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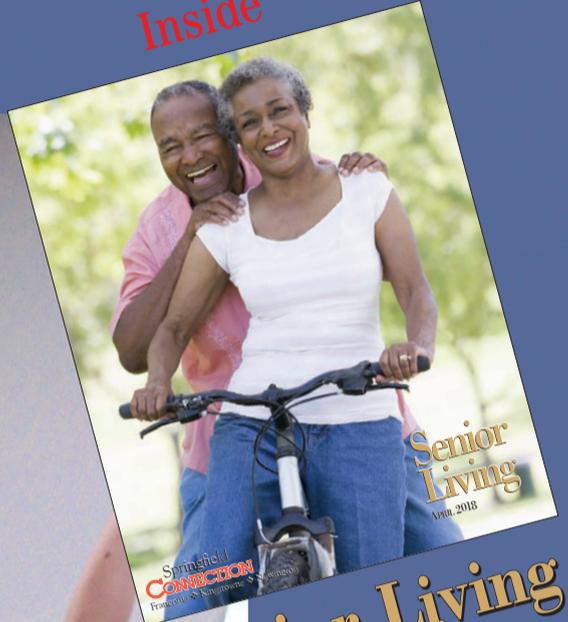
Springfield CONNECTION

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Meg Parker of Sterling does yoga with rabbits during a Bunny Yoga event sponsored by Friends of Rabbits at the Veterinary Holistic Center of Northern Virginia located in Springfield.



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Springfield CONNECTION
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April 2018

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OPINION

Legislators: County Has Authority To Ban Loaded Rifles on Road

The following letter to all members of the Fairfax County Board of Supervisors from members of the General Assembly from Fairfax, urges common sense action on guns; the state legislators say Fairfax County has the authority to ban loaded shotguns and rifles on the roads.

Dear Madam Chairman and Hon. Supervisors: Section 15.2-915.2 of the Code of Virginia gives all local governments in Virginia the authority to ban loaded shotguns and loaded rifles on public highways.

§ 15.2-915.2. Regulation of transportation of a loaded rifle or shotgun.

The governing body of any county or city may by ordinance make it unlawful for any person to transport, possess or carry a loaded shotgun or loaded rifle in any vehicle on any public street, road, or highway within such locality.

A similar ordinance has been enacted in the counties of Fauquier, Loudoun, Madison, Albemarle, Chesterfield, Clarke, James City, King George, New Kent, Northumberland, Surry, Warren and the cities of Alexandria, Fredericksburg, Petersburg, Richmond,

Roanoke, Virginia Beach, and Williamsburg.

We, members of the Virginia General Assembly representing Fairfax County, do not believe that there is a need for loaded shotguns or loaded rifles on Fairfax County's public roads. High emotions that come with traffic congestion in our region have led to instances where firearms have been discharged in incidents of road rage. Requiring that shotguns and rifles are not loaded at the beginning of a trip will help to reduce the potential for such split-second, life-changing decisions to occur in a moment of anger. Such an ordinance will also help to protect the driver and passengers, including children, as well as law enforcement from the accidental discharge of one of these weapons. For example, in 2006, Virginia State Trooper Kevin C. Manion was killed after a loaded rifle went off during a wreck cleanup in Clark County.

We recognize that the Fairfax County Board of Supervisors considered this issue in 2015.

However given recent events, we believe that it is important at this time for all our localities

to use their existing authority to foster gun safety and protect the driving public.

We hereby ask that you initiate the processes necessary to change Fairfax County's ordinances to prohibit the transportation of loaded shotguns and loaded rifles to the fullest extent possible under Virginia Law.

We look forward to working with you on this important initiative.

Sen. Scott Surovell (D-36)
Sen. Richard Saslaw (D-35)
Sen. Barbara Favola (D-31)
Sen. David Marsden (D-37)
Sen. Jennifer Wexton (D-33)
Sen. George Barker (D-39)
Del. Kaye Kory (D-38)
Del. Mark Keam (D-35)
Del. Rip Sullivan (D-48)
Del. Ken Plum (D-36)
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Del. David Bulova (D-37)
Del. Carrie K. Delaney (D-67)
Del. Paul Krizek (D-44)
Del. Jennifer Boysko (D-86)

State Regulation Thwarted, Time for Local Action

BY SCOTT SUROVELL
STATE SENATOR (D-36)



limit ammunition magazines to 20 rounds after Jared Loughner shot Arizona Congresswoman Gabrielle Giffords. A committee killed the bill on a 5-0 bipartisan vote.

Current Virginia law prohibits people who have been adjudicated mentally ill and involuntarily committed or ordered into outpatient mental health treatment by a court

from owning a firearm. In 2014, I introduced legislation to add ammunition to that prohibition. A committee killed that bill.

Since 2014, I have repeatedly introduced legislation requiring universal background checks, including The Coalition to Stop Gun Violence's signature universal background check bill. It contains numerous fair exceptions but died every session, often on a bipartisan vote.

In the 2015 Session, I fought measures to grant universal reciprocity for out-of-state concealed weapon permits by adding requirements that reciprocal states have restrictions paralleling Virginia's prohibitions for the mentally ill, drug addicts and dealers, domestic assault convicts, violent criminals, sexual batterers, drunk drivers, those illegally present in the United States, people dishonorably discharged from the military, individuals with pending felonies and fugitives. The House of Delegates killed every one of my attempts on a mostly party-line vote. Unfortunately, former Governor Terry McAuliffe signed a universal reciprocity bill into law after Attorney General Mark Herring invalidated existing reciprocity agreements with over a dozen states and forced a compromise.

In 2016, I introduced legislation prohibiting

anyone on the Terrorist Watch List from purchasing a firearm. It died in committee.

This session, I also supported Sen. Adam Ebbin's effort session to ban bump stocks. The Senate Courts Committee passed the bill, but the Senate Finance Committee killed it. The House of Delegates killed an identical bill.

I fought the repeal of Virginia's "One Gun a Month" law enacted in 2012. I have also fought bills to allow guns in churches, restrict employers' ability to limit concealed firearms on their property, streamline the sale of machine guns and flamethrowers, allow "constitutional carry" (concealed carry without a permit), allow firearms in airports, give fired prosecutors concealed weapon privileges without permits, make concealed carry permit information secret and to make Virginia a "Stand Your Ground" state.

My efforts are examples of reasonable steps we can take to prevent future, senseless gun violence. Gun violence must stop, as those who marched a few weeks ago across the country so eloquently expressed, especially those impressive teenagers who stepped forward and pointed a finger at the elected officials who dodge and dawdle.

Please contact me at scott@scotturovell.org if you have any feedback. It is an honor to serve as your state senator.

Write

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Alexandria VA 22314
Call: 703-917-6444.

By e-mail: south@connectionnewspapers.com

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McAuliffe Leads Trump Tax Town Hall Meeting

Panelists offered explanations of how Trump's new tax law will affect Americans.

BY STEVE HIBBARD
THE CONNECTION

Former Virginia Gov. Terry McAuliffe headlined a Trump Tax Town Hall Meeting on Tuesday, March 27, 2018, in front of George Mason University students with a panel of four local business leaders. The panelists offered explanations of how Trump's new tax law will affect Americans and what they can do about it. McAuliffe, the former Democratic National Committee Chairman, is now a visiting professor at GMU's Schar School for Policy and Government. He also ran Hillary Clinton's 2008 presidential campaign.

McAuliffe said it's the consequences of tax cuts that are the most damaging. "It's going to really wreak havoc on health care, wreak havoc on education, going to affect Medicare, Medicaid, Social Security," he said. "This was the worst piece of legislation I have ever seen passed by Congress and signed into law by the President. It is going to cripple our government going down the road. It is going to starve our vital resources and instead of investing in our future, it's going to hurt our future."

He added: "What they (Congress) did was they rushed this at the end of the day in the middle of the night because they had no legislative successes. Trump had been finishing up a year in office with nothing to show for it. So, this was a political play. But I'll make the argument they are going to pay a political price for this."

Kara Kline, president of the George Mason Democrats, who opened the talks, said: "The Trump tax will be a disaster nationwide. The tax plan recently passed by Congress will cut taxes for our country's wealthiest individuals and corporations while simultaneously ignoring those who need help the most."

She continued: "Instead of helping those of us who are trying to afford an education, Congress is looking out for the millionaires and billionaires of this country and that is wrong. This tax plan raises taxes on 100 million American families, which equals more than half of our entire country. Yet, somehow the top 0.1 percent will receive tax cuts of \$150,000 a year, and that doesn't sound fair to me."



PHOTO BY STEVE HIBBARD/THE CONNECTION

The panelists for the Trump Tax Town Hall Meeting included (from left): Nicole Gill, Tax March Executive Director; former Virginia Gov. Terry McAuliffe; Muneer Baig, SYSUSA Small Business owner; Anna Chu, National Women's Law Center; and Emanuel Nieves, Prosperity Now Senior Policy Manager.



Former Virginia Gov. Terry McAuliffe



Nicole Gill, moderator and Tax March Executive Director.



Marta Connor of Clifton



Anna Chu, National Women's Law Center



Muneer Baig, SYSUSA Small Business owner



Emmanuel Nieves, Prosperity Now Senior Policy Manager

MODERATOR Nicole Gill, Executive Director of Tax March, said one of the ways the Trump tax harms families is by taking away their health care. She said the Congressional Budget Office estimates that 13 million Americans will lose health care as a result of the tax bill.

Marta Connor of Clifton, whose daughter Caroline, 8, has Rett Syndrome, a neurological condition that requires around-

the-clock care thru Medicaid, added: "She can't walk, talk, or use hands and also has seizures. Her condition requires hours of daily treatments and interventions and costs several hundred thousand dollars per year."

She continued: "The Trump tax bill hurts the Affordable Care Act. The plan was to cut Medicaid to finance the \$1.5 trillion Trump tax bill. So, let me be clear — Republican members of Congress are taking

"This was the worst piece of legislation I have ever seen passed by Congress and signed into law by the President. It is going to cripple our government going down the road."

— Former Virginia Gov. Terry McAuliffe

away my daughter's lifeline in order to give tax cuts to big corporations and millionaires. Now, how is that fair?"

Anna Chu, Vice President for Strategy and Policy for the National Women's Law Center, said that by the year 2027, actually 83 percent of the benefits from this bill would go to the very top earners in the U.S., and at the same time, they're increasing the deficit by \$1.5 trillion.

Calling the bill a "trickle-down nightmare," Chu said: "I'm going to posit that what workers actually need and what families need is a wage increase. Our bills are going up every year. Our rent is going up every year. College tuition is going up. I have a kid and childcare is extremely expensive. And that's going up every single year. So, what we need to feel secure is the promise of a wage increase that we will get year after year after year."

Muneer Baig, SYSUSA Small Business owner, added: "Who is benefiting from this [tax bill]? It's not me. ... The system that we are creating out of this tax bill is not helping the middle class. It's not helping the small businesses. It is slowly killing the middle class and small businesses."

TAKING A QUESTION from the audience on "What specific actions can people do now to change or repeal the Trump tax as it's written?" Emmanuel Nieves, Prosperity Now Senior Policy Manager, said: "Attending events like this is one thing; being parts of organizations like Tax March — like the Trump Tax repeal campaign. Holding your elected officials accountable; going to Town Halls. ... And showing up at the polls in November."

Added Chu: "I think the members of Congress need to hear from us. They need to hear from you that this is an issue that you care about — that you want them to care about. So, call your member of the House; call your Senators to keep on fighting. Keep calling and 'Remember in November.'"



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NEWS



PHOTOS BY STEVE HIBBARD/THE CONNECTION

About 50 people took part in the yoga class.

A Bunny with Your Yoga

Friends of Rabbits holds fundraiser at the Veterinary Holistic Center of Northern Virginia in Springfield.

About 50 people attended a Bunny Yoga event sponsored by the Friends of Rabbits at the Veterinary Holistic Center of Northern Virginia in Springfield. Instructors Shannon and Colt Meraw of Fairfax taught a yoga class as 20 or so bunnies mingled among the “down dog” and “crescent moon” poses. The event was a fundraiser for Friends of Rabbits, an animal rescue in the metropolitan area. Dr. Jordan Kocen of Fairfax Station donated the use of his facility.

“About half the class are rabbit people and the other half are regular yoga students who thought this would be something different and a lot of fun, especially right now before Easter, which is a big time when people buy rabbits,” said Mara Hurwitt of Fairfax Station, a Board Member with Friends of Rabbits.

“We’re raising funds for our foster rabbits and we’re also educating the public, and we’re having fun while we’re doing it,” she said. The event raised about \$1,000, which will be used to pay for the rabbits’ veterinary bills. The Friends of Rabbits also pulls



Sarah Murray of Springfield pets “Bunjamin.”

rabbits from shelters throughout Virginia and Maryland and takes them off death row; it just rescued six rabbits from Las Ve

SEE YOGA, PAGE 14



Jordan Dudderar of Annapolis and Summer Donaldson of Falls Church with Nora and Rocket the rabbits.

Let us know about an upcoming event
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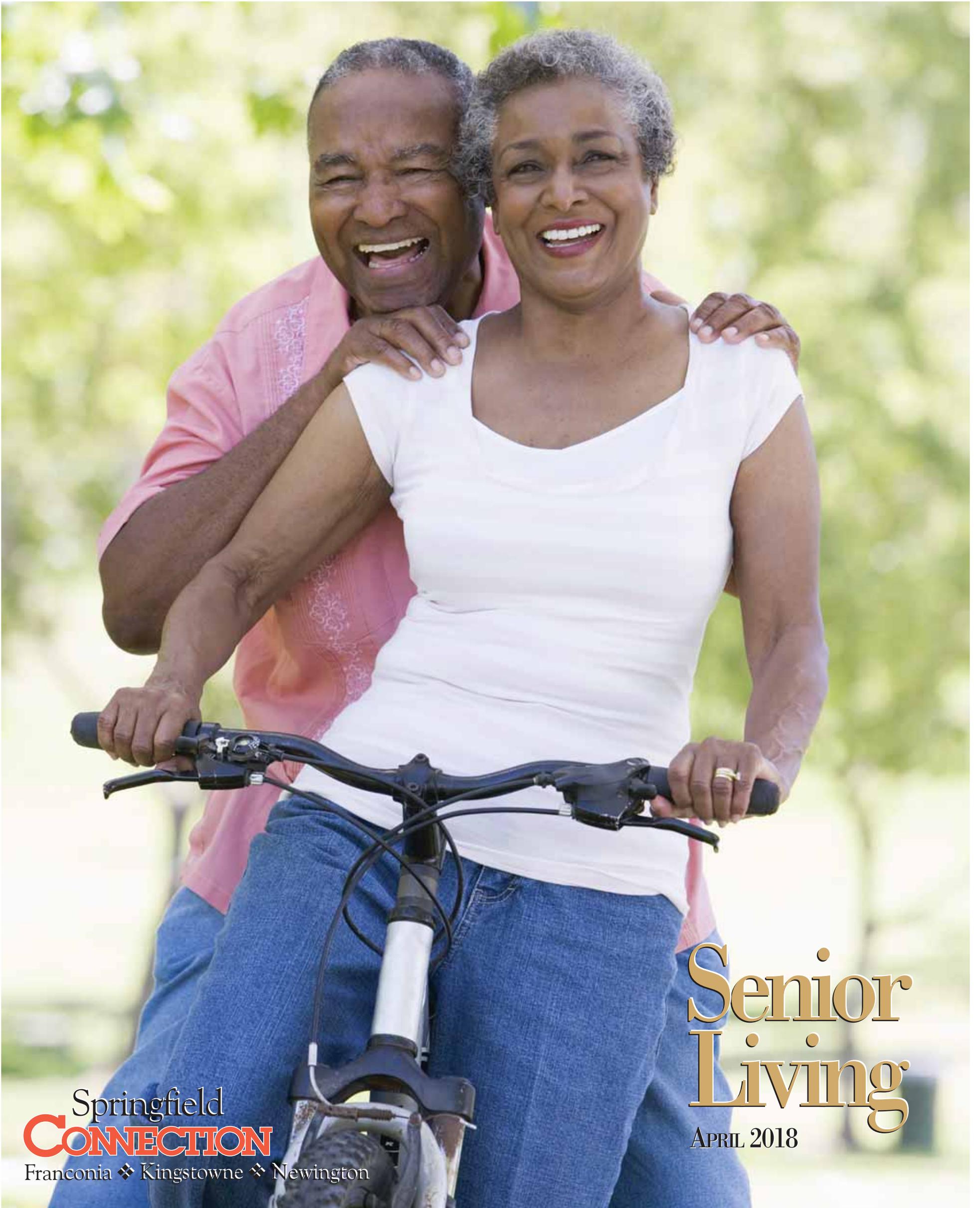
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Senior Living

APRIL 2018

Master Suite Enables Aging-in-Place

Solution addresses long-term needs arising from spouse's health.

BY JOHN BYRD

Fred and Liz Saalfeld had occupied their four-bedroom 2,800-square-foot Colonial in Springfield for nearly five decades when the unexpected caused them to reconsider basic housing needs. Without warning, Liz Saalfeld suffered a heart attack. Her mobility — previously hampered by arthritis — now became seriously compromised.

Looking ahead, a wheelchair-access plan also now seemed prudent to Fred Saalfeld, who increasingly relied a pair of canes to get around.

The proposed retrofit was a tall order, however. The master bedroom was on the second floor; the laundry room in the basement. There was an open carport, but no extra storage space. The master bathroom was just too narrow for a wheelchair — assuming there was a way to mount the stairs.

Equally relevant, the home's surrounding landscaping was undeveloped, with a steep hill in the backyard. There were places to sit, but no quiet places to stretch out and relax.

Acting decisively, Saalfeld sought fresh ideas from local remodelers — eventually deciding on Michael Nash Kitchens and Homes who had previously remodeled his kitchen.

"Michael Nash was very responsive to our needs, and really understood Aging-In-Place considerations," Saalfeld said.

Part of that responsiveness arose from Sonny Nazemian, Michael Nash's founder and president, and a Universal Design Certified Remodeler (UDCR), who commenced drafting design ideas with the Saalfelds on the first meeting.

"Aging-in-place (AIP) is becoming one of the high-demand remodeling services segments," Nazemian said. "But it's a specialty area — and requires staying on top of ever-evolving ADA (American with Disabilities Act) regulations, and strict building codes."

From the first, Nazemian pictured an addition extending from the rear elevation. The Saalfeld would gain expanded sleeping quarters and each spouse would have their own walk-in closet. A wheelchair-friendly bathroom replete with in-shower bench, grab bars and hand-held body spray nozzles would be specially designed. The laundry room would be moved to the



The Saalfelds added a wheelchair friendly master suite to the four bedroom colonial they had occupied for over 50 years. The 1,200-square-foot addition extends from the old rear elevation into a formerly hilly backyard. The new addition includes a laundry, a spacious ADA (Americans with Disabilities Act) master suite with "his" and "her" wardrobe closets. The French doors access a flagstone patio, and newly landscaped grounds surrounded by a privacy fence. The addition also has a dedicated HVAC system

first floor

At 1,200 square feet, the new master suite addition features a 14-foot cathedral ceiling and double French doors that segue to a flagstone patio. To create the needed 28' x 42' footprint, Nazemian excavated down three feet from the existing surface, removed six metric tons of earth and — to achieve the necessary compaction — planted a grove of Tock's shrubbery.

To control water runoff, designers introduced a French drain and swell linked to an infiltration trench.

With the foundation issues resolved, attention turned to the new addition's space plan and design. Exterior brick cladding was matched to the home's original masonry

creating a seamless enlargement of the existing house. Interior floors were, likewise, milled and finished to blend with the hardwood floors in the existing structure.

"The interior style is very consistent throughout," Saalfeld said. "It's very much one house."

To ensure natural light and comfort, Nazemian specified low-E, double Argon-filled glass for all windows including a pair of double French doors that lead to the patio. A smaller louvered door was created for the family's Irish setter who exercises in a side yard.

A new split-system HVAC unit was installed to provide the new addition with dedicated heat and air control. The solution proved to be a money-saver, since it concentrates temperature requirements



The shower is equipped with grab bars, a bench and hand-held nozzles — all of which Fred Saalfeld uses in his daily bathing routine.

in rooms where the couple spend most of their time.

The master bathroom (at 200 square feet) is a masterpiece of efficiency and warmth. The door from the bedroom is 32" wide with the 90 degree swing radius required by the ADA-regulations — yet the interior design is soft and earthy, porcelain tiling offset by walnut cabinet facings and a granite-topped vanity.

Best yet, a series of well-defined walkways link garden focal points with a mid-yard gazebo. Surrounded by a privacy fence, the grounds are a nicely protected Eden, perfect for quiet enjoyment.

For more information, call 703-641-9800 or visit MichaelNashKitchens.com

John Byrd has been writing about home improvement for 30 years. He can be reached at 703-715-8006, www.HomeFrontsNews.com or byrdmatx@gmail.com. Send photos of interesting remodeling projects to: b2b@homefrontsnews.com.



With a pair of walk-in wardrobe closets on the left, and access to a first level laundry and master bedroom on the right, the access corridor from the main house is spacious. The French doors open into the dining room. Michael Nash matched the original hardwood flooring to create a seamless unity between the old house and the new addition.



The louvered door on the right is for the family's Irish setter, who exercises in the side yard. All doors are at least 32 inches wide and have a 90 degree clearing width.



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Senior Living

Preparing for Senior Olympics Is a Way of Life for Some

BY SHIRLEY RUHE
THE CONNECTION

It may seem like a long time until September when the 36th year of the Northern Virginia Senior Olympics (NVSO) kicks off.

But not for 83-year-old Chuck Toftoy from Arlington, who often enters 20 events, and says he practices all year long.

Opening ceremonies for this year's events are scheduled for Sept. 15 at 9 a.m. at Thomas Jefferson Community Center in Arlington, and the competition is scheduled to end on Sept. 26.

The NVSO began in 1982 with about 80 people competing; last year there were 752 competitors signed up for one or more of the 70 events offered. The events ranged from tennis, baseball throw, bocce, orienteering, swimming and diving, golf, corn hole toss, volleyball, and pickleball.

Three new sports have been

added to the competition this year including canasta, croquet and beach ball wallyball. Herb Levitan, a member of the NVSO Board, explains beach ball wallyball is like volleyball but played on a racquetball court with a beachball which is bigger and softer than a volleyball. Levitan is currently preparing for the Virginia senior games coming up soon where he swims four freestyle events.

Alease Brooks, 85, has been competing for 14 years and participated in 13 different sports in 2017. But her favorite is pickleball. Her children have bought her T-shirts in different colors for her games and often come to watch her and cheer her on.

Toftoy says this year he plans to reduce the number of sports he enters so that he can concentrate on pickleball since he plans to enter singles, doubles and mixed competition this year.

Last year, 93-year old Henry Coletto from Oakton was one of

19 bocce competitors. But for the last several years he has been guaranteed a win because there was no one else in his age group competing.

Last year's oldest competitor was 101 years old with her sport of choice was duplicate bridge.

Seniors participate for many reasons — some because they like to stay busy and fit, others because they are returning to a high school or college sport, some because they like the community of friends they see every year and others because they still "like to dream big."

This year's games are expected to be held in 29 venues including community centers, parks, high schools and other locations across Northern Virginia.

Registration for this year's NVSO will open June 1. This year NVSO is hoping to bring back the 5k run and looking for an event director for that event. Those interested in volunteering can call 703-403-5360.



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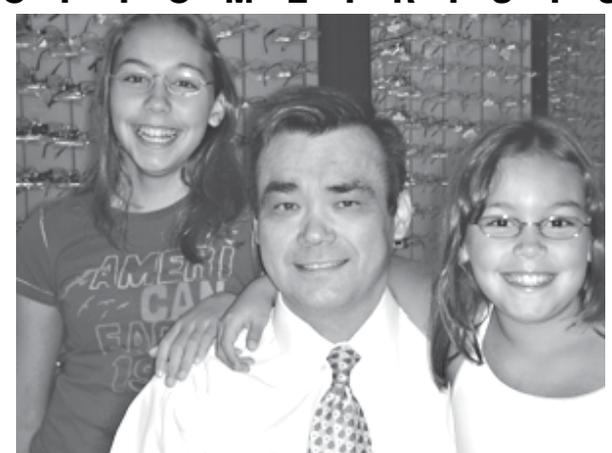
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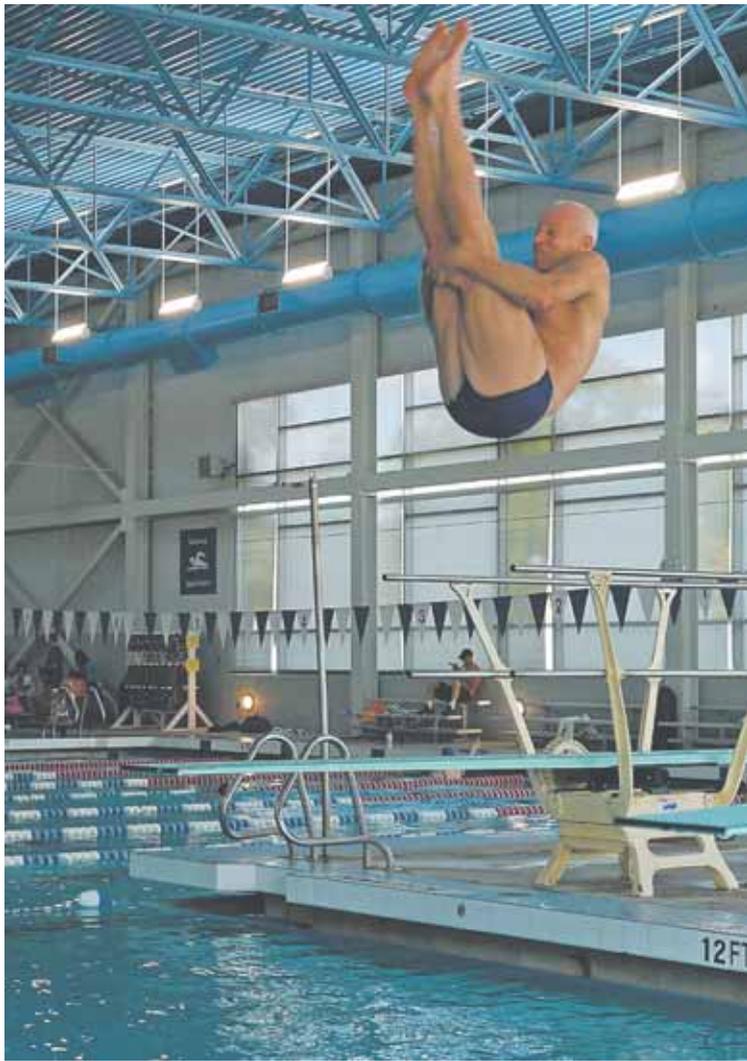
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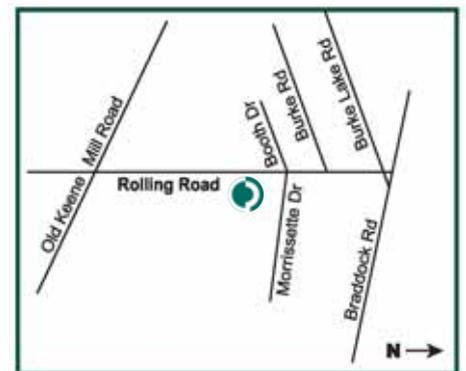
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Monday–Thursday 8 A.M.–5 P.M.; Friday* 8 A.M.–1 P.M. *Once monthly for sedation appointments

Senior Living Calendar

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

FRIDAY/APRIL 6

Coffee Social at Tallwood, Osher Lifelong Learning Center. at 10 a.m. at Tallwood Campus, 4210 Roberts Road, Fairfax. Welcome new members, make new friends and kick-off spring term in Fairfax with coffee, refreshments and friendly conversation. The event will include a quick presentation. For more information or to register, visit bit.ly/2H8AZy1

FRIDAY & MONDAY/APRIL 6 & 9

AARP Smart Drivers Classes. 9 a.m.-1 p.m. at Oakton United Methodist Church, 2951 Chain Bridge Road, Oakton. A refresher course for drivers age 50 and older. \$15 AARP members, \$20 for non-members payable on the first day of class. Visit www.scov.org/files/2018_04_aarp_smart_driver_flyer.pdf. Call instructor David Young to register at 703-591-1847.

SATURDAY/APRIL 7

Caregiver Bootcamp. 8:30 a.m.-3 p.m. at Insight Memory Care Center, 3953 Pender Drive, Suite 100, Fairfax. Join IMCC for a special day-long training event covering essential caregiving topics. Contact Lindsey Vajpeyi, lindsey.vajpeyi@insightmcc.org, 703-204-4664 or visit InsightMCC.org.

Living with Alzheimer's: For Middle-Stage Caregivers. 10 a.m.-noon at Ravensworth Baptist Church, 5100 Ravensworth Road, Annandale. Part one of three-part series. Join the Alzheimer's Association for this free three-part series and hear caregivers and professionals discuss helpful strategies to provide safe, effective and comfortable care in the middle stage of Alzheimer's. For more information and to register, call 800-272-3900.

MONDAYS/APRIL 9-MAY 14

Adventures 'N Learning. 9:30 a.m.-2:45 p.m. at

Lord of Life Lutheran Church, 5114 Twinbrook Road, Fairfax. Join the Shepherd's Center of Fairfax every Monday for 6 weeks. Start with gentle exercise, followed by speakers on topics such as health, history, community, personal development, finance, and more. Afternoon breakouts are book club, bridge or canasta. Bring a brown bag lunch. \$30. Register at 703-426-2824, or visit www.scfbva.org.

TUESDAY/APRIL 10

Dementia Caregiver Support Groups. Noon-1:30 p.m. Shepherd's Center of Fairfax-Burke sponsors a monthly meeting on the 2nd Tuesday of each month for caregivers to learn and to share with others experiencing similar challenges. Before attending, contact the facilitator, Eileen Thompson at 703-451-8626 or Eileen.thompson1@gmail.com.

THURSDAY/APRIL 12

Adventures in Learning Open House. 10 a.m.-noon at UUCF, 2709 Hunter Mill Road, Oakton. Bounce into Spring with a new revved up brain. Cost is \$45. Classes begin April 19-June 14 (no class May 3). Visit www.scov.org.

SATURDAY/APRIL 14

Community Shredding Event. 8 a.m.-noon at I-95 Landfill, 9850 Furnace Road, Lorton. Shred event is open to Fairfax County residents along with residents of the towns and cities. Documents from businesses will not be accepted. All cars must be in line by noon. Residents will be asked to remain in their vehicles. Visit www.fairfaxcounty.gov/mountvernon/secure-document-shredding-event.

Living with Alzheimer's: For Middle-Stage Caregivers. 10 a.m.-noon at Ravensworth Baptist Church, 5100 Ravensworth Road, Annandale. Part two of three-part series. Join the Alzheimer's Association for this free three-part series and hear caregivers and professionals discuss helpful strategies to provide safe, effective and comfortable care in the middle stage of Alzheimer's. For more information and to register, call 800-272-3900.

TUESDAY/APRIL 17

Joy Of Living for Seniors. 11 a.m.-noon at St Timothy's Episcopal Church, 432 Van Buren St., Herndon. As part of an ongoing series, St Timothy's Episcopal Church in Herndon, will hold a presentation about Israel/Palestine and the Two State Solution, followed by a light lunch. Donation offerings for lunch accepted. RSVP to jgdops@gmail.com.

WEDNESDAY/APRIL 18

Legal and Financial Considerations for Dementia. 1-3 p.m. at Insight Memory Care Center, 3953 Pender Drive, Suite 100, Fairfax. Many people are unprepared to deal with the legal and financial consequences of dementia. Learn about legal documents, resources to help cover future care costs, and where to turn for assistance. Contact Lindsey Vajpeyi, lindsey.vajpeyi@insightmcc.org, 703-204-4664 or visit InsightMCC.org.

Community Meeting. 7:30 p.m. in the Great Falls Library, 9830 Georgetown Pike A, Great Falls. The Great Falls Civic Association Land Use & Zoning Committee will present to the general community regarding a new senior care facility on Walker Road in Great Falls proposed by Verity Commercial and IntegraCare. Visit gfca.org.

THURSDAY/APRIL 19

"Behind My Wings." 7:30 p.m. at Amphora Restaurant, 377 Maple Ave. West, Vienna. Sponsored by Chapter 227 Vietnam Veterans of America Inc. BJ Elliott will discuss her stewardess service on commercial flights (aka Freedom Bird) that transported troops to and from Vietnam. Free. Call Len Ignatowski at 703-255-0353 or visit the web page at www.vva227.org.

Caregivers Support Group. 10-11:30 a.m. at UUCF Unitarian Universalist Congregation of Fairfax - Program Building, 2709 Hunter Mill Road, Oakton. For caregivers to adult family members with dementia. First and third Thursdays of every month. Hosted by Shepherd's Center of Oakton-Vienna, scov.org. Contact facilitator Jack Tarr at 703-821-6838 or jtarr5@verizon.net.

FRIDAY/APRIL 20

Ms. Virginia Senior America Pageant Orientation. Meeting held in Falls Church. Free orientation for senior women interested in joining the program. Presentation will explain how to enroll and prepare for the pageant. The pageant will be held in Falls Church on July 7, 2018. Contact State Director Rebecca Tebbs Nunn at 804-435-3704.

TUESDAY/APRIL 24

Home & Garden Tour. 10 a.m.-4 p.m. Tour four homes and gardens in Great Falls, Vienna and McLean - from a "quilt garden" at a 1750 home to a garden and cottage designed for retirement. Advance tickets are \$40 by April 17; tickets on day of tour are \$50 at Meadowlark Gardens. Tickets sold at tour homes and the Great Falls Library. Contact Garden Club of Fairfax at fairfax@vagardenweek.org. Visit www.vagardenweek.org.

Social Security - Know Your Options to Maximize Your Benefits. 12:30-2 p.m. at 1234 Ingleside Ave., McLean. Learn strategies that you can use to potentially maximize your benefit. Presented by Sarah Graham. One lesson for 1 hour, 30 minutes. Cost is \$7/\$5 MCC district residents.

WEDNESDAY/APRIL 25

A Matter of Balance. 10 a.m.-noon at Oakton Church of the Brethren, Fellowship Hall, 10025 Courthouse Road, Vienna. An award-winning program designed to manage falls and increase activity levels. Meets for eight weeks. Free. Class size limited to 14 participants. To register, contact Casey Tarr at 703-850-4131 or eileentarr1@verizon.net.

Senior Movie Day. 10 a.m. at Bow Tie Cinemas, Reston Town Center, Reston. Featured movie is "Murder on the Orient Express." Refreshments and door prizes provided prior to movie. Free to 55-plus. Email: Ashleigh@reston.org; call 703-435-6577 or visit www.reston.org.

SATURDAY/APRIL 28

Scam Jam and Shred Event. 9 a.m.-1 p.m. at Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Free fraud fighting event. AARP Virginia and Fairfax County Government's Silver Shield task force are bringing together top experts and law enforcement officials to present at a free informational Scam Jam. Shred truck will be on-

site from 8 a.m.-noon. Documents will be shredded on-site free of charge. No quantity limit. No plastics or electronics. Light refreshments and lunch will be served. Registration is required at aarp.cvent.com/OSSFairfax or call 1-877-926-8300.

Living with Alzheimer's: For Middle-Stage Caregivers. 10 a.m.-noon at Ravensworth Baptist Church, 5100 Ravensworth Road, Annandale. Part three of three-part series. Join the Alzheimer's Association for this free three-part series and hear caregivers and professionals discuss helpful strategies to provide safe, effective and comfortable care in the middle stage of Alzheimer's. For more information and to register, call 800-272-3900.

Operation Medicine Cabinet Cleanout. 10 a.m.-2 p.m. at all Fairfax County Police Stations. Drop off medications (pills or liquids only, no pressurized canisters or needles). Disposal is free, convenient, confidential, and safe handling of unused or expired medications. Visit www.fairfaxcounty.gov/community-services-board/.

ONGOING

The Golden Girls of Northern Virginia, a senior women's softball league, is looking for players. Any woman over the age of 40 is encouraged to join. All skill levels are welcome. Games are on Wednesday evenings and Saturday mornings in Vienna, April-October. Other activities during the year. Visit www.goldengirls.org.

Burke Lake Seniors Golf League seeks members. Interested golfers are invited to join the Burke Lake Seniors Golf League. Must be 55 and older, enjoy playing golf, meeting new people and having an all-around good time. Reserved tee times on Tuesday and Thursday mornings at the Par 3 Burke Lake Golf Course on Ox Road. Annual dues for the season - April 1 through October 31 - are \$20 plus green fees. For more information, call Charlie Ryan 703-690-4227.

Shepherd's Center of Fairfax-Burke sponsors a monthly meeting on the 2nd Tuesday of each month, noon-1:30 p.m., for caregivers to learn and to share with others experiencing similar challenges. Before attending, contact the facilitator, Eileen Thompson at 703-451-8626 or eileen.thompson1@gmail.com.

Haven of Northern Virginia provides support, compassion, information and resources to the bereaved and seriously ill. To become a Haven volunteer, please call 703-941-7000 to request an orientation. Volunteers must complete a 30-hour training and commit to one year of service answering Haven phones (2.5 hours weekly). Next training is scheduled for fall 2017.

RSVP, a volunteer network for seniors seeking service opportunities in and around Fairfax County, Arlington County and the City of Alexandria, offers a wide array of opportunities for volunteers 55 and older. RSVP volunteers enjoy flexible schedules, optional mileage and meal reimbursement and are invited to volunteer group projects and social gatherings. To sign up for an upcoming orientation, email Carly Hubicki at chubicki@volunteerfairfax.org or call RSVP at 703-403-5360. To learn more about RSVP, visit www.rsvpnova.org.

Volunteers Needed. PRS is looking for empathetic and caring volunteers to make phone calls to older adults who may be feeling socially isolated. The commitment is one 3-hour shift per week for one year. Located in Arlington. Ages 21 & up. Intensive training provided. Learn more and apply: prsinc.org/caring-volunteering/. Questions? Email lpadget@prsinc.org.

The **Northern Virginia Long Term Care Ombudsman Program** needs volunteer advocates for residents in nursing homes and assisted living facilities. Contact Lisa Callahan at 703-324-5861, TTY 711 or email Lisa.Callahan@fairfaxcounty.gov. Also visit www.fairfaxcounty.gov/dfs/olderadultservices/ltombudsman/

Fairfax County needs volunteers to **drive older adults** to medical appointments and wellness programs. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Respite Care volunteers give family caregivers of a frail older adult a well-deserved break so they can go shopping, attend a doctor's appointment or just have coffee with a friend. Volunteers visit and oversee the safety of the older adult for a few hours each month. Support and training are provided. Contact 703-324-7577, TTY 711, or Kristin.Martin@fairfaxcounty.gov.



A Free Pre-Planning Event

- Panel of local experts (estate planning attorneys, trust and life insurance advisors, retirement specialists, and funeral service personnel)
- Learn the importance and benefits of planning ahead
- Learn how to successfully distribute assets to family and charities
- Learn the pros and cons of using a Trust to avoid probate
- Understand the difference between a will and a trust
- Be advised of the pitfalls of poorly executed wills
- Learn about the benefits of pre-planning your funeral service and of purchasing your final resting place.
- Review ownership options of assets and determine joint assets versus individual ownership

This event is for everyone - regardless of your level of wealth or financial expertise.

Panelists: Deena Imbriglia, Michael H. Doherty, Esq., George Boisse, III, Cary Cucinelli, Esq., Archer Harmon, Peter Hausè, Morgan Price, CRPC

Join us on Wednesday, April 25, 2018, 1:00 to 4:00

Program begins at 1:30 Space is limited!

Enjoy mingling and Hors'oeuvres from 1:00 to 1:30 PM
Panelist will be available for questions before and after the presentation.
Country Club of Fairfax, 5110 Ox Road, Fairfax Va 22030
Amy Herrera at 703-425-9702 or email aherrera@FMFH.COM



Reimagine Aging

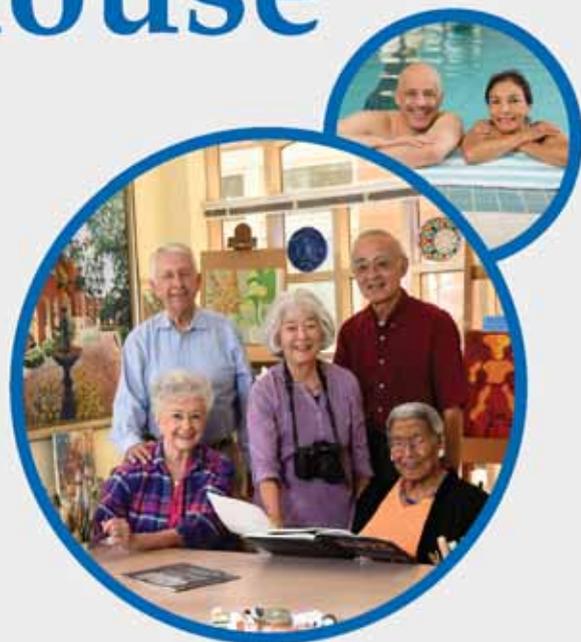
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2018 News

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CALENDAR

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

ONGOING

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

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

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

FRIDAY/APRIL 6

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.

APRIL 6-21

"The Front Page." Thursday, Friday and Saturday, 7:30 p.m.; Sunday, 2 p.m. at The James Lee Community Center, 2855 Annandale Road, Falls Church. Set in a Chicago press room in the 1920s, reporter Hildy Johnson wants to break away from journalism and get married. All that changes when an escaped convict, Earl Williams, breaks out of jail and suddenly falls into the reporter's hands. Fast-paced and filled with crisp dialog and sharp humor, this classic comedy packs a wallop of nostalgic Americana. Visit www.providenceplayers.org for tickets.

SATURDAY/APRIL 7

ECHO Yard Sale. 8 a.m.-noon in the Gymnasium of St. Bernadette Catholic Church and School, 7600 Old Keene Mill Road, Springfield. Join the hunt for treasures at ECHO's semi-annual yard sale. Toys, fashion accessories, collectibles, and more. Proceeds benefit Ecumenical Community Helping Others in Springfield. Free admission. Email



PHOTO BY ECHO YARD SALE

Shoppers browse the many tables of goods for sale at an earlier ECHO Yard Sale.

ECHO Yard Sale

Join the hunt for treasures at ECHO's semi-annual yard sale. Toys, fashion accessories, collectibles, and more. Proceeds benefit Ecumenical Community Helping Others in Springfield. Saturday, April 7, 8 a.m.-noon in the Gymnasium of St. Bernadette Catholic Church and School, 7600 Old Keene Mill Road, Springfield. Free admission. Email cefrabee@verizon.net.

cefrabee@verizon.net.

Spring Cleaning in the Parks. 9-11:30 a.m. at 10 different Fairfax County parks: Cub Run RECenter, Ellanor C. Lawrence Park, Hidden Oaks Nature Center at Roundtree Park, Hidden Pond Nature Center, Huntley Meadows Park, Lake Accotink Park, Lake Fairfax Park, Riverbend Park, Scott's Run Nature Preserve, and Sully Historic Site. More than 750 volunteers will join the Fairfax County Park Authority and The Nature Conservancy for annual "spring cleaning" efforts to kickoff Earth Month. The volunteers will remove trash and debris, while also assisting scientists and conservationists by recording data about what they remove. Visit www.fairfaxcounty.gov/parks/.

Fairfax City Fishing Derby. 9:30, 10:15 and 11 a.m. at Ashby Pond Conservation, 9817 Ashby Road, Fairfax. Bring a fishing rod, bucket, plastic bag and ice. A limited quantity of fishing rods will be on site to borrow. Bait will be supplied. \$5 per participant. Pre-registration required at www.fairfaxva.gov/specialevents or in person at Sherwood Center, Green Acres Center and City Hall P&R Office. For more information email parksrec@fairfaxva.gov.

Spring Forward Family Fun Day in Fairfax. 9:30 a.m.-3:30 p.m. at Providence Community Center, 3001 Vaden Drive, Fairfax. In this celebration of families formed by foster care adoption, and kinship care, children will enjoy a morning of

games and activities while parents, caregivers, and older youth participate in personal development training sessions and workshops. Keynote address "Trauma to Resiliency: Building Stronger Families and Communities." will be presented by Dr. Elizabeth Meeker. To register for this event, visit www.FormedFamiliesForward.org or call 703-539-2904.

Rose Care Seminar. 10 a.m.-noon at Burke Centre Library, 5935 Freds Oak Road, Burke. Award-winning Consulting Rosarian Pam Powers shares the basics about rose selection, how to plant and grow beautiful blooms from May to November. Free. Light refreshments. Door prizes. Hosted by Arlington Rose Foundation. Call 703-371-9351

SUNDAY/APRIL 8

T-TRAK 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 T-TRAK model train show. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org, www.facebook.com/FFXSRR, or call 703-425-9225.

Ready to Serve: Nurses in World War I. 2 p.m. at the Fairfax Museum and Visitor Center, 10209 Main St., Fairfax. Learn about nurses from Johns Hopkins Hospital in

SEE CALENDAR, PAGE 14

COMMUNITIES OF WORSHIP

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CALL FOR AN APPOINTMENT AT **703-684-0710** OR SCHEDULE ONLINE AT **ALEXANDRIATOYOTA.COM**

FROM PAGE 12

Baltimore. Storyteller Ellouise Schoettler performs three monologues based on letters written by the nurses, who served in the U.S. Army in France during World War I. Call 703-385-8414.

Rock Creek Trio Concert. 4-5 p.m. at St. Andrew's Episcopal Church, 6509 Sydenstricker Road, Burke. Enjoy a violin, cello, and piano trio playing dramatic and colorful music by Beethoven and Ravel. Reception to follow. Childcare provided. Free admission. Call 703-455-2500 or visit www.standrews.net

WEDNESDAY/APRIL 11

Luncheon: Springfield Christian Women's Connection. 11:30 a.m.-1:30 p.m. at Springfield Golf And Country Club, 8301 Old Keene Mill Road, Springfield. Spring Fling Fashion Show featuring styles from Urban Posh. Owners, Pam and Angie Behbahani, will show selections from their boutique located in Occoquan. Speaker Diana Grounds will be sharing with us Great Expectations – what she learned from her children. \$20 per person, all-inclusive. Reservations requested by Friday, April 6 at 703-922-6438 or Springwmconn@yahoo.com.

Stanley Kubrick Showcase. 7:30 p.m. at Angelika Film Center - Mosaic, 2911 District Ave. Fairfax. The Angelika Film Center - Mosaic will celebrate filmmaker Stanley Kubrick. Visit www.AngelikaFilmCenter.com.

THURSDAY-SUNDAY/APRIL 12-15

"Follow Your Heart." At EagleBank Arena, 4500 Patriot Circle, Fairfax. Disney On Ice presents "Follow Your Heart" is an ice skating extravaganza featuring Disney-Pixar's Finding Dory, Disney-Pixar's Inside Out, Disney's Frozen and other beloved Disney stories. Tickets start at \$15. All seats are reserved, and tickets are available at 800-745-3000, www.ticketmaster.com, and the EagleBank Arena box office.

FRIDAY/APRIL 13

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. 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.

"Pershing's Own" Chamber Players. 8 p.m. in Old Town Hall, 3999 University Drive, Fairfax. The Bonita Lestina Performance Series concludes April 13 with the U.S. Army Band "Pershing's Own" Chamber Players performing Through Darkness: Music by Victims and Survivors of the Holocaust. Free. Call 703-352-ARTS.

SATURDAY/APRIL 14

Burke Farmers Market. Open Saturdays, through Dec. 22, 8 a.m.-noon at 5671 Roberts Pkwy., Burke. Fairfax County Park Authority markets are strictly producer-only meaning that vendors must grow or make from scratch everything they bring to market. Call 703-642-0128 or visit www.fairfaxcounty.gov/parks/farmersmarkets.

Art Lessons for Youth Classes.

9:15-10:30 a.m. at Woods Community Centre, 10100 Wards Grove Circle, Burke. Drawing and watercolor for 8 years and older. Instructor Carol Zeitlin. Visit www.czartlessons.com or call 703-250-6930.

Art Workshop for Teens/Adults.

10:30-12:30 p.m. at Woods Community Centre, 10100 Wards Grove Circle, Burke. Drawing, watercolor, Chinese brush, portfolio development for teens and adults. Instructor Carol Zeitlin. www.czartlessons.com or call 703-250-6930.

Celebrate Leonard Bernstein's

100th Birthday. 8 p.m. at St. Mark's Church, 5800 Backlick Road, Springfield. The Northern Virginia Chorale, celebrates Leonard Bernstein's 100th Birthday with a program including the West Side Story Suite and music from Candide. The Chorale also performs Whitacre's Five Hebrew Love Songs and Ralph Manuel's Alleluia. A free reception will follow the concert. Adults, \$20-\$25; students (12-24 years), \$10; children under 12 years are free. Order Tickets online at: www.northernvirginiachorale.org or call 703-455-1074.

SUNDAY/APRIL 15

Railroad Technology Exhibit. 1-4 p.m. at the Fairfax Station Railroad Museum, Visit www.fairfax-station.org, www.facebook.com/FFXSRR, or call 703-425-9225.

Yoga

FROM PAGE 4

gas.

Hurwitt added: "Rabbits are a lot of fun. They are great pets if you know how to properly care for them. And if anyone is interested in ever having a rabbit for a pet, there are so many available for adoption from us or the local shelters. But do your research before you get a rabbit so you know what you're getting into. They're not starter pets for small children but they can be great family pets."

Yoga instructor Shannon Meraw of Fairfax added: "Basically, around Easter time, a lot of people buy rabbits for their children or for their families

and they don't realize that rabbits live for up to 15 years, and so, they're a life-long commitment and these poor rabbits end up abandoned, and so these wonderful people come in and they foster them and that requires money.

"We're doing something that's great for the body, mind, and spirit and good for the bunnies as well. So, we're going to teach some yoga and it's going to be a lot of fun. In the end, we're going to help out some beautiful little furry souls," she said.

For more information on Friends of Rabbits, visit www.friendsofrabbits.org.

— STEVE HIBBARD

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Legals

ABC LICENSE

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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.

PARENTS HELPING PARENTS

Parent Support Partners, a service of the Healthy Minds Fairfax initiative, are all parents who have received training and are qualified to offer education, support and assistance at no cost to families or caregivers. They provide reliable information that families can use in decision-making and are familiar with services and resources that can help families in distress. Visit www.fairfaxcounty.gov/healthymindsfairfax or www.nami-northernvirginia.org/parent-peer-support.html.

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.

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/APRIL 5

Autism 101: An Introduction to Understanding Autism. 10-11:30 a.m. at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 - Room 100, Dunn Loring. Join the **Autism Society of Northern Virginia** to learn accurate, important, basic information at this workshop highlighting Autism Acceptance Month. Open to all who want to learn more about autism. Visit www.fcps.edu/node/28279.

Public Meeting: Painting and Restriping. 7 p.m. in the Springfield Governmental Center, 6140 Rolling Road, West Springfield. The Virginia Department of Transportation and the Fairfax County Department of Transportation will hold a public meeting on 2018 paving and restriping efforts in the Springfield District. Information will be on display in an open house format, with a presentation at 7:15 p.m. Visit www.fairfaxcounty.gov/transportation/2018-paving-and-restriping.

APRIL 5-MAY 24

Neighborhood College Returns. The eight-week course teaches how the county works and how you can make it work for your community. Course sessions include "Code Compliance and Zoning," "Family Services and Mental Health," "Police and Emergency Management," "Storm Water Management and Solid Waste Management." Opportunity to ask County staff questions and hear how they make our county run. Classes will be held Thursday evenings at a location to be determined. Contact Ann Sharp at 703-425-9300 or ann.sharp@fairfaxcounty.gov to register.

FRIDAY/APRIL 6

Strategies to Support Elementary School Students. 10 a.m.-noon at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 - Room 100, Dunn Loring. A Closer Look at Stress and Anxiety: Strategies to Support Elementary School Students will explore strategies and resources to support children experiencing stress and anxiety in elementary school. Highlights will include recognizing and validating a child's worry, managing anxiety in the school setting, helping a child remain calm, and using stress reduction tools. Visit www.fcps.edu/node/28279.

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Label Me Presumptuous



By KENNETH B. LOURIE

I have not been collecting return-address labels for years. I have however, been receiving them for years. Either as thank yous for charitable contributions made or as inducements for charitable contributions yet to be made. Regardless of the reason, I have had an ample supply until recently. And they have served me well as both a reminder of what I have and have not done. And over time, they have most definitely served their purpose. Amazingly though, the pages of return-address labels in inventory has been shrinking of late. Due to some combination of my lack of charitableness as well as a reduction in the numbers of unsolicited charitable quid pro quos (there may be a relationship there).

Let me be clear: I am under no delusion or pressure to respond to these letters/requests for money. Just because I receive them doesn't mean I must adhere to them. They're hardly a subpoena nor are they payment for services rendered. They are merely a pre-approach-type solicitation mailed to me at my home offering goods (the labels) for services (my contribution) not yet rendered. Opening an envelope and reading its contents doesn't make me a partner in their pursuit of my dollars.

But what exactly is the protocol here? Certainly I can understand keeping and/or using the return-address labels if I make a contribution, but what if I don't make a contribution? Do I have to throw these perfectly good return-address labels away? Don't some of these labels, by their design/content - and ultimately by their use by yours truly, indirectly support the original sender's cause? Isn't their use some kind of tacit paying-it-forward-type approval/contribution on my part? I realize money and/or in-kind contributions likely help more, but is there use by a non-contributor not abuse at all? After all, I'm sort of passing the word/keeping their chain going, aren't I?

If all is fair in love and war, certainly there's a little wiggle room in the world of mailing unsolicited inducements to unsuspecting recipients? I mean, I'm not asking for trouble here, am I? I'm merely asking for some understanding and clarification. If what was sent to me - not at my request and not as part of a phone conversation securing a commitment, was not my doing, then why am I responsible for it being done?

Obviously the labels are a convenience for me, and that is worth some amount of money and time that now I'm not having to spend. Still, it feels like an intrusion of sorts, a method to their madness - presumably, but to me a presumption, nevertheless. And that's just a few letters away from an assumption, and you all know what is said about assuming?

I suppose if you cast a wide enough net you're going to catch a few contributors who don't find anything fishy about this direct mail process and who feel compelled to respond favorably - so to speak, because a good deed has been for them. And if a good deed (or a "solid," to quote Detective Andy Sipowitz/Dennis Franz from NYPD Blue) deserves another then contributions will be made and address labels will be affixed.

But after years of receiving these return-address-labels-masquerading-as-solicitations-for-contributions - to a variety of charities, some more well known than others, I don't feel the least bit stuck in my decision to use these return address labels as I see fit. In a way, I am the beneficiary of their largess and in turn, they are the beneficiary of my non-cash contribution. It's sort of a win-win. But I don't suppose that was their intention. I suppose they wanted more, not less.

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



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