrick's Day SoberRide promo code will be posted at 2 p.m. on March 17 on [www.SoberRide.com](http://www.SoberRide.com). The SoberRide code is valid for the first 1,500 Lyft users who enter the code.

### 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).

### THURSDAY/MARCH 15

**Lunch N' Life.** Noon-2 p.m. at Jubilee Christian Church, 4650 Shirley Gate Road, Fairfax. Are You 50 or Better? Join the Shepherd's Center of Fairfax-Burke for the next Lunch N' Life: a presentation by the VA Task Force 1, Fairfax

County's – Global Search and Rescue Team. For reservations, call Bea Stephenson at 703-273-5730 by March 9. The cost is \$10; checks payable to SCFB. If transportation is needed, call the SCFB office 703-323-4788. See [www.scfbva.org](http://www.scfbva.org).

### PTA Member Advocacy Event.

7-9 p.m. at Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Fairfax County Council of PTAs hosts an advocacy event with the Fairfax County Board of Supervisors to discuss how the FY2019 county advertised budget impacts students, teachers, school leaders, school support staff, schools, and families. Visit [fcpta.org](http://fcpta.org).

### SATURDAY/MARCH 17

#### Children's Consignment Sale. 8

a.m.-noon at Grace Presbyterian Church, 7434 Bath St., Springfield. Our sale will make it simple for you to shop for all types of infant and children's clothing, toys, furniture and maternity items at amazing affordable prices. Free. Call 703-451-3314 or visit [www.gracepresby.org/preschool](http://www.gracepresby.org/preschool).

#### Teen Job Fair. 1-3 p.m. at South

County High School, 8501 Silverbrook Road, Lorton. Employers will gather, take applications and resumes for part time jobs. Email Michael Pflugrath: [MAPflugrath@fcps.edu](mailto:MAPflugrath@fcps.edu); Deb Boullianne at [DBoullianne@fcps.edu](mailto:DBoullianne@fcps.edu) for more.

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## CALENDAR

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

### ONGOING

**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/)

### THURSDAY/MARCH 15

**Friday Morning Music Club.** Noon-1 p.m. at Old Town Hall, 3999 University Drive, Fairfax. Friday Morning Music Club, Inc. is a community of music lovers and musicians dedicated to promoting classical music throughout the metropolitan area. On the third Thursday of the month they host their performances at Old Town Hall. Free and open to the public. Visit [www.fmmc.org](http://www.fmmc.org).

### THURSDAY-SATURDAY/MARCH 15-17

**Burke Centre Library Spring Sale.** Thursday, 1-9 p.m.; Friday 10 a.m.-6 p.m.; Saturday, 10 a.m.-4 p.m. at Burke Centre Library, 5935 Freds Oak Road, Burke. Friends of the Burke Centre Library Spring used book and media sale with more than 8,000 items. Call 703-249-1520.

### FRIDAY/MARCH 16

**Safeway Ribbon-Cutting.** 10 a.m. at Safeway, Pan Am Shopping Center, 3043 Nutley St., Fairfax. Safeway will unveil extensive renovations with a ribbon-cutting ceremony with elected officials, Safeway executives, and local musicians slated to provide entertainment. Visit [local.safeway.com/safeway/va/fairfax/3043-nutley-st.html](http://local.safeway.com/safeway/va/fairfax/3043-nutley-st.html).

**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.

### SATURDAY/MARCH 17

**Songs of Ireland.** 1 p.m. at Annandale United Methodist Church, 6935 Columbia Pike, Annandale. Fairfax Choral Society presents Harmonious Art: Songs of the Emerald Isle - youth choirs sing songs from Ireland. \$25. FCPS teachers and students free. Call 703-642-3277 or visit [www.fairfaxchoralsociety.org](http://www.fairfaxchoralsociety.org).

**St. Patrick's Day Dinner at Pohick Church.** 6-8 p.m. in the Parish Hall Common Room at Historic Pohick Church, 9301 Richmond Highway, Lorton. The community is invited to a traditional St Patrick's Day Corned Beef and Cabbage Dinner at Historic Pohick Church. This is a fund-raising event to support outreach programs sponsored by the Brotherhood of St. Andrew Men's Group of Pohick Episcopal Church. \$15 for adults, \$40 for a family, and children under 12 are free. Call 703-339-6572 or visit [www.pohick.org](http://www.pohick.org) for tickets.

### SATURDAY-SUNDAY/MARCH 17-18

**SPRINGPEX Stamp Show.** Saturday, 10 a.m.-6 p.m.; Sunday, 11 a.m.-4:30 p.m. in the Cafeteria at Robert E. Lee High School, 6540 Franconia Road, Springfield. Competitive exhibits of philatelic material, philatelic sales bourse of 26 regional stamp dealers, free stamps and materials for young collectors, special show covers and postal cancels commemorate 100th anniversary of US involvement in WWI, and 100th anniversary of U.S. Air Mail. Free admission. Free parking in school parking lot. Email [frazierg@cox.net](mailto:frazierg@cox.net) or visit [www.springfieldstampclub.org](http://www.springfieldstampclub.org).

### SUNDAY/MARCH 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/MARCH 19

**Funday Monday: Drew Blue Shoes Magic.** 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](http://www.fairfaxva.gov/culturalarts).

### TUESDAY/MARCH 20

**Youth Choral Music.** 7 p.m. at Annandale United Methodist Church, 6935 Columbia Pike, Annandale. Fairfax Choral Society presents Poetry of Music. \$10-\$25. Call 703-642-3277 or visit [www.fairfaxchoralsociety.org](http://www.fairfaxchoralsociety.org).



PHOTO BY TIM COBURN OF COBURN PHOTOGRAPHY INC.  
**Hope Spears, BFA, class of 2021.**

## Mason School of Dance Gala Concert

George Mason University's School of Dance presents its 2018 Mason School of Dance Gala Concert, which is the Mason Dance Company's crowning season event. The program features four exceptional works from the contemporary repertoire: Mass by Doug Varone, Within Reach by Yin Yue, Flesh by Iván Pérez, and A Brahms Symphony by Lar Lubovitch. Friday, March 23 and Saturday, March 24, 8 p.m. at George Mason University Center for the Arts, 4373 Mason Pond Drive, Fairfax. \$25 for adults; \$15 for students, staff, and seniors; and \$10 for groups of 10 or more. Visit [cfa.gmu.edu](http://cfa.gmu.edu) for tickets.

### THURSDAY/MARCH 22

**Teacher Basketball Game.** 6:45-8:15 p.m. at Fairfax High School, 3501 Rebel Run, Fairfax. The staff from two different elementary schools will play a basketball game to raise money for charity. \$3. Visit [www2.fcps.edu/MosbyWoodsES/](http://www2.fcps.edu/MosbyWoodsES/) or call 703-937-11600.

### FRIDAY/MARCH 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. Visit [www.fairfaxvfd.com](http://www.fairfaxvfd.com) or call 703-273-3638 for more.

**Family Movie Night: "Despicable Me 3."** 7 p.m. at Sherwood Community Center, 3740 Old Lee Highway, Fairfax. Enjoy a free, family friendly (PG) movie night. An adult must accompany anyone under 14. "Britepaths" Food Drive at Family Fun Nights. Call 703-385-7858.

**The Bonita Lestina Old Town Hall Performance Series.** 8 p.m. at Old Town Hall, 3999 University Drive, Fairfax. Marc Ramirez and Olivia Hajioff form the violin and violin/viola duo Marcolivia. Free and open to the public, first-come, first-served basis. Call 703-385-7858 or visit [www.fairfaxva.gov/culturalarts](http://www.fairfaxva.gov/culturalarts).

### SATURDAY/MARCH 24

**Easter Egg Hunt.** 9 a.m.-noon at Franconia United Methodist Church, 6037 Franconia Road, Alexandria. Come Join FUMC for a free community Easter Egg Hunt with candy, refreshments, and a bake sale. Toddlers (5-7 years old) will hunt first around 9:30. Free. Call 703-971-5151 or visit [franconiaumc.org](http://franconiaumc.org).

**Appraisal Event.** 10 a.m.-12:30 at Sherwood Community Center, 3740 Old Lee Highway, Fairfax. Discover whether it's a true, valuable treasure, or just a nice keepsake. Get verbal appraisals of jewelry, paintings, small furniture, glassware, crystal pieces and favorite knick-knacks. If the item is too large, take a picture of it and bring the photo in. Make sure you capture all the good features of the item, as well as any defects it might have. Admission fee is \$5 and \$5 per item (limit 4). Call 703-273-6090.

**Eggstravaganza.** 1-3 p.m. at Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Jubilee Christian Center is having a free Easter Eggstravaganza with egg rolls, moon bounces, games, and door prizes (at 1:45 and 2:45 p.m.). Call 703-383-1170 or visit [www.jccag.org](http://www.jccag.org).



## Silver Medal of Valor



**Lieutenant Jay Smith receives his Valor Award from Richard Bowers Jr., Chief, Fairfax County Fire & Rescue Department.**

Lieutenant Jay Smith and retired Battalion Chief Tyrone Harrington are awarded the Silver Medal of Valor for their courageous response to house fire of a neighbor. They began to utilize a garden hose to attack the fire in the garage and both personnel had entered the home multiple times in an effort to rescue a trapped child. Lieutenant Smith and Chief Harrington operated without the benefit of a fire hose, breathing apparatus, or protective equipment, putting the rescue of the child before their own personal safety. As fire and rescue units arrived, Lieutenant Smith and Battalion Chief Harrington continued to provide direct assistance and information to the arriving units. Lieutenant Smith and retired Battalion Chief Harrington exhibited extreme courage while drawing upon extensive training and experience to assist their neighbors.



**Battalion Chief (Ret.) Tyrone Harrington receives his Valor Award from Richard Bowers Jr., Chief, Fairfax County Fire & Rescue Department.**

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## "Introspections"



By KENNETH B. LOURIE

According to my oncologist, it's time, way past time in fact (not so much 'fact,' more like his experiences with other cancer patients) that I make more significant changes in my cancer treatment than I have diagnosis to date. What he means, specifically – and what we regularly discuss – is extending the interval of my CT Scan, which currently occurs every three months.

Not so much to minimize the radiation exposure, more so due to my continuing survival. No one's ready to characterize me as "N.E.D.," (no evidence of disease), but neither does it appear, based on the last five years – since I was hospitalized and began my alimta infusions, that my tumors are growing and/or moving; at least not as indicated with any clinical significance.

Nevertheless, the prospect of waiting longer to find out if any tumor action has occurred is unsettling. Currently, given that I am generally asymptomatic, the primary way that I learn if there's been "progression," is by the computerized tomography of my lungs/upper torso. Rarely have symptoms manifested themselves otherwise. And when they have, they've as often indicated nothing as something – and vice versa; meaning, sometimes no symptoms still showed growth. So it's confusing, counter intuitive and contra-indicated, and I'm stuck in the middle.

While maintaining this quarterly scan schedule, I have extended the interval between infusions however: from every three weeks originally to every six weeks now. Which means I've reduced the amount of chemotherapy I receive by 50 percent per quarter. Still the scans have showed "stable." Given that I'm starting my 10th year post diagnosis, perhaps it's time to scan less and live more?

Our concern has been that if the CT Scan continues to be the first real indicator/confirmation that tumor growth has occurred – and if so, presumably different/more aggressive/life-sustaining tactics would need to be employed (immunotherapy comes to print, which I have not yet utilized), why wait through the fourth month to find out? Maybe that month's-long delay in scanning would matter in possibly nipping my tumor growth in the bud?

My oncologist's thinking is that so little change has occurred during the past five years that perhaps it's reasonable to take advantage of my amazing good fortune and extend the interval?

Moreover, with respect to my quality of life, reducing the weeks of stress we experience leading up to the scan, and of course the stress the week after, waiting for results, would enhance our lives; and eliminating that stress and improving the quality of our lives has always been an interest/concern of my oncologist.

And I appreciate his concern for our overall well being; and I would like to have less cancer-related impact on my life but, yes, there's always a 'but.' If I extend the scan interval, I might worry about what's happening in my lungs during the month after I would have already been scanned? What if? I mean, it's not as if we can't go back in time, sort of. We can always restart, re-interval, re-scan, re-everything; so I've been reassured. Why not re-engage more with life and rearrange less because of cancer?

Maybe I've survived nine-plus years with a terminal form of cancer because I'm meant to? Why not leverage my many good results and better manage my cancer commitments? Perhaps it's time to take control of my life and live like I'm not dying? Heck, I've done alright so far. Who's to say I can't do better?

If my oncologist characterizes me as his third miracle, then maybe I should start living more miraculously?

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



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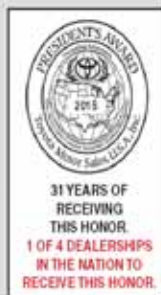
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*Jack Taylor's*  
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