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# Springfield

## CONNECTION

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Membership director Dawn Siebenhaar, left, General Manager Bassam B. Medawar and Jennifer Kasmi, the director of catering and special events at Springfield Country Club: The club is undergoing an interior renovation to keep up with the times and cater to new clientele.

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# Springfield Country Club Undergoes Renovation

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# Springfield Country Club Undergoes Renovation

Design and colors consistent with the need for new.

BY MIKE SALMON  
THE CONNECTION

**T**he classic dark wood look of the Springfield Country Club is on its way out soon, as the club undergoes an interior renovation to keep up with the times and cater to new clientele on the horizon.

Tiling is replacing the carpets, old classic light fixtures are being replaced and the bathroom tiles are being replaced by faux stone finishes from 2019. It's a brighter more colorful look than in the past.

"Bringing us more into the times," said General Manager Bassam B. Medawar. The wood paneling had a "very masculine look, and we're going away from that," he said.

"This is more of a facelift," added Jennifer Kasmi, the director of catering and special events.

Inside the front door, the floors are all covered with paper and plastic drop clothes, the room on the left is void of all furniture and the front desk area on the right is be-



**Dawn Siebenhaar, left, and Jennifer Kasmi discuss the project with designer Karen Altschuler, center.**

PHOTO BY  
MIKE SALMON/  
THE CONNECTION

ing refurbished. There are ladders scattered around in various spots and the private dining space looking out on the 18<sup>th</sup> green is empty as well, the fireplace turned off. The new paint is a color called "Revere Pewter," a light grey in appearance.

Along with the interior work, the back porch is getting updated as well, and they are putting in a few heaters to keep this area popular in the late fall. "We want to extend the outside season," said Medawar.

The club is still open and the restaurant operations are taking place in the second floor grill, where board member Robert

McNamara was having a lunch meeting. The new chairs in the boardroom are up to date, and McNamara explained the design at a recent board meeting.

"They did understand that this is the trend," he said. McNamara lives in Burke and has been a member at the club since 1996.

Nearly 20 years ago, the old club house was demolished and they built an entirely new building that looks less like a school than the original structure. Reston resident Karen Altschuler at CFO, Inc. did the original interior design work, and now she is

back for the \$1 million renovation as well.

Aside from the work at the clubhouse, Springfield Country Club is installing a new system where members can make tee times with an app as well as dinner reservations. On certain days during the week, they have adopted a golf system called "The Challenge," where the tee is temporarily relocated depending on the golfers level of play so there is less pressure on the beginners. "We're trying to keep the focus on the interpersonal connections," said Dawn Siebenhaar, the membership director.

Even though it's a private club, they have done some events with area clubs and schools like class reunions and West Springfield High School's end year teacher luncheons, as well as events for the West Springfield Rotary Club, the Greater Springfield Chamber of Commerce and the Springfield Women's Connection, to name a few.

Last June when the Washington Capitals hockey team was in the Stanley Cup, the club brought in a big television screen and set it up near one of the tees so everyone on the back deck could watch the game. At one point, Alex Ovechkin was playing golf and "had his first hole in one at this golf course," said Kazmi. The renovation is scheduled to be completed in April, and on April 30 this spring, they are hosting the U.S. Open Women's Qualifiers.

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Attendees at the NOVA Parks and Fairfax County Park Authority joint public meeting listen to Presenter Chris Pauley as he describes the proposed changes.

PHOTOS BY  
MERCIA HOBSON/  
THE CONNECTION



## E-bikes: Friend or Foe

**Parks agencies present proposed changes allowing e-bikes on their trails.**

BY MERCIA HOBSON  
THE CONNECTION

“Electric-assist bikes are not coming, they are here,” said Chris Pauley, director of park operations, Northern Virginia Regional Park Authority (NOVA Parks). The recent popularity in electric-assist bicycles, e-bikes and the fact they are not allowed on trails in Fairfax County and NOVA Parks prompted NOVA Parks and Fairfax County Park Authority to take steps to understand the issues and then share facts with the public and listen to their comments.

On Thursday, Feb. 7, NOVA Parks and Fairfax County Park Authority Northern Virginia came together at a joint public meeting in Lorton to present their proposed recommendation to modifying §1.14 B. (3) of the Park Authority Regulations. “Because both state law and technology changes, we have to update our regulations, and that’s why we are here tonight,” said Michael Nardolilli, chairman and representing Arlington on the board of directors for NOVA Parks, addressing the gathered crowd of approximately 80 individuals. “We are seeing a positive shift in society where bikes are not just for fitness and fun, but increasingly for transportation,” he said.

As the presenter for the public meeting, Pauley described to the crowd how e-bikes are replacing traditional bicycles for both recreation and transportation. “(They) create an inclusive environment from the recreation perspective. People from all ages and abilities are being reintroduced to riding ... As a transportation option, people are riding further and riding more often if they have an e-bike,” Pauley said.

**PAULEY EXPLAINED** the steps taken on the issue as it relates to the parks. NOVA Parks worked with Toole Design Group, a consulting agency with 16 years of experience. Its stated focus is “... developing creative yet practical solutions that move people



**Presenter Chris Pauley, director of Parks Recreation NOVA, describes the recreational and lifestyle benefits of e-bikes during the Fairfax County Park Authority and Northern Virginia Regional Park Authority joint public meeting on Thursday, Feb. 7, on proposed changes to regulation on the use of e-bikes on park trails in northern Virginia.**

### Proposed Amendment

The Altered Sections of the Proposed Amendment Read:  
1.14 Motor Vehicles and Traffic:  
B: Prohibited Vehicles.  
(3) Mopeds are permitted only in areas where motor vehicles are permitted.  
(Added)  
E. E-Bikes. Electric power-assisted bicycles (e-bikes) equipped with pedals that allow propulsion by human power are considered bicycles and non-motorized vehicles for the purpose of these regulations and are allowed in the same places that traditional, pedal-powered only bicycles are allowed.

more efficiently while improving the quality of life of the community.”

According to Pauley, one of the most critical issues

SEE E-BIKES, PAGE 10

### VIEWPOINTS

## Comments from the Public



**Alexis Glenn, Fairfax Alliance for Better Bicycling (FABB)**

“It is my position as a resident of the county and position of FABB to support NOVA Parks proposal to permit Class 1 and Class 2 e-bikes in the same parks anywhere traditional pedal-powered bikes are allowed ... Safety on bicycles will always come down to education and culture and not the types of bikes we ride ... Bad behavior is equated to the individual, not the equipment.”



**Steve Jones, Clifton**

“The Bull Run Occoquan Trail is a single track, and even the new improved sections of the trail have such tight turns and short sight lines that you can’t see what’s coming around the next bend ... The Trail at Fountainhead (Regional Park) shouldn’t be a multi-use trail until you correct it. I have been frightened by e-bikes coming around a sharp turn.”



**Susan Arango, Burke**

“As a teenager, I was fine riding my bike. Fast forward 40 years and bad knees ... I’m on an e-bike. I’m discovering so many cool neighborhoods, so many ponds, so many lakes ... If more people can become happy people, happy residents, happy cyclists, like myself, let’s make the world a happier place by accepting this proposal.”



**Cary Petrovich, Lorton**

“The e-bike has given me this whole new level to go riding with my friends. I had a knee issue ... that’s why I acquired my e-bike. It allowed me to do everything I wanted to do and still enjoy the outdoors ... I ride at a lower (tire) pressure. My mountain bike tires do not rip up the trails. It is not a throttle. It is pedal-assisted.”

## NEWS

# Kidsafe Center Opens in Burke

**Robin Hill Insurance sponsors Virginia's First Operation Kidsafe Center.**

BY ANDREA WORKER  
THE CONNECTION

**R**obin Hill knows something about kids, safety, and preparing for emergencies. The mother of six and having been foster mom to another forty-seven or so – the “kids” part - Hill and her team run an Allstate-affiliate insurance agency at 5222 Rolling Road in Burke – and that covers the safety and emergency-preparedness bit. On Friday, Feb. 8, she combined both areas of expertise and commitment with the ribbon-cutting that made her agency add “Operation Kidsafe Year-Round Child Safety Center” to the list of what she and the team offer to the community.

Effective immediately, Hill and company will be offering a digital photo and fingerprint record service for children and vulnerable adults, at no cost to the families.

The equipment, which includes the digital camera, fingerprinting unit and printer to produce the identification card that results from the captured data, is provided by Operation Kidsafe International, a company based in Springfield, Ill., founded by Mark Bott. Bott worked for four years with John Walsh, the father who was instrumental in creating the Na-

tional Center for Missing and Exploited Children and who dedicated himself to victim's rights and child safety advocacy after the murder of his six-year-old son Adam in 1981. The two worked together on Walsh's reality television series “America's Most Wanted.”

Bott himself was a force behind the establishment of the Amber Alert system and has spearheaded a number of child-safety initiatives in the United States and Canada. With Operation Kidsafe International, Bott recruits community partners to sponsor the Safety Centers and events where children and vulnerable adults can have the uniform, Amber Alert-ready identification card prepared for free.

Hill, along with her husband Shak who is a financial planner, author, motivational speaker and owner of Guiding Light Publishing, answered the call for families in Northern Virginia, agreeing to the annual fee to maintain sponsorship, and to being ready, willing, and able to market the service and utilize it to help keep local children safe.

**AT THE RIBBON-CUTTING EVENT**, where Shak Hill handled the role of emcee, local officials, members of law enforcement, faith communities, children's organizations, and the Fairfax County Public Schools systems gathered to celebrate the addition of this latest tool in the child safety arsenal and to thank Robin, her husband, and her team for their willingness to step up for the sake of the community's kids.

SEE KIDSAFE, PAGE 5



PHOTO BY ANDREA WORKER/THE CONNECTION

**It's official – Springfield Supervisor Pat Herrity helps Robin Hill of Robin Hill Insurance – along with a host of law enforcement, school and community organization partners - cut the ribbon, making her agency the first to sponsor an Operation Kidsafe Center in Virginia.**

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# Kidsafe in Burke

FROM PAGE 4

Noting the increase in online child predator activity and in human trafficking in our own area, Supervisor Pat Herrity (R-Springfield) remarked “this program is an important addition to the fight against these crimes.” He added that “no one program, organization or effort can meet this challenge alone,” thanking Hill for serving as a community partner on an issue of critical importance.

Tom Vaccarello, Dir. of Safety and Security for Fairfax County Public Schools also spoke at the event, saying that the introduction of the Operation Kidsafe Program is “a great thing, and needed to help keep our kids, and the community, safer.”

Hill seemed more comfortable out of the limelight, cutting the cake made especially for the occasion with the Operation Kidsafe logo, and operating the equipment to demonstrate the speed and ease of its use. But she was persuaded to speak a few words to the attendees.

“Just that minute when you don’t see your child in the store – it’s sudden, terrifying panic,” she said, evoking a nightmare moment for parents everywhere. She hopes that no one she works with will ever have to make use of the identification cards, “but to be prepared in case is everything,” since she says in that panic-filled moment even the most

familiar detail about your child or adult loved one can be difficult to recall. The card is ready with all the pertinent information that law enforcement need to start their search and investigation.

“I am really just grateful to have this opportunity to further contribute to the safety of our kids,” she said.

Even before getting involved with the identification system service, Hill was already doing her part, working with law enforcement on their child car seat checking initiative and securing a grant from Allstate for the purchase of car seats for those less able to afford them. Hill acknowledged that local law enforcement resources are already stretched, so “if we all do just a little, we can make things better together for everyone.”

**FOLLOWING THE BRIEF SPEECHES,** Hill demonstrated the system, with Supervisor Herrity offering to be the first volunteer. In just over 60 seconds, Herrity was



PHOTO BY ANDREA WORKER/THE CONNECTION

**Supervisor Pat Herrity (R-Springfield) accepts the invitation to be the first volunteer, allowing Operation Kidsafe sponsor Robin Hill to demonstrate the system. Taking just over a minute, with no fingerprint ink mess, a private Amber Alert-ready identification card is prepared. None of the information**

handed his identification card, with his digital photo and copy of all ten fingerprints.

“Now, don’t fill out any of the personal information until you get home,” cautioned Hill. That is something she will tell all who participate.

“None of this information is recorded. It’s completely private, not shared with anyone. You get the only copy of the photo and the

fingerprints,” she stated. “But you don’t want to include the personal info until you can put this somewhere safe. You wouldn’t want to lose this on your way home.”

Operation Kidsafe International has already processed more than one million children. Robin Hill and her family and team are ready to add to those rolls. Hill says call to make an appointment to process your child or vulnerable adult at the office, or to discuss arrangements for the equipment to be offered at an event, a faith community, or wherever appropriate. The equipment is mobile, easy to set up, requiring

little space and just an electric outlet for power. Since this is the only such center in Virginia at this time, Hill is willing to take her traveling safety resources within a 50-mile radius.

Call 703-425-5600 or email Robin@RobinHillInsurance.com to schedule your appointment, learn more, or arrange a mobile event.

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# OPINION

## Be Part of the Pet Connection

**T**he Pet Connection, a twice-yearly special edition, will publish the last week of February, and photos and stories of your pets with you and your family should be submitted by Friday, Feb. 22.

We invite you to send stories about your pets, photos of you and your family with your cats, dogs, llamas, alpacas, ponies, hamsters, snakes, lizards, frogs, rabbits, or whatever other creatures share your life with you.

Tell us the story of a special bond between a child and a dog, the story of how you came to adopt your pet, or examples of amazing feats of your creatures.

Do you volunteer at an animal shelter or therapeutic riding center or take your pet to visit people in a nursing home? Does your busi-

ness have a managing pet? Is your business about pets? Have you helped to train an assistance dog? Do you or someone in your family depend on an assistance dog?

Or take this opportunity to memorialize a beloved pet you have lost.

Just a cute photo is fine too. Our favorite pictures include both pets and humans.

Please tell us a little bit about your creature, identify everyone in the photo, give a brief description what is happening in the photo, and include

address and phone number (we will not publish your address or phone number, just your town name).

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EDITORIAL



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— MARY KIMM

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## Staying on Task

BY KENNETH R. "KEN" PLUM  
STATE DELEGATE (D-36)

**D**espite all the distraction associated with events in Richmond these days, the General Assembly is staying on task dealing with legislative and budgetary issues it faces. Each house of the legislature has started to work on legislation passed by the other with conflicts resolved in conference committees made up of members from both houses. The really big conference committee is that working to resolve differences on the budget. The big differences on the budget are between the Democrats and Republicans and not the two houses—how to deal with additional revenues coming to the state from the federal tax changes. Stay tuned for the differences on the budget because they will not be resolved until the last few days of the session that is scheduled to adjourn on Feb. 23.

Some good news is emerging from the session. Requiring hands-free phones in cars that has been required in most other states many years ago may finally be coming to Virginia.



COMMENTARY

Research shows that the greatest cause of auto accidents is distracted driving with calls and texting being the chief reason.

I remember the many sessions that it took to pass requirements for smoke-free areas. Richmond as the cigarette manufacturing capital was finally over-ridden by popular sentiments, and smoke-free areas were legislated. Amazingly but happily the age to buy cigarettes and the latest craze of buying electronic vaping devices is being raised from age 18 to 21.

Efforts to legalize gambling establishments in areas of the state as diverse as Portsmouth, Bedford and Danville failed this year in favor of a year-long study to determine state policy. I predict we will see casinos established in the state in a few years as some regions see them as economic development and a source of new revenue offsetting anemic state funding. I voted to let a study go forward but would not support public financing of a stadium or gambling establishment. Bills that would have decriminalized marijuana did not make it out of

committee in either house. My bill introduced at the suggestion of the Chris Atwood Foundation to make Naloxone more available to reduce deaths from drug overdoses passed.

Different bills passed that purport to create a fairer way to draw legislative district boundaries, but neither comes close to the independent processes that the public has been seeking to end gerrymandering.

On the environment, bills to require Dominion to clean up their coal-ash ponds passed both houses with endorsement by major environmental groups. A bill I voted for that would have established an ambitious agenda for cleaning up the environment in Virginia failed in the House.

The Senate passed a bill to require public schools to teach a class on the Bible! I will not be voting for it if it makes its way through committee.

All the gun safety bills were defeated in both houses. A bill to make it easier to get a concealed weapon if you are from another state passed with a likely veto by the governor.

Yes, there are other big challenges in the capital these days. I will be addressing them in future columns as the facts involved become better known.

### LETTERS TO THE EDITOR

## Re-think Spraying

Dear Editor,

On Jan. 24, Fairfax and Prince William County spokesmen urged a Virginia House of Delegates subcommittee to allow localities to continue to kill caterpillars with broadcast spraying. At issue is *Alsophila pometaria*, the inchworm or fall cankerworm, a native insect that in its larval stage is a caterpillar, a major food source for spring breeding and migrating birds. Some view this caterpillar as a "nuisance" when

it spins down from trees on a silken thread.

A coalition is trying to stop this spraying, which kills not just the target species but all butterfly and moth caterpillars exposed to the spray, *Bacillus thuringiensis* var. *kurstaki* (Btk). "This collateral damage is much too high a price to pay, when the focal animal is a natural element of Virginia's forest ecology," wrote the University of Connecticut's Dr. David Wagner, a world caterpillar expert.

Some spraying advocates contend that inchworms defoliate

and kill trees. Opponents argue that it takes several years of severe defoliation to kill a tree, which is rare; that most trees releaf in one season; and that tree mortality has many, often undetermined causes.

Del. Kathy Tran (D-Fairfax) offered a compromise to her original bill to require residents to opt into the spray program, a reversal of these counties' current opt-out programs. The subcommittee rejected the bill on a party-line five to four vote.

The inchworm is a native insect, part of the natural ecosystem, not

a destructive invasive like the gypsy moth. Government officials at all levels should understand the value of native insects and their role, critters that noted biologist E.O. Wilson said are "the little things that run the world." Killing caterpillars without documentation of real harm or without understanding their importance is inexcusable.

**Ashley C. Kennedy, MS**  
PhD Candidate, Tallamy Lab  
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## Springfield CONNECTION

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# 'Living Coral' Named 2019 Color of the Year

“... can help to brighten a space lacking natural light.”

BY MARILYN CAMPBELL

A breeze of warm air to heat the winter chill is how some designers are describing one of the trendiest colors on tap for this year. “Living Coral” was selected as the 2019 Color of the Year by the Pantone Color Institute, the self-described global authority of color. It’s a shade that is expected to have a prominent presence in interior design, home accessories and fashion this year.

“It works well with most of the foundation colors everyone has in their homes including white, taupe, gray, and brown,” said designer Amanda Mertins of Patina Polished Living in Alexandria. “If you choose to paint, it can help to brighten a space lacking natural light.”

Described as a nurturing color that can be found in nature, Living Coral is a shade of orange with a golden undertone. “It can be used as a wonderful accent color,” said Mertins. “Introduce it with artwork, toss pillows, rugs and throws.”



PHOTO COURTESY OF NICELY DONE KITCHENS AND BATHS

Life-affirming and reminiscent of coral reefs, Living Coral is credited with the ability to breathe life into any space in one’s home. “[It’s] is vibrant, energizing shade ... that can be incorporated as a light accent or bold statement in both a kitchen or bath,” said designer Natalia Fabisiak of Nicely Done Kitchens and Baths in Springfield. “As the timeless trend of white kitchens continues, Living Coral offers the perfect pop of color an all-white kitchen may need.”

“Coffee mugs, dish towels, trays and trivets are an easy and inexpensive way to introduce the trending color of the year into your kitchen,” added Fabisiak.

Home accent pieces are the way that de-

signer Julie Ackerman of Home Polish in Bethesda recommends using the Pantone pick. “Dishware, serveware or decorative accent pieces and porcelain figurines, like those by Herend are a great way to incorporate Living Coral into your home,” she said.

For a more long-term commitment, Fabisiak says, “In a bathroom, Living Coral can be used as a wall color that can be easily paired with neutral tile and fixtures. If painting the walls is too drastic, bath accents like coral towels or a rug can brighten up the space beautifully as well.

In announcing the selection, Leatrice Eiseman, executive director of the Pantone Color Institute, said, “Color is an equaliz-

When used on a wall in a kitchen or bathroom, Living Coral can make a bold statement, says designer Natalia Fabisiak of Nicely Done Kitchens and Baths.



PHOTO COURTESY OF PATINA POLISHED LIVING  
Living Coral can be introduced into one’s home through art, says designer Amanda Mertins.

ing lens through which we experience our natural and digital realities and this is particularly true for Living Coral. With consumers craving human interaction and social connection, the humanizing and heartening qualities displayed by the convivial Pantone Living Coral hit a responsive chord.”

Each year, the Pantone Color Institute makes a prediction about the color that will be on trend for the upcoming year. The selection process, which takes about nine months, has color gurus at Pantone spanning the globe, taking note of the trends in industries that run the gamut from ranging from film and entertainment to art and interior design.

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

## ONGOING

### Art Exhibit: Amazing Art Jam.

Through Feb. 24, gallery hours at the Vulcan Gallery, Workhouse Arts Center, 9518 Workhouse Way, Lorton. Workhouse Arts Center hosts the third iteration of the Amazing Art Jam. This pop-up exhibition offers fresh perspectives by exploring several young, contemporary themes including street art, anime, Marvel iconography and hip-hop culture. Visit [www.workhousearts.org/event/amazing-art-jam](http://www.workhousearts.org/event/amazing-art-jam) for more.

**Winter Golf.** Through Feb. 28, skip the traffic with the Afternoon Drive special at the heated and covered ranges at Burke Lake Golf Center. All buckets are \$2 off, Monday-Thursday, 4 p.m. until closing. Visit [www.fairfaxcounty.gov/parks/golf](http://www.fairfaxcounty.gov/parks/golf).

**Exhibit: Purchased Lives.** Through Feb. 28, 9 a.m.-5 p.m. daily (except major holidays) at the Fairfax Museum and Visitor Center, 10209 Main St., Fairfax. Purchased Lives is a traveling exhibition from the Historic New Orleans Collection. The exhibit examines a complex and divisive period of American history and educating about the far-reaching economic and heartbreaking personal impact of the domestic slave trade. Call 703-385-8414.

## FRIDAY/FEB. 15

**B-I-N-G-O.** 7 p.m. at Fire Station 3, 4081 University Drive, Fairfax. Visit [www.fairfaxvfd.com](http://www.fairfaxvfd.com) or call 703-273-3638 for more.

## SATURDAY/FEB. 16

**“One Woman, One Vote.”** 10 a.m. at Sydenstricker United Methodist Church, 8508 Hooes Road, Springfield. All are welcome to the showing of the PBS video “One Woman, One Vote.” The film documents the 70-year battle for women’s suffrage in the United States, culminating in the passage of the 19th Amendment to the Constitution. The film, narrated by Susan Sarandon, is part of the general meeting of the Springfield-Annandale branch of the American Association of University Women. Call Irene McGhee at 703-628-4048.

**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 [fairfaxva.gov/government/police/programs/animal-control/adopt-a-pet](http://fairfaxva.gov/government/police/programs/animal-control/adopt-a-pet) for more.

**CatnipHaven Grand Opening.** 11 a.m.-4 p.m. at Pet Supplies Plus, 11054 Lee Highway, Fairfax. Fairfax-based cat adoption group, Pets Bring Joy, is launching a brand-new adoption habitat called CatnipHaven. The 8 x 10 screened enclosure provides a comfortable setting for rescue cats and kittens and human visitors alike to interact in hopes of finding a “purrfect” match. Visit [petsbringjoy.org/](http://petsbringjoy.org/) for more.

**Valentine’s Day Banquet.** 6:30-11 p.m. at Waterford Receptions at Springfield, 6715 Commerce St., Springfield. The Family Ministry of the Greater Little Zion Baptist Church in Fairfax is sponsoring their Annual Valentine’s Day Banquet. All couples and singles are invited to fellowship and to enjoy an evening of fine dining, music, dancing and featured entertainment. \$60 per person (payment deadline is Feb. 10). Contact Anthony or Terri Bazemore at 703-239-9111.

**Country-Western Dance.** Lessons, 6-7 p.m.; open dancing 7-9:30 p.m. at Accotink Universalist Unitarian

# Circus Life Comes Alive

## Cirque Mechanics comes to Center for the Arts.

By DAVID SIEGEL  
THE CONNECTION

“The Center for the Arts is thrilled to be sharing Cirque Mechanics with our community. Audiences of all ages will be mesmerized by the acrobatic feats performed, and the humor inherent in the clowning ensures patrons are engaged and entertained,” said Adrienne Godwin, Programming Manager, Center for the Arts (CFA).

“Cirque Mechanics takes a unique approach by including innovative mechanical staging that you don’t see with other American circus troupes, which means that circus novices and aficionados alike will see something new and inspiring,” added Godwin.

Cirque Mechanics, an American circus, was founded in 2004 with roots for its performances in the mechanical. At the CFA performance patrons will experience “42FT-A Menagerie of Mechanical Marvels.” It is a singular blend of acrobatics as well as impressive array of mechanical marvels including a stunningly lifelike mechanical horse. There will be plenty of clowning and the ageless wonder of circus artistry such as traditional circus acts like the Strongman and juggling.

“We create circus shows that showcase the relationship between the mechanical and the acrobatic worlds. The Center for the Arts show has all the big wow moments we expect from a circus show with a great story and a unique stage set that allows us to see the action in the ring and behind the scenes,” said Chris Lashua, Founder and Creative Director, Cirque Mechanics.

Cirque Mechanics: “42FT-A Menagerie of Mechanical Marvels” displays life in a circus tent show. It will follow the story of a down and out roustabout filled with wanderlust and enamored with the circus, willing to persevere in order to reach his dream of performing under the big top. It takes place in an rotating tent frame.

“In ‘42ft’ we sought to pay tribute to the classic



PHOTO BY MEIKE SCHULTZ

**“Cirque Mechanics: 42FT-A Menagerie of Mechanical Marvels” in performance at the George Mason University, Center for the Arts on Feb. 22, 2019.**

one ring circus. The central element of the circus has been the circus ring itself (42’ in diameter), and this ring provides the perfect boundary to allow an acrobat to perform tricks on horseback at a full gallop,” added Lashua.

Lashua is a circus performer in his own right. He created and performed visionary circus acts using an innovative aerial apparatus before forming his own circus company, Cirque Mechanics. Before the circus, Lashua was in professional bicycle freestyle competitions and performance.

Cirque Mechanics is “to be enjoyed by audiences of all ages,” said Lashua.

## Where and When

George Mason University, Center for the Arts presents “Cirque Mechanics: 42FT-A Menagerie of Mechanical Marvels” at 4400 University Drive, Fairfax, VA 22030. Performance Saturday, February 22, 2019 at 8 p.m. Tickets: \$48, \$41, \$29. Call 888-945-2468, or visit [www.cfa.gmu.edu](http://www.cfa.gmu.edu).

Church, 10125 Lakehaven Court, Burke. The Northern Virginia Country-Western Dance Association will hold a dance. A DJ provides music. Couples and singles of all ages welcome. Admission for NVCWDA members \$10; non-members \$12; children under 18 accompanied by a paying adult \$5. Smoke-free and alcohol-free. BYO refreshments. Visit [www.nvcwda.org](http://www.nvcwda.org).

**Art for the Heart.** 7-10:30 p.m. in the Parish Hall at Church of the Nativity, 2400 Nativity Lane, Burke. The Knights of Columbus Fr. Sikora Council 7992 is holding their Annual Art Auction. Join in a festive evening of viewing and bidding on a variety of fine art, memorabilia, and collectibles while enjoying complementary wine and specialty

hors d’oeuvres prepared by A Bit More Catering. \$15 per person. For tickets contact Tom Savage at 512-983-5641 or [tomkc7992@gmail.com](mailto:tomkc7992@gmail.com).

## SUNDAY/FEB. 17

**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 at the Fairfax Station Railroad Museum. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit [www.fairfax-station.org](http://www.fairfax-station.org) or call 703-425-9225.

## TUESDAY/FEB. 19

**Serve Up Dinner for the Animals.**

4:30-5:30 p.m. at Hidden Pond Nature Center, 8511 Greeley Boulevard, Springfield. It may not be everyone’s idea of dinner, but worms and insects are considered fine dining for the nature center’s exhibit animals. Ages 3-adult. \$6 per person. Call 703-451-9588 or visit [www.fairfaxcounty.gov/parks/hidden-pond](http://www.fairfaxcounty.gov/parks/hidden-pond) for more.

## THURSDAY/FEB. 21

### Burke Historical Society Speaker.

7 p.m. at George Mason Regional Library, 7001 Little River Turnpike, Annandale. Learn about the many spooky legends of the region — and their historical background — as Cindy Bennett presents “Ghosts, Goons, and a Bunny Man.” Visit

[burkehistoricalsociety.org](http://burkehistoricalsociety.org) for more.

## FRIDAY/FEB. 22

**B-I-N-G-O.** 7 p.m. at Fire Station 3, 4081 University Drive, Fairfax. Visit [www.fairfaxvfd.com](http://www.fairfaxvfd.com) or call 703-273-3638 for more.

## SATURDAY/FEB. 23

**Fairfax Genealogy Society.** 9:30 a.m. at Dunn Loring Volunteer Fire Station Hall, 2148 Gallows Road, Vienna. Michael Donovan will discuss the 1958 explosions at the Nike missile launch site in Middletown, N.J., and the genealogical research on the 10 victims. Visit [www.fxgs.org](http://www.fxgs.org) for more.

**Orienteering Workshop.** 10 a.m.-noon at Burke Lake Park, 7315 Ox Road, Fairfax Station. Put down the GPS and get around the old-fashioned way. Orienteering is the sport of navigation with map and compass. It’s easy to learn but always presents challenges. Participants in this program will learn how to use a compass, read a topographic map and navigate orienteering courses. A compass is required. Designed for participants age 8-adult. \$31 per person. Call 703-323-6600 or visit [fairfaxcounty.gov/parks/burke-lake](http://fairfaxcounty.gov/parks/burke-lake).

**Reception: Amazing Art Jam.** 7-11 p.m. at the Vulcan Gallery, Workhouse Arts Center, 9518 Workhouse Way, Lorton. Workhouse Arts Center hosts the third iteration of the Amazing Art Jam. This pop-up exhibition offers fresh perspectives by exploring several young, contemporary themes including street art, anime, Marvel iconography and hip-hop culture. Visit [www.workhousearts.org/event/amazing-art-jam](http://www.workhousearts.org/event/amazing-art-jam) for more.

## SUNDAY/FEB. 24

**Hands On Activity Day.** 1-4 p.m. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Crafts and activities often in a railroad or historical theme will be offered for visitors to enjoy. Cost of supplies is included in the admission. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit [www.fairfax-station.org](http://www.fairfax-station.org) or call 703-425-9225.

**MainStreet Band Concert.** 4-5:30 p.m. at Sidney Lanier Middle School, 3801 Jermentown Road, Fairfax. 10th anniversary celebration. Medley of Beatles hits, a Romantic-era composition by Camille Saint-Saëns, and selections from favorite movie musicals and birthday cake to celebrate the band’s decade of success. Free. Visit [fairfaxband.org](http://fairfaxband.org) or call 571-336-CFBA (2322).

**Pohick Church Coffeehouse Fundraiser.** 5-7 p.m. at Historic Pohick Episcopal Church, 9301 Richmond Highway, Lorton. Come for an evening of entertainment, snacks, coffee and hot chocolate. Performers will include youth, adults and local musicians. All are welcome. The event is free, but donations are encouraged: all proceeds go toward the summer Sr. High Mission Trip. Contact Rusty Booth at 703-339-6572 or [rusty@pohick.org](mailto:rusty@pohick.org), or visit [www.pohick.org](http://www.pohick.org) for more.

**The Capitol Steps Benefit Performance.** 7 p.m. at Fairfax High School, 3501 Rebel Run Road, Fairfax. Join in for a SILLYarious evening as the Capitol Steps political satire comedy troupe performs a show to benefit high school theatre for the Cappies of the National Capitol Area. Free parking. Adults, \$30; students/senior citizens, \$20; children 12 and under, \$10; and groups of 10 or more, \$15. Contact Amy.Young@cappies.com or visit [www.cappies.com/nca](http://www.cappies.com/nca).

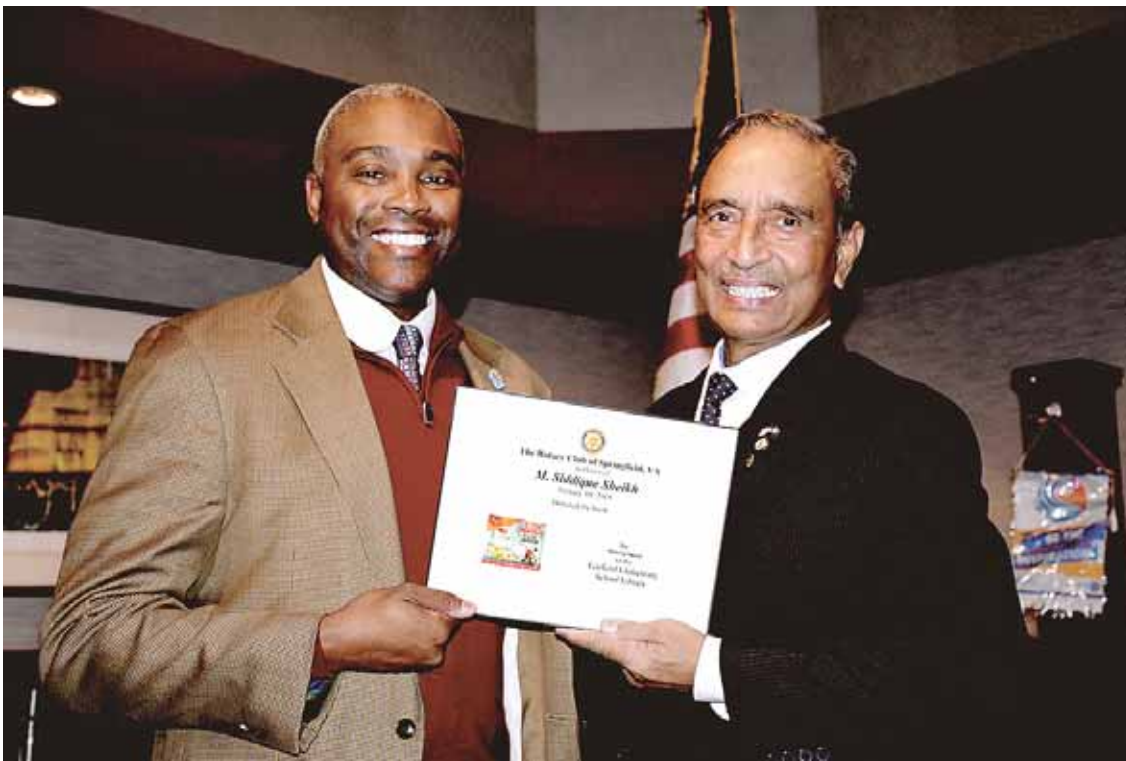


PHOTO COURTESY OF G.C. 'GARY' BLACK, III

## Returning to Rotary Club of Springfield

M. Siddique Sheikh, a former member of the Rotary Club of Springfield (RCS), receives a book certificate from RCS President E. Sean Lanier. Sheikh spoke to the Club of his nearly 50 years in the United States, having come from Pakistan. This coming October will mark his 50 years here. In Pakistan, he was an Eagle Scout. Sheikh rose from an hourly wage job to owning many service stations. He is Founder and Chair of the Pakistan American Business Association (PABA) which organization meets with many well-known local, State, and Federal government leaders.

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**Thursday, March 28, 3PM - 7PM**  
4224 Univ Dr., King George, VA

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**NEWS**

**Members of the NOVA  
Board listen to the pre-  
sentation during the  
Fairfax County Park  
Authority and Northern  
Virginia Regional Park  
Authority joint public  
meeting on Thursday,  
Feb. 7.**

PHOTOS BY MERCIA HOBSON/  
THE CONNECTION



# E-bikes to Come to Area Trails

FROM PAGE 3

was to look at user and safety behavior, as it was not something other localities had done yet. "We are on the cutting edge," said Pauley.

Fairfax County Park Authority took a different approach, Pauley said. They established a staff led e-bike study team, which, among other things, reviewed jurisdictional practices. It also "... looked at local bike associations and talked with them about what they saw... (and) the different impacts on their facilities," said Pauley. H

e added that the county developed recommendations in concert with state law by working with the county attorney. "A pretty involved process from both ends," he emphasized.

Pauley circled back to user behavior. He quoted key monikers stated in comments provided by people who were opposed to e-bikes on the trails: "The trails are too crowded; these bikes are too fast." Pauley disputed the concerns. He stressed their white paper studies showed e-bike cyclists and traditional cyclists behave the same. "They don't behave any differently. They don't behave any better, but also don't behave any worse," Pauley said.

Pauley confirmed that on the roads e-bikes tend to go a little faster than traditional bicycles but he surprised many in the audience when he said, "On multi-use trails, they are a little slower." Crash rates are similar he added. As for other people on the trail, Pauley revealed people did not recognize when an e-bike was on a trail with them. "Studies showed that most people if you didn't tell them there was an e-bike on the trail, didn't know that it was there," he said.

Pauley highlighted the Virginia Code authorizes the park authorities to regulate uses of all land and facilities under control of the authority. "But there is a caveat. We can't create any regulation that is in conflict with state law ... state law is at the top; it's the king of everything," said Pauley. "Park regulations fall in the middle ... The way it works is our park regulations are enforceable by law. It is a Class IV misdemeanor. So technically someone riding an e-bike yesterday could be cited with a Class IV misdemeanor. That's probably not where we want to be."

**STATE LAW** is pretty wide-open, said Pauley. He cautioned, "That might not be the best fit for some of our trails from the perspective of safety." Pauley said the proposal they were presenting that evening was to strike the motor-assist piece to clearly define mopeds are not permitted on trails, only where motor vehicles are allowed to go.

Pauley stated that they added a section that would define what a power-assist or e-bike would be. "That's basically operable pedals, with an assist motor," he said. "The proposal would be to discount the e-bike as a motorized vehicle thereby allowing it to travel any place a traditional bike would be able to go," Pauley said.

In the draft guidelines, Pauley said they defined an e-bike, its performance level, where e-bikes can be operated and how it can be used. "This is a significant first step, a positive step to get these people back on the trails, get them into the parks, get them to be inclusive in their recreation, help them with the lifestyle they want to live and get them back on the bike to enjoy themselves," said Pauley.

**VIEWPOINTS**

## Comments from the Public

**Beth Meyer, Co-owner, Green Lizard Cycling, Herndon**

"I was asked by NVRPA to bring a couple of different styles of e-bikes that comply with the recommended guidelines in that they are less than 750 watts, don't go over 20 mph and do not have a throttle but require the rider to pedal in order to get any benefit from the electric motor."



**Todd Ketch, Owner, Pedego Electric Bikes, Alexandria**

"(E-bikes) open the door for more people of all ages to ride a bike, more often and for longer distances and durations. Fantastic opportunity for exercise enjoyment of the out-



doors and alternative transportation ... We must hold them (e-bikes) to the same rules as those on conventional bikes."

## BULLETIN BOARD

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

### WINTER SHELTERS

**Find homeless and cold weather** drop-in centers and shelters that serve Northern Virginia at [www.novaregion.org/174/Homeless-Shelter-Lists](http://www.novaregion.org/174/Homeless-Shelter-Lists).

### VOLUNTEERS WANTED

**Interested in local Civil War or Railroad History?** Consider volunteering at the Fairfax Station Railroad Museum. The Museum offers a variety of volunteer opportunities in Museum events, programs and administration. The Museum is also seeking an individual to coordinate the scheduling of the volunteer staff. Training will be provided for all positions. Email [volunteers@fairfax-station.org](mailto:volunteers@fairfax-station.org) or call 703-945-7483 for opportunities. The Museum is located at 11200 Fairfax Station Road in Fairfax Station. It is open every Sunday, except holidays, from 1-4 p.m. Visit [www.fairfax-station.org](http://www.fairfax-station.org), [www.facebook.com/FFXSRR](http://www.facebook.com/FFXSRR), or call 703-425-9225.

**The Shepherd's Center of Fairfax-Burke** needs volunteer drivers for trips to medical appointments (Monday - Friday) and companion shopping (Tuesday, Friday) within the Fairfax-Burke area and in the South County area (west of Route 1, Alexandria). Office volunteers are also needed to work in the SCFB (Olley Glen) office to schedule rides. Bilingual volunteers (English and Spanish) are needed as drivers and office volunteers. Email Shavaun Wall at [recruiter@scfbva.org](mailto:recruiter@scfbva.org) or call 703-323-4788.

### INPUT SOUGHT

**Shaping the Future Together.** Fairfax County Government is beginning a strategic planning process with the community to shape the future together. The goal is to hear all voices and reach all segments of the community. This effort will span most of 2019, but in this first phase, the community is being asked to visit [fairfaxcounty.gov/strategicplan](http://fairfaxcounty.gov/strategicplan) and:

- ❖ Take a short five-question online survey
- ❖ Join a community conversation in person: Feb. 25 - Alexandria; Feb. 26 - Fairfax; March 6 - Falls Church.
- ❖ Share the survey and conversation invitation with neighbors, co-workers and county family and friends.

### TUESDAYS THROUGH FEB. 19

**Workshop Series: Mind in the Making.** 6:30-8:30 p.m. at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 - Room 100, Dunn Loring. Mind in the Making: The Seven Essential Life Skills Every Child Needs by Ellen Galinsky, encompasses an evidence-based list of life skills that are essential for children to succeed socially, emotionally and intellectually in the short and long term. Participants may register for one or all of the workshops and do not need to attend the previous class. Registration is limited. Call 703-204-3941 or visit [www.fcps.edu/resources/family-engagement/parent-resource-center](http://www.fcps.edu/resources/family-engagement/parent-resource-center) for more or to register.

- ❖ Tuesday, Feb. 19 - Self-Directed, Engaged Learning (part 7)

### FRIDAY/FEB. 14

**Grant Application Deadline.** 5 p.m. ARTSFAIRFAX is accepting nominations for its eighth annual Arts Awards recognizing visionary contributions that the arts bring to Fairfax County and the Cities of Fairfax and Falls Church. This year's awards categories include Emerging Arts, Arts Achievement and Arts Philanthropy. Visit [artsfairfax.org](http://artsfairfax.org) for more.

### FRIDAY/FEB. 15

**Black History Month Celebration: "Know the Past, Shape the Future."** 6 p.m., reception; 7 p.m., program begins at the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Virginia's Lieutenant Governor Justin E. Fairfax and Fairfax County Executive Bryan Hill will be part of the free Black History Month Celebration. The program also includes recognition of historically black churches in Fairfax County. Visit [www.fairfaxcounty.gov/publicaffairs/know-past-shape-future-black-history-month-celebration-0](http://www.fairfaxcounty.gov/publicaffairs/know-past-shape-future-black-history-month-celebration-0) for more.

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## So Far, So Good



By KENNETH B. LOURIE

This column will be the definition of premature.

After subjecting you regular readers to multiple columns discussing my anxiety – and fear – about the potential/presumptive and possibly debilitating and life-changing/life-ending side effects of immunotherapy, I am here to say that after my first pair of bi-weekly infusions – occurring over the past three weeks, I am no worse for the experience.

I'm feeling better than I felt while undergoing chemotherapy: No eating issues, less fatigue, less shortness of breath and more energy. The only caveat to this empor is whether the infusions are actually shrinking my Adam's Apple tumor, which was the primary reason for making the medicine change we did.

Now whether the side effects are still coming; I certainly don't know, but should they still be on the way, I can't help but wonder: Will they change the quality of my life – for the worse? Because, for the bi-weekly moment, I am less impacted by my treatment than I have been for years.

I can't say with any degree of certainty however, or recall what my oncologist might have said concerning the likely onset of the "over 30 percent report some side effects" as the reprint from "chemocare.com" indicated. Generally speaking, my oncologist would rather not discuss future scenarios: What happens when? What do we do if? When do we do what? And so I don't ask nearly as many questions as I used to.

It's not that I'm less curious, it's that I'm more experienced. And I have learned through my experience, that part of being a cancer patient is unfortunately, waiting and seeing – and of course, hoping. Talking/anticipating/being told what to expect is helpful – up to a point.

The point which is most helpful is when something actually happens. Knowing what to expect is less important than knowing what to do/how to manage expectations should they manifest. It may be something or it may be nothing. Trying not to make matters worse is the key.

Being a cancer patient/survivor is a series of challenges – both emotional and physical. Finding a stride in which you can take the ups and downs and all-arounds will help you live life in the cancer lane. And just because the road is bumpy, doesn't preclude you from smoothing it out.

Actions and reactions, plan "A" and plan "B" are par for the course. So be grateful for today because tomorrow the course may play much more difficult. Being positive about the negative offers the path of least resistance.

Today, I am not experiencing any side effects, thankfully.

"Tomorrow" however, as Scarlet O'Hara said at the end of "Gone With The Wind," "is another day." Worrying, as I had been admitting to in previous columns, about something which as yet had not happened, is especially unhelpful and wastes precious time.

As a cancer patient, there's plenty of actual bad news, generally, so there's no benefit in rushing it along. Let it happen naturally, or not at all; and occasionally, you might be pleasantly surprised, as three weeks into my new immunotherapy regimen, I am, as what side effects I anticipated/feared have not affected.

I realize I'm probably early in assessing the likely side effects of my treatment but, for the time being, I can find some peace and quiet; and when you're a cancer patient diagnosed originally as "terminal," "peace and quiet" is never to be taken for granted.

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

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