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Burke CONNECTION

Senior Living
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Adviser Toshieba Ragland with Lake Braddock Secondary School freshman Emma Sachs, first place-gold winner in Career Investigation category AT weekend leadership training conference held April 5-7 in Virginia Beach.



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Long & Foster to Hold Real Estate Pre-Licensing Class with Military Scholarships available starting in May

The Burke/Fairfax Station/Clifton office of Long & Foster Real Estate located at 6045 Burke Centre Parkway in Burke, Virginia, will host a real estate pre-licensing class in its new state-of-the-art training center, starting May 14. The 60-hour course is designed for individuals interested in pursuing a career in real estate. Classes will be held on Tuesday, Wednesday and Thursday evenings from 6:00 pm – 9:30 pm.

“At Long & Foster, we’re dedicated to having the best trained and best equipped agents in the business, and our new training center helps us to accomplish those goals” said Paul DiCicco, manager of the Burke/Fairfax/Clifton office.

Long & Foster also offers the P. Wesley Foster Military Service Scholarship—a full scholarship program for real estate pre-licensing classes to U.S. military veterans, active duty personnel and their spouses and children. Scholarships cover the cost of tuition and textbooks for classroom courses offered by the Long & Foster.

**For more information or to register for the upcoming course,
contact Paul DiCicco at
(703)503-1899 or email pauld@lnf.com.**



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Damaging Twister Touches Down in Reston

Tracks over Reston Hospital, crashes tree into home.

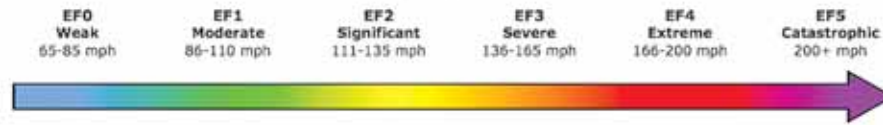
BY MERCIA HOBSON
THE CONNECTION

After a powerful line of storms caused damage and tornadoes throughout parts of Virginia on Friday, April 19, the National Weather Service confirmed an EF-0 tornado touched down in Reston at 8:55 p.m. with estimated maximum wind speeds of 70 mph.

According to a Saturday storm survey conducted the day after the tornado by the staff of the National Weather Service Baltimore/Washington Weather Forecast Office in Sterling, the Reston tornado moved north-northeast at approximately 50 mph and lasted five minutes. It produced a discontinuous line of damage along a path approximately four miles long and 100 yards wide, eventually toppling a tree onto a vehicle and another on a home.

The first evidence of damage reported by the survey team was near Fox Mill Road and Pinecrest Road with several trees down. The tornado then traveled near the U.S. Geological Survey Complex on Sunrise Valley Drive, passed over the Dulles Toll Road and

The Enhanced Fujita (EF) Scale classifies tornadoes into the following categories:



The Enhanced Fujita (EF) Scale classifies tornadoes into five categories. The National Weather Service confirmed the Reston tornado as an EF0.



Friday, April 19, Reston twister path and damage survey by the National Weather Service.

tracked across Reston Hospital with no damage seen there. North of the hospital, near Town Center Parkway, the tornado toppled a tree and blew shingles off a home.

The tornado then crossed Baron Cameron Avenue east of Trader Joe's according to the survey team. Damage seen was mainly due to trees being either uprooted or topped; however, a two-foot diameter tree crashed through the upper roof of a townhouse on Quietree Drive in Reston causing local officials to condemn the property.

The destruction continued as a 100-foot tall tree fell and smashed an unoccupied vehicle parked along Center Harbor Road in Reston. Fortunately, no injuries were reported with the tornado. The survey team concluded that strong straight-line winds fell two large trees on Fort Lee Street, one which fell on a house.

The National Weather Service reports on its website, www.weather.gov/safety/tornado-after "large rooms, such as gyms, auditoriums and most lunchrooms are not safe shelters even during 'weak' tornadoes," mentioning an EF-1. For information on tornado safety, how to sign up for notification, create a family communication plan and prepare your home, visit www.weather.gov/safety/tornado-prepare.

Club Pilates Burke to Host Mat Marathon

In honor of National Pilates Day, Club Pilates, the Pilates franchise with 500 studios, is giving people one more reason to try Pilates. While Pilates is famous for sculpting longer and stronger muscles in addition to a tighter core, Friday, May 3 through Sunday, May 6, anyone who takes a free intro class will also receive a \$10 Gift Card to Whole Foods, Target, among others.

All 10 Virginia and Maryland studios are participating including the three new Fairfax County locations in Burke, Fair Lakes and Tysons Corner. The celebration begins on Friday, May 3 and runs through Sunday, May 5 with classes and celebratory events happening all week-end long.

Club Pilates Burke is hosting a Pilates in the Park - Mat Marathon event at Burke Lake Park on Sunday, May 5, from 10 a.m. - noon. People are invited to bring their own mat and see how many classes they can finish and to compete in special challenges. Prizes include free reformer (machine) classes at the studio. Times: 10 a.m. - Beginner; 10:30 a.m. - Intermediate; 11:30 a.m. - Advanced.

"While other commemorative holidays are meant to be observed, National Pilates Day is about participation - inviting others to demonstrate the unique



PHOTO CONTRIBUTED

Club Pilates Burke is hosting a Pilates in the Park — Mat Marathon event at Burke Lake Park on Sunday, May 5, from 10 a.m. - noon.

mind and body connection that Pilates promises to those practicing it frequently," said Julie Karickhoff, Owner and Instructor at Club Pilates Burke.

In addition to the \$10 Gift Card offer, studios are offering 20 percent off all branded retail merchandise, and for those interested in enrolling in Teacher Training, Club Pilates

will pay for your training manuals - making it a better time than ever to pursue a career in wellness. Burke will host their Teacher Training info session at 3:30 p.m. on National Pilates Day itself, Saturday, May 4.

"I truly love Pilates and I couldn't be happier to spread the Pilates practice as my profession," said Lindsey Donnelly, Instruc-

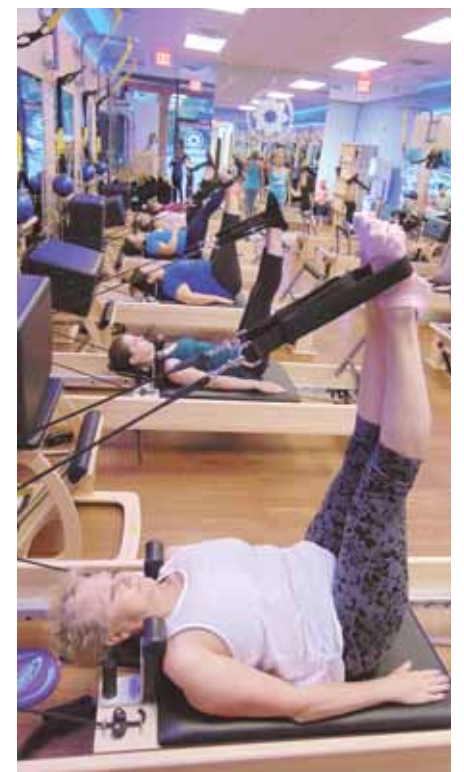


PHOTO BY STEVE HIBBARD/THE CONNECTION

Members of Club Pilates in Burke during a Pilates class.

tor at Club Pilates Burke. "If you're looking for a career in health and fitness, Club Pilates is a great place to be."

OPINION

Tornado Warning

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

There was both shock and amazement on the part of many Restonians to hear last Friday evening that our community was under a tornado warning by the National Weather Service (NWS). These warnings occur all the time, especially in the Midwest and earlier that day across the deep South. For us the weather is relatively mild, although the winds do seem to blow harder these days, and the rains this spring seem to have brought a lot of local flooding. The amount of snow varies from winter to winter.

About 8:30 p.m. on Friday the National Weather Service found that an approaching squall line ahead of a larger storm's cold front distorted into an S shape across Northern Virginia. Gusts along the bow were significant until the bow broke up into a rotating storm. Doppler radar revealed a counterclockwise circulation known as a mesocyclone over Reston that developed into a cyclone.



COMMENTARY

Technically the National Weather Service recorded that on Friday, April 19, there was a tornado event in Reston beginning at 8:55 p.m. estimated time with estimated maximum wind speed of 70 mph, with a maximum path width of 100 yards and a path length of 4 miles. The NWS uses the Fujita Scale to classify tornadoes into one of six categories—EF0 (weak) to EF5 (violent). The tornado in our community was rated at the lowest ranking, EF0.

For professional weather people who deal with bad weather all the time, the tornado in our community that lasted an estimated five minutes may have seemed weak. But for those who sought refuge in their basements and heard the wind whipping around their homes and saw the trees swaying in their yards the storm was anything but weak. Fortunately, no one was killed or reported hurt. Lots of trees and branches were downed and several cars were damaged with one townhouse being severely damaged. Everyone is left to wonder if

we will be as lucky if the flukes of weather send their wrath on us again.

Weather refers to what happens in the atmosphere around us with rain, snow, wind, and thunderstorms as examples. For many of us weather conditions seem to have become more severe. Only scientific recordings of weather events over a long period of time will provide evidence needed to confirm or deny our hunches. All the weather events of temperature, humidity and rainfall patterns averaged over seasons, years or longer creates our climate. There is ample evidence to demonstrate that climate is changing and that human behavior especially in releasing more heat-trapping gases into the atmosphere is a leading cause. Completing the circle of what is happening in our world is that climate change is bringing about more extreme weather events.

While extreme weather, climate change and global warming may be controversial topics to some, many of us are deeply concerned. This week's celebration of Earth Day was a global experience. Our local weather event while relatively mild reminds us that we need to be serious about the subject and serious about our response to it.

Changing the Culture Around Mental Illness

Sheriff Stacey Kincaid speaks at the League of Women Voters of the Fairfax Area (LWVFA) annual meeting.

BY LEAGUE OF WOMEN VOTERS OF THE
FAIRFAX AREA

Sheriff Stacey Kincaid was the keynote speaker at the Annual Meeting of the League of Women Voters of the Fairfax Area (LWVFA), held on April 6 at The Waterford in Fairfax.

She is the first female sheriff of Fairfax County in its 276-year history and is also one of only six female sheriffs in Virginia. She was first elected in 2013 to fill the balance of a term and was re-elected in 2015. She will be on the ballot again this November. In 2008, as a deputy sheriff, she earned the Distinguished Service Award, which recognizes "a career of sustained exemplary performance."

What does the Sheriff's Office do? It operates the Adult Detention Center (ADC), which has an average daily population of 972; provides Courthouse security; and serves civil law process for the courts. Her office is staffed by 529 sheriff's deputies and 87 civilians.

Changing the culture around mental illness and substance use disorders has been her focus. She works to achieve change by collaborating with partners in county government and the community. She helped spearhead Diversion First, which offers alternatives to incarceration for people with mental illness and co-occurring substance use disorders. She created an addiction treatment and recovery program in the ADC and she has created a partnership with the courts on new post-arrest diversion programs.

ONE-THIRD OF JAIL INMATES have behavioral health issues. Sheriff Kincaid emphasizes training to help address these issues. More than 120 of her deputies have taken the 40-hour Crisis Intervention Team training, and all of her staff, sworn and civilian, have to take a Mental Health First Aid course. Such training teaches people how to identify symptoms of mental illness and how to help people experiencing a mental health crisis. Also, with the opening of the Merrifield Crisis Response Center in January 2016, police officers and Sheriff's deputies can divert people experiencing mental health crises to the Merrifield. Bringing someone to jail is no longer the default option. As of Dec. 31, 2018, more than 1,300 people had been diverted from potential arrest.

Addiction is a disease and should be treated. Trauma is often an underlying cause of addiction. On Nov. 1, 2018, Sheriff Kincaid launched a pilot program in the ADC – Striving to Achieve Recovery (STAR). Two peer recovery specialists work with inmates to help them achieve recovery from addiction.

Post-arrest diversion programs in the county include a Supervised Release Non-Compliance Docket, Veterans Treatment Docket, Mental Health Docket and Drug Treatment Court. They all aim to provide people with second chances after arrest.

The ADC's priority is to help inmates develop skills, so they can live productively after release. Towards achieving this priority, inmate programs focus on furthering education, im-



From left, the League of Women Voters of the Fairfax Area (LWVFA) Co-Presidents Judy Helein and Anu Sahai, With Sheriff Stacey Kincaid.

proving life skills, increasing employability and building self-confidence. Examples of programs include GED classes and testing; yoga, art and sewing classes; work release opportunities, and the Community Labor Force.

THE SHERIFF'S OFFICE has about 300 volunteers who lead or support many inmate programs. In addition, resource fairs are organized for inmates to obtain information that will help them after they are released. LWVFA has participated in these resource fairs for several years.

Fairfax County is not immune to the problem of domestic violence. If you are aware or know of a person suffering from domestic violence, call the Domestic Violence Hotline at 703-360-7273. Domestic violence is not always physical. It can be financial, emotional, and/or sexual as well. Make the call to the Hotline and you may save a life or lives.

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Lake Braddock Students Win Leadership Conference Trophies

Burke Youth from the Lake Braddock Secondary School (LBSS) chapter of Family, Career and Community Leaders of America (FCCLA) recently participated in a weekend leadership training conference held April 5-7 in Virginia Beach. Attendees participated in a weekend of workshops and sessions that challenged, informed, and motivated members and their advisers to learn more about leadership through FCCLA. Along with more than 1,000 other advisers and members, LBSS FCCLA chapter advisers Ms. Ragland and Mr. Prassa accompanied 11 members to the meeting. To begin the conference, nearly 650 members participated in STAR Events, a series of competitive events that demonstrate proficiency and achievement in leadership and job-related skills. There are more than 80 categories of STAR Events for members to compete in as a team or as an individual.

LBSS FCCLA chapter members participated in the following events: Sports Nutrition (junior category): students: Lyna Filali

and Lauren Mickelson received 1st place silver medal and trophy advancing to nationals; Sports Nutrition (senior category): students: Mary Huynh, Yosabeth Kassa, and Seoun Park received second place silver medal; Entrepreneurship (junior category): student: Skyler Kim received first place silver medal and trophy advancing to nationals; Career Investigation (junior category): student: Emma Sachs received first place gold medal; newly elected 2019-2020 State Officer: student: Laura Lam, Vice President of Public Relations.

The "High School Musical... Virginia FCCLA Edition" theme was reinforced by Friday's Opening General Session, where meeting attendees geared up for a variety of leadership training opportunities. The Saturday morning Business Session allowed members to vote on issues relevant to the organization, including the election of state officers for the 2019-2020 school year. Members then participated in a series of workshops that focused on career exploration, leadership, and implementing effective service projects in their schools and communities. The



Lake Braddock Secondary School 11th graders Seoun Park, Mary Huynh and Yosabeth Kassa won second place-silver in Sports Nutrition (Sr.) category.

Banquet and Evening Session, titled "A Night to Remember," gave members a chance to recognize

individuals who support the organization.

Sunday's Closing General Ses-



PHOTOS CONTRIBUTED

Adviser Toshieba Ragland (middle) with Lake Braddock Secondary School eighth graders Lyna Filali (left) and Lauren Mickelson (right), first place-silver winners in Sports Nutrition (Jr.) category.

sion included the awarding of STAR Events medals and trophies and installation of new state officers. The top winners in each of the national STAR Events will have an opportunity to compete in Anaheim, California at the National Leadership Conference, June 30-July 4, 2019, against top winners from other state associations.

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The Emotional Side of Leaving the Workforce

Getting ready for retirement requires more than financial preparation.

BY MARILYN CAMPBELL
THE CONNECTION

Ann Corbett worked for more than 20 years as the principal of a Catholic school. Her days were filled with leading children in morning prayer and other faith-based activities. After she retired, Corbett, who lives in Bethesda and worked in Washington, D.C., had difficulty maintaining the daily connection to her faith.

“My job was the way that I stayed connected to my faith and people who shared my faith,” she said. “I think I took it for granted because when I retired, I lost all of that. I was no longer leading prayers and teaching children about their faith. When I retired, I really struggled to regain my footing and feel grounded in my spirituality.”

While financial planning is often associated with retirement preparation, emotional preparedness is equally as important, but often overlooked, say mental health professionals. Like other significant life transitions, retirement can require an emotional adjustment, and even those who feel ready to leave the workforce can feel caught off guard by the adjustment to it.

“Most people are thinking that they need to save, save, save and have a comfortable nest egg before retire and that’s important, but they don’t realize that they’re going to experience social and structural voids after they retire,” said Alexandria psychotherapist Monica Kleinman, Psy.D. “If you think about it, most of our interpersonal connections and social opportunities revolve around our jobs. Going to work every day



Connecting with your adult children just before and during retirement can help with the adjustment, suggest several experts.

give us structure and a predictable routine.”

Kleinman adds, “Those who are thinking about retirement or know that retirement is in their near future should ask themselves, ‘How will I spend my time?’ ‘What will my daily routine look like?’ ”

A person’s identity and sense of self-worth is often connected to their job, says Kleinman. “That might not be healthy, but it’s a reality for a lot of people,” she said. “Our jobs give us a sense of purpose, and for some people, their job is a status symbol. When you go to a party, think about the number of time times you’re asking what you do for a living.”

Volunteer work is one way that marriage and family counselor Tiffany Grimm suggests retirees maintain a sense of purpose. “If you were an attorney, you can volunteer with an organization that allows you to offer legal services to people who can’t afford an attorney. If you’re a teacher, you could volunteer with a learn-to read type program or teach English-as-a-second language type classes,” she said.

Retirees often experience loneliness, says Kleinman who suggests developing a strong social network before retiring. “Loneliness and isolation can be a killer,” she said. “Before you retire, reconnect with old friends

“When I retired, I really struggled to regain my footing and feel grounded.”

— Ann Corbett

and develop new friendships outside of work. Go out and socialize in ways that are not connected to your job. Invitations to events that are tied to your job tend to dry up when you leave, so it’s very important to socialize frequently outside of work and to keep doing that after you retire.”

Kleinman also recommends building and maintain strong relationships with family members “One way to combat loneliness and the shock of retirement is having a connection with family members, especially your adult children and your grandchildren,” she said. “Think about taking your grandchildren to the park or a museum or on a vacation with you and spending uninterrupted quality time with them. Have lunch or dinner with your adult children.”

Engaging in activities with groups, like social or religious clubs help retirees avoid feelings of isolation, says Grimm. “Whether it’s a stamp club or weekly Bible study group, you have to be connected to groups of people in a regular, consistent and predictable way, just like you were when you worked,” she said. “It’s important to our overall wellbeing to be connected to a wide variety of people and personalities in a positive way. Think about things you enjoy doing or any hobbies that you have or would like to have, and join groups with people who share your interests.”

Dementia Friendly Herndon Shares Experiences

Insight Memory Care Center hosted the first Dementia Friendly America Symposium in Northern Virginia on March 12 from 5:30-7:30 p.m. More than 50 people were in attendance including Supervisors John Foust (D-Dranesville), Cathy Hudgins (D-Hunter Mill) and Jeff McKay (D-Lee District), Chair of the Commission on Aging Carolyn Sutterfield, and Springfield district representative of the Commission on Aging Tom Bash. Community members in attendance included executives from continuing care communities, healthcare professionals and first responders from Arlington, Alexandria, Fairfax County, Loudoun County, Prince William County, Nottoway County and Warren County. This group of professionals gathered to learn about establishing Dementia Friendly Communities in their locales and to explore opportunities for involve-



Toni Reinhart, founder of Dementia Friendly America - Herndon Chapter, shared what it means to be a Dementia Friendly community as well as her work to establish the DFA Herndon community.

ment in currently established DFA communities.

The symposium began with opening re-

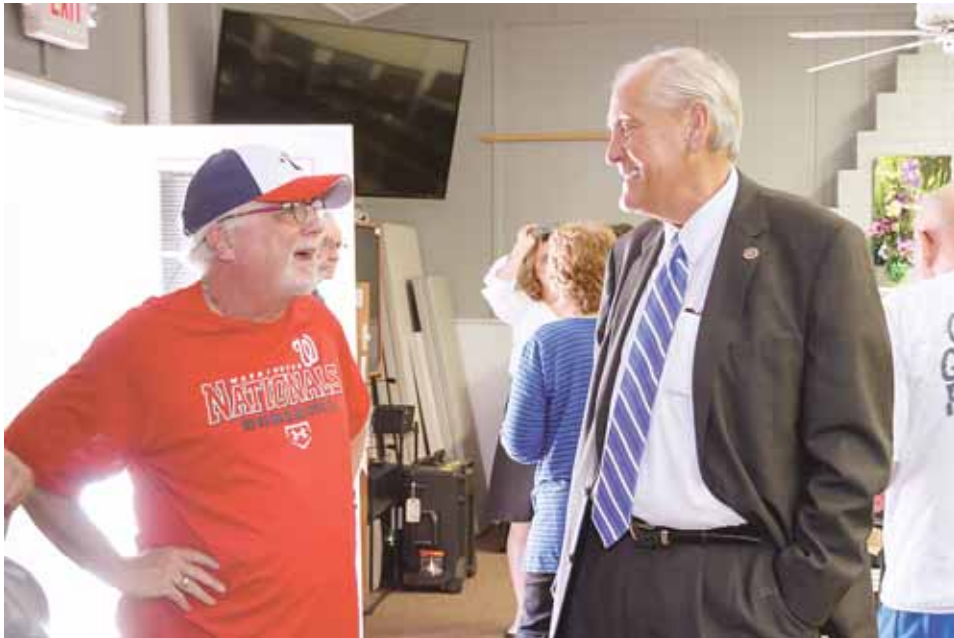
marks by Christi Clark, Insight Memory Care Center’s Executive Director. Clark stated, “Insight is working to support all dementia friendly communities in our area and hopes that one day soon we can see a lot more communities on the Dementia Friendly America website that have been established as Dementia Friendly communities.”

Toni Reinhart, founder of Dementia Friendly America - Herndon, PAC Certified Independent Trainer and owner of Positive Dementia Care Training, LLC shared what it means to be a Dementia Friendly community as well as her work to establish the Dementia Friendly America Herndon community. “It really hit home when my father got dementia and I spent more time out in the community with him. I realized it was not a good situation for most people with dementia and their care partners. I thought this has to change,” said Reinhart. “Our goal is to make the community aware of what

dementia is and what it looks like and make changes to make them and their care partners feel more welcome.”

Following her keynote speech, Reinhart and members of the DFA Herndon Action Team including Paul Nasto, Nicole McMonigle Knight, Laura Smothers-Chu, and Robin McGlothlin led breakout groups in specific exercises designed to help them think through possible Dementia Friendly America community start-ups and how to focus their efforts to provide maximum benefit in educating specific business and disciplines, such as the restaurant sector or first responders, on how to interact with people with dementia. This led to a discussion on how to grow more communities.

For more information on DFA Herndon or about starting up your own Dementia Friendly Community, please contact Nicole McMonigle Knight at DFAHerndon@gmail.com.



State Sen. David Marsden with the OLLI member Tom Mossburg.

PHOTOS BY GEORGE BRADSHAW/OLLI

Making Medical Cannabis Now Available in Virginia

BY RITA WAY
OLLI MASON MEMBER

On Tuesday, April 16 members of the Osher Lifelong Learning Institute at George Mason University attended a class on Accessing Medical Cannabis in Virginia. State Sen. David Marsden (D-37) addressed the benefits of the Virginia medical cannabis program. Marsden spoke about the five year effort to make these oils available to Virginians whose doctors feel that cannabis derived oils will help relieve the symptoms of illnesses such as, intractable epilepsy, multiple sclerosis, Crohn's disease and others involving pain. Beth Collins spoke about her teenage daughter's struggle with intractable epilepsy most of her life. After trying numerous prescribed medicines that caused serious side effects Beth turned to cannabis oil. Her daughter's symptoms were not only alleviated, but there were no side effects.

Although marijuana possession remains illegal in Virginia, the legislature has decided to provide an affirmative defense for registered patients, caregivers and pharmaceutical processors. In 2017, Virginia approved a regulator program for in state production of medical cannabis oils by five providers called "pharmaceutical processors."



State Sen. David Marsden with Jenn Michelle Pedini, NORML Development Director.

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ENTERTAINMENT

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

ONGOING

Art Exhibit: Collect. Through April 26 in the McGuireWoods Gallery, Workhouse Arts Center, Lorton. The COLLECT! 2019 exhibition features more than 70 original works of art generously donated by the community of artists at Workhouse Arts Center. This year's collection includes painting, sculpture, fiber art, jewelry and more with subject matter varying from traditional figuration, natural landscapes, bright and bold abstraction, eclectic clay wares to conceptual collage. Visit www.workhousearts.org for more.

Dynamic Dimensions: Layered Meanings in African Art. 7 a.m.-7 p.m. daily, through April 29, in the Buchanan Hall Atrium Gallery, Fairfax Campus, George Mason University. Led by African art historian Dr. LaNitra Berger, students participating in Objects and Archives in Art History: Curating an Exhibit, spent two months using the Fine Arts Gallery as a laboratory in which to discover the essentials of researching and curating an exhibition. Visit www.facebook.com/Dynamic-Dimensions-Layered-Meaning-in-African-Art-403224373588514, or call Naomi Arlund, student curator, at 703-993-8756.

Art Exhibit: [Land]scape. Through May 19, in the Art Lab Gallery, Workhouse Arts Center, Lorton. Curated by GMU MFA Candidate, Emily Fussner. The [Land]scape exhibition asks visitors to engage the notion of landscape on multiple levels. Featuring a range of painting, photography, mixed media, printmaking, sculpture, and video works. Visit www.workhousearts.org for more.

Group Exhibition: Degrees of Honor. Through May 19 in the Warrior Way Gallery, 1st Floor, Workhouse Arts Center, Lorton. Degrees of Honor is a group exhibition surveying the works of artists addressing the concept of honor in different perspectives — separation, pain, loneliness, turmoil, stories and memories. Featured artists include Rene Vincit, Gene Moty, Karen Chin and Christa Turpin. The Warrior Way is an exhibition space designated for artwork by active duty, retired and veteran service members. Visit www.workhousearts.org

Floating Garden. Through May 26, in the Vulcan Gallery, 2nd Floor, Workhouse Arts Center, Lorton. Toronto-based Artist Amanda McCavour creates experiential, immersive environments that represent places in her memory. Her three dimensional, embroidered art installations are made up of fabric designs that float within the space. Visit www.workhousearts.org

THURSDAY/APRIL 25-28

Huge Book Sale. Thursday, 3-9 p.m.; Friday, 10 a.m.-6 p.m.; Saturday, 10 a.m.-5 p.m. and Sunday, noon-5 p.m. at George Mason Regional Library, 7001 Little River Turnpike, Annandale. Thousands of books, CDs, DVDs, and more at the George Mason Friends Spring Book Sale. Come early for the best selection, then come back on Sunday for half-price bargains. Free georgemasonfriends.blogspot.com or call 703-813-6616.

FRIDAY/APRIL 26

Valor Awards. 8:30 a.m. at the Springfield Golf & Country Club, 8301 Old Keene Mill Road, Springfield. Fairfax County first responders will be honored at the Greater Springfield Chamber of Commerce Valor Awards Breakfast. The event recognizes police, fire and sheriff deputies in the Greater Springfield area. To register, visit www.springfieldchamber.org/events/details/valor-awards-5760.

Girl Scout Daisies. Noon-1 p.m. at Pohick Library, 6450 Sydenstricker Road, Burke. With so many new experiences to conquer and lessons to learn, a trusted partner and all-things-girl expert like Girl Scouts can be exactly what a girl needs to succeed in and out of the classroom. Free. Contact Cheryl Osborne at cosborne@gscnc.org or 703-372-4341.

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.

Lysistrata. 8 p.m. at deLaski Performing Arts Building, A105, TheaterSpace, on GMU's Fairfax Campus. Lysistrata persuades the women of



PHOTO BY MARIAN MEAKEN

The Main Street Band on stage at its 10th Anniversary Celebration in 2019, is a vibrant young band that includes talented amateur musicians from Northern Virginia.

Main Street Concert

As part of the Spotlight on the Arts Concert Series, the Main Street Community Band celebrates the arrival of spring with tunes from Doctor Who, Frank Sinatra, Gustav Holst, Stephen Sondheim. During this annual tradition, the band members bring in sweet treats for the audience to celebrate the end of the regular concert season. Come celebrate and mingle with the band after the concert. Sunday, April 28, 4 p.m. at Stacy C. Sherwood Community Center, 3740 Old Lee Highway, Fairfax. Free. Visit fairfaxband.org for more.



PHOTO BY RICHARD CURTIS

Long lines of tables with merchandise sorted by type fill St. Bernadette's gym for the indoor "yard sale" to benefit one of Springfield's oldest charitable organizations, ECHO.

ECHO Yard Sale

Huge Yard Sale featuring table after table of fashion accessories, toys, home decorations, kitchen utensils, more. Proceeds benefit ECHO, an all-volunteer organization aiding people in need in the community. Admission free. Saturday, April 27, 8 a.m.-noon at St. Bernadette Catholic School Gym, 7602 Old Keene Mill Road, Springfield. Call 703-239-1678 or visit www.echo-inc.org.

Greece to withhold sexual privileges to force the men to negotiate an end to the Peloponnesian War – a strategy, however, that inflames the battle between the sexes. \$20 adults, \$10 students, staff, seniors and groups. Visit cfa.calendar.gmu.edu/lysistrata for tickets.

FRIDAY-SUNDAY/APRIL 26-28

The Medium and Suor Angelica. Friday-Saturday, 8 p.m.; Sunday, 2 p.m. at Harris Theatre, on GMU's Fairfax Campus. Two one-act operas: Menotti's The Medium and Puccini's Suor Angelica. \$20 adults, \$15 seniors, \$5 youth through grade 12. Visit cfa.calendar.gmu.edu/opera-the-medium-and-suor-angelica for tickets.

APRIL 26-MAY 12

Spotlight on the Arts. The 2019 Fairfax Spotlight on the Arts Festival will honor the 50th Anniversary of Woodstock with three weeks of theatre, dance, music and visual art, rekindling that "Age of Aquarius" vibe in Fairfax. Put some flowers in your hair, dust off your bell bottoms and join in for some or all of this local "Aquarian Exposition." Learn about associated events at FairfaxSpotlight.org.

SATURDAY/APRIL 27

ECHO Yard Sale. 8 a.m.-noon at St. Bernadette

8469 will host a public bowling event to raise funds to help support veterans' needs. The cost is \$20 for three games and shoes, plus a raffle ticket to win either a decorative Flags of Valor Flag, a guided day hike in the Shenandoah, two tickets to Amy Grant at the Birchmere etc. There will also be a Certified Service Offices on site to help with Veteran benefit issues.

Lysistrata. 2 p.m. at deLaski Performing Arts Building, A105, TheaterSpace, on GMU's Fairfax Campus. Visit cfa.calendar.gmu.edu/lysistrata

Stargazing Campfire. 7:30-9:30 p.m. at Burke Lake Park, 7315 Ox Road, Fairfax Station. Take a stroll along the shore at Burke Lake Park and learn about the constellations, their stories and other night-sky features with an astronomical naturalist. Peer deeper into the universe with the help of a telescope. The program concludes with a campfire. S'mores ingredients will be provided; hot dogs are welcome. Designed for participants age 3-adult. \$12 per person; children must be accompanied by a registered adult. Call 703-323-6600 or visit www.fairfaxcounty.gov/parks/burke-lake.

Fairfax Symphony Orchestra presents:

Holst's Planets. 8 p.m. at the Center for the Arts, Concert Hall, on GMU's Fairfax Campus. The program includes Leshnoff: Starburst; Smetna: The Moldau and Sarka from Ma Vlast; Holst: The Planets, featuring the 2018 Fairfax County All-Stars Youth Orchestra. Pre-performance discussion at 7 pm: Join conductor Christopher Zimmerman and special guests. Tickets start at \$30, \$15 student. Visit cfa.calendar.gmu.edu/holst-39-s-the-planets.

SATURDAY-SUNDAY/APRIL 27-28

LEGO Model Train Show. Saturday, 10 a.m.-5 p.m.; Sunday, noon-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Washington D.C. Metropolitan Area LEGO Train Club (WamaLTC) members will hold a two day LEGO-based train show. All trains, buildings and scenery in the display are built from LEGO blocks and shapes. Donations of unwanted LEGO pieces and sets are appreciated to help support WamaLTC's efforts to bring fun and education to all ages through its activities. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org or call 703-425-9225.

The Wolves. Saturday, 8 p.m.; Sunday, 2 p.m. at deLaski Performing Arts Building, A105, TheaterSpace, on GMU's Fairfax Campus. A timely play about a girls' indoor soccer team that illuminates with the unmistakable ping of reality the way young selves are formed when innate character clashes with external challenges. \$20 adults, \$10 students, staff, seniors and groups. Visit cfa.calendar.gmu.edu/the-wolves for tickets.

SUNDAY/APRIL 28

Britain on the Green. 9:30 a.m.-3 p.m. at Gunston Hall, 10709 Gunston Road, Lorton. The 22nd show will feature two hundred British cars and motorcycles, music, food trucks, youth activities, and admission to Gunston Hall and grounds. \$10 adult; \$5 children 6-18. Visit www.capitaltriumphregister.com/bog/ or call 703-522-6571.

Spring Ballet: Coppelia. 12:30 and 3:30 p.m. at Metropolitan School of the Arts, 5775 Barclay Ave., Alexandria. Coppelia is a charming, humorous ballet of infatuation, deception, and finally a love that prevails. Dance along with Swanhilda and Franz as they find their way to love and "happily ever after." \$12. Visit www.metropolitanarts.org for more.

Main Street Concert. 4 p.m. at Stacy C. Sherwood Community Center, 3740 Old Lee Highway, Fairfax. As part of the Spotlight on the Arts Concert Series, the Main Street Community Band celebrates the arrival of spring with tunes from Doctor Who, Frank Sinatra, Gustav Holst, Stephen Sondheim. During this annual tradition, the band members bring in sweet treats for the audience to celebrate the end of the regular concert season. Come celebrate and mingle with the band after the concert. Free. Visit fairfaxband.org for more.

Keyboard Conversations with Jeffrey Siegel: Chopin in Paris. 7 p.m. at the Center for the Arts, Concert Hall, on GMU's Fairfax Campus. In this concert of piano music and commentary, Jeffrey Siegel presents the eminent Polish composer Frédéric Chopin and the gorgeous pieces he created while in Paris. Family-friendly. \$44, \$37, \$26. Visit cfa.calendar.gmu.edu/keyboard-conversations-with-jeffrey-siegel-chopin-in-paris for tickets.

Fairfax History Day: Saturday, April 27

The area's past comes to life during family-friendly event.

BY BONNIE HOBBS
THE CONNECTION

The local area's past will come to life during the second annual Fairfax History Day. It's set for Saturday, April 27, from 10 a.m. to 5 p.m., at Historic Blenheim, 3610 Old Lee Hwy. in Fairfax. Admission is \$5, adults, and \$3, children ages 3-12; children 2 and under are free.

This family-friendly event focuses on the entire 19th century, from the construction of the new Fairfax County courthouse in 1800, through the growth of a town and its people. And there'll be activities galore for all ages, including music, dancing, hayrides, games, Civil War reenactors and demonstrations of daily life in a bygone era.

"We created a program with broad appeal – not only for those interested in Fairfax's history – but also for those who may have never visited the Historic Blenheim site before," said Chris Martin, director of the Office of Historic Resources. "Blenheim, of course, is nationally famous for containing well-preserved and voluminous Civil War soldier signatures and writings inside the historic house, and families can take graffiti tours throughout the day."

The fun includes living-history interpreters, demonstrations and speakers. Attendees will learn about the vibrant life of a crossroads community along the Little River Turnpike, chartered in 1805 as Providence and known during the Civil War as Fairfax Court House. Visitors will be able to experience history through the diverse lenses of



BONNIE HOBBS/THE CONNECTION

Arlington House Victorian Dance Society members dance with residents during last year's Fairfax History Day.

a farmer, attorney, tavern keeper, stagecoach operator, schoolmarm, tradesman and soldier, while also learning about slave life and African-American music and food.

Demonstrations of everyday, domestic life will be presented by a brewmaster, laundress, seamstress, weaver and spinner, and a needleworker. Also on display will be 19th-century, clothing styles.

Participants returning from last year's event include Dean Howarth portraying an early 19th-century naturalist; Lauren Muney as a silhouette-maker and phrenologist; and Bob Szabo with a display of early photography. Visitors may have their silhouettes drawn and may even purchase historically accurate clothing.

Highlights of Fairfax History Day include

hayrides and pony rides, plus a huge hay pyramid. Comprising 175 bales of hay, it's perfect for children to climb on. Also slated are 19th-century games, a cursive-writing activity, an authors' tent and Civil War boot-camp drills, with wooden rifles for children.

There'll be living-history demonstrations typical of town residents, domestic arts and fashions. And Ferdinand McAdoo, head brewmaster at Orner Beer in Fairfax, will talk about the ingredients and process of 19th-century brewing.

Attendees will also enjoy a variety of period dances and music. Calvin Earl will demonstrate "The History of Spirituals;" the Roustabout String Band will perform traditional, 19th-century tunes; and George Mason University's 8th Green Machine Di-

"We created a program with broad appeal – not only for those interested in Fairfax's history – but also for those who may have never visited the Historic Blenheim site before."

— Chris Martin, director of the Office of Historic Resources

vision Band – a brass band – will play music common in cities and towns in the mid-to late 1800s. In addition, the Arlington Victorian Dance Society will return to entertain with popular, mid-19th-century dances.

Historic-artifact displays will feature records from collections of the Fairfax County Courthouse, the Virginia Room and GMU, as well as Fairfax City's road history – including the popular, corduroy log road exhibit.

"Our goal with this event is to teach about our local history in an engaging, hands-on way in a beautiful setting," said Martin. "Of course, one can never overlook the appeal of great food. We'll have food vendors including Colonial Kettle Corn, making the product onsite in a large, metal kettle."

Proceeds benefit the restoration of the Historic Blenheim house. Free parking and full-accessibility, shuttle-bus service are available at Fairfax High School, 3501 Rebel Run. There is no parking at the event site.

This event is put on by the City of Fairfax Office of Historic Resources and Historic Fairfax City Inc. For more information, including directions, go to www.fairfaxva.gov or call 703-591-0560.

—Mike McCarthy contributed to this story.

'Artful Living' Is Set for May 2

An evening of art, wine and philanthropy, "Artful Living" will mark 35 years of nonprofit Britepaths helping local families in need, and the community is invited to join the celebration. It's slated for next Thursday, May 2, from 7-10 p.m., at the Country Club of Fairfax, 5110 Ox Road in Fairfax.

The theme is "Thrive," and the event benefits the Fairfax County families served by Britepaths and working toward financial self-sufficiency. Among the highlights will be a juried art show featuring local artists whose works will be available for sale.

The evening's festivities also include live music by local, Latin-jazz band Batida Diferente, appetizers, wine and beer. A live, charity auction will offer

items including: A beachfront condo stay in Cozumel, Mexico; an original, stained-glass piece by Britepaths' Executive Director Lisa Whetzel; and an Emerald Isle, N.C., beach house rental. Throughout the year, Britepaths programs stabilize families and build resilience. So during "Artful Living," attendees will hear a success story from a client who achieved self-sufficiency with Britepaths' help.

Fittingly, event proceeds will benefit Britepaths' programs to provide financial education and mentoring, plus emergency food, financial aid and seasonal assistance to working families struggling to make ends meet. Tickets are \$100 via britepaths.org or at the event. Contact info@britepaths.org or call 703-273-8829 for more information.



BONNIE HOBBS/THE CONNECTION

Kim and Julio Mazarella peruse the artwork during last year's event.

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News



PHOTO CONTRIBUTED

Club Pilates Burke is hosting a Pilates in the Park — Mat Marathon event at Burke Lake Park on Sunday, May 5, from 10 a.m. – noon.

Club Pilates Burke to Host Mat Marathon

In honor of National Pilates Day, Club Pilates, the Pilates franchise with 500 studios, is giving people one more reason to try Pilates. While Pilates is famous for sculpting longer and stronger muscles in addition to a tighter core, Friday, May 3 through Sunday, May 6, anyone who takes a free intro class will also receive a \$10 Gift Card to Whole Foods or Target, among others.

All 10 Virginia and Maryland studios are participating including the three new Fairfax County locations in Burke, Fair Lakes and Tysons Corner. The celebration begins on Friday, May 3 and runs through Sunday, May 5 with classes and celebratory events happening all weekend long.

Club Pilates Burke is hosting a Pilates in the Park - Mat Marathon event at Burke Lake Park on Sunday, May 5, from 10 a.m. – noon. People are invited to bring their own mat and see how many classes they can finish and to compete in special challenges. Prizes include free reformer (machine) classes at the studio. Times: 10 a.m. – Beginner; 10:30 a.m. – Intermediate; 11:30 a.m. – Advanced.

“While other commemorative holidays are meant to be observed, National Pilates Day is about participation – inviting others to demonstrate the unique mind and body connection that Pilates promises to those practicing it frequently,” said Julie Karickhoff, Owner and Instructor at Club Pilates Burke.

In addition to the \$10 Gift Card offer, studios are offering 20 percent off all branded retail merchandise, and for those interested in enrolling in Teacher Training, Club Pilates will pay for your training manuals – making it a better time than ever to pursue a career in wellness. Burke will host their Teacher Training info session at 3:30 p.m. on National Pilates Day itself, Saturday, May 4.

“I truly love Pilates and I couldn’t be happier to spread the Pilates practice as my profession,” said



PHOTO BY STEVE HIBBARD/THE CONNECTION

Members of Club Pilates in Burke during a Pilates class.

Lindsey Donnelly, Instructor at Club Pilates Burke. “If you’re looking for a career in health and fitness, Club Pilates is a great place to be.”

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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.

SATURDAY/APRIL 27

Scam Jam and ShredFest. 8 a.m.-1 p.m. at Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. The Silver Shield Task Force and AARP Virginia are hosting a free fraud prevention and shredding event. There will be numerous speakers discussing how to be aware of scams and how to prevent being scammed or defrauded. Scam Jam runs 9 a.m.-1 p.m.; ShredFest runs 8 a.m.-noon.

Found Families Forward Spring Forward. 8:30 a.m.-2 p.m. at Colgan Hall, George Mason University Science and Technology Campus, 10900 University Blvd., Manassas. Spring Forward Family Fun Day offers adoptive, foster and kinship families a day of fun and learning about tools and solutions. While the kids enjoy activities, parents, caregivers and professionals will be treated to keynote Family Strong: Stay Focused for the Long Haul by Wendy Besmann. \$0-\$40. Visit www.eventbrite.com/e/spring-forward-family-fun-day-and-regional-conference-tickets-54145770457 for tickets.

Mount Vernon High School Teen Job Fair and Resume Building Workshop. 10 a.m.-noon at Mount Vernon High School. These events will focus on student job seekers (approximately ages 16-18) looking for full time employment, after-school employment, seasonal positions, internship opportunities, or volunteer experiences. Open to all teens in Fairfax County. Visit www.fairfaxcounty.gov/springfield/teen-job-fair-student-registration to register.

SUNDAY/APRIL 28

Prince of Peace School 50th Anniversary. 11 a.m.-1 p.m. at Prince of Peace Lutheran Church and School, 8306 Old Keene Mill Road, Springfield. Celebrating 50 years of service. Friends, neighbors, alumni and current families are invited to join a special time of worship with a child friendly reception to follow. Free. Call 703-451-6177 or visit www.poplc.org/school

Community Interfaith Forum on Hate & Bigotry. 4-6 p.m. at Temple Rodef Shalom, 2100 Westmoreland St., Falls Church. Panelists: Imam Abd Ar-rafa, All Dulles Area Muslim Society (ADAMS); Andrea Miller, Virginia Tri-Chair, Poor People's Campaign; Rev. Michelle Thomas, Holy and Whole Life Changing Ministries, and President, Loudoun County NAACP; Rabbi Jeffrey Saxe, Temple Rodef Shalom; Rev. Angela Martin, Itinerant Elder, A.M.E. Church, and Maryland Tri-Chair, Poor People's Campaign; et al. Free. www.eventbrite.com/o/naacp-fairfax-county-12397167937.

WEDNESDAY/MAY 1

New Board Members Needed. The Virginia Board for People with Disabilities is looking for new members to fill multiple vacancies: parent or guardian of an adult with a developmental disability; parent or guardian of a child 18 and under with a developmental disability; immediate relative or guardian of an adult with a developmental disability who cannot advocate for themselves; or a person with a developmental disability. The Board meets four times each year in the Richmond area. Apply at solutions.virginia.gov/OASYS/.

SATURDAY/MAY 5

Ramadan Pack-Out Session. 10 a.m.-2 p.m. and 2-6 p.m. at 6820 Commercial Drive, Suite F, Springfield. Islamic Relief USA will hold its annual Ramadan Food Box Pack-Out sessions where volunteers pack boxes with many nonperishable foods. The packages will be given to people in need in their local communities through food pantries and houses of worship, among other locations in the United States. Call 703-370-7202 or visit irusa.org for more.

Low Cost Rabies Vaccine Clinic. Noon-2 p.m. at Mount Vernon Governmental Center, 2511 Parkers Lane, Alexandria. Cost is \$15 per pet, cash and check only. Dogs, cats, and ferrets may be vaccinated at the clinic. Dogs must be on leashes; cats and ferrets must be in carriers. All pets will receive a 1-year rabies vaccination. To obtain a 3-year vaccine, bring pet's rabies certificate (not tag) showing the current rabies vaccination expiration date. 2019 county dog licenses will be sold for an additional \$10 per license. Visit www.fairfaxcounty.gov/animalshelter/communityassistance/rabiesclinics for more.

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Label Me Determined



By KENNETH B. LOURIE

Like anyone with a name and an address, no doubt over the years, you readers have received unsolicited gifts/inducements in a kind of presumptive exchange for charitable contributions from many organizations with which you are probably familiar. And among the many good deeds they offer are the manufacture and subsequent mailing at no cost or obligation to the recipient, of self-adhesive, return-address labels.

I have, over the years, made a below-average level of contribution despite having maintained an above-average level of use. Still the labels arrive, regularly. And given their accumulation in my home office, I have become ever more determined to not die until I have used every one of those labels. In a manner of speaking/referencing, this pursuit has sort of become my white whale. I'm sure Captain Ahab could relate.

Years ago, around the time of my diagnosis, I was likewise determined, given where I live in Montgomery County, to not die until the Inter County Connector (a long-planned-for, cross-county highway connecting Interstate 270 in Montgomery County to Route 1 in Prince George's County) was completed. I never thought, given my "13 month to two-year" prognosis in 2009, that I'd live to see its completion and to attach its transponder and pay its tolls. But I have.

And though I am not a regular driver on this road, I am nonetheless emotionally connected to it. It's as if we both overcame something.

Which brings me back to the other emotional connection I've mentioned: the return-address labels.

It's not because of the specific charities or the design of the labels or anything in particular (they all tend to blend together after a while), it's that they all have my name and almost always have it spelled correctly, which is not always the case in mail addressed to Lourie. And below that correctly-spelled name, is an equally correct return address.

All combined on a label which doesn't require any licking or stamping or writing. All of which when combined creates a certain functionality which for a non-millennial, baby-boomer like myself who actually mails envelopes rather than types them online, provides an incredibly helpful asset.

And as a cancer patient, any asset that simplifies my life is an asset worth mentioning.

There are many mailers of a certain age who live, almost thrive in a non-paper-free environment. We still write our own checks, hand-address our own envelopes, buy and stick our own stamps and finally go to the Post Office to mail our correspondence.

I can't say whether many of us "balance our checkbooks," but as for myself, I do review the various entries in my check register with my paper statements to confirm their familiarity and accuracy. If this all sounds a bit antiquated to some of you younger readers, some of what you do sounds far-fetched and sort of redundant to me, which probably minimizes your appreciation for something as mundane as a correctly-spelled and properly-addressed return-address label.

I imagine there's a path down the middle somewhere, but it's not important that we all correspond.

But for those of you who do correspond with hard copies instead of computerized soft copies, these return address labels can be a vital cog in the mailing machine. Intended recipients are not always where you thought they were and mail that you thought you had properly addressed stands a better chance of being returned to sender.

A properly-affixed and accurate return address label might not save the sender time or money, but it might do so for the recipient; and let's be honest: who doesn't like to receive mail?

And what's the first thing you look at? The return address. If it were not for the return address, label or otherwise, the reason for its delivery might lose some of its appeal.

For me, living beyond the correspondence on which that final label will be affixed is very appealing. Because considering the number of labels I still have at home, I'm going to be living for a long time. Cancer be damned.

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

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