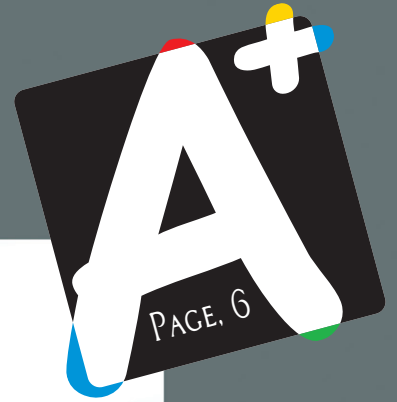


# Fairfax CONNECTION



Sevana Stone encouraged women at a Britepaths event to seek better lives for themselves.



## ‘Don’t Be Afraid Of Walking Through the Fire’

NEWS, PAGE 3

## City of Fairfax Declares A Local Emergency

NEWS, PAGE 5

## Helping Women in The Local Community

NEWS, PAGE 3

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OPINION, PAGE 4 ♦ ENTERTAINMENT, PAGE 8 ♦ CLASSIFIEDS, PAGE 10

PHOTO BY BONNIE HOBBS/THE CONNECTION

MARCH 19-25, 2020

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# Metro's Platform Improvement Project Begins Summer 2020

## 3 STATIONS CLOSING MAY 23 - SEPT. 7

- Vienna
- Dunn Loring
- East Falls Church

West Falls Church will remain open throughout the summer.

## RAIL SERVICE INFORMATION

- Orange & Silver line trains every 16 minutes throughout the day & every 20 minutes during late night hours
- Extra trains increase Orange Line service to every 8 minutes between Ballston-MU & New Carrollton (Monday – Saturday only)

## FREE SHUTTLE BUS SERVICE WILL BE AVAILABLE

### ALL TIMES

#### Shuttle 1

Between Vienna & West Falls Church only

#### Shuttle 2

Between Dunn Loring & West Falls Church

#### Shuttle 3

Between East Falls Church & Ballston-MU

### ON REQUEST

#### Shuttle 4

Provided on request between Vienna & Dunn Loring

#### Shuttle 5

Provided on request between West Falls Church & East Falls Church

### RUSH HOUR ONLY

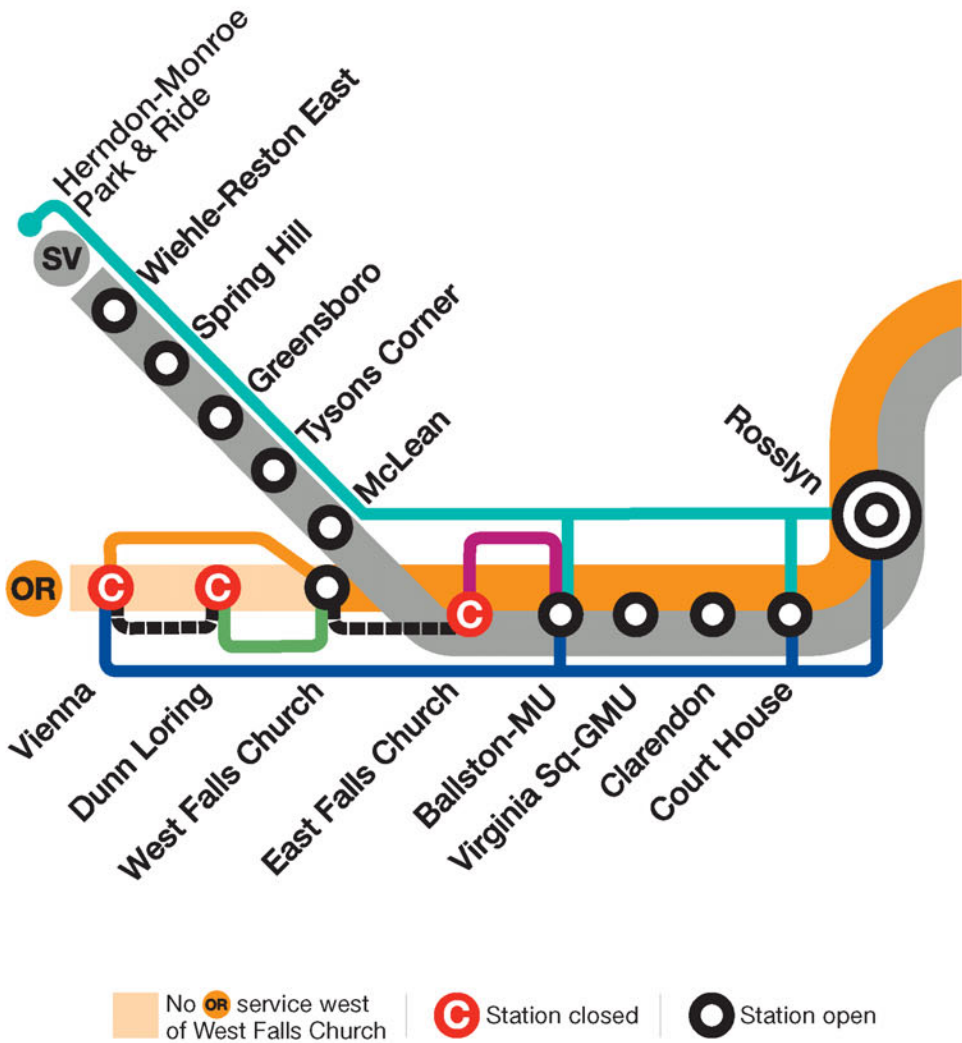
Monday – Friday (peak direction only)  
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No service at other times

#### Shuttle 6

Limited stops at Vienna, Ballston-MU, Court House & Rosslyn

#### Shuttle 7

Limited stops at Herndon-Monroe Park & Ride, Ballston-MU, Court House & Rosslyn



ADA shuttles provided upon request between impacted stations

Visit [wmata.com/platforms](https://www.wmata.com/platforms) to learn more, including other convenient travel options such as Metrobus, Arlington Transit, Fairfax Connector & OmniRide.







PHOTOS COURTESY OF HERNAN VARGAS

The BRAWS volunteers (in no particular order) are Zulma Solis, Sydney Lenard, Stephanie Schlea, Doris Garlock, Evie Garces-Foley, Diana Chavez Cruz, Ilene Trachtenberg, Fariha Tasneem and Katherine Fernandez.

## Helping Women in the Local Community

**Britepaths, BRAWS offer 'shopping' and makeup event.**

BY BONNIE HOBBS  
THE CONNECTION

**B**ritepaths provides local, low-income residents with emergency assistance, food, financial-literacy programs, workforce skills and one-on-one mentoring. And on Feb. 29, the Fairfax-based nonprofit partnered with BRAWS to help them in another way, as well.

BRAWS (Bringing Resources to Aid Women's Shelters) provides women and girls living in shelters with new, personally fitted undergarments and menstrual supplies. And it and Britepaths hosted a community event enabling women to "shop" for bras and underwear for themselves and their children.

BRAWS board member Ilene Trachtenberg brought about a dozen volunteers who assisted with the fittings. "I'm very happy that Britepaths is hosting this today," she said. "There are beautiful bras and nice underwear, and it's wonderful to help these women with their self-esteem."

And, added Britepaths Programs Director Chris Garris, "One of the women has a job interview tomorrow, so she was excited to get a new bra." Each woman left with two new bras and a package of underwear, plus children's underwear. And Britepaths Workforce-Development Manager Jill Beres noted that "BRAWS also provides us with free sanitary napkins and tampons for our clients, monthly, and does the same thing for Fairfax County Public Schools."

Meanwhile, Mary Kay Cosmetics volunteers did

free makeovers and gave away products, and children enjoyed snacks and activities. Britepaths also offered information about workforce-development and resources for those looking for a new or better job. And a speaker shared her own, powerful experiences and advice about "Turning Your Mess into Your Message."

**ONE OF THE WOMEN** attending, Ramia Raigns, came to get the underwear and proper-fitting bras. "And I like that it's an event to empower women, so I wanted to be a part of it," she explained. "I also got a Mary Kay foundation and hand treatment."

"I think it's very important for women from different backgrounds and communities to have resources and events like this to help them, if they can't buy

these things on their own," she continued. "It makes a big difference. Women deserve to have underwear and feminine-hygiene products for their needs. And bras are so expensive and – depending on your body type – it can be hard to find certain shapes and styles."

Also pleased was Ana Perez, who wanted to see if she was wearing the wrong size bra. "And it turns out, I was," she said. "I needed a larger size, and the two, new bras I got feel perfectly comfortable."

Besides that, she said, "I like that these events exist, not only for me, but for other women needing help. It brings up your self-esteem, and that's important because, if you don't feel good about yourself, you can't accom-

plish very much. That's how it works. It's common for women to feel that way – but events like this change that."

While there, Perez also learned how to correctly apply makeup to her face and to exfoliate her lips before applying lipstick. "And they showed us this



**Mary Kay representative Anna Sempeles shows a makeup sample to an attendee.**

SEE 'SHOPPING', PAGE 9



BONNIE HOBBS/THE CONNECTION

Sevana Stone listens to questions from the audience members.

## 'Don't Be Afraid of Walking through the Fire'

**Fairfax woman shares her story to help and inspire others.**

BY BONNIE HOBBS  
THE CONNECTION

**S**peaking at a Britepaths event for local women in need, Fairfax resident Sevana Stone told her audience she's a business owner and married, lacrosse mom who lives in a nice home. She then said they might, therefore, be wondering what the heck she could have in common with them.

But as she told her story, they realized she was one of them – and then some. They also understood that, if she could overcome the hell that was her previous life, there's hope for them, too.

"What would you say to a woman who was beaten and raped – a lot?" asked Stone. "Or to a young girl molested every night, and burned by her father? Or a woman who tried to kill herself twice, had severe meltdowns in between – and whose daughter saved her twice?"

She also told them about an alcoholic man who threw his 10-month-old daughter – her – down the stairs and locked his wife out in the cold, in winter, because she said no to him. She spoke of a woman who was robbed and then lost her home to a mortgage company that lied to her, causing her to file for bankruptcy and her husband to seek a new job.

"What would you say to a woman who loses her job, right before Christmas and can't buy

Christmas gifts for her children?" asked Stone. "If you have advice for that woman, then you can talk to me. That was my life, and I lost everything I had."

"My mother and I were both being raped and beaten," she continued. "And after I left, I felt more secure and protected in the gang-, violence- and drug-riddled place I moved to in Detroit than I did at home in Virginia. I started my own business, that January. And I think it's hilarious that I now live in the suburbs, married, with three kids who play lacrosse."

**BUT HER MESSAGE** was that, if she could achieve success, so could the women listening to her. "You've got to forge your own path," said Stone. "It's your choice to do it. You'll wonder how you ever got through that dark forest, but there's more to all of us than what's on the outside – or inside. If you believe your life is worth more than it is now, it'll change the way you see yourself and how you believe in yourself and what you can achieve."

She said the only way she got to where she is now is because she listened to every boss she ever had. "I even learned from the strippers and drug dealers," said Stone. "And I'm thinking of sharing my story with my daughter, so she'll know there's a world beyond her own."

SEE STONE, PAGE 9



# Unprecedented Virus Crisis

Cash reserves will help buffer the coming recession.

BY SEN. SCOTT SUROVELL  
(D-36)

**O**n Thursday, we passed the Senate Budget and nearly as soon as it was passed, the coronavirus situation exploded. While this virus crisis is unprecedented, our budget was well-structured and balanced as required by our constitution, and we are prepared for a recession.



Virginia has its largest cash reserves in the history of the Commonwealth – over \$2 billion. We have been building this reserve both because of constitutionally required deposits to our Revenue Reserve or “Rainy Day” Fund, but also because analysts have been warning us about a likely recession for years even though until last week, we were in the longest economic expansion in American history.

Our outside bond rating agencies have been warning us that much of American economic growth has been generated by government stimulus versus underlying solid economic fundamentals. For example, the Trump tax cuts from 2017 and additional federal government spending accounted for about 1.1% of the country’s Gross Domestic Product over the last three years. Some of Virginia’s productivity was generated by the \$1 billion annually invested through Medicaid Expansion.

There have been warning signs present for the last twelve months. For example, the “inverted yield” curve – when short term money can be borrowed at higher interest rates than long term money – has predicted every recent

recession. The American yield curve inverted in January, and the markets briefly paused and then went on speculating. We cautiously budgeted and planned for a recession with significant reserves.

While legislators are beginning to talk among ourselves and with the Governor’s Office about next steps, the Governor has significant authority to make budgetary decisions without legislative approval if revenues do not meet forecasts. There some actions that could require a special session such as unemployment benefit extensions, temporary Medicaid expansions, limitations on liability, minimum income payments or sick leave expansions. We will see where things go.

Unfortunately, the final budget has some important policy changes in it which are now likely in jeopardy. It assumed three-percent revenue growth which allowed for a two percent pay increase for teachers in the first year and a two percent increase in the second year, plus a two percent bonus for state employees this year and a two percent raise next year along with increased State Trooper compensation. It also contained an historic \$84 million investment in early childhood education, \$46 million for new school counselors, and \$180 million in school construction, plus \$80 million in free community college tuition for the Governor’s “G3” program for low income students studying certain fields.

Overall, Fairfax County was poised to receive an additional \$185 million for K-12 over the next two years, Prince William is budgeted for

\$122 million and Stafford \$56 million. This could be in jeopardy if revenues fail. We also budgeted major investments in higher education, increases in Medicaid reimbursements and water quality funding.

The budget also contained several of my requests for the 36th District prerogatives. First, it requires the Commonwealth to collaborate with Fairfax and Prince William Counties to study the extension of the Blue Line from the Franconia-Springfield Station to Lorton, Woodbridge, Potomac Mills and potentially Quantico. Second, the budget funds the creation of the Prince William County Public Defender’s Office creating twenty-five new attorney positions along with ten support staff. Third, there is a \$3 million grant for the U.S. Army Museum which was saved largely due to the efforts of Del. Mark Sickles.

The budget also funds my request to remove a barge from Belmont Bay which is a navigation hazard. It also included my request to restore two staffing positions at Mason Neck State Park and to require the Virginia State Parks to collaborate with Stafford County Public Schools on a new environmental education program at Widewater State Park.

The Governor is continuing to take actions to make more testing for COVID-19 available and coordinate our response to this crisis. Please stay tuned to my twitter feed ([www.twitter.com/ssurovell](https://www.twitter.com/ssurovell)), official Facebook ([www.facebook.com/surovell](https://www.facebook.com/surovell)) and my blog, The Dixie Pig ([scottsurovell.blogspot.com](https://scottsurovell.blogspot.com)), where I will post continued updates.

Please stay safe over the coming weeks and if you have any questions, feedback or ideas, please email me at [scott@scottsurovell.org](mailto:scott@scottsurovell.org).

## LETTERS TO THE EDITOR

## A Pattern That Can’t Be Ignored

To the Editor:

I am writing in response to the article titled “Wellbeing: Inflicting Pain to Gain Relief” (Connection, March 4-10, 2020.) As mentioned in the article, there has been a rise in teen self-harm over the years. I think it is important to take a step back and recognize the causes of the increases in self-harm. This isn’t something that is randomly affecting people but rather something that is largely affecting teens, starting as early as middle school. This is a pattern that cannot be ignored.

Why is it that so many teenagers are experiencing self-harm? Could it be our school environments? Could it be that screen time is replacing in-person contact? Perhaps teenagers find that their only outlet left is to turn to self-harm. It’s vital that we help

the individuals going through self-harm, but it is just as important that we take a step back and try to understand the outside forces that have caused this disproportionate pattern in teenagers. I believe that there is something more significant going on than individual events but rather a group of people situated in a society that could be an outside force causing this problem. It is up to us to address this.

**Lianna Williams**  
Vienna

## Inspirational Fight for Women’s Rights

To the Editor:

This year’s Women’s History Month is particularly special because Virginia became the 38th state to ratify the Equal Rights

Amendment (ERA). The ERA is designed to guarantee equal rights for all American citizens, regardless of gender. While it’s disappointing to know that it took so long to ratify women’s equality, we have seen women, such as, Malala Yousafzai, fight for justice in all parts of the world. As a college student and young Muslim women, seeing someone like her who is not afraid to fight for women’s rights while maintaining her Muslim identity is inspirational.

It is disappointing that Pakistan and other Muslim countries deny women the access to education, which is what Malala Yousafzai bravely fought for. The Holy Prophet Muhammad (peace and blessings be upon him) emphasized the importance of education for both genders. He said, “It is the duty of every Muslim man and every Muslim woman to acquire knowledge.”

This Women’s History Month, as we celebrate Virginia’s historic

achievement, let us also not forget about Muslim women role models such as Malala Yousafzai or political leaders, such as, Ilhan Omar and Rashida Tlaib. Let’s come together to celebrate the achievements of women from all nationalities and religions.

**Sabiha Basit**  
Centreville

## Write

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

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# 'We Will Get through this Crisis Together'

BY BONNIE HOBBS  
THE CONNECTION

In light of the ongoing coronavirus crisis, the City of Fairfax on Tuesday declared a local state of emergency. It did so, March 17, during a special, emergency meeting of the Fairfax City Council.

At the outset, Mayor David Meyer made a statement to the residents – many of whom were watching the meeting on TV and other electronic devices – to both reassure them and discuss the City's services.

"Your City government is continually monitoring this evolving situation and working closely with the Fairfax County Health Department – which provides public health services for our City – as well as the Virginia Department of Health, to ensure that every City resident is protected to the maximum extent possible," he said.

Meyer said essential City services, including fire and rescue, police and trash pickup will keep being provided, and the work arrangements of other Fairfax personnel are being evaluated daily. For information about City events, programs and COVID-19, people may go to [fairfaxva.gov/coronavirus](https://fairfaxva.gov/coronavirus).

He then gave them official guidance on staying safe and healthy, such as washing their hands thoroughly and social distancing. He



David Meyer



Rob Stalzer

PHOTOS BY BONNIE HOBBS/THE CONNECTION

also advised them to get accurate and timely information from credible sources.

"Most importantly, we advise all residents to remain calm," said Meyer. "While this challenge is serious, please be assured that your City government is taking appropriate, active measures to keep you safe. Our greatest asset is our collective commitment to each other. We are a remarkably resilient community. We will get through this crisis, and we will get through it together. Continue to take care of yourselves and those you love."

City Manager Rob Stalzer – who's also Fairfax's Director of Emergency Management – explained the reasoning behind declaring a local emergency and said it'll be in effect until June 10 at 12:01 a.m. And he told the

Council that the City has two, redundant teams that will be able to function "in all the various capacities we'll need throughout the duration of this emergency, however long that is and whatever it is we face."

He said the official declaration gives the City access to potential federal, state or other emergency funding sources "so that, when we reach the critical threshold, we can seek reimbursement for our actions and efforts. It also helps to streamline a number of the processes and rules we follow in government, primarily procurement."

As a result, said Stalzer, the City will be able to obtain personal, protective equipment and other, critical supplies through a single ordering-point, as quickly and expeditiously as possible. "Because in an emergency, time is of the essence," he said. "This is a tremendous team effort and a tremendous opportunity to do what we do best – serve the City."

Since the Northern Virginia region has more COVID-19 cases than do other parts of the state, Councilman Sang Yi said he wants this region prioritized for drive-through testing sites. Stalzer said he'd be happy to advocate for that.

In addition, Yi wondered if the City's meals tax could be suspended during this time to help the small businesses, and City Attorney Brian Lubkeman said he could look into it.

## WEEK IN FAIRFAX

### What's Open and What's Not

Green Acres Center and Senior Center, the Sherwood Center, Old Town Hall, Fairfax Museum, plus Historic Blenheim and Civil War Interpretive Center are closed through March 29. And the City of Fairfax Parks and Rec Department is canceling field permits and picnic-pavilion rentals during that period, as well.

However, City parks – including the dog park – will remain open for public use.

CUE bus rides to and from Providence Elementary are free for families participating in the Grab and Go food-distribution program. Please advise the bus driver while boarding.

DMV Select services in City Hall are closed until further notice. City Hall remains open, and City government services in City Hall remain available. Visit <https://www.fairfaxva.gov/government> for a list of departments and individual, office, contact information.



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# Talking to Children about Coronavirus

Sharing developmentally appropriate information can ease fears.

BY MARILYN CAMPBELL  
THE CONNECTION

From school closures to travel bans, the rapid spread of coronavirus has led to a time of unprecedented uncertainty. Feelings of anxiety and fear are rampant, particularly in children, say educators. Helping them feel grounded and having open and honest conversations can soothe feelings of angst.

“Stick to routines and schedules when possible,” said Karen Kunz, Middle School Counselor at St. Stephen’s & St. Agnes School. “Children thrive with clear structure and schedules. Even with school closures, start to imagine what a schedule might look like at home.”

A child’s age will affect the approach that a parent might take. “Keep in mind, depending on their developmental level, children will comprehend and be concerned about different things regarding the coronavirus,” said Linda McKenna Guly, Ph.D., professor of psychology at Marymount University.

Those who are of kindergarten age or younger might feel an unrealistic fear of the virus because of the ego-centrism and magical thinking which are common for that age group, says Guly.

“School-aged children probably have a concrete understanding of how this virus is transmitted and understand well the importance of washing their hands,” said Guly. “Their frustration will come from refraining from favorite activities such as sports or music events, school, or socializing in groups of kids.”

Assuring children that there will be a return to normalcy soon and answering their questions honestly, logically and respectfully is the approach Guly suggests.

“Teenagers understand the basics of the virus, but they could get caught up with myths associated with coronavirus, especially because there is a lot of true and false information online,” she said. “I’ve observed that in my own teenage sons. Monitor and discuss what they are hearing and help them learn to distinguish fact from fiction about corona.”

For this age group, living with a heightened level of uncertainty can evoke strong emotions. “Teens will be very frustrated and annoyed by restrictions placed on group activities that they love, especially those that involve time with peers,” said Guly. “Be sympathetic to your teen about those frustrations.”

“For older children, monitor the amount of social media and internet access they are consuming,” added Kunz. “Social media sites can easily aggravate and heighten anxiety and worry by sharing misinformation.”

While information about the virus is moving rapidly and details are evolving, maintaining a sense of normalcy can be challenging. “Stay calm and carry on,” said Susan DeLaurentis, Director of Counseling and the Lower School Counselor at St. Stephen’s & St. Agnes School. “Modeling calm and reasoned reactions to stressful events help children manage their own anxiety. They look to parents and other adults



PHOTO BY MARILYN CAMPBELL

Turning hand washing and the use of hand sanitizer into a game or a competition for younger students can help them find joy in a stressful situation, says Susan DeLaurentis of St. Stephen’s & St. Agnes School.

to see their verbal and non-verbal reactions, and will often follow suit.”

“School nurses, school counselors, school psychologists, and school social workers can support these discussions and follow up with students who may need additional support,” added Lucy H. Caldwell, director of news and Information, Fairfax County Public Schools (FCPS). “In addition to talking with children about the importance of washing hands, covering coughs and sneezes.”

When discussing COVID-19, stick to basic facts in a developmentally appropriate fashion, advises DeLaurentis. “Reassure your children that we are doing exactly what we should do right now,” she said. “Also, using the fact that children don’t seem to be as affected by the virus is a fact that can be reassuring to children.”

“As a parent or caregiver, your first concern is about how to protect and take care of your children and family,” added Kurt Larrick, Assistant Director of the Arlington County Department of Human

Services “Some basic knowledge is a great place to start.” It can be comforting to highlight the actions that children can take to protect themselves, suggests DeLaurentis. “Emphasize what children can control in the situations they are in,” she said. “They can wash their hands, and even turning that into a game or a competition for younger students can help them find some joy in a stressful situation.”

Find a balance between staying informed and information overload and monitor the amount of time children are exposed to news about COVID-19, says DeLaurentis.

“Younger children often cannot comprehend the information they hear on the news,” she said. “They may misunderstand or misinterpret the news they hear, and often this misinformation can lead to more fear and anxiety.”

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

### CORONAVIRUS INFO CENTER

Fairfax County activated a Joint Information Center in response to the Novel Coronavirus (COVID-19) on March 13.

❖ **Fairfax County Health Department COVID-19 webpage** – [www.fairfaxcounty.gov/health/novel-coronavirus](http://www.fairfaxcounty.gov/health/novel-coronavirus)

❖ **Emergency Information Blog** (you can subscribe by email or follow by RSS) – [www.fairfaxcounty.gov/emergency/blog](http://www.fairfaxcounty.gov/emergency/blog)

❖ **Coronavirus (COVID-19) Call Center** – The community may call 703-267-3511 with questions. The call center is open from 9 a.m. until 9 p.m. weekdays and 9 a.m. to 5 p.m. weekends.

❖ Residents may also text FFXCOVID to 888777 to receive updates from Fairfax County about COVID-19.

❖ **Twitter** – @fairfaxcounty and @fairfaxhealth

❖ **Facebook** – [www.facebook.com/fairfaxcounty](http://www.facebook.com/fairfaxcounty) and [www.facebook.com/fairfaxcountyhealth](http://www.facebook.com/fairfaxcountyhealth)

### CLOSURES DUE TO COVID-19

Effective Monday, March 16, Fairfax County park (indoor), library and other community facilities will be closed for two weeks. The impacted facilities include recreation (RECenters), nature, community, resource and teen centers, as well as golf courses, historic sites and (permitted use of) athletic fields and picnic shelters. The county has also

closed all senior center and adult day health care facilities. Some of these facilities will be used as meal distribution centers to serve the community as needed. As the coronavirus situation continues to unfold the status of these facilities will be continuously re-evaluated.

❖ Learn more about COVID-19 on the Health Department Coronavirus (COVID-19) Webpage: (<https://www.fairfaxcounty.gov/health/novel-coronavirus>)

❖ Call 703-267-3511 with questions. The call center is open from 9:30 a.m. until 9 p.m. weekdays and 9:30 a.m. to 5 p.m. on weekends

❖ Residents may also text FFXCOVID to 888777 to receive updates from Fairfax County about COVID-19

❖ Follow the Fairfax County Government Facebook Page and Health Department Facebook Page

❖ Follow @fairfaxcounty and @fairfaxhealth on Twitter

### SATURDAY/APRIL 4

**CASA Info Session.** 11 a.m. to 12 p.m. At Fairfax CASA Office, 4103 Chain Bridge Road, Suite 200, Fairfax. Fairfax Court Appointed Special Advocates (CASA) provides volunteer advocates to abused and neglected children referred by the Fairfax County Juvenile and Domestic Relations Court. The first step to becoming a CASA volunteer is to attend an information session. RSVP to [sgoldberg@casafairfax.org](mailto:sgoldberg@casafairfax.org) as space is limited.

### 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

SEE BULLETIN, PAGE 10

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Sun. Evening – Realtime Worship & Youth 6 PM  
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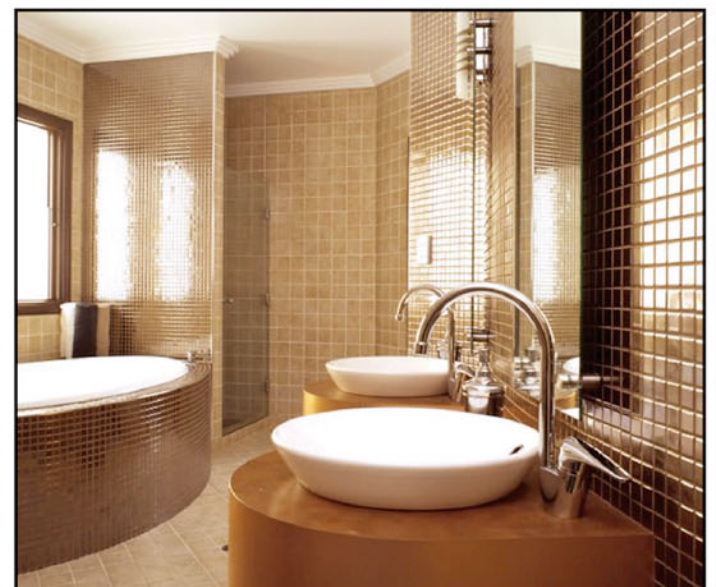
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# CALENDAR

**Editor's Note:** Be aware that many events could be cancelled as precaution to the spread of COVID-19. Please check before heading to events. Submit entertainment announcements at [www.connectionnewspapers.com/Calendar/](http://www.connectionnewspapers.com/Calendar/). The deadline is noon on Friday. Photos/artwork encouraged.

## ONGOING

**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)

**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).

## 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](http://www.scfbva.org).

## 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 20, 21 & 22

**"Anything Goes."** At The Church of the Good Shepherd, 9350 Braddock Road, Burke. Tickets: \$10/\$15. The Good Shepherd Players and the Church of the Good Shepherd present "Anything Goes."

## SATURDAY/MARCH 21

**Women as Changemakers.** 11 a.m. to 2:30 p.m. At Springfield Golf and

Country Club, 8301 Old Keene Mill Road, Springfield. Luncheon, silent auction, and guest speaker Joan Michelson, speaking on "Women as Changemakers". Sponsored by the Springfield-Annandale branch of AAUW.

All are welcome. Reservation required by March 14. Cost is \$45/person. To make a reservation, e-mail [SpringFlingAAUW@gmail.com](mailto:SpringFlingAAUW@gmail.com). Call 703-560-1760.

**Fantasy and Fun.** 1 p.m. At Annandale United Methodist Church, 6935 Columbia Pike, Annandale. Featuring The Great Zucchini and the Da Capo and Lyric Youth Choruses of the Fairfax Choral Society. Tickets are \$15/adults; \$5/students; children 13 and under free.

**Artists' Reception.** 1-5 p.m. At the Artists' Undertaking Gallery, 309 Mill Street, Historic Ocoquan. The Artists' Undertaking Gallery in Historic Ocoquan presents "Spring's Palette". This exhibit features Paintings and Ribbon Embroidery by Tatiana Harr of Fairfax Station, and Salt-Fired Pottery by Marianne Cordyack of Reston. The exhibit runs March 3 through April 6. The gallery is open 11 a.m. - 5 p.m. daily. Contact the gallery at 703-494-0584 or at [info@artistsundertaking.com](mailto:info@artistsundertaking.com).

**The Dash Duo.** 3-5 p.m. At Kirkwood Presbyterian Church, 8336 Carrleigh Parkway, Springfield. Dash Duo has thrilled audiences across the United States with virtuoso performances. Both stellar trumpet players in their own right, this concert will feature both players and will be joined by organist Michael Lodico. Free — donations welcomed. Visit [www.kirkwoodpres.com](http://www.kirkwoodpres.com).

## 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/>

**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>

## TUESDAY/MARCH 24

**Poetry of Music: It Takes a Whole Village.** 7 p.m. At Annandale United Methodist Church, 6935 Columbia Pike, Annandale. Featuring the Master Singers, Concert Choir and Treble Choruses of the Fairfax Choral Society. With Patrick Vaughn, Director, Youth Choruses of the Fairfax Choral Society. Tickets are \$15/adults; \$5/students; Kids 13 and under free.

# Fairfax County Public School Buildings Closed Until Further Notice

COVID-19 continues to be a fast-moving event. This weekend, we have been continuing to evaluate our options going forward with the health and well-being of our students, employees, and community remaining the top priority. In consideration of these developments, FCPS is announcing the following actions:

❖All FCPS school buildings are closed until further notice. Food distribution at FCPS sites will continue as scheduled. More details about the food program are below.

❖With the school buildings closed, the laptop distribution scheduled for Monday, March 16, is postponed.

❖All FCPS administrative offices are closed until further notice.

❖Only essential personnel as defined by FCPS program managers and supervisors will be asked to report to work until further notice. All other employees will work remotely. It is expected that all FCPS personnel reporting to work will practice social distancing to the greatest extent possible.

## Grab-and-Go Breakfast and Lunch; New Locations Added

Beginning, March 16, FCPS is expanding the grab-and-go food distribution sites to a total of 18 locations. The food distribution is set up outside the schools. Breakfast will be served from 8-10:30 a.m. and lunch from 10:30 a.m. - 2 p.m.

FCPS is providing grab and go meals at no cost for students at 18 sites. We are coordinating with community partners to ensure the locations and timing of food centers and pantries are being communicated with FCPS families.

All FCPS students (regardless of age) are eligible for free grab and go breakfast and lunch. The food must be received directly by a student or paying adult. Adults may pay \$2 for their meals.

All eighteen sites are available to pick up breakfast or lunch. The food distribution is set up outside the schools. Breakfast will be served from 8 a.m. - 10:30 a.m. and lunch from 10:30 a.m. - 2 p.m. at the locations listed below:

New sites serving food beginning tomorrow, March 17:

Bren Mar Park ES, 6344 Beryl Rd, Alexandria  
Cameron ES, 3434 Campbell Dr., Alexandria  
Forest Edge ES, 1501 Becontree Ln., Reston  
Glen Forest ES, 5829 Glen Forest Dr., Falls Church

Herndon ES, 630 Dranesville Rd., Herndon  
Hollin Meadows ES, 2310 Nordok Pl., Alexandria

Irving MS, 8100 Old Keene Mill Rd., Springfield  
Coates ES, 2480 River Birch Rd., Herndon  
Parklawn ES, 4116 Braddock Rd., Alexandria  
Pine Spring ES, 7607 Willow Ln., Falls Church  
South County HS, 8700 Laurel Crest Drive, Lorton

## Original Sites Will Continue:

Annandale Terrace ES, 7604 Herald St.,  
Bailey's Primary ES, 6111 Knollwood Dr., Falls Church

Braddock ES, 7825 Heritage Dr., Annandale  
Brookfield ES, 4200 Lees Corner Rd, Chantilly  
Burke School, 9645 Burke Lake Rd., Burke  
Centre Ridge ES, 14400 New Braddock Rd., Centreville

Crestwood ES, 6010 Hanover Ave., Springfield  
Cunningham Park ES, 1001 Park St., Vienna  
Dogwood ES, 12300 Glade Dr., Reston



PHOTO BY MIKE SALMON/THE CONNECTION

## At Crestwood Elementary School in Springfield, Wednesday, March 18: Ginger Swiger handing out breakfast to Kevin and Bridny Serrano.

Garfield ES, 7101 Old Keene Mill Rd., Springfield

Graham Road Community Center, 3036 Graham Rd., Falls Church

Fort Belvoir Upper ES, 5980 Meeres Rd., Fort Belvoir

Hutchison ES, 13209 Parcher Ave., Herndon

Hybla Valley ES, 3415 Lockheed Blvd., Alexandria

London Towne ES, 6100 Stone Rd., Centreville  
Mount Vernon Woods ES, 4015 Fielding St., Alexandria

Providence ES, 3616 Jermantown Rd., Fairfax  
Weyanoke ES, 6520 Braddock Rd., Alexandria

Fairfax County Public Schools is expanding the number of grab and go meal sites beginning Wednesday, March 18. A total of 38 sites will serve food to FCPS students.

In addition to the sites currently providing grab and go meals, these school locations will also be serving food. Breakfast will be served from 8 to 10:30 a.m. and lunch will be served from 10:30 a.m. to 2 p.m. at the following locations:

Bucknell Elementary School, 6925 University Dr., Alexandria

FCPS Energy Zone Office, 6840 Industrial Dr., Springfield

Falls Church High School, 7521 Jaguar Trail, Falls Church

Lorton Station Elementary School, 9298 Lewis Chapel Road, Lorton

(Twain MS will not be a grab and go site on March 18)

In addition to school sites, five additional sites located in the community will serve as pop-up locations. The sites will serve both breakfast and lunch during the designated times beginning Wednesday, March 18:

Audubon Park, 7955 Audubon Ave., Alexandria, from 10 a.m. to 10:30 a.m.

Bailey's Community Center, 5920 Summers Lane, Falls Church, from 10 a.m. to 10:30 a.m.

Gum Springs Community Center, 8100 Fordson Road, Alexandria, from 11 a.m. to 11:30 a.m.

James Lee Community Center, 2855 Annandale Road, Falls Church, from 12 noon to 12:30 p.m.

Willston Multicultural Center, 6131 Willston Dr, Falls Church, from 11 a.m. to 11:30 a.m.



# Help Local Families Weather this Crisis

## Britepaths launches 'Adjust, Give, Donate' for those in need.

BY BONNIE HOBBS  
THE CONNECTION

With coronavirus ravaging the country and changing daily life across the U.S., people everywhere have had to adapt. That holds true for nonprofit Britepaths, which does its best to help the community's most vulnerable residents.

"We've been watching the news with great concern as cases of coronavirus rise," said Britepaths Executive Director Lisa Whetzel. "With schools shuttering, work slowing and businesses grinding to a halt across the region, one of our biggest concerns is ensuring that our children – and their families – have the resources they need to weather this crisis at home."

So Britepaths is launching a new initiative called "Adjust, Give, Donate" to help them. "At a moment in time when our local region and the wider world are experiencing so many unknowns, we have decided to cancel our April 23, Artful Living fundraiser," said Whetzel. "We must focus all our efforts on pro-

viding immediate relief to our extended family. This is our utmost priority right now."

She explained that, as an organization, Britepaths needs to increase its capacity to help because the families relying on it need this help now, more than ever. And the original Artful Living sponsors agreed. They've committed to transferring their support to Britepaths' new campaign to help raise \$100,000 in the next 30 days for the local community.

Area residents, businesses and other entities are also invited to "Adjust, Give and Donate" at <https://britepaths.org/adjust-give>. Or mail checks to Britepaths at 3959 Pender Drive, Suite 200, Fairfax, VA 22030. For more information, call Shannon Bryant at 703-273-8829.

"We are all in this together, adjusting to uncertain times," said Whetzel. "Our families have little to help them adjust to this new normal – and countless obstacles to overcome. Donations from the community will increase our capacity to purchase emergency-food gift cards, secure and provide needed household supplies, or offer targeted financial assistance."

"For the safety of our clients, staff and supporters, we are not accepting pantry/in-person donations, until further notice," she continued. "However, we have a collective duty to take care of both ourselves and our community. People's donations will help our local families in need, no matter what additional crises may arise as a result of the pandemic."

## 'Shopping'

FROM PAGE 3

Mary Kay moisturizing lotion for hands that stays on, even after washing," she said. "I like it; it feels good and my hands feel soft and pampered."

**AFTER THOSE ACTIVITIES**, attendees listened to guest speaker Sevana Stone, a Fairfax resident, Britepaths mentor and owner of VersaTel Solutions, which helps small businesses achieve better workflows. At Britepaths, she helps provide employment information, plus advice on how to start a small business. But she was at the shopping event for a different reason.

"I wanted to share my story with these women and help them feel like they're not alone on their

paths," she said. "It's good to know there's a light at the end of the tunnel. When you're in the darkest part of your journey, it's hard to imagine that there's sun or light."

"I always tell people, you'll never be sent into the forest without an ax," continued Stone. "You may not know where it is, but it's there. And when you find it, you cut down the trees, find your path and become enveloped by the light. I feel like life is a journey, and I see the dips as temporary obstacles to get over."

Afterward, a client who attended the event emailed Beres to tell her how much it meant to her. "Thank you for the opportunity," she wrote. "I really enjoyed it, and the guest speaker was so inspirational. I appreciate it so much; that's what I needed, and I could relate to her. Thanks for all of Britepaths' love and support."

## Stone

FROM PAGE 3

She now does employment mentoring at Britepaths and runs a business helping small businesses improve their operations. Her business motto is "Work smarter and not harder."

"It should take less time to get more," explained Stone. "To find a new job or start a new business, first, ask yourself two questions: How are you saving time and money, and how can others see themselves in you – and vice versa?" She then asked the attendees how she could help them and what's holding them back.

"The fear of failure," answered one. "You've got to try," replied Stone. "And if one way

doesn't work, then try another way. What else are you struggling with? For me, it was identity – I wasn't white enough for the whites or ethnic enough for the ethnics. English is my second language. And my family hated me for out-ing their brother as a monster."

But, she stressed, "You get to choose how you react to what others do. Are you a leader? Do you believe you're worthy?"

Another audience member said she feared change because "you're comfortable and afraid to leave what you know." But Stone reassured her, "I really thought the best I could be was Detroit in the '90s. Don't be afraid of walking through the fire – keep going through it."

Yet another woman said she used to live with someone who

belittled her. "It took me five years, but I changed," she said. "And now I walk like I own it – with affirmation."

**IN RESPONSE**, Stone said, "It takes time to really see yourself and change. But you've got to do it."

Lastly, a woman asked Stone if anyone had told her she couldn't do it. "I've had lots of toxic people around me, and I was easy to take advantage of," she answered. "Life is perspective, but you don't have to align yourself with someone else's perspective. Surround yourself with better people. Always trust your gut and really listen to your intuition. It may be scary, but you can do this."

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## Feeling Pale By Comparison



By KENNETH B. LOURIE

In a peculiar way, my cancer treatment and all has sort of gotten lost in the coronavirus talk. With so many changes to our regular lifestyle occurring on a daily basis, it feels as if nothing else matters. Granted, one's health is the most important consideration, but now the talk is about everybody's health. Nevertheless, how do I throw caution to the wind and interact with my environment when doing so might endanger the very stability I've worked over 11 years to maintain? I mean, I have to live my life, but will there be a cost to do so? I realize that the good of the many outweigh the good of the few but Spock was speaking from outer space. How do I, while in and out of treatment down here on Earth not worry about myself?

I realize life will go on for almost all of us, but will there be consequences for those unable to secure proper care? Will decisions be made about allocating resources because demand has far outstripped supply? How does life for cancer patients undergoing treatment fit into this new paradigm where so many people might need some kind of medical care? Will there even be enough health care professionals to administer the kind of life-sustaining treatment many of us seriously-diagnosed patients have come to expect and need?

Unfortunately, only time will tell, and there may very well be little of it in the interim, during which we can anticipate and plan accordingly. So many decisions will likely be made by the powers that be that might not exactly consider my set of cancer circumstances. In a way, I might be collateral damage. There simply might not be enough room and medicine and staff and all to accommodate my needs. It's nothing personal. It's just business, or rather the lack thereof. With so much of the world's population affected while going about their usual and customary routine, who, what, where and how will there be any prioritization? Moreover, what about people who are already sick and challenged by a weakened immune system (like yours truly), will the competition from newly diagnosed coronavirus patients overwhelm our health care system?

I can't assume that life will go on as it always has. That would seem to be incredibly naive. I need to proactively make the necessary arrangements and/or contingency plans. I can't presume that being a cancer patient will always get me through the door. I'd like to think I take priority. But it might not be about priority, it might be about availability and a dwindling supply not able to keep up with demand.

Still, going down this rabbit hole of fear, anxiety and worry doesn't help either. As I have since the date of original diagnosis, back in late February, 2009, I need to make the best of a bad/challenging situation. I need to roll with the punches and be prepared for any eventuality and take the good with the bad and vice versa. Normal left the building a long time ago for me. The problem is that building to which I metaphorically refer is the very building where I get my ongoing medical treatment. And though I don't anticipate being kept away from that building, the reality is that it's out of my control.

As with anticipating the results of CT scans and lab results, all in good time, or bad. I need to keep the same positive attitude as I always have because though I might be at greater risk than many of you regular readers, we are all at risk, apparently. As such, if there is indeed anything to be gained by so many people being so similarly affected, the reality is that there are strength in those numbers and even though it may feel that right now the whole world is upside down, things eventually will right themselves. They always do. I just hope I'm still smiling when the dust settles.

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

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TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 3/31/20.

**BRAKE SPECIAL**

**\$79<sup>95</sup>**

**Includes:** Install Genuine Toyota front brake pads, inspect front & rear rotors  
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**MACHINE ROTORS ADDITIONAL**

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**OIL & FILTER CHANGE**

**\$24<sup>95</sup>**

NON-SYNTHETIC

**\$34<sup>95</sup>**

SYNTHETIC

**Includes:** Genuine Toyota oil filter, up to 5 qts of conventional oil\*,  
inspect windshield wipers, check tire condition, check battery (with  
print-out), inspect and adjust all fluid levels, inspect air & cabin air filters.

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**11708 Amkin Dr, Clifton Listed at \$855,000**  
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**12409 Old Yates Ford, Clifton - Listed at \$1,025,000**  
Lovely 5 BR / 5.5 BA Updated, Custom home perfectly sited on level, open & treed 4 acre lot w/ pond! Main level BR w/ full BA, plus Upper Level Master BR Suite! Finished walk-out LL w/ recreation, theater, & game rooms! Attached 3-car, plus detached 2-car garages!



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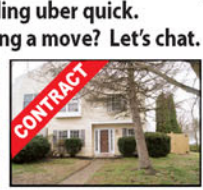
**Fairfax, VA Robinson School District**  
Two new listings coming soon in the Robinson School District, Middelridge & Country Club View. Beautiful colonial and lovely Split Foyer. Hardwood Floors throughout both of them. Updated kitchens and baths. Both have 5 Bedrooms and 3 Baths and 2 Car Garages. Colonial will be around \$689K and Split Foyer will be \$650K. Call Catie & Steve to learn more!



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Beautiful open design split level home on .46 acre lot in cul-de-sac. Updated throughout, this home features 4 bedrooms, 2 full baths, hardwood floors, fireplace, fresh paint, new carpet in walk out lower level. The dining area opens to a brick patio and the huge, private fenced back yard. Call Judy for more information. Visit www.7501NottowayPlace.com



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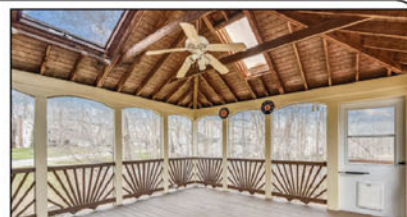
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