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PHOTO BY WILL PALENSCAR/THE CONNECTION

Burke CONNECTION

WELLBEING
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Lake Braddock's Nick Margraf #24 and teammate Carl Fanfon #33 cover South County's Andre Speight. The Lake Braddock Bruins (23-3) defeated the South County Stallions (18-7) 68-56 on Tuesday night, Feb. 26 to win the Virginia 6C Regional Championship.



Bruins Defeat Stallions in Region Final

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PHOTOS BY MIKE SALMON/THE CONNECTION

The trail at Fountainhead could be part of a bigger ride.



Fountainhead's mountain bike trail is in the top ten across Virginia. See more about the Sports Tourism Task Force at www.fairfaxcounty.gov/springfield/sports-tourism-task-force

Sports Tourism May Be Next for Northern Virginia

Area sports facilities looked at for tournaments, tax revenue and expansion.

BY MIKE SALMON
THE CONNECTION

Creating an indoor ski slope out of the Lorton Landfill mountain of trash is just one idea that is part of a larger proposal involving “sports tourism,” that Supervisor Pat Herry (R-Springfield) supports so Fairfax County can take advantage of this possible financial gold mine.

“We could have ski teams in our schools,” Herry said, looking at the bigger question surrounding this notion of sports tourism. “Why haven’t we looked at this before?” he asked.

Herry noted that there are 60 indoor ski facilities in the world, but none in North America, so the Lorton Landfill site would be the first if it happens. “It’s got a significant vertical drop already,” he added.

Herry is leading a task force to look at the whole sports tourism idea which also includes mountain biking at the Fountainhead Mountain Bike Trails, more sports fields at Baron Cameron Park in Reston, more baseball diamonds at Patriot Park North and a Field House/Hard Court/Indoor Track facility, aquatic sports, ESports and more. The idea is to leverage private dollars in public-private partnerships to get these facilities built and then used for tournaments and other larger-scale events where people will come from all over the country, stay in area hotels, eat in local restaurants and feed the retail and tax base.

The Task Force was formed to better understand the potential economic impact of the \$10 billion and growing sports tourism market and how the county could take advantage of this market to diversify its tax base and develop facilities for county residents paid for in whole or part by sports tourism generated revenue, according to its interim report.

“It makes sense,” Herry said.



The wooded terrain at Fountainhead is part of the mystique. See more about the Sports Tourism Task Force at www.fairfaxcounty.gov/springfield/sports-tourism-task-force

The first step for the indoor ski facility is “to work towards a negotiated P3 agreement and investigate ways to run the P3 negotiation concurrently with the zoning process,” the report read.

On the Task Force

The task force – which consists of representatives from the parks, schools, Visit Fairfax, George Mason University and private developers – is looking at the value of potential sports/athletics tourism opportunities and partnerships and outline what investments the county may be expected to make to achieve these goals, the document states.

In South County, there are four of the top ten mountain bike courses in Virginia, said Paul Gilbert, the Director of Nova Regional Parks. He is working on the mountain bike part of the plan, which would use several of the areas top-rated trails in combination with other existing facilities. Instead of a race on one trail, he’s picturing “more out-

door adventure sports,” type of competition. The regional park at Occoquan could be linked to Fountainhead, and then to the track at Wakefield park via the Cross-County Trail. Some of these connections may need the approval of private landowners and “we’re seeing if we can get that connection,” he said.

The Mountain Bike subcommittee consists of Ernest Rodriguez president of MORE (Mid-Atlantic Off-Road Enthusiast) Chapter of the International Mountain Biking Association; Steve DonTigny, Executive Director, MORE; and Christine Morin, chief of staff for Mount Vernon Supervisor Dan Storck. The River Rock bike event in Richmond “is a good example,” of this type of activity, said Gilbert.

River Rock is sponsored by Dominion Energy that incorporates kayaking, climbing, arts, mountain biking and other extreme-type sports that Gilbert mentioned as well. The MoCoEpic is a similar event that Rodriguez is involved with, and is part of his vision for the Fairfax County mountain

biking effort. Another example Rodriguez noted is the Patapsco Trail Fest in Maryland.

Seeking Sponsorship

Sponsorship is one element that is needed for funding, and the task force is reaching out to various organizations. The off-road bike magazine “Dirt Rag,” was mentioned as one possibility for the biking aspect. “We’re looking to find a long term or medium-term sponsor,” said Gilbert. “Any company that wants to have a positive outdoor image would be ideal,” he added.

Any parent that has children in school sports knows that transportation can be a problem when shuttling to various events, so the “Task Force recommends that where possible sports facilities be clustered.” In Lorton for example, there are several hotels and restaurants near the Lorton exit off I-95 and room for additional facilities near the landfill if needed.

They looked at several facilities nationwide that are already cashing in on sports tourism, including Prince George’s County Sports and Learning Center in Landover, Md. and the Maryland SoccerPlex in Germantown, Md. Fairfax County has had some success over the years in developing the sports market, the report stated, using the World Police and Fire Games in 2015 for an example. There are many more sports tourism opportunities looking to come to the county than the County has the facilities to handle, it stated.

The task force is in need of a consultant with experience in facilitating something as large as this and the advertisement has gone out to hire someone. “They hope to have someone on board by the end of March,” Herry said. “There’s really a lot of exciting stuff coming out of this,” he added.

See more about the Sports Tourism Task Force at www.fairfaxcounty.gov/springfield/sports-tourism-task-force

But this year is supposed to be an improvement.

Every year is election year in Virginia. Add in primaries and special elections, and there are many more elections every year, all with consequences.

Control of this year's Virginia General Assembly came down to pulling a name out of bowl (literally). In 2019, every seat in the House of Delegates and Virginia Senate will be on the ballot.

EDITORIAL While some good things did happen in this year's session of the General Assembly, (eviction protections, foster care reform, step towards menstrual equity, to name some), other important legislation stalled because of party politics and ideology, including reforming fines and effects on drivers licenses; seat belt laws and legislation on distracted driving.

A huge number of candidates will seek seats on the Fairfax County Board of Supervisors and School Board as well, with the direction and tone of the future hanging in the balance.

Results of 2019 Elections will matter in many ways.

Are you registered to vote? Check here: <https://vote.elections.virginia.gov/VoterInformation>

Upcoming Elections:
May 7, 2019 - Vienna Town Council
June 11, 2019 - Primary Elections
Nov. 5, 2019 - General & Special Elections

2019 Elections Include:

Filing deadline for parties, March 28
Primary if held: June 11
General Election Nov. 5
Virginia Senate (4-year term)
House of Delegates (2-year term)
Soil and Water Directors (4-year term)
Board of Supervisors
School Board
Counties: 4-year terms:
❖ Commonwealth's Attorney
❖ Sheriff
❖ Commissioner of Revenue
❖ Treasurer
Vienna Town Council

In case you wonder what will be on the bal-

lot next, here is a guide.

Virginia has a General Election every year on the Tuesday following the first Monday in November.

❖ Federal offices are elected in even-numbered years.

❖ State and Local offices are elected in odd-numbered years.

❖ Clifton Mayor and Town Council are elected in even-number years on the first Tuesday in May.

❖ Herndon Mayor and Town Council are elected in even-number years on the Tuesday following the first Monday in November.

❖ Vienna Mayor and 3 Town Council members are elected in even-numbered years on the first Tuesday in May.

❖ 3 Vienna Town Council members are elected in odd-numbered years on the first Tuesday in May.

❖ If primaries are called by the political parties, they are held on the second Tuesday in June.

— MARY KIMM.

MKIMM@CONNECTIONNEWSPAPERS.COM

16 Bills on the Governor's Desk

BY SCOTT SUROVELL
STATE SENATOR (D-36)



COMMENTARY

The 2019 Session is now in the books. Notwithstanding the controversy generated by our statewide officials, it was one of the most personally successful sessions in the 10 years I have served in the General Assembly. This column focuses on my personal legislative agenda.

First, Governor Northam announced a deal to widen I-95 southbound between VA-123 and the Prince William County Parkway in three years using no taxpayer funds and no penalty payment to Transurban. I have been urging this solution for three years and it will save millions of drivers millions of hours per month when implemented.

Sixteen of my bills are on the Governor's desk. The most significant was my bipartisan bill to address Virginia's coal ash crisis. The legislation we ultimate passed will result in a \$3 billion plan to cleanup Dominion's 27 million cubic yards of coal ash in Virginia in an environmentally responsible way and represents the first time Virginia has exceeded EPA standards on environmental protection.

Late last week, the House of Delegates passed my legislation giving Fairfax County the ability to pass a \$1/mo. utility tax to raise \$30 million over 20 years to pay for electrical line undergrounding on U.S. 1 between Woodlawn and Hybla Valley. I also secured Verizon's commitment to place their wires underground at no cost if a duct bank is constructed large enough to handle their wires saving millions. Coupled with a \$15 million contribution from VDOT and legislation I passed last session making two additional funding streams avail-

able, there is now no excuse for Fairfax County to hold back on placing utilities underground on U.S. 1 and I am urging them to take action immediately.

My legislation to facilitate a legal pathway for undocumented abandoned, abused and neglected immigrant children passed the

House and Senate nearly unanimously and will help thousands of children escape tragic circumstances.

I also passed legislation requiring homeowner and condo association to publish their budgets and capital reserve shortfalls, and limited their ability to prohibit homebased childcare which is a critical need.

My legislation to create fines for government officials who destroy public records to avoid disclosing them in citizen requests passed along with a remedy to punish local governments who violate closed meeting rules while their counsel is present. Sunshine is the best disinfectant.

We passed my legislation requiring the Commonwealth to create model memorandum of understanding for school resource officers to be templated across the Commonwealth. Virginia leads the nation in student criminal referrals and this will help to stop the School to Prison Pipeline.

Elections for Dumfries Town Council will now occur in November saving taxpayer dollars and increasing voter participation.

I passed legislation allowing restricted driver's licenses for out-of-state drug offenses to prevent Virginians from losing their jobs passed, along with better due process for pro-

ective order proceedings, streamlining no-default divorce procedures and filing fee waivers for indigent divorcing parties.

My bill to allow parents to recover damages for wrongfully killed children who provide family support passed unanimously, along with legislation to make it easier for LGBT couples to become parents through surrogate mothers.

The failure of the House of Delegates to once again ratify the Equal Rights Amendment was a major disappointment to me and 160 million American women. Also, the hand's free (texting while driving) bill died in the House after passing the Senate. Governor Northam has a bill on his desk he could amend to achieve the same result and I am urging him to do so.

My predatory lending reform legislation died in the Senate even after passing last year 38-2. Loan sharks rejoiced, but I will be back next year. I was also disappointed that my bill to close a wage withholding loophole for child support deadbeats failed after passing the Senate and making it on to the House Floor, along with my bill to create a temporary driver's privilege card for taxpaying undocumented immigrants.

Next week, I will discuss the state budget. The following week I will discuss other major pieces of legislation that passed including re-districting reforms, early voting, Amazon and Micron incentives.

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

Write The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Send to:
Letters to the Editor
The Connection
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Call: 703-917-6444.
By email: editors@connectionnewspapers.com



Learning How 9-1-1 System Works

BY LIEUTENANT JASON MUNT
FAIRFAX COUNTY FIRE AND RESCUE DEPARTMENT
3RD BATTALION RELIEF, B-SHIFT

Fairfax County Fire and Rescue Explorer Post 1949 members recently had an opportunity to learn how the 9-1-1 system works and the importance of communication.

The Explorers started the day off with team building exercises at the fire and rescue academy. They then went to the Department of Public Safety Communications (DPSC) building, also known as the 9-1-1 Center, and received a tour of the Emergency Operations Center (EOC). Battalion Chief (ret) Al Mullins provided a 30-minute presentation of how the EOC operates and the collaboration that occurs between county agencies during an emergency incident.

Lieutenant Heath then met the group and gave a presentation of how the 9-1-1 system operates and why communication is so important between fire and rescue units and 9-1-1 dispatchers. The Explorers then received a walking tour around the building pointing out the different agencies that operate out of the building. It ended on the floor where the call takers and dispatchers operate.

The Explorers then were allowed to sit with the call takers and fire dispatchers to witness firsthand the important job they do. There were two groups that switched after a while so everyone had an opportunity to experience both. The Explorers were very excited for the opportunity to be able to experience



Fire and Rescue Explorers visit the county's 9-1-1 Center.

this. They wanted to stay longer and said by far that was their favorite part.

This experience gave the Explorers an understanding of how important the role of the "first of the first responders" is from taking the 9-1-1 call to also efficiently dispatching police, fire and emergency medical services.

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

ST. PATRICK'S DAY SOBER-RIDE

Free Sober Rides. Sunday, March 17, 4 p.m. through Monday, March 18, 4 a.m. Area residents, 21 and older, may download Lyft to their phones, then enter a code in the app's "Promo" section to receive a no cost (up to \$15) safe ride home. WRAP's St. Patrick's Day SoberRide promo code will be posted at 3 p.m. on March 17 on www.SoberRide.com.

WINTER SHELTERS

Find homeless and cold weather drop-in centers and shelters that serve Northern Virginia at www.novaregion.org/174/Homeless-Shelter-Lists.

KINDERGARTEN REGISTRATION

Children who will be 5 years old on or before Sept. 30, 2019, are eligible to attend kindergarten. Find the correct neighborhood school by entering your address at boundary.fcps.edu/boundary/. Complete a packet of registration forms found at www.fcps.edu/it/forms/enroll.pdf or in the school office. Gather supporting documents: proof of residence in the school boundary, a certified copy of the child's birth certificate, parent/guardian photo ID, and any custody orders. Certificate of physical exam and immunization will be required before the student may start school, but is not required for registration. Parents who choose to delay enrollment in

kindergarten by one year are required to notify the school in writing of their intent. Learn more at www.fcps.edu/registration/general-registration-requirements.

Union Mill Elementary is currently registering new students for the 2019-20 school year. Find registration forms in the Union Mill Elementary office or online at www.fcps.edu/sites/default/files/media/forms/enroll_0.pdf. Call 703-322-8500 or email Irmilla@fcps.edu to make an appointment to bring completed registration forms and supporting documentation to school. Kindergarten Orientation will take place on Monday, April 1, 4-5 p.m.

FRIDAY/MARCH 8

Technology Fridays in March. 10 a.m.-noon at the Dunn Loring Center for Parent Services, 2334 Gallows Road, Dunn Loring, Entrance 1, Room 100. Join the Parent Resource Center for this series of technology workshops presented by FCPS Assistive Technology Services. Register for one or all of the workshops. Explore a variety of technology tools to support student success and independence with reading and writing in the digital classroom and at home. Register at www.fcps.edu/index.php/resources/family-engagement/parent-resource-center. Call 703-204-3941 or email prc@fcps.edu for more.

- ❖ March 8 - Exploring Early Childhood AT Home: Assistive Technology for Preschool
- ❖ March 15 - Technology Tools to Support Executive Functioning

SEE BULLETIN, PAGE 11

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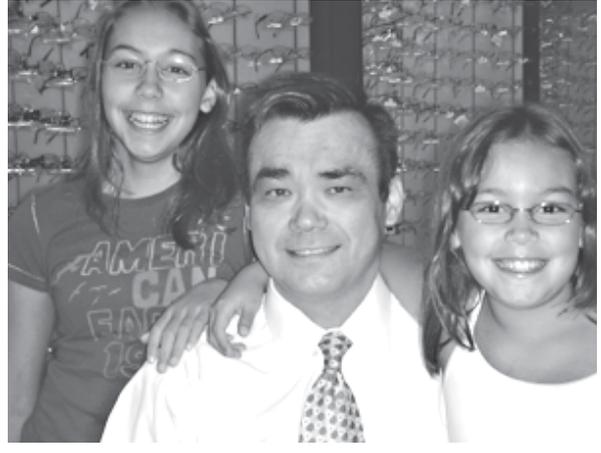
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WELLBEING



A new study shows that even after one hour spent on electronic devices each day, children and teens may begin to have less emotional stability and a greater inability to finish tasks.

Managing Screen Time

Working collaboratively with one's child can decrease the struggle.

BY MARILYN CAMPBELL

Julia Wires purchased an iPhone for her 12-year-old daughter in part she says, because many of the girls at her Potomac, Md. school have smartphones that they bring to campus daily. Wires and her husband were initially hesitant to make the purchase because their daughter was diagnosed with Attention-Deficit/Hyperactivity Disorder (ADHD) and Anxiety Disorder at the end of 2018.

"First, there's the social pressure she feels because all of her friends have iPhones. Then there's the issue of her dad and I being able to keep in touch with her now that she has more freedom to go places on her own," said Wires. "Both of those [factors] are juxtaposed against the fact that she has trouble staying focused and calming down when she needs to. That made the decision tough for us."

Too much time spent on gaming, smartphones and watching television could exacerbate symptoms in children who've been diagnosed with ADHD, according to a new study by researchers at San Diego State University and the University of Georgia. The report showed that even after one hour of screen time, children and teens may begin to have lower self-control, less emotional stability and a greater inability to finish tasks.

"Kids with ADHD have trouble keeping track of time, so they could spend hours on their tablet without realizing it. Screen time can make bedtime rou-

tines more difficult and parents might have an additional struggle getting their kids to fall asleep," said child psychologist Adele Schwartz, Ph.D, of McLean, who was not involved in the study. "Kids with ADHD also might be more likely to ignore parental guidelines and I would worry more about them engaging in risky behavior online."

Helping a child with ADHD transition from playing a video game to doing their homework could require special handling, advises Sarah Bryant, LCSW. "Instead of telling your child that they have to stop watching television at six o'clock or that they have five more minutes on a video game, try telling them that they have to stop at the next commercial break or at then end of the round in a video game," she said.

Working collaboratively with one's child will reduce the chance of a power struggle, says Bryant. "You and your child can work together to list all of

the things that need to get done, like homework, time spent outside, doing sports, chores and other activities and come up with a schedule," she said. "Figure out how much time is left for things like video games and television. Hang the schedule somewhere that's visible to both of you. Your child will see how little time is left for playing video games and since they were part of the process, they'll feel like they're part of a team rather than a subordinate with no control over their life."

"Parents of kids with ADHD should definitely make use of parental controls on tablets, smart phones and television, especially during school hours or when kids should be doing their homework," added Schwartz. "It's also important that children, especially those with ADHD not use electronics at least an hour before bedtime. And it almost goes without saying that parents should model the behavior that they want their children to have by limiting their own screen time."

"... parents should model the behavior that they want their children to have by limiting their own screen time."

— Adele Schwartz, child psychologist

PHOTOS BY MIKE SALMON/THE CONNECTION



The police crime scene tape went around several cars at the house as well after a shooting in the Kings Park community in Springfield left three dead.



On Monday following the shootings that left three dead, the house in Kings Park was surrounded with police crime scene tape and two Fairfax County Police cars were parked out front.

Shooting in Springfield Leaves Three Dead

BY MIKE SALMON
THE CONNECTION

A shooting in the Kings Park community in Springfield left three dead after an argument at what police called “a gathering held at the home.”

There were approximately 10 people at the gathering including several children, according to police, and the three

adult victims were acquainted with each other.

Police have identified the dead as Santos Vladimir Ralda, 45, and his wife, Florida Youlanda Perez Diaz, 40, both of Springfield; and Nathanael Owen Cooper, 20, of Culloden, W.Va. Following the shooting, there was crime scene tape around all the vehicles as well, including a work van marked with “Gravett Ent., Catlett, VA.”

A nearby resident who was walking her dog past the house called it “very, very sad.” She had lived here as a child, attended Robinson Secondary School and moved back because of the neighborhood attraction. “We never have anything like that,” she said.

Detectives from Major Crimes Bureau are investigating the shooting. Preliminarily, detectives believe that there was an argument prior to the shooting. The husband is

believed to have shot his wife and Cooper before shooting himself, according to police.

The Kings Park neighborhood is on the corner of Rolling Road and Burke Lake Road and Braddock Road, and had gained some attention in previous years for the cut-through traffic that had plagued the neighborhood. To combat the cut-through traffic, the neighborhood streets now have a few traffic circles and speed bumps.



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ENTERTAINMENT

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

ONGOING

The Explorer's Club. Through March 31, Friday-Saturday, 8 p.m.; Sunday, 2 p.m. at Workhouse Arts Center, 9518 Workhouse Way, Lorton. London, 1879. The prestigious Explorers Club is in crisis: their acting president wants to admit a woman, and their bartender is terrible. True, this female candidate is brilliant, beautiful, and has discovered a legendary Lost City, but the decision to let in a woman could shake the very foundation of the British Empire, and how does one make such a decision without a decent drink? This is the area premier of The Explorer's Club by Nell Benjamin, directed by Frank Shutts. \$20-\$30. Visit www.workhousearts.org.

Fine Arts Enrichment Camps. The Youth Arts Camp & Education Outreach (ages 13-17) programs at the Workhouse provide rich experiences in fine arts year-round. Campers work alongside professional artists and professional educators to excel in different mediums, learning various techniques, and creating quality artwork with every visit. Find upcoming camps at reservations.workhousearts.org.

FRIDAY/MARCH 8

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.

SATURDAY/MARCH 9

Family Festival and Fun Fair. 10 a.m.-2 p.m. at Good Shepherd Preschool, 9350 Braddock Road, Burke. The Fun Fair is geared towards young children... games, prizes, moon bounces, affordable lunch, bake sale and raffle baskets. Volunteer opportunity for teens who need community service hours. Free admission. Email Ashley Bernardi at ashley@nardimedia.com.

Tales of Adventure. 7 p.m. At The Auld Shebeen (downstairs), 3971 Chain Bridge Road, Fairfax. In "Tales of Adventure," storytellers Jessica Robinson, Anne Rutherford and Norm Brecke will share some true, personal stories – the popular style of storytelling and Better Said Than Done's usual fare - but will also tell some not so true tales, with adventures on the high seas, the tops of mountains, and around the world. Cost is \$15/door; \$12/advance.

Fairfax Symphony Orchestra. 8 p.m. At GMU Concert Hall, 4373 Mason Pond Drive, Fairfax. Ticket are \$30, \$15 students. Fairfax Symphony Orchestra presents Mozart's Clarinet Concert. Featuring conductor Christopher Zimmerman; Ismail Luminovsky, Clarinet; and the Bowen McCauley Dance Company. Pre-Performance Discussion at 7 p.m.: Join conductor Christopher Zimmerman and special guests. Visit www.fairfaxsymphony.org/march-9-mozart-gershwin-and-eryilmaz/

SUNDAY/MARCH 10

Game Day Fun. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Fairfax Station Railroad Museum will host a Game Day for all ages and prizes as well. For the little ones

Archaeology Symposium

In commemoration of the 400th anniversary of forced migration of the first enslaved Africans to Virginia's shores, Exposing A Buried History: The Archaeology of Slave Life sheds light on the history of people enslaved in Virginia from the 17th through the 19th centuries. Renowned Archaeologists and speakers from some of Virginia's most recognizable historic sites share what they have learned through archaeological investigation. David Shonyo, staff archaeologist at Gunston Hall, will lead the morning with an exploration of Gunston Hall's recent discovery of quarters likely assigned to enslaved workers for the house. Saturday, March 16, 9 a.m.-4 p.m. At Gunston Hall, 10709 Gunston Road, Mason Neck.

Advance tickets are available until 5 p.m. on March 15 and may be purchased online at www.gunstonhall.org, and over the phone at 703-550-9220. Tickets will be available at the door the day of the symposium and are \$55 full price (\$45 for members of Gunston Hall and Friends of Fairfax County Archaeology). Visit www.gunstonhall.org.

there will be a Thomas the Tank Engine game. Older children will have a sticker scavenger hunt bingo game and there will even be a game for the grownups. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org or call 703-425-9225.

Artists Reception: Spring Marches On. 1-5 p.m. at The Artists' Undertaking Gallery, 309 Mill Street in Historic Occoquan. "Spring Marches On" features paintings by Jeanne and David Pacheco of Springfield. Contact the gallery at 703-494-0584 or at info@artistsundertaking.com.

Remembering "Old Lee Chapel" Church. 6 p.m. at Burke United Methodist Church, 6200 Burke Centre Parkway, Burke. In addition to sharing the history of Lee Chapel, they will share plans for the future of Lee Chapel – which includes a small outdoor worship space in the footprint of the old church. The event includes a free soup and salad buffet; history of Lee Chapel and personal recollections; and vision for the future of Lee Chapel. RSVP at BUMC or email katiewebster@burkeumc.org.

TUESDAY-THURSDAY/MARCH 12-14

Shen Yun. Tuesday and Wednesday at 7:30 p.m., and Thursday at 2 p.m. at GMU Concert Hall, 4373 Mason Pond Drive, Fairfax. This epic production immerses you in stories reaching back to the most distant past. You'll explore realms even beyond our visible world. Featuring one of the world's oldest art forms—classical Chinese dance—along with patented scenographic effects and all-original orchestral works, Shen Yun opens a portal to a civilization of enchanting beauty and enlightening wisdom. Tickets are \$180, \$140, \$120, \$100, \$90, \$80. Visit www.cfa.gmu.edu.

WEDNESDAY/MARCH 13

Photography Club. 7-9 p.m. at Pohick Regional Library, 6450 Sydenstricker Road, Burke. Join photographers of all levels meeting monthly to share and instruct. Facilitated by Dale Scherfling, Teaching Artist at the Capitol Hill Arts Workshop. First Topic: You and Your Camera. Free. Call 703-644-7333 or visit librarycalendar.fairfaxcounty.gov/event/4941315.

THURSDAY/MARCH 14

Grand Opening: Marshalls. 8 a.m.-10 p.m. at Marshalls, 6638 Loisdale Road, Springfield. Enjoy the festivities including giveaways and more. Visit facebook.com/marshalls.

THURSDAY-SUNDAY/MARCH 14-17

Citrus Fruit Sale. 9 a.m.-6 p.m. at the



Blue and White Sales Van in Parking Lot, 3251 Old Lee Highway, Fairfax. Charity fund raiser selling Valencia Oranges and Ruby Red Grapefruit fresh from Florida. Also buy Virginia peanuts, Vermont maple syrup, or discounted carwash tickets. Visit fairfaxlions.org or call 703-745-9140.

FRIDAY/MARCH 15

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.

SATURDAY/MARCH 16

Archaeology Symposium. 9 a.m.-4 p.m. at Gunston Hall, 10709 Gunston Road, Mason Neck. Symposium – Exposing A Buried History: The Archaeology of Slave Life. In commemoration of the 400th anniversary of forced migration of the first enslaved Africans to Virginia's shores, the program sheds light on the history of people enslaved in Virginia from the 17th through the 19th centuries. Renowned Archaeologists and speakers from some of Virginia's most recognizable historic sites share what they have learned through archaeological investigation. David Shonyo, staff archaeologist at Gunston Hall, will lead the morning with an exploration of Gunston Hall's recent discovery of quarters likely assigned to enslaved workers for the house. Advance tickets are available until 5 p.m. on March 15 and may be purchased online at www.gunstonhall.org, and over the phone at 703-550-9220. Tickets will be available at the door the day of the symposium and are \$55 full price (\$45 for members of Gunston Hall and Friends of Fairfax County Archaeology). Visit the website: www.gunstonhall.org.

Pet Adoption Event. 11 a.m.-2 p.m. at Pet Supplies Plus, 11054 Lee Highway, Fairfax. Find a new forever animal friend with the help of the City of Fairfax Animal Control and Animal Shelter. Visit www.fairfaxva.gov/government/police/programs/animal-control/adopt-a-pet.

Chorale Concert. 4 p.m. at St. Mark's Lutheran Church, 5800 Backlick Road, Springfield. Join the Northern Virginia Chorale as it performs Beethoven's 9th Symphony ("Ode to Joy"), Morten Lauridsen's O Nata Lux from Lux Auterna and other choral works. Adults \$20 in advance (\$25 at the door), students with ID \$10, Children 12 and under are free. Order tickets online at

www.northernvirginiachorale.org.

St. Paddy's Social on the Range. 7-10 p.m. at Burke Lake Golf Center, 6915 Ox Road, Fairfax Station. Celebrate under the stars at the new double-decker driving range at Burke Lake Golf Center. Enjoy unlimited range balls, themed food buffet, soft drinks, music, games, prizes and drawings and one drink ticket. Limited to first 50 registered. \$30. Call 703-323-1641 or visit

www.fairfaxcounty.gov/parks/golf/burke-lake/range-social/march2019.

Fairfax Band Concert. 7:30-9 p.m. at Fairfax High School Auditorium, 3501 Rebel Run, Fairfax. Visit various times, places and adventures through the scores to Silverado, The Captain from Castille, Jurassic World, Titanic and Far and Away, and On the Waterfront. \$15/\$10. Call 571-336-CFBA (2322) or visit www.fairfaxband.org/event/city-of-fairfax-band-goes-hollywood/.

KODO. 8 p.m. at GMU Center for the Arts, 4373 Mason Pond Drive, Fairfax. Experience the electrifying wall of sound that completely fills the hall when the athletic artists of Kodo take the stage to perform the ancient Japanese art of taiko drumming. Audiences are captivated by the visually stunning performance, the astonishingly precise movements of the drummers, and the sheer beauty of the sounds created with these traditional instruments. A pre-performance discussion with a member of the company begins 45 minutes prior to the performance. \$30-\$50. For tickets, call 703-993-2787.

SUNDAY/MARCH 17

Animal Eggstravaganza. 1-3 p.m. at Hidden Pond Nature Center, 8511 Greeley Blvd., Springfield. Come one come all for a spectacular spectacle of fun and eggcitement. Meet and learn about all different types of critters near and far while exploring the pond and Nature Center. Come to a book reading, come in for a Clara's Animal Egg Mobile Craft, an animal talk, dance party and take a photo with a favorite animal friend. \$10. Register at tinyurl.com/y9nz9q48 or email casey.riley@fairfaxcounty.gov or call 703-451-9588.

NTRAK Scale Model Train Show. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Northern Virginia NTRAK members will hold a N gauge Model Train Display. 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.

Organ Music. 5-6:30 p.m. at Holy Trinity Lutheran Church, 3022 Woodlawn Ave., Falls Church. Internationally acclaimed organist Jeremy Filsell will perform Marcel Dupré's extraordinary Le Chemin de

la Croix (The Stations of the Cross), interspersed with the Paul Claudel poems that inspired the work. Free (donation appreciated). Visit www.holytrinityfallschurch.org/music.

Danu. 7 p.m. at GMU Center for the Arts, 4373 Mason Pond Drive, Fairfax. Celebrate St. Patrick's Day with an authentic Irish music experience the whole family will enjoy. Take a musical journey across the Emerald Isle with one of today's leading traditional Irish ensembles as they perform timeless Celtic works along with fascinating, powerful new melodies. The award-winning Danu features lush vocals and poetic lyrics sung in English and Gaelic and impressive virtuoso playing of traditional Irish instruments — flute, tin whistle, fiddle, button accordion, and bouzouki. \$30-\$50. A pre-performance discussion with a member of the company begins 45 minutes prior to the performance. For tickets, call 703-993-2787.

MONDAY/MARCH 18

Mother Daughter Sister. 7:30-9 p.m. at Merten Hall 1201, George Mason University, Fairfax. Screening and Q&A with filmmaker Jeanne Hallacy. Short documentary exposes the Burmese military's use of rape as a weapon of war, through interviews with Kachin and Rohingya women activists. Free. Email cfuchs@gmu.edu or visit fams.gmu.edu/events/9099.

FRIDAY/MARCH 22

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.

FRIDAY-SUNDAY/MARCH 22-24

Marvel Universe Live. At EagleBank Arena, 4500 Patriot Circle, Fairfax. Marvel Universe LIVE is performing at EagleBank Arena. \$20. Show times Saturday, March 23 at 11 a.m., 3 p.m. and 7 p.m.; Sunday, March 24 at 1 p.m., 5 p.m. Visit marveluniverselive.com/tickets.

SATURDAY/MARCH 23

MCAA-Faculty Chamber Ensembles Recital. Noon at George Mason Community Arts Academy, 4260 Chain Bridge Road, Fairfax. At Monson Grand Tier III. Free. The Mason Community Arts Academy brings enriching arts instruction to the community through inspiring and innovative lessons, classes and summer programs in music, theater, visual arts, and film and video, which are open to all ages and levels. It also offers programs focused on teacher education and enrichment. Additionally, extensive outreach programs in music and theater have been established to reach under-resourced populations both in our area and abroad.

Off the Wall. 2-5 p.m. at the Art and Design Building, George Mason University Fairfax Campus, 4400 University Drive, Fairfax. Family-friendly digital and fine arts festival featuring a mac-and-cheese bar and local brewery tastings. Every Spring Mason opens its state-of-the-art Art and Design Building to alumni, parents, and the public for a family-friendly celebration to benefit the visual arts at Mason. \$30 regular; \$20 Mason alumni, faculty, and staff; free for children 13 and under. Email kfranko@gmu.edu.

SPORTS



PHOTOS BY WILL PALENSCAR/THE CONNECTION

The Lake Braddock Bruins are the Virginia 6C Champions after defeating the South County Stallions 68-56.

Bruins Defeat Stallions in 6C Region Final

The Lake Braddock Bruins (23-3) defeated the South County Stallions (18-7) 68-56 on Tuesday night, Feb. 26, to win the Virginia 6C Regional Championship. Sam Grable scored 16 points and Nick Margraf added 13 for the Bruins.

The Bruins used their explosive offense to reel off 23 first quarter points, while holding the Stallions to just 8 points. The Stallions cut into the lead in the second quarter outscoring Lake Braddock 17-12, but would not get any closer. Lake Braddock converted on 7 three point field goals.

South County was led by William Wilson's 15 points and Cody Kellan's 12.

— WILL PALENSCAR



Lake Braddock's Nick Margraf #24 and teammate Carl Fanfon #33 cover South County's Andre Speight.

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NEWS

Assistance League to Host Annual Spring Luncheon

Assistance League of Northern Virginia will hold its annual fundraiser on April 26 to support its community outreach programs. The public is invited to attend the event, and to bid on an array of items at auction, to raise funds for the nonprofit's major programs: Weekend Food for Kids, Reading Express and New Clothing for Kids. Through these programs, the all-volunteer organization helps thousands of less advantaged students achieve their full potential in school.

This school year, through its partnerships with Dominion Energy, Quadrant, Inc., Tee Off for Tots Children's Charities, The Cecil & Irene Hylton Foundation, Intelsat, Dunn Loring-Merrifield Rotary Club and others, the nonprofit provided nearly 16,000 bags of nonperishable food items to children in Fairfax and Prince William Counties and the City of Alexandria who might otherwise go hungry on weekends. Weekend Food for Kids reduces hunger in our vulnerable communities, providing more than 1,800 bags of food monthly. A new partnership with Allstate Insurance Company will help the chapter do even more in the 2019-20 school year.

Through its literacy programs, member volunteers provide one-on-one tutoring to improve the reading skills of at-risk students at Providence Elementary School in Fairfax. Assistance League donated more than 700 books to 30 third grade classes at seven schools, and 120 books to two schools for summer reading programs. The organization also started a second reading program that serves all first-grade students at Pine Spring Elementary School in Falls Church.

The nonprofit provided new clothing, shoes and



PHOTO CONTRIBUTED

Chris Baity, the Founder and Executive Director of Semper K9 Assistance Dogs, pictured with his service dogs, is a keynote speaker for Assistance League's annual spring luncheon.

Luncheon, Silent Auction April 26

The "Strengthening Our Community" Luncheon is set for Friday, April 26, from 11 a.m.-2 p.m. at the Country Club of Fairfax, 5110 Ox Road, in Fairfax. Ticket price is \$65 (\$30 of each ticket is tax deductible).

The luncheon will include a variety of silent and live auction items, donated by local businesses, and will feature Keynote Speaker Chris Baity, a veteran Marine Corps dog trainer and the Founder and Executive Director of Semper K9 Assistance Dogs. Sponsors as of Feb. 13, Panda Stone-wall and Bob's Discount Furniture Charitable Foundation. For reservations or to contribute, contact info@alnv.org. www.alnv.org.

personal grooming products to approximately 2,800 children whose families cannot afford to purchase those essential items.

Through fundraising efforts and grant awards, the organization has returned \$798,754 to the local community since 1999.

General Assembly Expands Revenge Porn Law

BY CAITLIN MORRIS
CAPITAL NEWS SERVICE

The Virginia General Assembly passed a bill to expand revenge porn laws to include realistic fake images.

In 2014, Virginia outlawed the dissemination of explicit photos or videos without the consent of the person seen in the images. The images may have been originally shared in agreement between both parties, but in cases of revenge porn, get posted online by people seeking to embarrass the victim.

"They put them on a website with the intent to coerce, harass or maliciously hurt those folks," said Del. Marcus B. Simon, D-Fairfax.

Simon introduced HB 2678 to protect victims of an emerging trend known as "deepfakes." These realistically fabricated images and videos are becoming more common as modern software developers and social media creates easier access to images.

"These days you don't even need to actually have photos like that — of the person, in your possession ... all you have to have are pictures of their face," Simon said. "You can use artificial intelligence to wrap that on the body."

Roughly 10 million Americans have been threatened with or become victims of revenge porn.

Women are twice as likely to be threatened by men, according to a 2016 study by the Data and Society Research Institute.

"The non-consensual dissemination of intimate photos or videos is not just humiliating for victims, but it can also carry significant emotional, psychological and even financial repercussions," Simon said.

In a 2015 study from the Cyber Civil Rights Initiative, 51 percent of victims of revenge porn indicated that they had considered committing suicide, and 39 percent said the crime affected their career and professional lives. Ninety percent of victims, according to the same group, are women.

Revenge porn laws now exist in 41 states and Washington, D.C., but according to Simon's team, HB 2678 is "one of the first of its kind in the country."

The bill adds language to existing law that includes protection for victims when their image is used in the creation, adaptation or modification of a video or picture. Violators of the law could be charged with a Class 1 misdemeanor, which carries a sentence of up to a year in jail and a \$2,500 fine.

"Deepfakes are yet another malicious tool used to harass and terrorize individuals, who are most often women," Simon said.

If signed by the governor, the "deepfake" cyber harassment bill will go into effect July 1.

BULLETIN

FROM PAGE 5

❖ March 22 - Assistive Technology to Support Communication

Paving and Restriping Meeting. 6:30 p.m. At Franconia Governmental Center, 6121 Franconia Road, Alexandria. The Fairfax County Department of Transportation is planning to host community meetings in every district of the county this spring with the Virginia Department of Transportation to discuss proposed 2019 paving and restriping projects. State and county agencies coordinate restriping efforts to address safety issues for motorists, bicyclists and pedestrians through the creation of bike lanes, parking lanes, crosswalks and more. Visit www.fairfaxcounty.gov/transportation/2019-paving-and-restriping.

SATURDAY/MARCH 9

Green Breakfast. 8:30 a.m. At Brion's Grille, 10621 Braddock Road, Fairfax. Breakfast sponsored by Fairfax County Northern Virginia Soil & Water Conservation District, the program speaker is Brandy Mueller, Environmental Compliance Coordinator, Fairfax County Land Development Services. Even the most well-intentioned conservation efforts can sometimes lead to unexpected challenges. A little planning ahead and a general understanding the rules and regulations that are in place and why they exist can help to make your projects great successes. Cost is \$10 at the door for the all-you-can-eat buffet. Contact Northern Virginia Soil & Water at conservationdistrict@fairfaxcounty.gov.

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.

Fairfax County NAACP General Membership Meeting. 10 a.m.-noon at Kings Park Community Library, Braddock District Supervisor's Conference Room, 9000 Burke Lake Road, Burke. Fairfax County NAACP holds their monthly meeting. A brief business meeting will be followed by the Women's History Panel Discussion. Visit www.fairfaxnaacp.org for more.

TUESDAY/MARCH 12

NARFE Fairfax 737 Luncheon Meeting. 11:30 a.m.-1:30 p.m., at American Legion Post 177, 3939 Oak St., Fairfax. Meetings are held on the second Tuesday of each month from September through June, and opened to all active and retired Federal employees, spouses and guests. Register for luncheon (\$11) by Friday before meeting. Call 703-280-2356 or email rrharney2@gmail.com.

TUESDAY/MARCH 12-APRIL 9

"Caring for You, Caring for Me." 1-3 p.m. at Congregation Adat Reyim, 6500 Westbury Oaks Ct., Springfield. Fairfax County and Inova Health System present this free workshop series providing a blend of support and education for caregivers of older adults. Visit www.fairfaxcounty.gov/OlderAdults and click on Caring for You, Caring for Me Program. Call 703-324-7577, TTY 711. Respite services available if requested three weeks in advance.

WEDNESDAY/MARCH 13

Paving and Restriping Meeting. 6:30 p.m. at Providence Community Center, 3001 Vaden Drive, Fairfax. The Fairfax County Department of Transportation is planning to host community meetings in every district of the county this spring with the Virginia Department of Transportation to discuss proposed 2019 paving and restriping projects. State and county agencies coordinate restriping efforts to address safety issues for motorists, bicyclists and pedestrians through the creation of bike lanes, parking lanes, crosswalks and more. Visit www.fairfaxcounty.gov/transportation/2019-paving-and-restriping.

Fairfax County Park Authority Board Meeting. 7:30 p.m. in the Herrity Building, 12055 Government Center Parkway, Suite 941, Fairfax. The Park Authority Board is a 12-member board appointed by the Fairfax County Board of Supervisors to set policy and establish strategic policy and direction for the Park Authority. For information regarding meeting agendas, Park Board members, opportunities for public comment, or to view meeting materials, board minutes and archival materials, visit www.fairfaxcounty.gov/parks/boardagn2.htm or call 703-324-8662.

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No Spring in My Future Step



By KENNETH B. LOURIE

I wouldn't say I'm feeling any significant side effects yet from my immunotherapy treatment but, if I'm handwriting these columns to begin with – which I am, I have to do so while holding a pen with a rubber grip (just above the ballpoint). No longer am I able to manipulate without this extra assistance. My fingers simply can't sustain the grip otherwise.

Nor would I say my reaction to my wife, Dina's suggestion, as we walked to the car this morning – and looked around "Belly Acres" (our two acres of mostly trees) post wind storm, concerning what homeowner/landowner thing we should do in the spring: pick up sticks and miscellaneous other debris off the ground, was at all enthusiastic. It was quite the contrary. In fact, I can't think of anything I'm less physically able to do given the side effects I'm semi experiencing:

❖ Due to the chemotherapy I've infused – and pill, for 10 years, the neuropathy in my feet makes walking an enduring challenge and running – even in place, totally out of the question. Related to this difficulty walking is difficulty maintaining my balance, especially when walking on non-level ground like "Belly Acres." I'm not exactly a danger to myself – or others, but if those yellow caution signs were placed strategically around our property, there would be yellow every which way you looked.

❖ Because I'm semi overweight (a partial side effect) and definitely out of shape (sort of a side effect), bending over exacerbates the shortness-of-breath side effect I am most assuredly experiencing. Therefore, picking up sticks and stones off the ground may not exactly break any bones, but the names I may be called for being unable to perform this mundane task will not hurt me at all. It might amuse me actually.

❖ The preceding task runs directly into yet another side effect: musculoskeletal pain and weakness. My bones ache a little and my muscles quiver a lot.

Add up the deficits and you get the following: I can't walk. My balance is impaired. Bending over is exhausting and shortens my breath which all together limits my stick picking.

Moreover, carrying the weight I've gained is made more difficult by the weakness and pain I feel in my bones and muscles. This is the trifecta plus one.

I can do many things (activities of daily living, etc.), but the trifecta plus one, I can't. Other than adding a chainsaw ("the most trusted tool in the homeowner's arsenal") and being forced to wear those extremely heavy, metal-toe work boots to the equation, I can't imagine a less enticing spring activity as I gait around attempting to clean up and carry around a season's worth of ground clutter.

Having said all that, I think I deserve a certain amount of credit for knowing my limitations. Granted, such an admission is unlikely to garner any awards or "attaboys," however; when one's life hangs in the balance (or lack thereof) knowing what not to do may be as important as knowing what to do.

And I know what to do indoors; it's more outdoors that presents the problem.

It seems that the side effects I'm beginning to feel, though not quite life changing, are nevertheless life-affecting.

But I'm one of the lucky ones: still alive and reasonably well. I can live, still work (sort of) and play (occasionally) and even walk upright (though my posture could use some straightening).

So I have a few side effects which prevent me from doing two acres worth of stick work. I couldn't have planned it any better.

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



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