

Burke CONNECTION

HOME LIFE STYLE

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Angela Camp took pictures of the Bald Eagles at Lake Braddock: Numerous eagles enjoy the lake 'due to high levels of fish,' says photographer.

Bloomberg Finds Support and Opposition in Virginia

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Bloomberg Finds Support and Opposition in Virginia

BY CONOR LOBB
CAPITAL NEWS SERVICE
RICHMOND, VA.

Roughly two weeks before Super Tuesday, former New York Mayor Mike Bloomberg was in Richmond looking for support from voters and from many of the lawmakers whose campaigns he helped fund.

The day after Valentine's Day, the Democratic presidential candidate campaigned around the city, stopping first for an afternoon speech at Hardywood Park Craft Brewery. The event attracted about 900 people, according to his campaign staff. In the evening, Bloomberg attended the Blue Commonwealth Gala at Main Street Station in downtown Richmond. The gala is an annual fundraiser hosted by the Democratic Party of Virginia.

"This is the event that keeps the lights on," said Andrew Whitley, executive director of the Democratic Party of Virginia.

Bloomberg also campaigned in Arlington earlier in the week, appearing with D.C. Mayor Muriel Bowser. Bowser also appeared for Bloomberg at an event and straw poll at Mount Vernon Unitarian Church. Former U.S. Senator Chris Dodd (D-CT) spoke for former Vice President Joe Biden at the Mount Vernon event. Bloomberg's campaign garnered 63 votes to win the straw poll there at the gala sponsored by the Mt Vernon District Democratic Committee. Amy Klobuchar was second with 24 votes, and Pete Buttigieg third with 22. Other votes were: Elizabeth Warren, 18; Bernie Sanders, 14; Joe Biden, 12.

During the Hardywood and Blue Commonwealth Gala events, Bloomberg apologized for the controversial stop-and-frisk policy in place when he was New York's mayor. He said the policy disproportionately affected young men of color. Stop and frisk is a procedure where a police officer stops a person on the street they believe might be armed and pats them down to search for weapons. In 2011, during Bloomberg's ninth year as mayor, the New York City Police Department stopped over 685,000 people under the stop-and-frisk policy, according to the New York Civil Liberties Union. A majority of those searches were performed on Black or Lantinx people (87%). The NYCLU said that 88 percent of people stopped were innocent.

"I defended it for too long, I think, because I didn't understand the unintended pain it caused to young black and brown kids and to their families," Bloomberg said. "And for that, I have apologized."

Bloomberg pledged that if elected, he'd prioritize dismantling systems of bias and oppression. He did not elaborate what those systems were or how he would change them.

The Virginia Citizens Defense League, a gun rights advocacy group, protested at both of Bloomberg's Richmond events. VCDL protesters, who are opposed to



PHOTO BY CONOR LOBB/CAPITAL NEWS SERVICE

Presidential candidate and former New York Mayor Mike Bloomberg was in Richmond looking for support from voters and from many of the lawmakers whose campaigns he helped fund.



U.S. Rep. Don Beyer was master of ceremonies at a Mt Vernon District Democratic Committee (MVDDC) straw poll and Mardi Gras fundraiser Sunday. MVDDC chair Maritza Zermeno joins him on stage.

Bloomberg's gun control policy, entered Hardywood brewery and called Bloomberg a fascist while he was speaking. They were removed from the brewery by Bloomberg supporters and staff and resumed their post outside. They did not enter Main Street Station but lined the street outside, where other anti-Bloomberg protesters were gathered.

Anti-Bloomberg sentiment was also visible inside the gala. Jasmine Leeward, a board member of Richmond For All, approached the podium while Bloomberg was speaking and attached a sign that read: "He protects racist systems, will you?" It was

quickly taken down and Leeward was escorted away from the stage. Richmond For All is a coalition that fights for housing, education, environmental rights and racial justice.

Leeward explained the sign, saying that Bloomberg protects racist systems by only offering an apology and "not actually repaying for the harms that were caused by his stop-and-frisk policies."

"I saw a lot of politicians, both at the city and state level, kind of forgiving or not being truthful and honest about how dangerous he would be as a president," Leeward said. "And so I did what I felt like I needed

to do, which was to talk to the people who have the power to get him elected and ask them if they support racist systems and protect them, as I feel Mike Bloomberg does."

After the sign was removed, Bloomberg said, "It's always nice to be welcomed."

At the gala, six Democratic candidates for president were represented by surrogates, influential people who campaign for candidates at events, but Bloomberg was the only candidate who appeared. Virginia's key leaders were in attendance, including Gov. Ralph Northam, Lt. Gov. Justin Fairfax, House Speaker Eileen Filler-Corn, Attorney General Mark Herring, and Virginia Congresswomen Elaine Luria, Abigail Spanberger and Jennifer Wexton.

Bloomberg received support from Filler-Corn during her speech at the gala.

"I want to thank Mayor Bloomberg for helping to turn Virginia blue," Filler-Corn said.

Bloomberg said winning in Virginia is a key part of his electoral strategy.

"I want to thank Mayor Bloomberg for helping to turn Virginia blue."

— House Speaker Eileen Filler-Corn

Everytown for Gun Safety, a gun control advocacy group largely funded by Bloomberg, has spent \$3.8 million since 2017 to help usher in Democratic legislators. After the 2019 elections, the Democrats gained a majority in Virginia's executive and legislative branches for the first time since the early '90s.

Bloomberg said that defeating President Donald Trump is one of the main reasons he entered the race.

Charles Bissett, an Army veteran who is leaning toward voting for Bloomberg, said that he thinks that Bloomberg will have the best chance of implementing Democratic policy. In particular, Bissett supports how Bloomberg handled education reform as mayor of New York.

Under Bloomberg's administration, the graduation rate for high school students went from less than half to nearly two-thirds, according to a 2013 article by *The Atlantic*. Bloomberg also said he raised teacher salaries in New York by 43 percent.

Bloomberg ranks third in an average of national polls for the Democratic presidential nomination, according to polling data from RealClearPolitics that also has Sen. Elizabeth Warren closely trailing him.

Black History Month 2020

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



A tradition in the House of Delegates that has come about in recent years is to have a speech at the beginning of each daily session during February about a Black person. Some speeches are about well-known historic figures; most are about lesser-known Black persons who have made contributions to their communities and to the state. After all, the point of Black History Month is to have all of us gain a greater knowledge and appreciation of Black persons' contributions to our history. The Legislative Black Caucus organizes the event, and I am pleased to have been invited to speak each year at one of the daily sessions. This year I spoke about the late Gwen Ifill of PBS NewsHour and Washington Week in Review who was the first Black woman to become a national news commentator. I always appreciated receiving the daily news from her in her calm and professional manner. Not all speeches are about historic figures; one delegate spoke

this year about his experiences of growing up Black.

I predict that in future years a speech will be made on the floor of the House of Delegates about the 2020 Virginia General Assembly being a transformative event in Black history. Black experience accounts for a major portion of the story in a state that unfortunately has been known for centuries for its racist policies. The first enslaved Africans were brought to Virginia in 1619, and the slave codes that were enacted to keep them subjected as slaves were inhumane. When the tobacco fields were no longer productive, Virginia's chief source of income became the selling of slaves into the deep South. Even the freeing of the slaves with the Civil War did not bring equal rights to Virginia's Black population. Slave codes were replaced by Jim Crow laws. Voting by Blacks was restricted. Their separate schools and other accommodations were not equal.

Supreme Court decisions and the Civil Rights Act of 1964 and the Voting Rights Act of 1965 brought about changes that started Black people on the way to greater freedom. A suc-

cessful lawsuit against gerrymandering in the state along with greater voter participation brought about a record number of Black candidates being elected to the General Assembly. Black legislators took on greater roles of responsibility in the 2020 session of the legislature. The first Black woman was elected Majority Leader of the House of Delegates, and the first Black woman was elected President of the State Senate. While there had been a few Black committee chairs over the years in the House of Delegates, half of the fourteen committee chairs are now Black. Vestiges of Jim Crow laws that remained in the Code even though they had been overturned by the courts are being stripped away. Localities are being given permission to deal with Confederate monuments that were the symbols of Jim Crowism. Laws that were unevenly applied to Black persons are being amended or repealed. Black cemeteries are being cared for as the Confederate cemeteries were for many years. A commission is going to look at the teaching of Black history in our schools to ensure that it tells the whole story. Major strides are being made in this month of Black history!

Arriving at Crossover with Many Bills Moving

Driver privilege, minimum wage, class action lawsuits, marijuana decriminalization ...

BY SEN. SCOTT SUROVELL
(D-36)



The sixth week of the General Assembly brought us to "crossover" – the day each chamber is required to cease work on their own bills and work on bills from the other chamber.

The last two days brought furious action on many major bills. Forty-three of my own bills crossed over to the House of Delegates. Last week, the Senate passed my legislation creating driver privilege cards for undocumented immigrants for the first time and on a bipartisan basis. We still have work to do in order to reconcile the House and Senate bills, but it will change the lives of over 100,000 Virginia residents.

We also passed my legislation authorizing state-level class action lawsuits. Forty-eight other states and the District of Columbia already allow similar lawsuits. The lack of such remedies in Virginia means that corporations can steal money from Virginians in smaller amounts and never face justice.

The Senate also approved my bill allowing people to expunge evictions that have been dismissed. Companies have begun to collect and disseminate eviction records to landlords and the existence of multiple dismissed and unfounded eviction cases can present a barrier to property rental. My bill will allow people to clear unfounded lawsuits from their third party data files.

We also passed my bill to create the Virginia

Efficient and Resilient Buildings Board. It requires each state agency to designate an energy manager to monitor and reduce energy consumption over time. Energy efficiency is America's cheapest energy resource to access and I appreciate the collaboration with my constituent Elizabeth Beardsley and the United States Green Buildings Council who brought this concept to my attention.

The Senate also approved my bill I am carrying with Del. Kathleen Murphy to create two hundred \$4,000 college scholarships for children in families who receive Temporary Need for Families (TANF). The bill has passed the Senate four times but always dies in the House. This year will be different.

Beyond my own bills, we took action on majority legislation. Sen. Adam Ebbin's marijuana decriminalization bill passed with a large bipartisan majority. The bill is not perfect, but an appropriate first step as we move towards legalization.

I helped to negotiate the Senate's proposed minimum wage increase. The bill increases the state minimum wage to \$9.50/hour starting January 1, 2021. The wage then increases \$1/hour per year starting July 1, 2022 until it reaches \$15/hour and then increases with the Consumer Price Index. Other parts of Virginia would be divided into Wage Regions and the wage increased on a basis relative to their Median Family Income compared with Northern Virginia. We also created an exemption for training employees and students employed

part-time while in college or high school. The House approach is much different and must be reconciled.

Both chambers passed legislation allowing collective bargaining by public employees, ending Virginia's ban on project labor agreements, and allowing localities to require prevailing wages to be paid in public contracts. We also passed legislation creating private actions for worker misclassification, employer retaliation for reporting illegal conduct, and wage theft.

On the energy front, we passed bills endorsing a renewable energy portfolio standard or mandate that utilities shift to renewable energy by certain deadlines. We created a framework to authorize a \$2 billion investment in offshore wind that will make Virginia and Hampton Roads a national leader in technology deployment.

We also passed legislation to officially join the Regional Greenhouse Gas Initiative (RGGI) also known as "Reggie." Joining this compact will give the Commonwealth greater flexibility in reducing carbon emissions and net the Commonwealth \$100 million per year in revenue given the progress we have made this far relative to other compact states.

We also passed Senator Adam Ebbin's legislation authorizing a statewide tax on plastic bags of \$0.05 per bag. It only applies to bags in grocery, convenience, and drug stores, but not restaurants. The monies will go to the General Fund and retailers will be allowed to keep \$0.02 of the tax to defray the costs of collection.

Each chambers' proposed budgets will come out before this goes to print and we will also begin work on legislation from the opposite chamber and the state budget. Please send me any feedback at scott@scotturovell.org.

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An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

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NEWS DEPARTMENT:
south@connectionnewspapers.com

Kemal Kurspahic
Editor ♦ 703-778-9414
kemal@connectionnewspapers.com

Andrea Worker
Contributing Writer
aworker@connectionnewspapers.com

Jean Card
Production Editor
jcard@connectionnewspapers.com

ADVERTISING:
For advertising information
e-mail:
sales@connectionnewspapers.com
703-778-9431

Steve Hogan
Display Advertising, 703-778-9418
shogan@connectionnewspapers.com

Debbie Funk
National Sales
703-778-9444
debfunk@connectionnewspapers.com

David Griffin
Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Classified & Employment
Advertising
703-778-9431

Editor & Publisher
Mary Kimm
mkimm@connectionnewspapers.com
@MaryKimm

Executive Vice President
Jerry Vernon
703-549-0004
jvernon@connectionnewspapers.com

Managing Editor
Kemal Kurspahic
Art/Design:
Laurence Foong, John Heinly,
Ali Khaligh
Production Manager:
Geovani Flores

CIRCULATION
Circulation Manager:
Ann Oliver
circulation@connectionnewspapers.com



LETTERS

Virginia Teachers Need and Deserve Collective Bargaining Rights

To the Editor:

I am an elementary school teacher in Fairfax County who has been teaching for 27 years in Virginia's public schools. I know I speak for my colleagues in saying we all want what is best for our students and their families.

We see the effects of 31 third graders in a classroom or teaching positions staffed by a patchwork of substitutes because there just aren't any teacher applicants to fill them. We experience burnout

caused by administrative requirements, too little time to plan, and thus "burning the candle at both ends" due to our dedication towards providing well planned, meaningful lessons for our students. We also see the exodus of quality teachers due to such burnout.

Despite these challenges, we work closely with our students to further their successes and close gaps. But none of the conditions described above are conducive to student success.

Legislation currently moving through the Virginia state legislature would change that by enabling collective bargaining for teachers, which provides a forum for employers and employees to join together to tackle such problems through negotiation. Kudos to the majority of our state delegates who supported the collective bargaining bill for educators. I hope our state senators will support it as well!

The importance of access to collective bargaining for teachers cannot be over-

stated. It would give us a say in decisions regarding our students' education. It would help ensure that policies are applied and adhered to in the same way from school to school within a district. Most importantly, it would enable us to work collaboratively for the betterment of all, which is a win for educators, for students, for the school system and our communities.

Dan Hale
Fairfax County

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Bald Eagles at Lake Braddock

Angela Camp took these pictures of the Bald Eagles at Lake Braddock: Numerous eagles enjoy the lake 'due to high levels of fish,' says photographer.

PHOTOS BY ANGELA CAMP



Sheehy Ford of Springfield Donates \$5,000 to Good Shepherd Catholic Church

Sheehy Ford of Springfield recently donated \$5,000 to Good Shepherd Catholic Church as part of Sheehy Auto Stores' annual Giving Program for 2019, whereby \$135,000 was given to charities throughout communities in Washington, D.C.; Baltimore, Maryland; Hagerstown, Maryland and Richmond, Virginia. Pictured, from left, are Maxx Manu of Sheehy Ford; Claudia Fiebig of Good Shepherd Catholic Church; Rev. Thomas P. Ferguson; Sina Mohabat, General Manager of Sheehy Ford; and Shane Mullins, Service and Parts Director for Sheehy Ford.



PHOTO CONTRIBUTED

The stretching and downward seeking dog are part of YogaSix coming soon to Burke.

New Spin to Yoga Coming Soon to Burke

BY MIKE SALMON
THE CONNECTION

In March, YogaSix, a new kid on the block yoga-wise, is scheduled to open in Burke, introducing six different varieties of formats and adding a variety to the fitness craze that made the "Downward Dog," a household phrase.

"It's fun, modern and accessible to all," said Darren Nilsen, the co-owner of the new studio along with his wife.

YogaSix will be at a location on the Burke Centre Parkway, and one of several Yoga Six studios that the Nilsens are opening in this area over the next few months. The others will be in Tysons, Ashburn, Gainesville and Reston.

Yoga Six is a nationwide chain of yoga studios where the "teachers have been trained in the YogaSix methodology to provide a consistent but creative experience for each class type every time. They teach in a way that is easy for everyone to follow and understand. Our expert staff will help you find the right class to help you achieve your goals," their website states.

There are many yoga places in Fairfax County, but Nilsen feels the Yoga Six approach to teaching is needed. "People are looking for a different form of yoga, a milder approach," he said. Their yoga and fitness classes address the complete needs of the body in movement and intensity to conquer plateaus, continually progress, and

repair itself, their literature states. "We're about treating yoga as fun," he added.

It seems like everyone does yoga but Nilsen said that only eight percent of the population practices yoga, so that leaves 92-percent of the population that doesn't practice, so there is room for more studios, he thinks.

Nilsen is an alumna of South Lakes High School in Reston and wasn't too impressed with yoga when he first tried it, but grew to like it after he used it as a treatment for a pulled hamstring in his leg. His doctor recommended it as treatment, and now he practices regularly. One of his instructors is fellow South Lakes alumna Christiane Popperwell, who reunited with Nilsen through Yoga Six. "She was blown away by the idea and wanted to be part of it," he said.

The Burke location suits Popperwell too. "We are hoping to reach the very first timer and the experienced yogi as well to build a strong yoga community in the Burke area," she said.

The six core classes they offer are Y6 101, Y6 Restore, Y6 Slow Flow, Y6 Hot, Y6 Power, and Y6 Sculpt and Flow. The hot yoga doesn't have the 90 minutes of rigid poses like Bikram Yoga, but there are different levels of heat and lots of sweat.

Yoga training classes are available as well.

When it opens in March, the address is: YogaSix, 5765 Burke Center Parkway, Burke.

BULLETIN BOARD

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

SUNDAY/FEB. 23

Town Hall Meeting. 1 p.m. At 8390 Laurel Crest Drive, Lorton. Sen. Scott Surovell and fellow legislators will host town halls throughout the 36th District in February. The legislators will discuss their legislative agendas and take questions from the audience. Some topics will include: Transportation, Education Funding and Reform, The State Budget and Tax Reform, Redistricting, Medicaid Expansion, Marriage Equality and LGBTQ Rights, Firearm Violence Prevention, Civil/Criminal Justice Reforms, Consumer Protection/Predatory Lending, Investing in Green Energy, Reproductive Choice Issues, Protecting Environmental Interests.

SUNDAY/MAY 17

Psychic Fair. 9-5 p.m. At Arlington-Fairfax Elks Lodge, 8421 Arlington Boulevard, Fairfax. Psychic Fair for both those who are serious and for those who are just curious. Event can be a life-changing experience or just a fun time. Many of the best psychics, mediums, healers, and readers of all types, along with related arts and crafts vendors from Virginia and the surrounding areas. Note: 75% of tables offer some type of readings, 25% of tables offer related arts, crafts, books, oils, crystals, sage, herbs, information, jewelry, etc. There will be 44 vendors. All under one roof, all in one room, indoor event, free parking. Cost: \$5 in advance \$10 at the door. Visit the website: <https://va-psychic-fair-2020.eventbrite.com>

SEE BULLETIN, PAGE 11

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HOME LIFE STYLE

Traditional-Style Makeover Satisfies

A second act for family home.

BY JOHN BYRD

Sometimes the second act requires a set change. In the case of a Reston couple seeking to re-vitalize the home they had occupied for 30 years, agenda-busy lives had come to a reflective pause.

The kids were now in senior high school and college—mostly living at home. The lower-level family entertainment area, meanwhile, belonged to a by-gone era. The master suite was, likewise, an anachronism.

The circa 1990s kitchen in the northwest corner of the first floor provided easy access to both an adjacent family room with fireplace, and a dining room/living room—which, nonetheless, were being used less frequently. In short: the house was ready for new beginnings, revisions more properly aligned to a dynamic family's actual needs.

"Of course, large-scale life changes don't necessarily require a whole house makeover," Sun Design president Bob Gallagher admits. "We advocate an incremental approach focused on what is needed now, and what changes will satisfy the whole regimen of foreseeable requirements."

On the other hand, when a homeowner is discovering an interior design style that speaks to them, "the process may build momentum," he adds, "especially when the owners have been given the tools needed to explore ideas in depth."

By tools Gallagher refers to multi-faceted space-planner/lead designer Ericka Williams, and the project team at Sun Design Remodeling.

"It was an inspiring collaboration," Gallagher allows. "The owners had attended Sun Design seminars earlier, toured several remodeled homes and talked to our past clients...so they knew what to expect. Turns out, this was just the beginning of their discovering more about their personal tastes."

To start at the top: that summer the owners had celebrated 23 years of residency in their two story, four bedroom production house, and were taking stock of what they wanted from the years ahead.

At just over 1,000 square feet, the home's primary level living area seemed adequate relative to living space requirements. The problem was that the original space plan and interior finishes were quite dated. Bathrooms designed in the 1990s featured oversized bathtubs, small showers and a vanity illuminated by Hollywood strip lighting. The children's playroom in the lower level had been set up for grade school activities. Walls formed to define rooms also blocked the light, and obstructed visual continuum.

The food prep island in the kitchen, meanwhile, nearly abutted a breakfast table which was, in turn, sequestered from the family room by a half wall. When entertaining was underway, the kitchen was beyond the conversational reach of both social gathering zones. Moreover, with the microwave above the cooktop and refrigerator to the right, the cook's work triangle was often in the center of traffic bottlenecks.

"There was a wall with an HVAC duct separating the kitchen from the dining room/living room," Williams recalls. "The original Formica countertops didn't function well as a working surface for hot pots and pans."



Glass-facing cabinets, a 25-bottle wine refrigerator and a granite-topped serving station now unify the kitchen and the family room.

PHOTOS BY GREG HADLEY



To generate more light and living space in a circa 1990s house, Sun Design Remodeling removed a wall between the kitchen and great room. A granite food prep and dining counter replaces a stand-alone breakfast table. The wine refrigerator is convenient to the re-designed family room.

Elsewhere, main level carpet and tiling were becoming threadbare. While the dining room and kitchen had been originally conceived for formal entertaining, the reality was a 24 ft x 16 "great room"—mostly reserved for holidays.

"Interior lines were not well articulated," Williams says. "The first level rooms were large enough, but the space seemed looming, almost empty."

What was needed was an "open" plan with interactive, clearly defined activity zones.

Seizing the day, Williams proposed a custom buffet as a way to differentiate the dining zone and from the living room. The piece would function as a service station and storage unit from both sides.

To better articulate the main level interior, Williams re-routed the HVAC duct work and converted the wall into a pair of arched openings crowned. Taupe-hued walls combined with a soft white trim confer a stately elegance on uncluttered sightlines.

Glass-facing cabinets, a 25-bottle wine refrigerator and a granite-topped serving station now unify the kitchen and the family room. The fireplace surround is MSI Gray Oak tile in a straight lay pattern. The new flooring is 5-inch plank gray-stained solid maple.

Upstairs, the new spa bath features a large walk-in shower with a bench seat, "cubbies" designed for personal-use and hand-held shower sprays. Among the lighting enhancements: overhead LED recessed lighting and decorative sconces.

The lower level now boasts a state-of-art entertainment center and is equipped with refrigerator and wet bar.

Sun Design Remodeling frequently sponsors design and remodeling seminars as well as tours of recently remodeled homes. For more information, visit www.SunDesignInc.com/Events or call 703-425-5588.

JOHN BYRD (BYRDMATX@GMAIL.COM) HAS BEEN WRITING ABOUT HOME IMPROVEMENT FOR 30 YEARS.

WWW.CONNECTIONNEWSPAPERS.COM

CALENDAR

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

ONGOING

The Beauty of Wood. Now thru March 2. At Artists' Undertaking Gallery, 309 Mill Street, Occoquan. The Artists' Undertaking Gallery presents "The Beauty of Wood". This exhibit features photography and digital paintings by David and Jane Ernst of Springfield, and wooden boxes by Jon Kaufman of Fairfax Station. A Meet the Artists Reception will be held on Saturday, Feb. 8, from 11 a.m. to 4 p.m. Contact the gallery at 703-494-0584 or at info@artistsundertaking.com. Visit the website www.artistsundertaking.com

Funday Monday. 10:30-11:30 a.m. Mondays now thru March. At Old Town Hall, 3999 University Drive, Fairfax. Play, paint, sing and dance at Funday Monday in the City of Fairfax. This season they are bringing back My Gym to help everyone move and play together, Oh Susannah! with her guitar to sing some old songs and have just as much fun with new ones, and Good Gollie it's Mollie will be coming 'round with more games and playtime fun. They would like to welcome some new friends as well like Drew Blue Shoes, a magician whose magic will leave you mystified and a kids' nature puppet show will come to teach us about the jungle in our backyard. This season they have the local animal shelter and local Spanish emersion group Mi Chu Chu Train coming with specially made programs. Visit the website: <https://www.fairfaxva.gov/government/parks-recreation/cultural-arts>



18th-Century Game Night at Gunston Hall

Gunston Hall will host 18th-Century Game Night on Friday, Feb. 21 in Lorton.

FRIDAY/FEB. 21

18th-Century Game Night. 6-9 p.m. At George Mason's Gunston Hall, 10709 Gunston Road, Lorton. Guests are invited to delve into the past and discover the origin story of games like Life, Craps, and Poker. Finger foods and seasonal adult beverages are part of this 21+ evening event. Tickets are on sale now and can be purchased online at www.gunstonhall.org or at the door. Cost: \$35; \$25 for members. Visit the website www.gunstonhall.org.

St. James Intramural High School Basketball League. Now thru March 10. At the St. James Sports, Wellness and Entertainment Complex, 6805 Industrial Road, Springfield. The St. James invites you to participate in its Middle School Basketball League for Boys & Girls (8th to 12th grade), Now thru March 10, in the new 33,000 square foot Basketball Courthouse on four high school regulation sized courts. The TSJ Intramural High School Basketball League registration fee is \$250 per player and \$600 per team. All games are officiated and statistics provided. The TSJ Intramural High School Basketball league also includes a Playoff round where top

teams in the league will meet. Visit <https://www.thestjames.com/sports/basketball/sessions/8/courses/tsj-basketball-winter-team> or contact Alpha or Pele with any questions at 703-239-6841.

NOW THRU MARCH 30

Monday Exercise Classes. 9:30-10:30 a.m. At Lord of Life Lutheran Church, 5114 Twinbrook Road, Fairfax. Shepherd's Center of Fairfax-Burke offers exercise classes for older adults designed to build strength and improve balance and flexibility. All levels of ability are welcome. Call the SCFB office, 703-426-2824, for class information.

NOW THRU MAY 27

Wednesday Exercise Classes. 9-10 a.m. At The Lutheran Church of the Abiding Presence, 6304 Lee Chapel Road, Burke. Shepherd's Center of Fairfax-Burke offers exercise classes for older adults designed to build strength and improve balance and flexibility. All levels of ability are welcome. Call the SCFB office, 703-426-2824, for class information. (20 weeks @ \$2.50/class = \$50)

NOW THRU FEB. 29

Fairfax City Golden Ticket. 12 p.m. Fairfax City's Economic Development Authority has partnered with the Central Fairfax Chamber of Commerce to host the 2nd Annual Fairfax City Golden Ticket contest in support of the 2020 Chocolate Lovers Festival. The Fairfax City Golden Ticket Contest features three golden tickets hidden within 1,200 chocolate bars made by local chocolatier Cameron's Coffee & Chocolates. The chocolate bars are available for purchase at participating Fairfax City businesses beginning Jan. 31 for \$3 each while supplies last. The contest offers three lucky winners who find the golden tickets a Chocolate Lovers gift basket featuring chocolate and items from participating Fairfax City businesses valued at \$200. To purchase a Golden Ticket chocolate bar, visit any of the businesses listed at fairfaxcityconnected.com/goldenticket2020.

NOW THRU APRIL 3

Friday Exercise Classes. 9:30-10:30 a.m. At Lord of Life Lutheran Church, 5114 Twinbrook Road, Fairfax.

Shepherd's Center of Fairfax-Burke offers exercise classes for older adults designed to build strength and improve balance and flexibility. All levels of ability are welcome. Call the SCFB office, 703-426-2824, for class information. (8 weeks, \$20).

FEB. 19 TO MARCH 29

The Color Green. At Torpedo Factory Artists at Mosaic, 105 District Ave., Fairfax. In celebration of an early spring and St. Patrick's Day, Torpedo Factory artists are tackling one of nature's most ubiquitous colors, green. In its newest exhibit simply titled, Green, the gallery is presenting a selection of original paintings, photographs, jewelry, scarves, ceramics and more, that reflect its various artists' interpretations of the color. Torpedo Factory artists are chosen through a rigorous jurying process and enjoy a high degree of acclaim, both locally and nationally. Savvy shoppers know Torpedo Factory Artists @ Mosaic as a place not only to enjoy fine art but also as a great place to purchase art at affordable prices.

THURSDAY/FEB. 20

Henna Workshop. 6-7 p.m. At Pohick Regional Library, 6450 Sydenstricker Road, Burke. Learn the history and art of henna design with local henna artist Anita Kundal. Attendees will learn how to use Henna tubes and create their own design. Materials provided by Pohick Regional Library. Free. Visit the website:

<https://librarycalendar.fairfaxcounty.gov/event/6225706>

SEE CALENDAR, PAGE 10




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CALENDAR

FROM PAGE 9

SATURDAY/FEB. 22

Indoor Yard Sale. 8 a.m. to 1 p.m. At St. Andrew's Episcopal Church, 6509 Sydenstricker Road, Burke. The youth group has been collecting items for weeks and will have a huge indoor yard sale to benefit their youth activities at church. Please come support them and find some treasure. Visit the website: www.standrews.net

Off the Wall. 2-5 p.m. At the Art and Design Building, GMU Fairfax Campus, Fairfax. Every year GMU opens its Art and Design Building to alumni, parents, prospective students, and the public for a showcase of the visual arts at Mason. Tour 15 open studios and hands-on exhibits with student and faculty artists, enjoy the music, plus create your own works of art - it's a great party. Cost is \$30/regular; \$20/Mason alumni, faculty and staff; \$10/ages 14-18. Ticket and sponsorship proceeds support arts scholarships and guest artist residencies. Sponsorship opportunities begin at \$500. Contact Emily Rusch at 703-993-3872 or erusch2@gmu.edu. Visit the website: offthewall.gmu.edu.

Peace, Love & Art. 6:30-10:30 p.m. At Workhouse Art Center, 9518 Workhouse Way, Lorton. Fundraiser for Workhouse; tickets are \$90/door. Psychedelic cocktails and delicious nibbles; dancing Woodstock-style and casino games; hippie and groovy outfits encouraged. Artwork for raffle.

National Symphony Orchestra of Ukraine. 8 p.m. At GMU Center for the Arts, 4373 Mason Pond Drive, Fairfax. Celebrating their Jubilee

100th concert season, the National Symphony Orchestra of Ukraine (NSOU) presents a concert of Eastern European delights, including a showpiece for cello by Tchaikovsky, Sibelius' first symphony which displays his unique Nordic style as well as his admiration for Tchaikovsky, and Ukrainian composer Borys Lyatoshynsky's symphonic ballade composed as a tribute to the Polish poet Adam Mickiewicz on the centenary of his death. Considered one of the finest symphony orchestras in Eastern Europe, NSOU has achieved international recognition with its extensive touring schedule and more than 100 acclaimed recordings, including Lyatoshynsky's Symphonies No. 2 and No. 3 named The Best Recording of the Year by the Australian Broadcasting Company. Under the direction of Volodymyr Sirenko, the orchestra is joined by world-renowned cellist Natalia Khoma as the featured soloist. Tickets are \$60, \$51, \$36. Visit the website: <https://cfa.gmu.edu/>

SUNDAY/FEB. 23

Hands On Day Activities. 1-4 p.m. At Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Hands On Days, suitable for both adults and children, feature a variety of educational activities involving history and train modeling. Mini-workshops or activities focusing on artifact restoration and preservation might also be featured. Cost of crafts or materials for Hands On Day activities are included in the price of admission. Admission: Museum members and ages 4 and under, free; ages 5-12, \$3; ages 13 and older, \$5; seniors 65 and older

and military both active and retired, \$4. Visit the website www.fairfax-station.org or call 703-425-9225.

BHS General Meeting. 3:30-5 p.m. At Pohick Regional Library, 6450 Sydenstricker Road, Burke. Sara Collini, a Ph.D. candidate in history at GMU, shares her research on enslaved women's role as midwives in Fairfax County and the Chesapeake from 1750 to 1820. Free. Visit the website: www.burkehistoricalsociety.org

Postcards: Musical Journey. 4-5:30 p.m. At Lanier Middle School, Auditorium, 3801 Jermantown Road, Fairfax. If you're tired of being cooped up inside or looking up at gray skies, then come join us for an afternoon of music that is sure to lift your spirits! Included on the program are 'Kilimanjaro - an African Portrait,' by Robert Washburn, filled with a captivating rhythmic vitality and strong musical textures and 'Baba Yetu,' the Grammy Award winning piece written for the video game Civilization IV. Cost is \$10/\$5. Visit the website: <https://www.fairfaxband.org/event/postcards-main-street-community-band-winter-concert/>

Dance Benefit Concert. 6 p.m. At Fairfax High School, 3501 Rebel Run, Fairfax. The Fairfax Academy Dancers are producing a dance benefit concert for the second year. This year's benefactor is The Multiple Sclerosis Society. Dances from the Academy Classes as well as groups from the community will be presented. Some participating organizations are Glen Echo Improvisation Movement Theatre, enVISION from Georgetown Visitation, Nrityanjali, Manassas Youth Ballet, Sundays on TAP, and more. Suggested donation \$20.

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THE CONNECTION
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BULLETIN

FROM PAGE 7

SUPPORT GROUPS

Parent Support Partners, a service of the Healthy Minds Fairfax initiative, are all parents who have received training and are qualified to offer education, support and assistance at no cost to families or caregivers. They provide reliable information that families can use in decision-making and are familiar with services and resources that can help families in distress. Visit www.fairfaxcounty.gov/healthymindsfairfax or www.nami-northernvirginia.org/parent-peer-support.html.

Shepherd's Center of Fairfax-Burke sponsors a monthly meeting on the 2nd Tuesday of each month, noon-1:30 p.m., for caregivers to learn and to share with others experiencing similar challenges. Before attending, contact the facilitator, Eileen Thompson at 703-451-8626 or eileen.thompson1@gmail.com.

Haven of Northern Virginia provides support, compassion, information and resources to the bereaved and seriously ill. To become a Haven volunteer, please call 703-941-7000 to request an orientation. Volunteers must complete a 30-hour training and commit to one year of service answering Haven phones (2.5 hours weekly). Next training is scheduled for fall 2017.

ONGOING

STEM Professionals Needed. Volunteers are needed to assist K-12 STEM teachers in northern Virginia as part of the American Association for the Advancement of Science's STEM Volunteer Program, stemvolunteers.org, during the 2019-20 school year, beginning in September. Please contact Don Rea at 571-551-2488 or donaldrea@aol.com.

Docents Needed. Sundays 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road in Fairfax Station. Greet museum visitors and tell them about the exhibits, the museum and the its railroad and Civil War history. Ideal for those interested in railroads, the Civil War and Northern Virginia history. Training and orientation provided. Other volunteer opportunities are gardening, publicity and exhibit planning. Call 703-945-7483.

Haven of Northern Virginia is committed to offering, support, compassion, information and resources to the bereaved and seriously ill. Volunteers provide individual and group support to those suffering from a loss. Volunteers must participate in a 30 hour training. Training will be offered in October 2018. To volunteer, call Haven at 703-941-7000.

Assistance League of Northern Virginia is an all-volunteer nonprofit organization that feeds, clothes and educates children in need. Assistance League's philanthropic programs touch the lives of thousands of children, including those at 11 Title 1 elementary schools in Fairfax and Prince William counties and the City of Alexandria. There are many volunteer opportunities for community members to contribute to helping those in need through Weekend Food for Kids, tutoring programs and providing new clothing and layettes. To learn more, email: info@alnv.org, or visit www.alnv.org

Docents Needed. Sundays 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road in Fairfax Station. Greet museum visitors and tell them about the exhibits, the museum and its railroad and Civil War history. Ideal for those interested in railroads, the Civil War and Northern Virginia history. Training and orientation provided. Other volunteer opportunities are gardening, publicity and exhibit planning. Call 703-945-7483.

Volunteer Adult Mentors Needed. Help assist the Department of Family Services' BeFriendA-Child mentoring program. The mentors provide opportunities for companionship, guidance and support to children who have been abused and neglected, or who are at risk of abuse and neglect. Contact Ibrahim Khalil at Ibrahim.khalil@fairfaxcounty.gov or 703-324-4547.

Volunteers needed at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Museum offers a variety of exciting volunteer opportunities in Museum events, programs and administration. Contact volunteers@fairfax-station.org or 703-945-7483 to explore services that will fit your schedule and interests. Visit www.fairfax-station.org, or call 703-425-9225 for more.

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One Step Forward, Hopefully Not Two Steps Backward



By KENNETH B. LOURIE

And so, what happens next? There's calm and then there's an eventual storm. The storm to which I refer is what will happen after the March 2nd meeting with my endocrinologist when she will assess and determine the next step in my post-thyroidectomy treatment. Presumably, in conjunction with my oncologist, a coordinated plan will be implemented for treating my two cancers. I can't imagine however, that being treated for two cancers, simultaneously, will be easier than being treated for one. And I doubt, although I don't know, that one medicine will be recommended for the treatment of both my non-small cell lung cancer and my thyroid cancer. We'll know soon enough.

In the interim, I intend to acknowledge and appreciate how easy these next few weeks will be. No appointments with doctors, no diagnostic scans, no procedures, no medicine - and no side effects, and no lab work other than as needed, to measure my calcium and magnesium levels and any other thyroid-related effects. Moreover, I am free to come and go as I please. And it does please me. Because I've earned it. I deserve it and I'm going to bask in it. You think being a cancer patient under constant treatment - for nearly 11 years is in any way amusing? Hardly. I make fun of it to make light of it. Otherwise, the weight of it would crush me. And even though my father always said I had broad shoulders, I'm always fearful that the next result will be the straw that finally breaks this camel's back. After all, I'm only human.

But for now, February 9, as I sit and write, I am three weeks and one day to my next reckoning. And since it's early days yet to know what life will be like after that March 2nd appointment (radiation and/or chemotherapy possibly), I will try to be blissfully ignorant and not think too much how easy and unencumbered my life is at the present. As a cancer patient, ceding control where you can and securing it where you thought you couldn't are keys to managing expectations and minimizing aggravation. Unfortunately, there is no one key that unlocks all doors. And there are plenty of doors, and plenty of doctors too, and plenty of fear waiting for one of your doctors to walk through any of these doors to deliver the results from your most recent cancer-related whatever.

None of which concerns me right now, or rather it shouldn't. And if there's any port in this storm where I can offload some anxiety and get in a little R&R, literally, figuratively, hypothetically, magically, unexpectedly, I should jump at the chance. I am reminded of a conversation I had with my oncologist years ago when I experienced a similar interval between treatment. The medicine I was on had stopped working so we needed to start another, another with unknown benefits and side effects. My oncologist suggested that since I felt good, perhaps we should delay the beginning of the next infusion and that I should take that trip I had always dreamed of because I might never feel this good again. I didn't then and I won't now. When I jump however, I can barely get off the ground.

I haven't exactly been presented this time, with this kind of do-before-you-die opportunity, but there is an erie familiarity to my circumstances. And though I've been down this road trying-to-find out before, I can't be at all certain to what kind of twists and turns await. The last thing a cancer diagnosis provides is a guarantee. Actually, that's wrong. A cancer diagnosis does provide a guarantee: that there are no guarantees. And so, as I prepare for the next phase of my life, the one that begins 11 years after being diagnosed with non-small cell lung cancer, stage IV and being given a 13 month to two-year prognosis to boot, I will quote the late, great Satchel Paige: "Don't look back. Something might be gaining on you."

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



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Just steps to Woodglen Lake, this lovely colonial sits on a peaceful cul-de-sac and is awaiting you! Freshly painted, delight in its gleaming hardwood floors, granite counter tops, 4 big bedrooms upstairs, main level family room, grand sized living room, & banquet sized dining room. There's even a finished lower-level with a recreation room, game room and tons of storage. Best of all, it comes with a 2-car garage and large deck overlooking a fenced backyard! Hurry, don't miss it!



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Manassas COMING SOON \$699,500

Signal Hill Farm is a private 7 acre horse farm in nearby Manassas. Featuring a renovated cape cod owner's home with 4 bedrooms, 2.5 baths, and a main level master suite. Extensive outdoor living options include front porch, multi-level decks, patios, and in ground salt water pool. Center aisle barn with hayloft, water, electric, 4 fenced pastures and so much more. Call for more info.



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703-503-1885
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Falls Church \$1,235,000
Luxury and location all in one place. Exquisite end townhome offering distinctive architectural features. An easy walk to the West Falls Church Metro. Call Judy for more information. Visit: 7720maggielane.com



Springfield \$310,000
Beautiful townhome featuring 3 finished levels, 2 bedrooms, hardwood floors on upper level, updated 1.5 bathrooms, updated kitchen, walkout recreation room. Terrific location. Call Judy for more information.



Sheila Adams
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Lovely home sold in one day in beautiful Middleridge subdivision.



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Burke Centre \$2350/mo.
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