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Fairfax CONNECTION

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The Rotary Club of Fairfax awarded Teacher of the Year awards to two City of Fairfax teachers (from left): Quyen Sullivan, a Special Education Teacher at Daniels Run Elementary School, and Ronetta Lyons, Biology and Honors Biology Teacher at Fairfax High School.



Teachers of the Year

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News



PHOTOS CONTRIBUTED

Pictured, from left, are: Paula Kelley (Fairfax Rotary Teacher of the Year Committee), Dr. Phyllis Pajardo, Superintendent of Fairfax City Schools; Christopher Smith, Principal of Daniels Run Elementary; Quyen Sullivan, Special Education Teacher at Daniels Run Elementary; Ronetta Lyons, Biology and Honors Biology Teacher at Fairfax High School; Erin Lenart, Principal of Fairfax High School; Carolyn Pitches, Chairman of the Fairfax City School Board; and Joe Catalano, President of the Rotary Club of Fairfax

Two City of Fairfax Teachers Receive Rotary Teacher of the Year Awards

Rotary Club of Fairfax appreciates and recognizes outstanding City of Fairfax teachers through its Teacher of the Year program. Fairfax Rotarians identify one or more Teachers of the Year within the City of Fairfax each spring, to recognize their excellence in teaching. They do this in support of Rotary International's overall efforts in education and literacy, one of its six areas of focus. This year, the Fairfax

club's 2019 Teacher of the Year selection committee honored two outstanding City of Fairfax educators with its Rotary Teacher of the Year award. Each honoree received a beautiful plaque and a cash award. The Fairfax Rotary award winners are Quyen Sullivan, Special Education Teacher, Daniels Run Elementary School, and Ronetta Lyons, Biology and Honors Biology, Fairfax High School.

WEEK IN FAIRFAX

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.

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. Proceeds will benefit George Mason University's Office of Mili-

tary Services. 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,

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.

More than 15 breweries will be showcased during this family-friendly event. The festivities will also feature 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.

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 rather unprecedented forthcoming 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

'Northfax' Project Completed

Drainage, turn lanes and pedestrian facilities make a better intersection at Route 50 and Chain Bridge Road in Fairfax.

BY MIKE SALMON
THE CONNECTION

A few years ago, rainfall made the stretch of Accotink Creek in the City of Fairfax a white-water challenge, and a local adventurer with an inner tube rode the rapids down the creek. For the past 2.5 years, local officials have embarked on a project called "Northfax," that addressed the creek, the intersection, and turn lanes making it easier for everyone through this intersection except the thrill-seeking adventurer.

"He took an inner tube and rode the rapids, that will never happen again," said Mike McCarthy, communications director for City of Fairfax. McCarthy was among the crowd on May 20 when they cut

the ribbon on this \$42.5 million project.

"We had so much bad flooding here, this project has been 20 years in the making," McCarthy said.

Northfax includes amenities for traffic and pedestrians by eliminating flooding with a new box culvert from Chain Bridge Road to Eaton Place; widening of Chain Bridge Road to six lanes between Fairfax Boulevard and Eaton Place; improved turn lanes on all approaches; upgraded traffic signals and mast arms, new sidewalks throughout the project area; and upgraded pedestrian accommodations at intersections.

"Travelers and residents will continue to benefit from these improvements," City of Fairfax Mayor David Meyer added. "As part of the FY2015-16 NVTA funding program evaluation process,



Fairfax Mayor David Meyer addresses the crowd.

analysis led by VDOT, it was projected that Northfax Intersection improvements will save a total of 450,000 plus person-hours of delay by 2040." Mayor Meyer also noted the impact this project has locally. "We have a fire station just down the road, synchronizing the signals is important," he added.

The Northern Virginia Transportation Authority contributed \$15 million, \$14 million came from the Virginia Department of Transportation, \$9.5 million of Federal



The intersection is busy, busy, busy.

funds and \$3.5 million from the City of Fairfax. Branch Construction and Volkert Engineering were contracted to do the design and construction.

NVTA Chair Martin E. Nohe remembered the intersection from 30 years ago when he attended George Mason University, and noted how traffic plays such a big role in everyone's life. "Traffic congestion invades every conversation," he said.

Over across the way from the festivities and ribbon cutting, Jagpal Ranjit continues to serve customers at the Bombay Bistro,

where the Mayor dines once in a while. Ranjit saw the flooding impacts, especially this past year with the record rainfall. "When there is a heavy rain these two lanes, you cannot see," he said, pointing to southbound Chain Bridge Road right out front. With the wider intersection and stream work, the flood situation is better but the entrance to the Bombay parking lot comes up quick for cars pulling in. "Very dangerous," he said.

City resident Maryann Clary called the old intersection "huge, huge mess," but now "you can see a big difference already," she said.



2019 Contest Winner Announcement

What Can We Do To Improve Our Watersheds?

This year hundreds of students competed to develop solutions to local watershed issues. Finalists presented their proposals at George Mason University's Center for the Arts on April 23rd.

Nutrien provided \$6,000 in cash prizes to this year's finalists to help students implement their project ideas.

Caring for Our Watersheds is implemented by international nonprofit Earth Force, whose mission is to engage young people as active citizens who improve the environment and their communities, now and in the future. The program empowers students to create solutions in their local watersheds, developing problem-solving, budgeting, community involvement, and presentation skills.



**1st Place Finalists Lanier Middle School
Student Project Titled "Revitalizing Our Bioretention Cell"**

Final Winners	Award	Project	School Name
1st Place	\$1000	Revitalizing Our Bioretention Cell	Lanier Middle School
2nd Place	\$900	Bioswale	Kent Island High School
3rd Place	\$800	Rain Garden	Rachel Carson
4th Place	\$700	Utensil-Packet-Replacement	Kenmore Middle School
5th Place	\$600	Alternative to Rock Salt	Frost Middle School
6th Place	\$500	The Invasion of the Koi at Lake Anne	Dogwood Elementary School
7th Place	\$450	Students Water Conservation Society	George Washington Middle School
8th Place	\$400	Life Saver Solutions	School Without Walls at Francis Stevens
9th Place	\$350	Project Nature	Berlin Intermediate School
10th Place	\$300	Recycling Electronics and Batteries	Kenmore Middle School



News

Students Are Thrilled by the Peer Recognition

Woodson and Fairfax receive Cappie nominations.

BY BONNIE HOBBS
THE CONNECTION

The performances have been given, the critics have written their reviews and the ballots have been cast for the 2019 Cappies, honoring the best in high-school theater. And both Woodson and Fairfax High garnered nominations for their shows.

Woodson received four nods for its musical, “Thoroughly Modern Millie,” and Fairfax received three for its musical, “Good News.”

The winners will be revealed at the 20th annual Cappies Gala for the National Capital Area on Monday, May 27, at 7 p.m., in The Kennedy Center in Washington, D.C.

❖ Woodson’s nominations are as follows:

Supporting Actress in a Musical: Sara Willcox;

Male Vocalist: Eric Tysarczyk;

Featured Actor: Gin Choi;

Ensemble in a Musical: The Hotel Staff – Sara Willcox, Gin Choi, Dylan Dipasupil.

❖ Fairfax’s nominations are as follows:

Supporting Actor in a Musical: Seth Strong;

Supporting Actress in a Musical: Kamila Adamczyk;

Lighting: Kira Kerr, Gus Schouviller.

Both Woodson Theater Director Terri Hobson and Fairfax Theater Director Erich DiCenzo are delighted with the recognition their musicals, students and theater programs received. Talking about it with each other, last week, they also realized they have a shared vision and mission for their students. So in response to their schools’ Cappie nominations, they issued the following joint statement:

“We are grateful that the arts are well-supported in our schools so we can create art with our amazing students. We take pride in providing a safe space for all students to perform, design, build, choreograph, lead and follow in a variety of capacities.

“Our artists are learning lessons that extend far beyond the stage – lessons of connections, compassion and kindness. Our students are proud of their performances and are thrilled to be recognized by their peers through the



From left, Dylan Dipasupil and Gin Choi are both nominated for Cappies for Woodson High’s “Thoroughly Modern Millie.”



Eli Nygaard and Madeleine Tyler portrayed college students in Fairfax High’s musical, “Good News.”

Cappies program. We both have lots of students attending the Cappies Gala, and we look forward to the energy and excitement that the Gala exudes – with hundreds of theater kids celebrating each other’s work.

“We are both so very proud of our student performers, technicians, designers and other leaders on our teams. Our greatest pride is being able to teach students to be those leaders and take ownership of their accomplishments.”



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

www.ConnectionNewspapers.com/PDFs

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OPINION

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.

Make 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.

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-

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)

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
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❖ 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.

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

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BULLETIN

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

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.

❖ 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.

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/.

SEE BULLETIN, PAGE 14



Your “Nicely Done” Kitchen or Bath is Right Around the Corner!
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‘Interesting Opportunity and Prudent First Step’

Council OKs e-scooter pilot program in Fairfax City.

BY BONNIE HOBBS
THE CONNECTION

Get ready – electric scooters, more commonly called e-scooters, are coming to Fairfax City. During last week’s meeting, the City Council voted unanimously to establish a one-year, pilot program allowing dockless shared mobility companies to operate here.

It will run from July 1 to June 30, 2020, with permit applications due May 31. And at least two companies – Bird and Lime – have already expressed interest in participating.

It’s also a proactive move by the City because the Virginia General Assembly recently adopted a bill allowing localities to regulate these devices. It also states that, as of Jan. 1, 2020, jurisdictions that haven’t enacted an ordinance doing so will have to let them operate unregulated.

So at an April 9 work session, the City’s multimodal transportation planner, Chloe Ritter, told the Council, “We propose a one-

year, pilot program covering the entire City so we can see how it operates in the neighborhoods and in the various activity centers.”

According to the new, state legislation, the scooters must be less than 100 pounds and have a maximum speed of 20 mph. Parked vehicles may not impede pedestrians or other traffic, and lights are required. No one under age 14 may drive them without supervision.

AT THE WORK SESSION, Reid Teschner with Bird’s government partnerships division, and Maggie Gendron, Lime’s director of strategic development, gave presentations about what their companies have to offer.

Gendron brought a scooter for the Council to see in person.

“We bring affordable, transportation op-

tions to people in over 100 cities worldwide,” said Teschner. “Riders scan the QR code on their phone to unlock the scooter. We want

riders off the road by 1 a.m., and we provide safety tutorials.” He also said e-scooters are environmentally friendly because

they decrease car usage, traffic and carbon emissions. They also reduce parking problems and increase access to transportation in underserved areas.

With Bird, riders use its smartphone app to find the closest Bird scooter on a map, unlock it and ride to their destination.

Meanwhile, full-time “Bird watchers” scan every scooter for maintenance issues, remove damaged ones, realign and remedy parking issues and educate the community on proper usage.

Bird, which began in 2017, also offers in-app tutorials which all Bird users must take before their first ride. And it hosts safety events to provide free helmets, rider demos and safety tips. In addition, Bird has trained chargers in localities where it operates. These people collect the scooters for charging and then leave

them at predetermined “nest” locations for the next riders to use.

Gendron said Lime also started in 2017 “to help people move away from single-car occupancy and think of us as another option. And we, too, have a full-time, operations and maintenance team and people to recharge the vehicles.” She said how to appropriately stage parking can be a challenge, and she also noted the importance of educating the public about safely riding e-scooters.

“We have over 15 million riders in 130 cities around the globe,” said Gendron. “And they tell us they overwhelmingly prefer to ride in protected spaces, such as bike lanes. We also try to be as green and sustainable as possible. And according to a survey of our U.S. riders, 50 percent live in households earning less than \$75,000 a year, 33 percent are female, and 25 percent are age 37 or older.”

Councilwoman So Lim asked what would happen if someone left their scooter in the middle of the street. Teschner said they’d have a live feed showing where it was so they could get it. “We require riders to take photos of how they parked, or the ride won’t be able to end, because we don’t want scooters left in the rights of way.”

Lim then asked how many miles a charged scooter can go, and he said, “Thirty miles, but our technology is always evolving.” “For me, this is exciting,” said Lim. “I could use one to go home from work at night.”

Councilwoman Jennifer Passey asked if the City’s streets are ready for e-scooters, and Transportation Director Wendy Sanford said she believes they are. “A pilot program would help us get this information and see where problems are and the specific routes people are taking,” explained Sanford. “Then we can prioritize where to make improvements, if necessary.”

BOTH BIRD AND LIME e-scooters cost \$1 to unlock and 15 cents/minute to ride. They also offer special prices for military veterans and lower-income riders. Gendron said Lime’s average rider spends \$3.80/ride. Councilwoman Jon Stehle said he hoped the program would entice GMU students to come to downtown Fairfax to “dine, play and shop, and stop ordering food from robots.” Then at its May 14 meeting, the Council officially approved a pilot program.

First, though, Ritter presented the legal details and the Council discussed them.

She said the companies would each pay a \$5,000/year permit fee, plus a right-of-way use fee of 5 cents/mile. To obtain a permit, they must: get a City business license, share

their user agreements, have insurance, have their scooters inspected and safety-compliant, have safety and operations response plans, and have an operations center and customer-service resources in the Washington, D.C., region, including a live person to call on the phone.

Companies must also maintain ongoing communication with the City, submit a community-engagement plan, do community education, have a maintenance and recharging plan, also coordinate with Fairfax County and GMU, and share their data, including trip data, so the City will know where people are riding, plus any accident information.

In return, the City will: Review permit applications, test the scooters before deployment, respond to citizen comments, establish preferred-parking corrals for the scooters, monitor usage data, conduct neighborhood research, and communicate with residents, businesses and the scooter vendors about the program. Fairfax will also create a Web page listing the scooter companies and giving information about, for example, where people can ride and park and if they need helmets.

“The City would do ongoing outreach to the community to get feedback about the program,” said Ritter. “We’d also collect data

SEE SCOOTERS. PAGE 11



Some Lime e-scooters parked.



Here’s what a Bird e-scooter looks like.

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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 your skin 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 hyperpigmentation 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

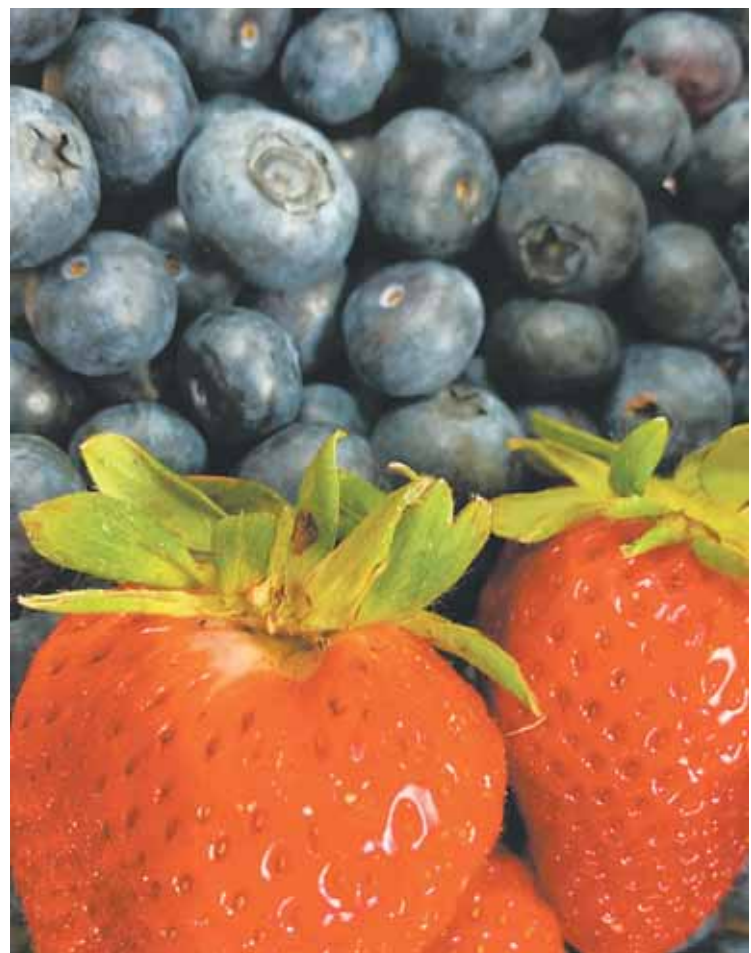


PHOTO BY MARILYN CAMPBELL

Berries of all types are rich in antioxidants.

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.



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News

Scooters

FROM PAGE 9

throughout the year regarding the total trips, trips per device, start-and-end locations and routes, user demographics and types of trips.”

She said police and EMS reports would help Fairfax track any incidents. The City would also track the community impacts – whether local businesses benefited and if riders parked where they were supposed to.

Lim asked if the companies would control the speeds, and Ritter said the scooters have speed governors for 15 mph, but they can go 20 mph. Ritter also noted, “We’re not capping the number of companies, just the number of scooters per company – 250. These are supposed to be ridden in bike lanes, on the streets; City code currently doesn’t allow scooters on sidewalks.”

“We’re focusing on e-scooters,” said Councilman Michael DeMarco. “Do we expect bikes to follow?”

“The companies say dockless bikes aren’t profitable – people aren’t riding them as much,” replied Ritter. “And e-bikes are more expensive.” She also said the Economic Development Office is helping determine the parking-corral locations in Old Town. Other locations in the City would be identified, over time.

Passy asked how the driving rules would be enforced, and Ritter said people would get ticketed for operating unsafely. “If people ride their scooters unsafely, and consistently violate the rules, how will we get this data?” asked Councilman Sang Yi. Ritter said the police and EMS personnel would share their incident reports with the City, and residents would report parking issues.

“What will be our metric for something passing our test?” asked Yi. “The number of injuries?” Ritter said they’d see how other jurisdictions measure it, for example, the number of scooter injuries vs. the number of car injuries. Scooters aren’t currently allowed on park trails, but Councilwoman Janice Miller said she’d be open to it “since we have limited bike lanes. This is an interesting opportunity, and I look forward to this program. It’s a classic example of emerging technologies, new business models and their intersection with communities. I think this is a prudent first step.”

The Council then unanimously approved establishing the pilot program, with City staff determining the number of companies to approve for it.



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Route 29 Northbound Bicycle and Pedestrian Improvements Fairfax County

Find out about plans to build a continuous shared-use path along northbound Route 29 (Lee Highway) between Vaden Drive and Nutley Street (Route 243) to improve safety and accessibility for bicyclists and pedestrians. The project will also extend the Route 29 culvert over the tributary of Accotink Creek just west of Nutley Street to accommodate the shared-use path.

Review project information at www.virginiadot.org/projects, or at VDOT’s Northern Virginia District Office at 4975 Alliance Drive, Fairfax, Virginia 22030. Please call ahead at 703-259-2907 or TTY/TDD 711 to ensure appropriate personnel are available to answer your questions.

If your concerns cannot be satisfied, VDOT is willing to hold a public hearing. You may request that a public hearing be held by sending a written request to Ms. Hong Ha, P.E., Virginia Department of Transportation, at the above address on or prior to **June 3, 2019**. If upon receiving public comments it is deemed necessary to hold a public hearing, notice of date, time and place of the hearing will be posted.

VDOT ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you need more information or special assistance for persons with disabilities or limited English proficiency, contact Hong Ha at 703-259-2907.

State Project: 0029-029-414, P101,
R201, C501, D614
UPC: 113518
Federal: NHPP-5A01 (946)



Route 29 Widening Fairfax County Design Public Hearing

**Monday, June 10, 2019
6:30 p.m. to 8:30 p.m.
Presentation begins at 7 p.m.**

VDOT Northern Virginia District Building
Potomac Conference Room
4975 Alliance Drive
Fairfax, VA 22030

Find out about plans to widen 1.5 miles of Route 29 (Lee Highway) from four to six lanes between Union Mill Road and Buckleys Gate Drive to relieve congestion and improve operations and safety.

The project will also correct vertical alignment to improve sight distance, add/improve bicycle and pedestrian shared-use paths on both sides of Route 29, and provide connectivity to bicycle/pedestrian trails at the Fairfax County Parkway/West Ox Road interchange.

In compliance with the National Environmental Policy Act (NEPA) and 23 CFR Parts 771 and 772, an environmental document in the form of a Categorical Exclusion (CE) has been prepared which includes a Preliminary Noise Analysis. Pursuant to the National Historic Preservation Act, Section 106 and 36 CFR 800, information concerning the potential effects of the proposed improvements on historic properties will be included in the CE. In accordance with 23 CFR 774, notice is given of the Federal Highway Administration’s intent to issue a Section 4(f) de minimis impact finding with respect to the project’s use of Willow Pond Park.

Stop by between 6:30 p.m. and 8:30 p.m. to view displays and learn more about the project, its preliminary design and the environmental studies. A presentation will begin at 7 p.m. Project staff will be available to answer your questions.

Review project information at the VDOT project website (www.virginiadot.org/projects), at the information meeting, or during business hours at VDOT’s Northern Virginia District Office at 4975 Alliance Drive in Fairfax. Please call ahead at 703-259-2907 or TTY/TDD 711 to ensure appropriate personnel are available to answer your questions.

Give your written comments at the meeting, or submit them by **June 20, 2019** to Ms. Hong Ha, P.E., Virginia Department of Transportation, 4975 Alliance Drive, Fairfax, VA 22030, or email meetingcomments@VDOT.virginia.gov. Please reference “Route 29 Widening” in the subject line.

VDOT ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you need more information or special assistance for persons with disabilities or limited English proficiency, contact Hong Ha at 703-259-2907.

State Project: 0029-029-350, P101, R201, C501, D612
UPC: 110329, Federal: NHPP-5A01 (917)

CALENDAR

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

ONGOING

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 for more.

Creative Aging Festival. Through May 31, in locations around Fairfax County. The Creative Aging Festival supports Fairfax County's 50+ Community Action Plan's Arts Initiative to promote arts programming for and by older adults. Core objectives include encouraging older adult participation in the community's many public and private arts program; promoting public understanding of the benefits of older adult participation in the arts; and providing awareness to the broader community about the existing arts services for older adults in Fairfax County. This year's Creative Aging Festival is presented by Fairfax county Neighborhood and Community Services in collaboration with ARTSFAIRFAX. Visit the Creative Aging Festival site at bit.ly/FairfaxCreativeAgingFestival.

Art Exhibit: "Transcend." Through June 2, Wednesday-Sunday, 11 a.m.-7 p.m. at Torpedo Factory Artists @ Mosaic Gallery, 2905 District Avenue, #105, Fairfax. Featured work by juried artists from the Torpedo Factory Art Center represent a variety of media including painting, printmaking, photography and 3-D mediums explore the theme of transcendence. A reception is planned for Thursday, May 9, 6-9 p.m. Visit www.torpedofactoryartists.com for more.

Featured Artist: Anne Hollis. Through June 2, gallery hours at Arches Gallery, Workhouse Arts Center, Lorton. The whimsical exhibition, titled "Cirque du Plume," is a series of mixed media collage artworks that depict circus acts performed by intrepid birds while dually representing family life. Visit archesgallery.weebly.com for more.

Burke Farmers Market. Through Dec. 21, 8 a.m.-noon at the VRE parking lot, 5671 Roberts Parkway, Burke. A great selection of fresh produce, baked goods, seafood, and dairy. All vendors make their own food or grow it locally within 125 miles. Call 703-642-0128 or visit www.fairfaxcounty.gov/parks/farmersmarkets/burke for more.

FRIDAY/MAY 24

B-I-N-G-O. 7 p.m. at Fire Station 3, 4081 University Drive, Fairfax. Enjoy free coffee, entertaining callers, a friendly atmosphere, \$1,000 guaranteed jackpot, treasure chest progressive raffles, and good food available for purchase. All proceeds go to purchasing fire and rescue equipment. Visit www.fairfaxvfd.com or call 703-273-3638 for more.

Live Music: Lesson Zero. 9 p.m.-1 a.m. at Fat Tuesday's, 10673 Braddock Road, Fairfax. Lesson Zero performs. Visit www.fatsfairfax.com for more.

SATURDAY/MAY 25

Fundraiser for Fairfax Station Railroad Museum. 10 a.m.-4 p.m. at the Fair Lakes Promenade Barnes and Noble Book Store, 12193 Fair Lakes Promenade Drive, Fairfax. Museum volunteers will introduce visitors to life in Fairfax County during the 1800's and share stories and favorite books about the lives of the prominent people who lived and traveled through the County. Local authors will sign books available for sale at the Barnes and Noble. The museum will receive a percentage of net sales during the day when mentioning the Station at the checkout line. Visit www.fairfax-station.org or call 703-425-9225.

MAY 25-JULY 20

Art Exhibit: Somewhere Between You and Me. Fridays and Saturdays, 11 a.m.-3 p.m. at Olly Olly, 10417 Main St., 2nd Floor, Fairfax. In Somewhere Between You and Me, young nonbinary transgender artists intimately seek to understand and bring understanding to what it



Clifton Caboose Run

A 5K Run and 1-Mile Fun Run/Walk beginning in the turn-of-the-century town of Clifton. A post-race party with refreshments, live music and an awards ceremony will take place at the Red Barn near Clifton's Main Street area. Saturday, June 1, 6-9 p.m. in the Town of Clifton, at the intersection of Clifton Road, Newman Road and Main Street. 5k run, \$21; 1-mile fun run/walk, \$15. Call 703-968-0740 or visit www.facebook.com/cliftonva.org.

means to experience life as a nonbinary person. An evening reception is planned for Saturday, May 25, 7-10 p.m. with artists Miki Beyer, Emil Melia, Sami Cola, and Paul Karcic. Call 703-789-6144 or visit ollyollyart.com for more.

SUNDAY/MAY 26

21st Annual "Ride of the Patriots." After assembling at Patriot Harley-Davidson on Lee highway in Fairfax, the parade of bikers will follow a route to the Pentagon where it will join with hundreds of thousands of other bikers for the 32nd annual "Rolling Thunder," the massive parade of bikes headed to the National Mall and the Vietnam Veterans' Memorial to pay their respects to their fallen comrades and to remember all those who have given their lives. Visit www.rideofthepatriots.com for more.

Reading Circle Activities. 1-4 p.m. at The Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. A Reading Circle Activity Day will be held at the Fairfax Station Railroad Museum. Books featuring railroads or Civil War history are read and discussed and there may be a craft associated with the book theme that day. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org or call 703-425-9225.

MAY 26-AUG. 2

Art Exhibition: Virginia Watercolor Society. Gallery hours in the McGuireWoods Gallery, Workhouse Arts Center, Workhouse Arts Center, 9518 Workhouse Way, Lorton. Virginia Watercolor Society (VWS) is organizing its 40 th annual juried painting exhibition with about 85 paintings on display. Free and open to the public, May 26- Aug. 2. Visit www.workhousearts.org/ or www.virginiawatercolorsociety.org for more.

MONDAY/MAY 27

Park Authority Salutes Military with Free Admission Day. The Fairfax County Park Authority will honor those who serve and have served in the U.S. Armed Forces with a free day for military families at RECenters and lakefront parks on Memorial Day. Families can enjoy such amenities as pools, fitness rooms, drop-in fitness classes, gyms and mini-golf. The lakefront parks offer amusements such as carousel rides, boat rides, train rides, mini-golf and camping. Amenities vary by location. Excludes the Water Mine, regulation golf and food vendors. Visit www.fairfaxcounty.gov/parks/honoring-americas-veterans-memorial-day for details.

WEDNESDAY/MAY 29

OAR's 2019 Jazz and Wine Fundraiser. 7:30-9:30 p.m. at The Winery at Bull Run, 15950 Lee Highway, Centreville. Guests will enjoy complimentary wine and catered hors d'oeuvres; the Greg Byrd Band will provide live jazz. Visit www.oarnova.org to register.

THURSDAY/MAY 30

Book Sale. 3-9 p.m. at Richard Byrd Library, 7250 Commerce St., Springfield. Find summer reading at bargain prices. Thousands of like new books. Funds raised support adult and children's programming at the Richard Byrd Library. Free admission. Email rbfriends@gmail.com or call 703-451-8055.

THURSDAY-FRIDAY/MAY 30-31

Broadway Pops Concert. 7:30-10 p.m. at Centreville High School Auditorium, 6001 Union Mill Road, Clifton. The CVHS choir's annual Broadway Pops concert features music from the Broadway musicals "The Lion King," "Mama Mia!" "Guys and Dolls," "Dreamgirls," "Motown," and "On Your Feet!" as well as a composition by Francisco Núñez and solos from several seniors. Admission is free, however on-site donations will be greatly appreciated. Email slsweetman@gmail.com or call 703-389-1676.

FRIDAY/MAY 31

B-I-N-G-O. 7 p.m. at Fire Station 3, 4081 University Drive, Fairfax. Enjoy free coffee, entertaining callers, a friendly atmosphere, \$1,000 guaranteed jackpot, treasure chest progressive raffles, and good food available for purchase. All proceeds go to purchasing fire and rescue equipment. Visit www.fairfaxvfd.com or call 703-273-3638 for more.

Campfire Fridays. 7:30-9 p.m. at Hidden Pond Nature Center, 8511 Greeley Blvd., Springfield. Stop by for nature explorations, animals, a campfire, s'mores and more. Each program features a different topic and different areas of the park. Programs are planned for July and August, too. Designed for family members age 3-adult. \$8 per person. Call 703-451-9588 or visit www.fairfaxcounty.gov/parks/hidden-pond.

Haydn's Nelson Mass. 8-10 p.m. at Truro Anglican Church, 10520 Main St., Fairfax. Mark Irchai, Washington D.C. based concert pianist, chamber musician, and conductor, presents a program of masterworks from the orchestral and choral literature of the classical era. Joined by soloists Christie Phillips, Rhianna Cockrell, Joe Regan, and Ross Tamaccio. Free. Tickets are available for the Pre-Concert Lecture, beginning at 7 p.m. Visit markirchai.com/events for tickets.

SATURDAY/JUNE 1

Family Mindfulness Workshop. 10:15-10:45 a.m. at Children's Science Center Lab, Fair Oaks Mall, Fairfax. Mindfulness is an increasingly popular approach for parents, guardians, and schools to allow students to experience calm, positivity, and presence. For children from kindergarten through grade 5 and their parents or guardians and is included with general admission to the Lab. \$13 per person. Call 703-648-3130 or visit childsci.org/events-programs/in-the-lab/special-programs-events/ for more.

Summer Saturdays. 11 a.m.-4 p.m. at Gunston

Hall, 10709 Gunston Road, Lorton. Join Gunston Hall for a summer of fun. Each Saturday in June, July, and August, stop by for a historic adventure on the grounds and in the Visitor Center. Included with regular admission. Call 703-550-9220 or visit www.gunstonhall.org/visit/guide/upcoming-events.

Spring Festival. Noon-4 p.m. at Fellowship Baptist Church, 5936 Rolling Road, Springfield. Fellowship Baptist Church will hold a Spring Festival. Activities will include a petting zoo, moon bounce, obstacle course, remote control race course, games for all ages, kids crafts, cake walk, prizes and refreshments. Free. All are welcome to attend. Visit www.honoringGod.org.

Concert: Sounds of Pohick. 4 p.m. at Historic Pohick Church, 9301 Richmond Highway, Lorton. "The Sounds of Pohick" annual concert will feature the St. Cecelia and St. Alban Children's Choirs, the Pohick Pickers bluegrass group, the Pohick Bell, and the Early Church Music Ensemble performing spirituals, hymns, anthems and instrumental music. Musical instruments will include guitars, fiddle, bass, tin whistle, Celtic harp, organ, piano, keyboard and percussion. Free admission, and a reception follows in the parish hall. Call the church office at 703-339-6572, or visit www.pohick.org.

Clifton Caboose Run. 6-9 p.m. in the Town of Clifton, at the intersection of Clifton Road, Newman Road and Main Street. A 5K Run and 1-Mile Fun Run/Walk beginning in the turn-of-the-century town of Clifton. A post-race party with refreshments, live music and an awards ceremony will take place at the Red Barn near Clifton's Main Street area. 5k run, \$21; 1-mile fun run/walk, \$15. Call 703-968-0740 or visit www.facebook.com/cliftonva.org.

SATURDAY-SUNDAY/JUNE 1-2

Rose and Photography Competition. Saturday, 1:30-6 p.m.; Sunday, 11 a.m.-4 p.m. at Merrifield Garden Center, 12101 Lee Highway, Fairfax. Arlington Rose Foundation presents a friendly rose and photography competition, a celebration of roses in more than 50 categories. Ask advice of award-winning exhibitors, vote for best fragrance, bid in a silent auction and plan a rose garden. Free and open to public. Visit www.arlingtonrose.org/ for more.

SUNDAY/JUNE 2

Maker Faire NoVa. 11 a.m.-6 p.m. at George Mason University, 4400 University Drive, Fairfax. Maker Faire NoVa is the Greatest Show (& Tell) on Earth — a family-friendly showcase of making, invention and creativity. Glimpse the future and get inspired. \$2-\$50. Call 703-437-5780 or visit nova.makerfaire.com.

"Memory Lane Day" Tours. 1-4 p.m. at The Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Fairfax Station Railroad Museum will conduct short walking tours (about 45 minutes each) of the immediate historic neighborhood around the Fairfax Station Railroad Museum. The tours involve moderate walking. There is no extra charge for the tours. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org or call 703-425-9225.

Heritage Nepal Festival. 4-8 p.m. at Centreville High School, 6001 Union Mill Road, Clifton. America Nepali Society Heritage Festival will showcase Nepali Heritage, Traditions and Culture. The Cultural Program will be organized by kids from the community which will last approximately one and half hours. Free. Call 571-331-5412 or visit www.americanepalsociety.org/ for more.

WEDNESDAY/JUNE 5

Celebrate the '80s with Insight. 4-6 p.m. at Insight Memory Care Center, 3953 Pender Drive, #100, Fairfax. Insight was just starting in 1984, in a church basement, offering respite services for families living with memory impairment. Now in 2019, Insight is celebrating 35 years of care and support and they now open our doors to thousands of caregivers and families each year. Take a look back at where Insight has been, and look forward to an exciting future providing care, education, and support for families living with dementia in the community. Come and celebrate in style - or at least come to laugh at everyone else's styles. RSVP at www.insightmcc.org.

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

Audience 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.

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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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.

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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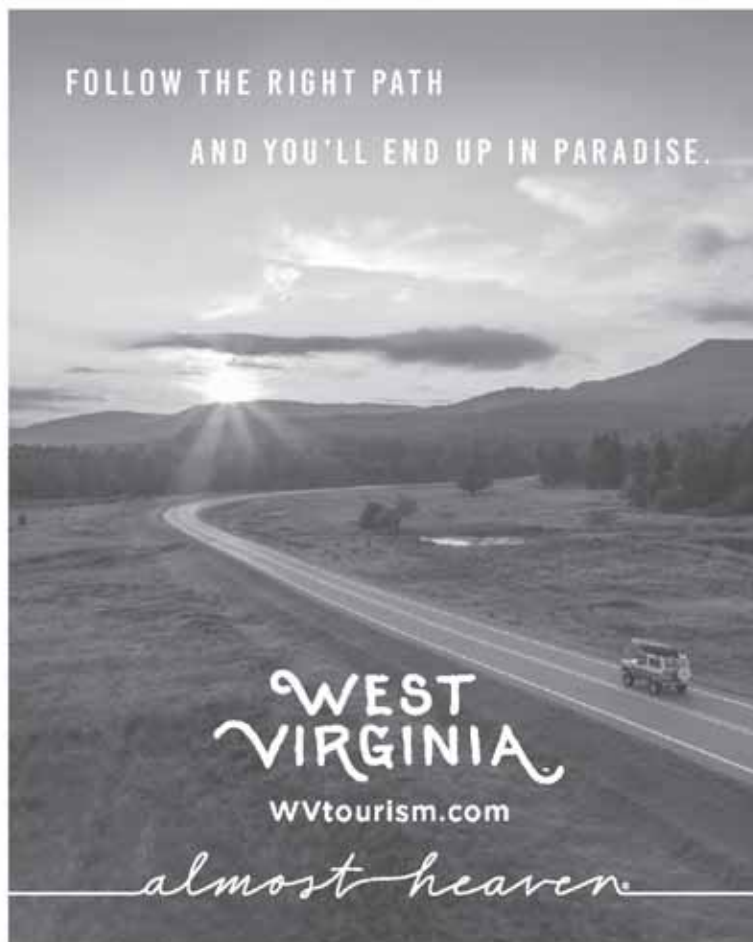
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FROM PAGE 14

upcoming project construction, and time for questions and answers. Visit www.fairfaxcounty.gov/transportation/projects/lee-chapel-road-walkway.

THURSDAY/MAY 30

Interfaith Ramadan Dinner. 7:30 p.m. (registration); 8 p.m. (program starts) at Fairfax County Government Center – Cafeteria, 12000 Government Center Parkway, Fairfax. Join for an Interfaith Ramadan Dinner hosted by Fairfax County Chairwoman Sharon Bulova. Call to prayer and dinner are at 8:30 p.m. Register at bit.ly/fxcounty2019.

SATURDAY/JUNE 1

Alzheimer's Disease and Dementia Care Seminar. 9 a.m.-5 p.m. at Insight Memory Care Center, 3953 Pender Drive, #100, Fairfax. Take the path to certification as a Certified Dementia Practitioner through the National Council of Certified Dementia Practitioners. All health care professionals and front line staff who work in the healthcare industry are encouraged to attend. \$200. Register online at www.insightmcc.org, or contact Lindsey Vajpeyi at 703-204-4664 or lindsey.vajpeyi@insightmcc.org.

Peripheral Neuropathy Support Group. 2-4 p.m. at Mason District Governmental Center, 6507 Columbia Pike, Annandale. The Peripheral Neuropathy Support Group for greater Washington meets the first Saturday of the month. All are welcome. RSVP for available seating. Call 301-263-0616 or visit www.dcpnsupport.org for more.

MONDAY/JUNE 3

Mind and Body Workshop: Travelogue Session. 4:15-6:30 p.m. at Insight Memory Care Center, 3953 Pender Drive, #100, Fairfax. A new session of the Mind and Body Workshop, runs Mondays, June 3-24. The workshop is a multi-session program series for both the caregiver and the recently diagnosed individual to participate, promoting social engagement and peer support, while adjusting to life with a new diagnosis. Register online at www.insightmcc.org, or contact Lindsey Vajpeyi at 703-204-4664 or lindsey.vajpeyi@insightmcc.org.

Phillips Right Response. 6-8 p.m. at Phillips' Annandale Campus, 7010 Braddock Road, Annandale. Phillips Programs for Children and Families, a nonprofit helping youth with behavioral challenges and their families. Right Response is a proactive and evidence-based approach for de-escalation, intervention, prevention and positive behavior support. A two-session training helps parents remain in control during stressful situations, support a child through challenging behaviors, and avoid the wrong response. \$25 per session or \$40 for two. Email Carrie.Clark@phillipsprograms.org or visit www.phillipsprograms.org/right-response-training-for-parents.

TUESDAY/JUNE 4

Safe Walking Summit. 9 a.m.-4 p.m. at NVRC Offices, 3040 Williams Drive, Suite 200, Fairfax. Learn from America Walks, local staff, Virginia DOT, and DMV on tools and initiatives that improve walking and reduce crashes. The summit is sponsored by Share VA Roads through a federal highway safety grant from Virginia DMV. Event and registration details can be found at: www.novaregion.org/CivicAlerts.aspx?AID=686.

WEDNESDAY/JUNE 5

New Volunteer Orientation. 7:30-9 p.m. at Providence Community Center, 3001 Vaden Drive, Fairfax. Join Fairfax Pets on Wheels, Inc. Learn about volunteering to make a difference in the community by visiting residents of nursing homes and assisted living facilities with a pet dog, cat or bunny. Visit www.fpow.org.

FRIDAY-SUNDAY/JUNE 7-9

White Elephant Sale. Friday, 5-8 p.m.; Saturday, 9 a.m.-7 p.m.; Sunday, 8:30 a.m.-2:30 p.m. at St. Mary of Sorrows Catholic Church, 5222 Sideburn Road, Fairfax. St. Mary's White Elephant sale will feature furniture, antiques, household, garden, toys, books, jewelry, china and more. Admission: Friday, \$5; Saturday-Sunday, free. Call 703-978-4141.

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The Weak After



By KENNETH B. LOURIE

And now the fun begins. Not! For some reason, I can't get the Journey song, "Lovin', Touchin', Squeezin'" out of my head, except that my lyrics are "Waitin', Wonderin', Hopin'." I'll know the results of last week's diagnostic scans soon enough, on Tuesday in fact, the day before this column publishes, when we have our next usual and customary post-scan, face-to-face appointment with my oncologist.

As it is presently scheduled, what having a Tuesday appointment after the preceding Wednesday scan means is, we won't have received the results prior to our appointment. The interval of time is too short.

When the post-scan appointment had been on Friday, nine days out, as it has been on many occasions, my oncologist felt compelled (maybe because we 'compelled' him) to email the us scan's results rather than make us wait so long. But six days is not quite so long enough before he'll be seeing us, so I am humming a Journey song in the interim.

And let me tell you, going in cold (not knowing the results beforehand) "is all it's cracked up to be" -- to invoke a quote by "Hawkeye" from M*A*S*H when talking to Radar about his widowed mother being alone.

But I won't be alone on Tuesday; my wife, Dina, will be along for the ride. A ride she has made many times, especially during the early years of heavy-duty chemotherapy when infusion days, start to finish could last upwards of 10 hours, door to door.

The process for these post-scan appointments is somewhat different, 45 minutes or so.

It begins in an examining room with yours truly being examined/questioned by a nurse ("Are you in any pain?") followed by her checking my vitals: oxygen level, pulse and blood pressure ("Mr. Lourie, you're blood pressure is high." "You bet it is.").

After she enters the information on the computer, she'll excuse herself and as she exits the examining room she advises us that the doctor will be in shortly.

Typically, with 15 minutes or so, depending on his schedule, we'll hear a knock on the door and my oncologist's voice asking if it's OK for him to enter. "Yes, of course," we say.

The way the examining room is configured, the examining chair, where I'm sitting, is on his immediate left, partially blocked from his view as he opens the door. Dina is sitting in a chair directly ahead of him and in clear sight as he enters the room. This means she'll see his face before I do and instinctively she'll try to read his expression and body language for a hint of what's to be said.

Occasionally, he breaks the ice immediately and says something like "scans look good, very pleased," knowing that we as patients are hanging on his every word. Other times, he says very little as he sits at his computer and begins asking the standard questions with which we are all too familiar.

This exchange will last about five to 10 minutes, depending on my interruptions. Generally, within the context of this exchange, the subject of my scan results will be mentioned.

This is the moment of truth.

I can't really say it's worth waiting for, good news or bad. It's more about enduring.

Unfortunately, we can't change much about this process. I have a "terminal" disease and scanning is the process by which the doctor can assess my health. Waiting for this assessment is the absolute bane of my existence.

And now with a more frequent scanning schedule, every two months, I am "bane-ing" more than ever before. I can't say it's a perfect set of circumstances, but it's my journey and I'm stuck with it.

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

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