

11TAX

Pampasazone server Maria Benitez displays a pork arepa with barbecue aioli. Pampasazone is at **3950 University Drive** in Old Town Fairfax.

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April 12-18, 2018

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM

BONNIE HOBBS/THE CONNECTION



CHICKEN FOCACCIA SANDWICH BBQ SHRIMP WITH CORN SALSA 24 KARAT GOLD WINGS BUFFALO CAULIFLOWER WINGS CHICKEN SKILLETS SUPERFOOD SALAD

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### Area Roundups

### Girls Fire and Rescue Academy Summer Camp Accepting Applications

The Fairfax County Fire and Rescue Department has announced its Girls Fire and Rescue Academy summer camp, which will take place July 9 - 13, 2018. The Academy is open to female students who will be freshmen, sophomores, or juniors in the upcoming 2018-2019 school year. Participants must be a Fairfax County resident.

Academy participants will take part in a five day program full of fun-filled experiences, physical training, classes and Fire/ EMS simulations. They will also have an opportunity to visit a Fairfax County Fire and Rescue Station to experience the everyday life of a Firefighter/EMT. Campers will have a chance to interact, ask questions and eat dinner with the on-duty crew.

The program is completely free of charge. The Academy will be limited to 24 applicants, so apply today. All applications must be received by close of business on Friday, April 20, 2018. For more information, and to register, see below. Girls Fire & Rescue Academy 2018 Application Packet https:// www.fairfaxcounty.gov/fire-ems/sites/fireems/files/assets/documents/pdf/lse/ girls%20academy%20packet%202018.pdf Girls Fire & Rescue Academy 2018 Flyer

### VA-TF1 Seeks Volunteers for Training Exercise

Virginia Task Force 1 (VA-TF1) is holding a full-scale exercise in the area later this month and they are currently seeking volunteers to act as victims. Volunteer victims are needed starting Monday evening, April 23 through Thursday afternoon, April 26.

A minimum shift of 6 hours is expected and overnight volunteers are especially needed.

Volunteers will need to remain awake and be willing to work their entire shift. Victims will need to be able to crawl in and out of rubble piles, don't mind getting dirty and are capable of sitting or lying in place for extended periods of time.

Moulage (make up simulating injuries), food and water will be provided. For additional information or to sign up, email to christopher.yorty@fairfaxcounty.gov

Established in 1986 as a domestic and international disaster response resource sponsored by the Fairfax County Fire and Rescue Department, Virginia Task Force 1 is rostered by approximately 200 specially trained career and volunteer fire and rescue personnel, with expertise in the rescue of victims from collapsed structures, following a natural or man-made catastrophic event.



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## News

**Cutting the** restaurant's ribbon are (from left) Fairfax City Councilwoman Jennifer **Passey**, the Economic Development **Authority's Craig** Havenner, Angela **Ribulotta**, Chef Elvis Amor, Dante **Ribulotta**, Angela's son Lorenzo, 9, and Mayor David Meyer.

Photos by Bonnie Hobbs/ The Connection



## Sample South America in Old

**Town Fairfax** Latino fusion cuisine is at Pampasazone.

By Bonnie Hobbs The Connection

t Pampasazone's ribbon-cutting in Janu ary. Fairfax City Mayor David Meyer told attendees, "Bring your friends and family here for the wonderful food. This is exactly the kind of restaurant we want in our downtown."

Since then, people are discovering the many delights of this new place with the red awnings at 3950 University Drive. And that's a good thing, because owner Dante Ribulotta says, "We're hardworking and we're here to stay."

This Latino fusion restaurant actually opened in October, and Ribulotta said it's been getting great reviews from the customers. "So far, so good," he said. "And our arepas and empanadas are especially popular."

He and his wife also own El Patio in Rockville, Md., serving his native Argentinian food, and many of the customers there wanted something similar in Virginia. "So when this space in Fairfax opened up, we liked it," said Ribulotta. "We also liked the area because it resembles Rockville in income, schools and diversity, so we thought it would be the right place for us."

It's fitting that Pampasazone's name is a combination of three words because it serves food that's a creative mix of the signature elements of South American cuisine. "Pampa" and "zone" refer to the fertile lowlands, or pampas, of Argentina, Uruguay and Brazil, and "sazon" is a nod to the special flavor each culture brings to their dishes.

THE MENU features a wide variety of offerings, including arepas; empanadas; quiche; skewered steak, chicken or shrimp; soups; salads; sandwiches; beverages and homemade desserts. Arepas are small, corn-cake sandwiches with fillings such as prosciutto, cheese and caramelized onions; sautéed vegetables and cheese; and pulled pork, cheese, caramelized onions and cabbage. Empanadas have savory fillings



Artist Eleuterio Ruiz Diaz and the tango dancers he painted for the restaurant.

in flaky, pastry dough. The options are beef, chicken, ham and cheese, spinach, corn, and cheese and onion

Ribulotta said all the steak main dishes are also hits with the customers, but the grilled skirt steak, Entraña a la Parrilla, is their favorite. Soup choices include Locro, a beef, pork, corn and vegetable stew, as well as lentils and vegetables. The most popular hot sandwich is the Chivito - grilled steak with bacon, ham, mozzarella, sautéed bell peppers and onion, and a hard boiled egg on a soft bun.

The favorite salad is the Puerto Madero with spinach, quinoa, strawberries, cucumber, avocado, radishes, red onions and cheese in a lemon vinaigrette. And the top-selling desserts are the flan with dulce de leche, plus the Milhojas – a puff-pastry cake, also with dulce de leche.

Ribulotta said the customers enjoy his restaurant's "nice atmosphere, quality of food and good prices. It's also a new dining choice. Usually, when you say 'Latin cuisine,' people think 'Mexican,' but that's only a small part. We focus on South American cuisine, and people have been very open to trying new things, so it's working well."

For example, Pampasazone's ceviche is from Peru; arepas, Colombia; empanadas, Argentina and Colombia; tequeños (bread-dough sticks filled with cheese), Venezuela; chaja (a cream layer cake with fruit and meringue), Uruguay; and the rice, beans, yucca and plantains are from Venezuela, Colombia, Peru and Bolivia.

"We try to put our own twist on the ingredients so

See New. Page 7



Courtesy of Hernan

Artist Ire Lee (left) and Britepaths' Board of Directors member Joni Henderson with Lee's work, "Annapurna 26200," at last year's Artful Living event.

### 'Artful Living' Benefits Local Families in Need Britepaths fundraiser is part of Spotlight on the Arts.

By Bonnie Hobbs The Connection

Britepaths (formerly Our Daily Bread) will highlight the work of local artists at Artful Living, a juried art show slated for Saturday, April 21, from 7-10 p.m., at the Sherwood Center, 3740 Old Lee Hwy. in Fairfax. Part of the Fairfax Spotlight on the Arts Festival, the theme is "Empowerment."

Cash prizes are available, and all the art will be for sale via a silent auction. The evening will also feature live music by local Latin-jazz band Batida Diferente, appetizers from Dolce Vita in Fairfax City, wine and craft beers. In addition, a live auction will offer items including tickets to the AT&T Pebble Beach Pro-Am golf tournament, a Bradford Portraits session with hotel stay, and a retail-therapy package at the Ritz Carlton.

Besides contributing toward the Spotlight on the Arts Scholarship Fund, this fourth-annual event benefits Britepaths' Fairfax County clients working and mentoring, emergency food, financial aid and seasonal

assistance to working families struggling to make ends meet. And attendees will hear a story airfax-based nonprofit of resiliency and triumph from a client who achieved self-sufficiency with the help of these programs.

> "Art has the ability to transform, which we feel speaks to our mission to empower those among us who are struggling, but working so hard to transform their lives," said Britepaths Executive Director Lisa Whetzel. "We hope everyone will join us for this unique event, made possible in partnership with Fairfax Spotlight on the Arts, that offers us an opportunity to look at the world around us through a different lens."

> Admission is \$45/person in advance and \$50 at the door. Purchase tickets at http:// britepaths.org/Art or at the event. For more information, call 703-273-8829 or email info@britepaths.org.

Artful Living is made possible by sponsorships from: Human Touch LLC; Ken and Linda Kozloff; Hamilton, Petrocelli, Sprissler & Sands LLP; Glenn Hediger and Nancy McLernon; toward financial self-suffi- leam Freiman at Morgan ciency. They're able to do this Stanley; Miller Consulting through Britepaths' programs Group LLC; Giant Food; Loren providing financial education and Birgit Hershey; Catherine Read and Tom Greeson; and L & M Printing.

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## OPINION Expansion of Health Care in Virginia?

After years of hoping, it's possible Medicaid expansion will come on April 11; say a prayer.

complishment of the Virginia General Assembly session for 2018 is set for Wednesday, April 11, after our newspapers' presstime. In agreeing on a budget, assembly members are expected to approve expanding Medicaid which

#### would provide health insurance some EDITORIAL 200,000 to 400,000 Virginians who have been living without coverage, and

consequently mostly without health care. More than 10 percent of residents of Arlington, Alexandria and Fairfax County do not have health insurance.

The benefits are huge. A celebratory press release goes out any time 10 or more jobs come to any place in Virginia. But estimates are that finally accepting the available federal money

he most important, impactful ac- to expand Medicaid under the Affordable Care Act would generate about 30,000 jobs.

It will make all of us who live and work in Virginia healthier by ensuring that our fellow residents have access to healthcare, to medications to treat contagious illnesses, to vaccinations, to preventive and acute care.

We don't want the people who ride with us on the Metro or wait in line at motor vehicles to be sick without a rea-

sonable way to be treated. We want the people around us to be healthy. It makes everyone healthier.

Virginia has bypassed about \$10 billion by not having expanded Medicaid since it was possible.

Now is the time.

normal brown eyes

So many advocates have pressed for this for

so long, that it seems almost surreal as the possibility approaches. While I don't often pray for particular outcomes, I think a prayer for hundreds of thousands of people to receive lifeaffirming health care is in order.

Del. Ken Plum of Reston wrote in his weekly column: "By the time you are reading this column I will be back in Richmond for the serious work of the legislature of passing a budget for the next biennium. The outstanding issue to be resolved is the expansion of Medicaid to nearly 400,000 Virginians who do not have health care even though taxes are being collected in Virginia to pay for the program. I support the Governor in his insistence that we approve the expansion. Thanks to all the citizens who have been calling and writing supporting the program. I will be back with details on the budget issue as soon as it is resolved." Fingers crossed.

> — Mary Kimm, MKIMM@CONNECTIONNEWSPAPERS.COM

## New Neighbor

By Kenneth R. "Ken" Plum State Delegate (D-36)

n a recent early morning walk from my home in the South Lakes area of Reston I met a new neighbor that I learned lately moved into the area weeks ago. I would not call the new neighbor friendly; he seemed to be more disinterested in me although his family acted a bit jittery with me being around. While he may not have been interested in me, hundreds have been interested in and curious about him. A photo I took of him that I posted on social media has elicited nearly 400 reactions. I continue to use the male pronoun, but truthfully I am not sure of the neighbor's gender.

I introduced the new member of our community on social media as being an albino deer, but I was quickly corrected. The almost white deer did not have the pink eves, pink nose, and pinkish hooves of an albino deer. One neighbor suggested that he was probably a piebald deer. Although I grew up in rural Virginia where there is a lot of wildlife, I had never heard of a piebald deer. That sent me to the internet where I learned that contrary to popular belief, a piebald deer is not a cross between a normal whitetail deer mond for the serious work of the and an albino. The origin of the word "piebald" comes from "pie" meaning "mixed up" and "bald" meaning "having a white spot".

Piebalds have various amounts of white and brown patches simiand nose with black hooves like a normal whitetail deer. Their coloration is due to a rare inherited genetic

defect that fortunately affects less than one percent of the white-tailed deer population because it also may result in the deer having short legs, scoliosis of the spine, internal organ deformities and other health conditions.

At the risk of turning this story into another diatribe on my part about the importance of diversity in our community and the need to welcome all, I will end with an acknowledgement that some people do not want another someone in the community who may eat their flowers. It does make me appreciate our trails and natural areas where we can see our animal neighbors. When you see our piebald deer near Snakeden Branch Trail or wherever else in Reston, take a photo if you can and share it on my Facebook page, Kenneth R. Plum. We want him to feel welcome. You might want to call him by the name I understand Terraset Elementary students have given him: Blanca.

By the time you are reading this column I will be back in Richlegislature of passing a budget for the next biennium. The outstanding issue to be resolved is the expansion of Medicaid to nearly 400,000 Virginians who do not have health care even though lar to a pinto pony, and they have taxes are being collected in Vir-



Piebald deer of Reston

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2016 Virginia PRESS Association Award Winning Newspaper

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### News





Faux psychic Gabriella Marie puts on a show for unsuspecting visitor K. Sridhar in Jeff Dunne's "The **Unfortunate Teller**" at Infinity **Stage's Short Comedy Play Festival** at Epicure Café.

Waitress Meghan Bryan falls asleep at a customers' table as customers Meghan Hawley (rear left) and **Elizabeth Colandene (rear right)** look on in surprise in David MacGregor's comedy, "Black Friday" at Infinity Stage's Short Comedy Play Festival at Epicure Café.

material to put up three festivals, and I'd

still have a lot of wonderful plays to work

Given the nature of short length plays,

the technical requirements must be minimal. There will be set pieces to suggest a particular environment, but mostly patrons

can rely on the written word and quality

ences can expect. There is "Face Time," and "I Got You Babe." "Both pieces are simulta-

neously funny and tragic," said Ruben

Vellekoop, who is directing

both. "These two plays address loneliness and

codependency-whether it

be on technology or love-

and how we tend to lose

sight of ourselves in the pro-

include "The Surprise," "Just

That Sort of Day," "Bard Be-

yond Belief," "Bench,"

"Black Friday," "The Unfor-tunate Teller," "Bridge and

With the Infinity Stage

Comedy Play Festival, "I'd

like to think of this as com-

ing home after a hard day's

Tunnel," and "Regifting."

cess of trying to connect." Festival comedy titles also

Play titles give some sense of what audi-

acting and directing."

### Ten New 10-minute Live Comedies Coming to Epicure Cafe

with,"

Infinity Stage presents the Short Comedy Play Festival.

> By David Siegel The Connection

rom an interfering parent, to a scientist creating the "perfect" human, who then thinks she's too

good for him, to planning a shopping spree with great precision, to diner staff who fall asleep in their scrambled eggs as well as a cunning way to breakup, ten new short comedies will be presented at Fairfax's Epicure Café. All courtesy of Northern Virginia's Infinity Stage.

"I wanted to showcase fresh, new writing talent," says Infinity Stage artistic director Steven W. Rodgers. "We love shows from the past as much as anyone, but there's something undeniably fresh and vibrant about seeing new work. There is Epicure Café. such a wealth of great ma-

terial out there, but no one ever sees it." Rodgers went on to say, "the idea of a short play festival has always appealed to me. I like the variety and, if one play isn't someone's cup of tea, there's another one right around the corner.

"I wanted to concentrate on light comedies this time around, and there were plenty to choose from," added Rodgers. He helped read the 350 short plays that were submitted from places as far away as England and New Zealand.ºRodgers' major regret: having to pass on a number of wellwritten manuscripts. "I've seen enough good

Steven Rodgers, artistic producer of **Infinity Stage and Short Comedy Play** Festival producer at

work ... you can grab a beer, have dinner if you'd like, then settle down, and watch some fun shows," added Rodgers. "This is humor that will leave you smiling."

### Where and When

Infinity Stage presents the Infinity Short estival at Epicure ( Highway, Fairfax. Performances: Friday, April 20, 2018 at 8 p.m. and Saturday, April 21, 2018 at 8 p.m. Tickets are \$20 can be purchased online at www.infinitystage.com or at the door. **Note:** Seating is limited. Food and drink may be purchased before the show and during intermission. There is a pre-show mixer starting at 7 p.m.

**Dominion Energy**°

### **INFORMATIONAL OPEN HOUSE**

**Dominion Energy Virginia Proposes** New Transmission Line in Alexandria, Arlington Project to improve local reliability

In our continued commitment to provide safe and reliable power to area neighbors, Dominion Energy is proposing a new 230 kilovolt (kV) underground transmission line between Arlington County and the City of Alexandria to support identified energy needs for local residents and businesses.

Since 2014, our project team has worked with the community to analyze routing options between Dominion's Glebe Substation, located at the intersection of South Glebe Road and South Eads Street in Arlington County, and Pepco's Potomac River Substation at the intersection of Slaters Lane and East Abingdon Drive in the City of Alexandria.

We invite you to attend one of our two open houses to view detailed maps on our preferred underground route along Potomac Avenue as well as other alternative solutions to be filed in an application to the Virginia State Corporation Commission later this year. Subject matter experts will be available to answer specific project questions.

### **OPEN HOUSE EVENTS**

Wednesday, April 18, 2018 George Washington Middle School 1005 Mt. Vernon Avenue Alexandria, VA 22301

Thursday, April 19, 2018 **Hayfield Secondary School** 7630 Telegraph Road Alexandria, VA 23860

Drop by anytime between 6 p.m. and 8 p.m. There will be no formal presentation.

For more project details, visit us online at DominionEnergy.com/Glebe.

### Start making a difference with RSVP



Celebrate National Volunteer Week with RSVP Attend an RSVP Northern Virginia Lunch and Learn

> at 12 noon, Friday, April 20, at the Providence Community Center in Fairfax, featuring a talk by senior health expert Dr. Patrice Winter of George Mason University

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RSVP is a program of Volunteer Fairfax, Volunteer Arlington and Volunteer Alexandria





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# HomeLifeStyle



The colors of Camellia blooms can be enjoyed now, says David Watkins of **Merrifield Garden Center.** 

## Spring in Bloom

Preparing and planning a colorful warm-weather garden.

By MARILYN CAMPBELL

ne of the most anticipated rites of spring is the vibrancy of the first blooms on flowers and trees. However, this beauty can only be savored after the weeding, pruning and planting are finished. While preparing and planning a spring garden is not an effortless endeavor, local landscaping gurus say that an organized plan can make it more manageable.

"The first thing you need to do is cut back any ornamental grasses like Liriope two to four inches off the ground so the brown, tired-looking leaves are gone before the new leaves start to grow," said David Watkins, general manager of Merrifield Garden Center. "If you wait too long it's tough to separate old from new and you end up getting brown on the new leaves."

Removing all of the leaves and other debris from the flowerbed is the next step, advises Haynes Davis of American Plant in Bethesda. "Cut back any perennials or ornamental grasses that have not already been cut back and prune out any dead branches from existing shrubs," he said. "I fertilize at this point with ... a slow-release, organic fertilizer that works for blooming and evergreen plants. Lastly I put down a fresh layer of mulch and then the

beds are ready for spring."

Preparing to have a perfectly manicured lawn for spring begins by raking removing all of the fallen leaves, adds Davis. "Having your PH tested would be a good idea because now would be the time to put down lime to get your soil to the correct acidity level which is 5.8 to 6.5," he said. "This is also the time to put down preemergent [herbicides] to keep the weeds from coming up, but you have to remember, if you put down a pre-emergent you cannot over seed for six to 12 weeks, depending on the product you are using."

Cutting away dead or overgrown branches to stimulate new growth comes next, says Watkins. "I would prune any branches on



Preparing a spring garden includes pruning, mulching and fertilizing, says Haynes Davis of American Plant in Bethesda.

shrubs and trees that are crisscrossing and rubbing against each other," he said. "Then edge, mulch and fertilize your plants. Remove old mulch first and put down two to three inches of new mulch, but make sure you don't put it too close to the trunk of the plant."

When whipping a garden into shape for spring, Alexandria-based landscape designer Ruth Tinsley believes in engaging the senses. "If you plant fragrant spring flowers like Honeysuckle, Phlox, Butterfly Bush and roses, they will give you a pleasant aroma when you are walking through your yard or garden," she said. "Plant them in large swaths to get the biggest impact."

Butterfly Bush and Stock are two flowering plants that do double-duty, advises Tinsley. "They not only have a nice fragrance, but they will add beautiful color to your yard or garden. Butterfly bush is relatively hearty and has vibrant pink and purple blooms, and Stock comes in a vivid, dark-red color."

Until temperatures are warm on a consistent basis, Davis offers a caveat about planting flowers. "I would only plant Pansies and Violas for flowers outside," he said. "They will give you good color all the way up to the time to plant summer annuals, which is when we have sustained night time temps around 55 degrees, usually around mid-April. For perennials about the only thing you can plant now would be hellebores."

"Forsythia bushes are blooming now. They're one

of the first to bloom," added Watkins. "Shortly Camellias and Azaleas will start to bloom.

Options for plants that can tolerate cooler temperatures are plentiful, advises Watkins. "All of your trees and shrubs can be planted now and it's great to get your garden started early so there's less maintenance in the summer," he said. "All of our ornamental trees like Cherry, Redbud, Crabapple and Dogwood can be planted now."

"As for shrubs, you can plant anything right now as long as it has been acclimated and does not have new tender growth," added Davis. "We have all of our plants that are tender either in our greenhouses or covered with frost blankets until the temperatures warm up."

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Photo American Plant Pansies and Violas can be planted now to offer bright colors to a spring garden, says Haynes Davis of American Plant in Bethesda.

### News

(From left) friends Leslie Cullen and Lindsay Barry enjoy lunch at Pampasazone.

Photos by Bonnie Hobbs/ The Connection

### New in Old Town Fairfax

From Page 3

people will be able to taste something new," said Ribulotta. "We use a lot of things that people aren't using here, such as plantains, yucca and arepas also used in soup as croutons. And our Colombiana empanada has a different dough that's fried and crispy."

"This is a good place for family dining. We have a warm and inviting environment, with brightly colored walls and original artwork for sale," he said. "And we think our patio will be a big hit once the weather gets better. We also do a lot of catering, such as lunches for the World Bank. ... Depending on the size of the event, we need 24 hours to a week's notice." Call 571-459-2233 or email pampa.sazone@gmail.com.

The restaurant's walls are adorned with original artwork by Argentina-born Eleuterio Ruiz Diaz, who works at Woodson High. And live tango music is performed Tuesday evenings by Argentinian musician Emmanuel Trifilio.

Pleased to be in the City of Fairfax, Ribulotta said, "It's charming, walkable, has a lot of parking and events, Old Town Square, and that Old Town feeling. There's much potential here."

**ON A RECENT AFTERNOON**, friends and City residents Lindsay Barry and Leslie Cullen ate lunch there together. Barry had Colombiana-style chicken and beef empanadas, plus yucca fries with cilantro aioli. "It was a nice lunch, not heavy, and everything tasted really good," she said. "I was here before and got a sandwich that was awesome, so I came back. And I like to support local businesses."

Barry would recommend Pampasazone to others because "It's got really great food and it's affordable and convenient, especially with the parking garage





Pampasazone is at 3950 University Drive in Old Town Fairfax.

nearby. I also like the restaurant's colors and wood paneling, the staff is friendly, it's very clean and there's lots of seating."

Cullen was there for her first time and ate corn and chicken empanadas with a spicy sauce. "It was a good spice, but didn't burn your mouth," she said. "And I loved the empanadas. I liked the flaky pastry, and it had a lot of flavor without being overwhelming."

In addition, said Cullen, "I like the cozy atmosphere and the artwork, especially the paintings of the tango dancers. I know they're Argentinian, but they remind me of a trip we took to Spain. I'd absolutely recommend it, and I'm definitely coming back here. The prices are really reasonable and the food is delicious."

Also enjoying lunch there was City resident Alan Rinker, who had the ham and cheese quiche. "It's interesting because it's not a custard quiche," he said. "It's ham, cheese, tomato and hard boiled egg in a pastry crust. And the crust is really good, too; it's the same one used on their baked empanadas."

Rinker also likes Pampasazone's chicken soup with vegetables in a tasty broth and comes in, once a week, to eat. "I like the variety of different foods that you can't get anyplace else," he said. "I've already recommended it to others, including an Argentinian friend who really enjoyed it."





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### CALENDAR

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

#### ONGOING

- "The Front Page." Through April 21, 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 Art Exhibit: Pulp Fiction. Through April 29, gallery hours in Arches Gallery, Building W-9 of the Workhouse Arts Center, 9518 Workhouse Way, Lorton. Pulp Fiction showcases work by artist Anne Hollis, exploring mixed media art while focusing on moments in time from mythological stories to real life. Visit www.workhousearts.org/.
- Second Saturdays. 6-9 p.m. at the Workhouse Arts Center, 9518 Workhouse Road, Lorton. The Second Saturday Art Walk, 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. Enjoy art exhibitions in nine galleries of the region's finest sculpture, painting, glass, ceramics, and fiber art works.
- www.workhousearts.org/. FUN-Exercise Thursdays, noon-12:50 p.m. at Grace Presbyterian Church Family Room, 7434 Bath St., Springfield. Inova certified exercise instructor leads a moderate level exercise class with music and current events conversation. Muscle, Balance, Strength Training using stretch bands and weights both standing and seated exercises. Instructor donation is \$5. moorefitt@yahoo.com 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.
- Smoke Free Bingo. 7 p.m. Every Friday. Fairfax Volunteer Fire Department, 4081 University Drive, Fairfax. Free coffee, entertaining callers, \$1,000 jackpot (with breaks for smoking friends).
- www.fairfaxvd.com. 703-273-3638. **English Conversation Groups** weekly at George Mason, Burke Centre, and Lorton Libraries Practice and improve your English. Day and start times vary. Visit: va.evanced.info/fairfaxcounty/lib/
- eventcalendar.asp Funday Monday 10:30 a.m., every Monday at Old Town Hall, 3999 University Drive, Fairfax. There will be music, movement, storytelling, performances, crafts, and more. It is open to children of all ages, however especially for those who haven't yet started school. Programs are free and open to the public, donations are gratefully appreciated. There is ample free parking in the downtown area, and stroller access at the rear of Old Town Hall on Main St. 703-385-7858 www.fairfaxva.gov/culturalarts.

#### **THURSDAY/APRIL 12**

Fairfax Art League - Art and **Lunch.** 10:30 a.m.-2:30 p.m. at Old Town Hall, 3999 University Drive, Fairfax. Bring lunch and enjoy the company of other artists. Free and

### Dinnerstein to Perform a Concerto Written for Her

Fairfax Symphony performs D.C. area premiere of Philip Glass' new "Piano Concerto No. 3" with acclaimed pianist Simone Dinnerstein.

By David Siegel THE CONNECTION

orthern Virginia audiences will strike music gold with the Fairfax Symphony Orchestra (FSO) as it continues to celebrate its 60th anniversary season. "We are thrilled to be giving the D.C. area premiere of Philip Glass' new piano concerto," said Christopher Zimmerman, FSO Music Director. "Philip Glass is one of the most significant, renowned living American composers.

"And, we look forward to collaborating again with Simone Dinnerstein, for whom this concerto was specifically written, and bringing it to life for our FSO audience,"

For acclaimed pianist Dinnerstein it will be a return to perform with the FSO. This time to perform Glass' "Piano Concerto No. 3" written specifically for Dinnerstein and co-commissioned by FSO.

"Commissioning new work is central to our mission," said Jonathan Kerr, Executive Director, Fairfax Symphony Orchestra. "We are honored to be the first orchestra in the D.C. metro



Photo courtesy of Fairfax Symphony Orchestra **Pianist Simone Dinnerstein** 

### Where and When

Fairfax Symphony Orchestra presents program featuring Philip Glass, Bach, Vaughn Williams, and Elgar at George Mason University Center for the Arts Concert Hall 4400 University Drive, Fairfax. Performance: Saturday, April 21 at 8 p.m. Tickets \$39, \$53 and \$65. (Students: \$15) Visit www.fairfaxsymphony.org or by phone atº888-945-2468. Note: Join Music

Director Christopher Zimmerman and Pianist Simone Dinnerstein for a preconcert discussion on April 21 at 7 p.m. at GMU Concert Hall.

area to premiere this important work and collaborate with Simone Dinnerstein on such a milestone. This is another example of how the arts in Fairfax County are creating connections for the community and the world."

The FSO's April 21 program also includes Vaughan Williams' "Fantasia on a Theme by Thomas Tallis," as well as Elgar's "Introduction and Allegro for Strings" and "Bach: Keyboard Concerto in G minor, BWV 1058."

"The idea for this commission first germinated in Philip Glass's garden, where we met for breakfast one beautiful morning," said

Dinnerstein. "There are almost no concertos written for piano and strings since Bach's time. Both Glass and I have a strong interest in the music of Bach and how it impacts us today." The pairing aims to create bridges between the old and the new.

"Several years ago, Simone Dinnerstein visited me at my home in New York City and played a short program of Schubert and Glass. She played with a complete mastery of technique, depth of emotion, and understanding. Right away I knew I would someday compose music for her," said Philip Glass.

With three movements, the new Glass concerto is scored for piano and strings. It is Romantic in nature. "It's as if the piano grows out of the orchestra," said Dinnerstein.

Dinnerstein has brought a number of projects to Fairfax County. One was to provide Fairfax County Public School students with access to classical music called "Bachpacking." Dinnerstein took a digital keyboard into individual elementary school classrooms, helping young children to get closer to the music.

open to the public. New members welcome. Visit the Fairfax Art League at www.fairfaxartleague.net or call 703-587-9481

**Coffee House Night - Art & Poetry.** 7-9 p.m. at Haveabite Eatery, 10416 Main St., Fairfax. Fairfax Art League All are welcome to read their own poetry, a poem that they love, a short story, sing or play a song. Share a readings, coffees and cookies, artist talk, and performances. Free and www.fairfaxartleague.net or call 703-

"Follow Your Heart." At EagleBank Arena, 4500 Patriot Circle, Fairfax. Disney On Ice presents "Follow Your Heart" is an ce 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, 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.

"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
- Spring Arts and Crafts Show. 10 a.m.-5 p.m. at Springfield Town Center in the parking lot between Frontier Drive and Spring Mall Road adjacent to Target. Spend a day shopping vendors with music from local street musicians. This two-day event showcases a juried exhibition of 80-100 local and regional artisans and crafters. Free admission. Visit www.trovpromotions.com/ springing-for-spring-arts-&-crafts-

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

**Opening Reception: Pulp Fiction.** 6-9 p.m. in Arches Gallery, Building W-9 of the Workhouse Arts Center, 9518 Workhouse Way, Lorton. Pulp Fiction showcases work by artist Anne Hollis, exploring mixed media art while focusing on moments in time from mythological stories to real life. Hollis will be available to talk about her work and the process she uses to create mixed media collage at the opening reception. Visit www.workhousearts.org/

Drawing Plus Color Class. 6:15-7 p.m.at Woods Community Centre, 10100 Wards Grove Circle, Burke. Drawing and watercolor for 5-8 year olds. Instructor Carol Zeitlin. Visit www.czartlessons.com or call 703-250-6930.

Northern Virginia Ceili. 6:30-9:30 p.m. at Green Acres Center, 4401 Sideburn Road, Fairfax. The Ancient Order of the Hibernians presents the Northern Virginia Ceili ("Irish Country Dancing"). The second Saturday each month. Free coffee. tea, and refreshments. Admission: adults, \$15; families, \$25 (includes all children under 16, and uncles, aunts, and grandparents); children under 16, free: GMU students (with ID), \$5. Call 703-273-6090.

### **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

Spring Arts and Crafts Show. 10 a.m.-4 p.m. at Springfield Town Center in the parking lot between Frontier Drive and Spring Mall Road by Target. See listing April 14

Railroad Technology Exhibit. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. A special exhibit highlighting the impact of technology improvements in railroading, including advances introduced by area residents. 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.

#### MONDAY/APRIL 16

Funday Monday: Kids Zumba. 10:30 a.m. at Old Town Hall, 3999 University Drive, Fairfax, Music, movement, story telling.

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painting. Enjoy poetry and prose open to the public. Visit 587-9481. THURSDAY-SUNDAY/APRIL 12-15

### ENTERTAINMENT

### Shoestring Theatre presents Murder and Mystery Take the Stage

By Bonnie Hobbs The Connection

n engrossing mystery, "The Best Doctor in Town" is set in Big Stone Gap, a rural community in Southwest Virginia with little medical care. So its residents rely on a particular doctor who may or may not be worthy of their trust.

Presented April 21-22 and 28-29 by Shoestring Theatre Co., it'll be performed

in Old Town Fairfax as part of Spotlight on the Arts. The cast of 15 has rehearsed since January, and Shoestring founder and Director Amelia Townsend says attendees are in store for a real treat.

"Inspired by actual events, the play follows the story of the small town's most revered doctor, who may just be a serial killer," she said. "A local police officer with a tarnished reputation, a reporter who manipulated facts and the doctor's chief intern - who may be a thief - have pieces of the puzzle. No one in authority believes the great doctor could be responsible; yet all the while, patients are dying."

Describing her actors as "incredibly versatile and dedicated." Townsend said, "They took on roles in an unknown play by an unknown playwright, about an obscure part of Virginia, and breathed life and reality into it. One of the major challenges for people in Southwest Virginia is access to regular medical, dental and eye care. My late writing partner, Dink Shackleford, and I wanted to write about Remote Area Medical (RAM) and explore that issue in an entertaining and engaging story."

Besides trying to solve the mystery, she said audiences will appreciate the experienced performers, plus the two original pieces of



Rehearsing a hospital scene are (from left) Sharon Caraballo (as Etta West), Mick Butler (Dr. Ash McKay), Joe Russell (Ira West), DJ Neace (Eliot West) and Geoff Baskir (Sheriff Bull Blair).

### To Go

Show times are Saturday, April 21 and 28, at 2 and 7 p.m.; and Sunday, April 22 and 29, at 2 p.m., at 10427 North St. (former Pacers store) in Fairfax. Tickets are \$20 at the door and \$15 via https:// www.eventbrite.com/e/the-best-doctor-in-town-tickets-43466856538.

music written for this play. And, she added, "The story will really appeal to them."

Dell Pendergrast portrays Dr. Nicholas Oxenbriggs. "He's a man of great dedication and brilliance as a physician, and he's brought high-quality medical care to this impoverished, small town," said Pendergrast. "It's appreciated by everybody, but he also has a darker, more mysterious side to hin."

He said the story's about "the internal dynamics, tension and anxiety that stem from a small community trying to understand its respected doctor who's under a cloud of suspicion. People are increasingly worried and uncertain about this man who's done a lot for them, and it creates division among the residents."

IT'S A CHALLENGE playing him, said Pendergrast, because "This doctor is a complicated individual who has some rather unique perspectives on patient care. He's not a normal doctor. But we have a very good cast and a wonderful director. The audience will be intrigued about this narrative of a doctor who's not what he seems to be and, indeed, has a darker, sinister side."

Caraballo, Sharon the undergrad dean of GMU's Engineering School, plays Etta West. She's a pillar of the community and her husband Ira is a patient of the doctor's. "She's smart and trusting and definitely looks on the bright side of things," said

'The Best Doctor in Town.'



Playing the title role in "The Best Doctor in Town," Dell Pendergrast is interviewed by Laura Baker (as a reporter).

Caraballo. "She and Ira and their son Eliot, a sheriff's deputy, have a strong family bond. There are shades of gray in all the characters, although Etta tends to see the good in people. She trusts that the ones supposed to be taking care of them are."

Caraballo likes her role, especially the family dynamic. "It's also interesting because Etta has this blind spot. She continues to trust the doctor while, all around her, everyone else is getting suspicious – and she thinks it's undermining her husband's care."

Noting that this show works on many levels, Caraballo said, "You've got the mystery of what's going on and the suspense of what's going to happen to all these characters. And you also get a portrait of these communities in Southwest Virginia. They're economically challenged there, and there are discussions of whether this could even happen in a different place. So the audience gets to see what these strong communities are like, despite the difficulties they face. And I think it'll be very moving for people to learn about what's happening there."

Playing Sheriff Bull Blair is Geoff Baskir. "He runs the Sheriff's Office in Big Stone Gap, Va., and is quite a character," said Baskir. "He does things his own way, and there are rumors about things he may have going on, on the side. So people both respect and fear him. But at the same time, he's part of

See Shoestring, Page 10





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## ENTERTAINMENT Shoestring Theatre

the fabric of the community. He cares about it and has seen the changes. With the collapse of the mining industry there, stores closed, and it got tough for the

Baskir said he has to get into Blair's head to "read his personalitv. He's a 'good, ol' boy,' like the sheriff from 'Dukes of Hazzard.' But he knows the community and legal procedures and is no bumpkin. And it's fun playing him because of the authority he commands.

"The story is a thriller and a whodunnit," continued Baskir. "There are several deaths, so the process of catching the perpetrator will keep the audience's attention. They'll also like the Southwest Virginia atmosphere, which not many people know about."

**ELIZABETH KEITH** portrays Emily Scott, a reporter with the local newspaper, the Daily Star. "She's honest, hardworking, professional and a rule-follower," said Keith. "She grew up in Big Stone Gap, and she and another reporter are starting to address their town's medical issues in the paper. But she's hesitant to believe Dr. Oxenbriggs could be doing something wrong until she has the facts.'

Keith said it's been "a joy" to play Emily because "she's smart and has a good heart, and she loves her job and her hometown - all admirable qualities. The audience will like this show's mystery, and it's fascinating to see the various characters' perspectives. And all the different elements come together at just the right time to create the perfect storm for a possible crime to happen. People will also enjoy following the journalists attempting to uncover what's happening, and the audience will try to figure out who deserves their trust."

Excited about the show, Townsend added, "We couldn't do this without the help and support of [Fairfax City's Cultural Arts and Marketing Director] Jo Ormesher, the City of Fairfax, the Commission on the Arts and Kimco Realty. We're extremely honored and humbled to be part of such an incredible festival that brings so much art to his area."



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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 qualitied 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.naminorthernvirginia.org/parent-peer-support.html.

#### **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 12

**FY 2019 Budget Meeting.** 1 p.m. at the Fairfax County Government Center (Board Auditorium), 12000 Government Center Parkway, Fairfax. The advertised budget plan can be found at www.fairfaxcounty.gov/budget/advertisedbudget-plan. Sign up to speak at the public hearings on the FY 2019 budget at www.fairfaxcounty.gov/bosclerk/speakers-form or call 703-324-3151.

#### **FRIDAY/APRIL 13**

**Collaborative IEP Meetings: Parents as** Partners. 10 a.m.-12:30 p.m. at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 - Room 100, Dunn Loring. Parents are essential partners in the special education process. Join us for this important workshop to learn more about the IEP process and its components, your role in the IEP meeting, responsibilities of the IEP team members, and planning for your child's IEP meeting. Visit www.fcps.edu/node/28279.

#### 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 of Vienna, Herndon and Clifton and the Cities of Fairfax and Falls Church. 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-shreddingevent
- Land Use Input. 9-11 a.m. in Old Town Hall, 3999 University Drive, Fairfax. Offer input on an update to the Future Land Use Map, a critical component of the Comprehensive Plan, which provides guidance on land use, transportation, housing, economic development, environment, parks, and historic preservation. Open house begins with a brief presentation. Call 703-385-
- 7930 or visit www.fairfaxva.gov/livablefairfax. **Mt. Vernon Office Hours**. Mount Vernon District Supervisor Dan Storck will host Saturday office hours. Email
- mtvernon@fairfaxcounty.gov.
  9-11:30 a.m.at Lorton Library, 9520 Richmond Highway, Lorton.
- ✤ 12:30-3 p.m. at the Mount Vernon district office, 2511 Parkers Lane, Mount Vernon.
- **Community Yard Sale.** 9 a.m.-5 p.m. at Ridge Road Estates Community, 7420-7450 Ridge Road, Quincy Hall Court, and Shepherd Ridge Court, Springfield. Community yard sale featuring bikes, file cabinets, and other items. Free admission. Email peggybaines@verizon.net for more.
- Living with Alzheimer's: For Middle-Stage Caregivers. 10 a.m.-noon at Ravensworth Baptist Church 5100 Bavensworth Road Annandale. Part two of three-part series. Join the Alzheimer's Association for this free threepart 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.







By KENNETH B. LOURIE

... that the green, cotton, chino-type casual-Friday pants I often wear on -in-theoffice-Thursdays, lasted as long as they did. Given the number of years I've been stuffing myself into them (not every Thursday mind you, but very regularly), and the weight I've gained, especially since the ultra low point during heavy duty chemotherapy nine years ago, the miracle is that these pants hadn't split wide open on any number of previous occasions

As it actually happened yesterday, the split was gradual, not along a seam and not offensive to anybody, least of all, me.

And though the tear was understandable, given the psi (pounds per square inch) of pressure they were under, the loss however expected was sad nonetheless. For someone who exults in a limited wardrobe as much as I do, the reduction in available garments I choose to wear - repeatedly, is impactful.

Hardly do I have too many other go-topants in the closet. Considering my lack of interest, lack of need and lack of properly fitting alternatives hanging in the balance, when a split occurs, such as the one I've described "heretofore," (Ben Affleck in "Good Will Hunting"), not only is the loss palpable, it is downright inconvenient. Now what? Not that my appearance is ever a priority, but I'd rather not dress for failure.

The problem is, when your clothing options can be characterized as "either or," you're in a bind which, given the pounds that have been added over the winter (let's be honest; more like the preceding fall, summer, spring, winter and fall), you're constantly challenged, especially when attempting to zip up your fly and/or button your pants. Talk about a pointless effort.

If there was a cash reward for such failure, I'd be basking somewhere warm, in semi retirement - with an elastic waistband to do my bidding.

"But alas, poor Yurick." No such reward exists, but thankfully, elastic waistbands do, and not just on underwear, bathing suits, shorts and sweatpants. The question becomes then: How committed do I want to become to such elasticity? Isn't it kind of a slippery slope to rubberize my waistline? My fear is, once I go elastic, I may never go back, and in never going back, I'm also afraid there may be no stopping me, if you know what I mean? And if I'm not to be stopped then am I prepared to live with myself, my ever-expanding self, that

I imagine my oncologist wouldn't approve. And I know my internal medicine doctor wouldn't approve (I've already received some electronic advisories to that effect); and I know with 100 percent certainty that my wife, Dina wouldn't approve. She might have married me "in sickness and health, and thick and thin," but she'd much rather I be thin than thick.

Granted, I may be mixing metaphors here, but I trust you get my point. She liked me the way I was, and sort of likes me the way I am, but I'm doubtful she would like me nearly as much if I were to morph into another being.

Ergo, the future is now. Do I continue to pack on the pounds and have less and less clothing that fits – and fewer and fewer excuses as to why that old thing seems to be that same old thing, again; buy new clothes that reflect and lock in my girth, or bite the bullet - not the Entenmann's Pop'ems, Hostess CupCakes, Oreo Mega Stuf cookies or M&M's plain/peanut butter candy and try to lose weight and save some face, literally?

I believe I know the answer. I'm just not ure of the start date. It better be soon because the underwear I bought myself for Christmas is beginning to lose its shape and I'm pretty sure I know the reason; and it's not a manufacturer's defect.

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

www.ConnectionNewspapers.com

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