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HomeLifeStyle
PAGE 6

Burke
CONNECTION

Bruins' Nick Margraf #24 and teammate Carl Fanton #33 team up on #23 Michael Christmas who led Landstown with 27 points.

Bruins Become State Runnerups

SPORTS, PAGE 10

Students Who Work
For Peace Honored

NEWS, PAGE 3

Burke Lego Team
Goes International

NEWS, PAGE 5





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Students Who Work for Peace Honored

BY ANDREA WORKER
THE CONNECTION

It's not easy to be the peace maker. Sometimes it is really hard, especially when you make those around you, even friends, angry when you speak out and stand up for what is right. And sometimes it can be dangerous. But in all instances, being the peacemaker "requires courage and commitment," U.S. Rep. Gerry Connolly (D-11) told the crowd gathered at the Sherwood Community Center in Fairfax on Sunday, March 9.

Connolly, along with a host of sponsors, elected officials and a cheering collection of family and friends, had come together to honor the 23 young recipients of the 2019 Student Fairfax Peace Awards at a ceremony led by Margaret Fisher of program-founder Herndon Friends Meeting.

In addition to garnering kudos from the congressman, state Del. Ken Plum (D-36), Fairfax County Supervisor Penny Gross (Mason District), Scott Brabrand, Fairfax County Public Schools superintendent, and Karen Corbett Sanders, Mount Vernon District representative and vice chair of the FCPS board also officially offered their congratulations and admiration for the young activists.

Ryan McElveen and Ilryong Moon, members-at-large of the FCPS board, and Tamara Denerak Kaufax, FCPS board Lee District representative were also on hand to show their support.

THE EVENT'S KEYNOTE SPEAKER was David Swanson, an author, activist, journalist, radio host and co-founder and director of World Beyond War, a "global nonviolent movement to end war and establish a just and sustainable peace."

Swanson, a 1987 graduate of Herndon High School who identifies as a "world citizen," presented his argument of "no justification for war, ever," while admitting that his remarks could make his audiences uncomfortable, but asserted that they were words that need to be said and a conversation that needs to happen.

The Fairfax Student Peace Awards started in 2006 as one school, Herndon High School, and one sponsor, the Herndon Friends Meeting, but has grown to 19 sponsors and is now offered to every public high school in Fairfax County, as well as two private schools.

The goal of the program is to encourage young people to think more about peace "both as a means and as an end" and to recognize their achievements when they turn those peace-making thoughts into actions in their schools, their communities, and even around the world.

The program is open to area high school juniors and seniors. In October, each school is invited to choose either an individual or a group recipient with the guidelines that the students have worked "spe-



The winners of the 2019 Fairfax Student Peace Awards. The students from all around the county are honored for the work they do to sow the seeds of peace, resolve conflict, and promote understanding among the diverse people of Fairfax County, in their schools and in the community.

PHOTOS BY ANDREA WORKER/THE CONNECTION



U.S. Rep. Gerry Connolly (D-11) offered his congratulations to the winners of the 2019 Fairfax Student Peace Awards at their reception on March 10. "Standing up for peace takes courage and commitment."

cifically for peace or to identify and resolve conflicts ... demonstrating commitment to peace by engaging in activities that strive to end conflict ... seeking to bridge language, ethnic, racial, religious, gender, sexual orientation, or class differences ... and/or assist to resolve conflicts among students or members of the community who feel isolated or alienated."

THE WINNERS received certificates of achievement, a monetary gift and an additional \$100 to be donated to any nonprofit organization of the student's choice that operates in a spirit that is in keeping with the Peace Awards and this year, an autographed copy of the book, "Sweet Fruits From The Bitter Tree" by Mark Andreas, stories of "creative and compassionate ways out of conflict."

Read more about the Peace Awards and the recipients at www.fairfax.studentpeaceawards.org.



PHOTOS BY ANDREA WORKER/THE CONNECTION

Lara Demir (fourth from left) with elected government and school board officials as a winner of the 2019 Student Peace Awards.

2019 Peace Awards Winners

Area students who received Peace Awards include:

❖ **Lara Demir**, a Senior at Fairfax High School, helped found a local chapter of Fairfax Minds Matter, seeking to reduce the stigma of mental health issues, increase help-seeking and coping skills and promoting positivity and social connection for teenagers. In addition, she volunteered at a community center in Turkey last summer, serving more than 200 displaced Syrian families trying to rebuild their lives and solicited donations for school supplies from local businesses in Istanbul.

❖ **Xuan Huynh**, a Junior from W.T. Woodson High School, was unable to attend the Awards reception, but her efforts were recognized by the attendees. Xuan is a participating artist in the Youth Art Re-Imagining Community Program, which uses art to address social and racial inequities. She also served as a U.S. Student Ambassador in the cross-cultural Tech Girls summer program, in which girls from the Middle East and North Africa were exposed to STEM studies and completed leadership training seminars.

❖ **Kora Coker**, Annandale High School Senior. Inspired by her own family (her father being Nigerian) and experiences of immigrant friends in the Annandale community, Kora wrote, illustrated, and published a children's book, titled "Cassi and Issac," that explored the concepts of immigration and discrimination through the eyes of elementary school children.

Kora has read her book to elementary school children, and after each reading she leads a discussion on the issues and



Kora Coker, Annandale High School senior, at the Peace Awards reception. The young activist wrote, illustrated and published a book about immigration issues from the perspective of elementary school children.

asks the children to relate the story to their own experiences and views. She feels it is important to be an example to younger children, to model values and beliefs that are positive and unbiased, and celebrate cultural differences.

❖ **Laura Kirk**, from West Springfield High School (not pictured), is a co-founder of the DMV chapter of Students Demand Action, an organization focused on eliminating gun violence. She helps connect students with legislators and recruits and trains volunteers to learn to lobby. She also organizes town halls, school walk-outs, marches, and vigils to reduce gun violence. As co-president of the Young Democrats, she and her cohort with the Young Conservatives brought both groups together during January's government shut-down to serve dinner to furloughed government employees and their families.

—ANDREA WORKER

A+ Primer for Our Neighborhoods

County Community Emergency Response Guide strengthens community, builds local resiliency, and mitigates potential risks.

BY JOHN C. COOK
BRADDOCK DISTRICT SUPERVISOR
(R)



COMMENTARY Our Fairfax County government is well prepared to deal with emergencies, both large and small, from large storms to disease outbreaks to criminal and even terrorist events. But our communities are not so prepared. In the first 72 hours after a major emergency event, governmental services may not be available. Power may be out, transportation blocked, medical services overwhelmed, and food, gas, and even money difficult to find.

In those first few days, communities would need to come together so neighbors can help each other. And even during those lesser emergency events which occur with some regularity — snowstorms, serious thunderstorms, and the like — neighbors need to

help each other out.

That's why I am so thrilled that Fairfax County has published its first ever Community Emergency Response Guide from the Office of Emergency Management. The publication of this document, and the plan behind it, fulfills a goal of mine that even predates my election to the board. When I served as president of the Kings Park Civic Association I recog-

nized the great need for a citizen-focused emergency planning tool. As a supervisor I have pushed for this program for years. Now the Office of Emergency Management made this idea a reality. The end result is a comprehensive planning tool that will strengthen community, build local resiliency, and mitigate potential risks.

Community coordination is needed in making a successful community emergency plan. It requires citizens to take initiative, reach out to their peers, and work together to identify local risks and assets. The Community Emer-

gency Response Guide breaks down emergency planning into easy-to-follow steps. These including defining your area, recruiting leaders, knowing your area, building an emergency response team, and planning your approach. Everything is laid out in this step-by-step guide, including how to organize an emergency team, creating a family emergency kit, and adding disabled residents to a functional needs registry. It even lists the most likely emergencies and explains how to prepare for, respond to, and recover from them. Users can also find information on local volunteer groups who can assist in these emergencies, such as the Community Emergency Response Team (CERT). By filling out the Community Emergency Response Guide will give you a never-before-seen view of your own neighborhood.

You can find the Community Emergency Response Guide online at <https://www.fairfaxcounty.gov/emergencymanagement/cerg>. The Office of Emergency Management offers community workshops to those who would like extra help in creating their emergency response plan. The request form can be found on the Office of Emergency Management website.

I encourage all residents to work within their particular communities to create an emergency response program appropriate for your neighborhood. We are here to help.

Women's History Month

Eleven new women members were elected to the Virginia House of Delegates in 2017, all of whom ousted male incumbents.

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



March is Women's History Month. Before women had the whole month, the U.S. recognized Women's History Week; before that, a single International Women's Day. Dedicating the whole month of March in honor of women's achievements was seen "as a way to revise a written and social American history that had largely ignored women's contributions," according to an article in Time magazine. The first Women's Day took place on Feb. 28, 1909 to honor the one-year anniversary of the garment workers strikes in New York, when thousands of women marched for economic rights and to honor an earlier 1857 march when garment workers rallied for equal rights and a 10-hour day, according to the article.

Recognizing the achievement of Virginia women goes beyond naming a month. A monument is under construction on Capitol Square,

"Voices from the Garden," which will be the first monument of its kind in the nation. Representative of the state's regions, the monument recognizes the 400-year history and the diversity of achievement, ethnicity and thought that women have made to the Commonwealth.

Even more significant in recognizing women in Virginia is the fact that there is historic representation of women in the Virginia House of Delegates, including the election of 11 new women members in 2017, all of whom ousted male incumbents. The House Democratic Caucus is almost 45 percent women, including 11 women of color. The House Republican Caucus is less than 10 percent women. Caucus Chair Charniele Herring is the first woman to chair a caucus in the House of Delegates throughout its 400-year history. Leader Eileen Filler-Corn is the first woman to be elected leader of a caucus in the General Assembly.

Recently I served on a panel, "Can Women Save Democracy? We're counting on it!" at the

Schar School of Policy and Government at George Mason University along with Charniele Herring, Eileen Filler-Corn, and Congresswoman Jennifer Wexton. There was a clear consensus in the room that women will play a pivotal role in getting our country back on the right track. Witness this year's state and local elections when there are record-breaking numbers of women lining up to run in primaries and the general elections.

Not only are women running and winning races, but they are determining the outcome of elections with their tireless work in making calls, knocking on doors, and working on behalf of the candidates they support. Organizations like Indivisibles, with Herndon-Reston Indivisibles being a model organization, and Moms Demand Action among others are making their influence felt on policy issues like ending the epidemic of gun violence.

The big disappointment in celebrating women in history is the refusal of the Virginia House of Delegates to ratify the Equal Rights Amendment. Ratification failed on a tied vote on a procedural matter that makes it even more frustrating that the amendment was not allowed to be debated on the floor of the House of Delegates. There is more women's history to be written in Virginia, and I suspect the next step will be election of even more women this fall and ratification of the ERA next year!



Burke Lego Team Goes International

BY MIKE SALMON
THE CONNECTION

Working with Lego robots is an engineering feat that the Fusion Four First Lego League Robotics team from Burke has mastered, recently winning a first place award at the First Lego League “Into Orbit” competition. In April, the team will go to Detroit for an international completion in Lego robotics.

The team consists of Lake Braddock Secondary School seventh graders Reira Erickson, Emma Hrabak, Minah Sisco and Devon Rudolph, a seventh grader from Robinson Secondary School. They teamed up, put in long hours, made team T-shirts, talked to NASA scientists, and dove into the competition. As a team, they developed a robot outfitted with the “ET System,” to help astronauts survive if they got separated from the space station, or “mother ship,” as they say in the movies. “We started talking about ET the movie,” said Minah Sisco, 12. “What if the astronaut got too far from the ISS?” she asked.

THE GIRLS take advanced academic seventh grade classes and engage in Lego robotics after school and on the weekends. Last year they were in another competition but did not advance far. This year they went all the way to the top, learning as they went. They Skyped with Dr. Justin Atchison, a scientist at NASA who was also one of the parents’ friends, and got back to him with an in-depth discussion of their mission.

“We’ve had some very long Skype interviews,” said Devon, who is a Lego enthusiast but also has interest in journalism. After the award, she wrote a story about their competition for the Robinson Medallion newspaper at school.

“We all really love space,” said Reira.

They came up with a logo that resembles an atomic fusion but the ions floating around the nucleus represented each person on the team with an icon from their interests – the violin, martial arts, running and swimming. When the robot takes off, it creates a chain reaction, similar to the old board game called “Mousetrap.” A mention of the game got a big reac-

tion from the team. “Everybody loves that game,” said Emma’s father Michael Hrabak.

Working with Legos goes way back to the younger days for all of the team members, and the parents are supportive of the problem solving and teamwork this robotics experience brings.

“They learn to take advantage of the diversity and different perspectives within the team and then work together to figure out the best choices,” said Jo Hee Sisco, the mother of Minah.

Working with Legos has another side too. “Lego allow a student’s imagination to soar and provides children with an opportunity to engage a world of limitless possibilities,” said Michael Hrabak.

THE INTERNATIONAL COMPETITION is April 23-26 in Detroit, and even though the girls will miss a few days of school, the parents have brought this up with the teachers and there were no problems. After all, working with Lego robotics, computers and teams from all over the world does teach a few things.

There are no boys in the Fusion



PHOTOS BY MIKE SALMON/THE CONNECTION

Fusion Four First Lego League Robotics team from Burke consists of seventh graders Emma Hrabak, Minah Sisco, Reira Erickson and Devon Rudolph.

Four, but that’s okay, they’ve had mixed teams before and there was a certain amount of goofing off

that had to be tolerated. “We can work together a little bit better,” said Minah.

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Pet owners should look for stain-resistant and durable upholstery fabrics when creating a stylish and animal-friendly interior.

Pet-Friendly Decor

Pet-owning designers offer advice on practical design choices that don't sacrifice style.

BY MARILYN CAMPBELL

For pet owners, creating a home décor that's both aesthetically appealing and pet-friendly can be a delicate balance. From muddy paw prints on an heirloom area rug to a velvet sofa covered in cat hair, three local designers — all of whom own pets — share their best advice for addressing animal dilemmas and styling a chic interior that accommodates both man and his best friend.

"There are so many ways that pets enhance our quality of life in the same way that a serene, well-designed home might be a sanctuary for relaxation after a long day," said Karen McBride of Inspired Spaces. "The good news is that you really don't have to choose one or the other. The key is to make sure everything is durable and easily cleaned."

Flooring that can withstand paws with claws tops the list of considerations for McBride. "Hardwood floors are beautiful, but they're easily scratched and dinged," she said. "Stone or ceramic tile flooring are ideal for pet owners. You can wipe up puddles and mop up muddy paw prints easily. Hardwood requires immediate cleaning because they absorb liquids and odor."

Rugs with patterns that can hide pet stains are what designer Rochelle Clark uses in the Fairfax home that she shares with her two Italian Greyhounds, Lola and Fiona. "My dogs are not housebroken, so I have to use indoor-outdoor rugs made of polypropylene because I can just hose them down when they get dirty,

which is often," she said. "Rugs made from sisal are also good choices if you have pets. I encourage my pet-owning clients to purchase inexpensive rugs because if you have dogs or cats, rug stains are inevitable. It's just a waste of money to invest in a high-end rug if you have pets. There are so many ways that they can be ruined and there are plenty of rugs that don't cost a lot, but have a high-end look to them."

When choosing fabrics for furniture or throw pillows, pet owners should steer clear of textures like velvet or chenille, which can be magnets for pet hair, advises designer and corgi owner, Tami Evers of The Simply Elegant Home. "You also want to avoid silk and other delicate fabrics that could tear easily," she said. "There are so many options now for durable, stain resistant upholstery fabric that's as elegant and tasteful as its more traditional counterparts. Believe it or not, I finished a project for a client who had two giant labradoodles, and her living room furniture is entirely of Sunbrella fabric."

Other durable and easy to clean options that Evers recommends include leather and Crypton. "The only issue with leather is that it will scratch easily if you have pets with sharp nails, but some people think scratched leather has character," she said. "Crypton can withstand almost anything. If you have a dog or cat that barfs a lot or has lots of accidents, Crypton is the way to go. It's stain-proof, tear-proof and comes in a wide range of patterns and colors."

Built-in eating spaces and pet beds for her two Bichon Frises are ways that personal home organizer Becca Anderson of The Organized Life streamlines her pet spaces to maintain her home's aesthetic.

"Pet owners love their animals, but no one wants their home to look and smell like it's been overrun with animals," she said. "I advised one of my clients to add a custom, built-in litter box space to her laundry room for her three cats. She even invested in a self-cleaning litter box, and those two features were transformative."

"Rugs made from sisal are also good choices if you have pets."

— Rochelle Clark

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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 for more.

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.

Shen Yun. 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. Traditional Chinese culture, with its profoundly optimistic worldview and deep spiritual roots, was displaced by communism in China. Tickets are \$180, \$140, \$120, \$100, \$90, \$80. Visit www.cfa.gmu.edu.

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 for more.

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



Desert Rain by Jeanne Pacheco.

Spring Marches On

The Artists' Undertaking Gallery in Historic Occoquan, presents "Spring Marches On," an exhibit featuring paintings by Jeanne and David Pacheco of Springfield. A Meet the Artists Reception will be held on Sunday, March 10, from 1-5 p.m. The exhibit runs through April 1 at 309 Mill St. in Historic Occoquan. Visit artistsundertaking.com.

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 for more.

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 Aeterna 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 for more.

Fairfax Band Concert. 7:30-9 p.m. at Fairfax High School Auditorium,



Live Music: Lesson Zero

The Mixing Bowl (formerly J W and Friends) presents live music with Lesson Zero. Saturday, March 30, 8 p.m.-midnight at The Mixing Bowl, 6531 Backlick Road, Springfield. Free. Visit www.jwandfriends.com for more.



Jeremy Filsell

Organ Music

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). Sunday, March 17, 5-6:30 p.m. at Holy Trinity Lutheran Church, 3022 Woodlawn Ave., Falls Church. Visit www.holytrinityfallschurch.org/music for more.

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/ for more.

Ballroom Social Dance. 7:30 p.m. at in the McGuire-Woods Gallery (second floor of W-16), Workhouse Arts Center, Lorton. The night begins at 7:30 with a complimentary 30-minute mini-lesson led by a professional dance instructor, versed in ballroom, Latin and social dance styles. General dancing begins at 8 p.m. Music, dance, food and fun continue until 10pm. All skill levels welcome. \$10 per person. Visit www.workhousearts.org/ for more.

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. 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.fairfaxstation.org, www.facebook.com/FFXSRR, or call 703-425-9225.

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. \$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 for more.

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 for more.

FRIDAY-SATURDAY/MARCH 22-23

Bye Bye Birdie. Friday, 8 p.m.; Saturday, 2 p.m. at Church of the Good Shepherd (in the Grand Hall), 9350 Braddock Road, Burke. A musical comedy for the whole family. \$15 adult, \$10 student (18 or younger). Purchase tickets at www.goodshepherdplayers.com or call 703-323-5400.

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.; Saturday, March 30 at 11 a.m., 3 p.m. and 7 p.m.; and Sunday, March 31 at 1 p.m. and 5 p.m. Visit www.marveluniverselive.com/tickets.

SATURDAY-SUNDAY/MARCH 23-24

Virginia Opera: Madama Butterfly. Saturday, 8 p.m.; Sunday, 2 p.m. at GMU's Center for the Arts' Concert Hall, 4373 Mason Pond Drive, Fairfax. Virginia Opera closes its season with Puccini's magnificent tragic masterpiece, *Madama Butterfly*. Revealing the depth of human emotion through lyrical duets and heartbreaking arias including the famous "Un bel di," this poignant and timeless tale of unrequited love and betrayal is riveting, gripping audiences right up to the intense, emotional finale. Sung in Italian with English supertitles. \$54-\$110. Visit cfa.calendar.gmu.edu/virginia-opera-madama-butterfly.

SUNDAY/MARCH 24

Winterfest – Ham Radio Fair. 8 a.m.-1 p.m. at Northern Virginia Community College, Annandale Campus, Richard J. Ernst Cultural Center, 8333 Little River Turnpike, Annandale. The Vienna Wireless Society, an amateur radio club, will hold Winterfest, the National Capital Area Ham Radio Fair, featuring: Ham Radio and Electronics vendors and flea market; amateur radio licensing exams; large indoor and outdoor exhibit areas, with free parking. \$10. Email winterfest2019@viennawireless.net or visit www.viennawireless.net for more.

Spring Make 'n Take Activity. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Make tissue paper flowers to welcome spring. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfaxstation.org, www.facebook.com/FFXSRR, or call 703-425-9225.

Kings Park Band Concert. 3-4 p.m. at Lake Braddock Secondary School, Auditorium, 9200 Burke Lake Road, Burke. Kings Park Concert Band, in its 54th year, presents a Spring concert with selections such as The Marriage of Figaro overture, Merry Wives of Windsor overture, selections from My Fair Lady, Mancini's Mr. Lucky, Grofe's On the Trail, and others. The auditorium is in Door #14 near the athletic fields. Free. Call 703-569-3090 or visit www.kingsparkband.org for more.

TUESDAY/MARCH 26

"Say Her Name." 7:30-10 p.m. At Johnson Center Cinema, George Mason University, 4400 University Drive, Fairfax. Free. Visiting Filmmakers Series: "Say Her Name: The Life and Death of Sandra Bland." Screening/Q&A. Investigation into what happened to Bland, who died in police custody after a traffic stop.

SPORTS

Local Talent on Global Stage

USA Special Olympic Team heads to Abu Dhabi, United Arab Emirates for World Games 2019.

By MERCIA HOBSON
THE CONNECTION

With many hugs, high-fives and applause, five of the seven Special Olympics Virginia athletes and a coach boarded a United flight out of Dulles International Airport on Wednesday, March 6. The athletes would be part of the 215-athletes in the Special Olympics USA delegation headed to World Games Abu Dhabi 2019. Opening Ceremony is March 14 followed by six days of competition for the reportedly 7,000 plus participating athletes from 190 delegations competing in World Games 2019. Closing Ceremony is Thursday, March 21. Of the five Virginia athletes who departed Dulles, four came from the Northern Virginia area and one from Fredericksburg.

❖ Dylan Joseph "Joey" Roney, 21, of Herndon, will compete on the world stage in swimming, the 100m freestyle, 4x100m freestyle relay and 200m freestyle. Roney currently swims with the Oakton Swim Club that practices alongside the Oakton High School swim team. "This is an incredible opportunity for Joey," said his grandfather, Chuck Roney, as team members met up at Dulles International Airport. "None of this would be possible without Special Olympics and the thousands of volunteers," he said. Although athlete Roney said he was excited, he confided, "I'm feeling a little nervous and scared because this is my first time."

❖ Victoria "Tori" Martin, 24, of Woodbridge, swam before she could walk. Through swimming, Martin reportedly found purpose, routine and stability according to Special Olympics. "In preparation for this event, she has worked out six days a week in addition to practicing with her coaches three times a week," said, Bob Martin, her grandfather. "She is the most dedicated athlete I have ever seen," he said. "I'm feeling nervous, anxious and pressured," athlete Martin said. She added that she couldn't wait to explore Abu Dhabi.

❖ Karen Dickerson, 33, of Springfield, will run the Half marathon, the 10,000m and the 4x100m relay at the Special Olympics World Games in Abu Dhabi. Athlete Dickerson has run 27 marathons across the globe. "I cannot say enough about Karen's determination and dedication," said her mother, Ernestine Dickerson. "It is amazing what she has accomplished not only through sports but in life." Athlete Dickerson provided guidance to her fellow Special Olympics Virginia athletes while waiting to leave Dulles. "You don't have to have a good or a bad competition or race. Just know you did the best you could. All athletes go through ups and downs. Don't



PHOTOS BY MERCIA HOBSON/THE CONNECTION

From left, Special Olympic Athletes Grace Anne Braxton of Fredericksburg, Dylan Joseph "Joey" Roney of Herndon, Jenny Mitchell of Alexandria, Karen Dickerson of Springfield and Victoria "Tori" Martin of Woodbridge prepare to depart Dulles International Airport to head to the Special Olympic World Games Abu Dhabi 2019.

put yourself down," she said.

❖ Jenny Mitchell, 39, of Alexandria, is a Special Olympics USA swimmer and one-time silver and two-times bronze medalist at Special Olympics World Games in Shanghai and a participant in Special Olympics World Aquatics Invitational in Puerto Rico. Athlete Mitchell will compete in 1600m open water swimming and 800m freestyle at the Special Olympics World Games in Abu Dhabi. "She has been training hard for this," said her father, Terry Mitchell. "She is the first Special Olympian athlete to swim across the Potomac from Jones Point to National Harbor," he said. "I'm ready to go," said Jenny Mitchell.

❖ Grace Anne Braxton, 43 of Fredericksburg, Va., is looking for a top spot

on the Special Olympics podium in Abu Dhabi as she was the top-rated female Special Olympics golfer in the world 2007 and 2001 according to Special Olympics. "Special Olympics has helped me become an active person in my community. I help out as a volunteer with Basketball Championships and as a volunteer with new local golfers," Grace Anne Braxton wrote in her Special Olympics profile. "I'm expecting a new adventure," she said at Dulles International Airport.

The Joseph P. Kennedy Jr. Foundation created Special Olympics. Special Olympics Team USA is authorized and accredited by Special Olympics, Inc. for the benefit of persons with intellectual disabilities.

Keep up-to-date on all of the information

Schedule

(USA- EST is 8 hours behind Abu Dhabi)
HERNDON-Dylan Joseph "Joey" Roney-
Swimming

Sunday, March 17, 9 a.m., 200m freestyle

Tuesday, March 19, 3: p.m., 100m freestyle

Wednesday, March 20, 3:40 p.m., 4x100m

freestyle relay

WOODBIDGE-Victoria Martin- Swimming

Saturday, March 16, 3:20 p.m., 100m

individual medley

Wednesday, March 20, 3:40 p.m., 4x100m

freestyle relay

Wednesday, March 20, 10:10 a.m., 100m

breaststroke

Sunday, March 17, 9 a.m., 200m freestyle

SPRINGFIELD-Karen Dickerson- Athletics

Saturday, March 16, 6:30 a.m., Half

marathon

Wednesday, March 20, 8 a.m. 10000 m run

Wednesday, March, 20, 4 p.m., 4x100m relay

ALEXANDRIA-Jennifer Mitchell- Open Water

Swimming

Saturday, March 16, 10 a.m. 1500m Open

Water Swimming

Tuesday, March 19, 9:20 a.m. 800m freestyle

FREDERICKSBURG- Grace Braxton- Golf

Sunday, March 17, 8:50 a.m., Level 5 -

Individual Stroke Play



Athlete Dylan Joseph "Joey" Roney of Herndon gets a good luck hug from his grandfather, Chuck Roney, before he departs to Abu Dhabi, United Arab Emirates to represent the USA in the Special Olympic World Games 2019.

about the Special Olympics World Games with televised schedule and results by visiting, www.abudhabi2019.org.

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SPORTS



PHOTO BY WILL PALENSCAR/THE CONNECTION

The Lake Braddock Bruins were the Virginia Class 6 State Runnerups.

Bruins Become State Runnerups

The (25-2) Landstown Eagles and the (26-3) Lake Braddock Bruins met up for the Virginia 6A State Championship on March 6, at the Siegel Center on the Campus of Virginia Commonwealth University. The Bruins advanced to the title game after defeating last year's Virginia Class 6 State Champion, South County 78-71. Landstown, from Virginia Beach, arrived at the final defeating Oscar Smith 64-60 in double overtime.

The Eagles started with the game's first two points, but Jimmy Anderson's 3 pointer put Lake Braddock up 3-2 with 6:23 in the opening quarter. That would be Lake Braddock's only lead of the game. The Eagles outscored the Bruins 19-10, after playing the first eight minutes.

In the 2nd quarter Michael Christmas #23 was successful on a 3 pointer to put the Eagles up 22-10 with 6:20 in the quarter. Landstown went up by as

many as 17 points and take a commanding 40-28 lead at halftime.

In the 3rd quarter the Eagles continued to not be phased by Lake Braddock's pressure, outscoring the Bruins 19-16 with quarter to play, leading 59-44.

In the 4th quarter Landstown went up by as many as 21 before game's end, but Lake Braddock would get the game to within 7 points, 59-52 with 6:08 to play. Landstown then scored 10 consecutive points to put the game away. Landstown outscored Lake Braddock 20-16 in the quarter for a 79-60 win. Landstown was led by Michael Christmas who scored 27 points and 8 rebounds. Lamont Oliphant added 13, Christian Jones 11, and Donald Hand 10. Lake Braddock was led by Quentin James 20 points. Nick Margraf added 11.

— WILL PALENSCAR

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BULLETIN

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

SOBER-RIDE FOR ST. PATRICK'S DAY

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/. 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 lrmillla@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.

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. Open to the public. Visit www.fairfaxcounty.gov/parks/boardagn2.htm or call 703-324-8662.

FRIDAY/MARCH 15

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 15 - Technology Tools to Support Executive Functioning
- ❖ March 22 - Assistive Technology to Support Communication

Film and Discussion: "What Lies Upstream." 6:30-9 p.m. At Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road., Oakton. The filmmaker takes his investigatory grit to West Virginia where he looks into a mysterious chemical spill that left 300,000 people without drinking water for months. As the story deepens, we discover scientific cover-ups and political malfeasance across all levels of government, poisoning the entire system meant to protect drinking water. Waste water environmental experts will provide background on how water contamination affects Virginia. This event is free of charge and open to the public. Contact sbonney001@aol.com.

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Talk About Wishful Thinking



By KENNETH B. LOURIE

Every morning, at the very least, I look into the bathroom mirror to brush my teeth and shave my stubble. And there, right below my Adam's apple, in plain site, is the tumor we're attempting to stabilize, and in a perfect scenario: shrink.

As I've said many times before during my 10 years of treatment: "I can live with 'stable,'" and/or "Stable is my new favorite word." But the only way I find out if my lung cancer tumors are stable/have shrunk/grown is when my oncologist tells me/I read the radiologist's report.

During this quarterly interval between scans, I'm like Sergeant Schultz from "Hogan's Heroes": "I see nothing." The tumors in my lungs are "like weeds," (meaning they're everywhere), said my oncologist at the initial Team Lourie meeting in response to one of my wife, Dina's, questions about whether surgery was an option; "no" was that answer. But obviously, I can't see them and what feelings I've experienced in my mediastinum have likely been scar tissue forming (according to my oncologist) and not indicative of too much too often.

So, I've learned to not overreact to any discomfort I might experience. It might mean something or it might mean nothing. I've been to both places already.

However, the "Adam's apple" tumor is front and center. When I brush my teeth, I see it. When I shave I have to nearly shave over it. It's impossible to miss. It's not exactly a goiter but it's more than a lump.

It's not painful, but it's completely opposite to the tumors in my lungs; they're out of sight and because of that, occasionally out of mind. The "Adam's apple" tumor is totally in sight and because of that, is always on my mind. It's how I start my day and how I finish my evening. And in the hours between, I'm touching my throat to feel what I can feel and hope what I can hope. The effect is I'm reinforcing a negative every time I touch the tumor.

If I can't see the tumor (like the ones in my lungs), and I can't touch the tumors (like I can the "Adam's apple" tumor), I can delude myself more easily into not thinking/remembering I even have cancer; and more importantly, not thinking that I'm "terminal" as my oncologist characterized me all those years ago when he gave me a "13 month to two year" prognosis - on Feb. 27, 2009. Then I can pretend to live life as if the Sword of Damocles is not hanging over my head.

But, being able to touch the very thing that might be shortening my life makes it more real than it's ever been. And it's that reality that is making Kenny a very dull boy (no comments from the peanut gallery, please?).

I'll know something definitive on March 18, five days after my March 13 CT scan, the first scan I will have had since I began the immunotherapy. That's when we'll have our usual post-scan appointment with my oncologist to learn results and discuss alternatives, if necessary.

Surgery, as we've inquired about previously is out of the question. Therefore, we'll either continue to do what we've been doing, or start doing something we've never done before (you have to keep the cancer guessing).

On my most recent appointment, when asked by yours truly, my oncologist said we have lots of non-surgical options should change be warranted. (There was a time in the past when I asked my oncologist a similar question and he was not nearly so encouraging. In fact, he was downright discouraging when he told me that the drug he was giving me at the time was the last drug he had for me.) Having been dangling previously at a near end, I'm sure you can appreciate how a patient knowing there are other choices available should a drug fail to stop the growth, is very reassuring.

Nevertheless, facing off with this tumor every day and being able to touch it morning, noon and night, presents a real problem: how do I avoid thinking I have cancer?

It's always been my goal to try and assimilate the facts and hope not to be overwhelmed by the feelings. But how do I think it's nothing when it's obviously something?

I mean, it wouldn't be there if it was just minding its own business, would it?

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

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inspect windshield wipers, check tire condition, check battery (with
print-out), inspect and adjust all fluid levels, inspect air & cabin air filters.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF
WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 3/31/19.

BRAKE SPECIAL
\$79⁹⁵

Includes: Install Genuine Toyota front brake pads,
inspect front & rear rotors & drums, check tire
condition and inspect all hardware. Pads only.
MACHINE ROTORS ADDITIONAL

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF
WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 3/31/19.

**SIGHT LINE
WIPER BLADES**
**BUY 1
GET 1 FREE**
Sight Line only.

NOT VALID WITH ANY OTHER OFFER. TOYOTA VEHICLES ONLY. COUPON
MUST BE PRESENTED AT TIME OF PURCHASE. VALID ONLY AT ALEXANDRIA
TOYOTA PARTS CENTER ONLY GOOD THRU 3/31/19.

VARIABLE DISCOUNT

\$15.00 OFF when you spend \$100.00 - \$199.99
\$30.00 OFF when you spend \$200.00 - \$299.99
\$45.00 OFF when you spend \$300.00 - \$399.99
\$50.00 OFF when you spend \$400.00 or more

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED
AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 3/31/19.

FREE

BATTERY CHECK-UP

Check cold cranking amps and visual inspection of
battery condition. Includes battery condition print out.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF
WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 3/31/19.

TRUESTART™ BATTERIES



\$129⁹⁵

INCLUDES BATTERY INSTALLATION

Includes: 84 month warranty, 24 month free replacement,
24 month free roadside assistance.
Does not apply to hybrid batteries.

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WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 3/31/19.

Check your windshield. Does your sticker say **2/19, 3/19,**
or **4/19**? If so, your VA Safety Inspection is now due

VIRGINIA STATE INSPECTION

FREE

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WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 3/31/19.

Jack Taylor's
ALEXANDRIA TOYOTA

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