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PHOTO BY MIKE SALMON/THE CONNECTION OPINION, PAGE 6 ♦ ENTERTAINMENT, PAGE 12 ♦ CLASSIFIEDS, PAGE 14

PHOTO BY MIKE SALMON/THE CONNECTION

# Burke CONNECTION

Senior Living  
PAGE 9

Laura Lux headed from Burke to her job as a school nurse on Bike to Work Day on May 17.

## Area Residents Bike To Work

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Corrado Walkins for Braddock District Nomination  
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Summer Preview At Pool Open House  
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MAY 23-29, 2019

ONLINE AT [WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)

## What's in the Library of Virginia?

At 7 p.m. on Tuesday, June 4, the Burke Historical Society research seminar continues. Laura Wickstead will present "What's in the Library of Virginia?," discussing the wealth of resources available online from the IVA, including those for local history and genealogy. The class will be held in the large meeting room (immediately to your left as you enter) of Burke Centre Library (5935 Freds Oak Road in Burke).

Also beginning that day and extending through the rest of the week (June 4-8), Pohick Regional Library will hold "Votes for Women," a variety of events to mark the centennial of the 19th Amendment's proposal.

Registration is not needed for any of the events. If you have questions, you can call the library at 703-644-7333.

## Murder Mystery at OLLI

The Osher Lifelong Learning Institute's OLLI Players invite the public to its upcoming murder mystery, "Sherlock Bones Solves the Unfortunate Demise of Elvis." They'll be performing it on Friday, May 31, at 10 a.m., at the Church of the Good Shepherd, 9350 Braddock Road in Burke.

The uproarious, new, murder mystery was written by Fairfax-based OLLI's own Kathie K. West. Set in the infamous Hound Dog

Bar, the list of suspects is long and hilarious, including deejay Johnny Hideout, Dr. Flotsom, Lucy Floozy, the Memphis Mafia, Irene Addled, Colonel Billy Boy Barker, the singing Honey Combs and other nefarious characters.<sup>o</sup>

The Blue Suede Band (better known as the famous Tallwood Trio featuring vocalist Nancy Riley) will provide live music as the mystery builds to a dramatic climax. Admission is \$25, including refreshments.<sup>o</sup> Proceeds will benefit George Mason University's Office of Military Services.<sup>o</sup> Non-OLLI members may reserve their seats, register and pay in advance at OLLI's Tallwood office, 4210 Roberts Road in Fairfax; contact the registrar at 703-503-3384, ext. 221. OLLI members may register at [www.olligmu.edu](http://www.olligmu.edu),

## Beer in the Burbs Festival

Fairfax City's first-ever, craft beer festival, Beer in the Burbs, will be held Saturday June 1, from noon-5 p.m., in Old Town Square, 10415 North St. This celebration of suds will toast Virginia craft breweries, including hometown beer-makers Chubby Squirrel and Ornerly brewing companies.<sup>o</sup>

More than 15 breweries will be showcased during this family-friendly event. The festivities will also feature plenty of food trucks and live music. Each year, this festival will have a different theme, and this year's will celebrate the 50th anniversary of Woodstock.

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## Corado v. Walkinshaw for Braddock District Nomination

### Multiple Democratic candidates for Braddock District seat call for primary election.

BY ANDREA WORKER  
THE CONNECTION

In November of 2018 Braddock District Supervisor John Cook started the shake-up of the next Fairfax County Board of Supervisors becoming the first of several current members to announce they would not be seeking re-election. One of only two Republicans on the Board, Cook said that after 10 years, it was time for him to “focus on other priorities in my life.”

With Chair Sharon Bulova’s retirement after this term, and the simultaneous departures of long-serving Hunter Mill District Supervisor Cathy Hudgins, Providence

District’s Linda Smyth and the Lee District vacancy afforded by current seat holder Jeff McKay’s campaign to replace Bulova as Chair, the governing body of Fairfax County is looking at the biggest change in its membership – and possibly strategies and political approach - in decades.

James Walkinshaw and Irma Corado will have to first face off in the primaries on June 11 to decide who will appear as the Democratic candidate on the ballot on November 5, 2019.

Walkinshaw comes in to the race with the endorsement of heavyweights like U.S. Rep. Gerry Connolly (D-11) for whom Walkinshaw has served as Chief of Staff

for the last dozen years. He also gets the nod of approval from Chair Sharon Bulova and a long list of local unions, organizations, and individuals. But he wants the community to know that while he appreciates those votes of confidence, the endorsement he most desire is that of the Braddock District residents, representing their interests.

Corado has also received community endorsements and brings a passion for the district’s welfare and a first-hand knowledge of the issues that affect many of our neighbors. Coming from a family that fled violence and social and economic instability in Guatemala, Corado can relate to the

challenges that persons of color or differing backgrounds can face.

Jason Remer is running for Braddock supervisor as a Republican. Carey Campbell is running as an Independent. As the only contenders of their particular political affiliations, they will appear on the November without primary or caucus.

To help our voting readers get a better sense of the candidates who will be on that June Primary ballot, the Connection asked Corado and Walkinshaw to answer an identical questionnaire. Here are their responses:

### Irma Corado

**Age** - 28

**Education** - University of Virginia, 2013

**Family** - Mixed status family of 6

**Native of** - Guatemala and Fairfax County

**Moved to your district in what year?** - 2018

Prior and current professional, political and civic experiences, community involvement etc.

- ❖ Digital data analyst for Indivisible Project

- ❖ Co-founder and organizer for La ColectiVA - Latinx-led social and racial justice organization that works on several local issues including migrant rights, housing/anti-displacement work, and political education efforts in Northern Virginia.

- ❖ Field Canvasser for CASA in Action. “I was proud to knock doors in Virginia to help elect progressive Democrats in the Virginia 2017 elections.”

- ❖ Assistant for Healthcare Ready - a national community resiliency, emergency preparedness, and rapid response organization

- ❖ Data Analyst for Navy Federal Credit Union

- ❖ Programs Coordinator for Creamos Guatemala. “I worked with predominantly indigenous women who lived in an informal community near one of the largest garbage dump sites in Guatemala. Along with income-generating opportunities, we provided vital social programs and wrap-around family services.”

**Why are you running?**

“I am seeking to be Braddock District Supervisor because I believe all district and Fairfax County residents are deserving of true equity and inclusion. More often than not, decision-makers of local policies and practices are not reflective of the diverse backgrounds and experiences of our residents, and unfortunately a status quo of disparities by race, income, and educational opportunities is sustained. I want to work toward ensuring genuine community engagement that will bring to the table community members of all backgrounds and



experiences by prioritizing outreach in multiple languages and using different methods to engage our residents, including door to door outreach, text messaging, and other efforts to make sure all residents have an opportunity to be heard.”

**What do you see as the top three issues in your district and what solutions do you propose?**

**“Equity and inclusion:** We must put the ONE Fairfax resolution into real action ... continue to move forward by addressing contributing factors to these disparities, such as policies and practices that have criminalized or neglected communities. We must advocate for all residents to have a seat at the table providing multilingual engagement, ending the county’s voluntary collaboration with ICE, and having truly, community informed decision-making.

**Education:** Fully funding our schools, supporting collective advocacy by educators, parents ... working with community members, teachers, and our school board to provide universal pre-K, raise teacher and support staff pay, and provide wrap-around resources and services to students and families.

**Housing:** Preserving existing and expanding affordable housing. This will require a multi-tiered approach including

### James Walkinshaw

**Age** - 36

**Education** - New York University, BA in Politics, 2005

**Family** - Wife, Yvette Walkinshaw

**Native of** - Northern Virginia

**Moved to your district in what year?** 2013

Prior and current professional, political and civic experiences, community involvement etc.

- ❖ 10 years as Chief of Staff to Congressman Gerry Connolly;

- ❖ 2nd Vice President, Ravensworth Farm Civic Association; Member

- ❖ Fairfax County Domestic Violence Prevention, Policy, & Coordinating Council;

- ❖ Volunteer Mentor to At-Risk Youth, Fairfax County Befriend-a-Child Program;

- ❖ Volunteer Friends of Lake Accotink Park

**Why are you running?**

“I’m running because Braddock District is a wonderful place to live and I want to do my part to make it even better. My experience as Chief of Staff to Congressman Connolly and as a civic leader has shown me that local government is actually the most important level of government — where problems must be solved and there is real accountability. Braddock District neighborhoods need an experienced, progressive advocate, and I hope to be that advocate.

**What do you see as the top three issues in your district and what solutions do you propose?**

“My first priority will be investing in our world-class public schools. We must ensure that every year the Board of Supervisors makes the investments to keep the best teachers here in Fairfax, reduce class sizes, and relieve overcrowded schools.

I’ll also work to give our commuters more



choices by expanding capacity on the Virginia Railway Express (VRE), expanding Fairfax Connector bus service, and adding more pedestrian and bike paths, especially along Braddock Road.

Finally, as President Trump is taking the country in the wrong direction on environmental issues, I want Fairfax to lead the way to a green energy economy by working to make our county government carbon neutral.”

**Key ways you differ from your opponents?**

“All of my opponents are good people who clearly care deeply about our community and I respect them all for putting themselves forward to run. But I’m the only candidate combining a detailed progressive vision with extensive experience in government, civic leadership, and community activism. I’ve been deeply involved in Braddock District issues for years, on everything from major transportation projects to stream cleanups. Given the big challenges we face, we need someone who understands those challenges and is prepared to tackle them on day one.”

SEE CORADO, PAGE 14

# Some Workers Hurt by Shutdown Were Not Paid

Connolly, Beyer, Wexton hold field hearing on government shutdown's impact on federal contractors.

BY ANDREA WORKER  
THE CONNECTION

**T**housands of furloughed government employees suffered during the shutdown. Many were forced to seek public and/or private assistance to meet basic needs and financial obligations. But during their ordeals, those government employees knew that when they returned to work they would eventually receive back pay.

The same is not true for the businesses and employees who contract their services to the federal government. There is no provision for lost personal compensation or company revenues from projects that came to a grinding halt on Dec. 22. For many of them, the shutdown hasn't really ended, as they continue to struggle with late payment notices, loss of revenue, negative impacts to future business, the risk to security clearance statuses, and in some more severe cases, the loss of health benefits, means of transportation, and even their homes.

U.S. Rep. Gerry Connolly (D-VA 11) took his US House of Representatives Committee on Oversight and Reform Subcommittee on Government Operations for a road trip on May 6. Connolly and colleagues Rep. Eleanor Holmes Norton (D-D.C. at-large), Jamie Raskin (D-MD 8), Jennifer Wexton (D-VA 10), and Don Beyer (D-VA 8) convened the session in a meeting room at George Mason University in Fairfax to hear testimony from area federal contract business leaders, and individuals who had been personally affected by the latest – and longest – partial government shutdown.

**TO GET THE “REAL PICTURE”** of the shutdown's effect on the government contracting world is what brought Connolly and the other subcommittee members out of their House Chambers and into the virtual streets.

“Virginia's 11<sup>th</sup> District is home to about 55,000 federal employees ... for every federal employee in my district, we estimate there are roughly about 1.5 contractors,” Connolly said in his opening statement. That means an additional 82,000+ residents of just this one area were not performing the work of government in cybersecurity, general security, technology, analytics, communications, maintenance, and much more – and not getting paid – during the shutdown, or compensated for wages lost after government resumed on Jan. 25, 2019.

“Contractors serve important roles alongside federal employees, they respond to citizens in need by answering phones in call centers, they analyze classified intelligence information, and they help maintain agency information technology (IT) systems, secure federal buildings, and provide the federal government and American taxpayers with goods and services. They are laboratory



Members of the US House of Representatives Committee on Oversight and Reform Subcommittee on Government Operations, chaired by Gerry Connolly (D-11) held hearings at George Mason University to investigate the impact of the recent partial government shutdown on federal contractors.

technicians, machinists, janitors, cafeteria workers, cybersecurity experts, and engineers. Our government would not function without them,” Connolly said.

Government employees received their back pay. Federal contractors did not.

“This disparity is wrong,” declared Connolly.

On the first panel to provide testimony were Ed Grabowski, Pres. Local 2016, International Association of Machinists and Aerospace Workers; Roger Krone, CEO, Leidos; David Berteau, President and CEO, Professional Services Council; Alba Aleman, Founder and CEO, Citizant; and Michael Niggel, CEO, Advanced Concepts & Technologies.

Grabowski's Local 2016 represents about 700 workers in aerospace, including lab technicians, crane operators, helicopter pilots, propellant mechanics and other highly-skilled and difficult-to-replace and quickly train employees. A large percentage of Local 2016's membership, including Grabowski himself, are veterans of the armed services. The shutdown and the lack of “make-whole compensation” has had a profoundly negative impact on them. “We must remember that the financial loss experienced by these workers ripples through the communities they live in, ... not to mention the deep financial impacts ... that will affect retirement investment, education funding, and general savings for emergencies,” said Grabowski.

Reston-based Fortune 500 giant Leidos, with 32,000 employees in more than 30 locations may have fared better than smaller government contractors, but CEO Krone reported that they still lost an estimated

\$14million in revenue.

“But more importantly,” said Krone, “we saw work on 22 programs of significant importance to our country stall or come to a screeching halt.”

Company financials and concerns for country aside, Krone said the focus of his testimony would be “on the people side.”

Leidos used an Employee Redeployment Team to transfer some impacted employees, assisted others financially through the Leidos Relief Foundation, and collected donated paid-time-off from other Leidos employees to help offset the financial burdens of employees who would not be paid otherwise.

David Berteau of the Professional Services Council had a similar story to tell about the shutdown's effect.

Berteau highlighted how, in addition to the direct negative financial impact on furloughed employees, the uncertainty of employment also makes recruiting and retention of employees more difficult in a time of low unemployment. Competition for employees includes employers like Amazon and Google whose workforce is generally immune to the instabilities of government work.

Berteau and Alba Aleman of Chantilly-based Citizant, both testified about the difficulties of keeping small and mid-sized government contract business afloat when invoices from before the shutdown remain unpaid. Agency contract officers are so buried from work left to pile up during the shutdown that even future contracts and payments are in jeopardy they said.

Twenty years in business, Aleman's Citizant has weathered other shutdowns

and events like 9/11 and Y2k. and the CEO thought they had done everything possible to shield company and employees from the “next one.” But as invoices went unpaid even into March – even effecting payment for projects not shutdown and which Citizant was contractually obligated to continue to support – the company found itself more than \$4 million in debt, maxed out of its borrowing capacity, having to postpone paying their own vendors and with Aleman looking at using her own retirement and savings funds to meet payroll for her 180 employees.

“I can't begin to tell you the level of stress and panic that strikes at the heart of a business owner,” said Aleman.

**AFTER A BRIEF RECESS**, the second panel included more personal stories of hardship because of the shutdown.

Wesley Ford, the owner of TKI Coffee Shop, described the continuing struggle to bring his business back to the profitable state it had enjoyed prior to the shutdown. The business employs several ex-felons, “because people deserve a second chance,” says Ford, but he had to lay off 40 percent of his workforce. “It will be especially hard for them with their backgrounds.” Ford was “terminating a good employee for their own good – so they could qualify for unemployment.”

Ford's landlord is the Federal Government, and he asked for a rent abatement. His request was denied. “I came to understand that my landlord has no real understanding of what it's like to operate a

SEE SHUTDOWN, PAGE 11

WWW.CONNECTIONNEWSPAPERS.COM



The pit stop was a stop and go for most.

# Area Residents Bike To Work

Plenty of juice, fruit and enthusiasm.

BY MIKE SALMON  
THE CONNECTION

School nurse Laura Lux pulled into the Bike to Work Pit Stop in Walker Lane near Kingstowne with a mission in mind, and that was to set a good, healthy example to her students at nearby Lane and Island Creek Elementary Schools. Biking to work is good exercise, and she came from her home in Burke.

"It will be 11 miles in the end," she said.

Lux was one of many cyclists that stopped at the pit stop that was set up in a gazebo along Walker Lane on May 17, as it has for the last several years. The pit stop was sponsored by Metro Park, Calibre, the Transportation Association of Greater Springfield, Springfield Hilton and the Greater Springfield Chamber of Commerce. There were 60 riders signed up for that pit stop.

Jen Brown was the representative on hand for the Fairfax Alliance for Better Bicycling. Bike to Work Day, which is hosted by Commuter Connections and the Washington Area Bicyclist Association, "raises the awareness," of biking in the metropolitan area, she said.

Commuter Connections Director Nicholas Ramfos has been a driving force behind Bike To Work Day for years. Their studies show that 28 percent of new riders will continue to bike to work more often after they take part in a Bike To Work Day. "That's really the whole idea," Ramfos said.

This year there were about 18,000 riders which was up about 1,000 riders from last year, Ramfos said. No rain made it an attractive event. "It went well," he said.

## Trails Ahead

There are several bike initiatives going on in the Springfield area and that involves restriping the bike lanes on Loisdale Court and Walker Lane near the gazebo. Joan Clark was at the pit stop representing



Work couldn't wait for Elizabeth Duncanson pictured at the Bike to Work Pit Stop in Walker Lane near Kingstowne.

TAGS and the Lee District Supervisor's office. "The idea is to get as many of our roads striped as it is in the master bike plan," she said.

Another riding venue is planned near the railroad tracks up to the Franconia-Springfield Metro Station, called the "Cinderbed Bikeway." Brown highlighted that project to riders.

"Fairfax County is putting in a trail along the train tracks," she said.

When it came time to hand out the famous Bike to Work tee shirts, part of this annual event that many look forward to, the riders who had signed up through the WMATA website left empty handed. Somehow, the shirts did not get to the pit stop organizers, but they were hoping to get the shirts to the riders later.

You can read any of this week's 15 papers digital editions here:

[www.ConnectionNewspapers.com/PDFs](http://www.ConnectionNewspapers.com/PDFs)

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## Vote June 11, It's Fairfax County's Election Day

Most local races in Fairfax County are likely to be decided in June, don't wait for November.

**M**ake a plan to vote in the Fairfax County Democratic primary by June 11. Otherwise count yourself out. Most of the path for the future of governance in Fairfax County will be decided when the votes are counted that day.

All polling places will be open on June 11, polls are open from 6 a.m. until 7 p.m.

At least four members of the 10-member Board of Supervisors will be new. The chairman will be new, although possibly a former district member.

The two at-large vacancies in the county have the power to change the political and social climate of the county, and to set priorities for reform. Every ballot in Fairfax County will have at least these two races for the Democratic primary, and it is so important to turn out and vote for them:

- ❖ Commonwealth's Attorney

- ❖ Chairman, Board of Supervisors  
Races that will be on the ballot depending on location:

- ❖ Member Virginia Senate, 31st, 33rd or 35th Districts

- ❖ Member House of Delegates, 38th or 49th Districts

- ❖ Member Board of Supervisors, Braddock District

- ❖ Member Board of Supervisors, Hunter Mill District

- ❖ Member Board of Supervisors, Lee District

- ❖ Member Board of Supervisors, Providence District

Sample ballots can be seen at [www.fairfaxcounty.gov/elections/upcoming](http://www.fairfaxcounty.gov/elections/upcoming).

You can vote absentee in person at the Fairfax County Government Center until June 8.

- ❖ Monday, Tuesday, Wednesday, and Friday, 8 a.m. to 4:30 p.m.

- ❖ Thursday, 8 a.m. to 7 p.m.

### EDITORIAL

### LETTERS TO THE EDITOR

## Housing As County's Achilles Heel

To the Editor:

I was pleased to support the FY 2020 Budget Plan which allows us to address many of the Board's priorities from One Fairfax to affordable housing, new environmental initiatives to fully funding our schools, all without increasing the real estate tax rate. This is a great accomplishment and indicative of the strength of our current economy, business development and development in general. Even as things are going strong, the budget provides for additional growth and revitalization opportunities, including on the Richmond Highway Corridor and in the Lorton area.

One important addition to this Budget was raising the County employees minimum wage to \$15/hour and increasing the proposed County employee Market Rate Adjustment (MRA) to 2.1 percent. These elements are critical to attracting and retaining talent, while ensuring that those who live, work and play in our County can continue to do so.

An added piece of this puzzle is the funding of a new Workforce Attraction Program through the Economic Development Authority (EDA). We have many unfulfilled job opportunities, which if not addressed, will dampen our vital-

ity and reduce future job growth. Attracting the talent to fill these positions is critical to our redevelopment and continued economic growth.

Housing, frankly, is our Achilles heel and the County has been slow to respond to this need. With the third quarter budget adjustments and new funding in the FY 2020 Budget, we have made great strides, but still must do more. We are suffering the consequences of a regional lack of supportive housing and a decrease of affordable housing in surrounding jurisdictions, which has hurt current Mount Vernon District residents by causing rents and home prices to increase. As our corridor redevelops, I am committed to ensuring that no one gets left behind. While this includes the neediest among us, it also includes our teachers, first responders, recent graduates and young families. If you live or work in our community now, you should have an opportunity to continue to live here, or to move here. We all, the County, private sector and I, must be working closely together every single day to retain our quality existing housing and build new housing along our highways.

As the grandson of an undocumented immigrant, I supported the pilot funding for legal services for Fairfax County immigrant residents. I have heard from many constituents both for and against this pilot funding which helps some immigrants who are facing

deportation receive legal services. We face an unprecedented challenge of children and families in our community that need and should receive due legal process and proper representation.

One of my proudest moments on this Board came in February when I brought forward my Fairfax Green Initiatives Board Matter to more quickly, broadly and systematically address our growing environmental challenges. My colleagues on the Board joined me in unanimous support and County staff has moved forward expeditiously. The Budget now includes funding for a new Office of Environmental and Energy Coordination and two new positions to support development of a Community-wide Energy and Climate Action Plan (CECAP).

Last here, but first on my priorities, we are fully funding our schools for a second year in a row. We have funded needed teacher pay increases and additional support for our students. Needs-based staffing makes a big difference with our lowest income students and those not excelling as quickly as they can. This funding is criti-

### UPCOMING VOTER PHOTO ID EVENTS

- ❖ The Office of Elections is open during normal business hours to provide the opportunity to register to vote or obtain a free voter photo ID if needed. 12000 Government Center Parkway Suite 323 Fairfax, VA 22035 703-222-0776

- ❖ Sherwood Regional Library June 1, July 6, Aug. 3, Sept. 7, and Oct. 5 10 a.m. until 2 p.m. 2501 Sherwood Hall Lane Alexandria, VA 22306

- ❖ Saturday June 1, June 8, 9 a.m. to 5 p.m. Satellite locations listed are open one day only, Saturday, June 8, from 9 a.m. to 5 p.m.

- ❖ Franconia Governmental Center
- ❖ Herndon Fortnightly Library
- ❖ Lorton Library
- ❖ Mason Governmental Center
- ❖ McLean Governmental Center
- ❖ Mount Vernon Governmental Center
- ❖ North County Governmental Center
- ❖ Providence Community Center
- ❖ Sully Governmental Center
- ❖ West Springfield Governmental Center

[www.fairfaxcounty.gov/elections/absentee](http://www.fairfaxcounty.gov/elections/absentee).

cal for keeping Mount Vernon District students and schools competitive.

While I worked hard for this year's budget outcomes, we still need to work with our State legislators to change the State funding formulas and return more of the tax dollars generated in Fairfax County to Fairfax County. Currently, the County only receives 2.3 percent of its funding from the State, with the State returning to us only 23 percent of what Fairfax County residents contribute in State taxes. (These taxes are principally contributed through the fairest and most progressive form—income taxes.) Even just returning a few percentages more of our income tax dollars could significantly lower our real estate tax rate. In addition, if the County had the same taxation options as the nearby cities of Alexandria, Falls Church or Fairfax, we could also lower our real estate tax rate by diversifying our funding options.

Respectfully yours in public service,

**Supervisor Dan Storck**  
(D-Mount Vernon)

### Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

Letters to the Editor

The Connection  
1606 King St., Alexandria VA 22314  
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By e-mail: [south@connectionnewspapers.com](mailto:south@connectionnewspapers.com)



# BULLETIN

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.

## CAMPS

**Art Camp Registration.** Summer Art Camp in Burke for 5-8 year olds, 8 years and up, and teens/adults. Camp is held through Burke Centre Conservancy at the Woods Community Center, 10100 Wards Grove Circle, Burke. Camp weeks run July 22-26; July 29-Aug. 2; and Aug. 5-9. Call 703-250-6930 or visit [www.czartlessons.com](http://www.czartlessons.com).

- ❖ Fine Arts & Crafts Camp (8 years & up)
- ❖ Drawing Camp (8 years & up)
- ❖ Drawing Plus Color & Craft Fun Camp (5-8 year olds)
- ❖ Art Boot Camp for teens/adults

CAMP WEEKS: 7/22 -26, 7/29-8/2 & 8/5-9  
Call instructor at 703-250-6930 or visit [www.czartlessons.com](http://www.czartlessons.com).

## MAY 25-SEPT. 8

**Metro Station Closures.** Starting Saturday, May 25, the six Blue and Yellow line stations south of Ronald Reagan Washington National Airport (Braddock Road, King Street, Eisenhower Ave., Huntington, Van Dorn Street and Franconia-Springfield) will be closed for full platform reconstruction and major station improvements. To expedite construction and minimize customer inconvenience, the following stations will remain closed through Sunday, September 8, 2019. Read more at [www.wmata.com/service/rail/PlatformProject/](http://www.wmata.com/service/rail/PlatformProject/).

SEE BULLETIN, PAGE 14



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INSIDE 2018 BEST OF PRINCE WILLIAM

## Assistance League of Northern Virginia: Fundraising to Support Low-Income Children

Assistance League of Northern Virginia, an all-volunteer nonprofit organization, held its annual Spring Fundraiser on April 26 at the Country Club of Fairfax to raise funds for its programs that serve the needs of low-income children in 11 Title I elementary schools in Fairfax and Prince William Counties and the City of Alexandria. During the pre-luncheon reception, the 145 guests in attendance had an opportunity to bid on an array of silent auction items donated by local businesses.

Kathryn Jackson, president of the Northern Virginia chapter of Assistance League, emceed the event and described the positive impact the organization's ongoing programs, including Weekend Food for Kids, New Clothing for Kids, Literacy for Kids and Hugs Pillows, have in the community. Attendees were treated to a slide show that provided a visual portrayal of the nonprofit's programs and activities.

During the current school year, Weekend Food for Kids will deliver 18,000 bags of nonperishable food items to students at risk of hunger to take home on weekends when school meals are not available. The New Clothing for Kids initiative provides essential clothing items, and personal grooming products to improve the well-being of students, and layettes to help new mothers in need. Literacy for Kids delivers individual-

ized tutoring to first graders and supplies books to support summer school reading programs, in addition to providing books to allow individual students to build their home libraries. Hugs Pillows distributes hand-made pillows to comfort children undergoing treatment at a local clinic.

Key sponsors of the charity luncheon were recognized for their support: Quadrant, Inc., Panda Stonewall, Bob's Discount Furniture Charitable Foundation, Marines Plumbing, and Spine Care of Manassas Chiropractic Center. Several partners that have provided support for the organization's food program, including Dominion Energy, Allstate, Intelsat and Sandy Spring Bank, also received praise. A special thank-you was extended to principals and other representatives from the schools served.

For the ninth year, Auctioneer Daniel Sanders, with Four Sales Ltd., donated his services to help raise funds during the live auction and special appeal segment of the program. Two luxury South African Photo Safari packages were just some of the items available for bid this year.

Christopher Baity, a veteran Marine Corps dog trainer and Founder and Executive Director of Semper K9 Assistance Dogs, delivered the keynote address.

For further information, visit: [www.alnv.org](http://www.alnv.org).



**Kathryn Jackson, president of the Northern Virginia chapter of Assistance League, emceed the event.**

PHOTOS CONTRIBUTED



**The 145 guests in attendance had an opportunity to bid on an array of silent auction items**



### Celebrating Graduation at GMU

**Bethany Camp of Fairfax celebrates graduation at George Mason University on Thursday, May 16. Bethany went to Laurel Ridge Elementary and Robinson.**

## Local High School Student Selected for Exchange Program in Germany

CIEE, leader in international education and exchange, has announced that Daniel Hillenburg, a rising junior at Lake Braddock Secondary School, is one of 250 American high school students from across the United States to be awarded the prestigious Congress-Bundestag Youth Exchange (CBYX) Scholarship for the 2019-2020 academic year. CBYX is a bilateral exchange program co-sponsored by the U.S. Department of State and German Bundestag (Parliament).

As a CBYX scholar, Daniel will spend the school year in Germany living with a host family, attending a German high school, and participating in a four-week language and cultural immersion camp to gain a better understanding of German culture, language, and everyday life. Additionally, there will be the chance to visit the German Bundestag, meet with American and German government officials, participate in intercultural seminars, and explore the country through numerous excursions to nearby cities, historical sites, and more.

Each year, as a U.S. Department of State partner, CIEE awards the fully-funded CBYX scholarship to 100 high-achieving high school students from 18 states, Washington D.C., and Puerto Rico, allowing

youth from a diverse array of communities to participate in a full cultural immersion experience. The CBYX program, which is jointly funded by the U.S. Congress and the German Bundestag, was created to foster mutual understanding and strengthen ties between Germany and the U.S. through citizen diplomacy.

Not only do American students go abroad to Germany, but German students also come to live and study in the U.S. in order to promote the same level of understanding on both sides of the Atlantic. Since its inception in 1983, the program has allowed more than 26,000 students to expand their intercultural understanding, strengthen their leadership skills, and become global citizens. Many participants go on to study at top colleges and universities, and all participants become part of a global network of U.S. Department of State program alumni.

Those who would like more information about CBYX should visit [exchanges.state.gov/cbyx](http://exchanges.state.gov/cbyx) or contact CIEE at 800-448-9944. German language skills are not required to apply for the scholarship. To learn more about hosting an international high school exchange student coming to the Alexandria area for the 2019-2020 academic year, please visit [www.ciee.org/host-families](http://www.ciee.org/host-families).



PHOTO CONTRIBUTED

**Daniel Hillenburg**



## Senior Living

# Skincare after 55

Adjusting the regimen for senior skin as one ages.

BY MARILYN CAMPBELL

From fine lines to age spots, normal changes in the skin are inevitable as it matures. Skincare after 50 doesn't need to involve plastic surgery or products with a high price tag. There are simple options for treating the conditions that appear as one ages.

"Everyone ages differently, but you may notice your skin is drier and thinner and starting to look like paper," said dermatologist Shelly Hall, M.D. "You may notice that you're developing more age spots wrinkles and creases. Your skin might be blotchier and irritated easily. You also might notice that you skins heals more slowly."

One of the top recommendations for aging skincare is sunscreen. "For most of us, skin gets more fragile as we age. That's why it's essential for seniors to take extra care and protect themselves from the sun," said Susan Yohe, gerontology nurse for the Fairfax County Health Department. "In addition to using a high-SPF sunscreen, we also recommend long, loose fitting clothing that covers the skin, and a wide-brimmed hat when outside. This will help keep you safe and preserve your skin."

"Wear sunglasses to reduce lines around eyes," added Hall. "Slather on sunscreen that offers broad-spectrum protection and stay out of the sun between 10 a.m. and 2 p.m. It's so important because the sun can age your skin prematurely. Indoor tanning and sun lamps expose your skins to UV rays which can also make your skin age faster."

Watch for skin cancer that can occur because of too much exposure to the sun, warns Hall. "Everyone should see a dermatologist for a skin care exam at some point."

Wash your face twice a day, but avoid using soap, suggest Hall. "Use warm water and a mild cleaner, but don't scrub."

"Vitamin A cream can reduce fine wrinkles," said Hall. "It also helps with rough skin and hyper-pigmentation or discoloration that comes with aging and overexposure to the sun. Products that contain Vitamin C can lead to healthy skin and may reverse the negative effects of aging."

Getting adequate sleep promotes healthy skin, says Hall. "It gives our body and skin time to refresh and renew."

Diet and lifestyle also play a role in the way one's skin ages. Eliminating smoking, decreasing alcohol consumption and eating fresh fruits and vegetables and foods rich in Omega-3 offer the nutrients necessary for healthy, glowing skin, says Sara Ducey, professor of Nutrition at Montgomery College.

"Water is especially important for keeping skin hydrated," she said. "Fish is particularly important, especially fatty fish that are rich in Omega-3 fatty acids like salmon and tuna. Berries are great for the skin because they help keep inflammation down. Green, leafy vegetables especially parsley and lettuces offer tremendous nutrition."

A simple and holistic approach is the foundation of skincare, advises Hall.

"The bottom line is maintaining a healthy lifestyle, eating a healthy diet and practicing sun protection," she said.



PHOTO BY MARILYN CAMPBELL

Berries of all types are rich in antioxidants.

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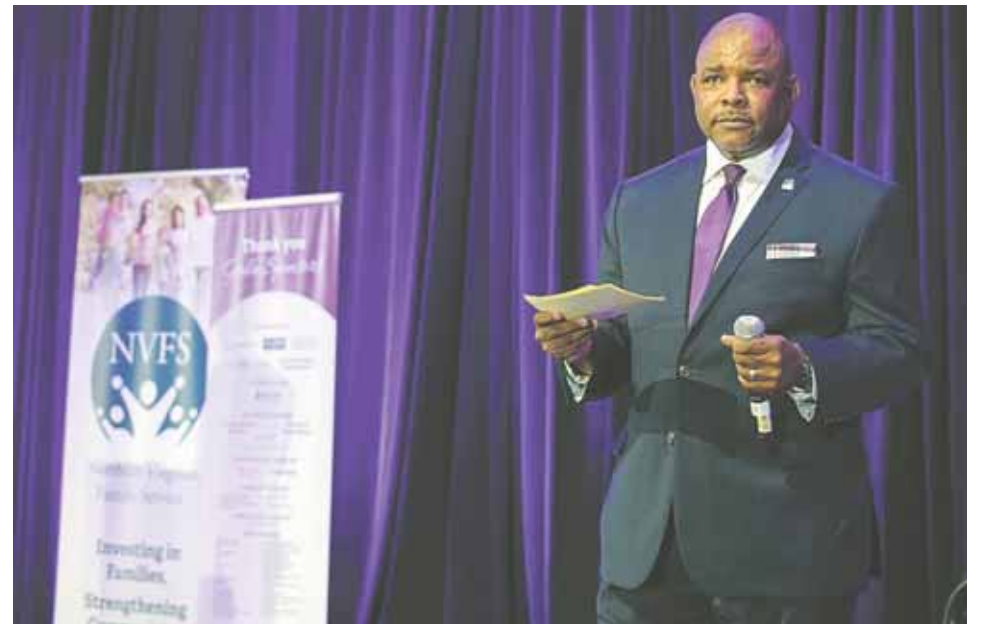
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RedHouse Jazz, high school band from Yorktown and Madison high schools.



NVFS board member and gala co-host, Brian Jackson, Booz Allen Hamilton

## Gala Raises \$695,000

## Oakton-based Northern Virginia Family Service holds 2019 Road to Independence Gala.

**M**ore than 600 people – including Northern Virginia government officials and business leaders – attended Northern Virginia Family Service Road to Independence Gala May 10 at the Hilton McLean in Tysons Corner. The annual fundraising dinner and auction raised \$695,000 in support of NVFS signature programs that provide housing, food, job training, education and mental health counseling to Northern Virginia families who are on the road to independence.

Guests included Virginia State Senators George Barker and David Marsden; Delegates John Bell, Karrie K. Delaney, Mark L. Keam and Vivian Watts; Alexandria City Councilwoman Amy B. Jackson; Fairfax County Supervisors John Foust, Pat Herryty, Jeff McKay and Linda Q. Smyth; former Virginia Secretary of Health & Human Services Bill Hazel; and former Fairfax Deputy County Executive Pat Harrison.

NVFS President and CEO Stephanie Berkowitz shared highlights of the organization's recent work including how NVFS:

- ❖ Selected as one of only 24 nonprofits across the country – and the only one in Northern Virginia – to receive a grant from the Jeff and MacKenzie Bezos Day One

Families Fund. The grant is an investment in NVFS innovative, high-impact work at its family shelter in Manassas and will accelerate the organization's ability to develop solutions to ending family homelessness in Northern Virginia.

- ❖ Led the Northern Virginia effort to serve federal and ancillary workers impacted by the prolonged government shutdown.

- ❖ Is expanding its mental health services to youth and their families, in partnership with Loudoun County Public Schools.

- ❖ Is building its nationally recognized workforce development model and innovating new ways to increase its impact, remain future-workforce focused, and bring its expertise into the labor market.

- ❖ Is helping support the critical connection between healthcare and good nutrition by expanding its partnership with a local health clinic to provide healthcare and wellness visits at NVFS' Hunger Resource Center.

- ❖ Will soon launch a fruit and vegetable prescription program to provide healthy nourishment to neighbors who are struggling with chronic medical issues.

The event was dedicated to the memory of the late John Touns, President and CEO of PRC, Inc. and a longtime champion of Northern Virginia Family Service.



NVFS foster parent and gala speaker, Karine Lawson

PHOTOS BY BRUCE BOYAJIAN



NVFS Board chair Barbara Rudin, Manhattan Strategy Group



NVFS mental health counselor and gala speaker, Bianca Anez



The first panel to testify before the committee.



The second panel of witnesses brought even more personal experiences to the proceedings, describing their own hardships and those of workers in lower-paid positions or who work through programs for the disabled.

# Shutdown Effect: Up Close and Personal

FROM PAGE 4

small business.”

“Coffee and such are non-essentials when people are uncertain about the next paycheck.” Ford’s business slowed even before the actual shutdown and is only now starting to recover.

Tamela Worthen, a security officer with the Smithsonian Institute, experienced a health crisis during the shutdown when she was unable to pay for necessary medication. After years of working to build good credit, buy a car and a home, the shutdown and no back pay are putting her efforts at risk.

“Yes, we are back at work and getting paid, but I am still far behind now with no way to make it up. At least getting the back pay would get me closer to where I was.”

ServiSource is an affiliate of a group of nonprofits whose work includes the AbilityOne Program, the largest source of employment for people with disabilities across the United States. Mark Hall, of ServiSource, described the plight of their 79 AbilityOne employees who were furloughed “and just couldn’t understand why and wanted to get back to their jobs.”

Mail clerks, dining room attendants, facilities workers and administrative support

personnel, the AbilityOne employees earn an average of over \$13 per hour with an additional \$4.27 in hourly health and welfare benefits. With the cost of living what it is in this area, these workers often live paycheck-to-paycheck.

**BOTH PANELS** offered suggestions and recommendations for avoiding similar circumstances in the future. The repeats included:

- ❖ Legislation that guarantees back pay to contractor employees
- ❖ Mandate processing and paying of invoices as essential activities that must con-

tinue during any future shutdown

❖ Expand the agencies and functions considered essential to the security and stability of the country

“Like everyone else in the room today,” said Connolly, “I hope that we never experience another government shutdown. However, we do not know what the future holds. Therefore, Congress must take action to lessen the impact on contractors, work with agencies to improve their communication with contractors ahead of a shutdown, and most importantly, ensure that contractor employees are able to receive back pay.”

# Summer Preview at Pool Open House

Community gathering spot in Springfield welcomes new and old members.

BY MIKE SALMON  
THE CONNECTION

The festivities began early at Fox Hunt Pool and Tennis Club in Springfield as people from the surrounding communities gathered on May 19 for an open house, where parents paid dues and caught up on neighborhood news while the children played games and checked out the new basketball hoop that was installed this year. No swimming until the actual opening on Memorial Day weekend, but everyone was enthusiastic nonetheless.

Supervisor Pat Herrity (R-Springfield) stopped in for a visit with his signature bag of Tootsie Pops for anyone that wanted one. Herrity grew up around pools and was a lifeguard at Village West Pool in Springfield when he was a teenager.

“Pools are such a big part of the community,” he said. “Anytime you can bring people together in an informal setting like this is a good thing,” he added.

In addition to the new basketball hoop, Fox Hunt got a new pool deck and lightning protection that are now required by pools. Herrity helped the pool staff navigate the county regulation system. The pool dates back to 1972 when such a regulation was not in place, but now they’re compliant.

The Fox Hunt Pool and Tennis Club is located



Patty Helms and her children served hot dogs in the Fox Den Snack Bar.

off Huntsman Boulevard back in the outer edge of the community near the woods. Membership is not restricted to the surrounding community, so the pool has residents from Springfield, Burke, Fairfax Station and a few other outlying areas. Like other pools in the area, the membership has gone down in recent years, but now it is back up and Craig Mosford attributed it to the good board that runs the pool.

“This allows kids to get away from the computer games,” Herrity said.

The foosball action was for real though. Under the roof by the snack bar called the “Fox Den,” Max Borlik, 11, and Gavin Langenfeld, 11, were old pros at the foosball table. A couple of younger kids stood by watching, waiting for their turn to play. Max shared his secret. “Just spin it fast,” he said.



PHOTOS BY MIKE SALMON/THE CONNECTION

Supervisor Pat Herrity (R-Springfield) hands out Tootsie Pops poolside.



## ENTERTAINMENT



PHOTO BY ROB CUEVAS/COURTESY PROVIDENCE PLAYERS

The cast of Providence Players "Leaving Iowa" in rehearsal, from left: Michael Schwartz, Amy Griffin, Bobby Welsh, Danielle Comer, Michael Bagwell, Lindsey June and Charlene Sloan.

# Comedic Family Road Trip

## Providence Players present 'Leaving Iowa.'

BY DAVID SIEGEL  
THE CONNECTION

**A**udience laughter and knowing glances are the aims of the Providence Players with its next production, the touching comedy "Leaving Iowa."

"'Leaving Iowa' is a memory play. It brings to life a nostalgic time most of us experienced," said Jayne Victor, Chair, Providence Players Board. "Who doesn't remember the family trips? We thought bringing that, and the poignancy of the play to the stage would be something our audiences would really enjoy."

Written by Tim Clue and Spike Manton, "Leaving Iowa" takes a gander into a very special family journey. It is a tale surrounding the return of a father's ashes to his childhood home only to discover that Grandma's house is now a grocery store. The "Leaving Iowa" road trip shifts from the present to memories of annual childhood summer vacations ensconced in the back seat of a station wagon.

"The show is very thoughtful about how our relationships evolve and how we see the world," said director Julie Janson. The lead character, Don, "narrates the events of the play, which are a mashup of memories of his family road trips and his current experience trying to spread his father's ashes."

Other characters in the play include a number of family members and 22 new and old personalities portrayed by only three actors.

"So many of us have been on family car trips that were one part exciting, one part miserable. This play captures the humor of those trips so well," said Bobby Welsh who plays the son, Don. "Don worked hard to get out of Iowa and 'make it.' But in doing



CHIP GERTZOG/COURTESY PROVIDENCE PLAYERS

Providence Players "Leaving Iowa" in rehearsal, from left: Amy Griffin as Mom, Lindsey June as Sis, Bobby Welsh as Don and Michael Bagwell as Dad.

### Where and When

Providence Players present "Leaving Iowa" at James Lee Community Center Theater, 2855 Annandale Road, Falls Church. Performances May 31 to June 15, 2019. Thursday, Friday and Saturday at 7:30 p.m. with Sunday 2 p.m. matinees on June 2 & 9, 2019. Tickets: Adults \$20, Seniors (62+)/Students \$17. All Seating is reserved. For tickets, call 703-425-6782 or visit [www.providenceplayers.org](http://www.providenceplayers.org).

so, he's neglected his family relationships. Taking this trip reminds him of that, but he always gets around to see the comedy of their goofy adventures and, finally, the underlying love of his family."

Amy Griffin plays Mom. "I like to think of Mom as the navigator, making sure everyone stays on track...one stays happy (most of the time). At the end of the day you know she loves them all deeply, even when she gets pushed to the edge."

For actor Charlene Sloan, there is the "the challenge to play seven different characters who represent the people you meet on a long road trip. They are all interesting characters with distinct personalities that memorably impact the travelers they meet."

Providence Players invite audiences for a family road trip like no other with "Leaving Iowa."

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### Corado

FROM PAGE 3

working to increase wages that will allow county residents of all communities to thrive in Fairfax County, invest in our affordable housing fund to preserve and expand affordable units, and ensure smart development that prioritizes mixed-income and workforce housing that is also transit-oriented and environmentally responsible.”

Key ways you differ from your opponent?

“My lived experiences, personally and professionally, make me uniquely qualified to meet the collective goals of our communities and county.

I believe it is important to note that I am the only woman in this race, the only person of color and immigrant, and I am also the only renter, living the same experiences of many of our neighbors, and I believe we need these experiences directly represented on the Board.

My identity, the values and people I am accountable to, and my direct community work. My commitment to the people of Braddock District and Fairfax County, not special interests, will allow me to advance the goals of our community with the urgency they deserve.

I am also confident I am the right candidate to truly put our ONE Fairfax resolution into practice. Equity is not only a value to hold dearly; it is an action.

### BULLETIN BOARD

FROM PAGE 7

#### WEDNESDAY/MAY 29

##### Lighting Proposal for Hooes Road

**Park.** 7 p.m. in the cafeteria at Garfield Elementary School, 7101 Old Keene Mill Road, Springfield. The Fairfax County Park Authority and the Lee District Supervisor's office will host a public meeting to discuss a proposal to install athletic field lighting at Hooes Road Park. Community members are invited to participate. The Springfield/South County Youth Club (SYC) has proposed to the Park Authority, funding and installation of LED sports lighting at Fields 2 and 3 in Hooes Road Park in accordance with the approved park master plan that can be accessed at [www.fairfaxcounty.gov/parks/sites/parks/files/Assets/documents/plandev/master-plans/hooesroad.pdf](http://www.fairfaxcounty.gov/parks/sites/parks/files/Assets/documents/plandev/master-plans/hooesroad.pdf).

##### Meeting for Lee Chapel Road

**Walkway Project.** 7 p.m. in the Community Room of the West Springfield Governmental Center, 6140 Rolling Road, Springfield. Fairfax County Department of Transportation (FCDOT) and Supervisor Pat Herrity will hold a “Pardon Our Dust” meeting for the Lee Chapel Road Walkway project. The meeting includes an open house at 7 p.m., information on the

SEE BULLETIN, PAGE 15

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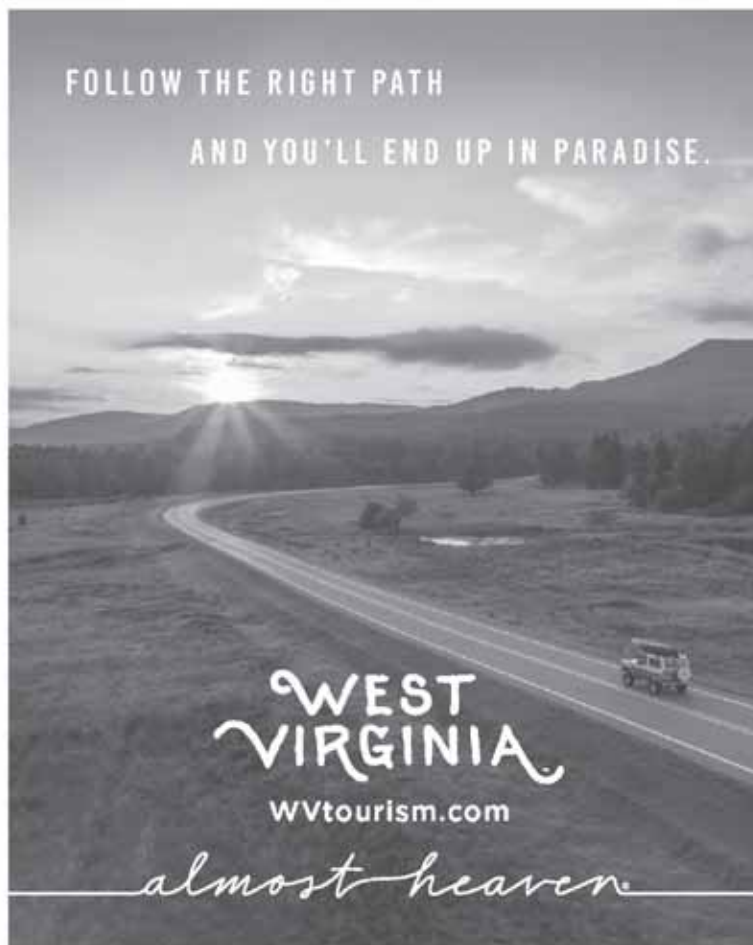
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## CABIN AIR FILTER

**\$44.95**

**INCLUDES:** Replace dirty HEPA cabin air filter. Bring back that new car smell!

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 5/31/19.

## VARIABLE DISCOUNT

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

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## TRUESTART™ BATTERIES

**SPECIAL OFFER** **\$129.95**

INCLUDES BATTERY INSTALLATION

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

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 5/31/19.

## ALIGNMENT SPECIAL

**\$69.95**

Your car's alignment suffers, and can cause uneven tire wear and steering problems.  
**INCLUDES:** Inspect suspension, ball joints, struts & shocks, tire condition and set tire pressure.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 5/31/19.

Jack Taylor's  
**ALEXANDRIA TOYOTA**

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## CLEAN AIR A/C INSPECTION & VENTILATION SPECIAL

**\$129.95**

**Includes:** Replace cabin air filter, and Toyota Evaporator Service using anti-bacterial foam cleanser and odor eliminator. Bring back that new car smell!

**SERVICE & PARTS DEPT HOURS:** Monday - Friday, 7:00am to 7:00pm • Saturday, 8:00am to 5:00pm

CALL FOR AN APPOINTMENT AT **703-684-0710** OR SCHEDULE ONLINE AT **ALEXANDRIATOYOTA.COM**