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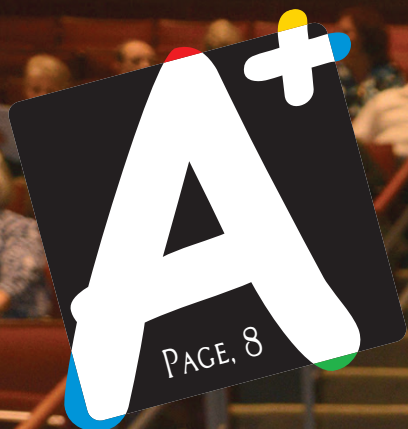
ALL THE STYLE. **HALF THE PRICE.**

**MARLO**

SEE OUR AD INSIDE

# Fairfax Station

## CONNECTION Clifton & Lorton



As the chair of the Board of Supervisors' 50+ Committee, Supervisor Pat Herrity (R-Springfield) was one of the hosts at the 2019 Positive Aging and Wellness Fair and welcomed keynote speaker Pat Collins from News4.

**The Pat Collins Snow Stick**

## Sharing Wisdom Of Positive Aging

NEWS, PAGE 4

## Public Weighs in On Budget Priorities

NEWS, PAGE 3

## 'The Full Monty' At Workhouse

ENTERTAINMENT, PAGE 11

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# Improving a Local Treasure

## Upgrades to the Bull Run/Occoquan Trail

From Bull Run Regional Park in Centreville to Fountainhead Regional Park in Fairfax Station is perhaps the best natural surface trail in all of Northern Virginia. This 18+ mile trail is the centerpiece of nearly 5,000 acres of contiguous parkland owned and managed by NOVA Parks (Northern Virginia Regional Park Authority).

This was the first big area of parkland purchased by NOVA Parks 50-60 years ago. When the trail was added 50 years ago, there was not an understanding of sustainable trail design. As a result, the old trail goes straight up and down many steep slopes, and the result is erosion, which negatively impacts the water quality of the streams, river and reservoir that adjacent to this parkland.

"The parkland in this area was conserved to benefit water quality. It was very progressive of NOVA Parks leaders 60 years ago to see the need to protect this area. Today, this large forest area serves to filter storm water before it reaches the reservoir," commented Stella Koch, NOVA Parks Board member and local environmentalist. "I am thrilled we are now taking steps to make the trail more sustainable," continued Koch.

In the last year, NOVA Parks hired Applied Trails Research, a nationally known trail firm, headed by Dr. Jeremy Wimpey (PhD in Geospatial Environmental Analysis), to study the Bull Run/Occoquan Trail (BROT) and propose a series of trail reroutes that will address erosion issues, and allow the trail to better serve the many trail users over the next 50 years.

The Potomac Appalachian Trail Club (PATC) partners with NOVA Parks and leads the maintenance of the BROT. Robert Fina, PATC District Manager for this area noted "many sections of the BROT have a fall line trail alignment - the trail runs straight up and straight down the hill-sides, exactly the way water wants to run. These fall line trails erode rapidly, are difficult to maintain, and the erosion exposes roots and rocks. Trail users want to avoid the uneven footing, gully-ing, and muddy patches, so they walk next to the trail, further widening the trail and starting a new cycle erosion, rock and root exposure, and trail widening. In places the BROT has become fifty feet wide by this process. The only long term fix for this situation on a natural surface trail is to

reroute the trail so the trail is less steep, and drainage can be incorporated into the design to remove water from the trail before erosion can start. This gentle, serpentine design is called contour alignment, since the trail tends to run along the contour of the land. Contour alignment reduces erosion and the resulting siltation of adjacent water bodies, as well as reducing the trail maintenance."

The Applied Trails Research study identified 12 areas that should be rerouted, and estimated the total project would cost close to \$1 million to complete. In 2018, NOVA Parks applied for and won \$400,000 in federal funds to start this project. In addition, over \$50,000 plus volunteer were provided by Mid-Atlantic Off Road Enthusiasts (MORE), the leading mountain bike club in the region.

"Sound trail design has come a long way in the last decade. We are thrilled to be partnering with NOVA Parks and PATC in implementing best practices on this trail," said Ernest Rodriguez, President of MORE.

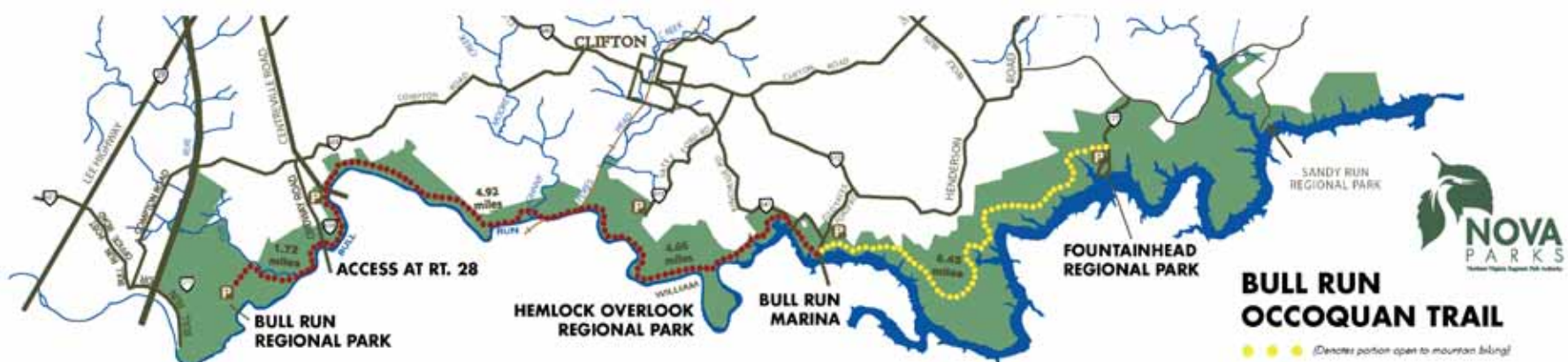
In addition to improving the environment, the rerouted trail needs to go around numerous archeological resources. This area is remarkable for its history. There are significant prehistoric resources. The troops of French General Rochambeau passed through this area on their way to Yorktown in 1781. During the Civil War, this area was particularly busy, with an early battle near the point where Rt. 28 crosses the river today, and numerous camps and fortifications. "I have worked with NOVA Parks for decades on the preservation and interpretation of many historic sites on their parkland. They are an agency that puts a high value on preserving the history of our region," remarked Jim Lewis, local historian.

The first areas of rerouting the trail have begun, and the work will continue for years as the funds are found and priority areas are addressed. 2019 is the 60th anniversary of NOVA Parks, and of the first purchase of parkland at Bull Run. This project is one of many ways NOVA Parks is keeping its parkland well maintained for current and future generations.

For more information: [novaparks.com/parks/bull-run-occoquan-trail](http://novaparks.com/parks/bull-run-occoquan-trail)



Above, an example of how steep trails cause erosion and root damage. Below, an example of a properly contoured trail.





## Public Weighs in on Budget Priorities

**Schools, market rate adjustments, affordable housing, immigrant services dominate public response.**

BY ANDREA WORKER  
THE CONNECTION

PHOTOS BY ANDREA WORKER/THE CONNECTION

**O**n Thursday, April 12, at 4:27 p.m., Fairfax County Board of Supervisors chair Sharon Bulova brought down the gavel that ended her last Budget Public Hearings – a circumstance not lost on many of the 150 or so speakers who addressed the board over the three days of public testimony.

Most of the speakers, even those who attended to express objections to County Executive Bryan Hill's Advertised Fiscal Year 2020 Budget, took part of their precious allotment of speaker's time to thank Bulova and fellow retiring board members John Cook (Braddock), Cathy Hudgins (Hunter Mill) and Linda Smyth (Providence).

The proposed Budget was presented to the board by the County Executive on Feb. 19, without seeking any increase in the current residential tax rate of \$1.15 per \$100 of assessed property value. Even without a tax rate increase, the average homeowner's tax bill would still rise by approximately \$150, since the average residential assessment would increase by almost 2.4 percent because property values are increasing.

Since then, there have been numerous town hall budget meetings around the county, allowing residents from the nine magisterial districts to hear more and ask questions of county staff and their own district supervisors.

**THE PUBLIC HEARINGS** began on Tuesday, April 9, around 4:30 p.m. just after regular board business was concluded. Over the course of three days, there were dozens of pros and cons argued in regards to the overall budget of \$8.86 billion.

Representatives from unions, councils, organizations, civic associations, social services, nonprofits, parks, environmental groups, and private citizens came before the board. Most were there to bring light to their cause and to request additional financial support, or reconsideration where funding had been cut or reduced.

Fairfax County Public Schools (FCPS) Board chair Karen Corbett Sanders was the first speaker of record, providing lengthy testimony describing the achievements of the school system and its importance to the welfare of the county, thanking Hill for a budget that includes the FCPS full funding request, and urging the board to vote their approval when the final budget comes before them on May 7.

The \$2.35 billion transfer to the school system, up more than \$86 million over last year, comprises almost 53 percent of the county's general fund budget. The total



**A contingent of supporters of Fairfax County Parks attended the budget hearings, praising the current support of the board and encouraging future funds and endorsement.**



**Halleluiah! Finally something to sing about during the Budget Public Hearings. Musical director David North of Oakton brought a portion of his Mosaic Harmony choir to illustrate the power of music and song as he thanked the board for their support of the Arts in Fairfax. North got board members on their feet and clapping along with the choir.**

number of students in the school system for 2018-19 was 188,018, about 1,000 students fewer than projected.

Kevin Hickerson, president of Fairfax Education Association (FEA), and Kimberly Adams, the president-elect of FEA were pleased that the budget included the full amount of funds requested, to include wage increases for teachers, but expressed concern that the funds would not allow such increases for support personnel.

The Fairfax County Council of PTAs also supported the Advertised Budget and applauded the new era of collaboration between the FCPS School Board and the County, but urged the board to "think into the future." In her testimony, Council president Jane Miscavage said the needs of the county's schools were only growing, especially in the areas of "special education where we face a shortage of teachers, in mental health issues among our students, in the areas of safety and security and in

the need to reduce class sizes, to name just a few." Miscavage says that today's budget responses are promising, but will fall short of future needs. "The time to plan is now."

Others who support the school's piece of the budget pie asked for funding beyond wages, reporting that schools in the county need physical improvements and upgrades to maintain the premier status of education that is conducted within their walls.

Tina Williams with the Federation of Teachers urged the board to find the means to fund universal Pre-K, and to restore pay rates for substitute teachers.

**ARTHUR PURVES**, representing the Fairfax County Taxpayers Alliance, presented an argument against the monies directed toward the FCPS, saying that school and other county employees earn more than the average private sector worker in the region and "without such a generous pension and benefits package."

Purves questions why the school system needs \$114 million more to "serve 1,000 less students in the coming year." He presented several statistical charts to defend his statements that Fairfax County schools "are not providing the education they say they are. Where is the excellence [in the SAT-related numbers he offered]? Where is the equity?"

The other "elephant in the room" as it was described by Randy Crueller, Vice Chair of the Fairfax County Employee Advisory Council, is the gap between the expected 2.51 percent Market Rate Adjustment for county employees, including law enforcement and first responder personnel, and the actual 1 percent MRA included in Mr. Hill's budget.

Crueller was joined by numerous representatives of Fairfax County employees of every level and every job description in denouncing this decision. Even candidates seeking to fill the seats of the outgoing board members' seats – like Alicia Plerhoples who has set her sights on the chairmanship of the board, and James Walkinshaw, running for Braddock District Supervisor – expressed support for a fully funded MRA in remarks for the record.

Plerhoples and Walkinshaw were also just two of dozens who hammered home the need for more affordable housing in Fairfax County.

Mary Paden, chair of the South County Task Force for Human Services, warned the supervisors that "gentrification" could push many lower income residents out of the county "that they work in and that their tax dollars have helped grow," especially in areas like the Route 1 corridor. Paden says all of the expensive efforts to improve the area, widening Route 1 and investing billions in local development will "certainly benefit some, but harm many more without equal investment in affordable housing."

Members of the Community Action Advisory Board echoed those concerns, including Elethia from Reston. "I am a CAAB member, but I speak for myself today," she said. Elethia is worried for the county's senior residents like herself who more and more are being forced to sacrifice other essentials in order to pay for housing.

On the topic of funding legal services for immigrants in detention, the speakers were often passionate in their views.

Several groups and individuals pleaded for the \$200,000 to fund such legal services, while others strenuously objected to using taxpayer's dollars to provide services they say are not offered to legal residents and citizens of the county.

The public hearings are over, although there is still time for residents to make their opinions known via the county's website. The Board of Supervisors Budget Committee meets on April 26 to discuss possible changes to the proposed Budget, then will hold their Budget mark-up meeting on April 30 before final adoption at the Board meeting on May 7.



PHOTOS BY ANDREA WORKER/THE CONNECTION



There were more than 20 workshops and panel discussions at the Positive Aging and Wellness Fair on topics from memory care to avoiding scammers.



Auxiliary Police Officers, from left, Nina Aldrich, Fred Sanborn, and Ashley Soloff, were at the NoVa Positive Aging and Wellness Fair looking for recruits. Here they are working hard to convince Burke resident Dorothy Keenan to join their ranks. So – did they recruit Keenan? Probably not, since she is the leader of busy nonprofit GrandInvolve.

## Sharing Wisdom of Positive Aging

**Positive Aging and Wellness Fair draws crowd for education, information – and fun!**

BY ANDREA WORKER  
THE CONNECTION

**T**he 2019 Northern Virginia Positive Aging and Wellness Fair on April 8, powered by the Jewish Community Center of Northern Virginia (JCCNV) and Celebrate Fairfax, Inc., has grown dramatically over the years, requiring more and more space to spread its wings.

This year, for its ninth edition and for the first time, the event was held at the Fairfax County Government Center at 12000 Government Center Parkway in Fairfax. Even that impressive structure started to look more like Union Station than the halls of government. Some 600 registered fair attendees, 75 exhibitors, with more than 20 workshops in session, along with the staff, volunteers, facilitators and sponsors created an air of organized chaos as they mingled with the regular business of the county at work. Before the actual event-day, the event's website apologetically announced that walk-ins were no longer being accepted, such was the response received.

Pam Wiener, Director of Adult Services at event co-host JCCNV, officially opened the fair and was followed by opening remarks from Supervisor Pat Herrity (R-Springfield), who chairs the county's 50+ Committee. Tisha Deeghan, Deputy Executive Director, Fairfax County, also took a brief turn at the podium before handing things over to the keynote speaker Pat Collins, the long-time general assignment reporter for News4.

"I'm one of you. I'm 72. I belong here,"

said Collins, as he stood to address the packed theatre with his signature "snow stick" in hand.

For the next hour, Collins kept his audience enthralled – when they weren't laughing at his hilarious descriptions of "coming up in the old days," trained by "grizzled old men with typewriters – and no degrees."

The Emmy award-winning Collins ranged far and wide in his remarks, from his own history and how he "accidentally became a reporter at age 15" to stories across the timeline of his career. Starting as a print journalist with the Washington Daily News, then the Washington Star, his first foray into television news reporting didn't go quite as expected.

"On my first day, first thing in the morning, they told me I wouldn't actually go on air until I was ready, and until they thought I was ready," recalled Collins. "Guess when I did my first on-air broadcast? You guessed it! On the 5 p.m. news that same day!"

After stints at WJLA and WDVM (Now WUSA-TV) in D.C. and WLS-TV in Chicago, Collins found his home at News4 in 1986.

The veteran newsman says he has the best gig these days. "I can cover everything from



Everyone wanted a photo op with keynote speaker and beloved local News4 reporter Pat Collins, including Pam Wiener, director of Adult Services for the Jewish Community Center of Northern Virginia (left) and Nancy Weinstein (right), also with the JCCNV. The JCCNV is a pilot of the event, along with Celebrate Fairfax and other partners.

murders to snow storms," all while working just three days a week.

While he may now have transitioned to

"part-timer," Collins insists he's "not done, yet" saying that older adults have a lot still to offer in experience and life lessons learned that they can share.

"And what else can we older adults do? What other power do we hold? That's right, we vote," he noted to enthusiastic applause. "So keep going, keep active, use your knowledge and your skills. We have plenty left to do."

**THE WORKSHOPS** were held in three sessions, with topics like "Better Brain Healthy: Save Your Memory and Your Mind," "The Street Smart Senior: How to Avoid Getting Scammed," "Reaching Your Financial Goals," "Finding a Meaningful Encore Career," "Looking for a Meaningful Volunteer Experience," and "Gadgets and Gizmos for Your Health and Happiness."

The teachers were engaging experts in their fields. Among them were Patricia Rohrer, Long Term Care Program Manager with the county's Health Department, Carrie Brill, Caregiver Specialist and Management Analyst, Fairfax County Area Agency on Aging, Cathy Turner, Director of Senior Health at Virginia Hospital Center, Cherie Lejeune, Age+Tech Innovator, and even a staffer from the Office of the Attorney General.

More experts manned the exhibitor

SEE POSITIVE AGING, PAGE 13

WWW.CONNECTIONNEWSPAPERS.COM



## Resident Curator Open House at Stempson Property

The Stempson House is the first historic property under rehabilitation through Fairfax County's Resident Curator Program. In just the first year of an 8.8-year lease signed in December 2017, Steven J. McCullough has tackled a variety of improvement projects and is opening the house to the public to share his progress.

The Resident Curator Program provides the opportunity for individuals, non-profit and for-profit organizations to secure long-term lease agreements in beautiful public park settings in Fairfax County. The curator leases are without charge in exchange for a financial commitment towards approved rehabilitation of the Park Authority's underutilized historic properties. Curators are determined through an open and competitive application process, based on a number of criteria, including a formal proposal, demonstrated experience, competency in historic preservation techniques, financial capabilities, and the incorporation of public benefits.

An open house for the Stempson House will be on Saturday, April 27, 2019 from noon until 3 p.m. Attendees can tour the house and its grounds. Parking is available on site. Stempson House is located at 9501 Furnace Road in Lorton.

The Stempson House is a circa 1932 vernacular



**Stempson House is significant due to its association with the Occoquan Workhouse and Reformatory, and the Women's Suffrage movement of the early 1900s.**

farm style residence with Colonial Revival style elements. The home is significant due to its association with the Occoquan Workhouse and Reformatory, later known as Lorton Prison. Lorton Prison is significant due to the incorporation of Progressive Era reform ideals and for its association with the Women's Suffrage movement of the early 1900s.

The Stempson House and associated garage are listed as contributing structures to the D.C. Workhouse and Reformatory Historic District on the National Register of Historic Places.

For additional information visit online at <https://www.fairfaxcounty.gov/parks/resident-curator-program>. or contact Stephanie Langton, manager of the Resident Curator Program at 703-324-8791.



IMAGE COURTESY OF FCPD

**Burglary occurred at KC Pharmacy, 8988 Lorton Station Boulevard in Lorton.**

## Detectives Asking for Public's Help in Pharmacy Burglary

Detectives are asking for help identifying the suspect of an overnight burglary that occurred at KC Pharmacy, 8988 Lorton Station Boulevard in Lorton. On Thursday, April 4, around 10:45 p.m., the suspect broke a side window, entered the business and climbed on the pharmacy counter. No property was taken and the suspect left the business through the front door.

Detectives are asking anyone who recognizes the suspect, or

has any information about the crime, to contact Detective Edwards at the Franconia District Police Station at 703-277-2466. Tips can be submitted anonymously through Crime Solvers by visiting <http://www.fairfaxcrimesolvers.org>, or calling 1-866-411-TIPS. They can also be sent in via text by texting "TIP187" plus the message to CRIMES (274637). Text STOP to 274637 to cancel, or HELP to 274637 for help.

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However, for any day during that 12 month period that the daily account balance is less than the \$25,000 minimum, the Special Rate will not apply, and the interest rate will revert to the standard interest rate applicable to your Platinum Savings account. As of 02/15/2019, the standard interest rate and APY for a Platinum Savings account in AR, CT, DC, FL, GA, MD, MS, NC, NJ, NY, SC, TX and VA with an account balance of \$0.01 and above is 0.05% (0.05% APY). Each tier shown reflects the current minimum daily collected balance required to obtain the applicable APY. Interest is compounded daily and paid monthly. The amount of interest earned is based on the daily collected balances in the account. Upon the expiration of the 12 month promotional period, standard interest rates apply. Minimum to open a Platinum Savings account is \$25. A monthly service fee of \$12 applies in any month the account falls below a \$3,500 minimum daily balance. Fees may reduce earnings. 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# OPINION

## Supporting Immigrant Families, Community

**Comprehensive change — not one-time funding — needed to support Fairfax County immigrant families and community members.**

BY MARY SUPLEY  
FAIRFAX FOR ALL

Fairfax County residents in deportation proceedings are not guaranteed access to free legal counsel. According to Department of Justice data, such legal representation dramatically increases the likelihood that an individual will have a hearing, be released from detention, and be granted relief from deportation.

The Fairfax County Board of Supervisors is considering limited, temporary, one-time funding for legal representation for county residents in deportation proceedings. Without also enacting a policy that ends the county's voluntary collaboration with ICE (U.S. Immigration and Customs Enforcement), this proposal is merely a band-aid that would offer assistance to fewer than 1 percent of the people who need it. A band-aid on a wound that the Board of Supervisors and Sheriff Stacey Kincaid deepen every day as they put more people into the

arrest-to-deportation pipeline.

Currently, more than 11,500 county residents are in deportation proceedings. This is because Fairfax County voluntarily collaborates with ICE in the detention and deportation of its residents and visitors. This collaboration harms migrants residing in Fairfax County and weakens our community. Every day that county leadership fails to act, more people live in fear and more residents are detained. Data from Syracuse University's TRAC program show that Fairfax County ranks 13th in the country for its compliance with voluntary detainer requests issued by ICE (view data directly at [bit.ly/detainer-compliance-rates](http://bit.ly/detainer-compliance-rates)).

While funding for legal representation would be commendable, it's not enough. By itself, this proposal alone offers more comfort to the politicians who want to appear to stand with our immigrant neighbors than it does to people vulnerable to those politicians' policies. Real and lasting change will only come by ending the county's voluntary collaboration with ICE.

In late 2017, attorneys working in concert with the Fairfax for All coalition drafted the Ordinance to Protect Equal Justice for All. This countywide policy, which would end this racist collaboration and create some equity for our immigrant neighbors, will:

1. Prohibit the county from being involved in civil immigration enforcement;
2. Limit the collecting and sharing of information with ICE;
3. Expand the list of documents that are acceptable as proof of identity; and
4. Establish permanent funding for legal representation for county residents in deportation proceedings.

The complete ordinance can be read at [fairfaxforall.org/pledge](http://fairfaxforall.org/pledge).

It is long past time for Board Chairman Sharon Bulova, the Board of Supervisors, Sheriff Stacey Kincaid, and other officials to end the county's voluntary collaboration with ICE. A collaboration that furthers the criminalization, incarceration, and deportation of valued Fairfax County families and community members.

*Fairfax for All is a coalition of grassroots, civil rights, immigrant rights, and faith-based organizations dedicated to building sanctuary in Fairfax County. Visit [fairfaxforall.org](http://fairfaxforall.org).*

## Fully Fund the MRA to Support Our Community

BY TARRENCE TAYLOR  
FAIRFAX COUNTY RESIDENT AND  
EMPLOYEE

Frontline Fairfax County employees work hard every day to make our community a better place for all people.

We are nurses, educators, librarians, first responders, parks staff, sanitation workers, engineers and more. We are your friends, family and neighbors. And we want what everyone wants: the ability to make a difference, financial security, and a better life for our kids.

Unfortunately, the proposed Fairfax budget breaks the county's promise to workers like me by not funding the agreed-upon Market Rate Adjustment.

The Market Rate Adjustment is similar to a cost-of-living adjustment (COLA), and it is intended to help employees keep up with the high cost of living in this area, as well as to keep up with our neighboring counties. That's why the Board of Supervisors voted to adopt a pay plan which includes a yearly Market Rate Adjustment.

The agreed-upon formula says the MRA should be 2.51 percent this year, but the proposed budget only offers 1 percent. That is simply not enough.

The Market Rate Adjustment is not just a number to me. I'm the father of seven wonderful children, and I've made a promise that nothing will get in the way of them achieving a college education. That's why I've worked hard my entire life.

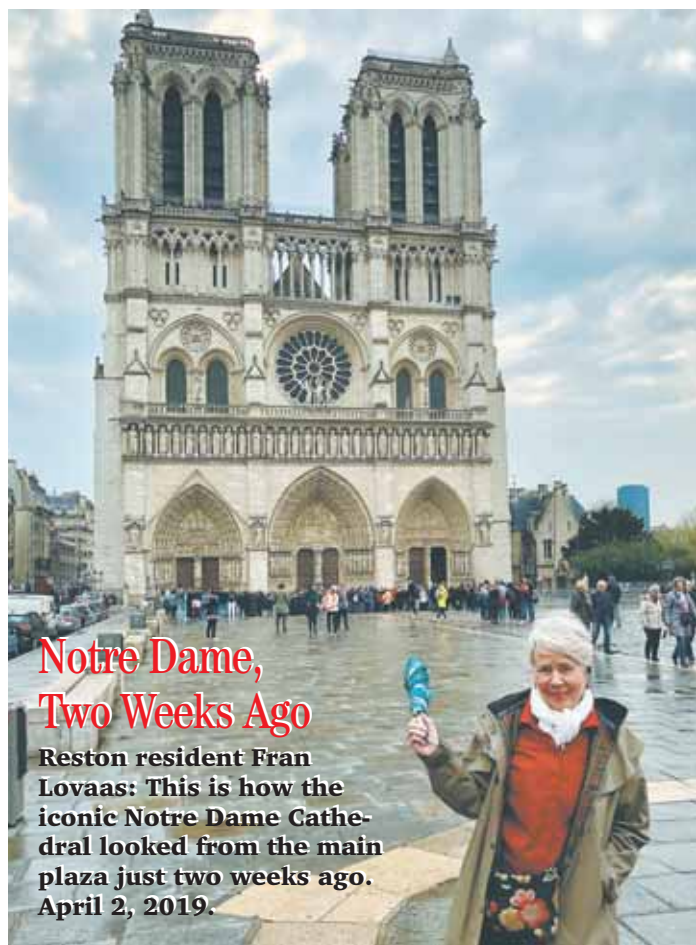
However, if the county does not keep its promise and fully fund the Market Rate Adjustment, then I may not be able to keep my promise to my kids.

Not fully funding the Market Rate Adjustment also hurts the local families who use our services to get ahead, because it keeps us from recruiting and retaining the quality workforce we need.

We are losing good employees every day. Employees gain experience and training here in Fairfax, and then leave for the surrounding counties that pay more. That costs us money and time, as we are forced to constantly train new employees.

Fully funding the Market Rate Adjustment will help keep the experienced employees that we work hard to train, right here in Fairfax County, helping Fairfax County families.

The Board of Supervisors has an opportunity to do something about this. It is their job to make changes



to the budget to ensure it meets the needs of our community.

Please join us in calling on Chairman Sharon Bulova and the Fairfax Board of Supervisors to fully fund the Market Rate Adjustment so that our community can

continue to be a wonderful place to live, work and play.

*Tarrence Taylor is a Fairfax County employee, resident and taxpayer, and a proud union member of SEIU Virginia 512.*

Fairfax Station,  
Lorton & Clifton  
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## OPINION



PHOTO CONTRIBUTED

One of the homes used for transitional housing.

# Never Losing Sight of Ending Homelessness

BY JOE FAY  
EXECUTIVE DIRECTOR/FACETS

When Richard lost his sight, his long career as a handyman came to an end. What began was a journey into homelessness.

Despite his skills and dedication, blindness prevented him from continuing in the building maintenance field. As his funds ran low, Richard, who is now 58, struggled and found himself moving from shelter to shelter around the county and sleeping in other places not meant for habitation. Then he was referred to FACETS, a Fairfax nonprofit working to prevent homelessness, and resided for some time at FACETS' Linda's Gateway Woodbine House with five other men who were medically and physically vulnerable.

Linda's Gateway is a program meant to help people transition to permanent housing. Working with a FACETS case manager, residents receive budget counseling, housing location services, connection to community resources, basic needs and transportation assistance. All FACETS programs operate using a "Housing First" approach, focusing on first getting people into housing and then working with a case manager to address barriers to housing stability, career development, child care, medical assistance and other basic needs.

Working with his case manager Ruben, Richard

pulled his life back together and now lives independently in his own apartment through FACETS' permanent supportive housing program. He is still helped by Ruben who checks in with him and makes sure he can get to medical appointments and is hopeful and more confident.

With the second largest homeless population in the region, homelessness is a real problem in the Fairfax County-Falls Church community where nearly 1,000 people are homeless. A majority of these are in working families with children. Some like Richard are single and also facing challenges. FACETS connected nearly 400 single adults with life-saving services last year.

Richard will be joining several other FACETS' clients to share his courageous story about overcoming homelessness at FACETS' Hope in Bloom Breakfast.

The free event on April 25 at 7 a.m. at Fairview Park Marriott provides an opportunity to learn more about neighbors in need and meet fellow community members who are helping end homelessness in the region. Attendees will be uplifted and inspired and discover how we can ensure everyone has a place to call home in our county.

If you have an interest in learning more about the effects of poverty in Fairfax County, we encourage you to join us along with other community, business and political leaders at this 8<sup>th</sup> annual breakfast. Register at [www.FACETSCares.org](http://www.FACETSCares.org).

## BULLETIN BOARD

### HOLY WEEK SERVICES

**Holy Week at Kings Lutheran Church**, 4025 Kings Way, Fairfax.  
All welcome. Visit [www.kofk.org](http://www.kofk.org) or call the church office 703-378-7272.

❖ **Maundy Thursday**, April 18 – 7 p.m.

❖ **Good Friday**, April 19 – 12:15pm and 7pm

❖ **Easter Sunday**, April 21 – Festival Worship, 8 and 10 a.m.

❖ **Dulles South Easter Sunrise Service** – 7 a.m. at Brambleton Golf Course Pavilion.

**Holy Week at St. Mark's Lutheran Church**, 5800 Backlick Road, Springfield. Visit [www.stmarks-elca.org](http://www.stmarks-elca.org).

❖ **Holy Thursday** – 10:30 a.m. and 7:30 p.m. (English)

❖ **Good Friday** – noon and 7:30 p.m. (English) and 6:30 p.m. (Spanish)

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

❖ **Easter Sunday**, April 21 – 6:30 a.m. (Spanish); 8:30 a.m. (English); 10:30 a.m. (English). Potluck Easter breakfasts served between services.

**Holy Week at Historic Pohick Church**, 9301 Richmond Highway, Lorton. Call 703-339-6572 or visit [www.pohick.org](http://www.pohick.org).

❖ **Maundy Thursday**, April 18 – Maundy Thursday Liturgy and Holy Communion at 7:30 p.m.

❖ **Good Friday**, April 19th – Good Friday Observance at noon-2 p.m.

❖ **Easter Sunday**, April 21 – Festival Holy Eucharist at 7:45, 9:15, and 11:15 a.m.

### THURSDAY/APRIL 18

**District Supervisor Candidate Meet and Greet**. 6:30-8:30 p.m. at Sherwood Regional Library, 2501

Sherwood Hall Lane, Alexandria. Meet the candidates who are running for the Fairfax Board of Supervisors: Braddock, Lee, Mason, Mt Vernon, and Springfield districts. Free. RSVP at [www.eventbrite.com/o/naacp-fairfax-county-12397167937](http://www.eventbrite.com/o/naacp-fairfax-county-12397167937).

### FRIDAY/APRIL 19

**Application Deadline.** Leadership Fairfax is now accepting applications for its premier professional leadership development programs – Leadership Fairfax Institute and Emerging Leaders Institute. The 10-month programs begin September 2019. Applications are due April 19. Call 703-752-7555 or visit [leadershipfairfax.org](http://leadershipfairfax.org).

SEE BULLETIN, PAGE 15

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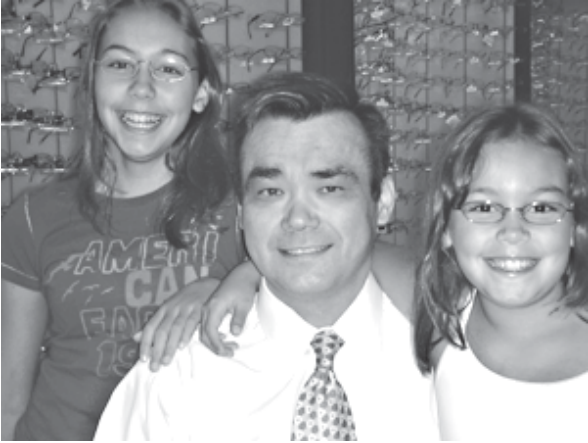
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Opportunities for community service and/or religious education are some of the reasons that parents might consider switching a child from public to private school.



PHOTO COURTESY SSSAS

## Making the Leap from Public to Private School

**Signs that a public school isn't meeting your child's needs.**

BY MARILYN CAMPBELL  
THE CONNECTION

Elizabeth and Kent Hillegass noticed that their 6th grade son's grades began to drop while the number of times they received notices from the school regarding his misbehavior had increased. He was also having challenges socially.

"He was really unhappy, the other kids made fun of him, he didn't have any friends and to top it off his grades were awful," said Elizabeth. "I would lie awake at night crying because I felt helpless."

After a series of neuropsychological tests, the Hillegasses learned that their son had ADHD. The testing psychologist advised them to see an education consultant who helped them determine that a quiet school environment with small class sizes would best suit their son's needs. The Hillegasses ultimately decided to send their son to a private school with a student-teacher ratio of 10 to 1.

"We've always been supporters of public education, but the class sizes and noisy environment were too overwhelming for him," said Kent. "It was like he was lost and unable to focus when he was at school. He couldn't sit still and pay attention in classes and was always getting into trouble, which made him feel ostracized, like he was the bad kid in school."

A parent's decision to move a child from public to private school can be based on factors that run the gamut from smaller class sizes to tuition that can cost as much as \$50,000 annually. Although it's a choice that should not be taken lightly, there are signs that it might be time to make the change if it's possible, say education consultants.

"I suggest to parents that they focus on the needs of their child, not on the prestige that they think a private school holds or the sticker on the back of your car that lets everyone know that your child attends a certain school," said Kim Hardy who was the education consultant to the Hillegass family. "There's a range of factors that parents should take into consideration."

The first, advises Hardy, is whether their child is

happy and well adjusted. "If a child is bored or frustrated at school, not just because their grades aren't good and they've given up, but there are also cases where students are making straight As without much effort and are bored because they aren't being challenged."

When the accommodations that a school can offer don't meet the needs of one's child, that's another clue that a change is necessary, suggests Arlington-based education consultant Rita Feters.

"Some children need to be in a classroom with a low student teacher ratio so that teachers have time to redirect students who have trouble staying focused," she said. "Other students need a lot of exercise and outdoor activity to release energy so that they can focus better in class. Public schools may not be able to offer that."

The Heights in Potomac, Md. builds activity and exercise into each school day including outdoor recess and a challenging physical education program that not only releases energy, but teaches important life skills.

Feters says some parents make the change because they want specialized opportunities that a public school might not offer.

"If religious education is important to a family, that is certainly one reason to leave a public school," she said. "If a family wants their child to be involved in public service beyond what is required to graduate, they might choose a private school that has community service built in to the curriculum."

One such school is St. Stephen's and St. Agnes School (SSSAS) in Alexandria, Va. "Our school offers religion classes and weekly chapels," said Mandi Sapp of SSSAS. "We also have a ton of service-learning opportunities that students ... do throughout the year, including global service trips offered in Middle and Upper School. We have done a lot of work with ALIVE (ALexandrians InVolved Ecumenically) in Alexandria."

If a child is unhappy and asks repeatedly to change schools, Feters believes that is a reason to give serious consideration to academic switch.

"At the end of the day, parents have to take a long, hard look at their child and their family," Feters said. "They have to find the best school for their family, not the one that's most prestigious or most popular. Does what the school offers as a whole align with your family's values and your child's needs. Whether it's public or private, that's what a parent must determine."



# NEWS

## Daniels Design & Remodeling Wins Contractor of the Year Award

PHOTOS COURTESY OF DANIELS DESIGN & REMODELING

The National Association of the Remodeling Industry (NARI) Metro DC Chapter named Daniels Design & Remodeling, in Fairfax 2019 Capital Contractor of the Year winner in the Residential Exterior Over \$200,000 category of its annual awards competition at their "Evening of Excellence" held in February at the Westwood Country Club in Vienna.

Contractors from the Metro DC area vie for Contractor of the Year Awards each year. Judging is based on problem-solving, functionality, aesthetics, craftsmanship, innovation, and degree of difficulty by an impartial panel of industry experts. NARI Metro DC named 84 Capital Contractor of the Year winners from the 2019 competition, with 12 team members. Several Capital CotY winners were also named NARI Regional winners and will advance to the final competition of being named a National winner.

Each year NARI Metro DC presents Capital CotY awards to members who have demonstrated outstanding work through their remodeling projects. The entries of this year's competition totaled more than \$26 million worth of remodeling projects.

Daniels Design & Remodeling has created award-winning remodeling projects in the Northern Virginia area for more than 20 years. The boutique architectural home remodeling firm consistently wins awards, such as COTY (Contractor of the Year), Best of Houzz, Angie's List Super Service, Guild Quality, Virginia Living Top of the Trades & Best of Virginia awards and many others, for both the customer service provided as well as their pioneering designs.

Some of the projects homeowners look for (illustrated in photos above) include: Improving the curb appeal of their home,



Photos "before" and "after" illustrating Daniels Design & Remodeling award-winning work.



enhancing the space of their breakfast room area, and enlarging their kitchen, which necessitates the exterior addition and renovation. They wanted minimal maintenance and maximum sustainability. The firm added square footage to the existing structure at the home's rear exterior, solved water drainage issues, and improved the aesthetic look of their home —especially in the rear portion. Daniels Design & Remodeling replaced all visible

exterior finishes of the house except for the brick fireplace, including windows, garage door, siding, cornice, paint, shingles, gutters and light fixtures to durable and low maintenance products. They changed the rooflines to enhance the aesthetic of the rear of the house, to match the style and detail in the front.

Visit Daniels Design & Remodeling at [www.danielsremodeling.com](http://www.danielsremodeling.com), or reach them by phone at 703-239-2700.

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# CALENDAR

Submit entertainment announcements at [www.connectionnewspapers.com/Calendar/](http://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](http://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. Students learned about provenance, original functionality, and the formal features of African art, in addition to valuable technical skills needed to put together an art exhibition. Visit [www.facebook.com/Dynamic-Dimensions-Layered-Meaning-in-African-Art-403224373588514](http://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, the exhibition itself becomes a landscape revealing a strata of emerging art practices. Visit [www.workhousearts.org](http://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. Explore works with expressions of 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](http://www.workhousearts.org) for more.

**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. Motifs included in her works are flowers, birds, plants and replications of living room furniture. Visit [www.workhousearts.org](http://www.workhousearts.org) for more.

## FRIDAY/APRIL 19

**Plazapalooza Music Festival.** 1-10 p.m. at George Mason University, 4400 University Drive, Fairfax. Music Productions Club of GMU hosts a free on-campus day of music featuring student bands and local musicians – 15 acts perform on the Sub 1 Quad (Rain Location: Lecture Hall). Free. Email [cweinrot@gmu.edu](mailto:cweinrot@gmu.edu) or visit [www.facebook.com/MusicProductionsGMU](http://www.facebook.com/MusicProductionsGMU) for more.

**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](http://www.fairfaxvfd.com) or call 703-273-3638 for more.

**Various Chamber Ensemble Concert I.** 7 p.m. in the deLaski Performing Arts Building, A323, Music Studio, on GMU's Fairfax Campus. Join the Mason Chamber Ensemble as they present a variety of works. Free and open to the public. Free and open to the public. Visit [cfa.calendar.gmu.edu/various-chamber-ensemble-concert-i](http://cfa.calendar.gmu.edu/various-chamber-ensemble-concert-i) for details.

## APRIL 19-MAY 25

**The Full Monty.** Fridays-Saturdays, 8 p.m.;

## George Mason Friends Book Sale

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. Thursday, April 25, 3-9 p.m.; Friday, April 26, 10 a.m.-6 p.m.; Saturday, April 27, 10 a.m.-5 p.m.; and Sunday, April 28, noon-5 p.m. at George Mason Regional Library, 7001 Little River Turnpike, Annandale. Free admission. Visit [georgemasonfriends.blogspot.com](http://georgemasonfriends.blogspot.com) or call 703-813-6616.

### Visitors browsing at the George Mason Friends Book Sale



PHOTO COURTESY OF GEORGE MASON FRIENDS



PHOTO BY JORDAN INGRAM

**Abby Rasheed and the Sundry Collective perform at Plazapalooza 2018.**

## Plazapalooza Music Festival

Music Productions Club of GMU hosts a free on-campus day of music featuring student bands and local musicians – 15 acts perform on the Sub 1 Quad (Rain Location: Lecture Hall). Friday, April 19, 1-10 p.m. at George Mason University, 4400 University Drive, Fairfax. Free. Email [cweinrot@gmu.edu](mailto:cweinrot@gmu.edu) or visit [www.facebook.com/MusicProductionsGMU](http://www.facebook.com/MusicProductionsGMU) for more.

Sundays, 2 p.m. at Workhouse Arts Center, W-3 Theater. Based on the cult hit film of the same name, The Full Monty, a 10-time Tony Award nominee, is filled with honest affection, engaging melodies and the most highly anticipated closing number of any show. Due to mature language and situations, this production is intended for adults and not suitable for younger audiences. \$20-\$35. Visit [www.workhousearts.org](http://www.workhousearts.org).

## SATURDAY/APRIL 20

**Easter Egg Hunt.** 9-11 a.m. at Franconia United Methodist Church, 6037 Franconia Road, Alexandria. Join Franconia UMC for an Easter Egg Hunt for all from toddlers to 12th grade. The festivities start at 9 a.m. with breakfast and Easter egg hunting starts at 10:30. Free. Visit [franconiaumc.org](http://franconiaumc.org) or call 703-971-5151.

**Model Classic 2019.** 9 a.m.-4 p.m. at Fairfax High School, 3501 Rebel Run, Fairfax. Northern Virginia Modelers Chapter, International Plastic Modelers Society presents an annual exhibit of scale models, an educational and fun event for the entire family. The event features a display of hundreds of museum quality scale models; a modeling contest, with over 80 categories;

model kit, book and supplies vendors; raffle prizes; demonstrations; and a make and take event for children. Adults, \$8; under 18 free; \$10 per family; contestants, \$10 (includes admission). Visit [www.novaipms.org](http://www.novaipms.org) for more.

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

**Easter Eggstravaganza.** 1-3 p.m. at the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Jubilee Christian Center is sponsoring its annual Easter Eggstravaganza, in the grassy area behind the Fairfax County Government Center. The event is free, including egg rolls, moon bounces, face painting, games, and door prizes (at 1:45 and 2:45 p.m.). Call 703-383-1170 or visit [www.jccag.org](http://www.jccag.org) for more.

**Parsons Dance.** 8 p.m. at the Center for the Arts, Concert Hall, on GMU's Fairfax Campus. New York City-based Parsons Dance is internationally celebrated for creating and performing American modern dance that is positive, life-affirming, enriching, and accessible. This ensemble has spread the joy of dance in more than 447 cities,

30 countries, and five continents. A pre-performance discussion with a member of the company begins 45 minutes prior to the performance. Family-friendly. \$48, \$41, \$29. Visit [cfa.calendar.gmu.edu/parsons-dance](http://cfa.calendar.gmu.edu/parsons-dance) for tickets.

## WEDNESDAY/APRIL 24

**Lysistrata.** 8 p.m. at deLaski Performing Arts Building, A105, TheaterSpace, on GMU's Fairfax Campus. Lysistrata persuades the women of Greece to withhold sexual privileges from their husbands and lovers as a means of forcing 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](http://cfa.calendar.gmu.edu/lysistrata) for tickets.

## THURSDAY/APRIL 25

**Mason Wind Symphony and Symphonic Band.** 8 p.m. at the Center for the Arts, Concert Hall, on GMU's Fairfax Campus. The Mason University Wind Symphony, led by composer-conductor Mark Camphouse is a select ensemble comprised of outstanding wind, brass, and percussion players in the School of Music and the University. The ensemble's mission is to study and perform the best literature available for wind band, while emphasizing soloistic and orchestral performance practice. \$12 adults, \$8 seniors, \$5 youth through grade 12. Visit [cfa.calendar.gmu.edu/mason-wind-symphony-and-symphonic-band](http://cfa.calendar.gmu.edu/mason-wind-symphony-and-symphonic-band) for tickets.

**The Wolves.** 8 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](http://cfa.calendar.gmu.edu/the-wolves) for tickets.

## 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 admission. Visit [georgemasonfriends.blogspot.com](http://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 who selflessly serve and protect residents and businesses in the local community. To register, visit [www.springfieldchamber.org/events/details/valor-awards-5760](http://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. Learn more about Girl Scout Daisies, to play games, to sing songs, and more. Free. Contact Cheryl Osborne at [cosborne@gscnc.org](mailto: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](http://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 Greece to withhold sexual privileges from their husbands and lovers as a means of forcing 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](http://cfa.calendar.gmu.edu/lysistrata) for tickets.

SEE CALENDAR, PAGE 13



# 'The Full Monty' at Workhouse

Fun, disarming musical about lives turned upside down.

BY DAVID SIEGEL  
THE CONNECTION

**A**n affectionate, heartfelt and bawdy musical story of unemployed steelworkers from Buffalo who need to pay their bills, "The Full Monty" is about finding ways to conquer fears and prejudices. And then to become a group sensation in ways never expected. A musical with special pizzazz about one time losers who become winners with some unexpected "let it go" special skills.

Based on the hit film of the same name, "The Full Monty" has fifteen musical numbers that range from rock to ballads. It is a multi-Tony Award nominee musical show from the keen comedic minds of book writer Terrence McNally, known for "Ragtime," and composer/lyricist David Yazbek, known for "Dirty Rotten Scoundrels" and "The Band's Visit."

The Workhouse production is co-directed

by and choreographed by Workhouse Theatre veterans Jeffrey Davis and Mary Payne. The two helmed last season's "Rock of Ages" at the Workhouse.

"They're an incredibly talented and imaginative team. They're also adept at making 'big' musicals fit well in our intimate venue," said Joseph Wallen, director, performing arts, Workhouse Arts Center. "The Full Monty" story is full of humor and jazz-influenced rock-and-roll score, so it does get a little rowdy in the theatre!"

"One of the big questions I am asked; is the show with stripping? I think for those who



PHOTOS COURTESY OF WORKHOUSE ARTS CENTER

**Melynda Burdette and Tobin Moss are performing in the Workhouse Arts Center production of the musical "The Full Monty."**

haven't seen this title before that might be the thing that intrigues them. But there is so much more to the production," added Wallen.

Music direction of the live band is by Chelsea Majors who leads a seasoned troupe of four musicians, all veterans from past Workhouse musical productions. Majors has been onstage at Workhouse Theatre for pro-

## Where and When

Workhouse Arts Center presents "The Full Monty" at W3 Theatre, 9518 Workhouse Way, Building W3, Lorton. Performances April 19 to May 19, 2019. Fridays and Saturdays at 8 p.m., Sundays at 2 p. m. Tickets: \$20-\$35 (\*Ticket prices may increase, based on demand. Advanced purchase recommended). Call 703-584-2900 or visit [www.workhousearts.org](http://www.workhousearts.org). **Note:** Due to themes, adult language and nudity, the production of "The Full Monty" is recommended for 18 and older.

ductions such as "Rock of Ages," and "Rocky Horror Show."

"The Full Monty" has a cast of more than a dozen including local professional theatre veterans and those making their Workhouse debuts. The cast includes Michael Omohundro, Sean Garcia, Jessi Scott, Tobin Moss, Melynda Burdette. Matt Calvert. Dylan Toms, Aaron Talley, Kristin Renee Reeves. Anthony Williams, Genevieve Williams, Alexander Gordon, Danny Seal, Dana Maginity and Rebecca Kiser.

As lyrics to "The Full Monty's" final big number "Let it Go" ask: "Did I capture your imagination? Did I break you down and make you smile?"

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# Sharing Wisdom of Positive Aging

FROM PAGE 4

booths.

There were representatives from numerous home care resources and senior living communities, and other sponsors displaying medical and health-related offerings, and other businesses that provide services and products aimed at making the life of older adults easier and more comfortable, help residents age in place, and keep up with today's technologies.

Rebuilding Together Arlington/Fairfax/Falls Church was just one of those offering much-needed assistance. The nonprofit uses expert volunteers to make critical home repairs or construct disability and/or accessibility improvements at no cost for qualified homeowners on a limited income.

Allegra Joffe, who represented PRS CrisisLink's CareRing Program, was on duty, introducing visitors to the program that provides daily phone calls to help those individuals living alone or disabled or with chronic illness.

"It's a great free service," said Joffe. Clients are provided with screening upon intake and periodically during their time with the program, "so we can better know them and best serve them," Joffe added.

CareRing provides a daily friendly chat, but also can assist clients with reminders about medications or appointments, checking on general well-being and

even helping ensure that clients are eating regularly.

Among the booths that lined much of the lower level of Government Center, there were even some opportunities for job and volunteer-seekers, like the Fairfax County Auxiliary Police Officer program, there to hunt for a few new "rookies" to join their ranks.

The Grandinvolve organization was also on hand, hoping to entice a volunteer or two into sharing skills, hobbies, interests and talents with elementary school kids.

**THE LIST** of services, products, and potential opportunities goes on. If you missed the 2019 Positive Aging and Wellness Fair, here is a way to get connected.

Check out the county's website [www.fairfaxcounty.gov/OlderAdults](http://www.fairfaxcounty.gov/OlderAdults). While you are there, subscribe to the monthly Golden Gazette for information and a calendar of events. There is even a phone number – one number – to reach knowledgeable folks who can get you started or even help you navigate to the information or services that you are seeking.

Call 703 – 324 – 7948, TTY 711, 8 a.m. – 4:30 pm, Monday – Friday for help with services for older Fairfax County adults. And one more piece of advice: don't miss out when the next Positive Aging and Wellness Fair comes around again.



PHOTOS BY ANDREA WORKER/THE CONNECTION

**As the chair of the Board of Supervisors' 50+ Committee, Supervisor Pat Herrity (R-Springfield) was one of the hosts at the 2019 Positive Aging and Wellness Fair and welcomed keynote speaker Pat Collins from News4.**

## CALENDAR

FROM PAGE 10

### 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](http://cfa.calendar.gmu.edu/opera-the-medium-and-suor-angelica) for tickets.

### SATURDAY/APRIL 27

**ECHO Yard Sale.** 8 a.m.-noon at St. Bernadette Catholic School Gym, 7602 Old Keene Mill Road, Springfield. 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. Call 703-239-1678 or visit [www.echo-inc.org](http://www.echo-inc.org).

**Fairfax CASA Run.** 10 a.m. at Fairfax County Courthouse, 4110 Chain Bridge Road, Fairfax. Be part of the superhero family and community of volunteers and supporters who make a difference through Fairfax CASA (Court Appointed Special Advocates), where they all work to advocate for abused and neglected children right here in Fairfax County. Run in the 8k race, or dress up with your children — yes, superhero costumes, capes and all — for the 3k Superhero Children's Fun Run. Food and drinks, prizes and a raffle, and more family fun waits at the finish line. \$20-\$35. Visit [www.fairfaxrunforthechildren.com](http://www.fairfaxrunforthechildren.com) or [www.fairfaxcasa.org](http://www.fairfaxcasa.org).

**Author Event: Meet Dale Perry.** Noon-2 p.m. at Barnes and Noble Manassas, Westgate Plaza, 8117 Sudley Road, Manassas. Meet local author Dale Perry of Fairfax. She will be signing copies of her book, *Adventures of the Super Bunny Club*. This book follows a bunny named Blue as he is introduced to the wild, wonderful and

## Art Exhibit: Collect

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. Through April 26 in the McGuireWoods Gallery, Workhouse Arts Center, Lorton. Visit [www.workhousearts.org](http://www.workhousearts.org) for more.

**Tuscan Landscape, Anita Damron, 2015, 6 in x 6 in.**



whooshing world of international floppy-eared intrigue. Purchase books before signing. Call 571-612-8634 or visit [MascotBooks.com](http://MascotBooks.com) for more.

**Fundraiser: VFW Post 8469.** 1-5 p.m. at Bowl America, 5615 Guinea Road, Burke. VFW Post 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 or a bowling ball. 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. Lysistrata persuades the women of Greece to withhold sexual privileges from their husbands and lovers as a means of forcing 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](http://cfa.calendar.gmu.edu/lysistrata) for tickets.

**Fairfax Symphony Orchestra presents: Holst's Planets.** 8 p.m. at 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 tickets available. Visit [cfa.calendar.gmu.edu/holst-39-s-the-planets](http://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](http://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](http://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 Britain on the Green 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/](http://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](http://www.metropolitanarts.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](http://cfa.calendar.gmu.edu/keyboard-conversations-with-jeffrey-siegel-chopin-in-paris) for tickets.



**Legals**

**Legals**

**PUBLIC HEARING FOR TOWN OF CLIFTON PLANNING COMMISSION  
PROPOSED NEW SPECIAL USE PERMIT**

**April 30, 2019**

Notice is hereby given that the Town of Clifton Planning Commission will hold a Public Hearing on Tuesday, April 30, 2019 at 7:30 P.M. at the Acacia Lodge, 7135 Main Street, Clifton, VA 20124 to consider a request for a special use permit for Clifton Eatery, LLC, located at 7144 Main Street. The special use permit request includes a change of ownership. The application for this special use permit is available for review and downloading on the Town's website at [www.cliftonva.gov](http://www.cliftonva.gov) and a hard copy may be examined at the Clifton Post Office, 12644 Chapel Road, Clifton VA, 20124. All interested parties are invited to attend the Public Hearing of the Town of Clifton Planning Commission and express their views with respect to the requested special use permit for Clifton Eatery, LLC.

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**Announcements**

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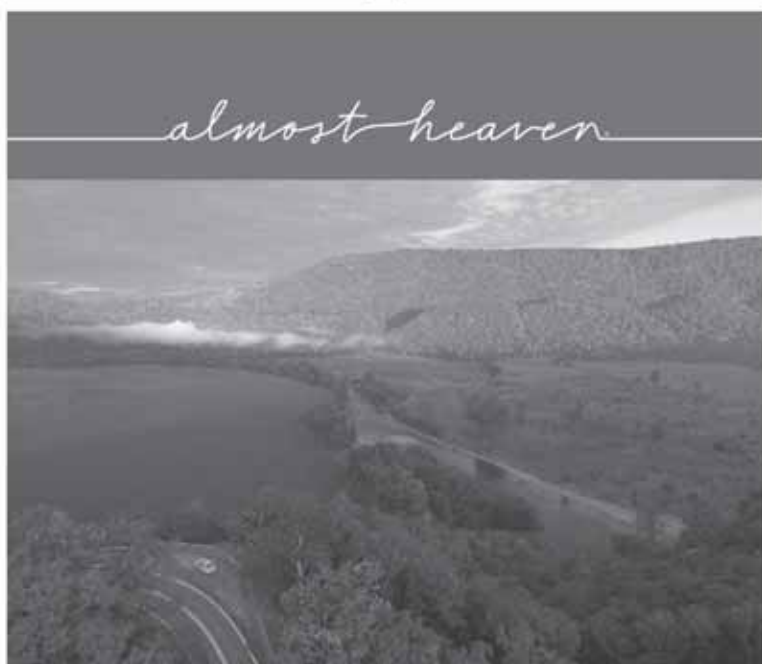
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**Announcements**

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**-Werner Heisenberg**

# NEWS



PHOTO CONTRIBUTED

Pictured are members of the Anna Maria Fitzhugh Chapter with the Fairfax County Board of Supervisors. Standing between Chairman Sharon Bulova and Springfield District Supervisor Pat Herrity is Beth Holst, Anna Maria Fitzhugh Chapter Regent, who holds the Proclamation.

## County Honors Women Veterans

At the March 19 meeting of the Fairfax County Board of Supervisors, Anna Maria Fitzhugh Chapter, National Society Daughters of the American Revolution, was honored with a Proclamation which officially designated March 18 - 24, 2019, as Women

Veterans Week in Fairfax County. The Proclamation recognized the vital contributions of female veterans, their service in dangerous combat zones and their willingness to take the oath to protect and defend the Constitution of the United States of America.

## Helping Provide Food for Others

With the help of volunteers, the JK Community Farm, a nonprofit initiative of JK Moving Services, works to reduce food insecurity by growing produce and protein at its farm in Loudoun and donating them to local food banks. Last year, farm produced enough food to provide for 25,000 meals. This year the farm is expanding its yield to help those in Fairfax too. Recently the farm donated 2,531 pounds of pork to Fairfax-based Food for Others.



**Announcements**

**Announcements**

**Announcements**

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# BULLETIN

FROM PAGE 7

## SATURDAY/APRIL 20

**Holy Meditation Retreat.** 9 a.m.-3 p.m. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. Holy Saturday Meditation Retreat: Spend the day in noble silence, meditating and creating a space to be still and listen. Donations accepted. Register at [unityoffairfax.org/events](http://unityoffairfax.org/events).

## SUNDAY/APRIL 21

**New Thought Easter.** At Unity of Fairfax, 2854 Hunter Mill Road, Oakton. New Thought Easter Service: 6:15 a.m. outdoors on the Labyrinth (weather permitting), 9 and 11 a.m. An Easter egg hunt for the younger members of the Unity community will follow the 11 a.m. service. Free. Visit [unityoffairfax.org](http://unityoffairfax.org).

**Easter Sunday Service.** 10-11:30 a.m. at Harvester Presbyterian Church, 7800 Rolling Road, Springfield. Harvester Presbyterian Church is a congregation of the Presbyterian Church in America (PCA). All are welcome. No charge; offering will be taken. Visit [www.harvesterpca.org](http://www.harvesterpca.org) or call 703-455-7800

## MONDAY/APRIL 22

**Sleepy Hollow Road Walkway Project Community Meeting.** 7:30 p.m. in the Mason District Governmental Center, 6507 Columbia Pike, Annandale. Mason District Supervisor Penelope A. Gross and the Fairfax County Department of Transportation (FCDOT) will hold a community meeting for the Sleepy Hollow Road Walkway Project. FCDOT has changed plans for the project based on community feedback, including the width of walkways, removal of retaining walls, additional sidewalk and pedestrian crossings, and more. Learn more at [www.fairfaxcounty.gov/transportation/projects/sleepy-hollow-walkway](http://www.fairfaxcounty.gov/transportation/projects/sleepy-hollow-walkway).

## TUESDAY/APRIL 23

**Student Environmental Action Showcase 2019.** 10 a.m.-2 p.m. at George Mason Center for the Arts, 4373 Mason Pond Drive, Fairfax. Student Environmental Action Showcase (SEAS) is a regional event welcoming students to amplify the youth voice in environmental problem-solving. Visit [www.novaoutside.org/events/school-environmental-action-showcase](http://www.novaoutside.org/events/school-environmental-action-showcase)

**Lighting at Hooes Road Park Public Meeting.** 7 p.m. in the West Springfield Elementary School cafeteria, 6802 Deland Drive, Springfield. The Fairfax County Park Authority and the Springfield District Supervisor's office will hold a public meeting to discuss a proposal to install lighting at Hooes Road Park. The proposal also calls for lighting the parking lot and the path leading to the fields. Call Mohamed Kadasi at 703-324-8693.

## WEDNESDAY/APRIL 24

**Greater Fairfax Community Job Fair.** 1-4 p.m. at Virginia International University, 4401 Village Drive, Fairfax. An opportunity for employers and prospective employees throughout the region to meet, discuss job opportunities and find employment. Free. Visit [www.FairfaxJobFair.com](http://www.FairfaxJobFair.com).

## THURSDAY/APRIL 25

**Award Ceremony.** 7 p.m. at Mason District Government Office, 6507 Columbia Pike, Annandale. The Springfield-Annandale Branch of American Association of University Women will distribute awards to local high school juniors for their achievements in promoting inclusion at their schools. All are welcome. Free. Email [wchamnett@gmail.com](mailto:wchamnett@gmail.com) for more.

## SATURDAY/APRIL 27

**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. Partnering with NewFound Families, the Virginia Department of Social Services (VDSS), and VDOE's Training and Technical Assistance Center. Visit [www.eventbrite.com/e/spring-forward-family-fun-day-and-regional-conference-tickets-54145770457](http://www.eventbrite.com/e/spring-forward-family-fun-day-and-regional-conference-tickets-54145770457) for tickets.

**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. It is open to all teens in Fairfax County looking for employment or wanting tips to build their resume. Visit [www.fairfaxcounty.gov/springfield/teen-job-fair-student-registration](http://www.fairfaxcounty.gov/springfield/teen-job-fair-student-registration)

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## As It Is Happening



By KENNETH B. LOURIE

Thankfully I woke up today (duh!) – without the crushing, incapacitating fatigue that I woke up with two weeks ago, post-my-last-immuno-therapy infusion.

As I have written previously, I did not alert my oncologist to my bedridden status then or since as I have been trying not to worry that I had crossed some Rubicon-type line concerning my treatment and its side/straight-on effects. Apparently, and I will continue to believe (cling to this belief) that my inability to get out of bed two Saturdays ago was indeed an aberration rather than an actualization, of life in this new Kenny lane.

So here I sit at my desk writing away, fully dressed, teeth-brushed and clean-shaven, all by 8:15 am, pill-popping as I go.

As I recall two weeks ago, when I finally summoned the strength to extricate myself from under the covers to get dressed and attempt to walk downstairs and restart my day (I had gotten up earlier to feed our cats breakfast and give Chino his insulin shot), “The clock on the wall” (clock radio, actually), to quote George Thorogood, said 3:53 p.m. (And other than bathroom breaks, that was all I could muster in the nine hours since I woke up at 7 a.m.)

No pain, just zero energy. It was almost as if I was paralyzed.

Writing back to the present, anticipating this morning, I’ve been a bit apprehensive the last few days – fearful that when I awoke today, I would once again be fighting that terrible fatigue and considering a new reality in my cancer existence.

When my eyes popped open at 6:30 this morning, I was grateful (as my father used to say: “Any day that I wake up is a good day”) and relieved that when I raised my right arm to roll back the covers, I did so with relative normalcy; and even more relieved when I was able to swing my legs out from underneath the covers and onto the bedroom floor where I had no difficulty getting my bearings. Before too long (maybe 30 seconds or so), and after a few deep breaths, I stood up and officially began my day without any further adieu. Although I hadn’t taken any Roloids: “Oh, what a relief it is!”

Dare I say then it will be a normal day, up and at ‘em with nary a hint of fatigue in the forecast.

Rain, however, is in the forecast and given the date on the calendar: April 13, 2019, I have to face an even greater challenge than the fatigue I experienced two weeks ago: clothes shopping.

More specifically, I have to buy a suit, as well as some upgraded good-looking casual attire which my wife, Dina will approve and that Kenny’s budget will tolerate, as I’ll be attending a family wedding and rehearsal dinner beginning May 3, 2019.

One more concern: my weight. It’s not good. It’s the talking-scale-joke-will-one-of-you-please-get-off, bad. But I have no choice. Today’s the day (for availability reasons) or it will be “Good night, Irene.” Is there a tent sale going on anywhere?

You know, now that I think about it – and feel it, I may be feeling a little fatigue.

Maybe it’s not the best day to be trying on ill-fitting clothes ALL DAY. What if I don’t have the manual dexterity to be in and out of dressing rooms, up and down while in them and back and forth to the clothing racks with shoes, slacks, shirts and suits?

What if today is another day in my life – which seemingly began at birth, where I spent hours in the “Husky”/“Portly” departments at Jordan Marsh, Filene’s Basement and Kennedy’s in downtown Boston, trying to find Kenny some “school clothes” that fit, that is excruciating AGAIN? Granted, it wasn’t cancer then as it is now, but for an overweight young boy, it was torture personified and the experience imprinted me for life as a serial-clothes-shopping-hater.

Got to go. Wish me luck. I’ll need it.

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





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