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Primary Challengers

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

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PHOTO BY MIKE SALMON/THE CONNECTION

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PEOPLE



Springfield Student Receives Engaged Leadership Award

Maura Mooney '20 of Springfield, received the Engaged Leadership Award from Immaculata University. The Engaged Leadership Award recognizes students who engage themselves in a significant leadership role on campus early in their careers. Pictured, from right — Maura with Zena Tracey '12, M.A., director of Student Life at Immaculata University.

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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

Thousands 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 11th 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



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.

government and American taxpayers with goods and services. They are laboratory 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

SEE SHUTDOWN, PAGE 7

Senate Minority Leader Faces Two Primary Challengers

Dick Saslaw hasn't had a primary challenge since the 1970s; now he has two.

BY MICHAEL LEE POPE
THE CONNECTION

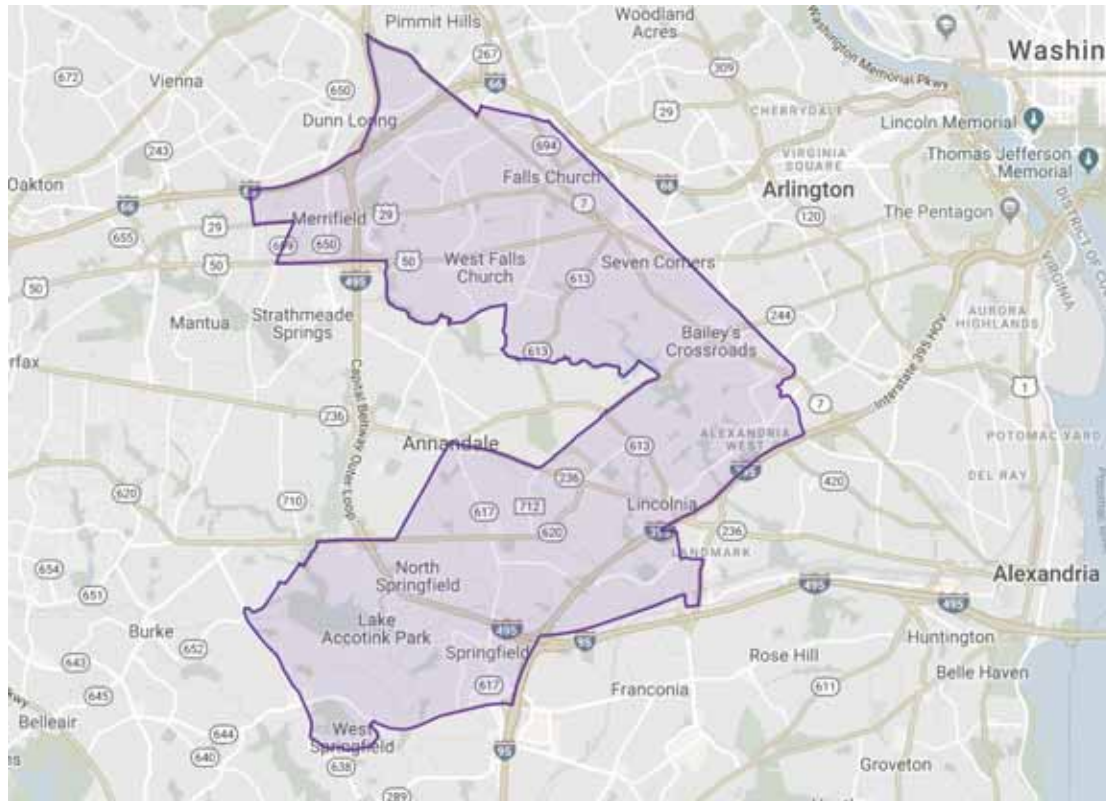
The last time Senate Minority Leader Dick Saslaw had a primary opponent, Jimmy Carter was in the White House and the Bee Gees were at the top of the charts. Ever since then, Saslaw has avoided any primary opposition in a district that is one of the most solidly Democratic seats in the commonwealth. In that time, he's earned a reputation as a tough-as-nails lawmaker who is liberal on social issues but business friendly. Campaign-finance records show he's taken about \$350,000 from utility monopoly Dominion since 1996, when the Virginia Public Access Project started compiling records. When asked about his campaign-finance disclosures, Saslaw turns the question around.

"Do you really think anybody owns me given my financial situation?" asks Saslaw. "Do you know why I get this money? Because I'm the party leader. I'm the person who's supposed to raise money for the caucus, OK? Do you really think that influences my vote?"

This year, for the first time since 1979, Saslaw has primary opposition. Not just one opponent, but two. The minority leader has long attracted opposition from the liberal wing of the Democratic Party. This year, though, though, Democrats believe they are on the verge of seizing the majority. That creates a sense of momentum for Saslaw, who would become majority leader. But it's also created a kind of energy for the liberal wing of the party that opposes Saslaw's business-friendly approach.

"If somebody like Dick Saslaw is facing one challenger then the anti-Saslaw vote will organize around that one challenger," said Quentin Kidd, a political science professor at Christopher Newport University. "When you get more than one — in this case two — it increases the odds of Saslaw winning that primary. And I think the odds are in his favor anyway."

TAEB, 39, is a native of Tehran, Iran. Her family came to America in 1987. She has a bachelor of arts in political science from the University of Florida. She has a juris doctorate from Penn State. As a lawyer, she works in legislative affairs and calls herself a "peace lobbyist." Until recently, she was senior policy counsel for the Washington-based Center for Victims of Torture, where she led advocacy for refugees and asylum seekers. She resigned that position to focus full time on the campaign. She is a member of the Democratic Socialists, although she prefers to call herself a progressive Democrat — a worldview she says supports getting corporate money out of politics and



The 35th Senate District stretches from Springfield into West End of Alexandria through Bailey's Crossroads and Seven Corners into Falls Church and Merrifield. It's one of the bluest Senate districts in Virginia.

"If somebody like Dick Saslaw is facing one challenger then the anti-Saslaw vote will organize around that one challenger. When you get more than one — in this case two — it increases the odds of Saslaw winning that primary. And I think the odds are in his favor anyway."

**—Quentin Kidd,
a political science professor at Christopher Newport University.**

increasing access to healthcare and housing while "fighting for working families."

"Our district is the most liberal Democratic district in Virginia and yet it's represented by one of the most conservative Democrats in the General Assembly," says Taeb. "I'm running because our voters deserve to have a representative who will fight for working families and defend Northern Virginia's diversity, and our voters deserve to have someone representing them who is more aligned with their values."

If elected, she says, she would repeal Virginia's right to work law that limits the power of unions. She says she would also work to outlaw corporate contributions to political campaigns. And she says she would pursue abolishing the death penalty in Virginia. Ultimately, she says, she would be free of the kind of influence she believes corporate donors have on Saslaw — a theme that she weaves into almost every position she takes on the campaign trail.

"I am going to be prioritizing human rights issues and making sure that I'm fighting for the most vulnerable in our communities and making sure that our voters know that they take priority over corporate interests," says Taeb. "I'll do everything I can to ensure that the political process is made more fair and more accessible to ordinary Americans."

TORRENT, 60, is a native of Red Bank, N.J. to a Scottish mother and an Argentinian father. Her father was not an American citizen and did not have a green card, so her family had to leave the country for several years. They lived in Argentina and Canada before moving back to the United States, where they settled in Dover, Ohio. She has a bachelor of arts in political science and economics from Baldwin Wallace College in Ohio, where she played tennis. She has a master's of public policy from the University of Michigan and a juris

doctorate from the University of Minnesota Law School. Professionally, she's served in positions ranging from a trial attorney with the United States Department of Justice in the Environmental Enforcement Division to staff counsel to the House Energy and Commerce Committee under Chairman John Dingell. She also worked on the 2008 Obama campaign, later becoming a lobbyist for the Environmental Law and Policy Center and a general counsel for Secure Futures Virginia before opening her own firm, Torrent Energy Consulting.

"We need to put Virginia on a sustainable path to combat the climate risk, and the good news is that we can do that by embracing the clean energy economy," says Torrent. "We have 12 years go get our act together, and I would rather spend the next four years doing that rather than spending them with the status quo of allowing Dominion to do our energy future."

If elected, Torrent says she would work to change how Dominion is regulated, moving away from kilowatt per hour and instead moving toward price performance guaran-

tee.

She also wants the General Assembly to mandate and finance bus rapid transit on Route 7, connecting to the Amazon campus in Crystal City. Ultimately she would like to see a grid modernization docket similar to states like Minnesota, Michigan and Maryland. Essentially that would change the pricing model for Dominion, rewarding energy efficiency instead of kilowatts per hour. She would also like to see the General Assembly create economic incentives for transit-oriented development. She would also like to extend the General Assembly session to 90 days a year rather than the current breakneck speed. When asked about Saslaw, she recalls her experience representing ratepayers before the Supreme Court of Virginia challenging the constitutionality of the rate freeze bill.

"During that oral argument, one of the justices who formerly worked for McGuire Woods representing Dominion turned to me and said, 'Ms. Torrent, the remedy you are seeking is to elect people to the legislature who will not pass rate freeze bills,'" says Torrent. "So here I am."

SASLAW, 79, is a native of Washington, D.C. After graduating high school in Chevy Chase, Md., he enlisted in the Army, where he served for two years before receiving an honorable discharge in 1960. He has a bachelor of science in economics from the University of Maryland. He spent a year at the Naval Air Systems Command before mov-

SEE SASLAW, PAGE 5



Dick Saslaw



Yasmine Taeb



Karen Torrent

Saslaw Faces Two Challengers

FROM PAGE 4

ing to the private sector, working for a defense contractor and later selling real estate. In 1980, Saslaw bought his first gas station — a business that eventually expanded to nine gas stations. In 2007, he sold off most of the stations, although he still owns one in Chantilly. He also owns rental property at Braddock Road and Backlick Road.

“As majority leader, I think I could do an awful lot not only for the people of the 35th District but Northern Virginia and the state,” says Saslaw. “We can direct more money toward K-12. I think we can finally get through some of these bills that would bring some sense to our gun laws. And we need to try to see if we can steer some more money to higher ed.”

His first political campaign was in 1974, when Saslaw was a 34-year-old contract administrator for Reston electronics firm named H.R.B. Singer. He ran against Mount Vernon Supervisor Herb Harris and Del. Frank Mann (D-5) for the Democratic nomination to run against incumbent U.S. Rep. Stan Parris (R-8). Saslaw lost that primary to Harris, who went on to unseat Parris in an anti-Watergate wave election. The next year, Saslaw set his sights on the 19th District of the House of Delegates, an open seat vacated by Republican James Tate. Saslaw prevailed against a crowded field of four other Democrats, including future Mount Vernon Supervisor Gerry Hyland — a campaign that he won on a \$5,000 budget. As a House freshman, Saslaw responded to a rape case in his district by making it easier for juveniles to be tried as adults.

After serving two terms in the House, he decided to run for a state Senate seat vacated by retiring Sen. Omer Hirst (D-35). Saslaw faced former Fairfax County Board of Supervisors Chairwoman Jean Packard, who was trying to make a comeback after being unseated by Republican Jack Herrity.

Saslaw, then a 39-year-old real estate salesman, told voters he would take a more active role in watching the operations of the State Corporation Commission to prevent utility rate increases caused by mismanagement. He won that primary and went on a lengthy career in the Virginia state Senate, where he has served as majority leader and minority leader depending which party has the majority.

During his time in the Senate, Saslaw modified the alcohol-to-food requirement for restaurants to reduce the regulatory burden for businesses. He also passed a law that allows local governments to sell bonds and finance their own roadbuilding, although it was limited to \$15 million during a three-year

“I’m the person who’s supposed to raise money for the caucus, OK? Do you really think that influences my vote?”

— Dick Saslaw

“Our district is the most liberal Democratic district in Virginia and yet it’s represented by one of the most conservative Democrats in the General Assembly.”

— Yasmine Taeb

period. He also passed a law that creates an add-on tax for a newly created tax district along Route 28, an effort that later cost him \$8,000 a year as a gas station magnate. He has opposed efforts to overturn Virginia’s right to work law, which dates to the 1940s.

“I don’t make any apologies for being pro-business,” says Saslaw. “Take a look at the business attraction of Northern Virginia versus the Maryland suburbs. Are you kidding me? We are considered to have one of the most favorable work environments in the country.”

If reelected, Saslaw says his top priority would be gun control — reining in the National Rifle Association and the Virginia Citizens Defense League, two groups he says owns the Republican Party. He says Virginia needs universal background checks, and the legal age to purchase firearms should be raised to 21. He says laws that restricting access to abortion clinics should be overturned, and he says he would steer \$1 billion more to K-12 education and \$500 million more toward higher education.

“We’re going to have to figure that out,” says Saslaw. “I don’t want to talk about higher taxes right now.”

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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

EDITORIAL

❖ 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.

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❖ 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.

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)

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:

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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 3

“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 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 fur-

loughed “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 continue 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.”

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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 mis-sion 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 Wash-



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

ington Area Bicyclist Association, "raises the awareness," of biking in the metropolitan area, she said.

Commuter Connections Director Nicholas Ramfos has been a driv-

ing 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



Tune ups are a must at the pit stop.

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 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.

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Fire Investigators determined that the fire was accidental in nature and started in a bedroom adjacent to the garage.



PHOTO COURTESY OF FAIRFAX COUNTY FIRE AND RESCUE

Overloaded Circuit Causes Springfield House Fire

On Thursday, May 16, at 8:57 a.m., units from Fairfax County Fire and Rescue and the City of Alexandria Fire Department were dispatched for a reported house fire in the 5500 block of Sheldon Drive in the Springfield area of Fairfax County.

Units arrived on scene of a two-story, single family home with fire showing from an attached garage. The fire extended into the living area of the home. Crews worked quickly to extinguish the fire. There were no reported civilian or firefighter injuries.

One occupant was home at the time of the fire. The occupant discovered the fire and self-evacuated

prior to fire department arrival. There were smoke alarms in the home, however, they did not work as they did not have batteries.

Fire Investigators determined that the fire was accidental in nature and started in a bedroom adjacent to the garage. The cause of the fire was an overloaded circuit which caused high resistant heating in the electrical wiring.

Four occupants were displaced because of the fire. Red Cross assistance was offered and accepted. Damages as a result of the fire were approximately \$73,750.



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Competing Through Pain

Springfield resident Nicole Doering keeps running, horseback riding despite two hip surgeries.

By ROBERT BLIZARD
THE CONNECTION

When you're an athlete, you're used to overcoming obstacles, such as pushing to a new level to overcome your record for a personal best. But sometimes the obstacle is your own body. And the help you need must come in the form of a surgeon.

Such is the experience of 41-year-old Springfield resident Nicole Doering, who has undergone two hip surgeries at a young age. Despite these health obstacles, the extremely active jock, who graduated from JEB Stuart High School in 1996, continues in an array of fitness pursuits.

In her late twenties, Doering, who was living in New York at the time while working as a model, began to feel a significant amount of pain in the back of her right leg.

"I thought it was high hamstring pain. The shooting pain would go through my whole back side," she explained.

She found it painful to wear high-heeled shoes when modeling. Initially, she thought she had pulled or torn a muscle. Then, she went to a few doctors until she saw one who diagnosed her hip as the problem and told her she would need surgery.

"When I heard that, I thought it was the craziest thing," Doering said. "I was only 29 years old!"

THE SERIOUS RUNNER who played soccer throughout her childhood learned she was suffering from hip impingement, a condition in which the ball and socket of the hip joint are affected by contact and friction, leading to pain and joint damage. Known as femoroacetabular impingement, or FAI, the condition is partially genetic, according to Doering, but was exacerbated by her devotion to high-impact sports.

The first surgery had her down for a while but not out. Once healed, she went right back to half-marathons of 13 miles and triathlons that require participants to run, bike and swim.

Fast forward more than five years, she began experiencing pain again. Now living in Northern Virginia and 35 years old, Doering was running and spending a lot of time horseback riding. She managed the pain by cutting out half-marathons and stuck to triathlons to keep running distances under 10 miles.

"I started feeling pain in my other hip. Sometimes, it was so bad, I would want to cry," she noted.

She always suspected that her other hip might need surgery one day due and that began to look like more of a reality. Eventually, the pain became overwhelming and Doering found she could not get comfortable whether she was walking, standing or sitting.

Nicole Doering participating in the swimming portion of the Lum's Pond Triathlon.



PHOTO COURTESY OF NICOLE DOERING



PHOTO BY GALE HADANI.

One of Nicole Doering's headshots from her modeling days.



PHOTO BY LISA REID

Nicole Doering jumping with her horse in Berryville, Va.

She then met Dr. Andrew Parker, who operated last year on her other hip. But this surgery was a much smoother experience.

"For my first surgery, the post-op pain was excruciating but this time I was able to transition to ibuprofen only three days after the surgery. Dr. Parker was great," said Doering. "I will never let another doctor operate on my hips."

Now a senior contract manager for a non-profit helping people with intellectual disabilities, she had told her surgeon that she wanted to train after the operation for her favorite triathlon, which takes place annually in Pennsylvania.

To recover from the surgery and train for the race, Doering diligently completed her

required physical therapy and started limited upper body workouts at the Gold's Gym in the Bradlick Shopping Center of Annandale, where she'd been a member for years.

"I used Gold's as my second rehab place. Within one week after surgery, I was at the gym. It gave me a sense of normalcy," she said.

She explained that the manager suggested exercises and her bootcamp leader modified exercises for her. But, first, they talked with Doering about her recovery plans and her future goals to arrive at an action plan to help her.

"We focused on Nicole's overall fitness to help with her upcoming triathlon," said Brent Arnholter, the General Manager of the

Gold's Gym in Annandale. "We included bootcamp workouts which help her strength and agility."

Gold's Gym trainers are certified through the National Academy of Sports Medicine and regularly deal with special populations and people of all fitness goals to help them work around surgeries and come up with alternate exercises.

"Nicole is truly one of a kind; she is one of the few people I've seen that has so much heart and persistence. Once she has a goal, she goes after it," said Arnholter. "Having two hip surgeries and making no excuses, she came into the gym three to five times a week and worked her butt off weightlifting and running."

"I also was getting a lot of help from other Gold's members," noted Doering. "People were so kind when they saw me in the brace I had to wear. I may not have always have known their names but they were like a family to me. It's a good group of people there."

"I still have a lot of support from other members at Gold's. There are about five of us ladies who all run together on the treadmill on Sundays. We all get treadmills next to each other and run, talk and laugh. It makes the miles fly by! Running with those ladies was a huge motivator for me to get back after my surgery and something I look forward to every Sunday," Doering said.

She intends to remain active with fitness and knows her doctor will refrain from advising her to slow down.

"Some surgeons are more athlete-friendly," she said. "The only other option is not to exercise so much, which would mean gaining weight, possible hypertension and other health problems."

THESE DAYS, Doering continues with racing. She also remains involved with horseback riding, including competitive dressage.

With her mare, Doering gets a break from impact on her hips. That doesn't mean, however, that hip action isn't a significant part of horseback riding.

"The hips must follow the biomechanics of the horse. They swing with the horse's particular gait. The hips must be open in order to not impede the way the horse moves," explained Donna Gatchell, an instructor certified by the U.S. Dressage Federation and Doering's coach.

According to Gatchell, "The rider must be relaxed and free of pain in order to open her hip angle."

Tight hips not only cause the rider pain but also result in a rider not effectively moving with the horse. The consequence is conflicting signals to the animal, such that the horse's responsiveness is not as strong as it could be, the coach pointed out.

But, despite the severity of her condition and due to her dedication, Doering's hip issues did not encumber her efforts with her mare.

"During recovery, the hardest thing with equine events is getting on and off the horse due to the rotation of the hip. I found that out the hard way," she laughed.

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 your 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



PHOTO BY MARILYN CAMPBELL

Berries of all types are rich in antioxidants.

"Berries are great for the skin because they help keep inflammation down. Green, leafy vegetables especially parsley and lettuces offer tremendous nutrition."

— Sara Ducey, Professor of Nutrition, Montgomery College

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.

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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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Catherine A. "Kay" Frankhauser, 96, a resident of over 60 years in the Northern Virginia and Washington, D.C. area, passed away peacefully in her home in San Rafael, California on March 27, 2019.

She was born in Worcester, Massachusetts and daughter of Manoog and Helen (Kushigian) Berberian, who owned and operated Berberian's Farm in Northboro, Massachusetts. In 1943 she left the family farm and honorably served her country in a career of 33 years of service that started at a time when the world was in turmoil during WWII. Catherine joined the U.S. Marine Corps Women's Reserve serving as a Dispatcher for communications and transportation. She later moved to Washington, D.C. and worked for the Census Bureau, then the Post Office Department and the Department of the Army in the Pentagon. Catherine later retired from the Naval Facilities Engineering Command

(NAVFAC) as a Housing Management Officer in the Planning and Acquisition Division, responsible for development and management of Navy family housing policy and procedures across the United States and facilities around the world. Across her career, she received U.S. Campaign Medal, WWII Victory Medal, numerous Letters of Commendation, and Outstanding Rating and Sustained Superior Performance Awards.

Catherine served as President of the NAVFAC Toastmasters Club and also as Treasurer of National Active and Retired Federal Employees Association (NARFE) for the State of Virginia. She played golf on the women's team as member of the Springfield Golf and Country Club for many years. She enjoyed traveling and was a member of the Shillelagh Travel Club and the Washington Ski Club. In 1992, she competed in a women's NASTAR ski race and was named, "Top Racer in the State" for the 70-Plus age category. Catherine volunteered with activities and camps for disabled children through Fairfax County, Virginia and was recognized repeatedly for her service to her community.

She especially loved spending time with her grandsons, who brought great joy to her later years. Catherine is survived by her daughter Karen Brewer, her son-in-law Daniel Brewer, and grandchildren Gregory, Michael, and Harrison Brewer as well as nieces and nephews.

Catherine is being laid to rest in Sacramento Valley National Cemetery in Dixon, California signifying many years of service to our nation.

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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.czartlessions.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.czartlessions.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/.

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 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 pray 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.

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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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