

Burke CONNECTION

WELLBEING

PAGE 6



Emily Smith, Senior, Lake Braddock Secondary School, pictured with U.S. Rep Gerry Connolly (D-11), is one of the recipients of the 2020 Student Peace Awards of Fairfax County.

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In Virginia
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CAPPIES REVIEW

A Heart-wrenching Tale

Lake Braddock Secondary School's production of 'A Piece of My Heart.'

BY MIA BRIDGES
WEST SPRINGFIELD HIGH SCHOOL

The place is Cu Chi, Vietnam; the year is 1967. It is the Vietnam War, and six brave women are doing their best to serve their country and aid the American soldiers in Lake Braddock Secondary School's production of "A Piece of My Heart," a heart-wrenching tale of the effects of war.

"A Piece of My Heart" is a dramatic, powerful play written by Shirley Lauro and based on the memoir of the same name by Keith Walker. It follows six American women who served in the Vietnam war: Army nurses Sissy and LeeAnn, Navy nurse Martha, Red Cross nurse Whitney, intelligence officer Steele, and country music singer MaryJo. These characters are based on real women who served in the war, and the play explores not only their experiences in Vietnam but also how it affects them once they return stateside.

Braddock's production is led by six amazing actresses who each portray one of the six women serving. Each actress had her own very distinct character that had a very clear arc from the beginning to the end of the show. The amount of understanding each actress had for her character's growth and interaction with the story was abso-



PHOTO BY JAMIE GROVE

From left: Angelia DeJesus, Amy Smith, Ellen Keil, Savannah Raeder and Megan Orlando in Lake Braddock Secondary School's production of 'A Piece of My Heart.'

lutely incredible. Sissy (Adeline Merlo), for instance, created many powerful moments that tied her story together, such as her breakdown over the death of a soldier who carried her photograph and her learning that her daughter was affected by Agent Orange disease. Whitney (Zoey Golabek) and LeeAnn (Jannesta Marshall) also provided strong performances with confidence that helped carry the show; they drew the audience's attention every time they were on stage with their brilliant stage presence. Additionally, Martha (Maddie Hovastak), Steele (MaKayla Super), and MaryJo (Sa-

vannah Raeder) all had wonderfully consistent mannerisms that really sold the authenticity of their characters to the audience. Together, the six actresses built a strong, confident leading cast that piqued the audience's interest in every second of the show.

The lighting in Braddock's "A Piece of My Heart," designed by Ethan Feil, contributed wholeheartedly to the mood of the play, and it did so beautifully in every instance. The cyclorama was lit with a variety of colors based on what was happening in the scene: at Christmastime, it was red and green;

while the women were partying, it shifted between different rainbow patterns; and during mass casualties, it was colored a dramatic, bloody red. In addition to this, the lighting was used to create many different effects; for instance, during the bombing scenes, lights were turned rapidly on and off in order to emulate emergency lights. The lighting crew also never missed a cue; every blackout was right on time and every spotlight was in its exact place.

The special effects in Braddock's production consisted of incredibly realistic fake wounds that demonstrated how gruesome the war was to the audience. Designer Aaron Ruggiero created faux cuts, burns, and even amputations that shocked the audience with their realism, building very powerful scenes that showed the horrific sights that the nurses had to deal with on a daily basis. When fake blood from the bodies squirted onto Martha, Sissy, and LeeAnn, the audience truly grasped how terrifying their job was.

Lake Braddock Secondary School's performance of "A Piece of My Heart" was heart-wrenching, beautiful, and powerful beyond words. With a strikingly strong cast and stellar tech design and execution, Lake Braddock Theatre caused every audience member to leave a piece of their heart with this gorgeous story.

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Family, friends and loved ones pack the community center at the 2020 Student Peace Awards of Fairfax County.



Student Peace Awards Presented

Senior and junior high school students honored.

BY MERCIA HOBSON
THE CONNECTION

The 2020 Student Peace Awards of Fairfax County, held Sunday, March 1, recognized high school junior and senior students at 24 public and two private high schools in the county who made a positive contribution to their school or wider community by promoting mutual understanding and respect for all people. Held at the Stacy C. Sherwood Community Center in Fairfax, sponsors, family and friends celebrated the accomplishments of the recipients at a public reception.

Last fall, organizers asked the schools' principals to nominate one outstanding student or student group for the award, proactively seeking a likely nominee. This year's recipients worked as peacemakers in a variety of settings according to emcee, Margaret Fisher, who during her remarks at Sunday's reception gave a brief overview of each student's accomplishment.

According to Fisher, in **Vienna at Cedar Lane High School**, Senior Sage Quick and Junior Will LaWalt volunteered to serve as peers in a Personal

Development class that taught social skills, decision-making, and coping strategies for difficult or confusing situations. "Peers model communication skills as they listen to students talk about their interests and concerns. They then help the students in the class remain calm and focused," Fisher said.

Sarah Gu is a Senior at McLean High School. When she visited her family in China there the last five summers, she offered the children free lessons in English and current affairs. According to Fisher, Gu eventually grew her program into an organization called "The Windows," which served over 600 children.

At Oakton High School, Fisher said that **Roudah Chaker** put in hundreds of volunteer hours packing meals, participating in back-to-school drives for orphanages, distributing needed items to the homeless, and raising \$3000 for Syrian refugees. "She is also active politically, working to correct policies that directly harm those who want to come to the U.S. for its promise of peace," said Fisher.

SEE PEACE AWARDS, PAGE 5

From left: Vice-Chair of the Fairfax County Board of Supervisors Penny Gross (D-Mason District), Chair of the Fairfax County School Board Karen Corbett Sanders (Mount Vernon), U.S. Rep. Gerry Connolly (D-11), Fairfax County School Board Members Karen Keys-Gamarra (At-Large) and Melanie Meren (Hunter Mill District).



VIEWPOINTS

What Do Award Recipients Say?

PHOTOS BY MERCIA HOBSON/THE CONNECTION

Salwa Zahid, Senior, West Springfield High School:

Having been to a war-torn country myself and seen the devastating effects of war, I am glad to be having a positive impact on others' lives around the world. By organizing drives, fundraisers, and raising awareness about the conflicts around the world and their effects on the civilians, we are not only bringing peace to the lives of those affected by war but also calling for an end to those wars.



Catherine Soto, Senior, Lee High School:

I'm so glad to be a part of the club best buddies because it spreads inclusion, which is something society should value. I'm very honored to receive this award and represent this club that encourages peace.



Siedeem Ahmed, Senior, South County High School:

Change can only come about if we start it first.



Renee Ritchey, Senior, Fairfax High School:

The reason I'm so involved in advocacy is that people tell me I shouldn't care. Well, I figure that if you don't care, you aren't paying attention enough. Be a part of the solution, even if people try and label you as "angry." That "anger" is the drive and passion for making the world a better place.



Work Is Not Yet Done

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



The General Assembly is in the final week of its scheduled 60-day annual session—scheduled to adjourn *sine die* on March 7. The session has already made history with the actions that have been taken, and that history will be added to in its last week. Resolution of remaining issues will determine just how historic the session will be and how strong the forces of “we have always done it this way” are.

A majority of both the House and the Senate members agree that the minimum wage should be increased—actually should have been increased years ago. The current minimum of \$7.25 is an embarrassment. But discussions continue to be held on how much the increase should be. Should there be incremental increases over time? Should increases be statewide or regional? What jobs should the increase cover?

Almost every member ran for office with a

promise to clean up the environment. How should we get to a cleaner economy in the state? What should be the timeline on environmental legislation as experts advise us on the impending climate change crisis? Are consumers willing to pay more to get cleaner electricity?

How strict should background checks be for firearm transfers? A slim majority support my bill to require a background check on all firearm transfers. Others are vehement about having background checks for only firearm purchases. Should compromises be made on gun safety measures designed to reduce gun-related violence?

Should public employees be allowed to bargain with local governments on the conditions and compensation for employment? Or should they only be able to meet and discuss their wages and conditions with local governments with no power to bargain? Should all employees be required to pay dues to unions that are representing their interests?

How often should vehicles have a safety inspection? For many years the requirement was twice annually. Most recently it has been once

annually. Most states have dropped the requirement. Would every other year be adequate?

With gasoline tax revenues declining as automobiles get more mileage per gallon, should the gas tax be increased to make up for the loss? Or should cars be taxed on the distance they travel in a year? And what about electric vehicles that do not burn any gas? Should we be making a greater investment in our transportation infrastructure?

Should a constitutional amendment be approved setting up an independent redistricting commission or is there another way to try make sure districts can be drawn fairly without incumbents alone picking their voters?

I have made my views public on these and other issues over the years. In a legislative session all views must be considered: urban, suburban, rural; Democratic, Republican, Socialist (there is one); conservative, moderate, liberal; etc. In most instances a compromise can be reached in conference committees such as those that are now meeting. Other issues will be put off for another year. Regardless of what happens with remaining issues, the 2020 session will go down in history as truly a remarkable one with the many tough issues that have already been resolved.

LETTERS TO THE EDITOR

Coronavirus Update - Message from the Superintendent - March 2

Dear Parents and Staff,

FCPS is working closely with the Fairfax County Health Department to monitor the latest updates about the coronavirus (COVID-19). We are reinforcing the importance of ensuring students are following proper handwashing procedures before eating and after sneezing, coughing, or using the bathroom. We realize that time is a valuable commodity during the school day, and in today's environment, hand washing should be a priority, so we are encouraging staff to provide ample time for

students to wash their hands. We are reinforcing with our custodial teams the importance of following our standard cleaning protocols by using hospital-grade disinfectants on frequently-touched surfaces such as doorknobs, faucet handles, and handrails. Hand sanitizer is available in all schools and if a student is showing signs of a cold or the flu, they should stay home.

As indicated in my message to you last week, FCPS is in the process of reviewing and updating its existing pandemic influenza response plan. The plan addresses the specific activities necessary to

keep schools open and operating while providing a clean and safe environment during an outbreak and the essential functions that must be performed by FCPS if schools are closed. FCPS will continue to work closely with health officials to prepare for various scenarios that could develop.

Our overall goal would be to do all we can to maintain continuity of operations while minimizing student and staff exposure.

As of today, there are no confirmed COVID-19 cases in Fairfax County or the D.C. region. Updated information is being posted

to this webpage: FCPS coronavirus-update and additional information is available from the Fairfax County Health Department.

To date, FCPS has cancelled international field trips and short-term visitations to and from some countries, based on CDC guidelines.

We will continue to provide you regular updates as this situation continues to rapidly evolve.

Sincerely,

Scott Brabrand
Superintendent, Fairfax
County Public Schools

A Plea for Gender-neutral Option

To the Editor:

Governor Northam, Del. Filler-Corn, and Sen. Marsden, I am calling on you to add a gender neutral option for Virginia drivers licenses. As a Non-Binary person, this little change would mean an enormous amount. It would be an official validation of who I am. It would help me believe we are all truly equal citizens under the law. It would help normalize different genders besides man and woman, and it would help recognize intersexed people who are so often overlooked.

Fifteen other states and D.C. already have this option. I have been told all my life I do not fit in. I have

been physically harmed. I have learned to not use a bathroom for over 12 hours at a time. I have been subject to very confused friskings at the airport because I do not fit into one of two boxes, and whichever box they pick, I ping for not looking right in the scan.

Please give me a third option. Such a small change to be inclusive of all Virginia's citizens. To not be humiliated, to have my government recognize who I am. Add a gender neutral option on the Virginia drivers license.

Ja'acov Miriam Van Pelt
Burke

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 length, libel, grammar, civility, good taste and factual errors. Send to:

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Biden Wins Virginia

Virginia Presidential Primary 2020 Results

Statewide Results

Joe Biden	704,541	53.33%
Bernie Sanders	305,493	23.12%
Elizabeth Warren	142,280	10.77%
Michael Bloomberg	127,655	9.66%
Tulsi Gabbard	11,231	0.85%

8th Congressional District

Joe Biden	95,000	49.12%
Bernie Sanders	40,095	20.73%
Elizabeth Warren	32,064	16.58%
Michael Bloomberg	19,860	10.27%
Tulsi Gabbard	1,189	0.61%

10th Congressional District

Joe Biden	76,776	51.07%
Bernie Sanders	35,550	23.65%
Elizabeth Warren	14,714	9.79%
Michael Bloomberg	18,245	12.14%
Tulsi Gabbard	1,359	0.90%

11th Congressional District

Joe Biden	78,703	49.74%
Bernie Sanders	39,685	25.08%
Elizabeth Warren	18,631	11.77%
Michael Bloomberg	16,370	10.35%
Tulsi Gabbard	1,119	0.71%

Fairfax County

Joe Biden	121,865
Bernie Sanders	57,085
Elizabeth Warren	29,633
Michael Bloomberg	28,131
Tulsi Gabbard	1,794

Arlington County

Joe Biden	33,975
Bernie Sanders	13,263
Elizabeth Warren	14,062
Michael Bloomberg	6,682
Tulsi Gabbard	383

City of Alexandria

Joe Biden	20,782
Bernie Sanders	7,586
Elizabeth Warren	7,628
Michael Bloomberg	4,243
Tulsi Gabbard	246

Peace Awards Presented

FROM PAGE 3

South Lakes High School in Reston is where **Lindsey Hirshfeld** goes to school and is a senior. “Hirshfeld feels empathy for classmates who are struggling to overcome a variety of issues that make them feel isolated. She helped raise money for children with brain tumors, organized cultural festivals to showcase diversity, and helped stage a school-wide silent protest against gun violence,” said Fisher.

At South County High School in Lorton, Siedeem Ahmed, Senior founded South County’s Interfaith Club to provide a safe space for student-led discussions. “She is also the President of Stallions with Refugees. Her goal is to spread the message that all students, including immigrants and refugees, are welcome and valued,” said Fisher.

One after another, Fisher read profiles of youth who made a difference, some locally like **Catherine Soto, Senior at Lee High School in Spring-**

field. “Soto helped create the Best Buddies chapter at Lee High School. Soto and her fellow Best Buddies leaders were responsible for recruiting general education students who wished to build a relationship with the special needs students who might not otherwise have had the opportunity to engage with the student community,” said Fisher.

Others made differences to world neighbors, like **Betsabe Pardo, Senior at Mountain View High School in Centreville.** Pardo raised money to bring safe drinking water to communities around the world.

Dignitaries acknowledged the achievements of the recipients. U.S. Rep. Gerry Connolly (D-11) said, “I congratulate this year’s recipients of the Student Peace Awards. Their leadership and commitment to being peacemakers and fostering mutual respect for our differences are bringing positive change and inclusivity to our community.”

Supervisor Penny Gross (D-Mason District) shared a letter from Chair of the Fairfax County Board



Margaret Fisher emcees the 2020 Student Peace Awards of Fairfax County held at the Stacy C. Sherwood Community Center, Fairfax, on Sunday, March 1.



U.S. Rep. Gerry Connolly (D-11) offers his congratulations to the recipients of the 2020 Student Peace Awards of Fairfax County.

of Supervisors, Jeffery McKay. She read: “I am always proud to see the level of commitment our students in Fairfax County put toward improving our community. It is this inspiring energy and action, combined with Fairfax County residents’ diverse experiences that allow us to consistently strive toward creating a better community

for all.”

In her remarks, Guest Speaker Kendyl Crawford, Director of Virginia Interfaith Power & Light addressed the effect of climate change on peace.

Crawford said she was amazed at the students’ efforts to care not only for their neigh-

bors but to repair relationships with Mother Earth.


The awardees received \$250, plus another \$100 to be given to any nonprofit organization of their choice that operated in the spirit of the Peace Awards. The students also received the book, *Sweet Fruit from a Bitter Tree* by Mark Andreas.



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WELLBEING

Inflicting Pain to Gain Relief

Self Injury Awareness Month is a time to learn about the condition and erase the stigma.

BY MARILYN CAMPBELL
THE CONNECTION

March is self-injury prevention month, a time when mental health professionals work to raise awareness of the condition, recognize the signs and work to remove the stigma. Known by clinicians as non-suicidal self-injury, the behavior is described as intentionally harming oneself without intending to end one's life. The population most likely to engage in self-harm behaviors range from middle school through college, according to the American Psychological Association.

"When teens begin engaging in cutting behavior it is typically because they are feeling overwhelmed by intense feelings or emotions and don't have the coping skills to manage or respond to how they feel, said therapist Carol Barnaby, MSW, LCSW.

"Adolescents might self-injure to distract themselves from intense negative emotions of sadness or anger, or emotional numbness, added Jerome Short, Ph.D., Associate Profes-



Stacie Isenberg



Jerome Short

"Self-injury may be a sign of depression, anxiety, substance use, or post-traumatic stress disorders."

— Jerome Short, Ph.D., Associate Professor of Psychology at George Mason University

sor of Psychology at George Mason University. "They may also want to punish themselves or express a need for help."

Cuts and burns on the wrists or thighs are among the most common signs of self-injury. "Parents may notice their children have unexplained cuts, burns, or bruises," said Short. "Adolescents may wear clothing or bracelets to cover themselves even in very warm settings. Parents may find knives or razors in their children's rooms or notice they are missing from the home."

"Other signs that your child may be cutting include marks on the skin from scratching, using a paper clip or skin picking, advises Barnaby. "Multiple similar marks on the skin in close proximity for which your child has no explanation," said Barnaby.

While cutting and burning oneself causes pain initially, that pain can evolve into relief. "Sometimes cutting can be habit-forming or become compulsive, said Barnaby. "This in simple terms, means that the more the person cuts the more they feel the need to do it and their brain associates cutting with relief."

Teens might turn to self-injury as a way of regulating their emotions. "For teens who are feeling a lot of strong and intense emotions,

self-harming releases the body's natural opiates and endorphins that help them manage their feelings," said Joanne Bagshaw, Ph.D., Professor of Psychology at Montgomery College. "On the flip side, a teen who is shut down or who feels numb might self-harm to feel their feelings. Alternatively, self-harm may be for the teen to communicate that they need help."

Several factors might trigger self-inflicted injuries. "Childhood abuse and conflicted parental relationships may trigger self-injury," said Short. "Self-injury may be a sign of depression, anxiety, substance use, or post-traumatic stress disorders."

Parents who suspect that their child might be engaging in intentional self-injury should avoid criticism and seek mental health treatment. "Parents should not ignore the problem," said Short. "If children engage in life threatening behavior, they should take them to a hospital."

Noticing those marks, however, could require careful attention. "Teens who self-injure often hide the marks that self-injury might cause," said Child Psychologist Stacie Isenberg, Psy. D. "For example, they may wear a long-sleeved shirt in hot weather if there are marks on their arms or multiple bracelets if there are marks on their wrists."

"If parents feel that their teen is engaging in self-harm behaviors they should show compassion for their child and get help, added Barnaby. "Self-harm behavior is very treatable with early intervention."

"Self-harm behavior is very treatable with early intervention."

— Carol Barnaby, LCSW

NEWS



PHOTOS BY ROB PAINE/VOLUNTEER FAIRFAX/RSVP- NORTHERN VIRGINIA

Virginia Gov. Ralph Northam, fifth from right, pictured with Volunteer Fairfax staff and volunteers, Tuesday, Feb. 25, 2020, during his visit to the volunteer center in Fairfax City.

Virginia Governor Ralph Northam visits Volunteer Fairfax

Virginia Gov. Ralph Northam visited the headquarters of Volunteer Fairfax in Fairfax City, Tuesday afternoon, Feb. 25, 2020. The governor was in Fairfax to speak with the staff of Legal Services of Northern Virginia which is also housed in the Burkholder Building.

After taking a tour of the Volunteer Fairfax headquarters lead by Volunteer Fairfax Chief Executive Officer Steve Mutty and Volunteer Fairfax Chief Operating Officer Emily Swenson, Northam spoke with Volunteer Fairfax staff, its board of directors president Ginger L. Bristow and several volunteers with RSVP (Retired and Senior Volunteer Program) and Volunteer Fairfax's Volunteers for Change program about the work they do and the current volunteer needs in the community.

RSVP-Northern Virginia, a program of Volunteer Fairfax, Volunteer Arlington and

Volunteer Alexandria, personally matches volunteers 55 or better with their ideal service opportunities. RSVP is holding a free seminar titled "The Art of Volunteering in Retirement," Saturday, March 21, 2020, at the headquarters of Volunteer Fairfax.

Volunteers for Change provides flexible weekend and evening volunteer opportunities for busy adults with a desire to serve. A VFC orientation is scheduled to take place at 6:30 p.m., Tuesday, March 17, at Volunteer Fairfax.

Volunteer Fairfax also hosts the annual Fairfax County Volunteer Service Awards, this year taking place April 23, 2020, at the Westfields Marriott Washington Dulles Hotel in Chantilly. To sign any of these volunteer orientations or to purchase tickets for the April 23 Volunteer Service Awards breakfast visit www.volunteerfairfax.org or www.rsvpnova.org.



Virginia Governor Ralph Northam, left, speaks with RSVP (Retired and Senior Volunteer Program) volunteers, from right, Ken Kozloff of Springfield, Bing Van Nuys of Fairfax and Michael McLaughlin of Fairfax Station, during Northam's visit to Volunteer Fairfax, Tuesday, Feb. 25, 2020, in the City of Fairfax.

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ENTERTAINMENT

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ONGOING

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.

Monday Exercise Classes. Now thru March 30. 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.

Wednesday Exercise Classes. Now thru May 27. 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)

The Color Green. Now thru March 29. 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.

Friday Exercise Classes. Now thru April 3. 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).

Lines and Pauses. Now thru April 5. At Arches Gallery, Workhouse Arts Center, Lorton. "Lines and Pauses" is the culmination of the works of Marc Pachon captured over the last years with local and international dancers and models, tied together with a common thread of fabric moving from one shot to the next, interspersed with his freeze-frame captures of moments in time that disappeared as soon as the photograph was taken. Free. Visit the website: www.beyondhelp.com

SATURDAY/MARCH 7

Monopoly Tournament. 9 a.m. to 2 p.m. At Moose Lodge Family Center in Lorton. Nearly 100 players, cheered on by family, friends, and volunteers will play three timed rounds of Monopoly and compete for cash and prizes - all to raise money for the Lorton Community Action Center (LCAC). Sponsorship Levels: Round 1 - \$300 per table; Round 2 - \$600 per table (incl. 2 free tickets to the event); Round 3 - \$1,000 (incl. 4 free tickets to the event). To register / sponsor / pay / participate or play, go to: <https://lortonaction.org/monopoly-tournament/>

Catholic Schools Job Fair. 9-11 a.m. At Paul VI High School, 10675 Fairfax Blvd., Fairfax. The Catholic Diocese of Arlington's Office of Catholic Schools will hold a job fair seeking to fill up to 150 teaching positions. Positions are open in

The Russian National Ballet comes to GMU Center for the Arts on Saturday, March 7.



Russian National Ballet: "Romeo & Juliet" / "Carmen"

Saturday/March 7, 8 p.m. At GMU Center for the Arts, 4373 Mason Pond Drive, Fairfax. With lush music and exquisite grace, the Russian National Ballet returns to the Center to perform two of the world's greatest ballets: Romeo and Juliet together with Carmen. Both ballets express the torments of love. Young love, bursting with exhilarating passion, is at the heart of Romeo and Juliet, with the perilous fate for the star-crossed lovers. While with Carmen, it is unrequited love, burning with obsession that is at the center of this beautifully tragic ballet. Under the direction of the legendary Bolshoi principal dancer Elena Radchenko, the company brings both timeless classics to life, articulating the nuances of love through expressive dance, elegant costumes, and lavish sets. Cost is \$56, \$48, \$34. Visit the website: www.cfa.gmu.edu

preschools, elementary, middle and high schools. The Diocese has 37 parish (K-8) schools, four diocesan high schools, four independent Catholic schools and five free-standing (not connected with a parish school) pre-schools, serving more than 17,000 students. For more information, contact Mallory Sigmon at 703-841-2519 or visit <https://www.arlingtondiocese.org/catholic-schools/careers/>.

Teen Job Fair. 10 a.m. to 12 p.m. At Woodson High School 9525 Main Street, Fairfax. Focused on students and younger job seekers looking for a variety of employment opportunities; full time, after-school, seasonal positions, internship opportunities, and volunteer positions. Sponsored by Supervisor Pat Herrity, Supervisor Dalia Palchik, Supervisor James Walkinshaw, Woodson High School, Central Fairfax Chamber of Commerce.

Wilderness Walk. 1-3 p.m. At Burke Lake Park, 7315 Ox Road, Fairfax Station. Take a walk on the wild side with the "Burke Lake Wilderness Walk" for participants age 12 to adult. Explore the wilderness area of the park as you visit two old home sites and two vernal pools with a naturalist. Learn about the park's natural and cultural history. Moderate walking is required. The cost is \$15 per person. Call 703-323-6600.

Teen Job Fair. 2 to 4 p.m. At South County High School, 8501 Silverbrook Road, Lorton. These events focused on students and younger job seekers looking for a variety of employment opportunities; full time, after-school, seasonal positions, internship opportunities, and volunteer positions. Sponsored by Supervisor Pat Herrity, Supervisor Dan Storck, South Fairfax Chamber of Commerce, South County Federation, and South County High School.

Geocaching Workshop 2 to 4 p.m. At Burke Lake Park, 7315 Ox Road, Fairfax Station. For

ages 8 to adult. Learn how to use hand-held Global Positioning System (GPS) units to locate hidden caches within Burke Lake Park. Follow latitude and longitude coordinates to find a hidden object, container or unique geological feature. Bring your own GPS; a limited number are available to borrow from the instructor at class. The program cost is \$22 per person. Call 703-323-6600.

Stargazing and S'Mores. 8:30-10 p.m. At Burke Lake Park, 7315 Ox Road, Fairfax Station, Burke. Set your sights on the stars and warm up inside and out with s'mores by a roaring campfire at Burke Lake Park. Participants age 3 to adult can take a stroll along the lakeshore while learning about the constellations, their stories and other night-sky features. An astronomical naturalist will identify stars for you and have some telescopes available for you to use. Then, put the finishing touches on your evening out with a campfire and s'mores. S'mores ingredients will be provided; hot dogs are welcome. Cost is \$12 per person. Children must be accompanied by a registered adult. Call 703-323-6600 or visit www.fairfaxcounty.gov/parks/burke-lake.

SUNDAY/MARCH 8

A Day at Fairfax Station Railroad Museum. 1-4 p.m. At Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Take the History Challenge or enjoy self-guided tours with our Uniguide Audio Tour. Volunteers will conduct 60-minute walking tours of the museum and museum neighborhood to give visitors an idea of what life was like in a small railroad community. Tours begin at 1:15 p.m. and 2:30 p.m. No reservations needed. Museum members and ages 4 and under, free; ages 5-12, \$3; ages 13 and older, \$5; seniors 65

and older and active and retired military, \$4. Visit the website: www.fairfax-station.org.

WEDNESDAY/MARCH 11

Wednesday at the Movies. At Cinema Arts Theatre, 9650 Main Street, Fairfax. Sponsored by Shepherd's Center of Fairfax-Burke. Discounted tickets for seniors; \$5.50. The group meets after the movie for a short discussion of the film. Transportation may be provided if you call the transportation office (703-323-4788) a week prior to the movie date. Contact Anne Allen, at 703-978-5973, for movie selection and other details.

SATURDAY/MARCH 14

Archaeology Symposium. 9 a.m. to 4 p.m. At George Mason's Gunston Hall, 10709 Gunston Road, Mason Neck. This year's theme is History in Transit. Learn more about recent archaeological developments and discover what is happening in the region from archaeology professionals. Participate in discussions and even learn how you can be more involved in local preservation. This event is in partnership with Friends of Fairfax Archaeology. Cost is \$45; \$35 for members of Gunston Hall & Friends of Fairfax Archaeology. Visit the website: www.gunstonhall.org

Metro School of the Arts Company Project: Upgrade. 7-9 p.m. At Ernst Community Cultural Center, 8333 Little River Turnpike, Annandale. Upgrade under the artistic direction of Sara Hart, Charles Renato, and Roxanne King features innovative choreography by Metropolitan faculty, students, alumnus, and renowned guest artists. Join the pre-professional dance companies, iMPulse, MYTE, and dynaMYTE along with special guest performers, as they explore the peaks and valleys of life, discover the strengths and weaknesses of each other, and challenge us all to an upgrade. Upgrade will be an evening of electrifying performances featuring some of the area's most incredible youth dancers in tap, jazz, contemporary, music theater, and hip hop. Cost is \$20. Visit the website: <http://metropolitanarts.org>

Beethoven at 250 "Soulmates." 8 p.m. At GMU Center for the Arts, Concert Hall, 4373 Mason Pond Dr, Fairfax. Featuring the Fairfax Symphony Orchestra with Christopher Zimmerman, conductor, and Philippe Bianconi of France on piano. The program features Brahms: Piano Concerto No. 2 and Beethoven "Symphony of Symphonies." Hear the stories behind the music with music director Christopher Zimmerman and special guests before the concert at 7 p.m. Visit the website: <http://cfa.calendar.gmu.edu/fairfax-symphony-orchestra-beethoven-at-250-soulmates>

SUNDAY/MARCH 15

NTRAK Model Train Show. 1-4 p.m. At Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Northern Virginia NTRAK members will hold a N gauge Train Display at the Fairfax Station Railroad Museum. Admission: museum members, free; adults 13 and over, \$5; children 5-12, \$3; under 4, free. Seniors (65+ and military (active & retired), \$4. Call 703-425-9225 or visit the website: www.fairfax-station.org.

Capitol Steps Perform. Dessert Reception: 3:30 p.m.; the Show: 4:30-6 p.m. At Fairfax High School, 3501 Rebel Run, Fairfax. Benefit for the Shepherd's Center Serving Oakton-Vienna-Reston-Herndon. Folks at the Shepherd's Center serving Oakton-Vienna-Reston-Herndon are gearing up for another sell-out crowd for this event featuring the comedy troupe Capitol Steps. No matter who or what is in the headlines, you can bet the Capitol Steps will tackle both sides of the political spectrum and all things equally foolish. Tickets: \$35; day of: \$40 cash/credit only. Student (18 and under) Tickets: \$15 Day of: \$20 cash/credit only. Groups of 10 or more: \$30. To purchase tickets: <https://www.scov.org/capstepstickets> or call the hotline at 703-281-0601.

WEDNESDAY/MARCH 18

Education Recruitment Day. 9:30-11 a.m. At Dewberry Hall, Johnson Center, 4400 University Drive, Fairfax. This annual recruitment event is a career fair for jobs and internships in the field of education! Network with recruiters from the D.C. Metro area and surrounding regions

SEE CALENDAR, PAGE 9

CALENDAR

FROM PAGE 8

seeking candidates for a wide range of education roles. Free. Visit the website: https://mason360.gmu.edu/Career/rsvp_boot?id=682099

FRIDAY/MARCH 20

GAMEmason. 10 a.m. to 8 p.m. At GMU, Fairfax Campus, 4373 Mason Pond Drive, Fairfax. Battle against friends in a Super Smash Bros. Ultimate Tournament for a chance to find yourself on the big stage for the finals. Relive childhood fun with an expanded arcade filled with favorites like Pinball, Donkey Kong, and many more. Experience AR/VR demonstrations, attend education panels, Q&A sessions, and keynote sessions and meet and greets with major power players in the gaming industry including Tara Stong (Canadian-American actress and voice actor for Rikku in both Final Fantasy X and the popular "Kingdom Hearts" video game series) and Angela Hession (Head of XBOX Safety at Microsoft, who has helped launch more than 100 games on Xbox 360 and Kinect). Visit: <https://si.gmu.edu/gamemason>. Admission General Public: \$25 general admission.

MARCH 21-22

Hearth Cooking Workshops. 10 a.m. to 4 p.m. At George Mason's Gunston Hall, 10709 Gunston Road, Mason Neck. Join in the hearth kitchen at Gunston Hall for the ultimate experience in slow food as you learn to employ 18th-century cooking techniques and recipes to create period dishes. Use your hearth skills to investigate complex recipes while cooking over an open flame,

take a tour of the house and meet other food enthusiasts. The Beginning and Intermediate Hearth Cooking Workshops are now open! Up for a challenge? Register for both classes and experience a full weekend of 18th century cooking. Cost: \$100 - \$225. Visit the website: <https://gunstonhall.org/event/hearth-cooking-workshops/>

LEGO Model Train Display.

Saturday 10 a.m. to 5 p.m.; Sunday 12 p.m. to 4 p.m. At The Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Washington, D.C. Metropolitan Area LEGO Train Club (WamaLTC) will hold a special two day model train display at the Fairfax Station Railroad Museum. Please bring any unwanted LEGO(R) pieces and sets for donation to help support WamaLTC's efforts to bring fun and education to all ages through its activities. Museum members and ages 4 and under, free; ages 5-12, \$3; ages 13 and older, \$5; seniors 65 and older and active and retired military, \$4. Visit the website: www.fairfax-station.org.

SPRINGPEX Stamp Show.

Saturday 10 a.m. to 6 p.m.; Sunday 11 a.m. to 4:30 p.m. At Robert E. Lee High School (Cafeteria), 6540 Franconia Road, Springfield. The Springfield Stamp Club hosts the 50th annual SPRINGPEX. There will be 26 dealers from throughout the Eastern US and Mid-Atlantic region, 50 frames of exhibits, specialized club and society meetings and display tables, a U.S. Postal Service booth, and a special kids table with lots of free material for young stamp collectors. Event covers (special envelopes) will commemorate the 50th Anniversary of Earth Day, and the 100th Anniversary of Woman's Suffrage/19th Amendment. Admission and

parking (at the front of the building) are free. Visit <http://www.springfieldstampclub.org>

WEDNESDAY/APRIL 8

Wednesday at the Movies. At Cinema Arts Theatre, 9650 Main Street, Fairfax. Sponsored by Shepherd's Center of Fairfax-Burke. Discounted tickets for seniors; \$5.50. The group meets after the movie for a short discussion of the film. Transportation may be provided if you call the transportation office (703-323-4788) a week prior to the movie date. Contact Anne Allen, at 703-978-5973, for movie selection and other details.

SATURDAY/APRIL 18

Model Classic 2020. 9 a.m. to 4 p.m. At Fairfax High School, 3501 Rebel Run, Fairfax. The Northern Virginia Modelers Chapter, International Plastic Modelers Society presents an educational and fun event for the entire family. Cost is \$8/adults; \$10/contestant \$10/family; free under 18. Visit the web site: www.novaipms.org

THURSDAY/MARCH 19

Lunch N' Life. Noon to 2 p.m. At Lord of Life Lutheran Church, 5114 Twinbrook Road, Fairfax. Are You 50 or Better? Sponsored by the Shepherd's Center of Fairfax-Burke. Jim Radigan, U.S. Navy Retired will discuss his experiences as the Commanding Officer, U.S. Navy Antarctica Squadron. For reservations, call Bea Stephenson at 703-273-5730, by March 13. The cost is \$10.; checks payable to SCFB. If transportation is needed, call the SCFB office 703-323-4788. See www.scfbva.org.

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An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.
-Werner Heisenberg

Money For What, Exactly?



By KENNETH B. LOURIE

Kenny is currently out of the office. Please enjoy this previously written article from July 2019:

Presumably, most of you readers are aware that many supermarkets have a rack located somewhere near the rear of the store that is stocked with off-price merchandise: discontinued items, items with damaged packaging, out of season products, etc. Over the years, I have been a regular checker of this rack looking for such bargains. I have purchased breakfast cereal, soup, cookies, candy, and miscellaneous other non-perishables. I've even purchased two bags of Kingsford charcoal. In addition, I've seen household products, health and beauty, school supplies; and everything else you can imagine, running the gamut from "A" to "Z," for sale. Recently however, in this rack I saw a product I'm not sure I even thought was available to the general public, and if it was, would not have thought buying it from the discontinued merchandise rack at the supermarket would not have been the way to go. But what do I know? As has been proven many times: not much.

The item? A DNA Paternity Test Kit. I guess I thought, if this test was necessary, it would involve a physician or at least be administered by a health care professional and/or involve witnesses/legal representation (at least a notary). Going to the supermarket or even the drug store? And then testing yourself without necessarily knowing the precautions and proper procedures appropriate for the task at hand? There seems as if there's a bit more at stake here than an at-home pregnancy test, a test with which many of us are familiar. But DNA testing at home? What is this, the Maury Povich Show?

Having not traveled down this particular road myself, perhaps I'm unaware of the realities. All I know is what I've seen on television or read about in the papers. I guess I just assumed (generally a bad thing), that the steps one takes to verify/confirm/resolve paternity-type issues were a bit more involved than a visit to the supermarket. Apparently, this subject is just another where I know very little about, like tools and how to use them, automobile repair, home maintenance, lawn and garden, cooking, and on and on and on. But enough about me.

What about those wanting answers to extraordinarily important questions: Who's the father? And is that my child? Looks can be deceiving so a professional, or so I thought, incorrectly, is brought in to oversee the process. Nope. No professional need apply. Just go to your local "chemist," as they say in England. No need to visit "the surgery," as they also say over there. Just find a box with the right letters on it and go back to your home/work and swab, stick, pin-prick or whatever and the results will be known soon enough if you or someone else is whomever they claim to be or not to be. That is the question which begs an answer. Shakespeare notwithstanding

It seems only fair that one's birthright should be gotten wrong. And not that home-testing can't be trusted. Just the opposite. Nevertheless, some things, like circumcisions, though they can be performed at home (see "Shaky the mohel" from a long ago Seinfeld episode). I would have thought, a DNA Paternity test, given the need/want of a resolution/clarification which could possibly impact multiple individuals/families over generations, be similarly performed in the most careful of conditions. This kind of test has no margin for error - or humor. "Bought the kit in the discount rack at my local supermarket." Is that the answer you want to give when all eyes are on you? And saying how much you saved over regular price is unlikely to endear you to any and all of the interested parties on hand. After all, money really isn't the issue.

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

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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/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>

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.nam-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 dondrea@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 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.

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