

Springfield CONNECTION

Franconia ♦ Kingstowne ♦ Newington

WELLBEING
PAGE 8

Dawn Tarter of Springfield and her sister Andrea Reincke are pictured after finishing the Chicago Marathon. Tarter won a lottery to run 1,576 steps up the Empire State building, or one-fifth a vertical mile.



Racing Up the Empire State Building

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Lawmakers Play Whack-A-Mole with Predatory Lenders

Senate panel takes action to limit one kind of high-interest loan while leaving a loophole for another.

By MICHAEL LEE POPE
THE CONNECTION

By this time next year, high-interest lenders may be prohibited from making consumer finance loans — at least ones they find profitable at 200 percent interest. So that loophole may be closed by the end of the General Assembly session. But it seems likely lawmakers will leave Richmond this year creating no restrictions on open-end lines of credit, raising concern among some that lawmakers are playing a game of whack-a-mole. “All of a sudden, in the last five, six, seven, eight years we’ve got title lenders, payday lenders, revolving lenders and now internet lenders jumping the fence and coming over into the consumer finance act that had never contemplated this kind of lending,” said Jeff Smith, executive director of the Virginia Financial Services Association. “So not only do we support this legislation, we drafted it.”

That legislation would create a cap of 36 percent interest rates for all consumer finance loans, closing one loophole that has allowed loans for as much as 950 percent



PHOTO BY MICHAEL LEE POPE/THE CONNECTION

Check Into Cash lobbyist Robert Baratta testifies before the Senate Commerce and Labor Committee. Last year, his company donated more than \$8,000 to members of the committee, which killed a bill that would have created new consumer protections on his company.

interest. Car-title lenders were using these kinds of loans in a bait-and-switch operation until 2016, after a series of investigative reports exposed the practice and lawmakers took action to rein in the industry. Since that time, internet lenders have moved to an unregulated product known as open-end lines of credit. Last week, lawmakers rejected a bill that would have prevented lenders from allowing lenders to have more than one loan at a time.

“The only way I would know that someone has an installment loan is if they were trying to get it from me,” said Robert Baratta, lobbyist for Check Into Cash, which

contributed more than \$8,000 to members of the committee last year. “I don’t know if they’ve gone down the street to somebody else and took one out unless there’s some kind of database we can access.”

CRITICS OF PREDATORY LENDING say payday lenders and car-title lenders already have to comply with that restriction, which prevents people down on their luck from taking out new loans to cover old loans. Of all the consumer protections considered in a series of bills this year, this is one of the most important to people who want to make sure these companies don’t take advantage

“We’d like to close this loophole to ensure that some of the most vulnerable Virginians aren’t taken advantage of”

— Kevin Mauer,
associate director,
Virginia Catholic Conference

of people who are already experiencing hefty medical bills or family emergencies.

“We’d like to close this loophole to ensure that some of the most vulnerable Virginians aren’t taken advantage of,” said Kevin Mauer, associate director of the Virginia Catholic Conference.

Opposition to high-interest loans isn’t coming just from consumer groups and religious organizations. It’s also coming from businesses in the consumer-finance industry, who believe unscrupulous businesses are using their section of the code to make predatory loans. That’s why they worked with state Sen. Scott Surovell (D-36) to craft the 36-percent cap. Although that bill got out of committee, his other bill that would have created similar restrictions on open-end lines of credit did not. “They’re using these open-end credit loans to evade the laws that we passed,” said Surovell. “We can’t keep playing whack-a-mole.”

Northern Virginia MATHCOUNTS Competition Held

Top teams, team members and coaches announced.

The Northern Virginia Regional MATHCOUNTS Competition was held on Saturday, Feb. 3, 2018 at George Mason University. The regional competition combines the Fairfax, George Washington, and Northern Virginia Chapters of the Virginia Society of Professional Engineers.

About 418 students in sixth through eighth grades at 50 elementary and middle schools competed at the events. They have been practicing since the fall and were selected to represent their schools at the competition. Students compete as school teams and as individuals.

The top teams, team members, and coaches from each Chapter are:

♦ Fairfax Chapter Area

1. Rachel Carson Middle School (Coach: Kristen Shebek)
Students: Andrew Kim, Luke Wang,

Anirudh Bansal, Suraj Uppalapati
2. Rocky Run Middle School (Coach: Melanie Roller)

Students: Aarav Bajaj, Keertana Yalamanchili, Nilima Khanna, Pranav Mathur

3. Frost Middle School (Coach: Maura Sleevi)

Students: Darin Mao, Steven Chen, Alison Song, Ja-Zhua Cheng

♦ George Washington Chapter Area

1. Mark Twain Middle School (Coach: Jack Schiavone)

Students: Jeb Cui, Eugene Choi, Irfan Nafi, Ashley Lee

2. South County Middle School (Coach: Gina Griffin-Evans)

Students: Shreyas Mayya, Michael Hwang, Sara Yoon, Sarah Khalil

3. Carl Sandburg Middle School (Coach: Nicole Yoder)

Students: Quinn Powell, Ryan Lien, Chloe Renaud, Gavin Cramer

♦ Northern VA Chapter Area

1. BASIS Independent McLean (Coach: Tyler Sullivan)

Students: Pravalika Putalapattu, Samuel Wang, Ethan Zhou, Eleanor Kim

2. Cooper Middle School (Coach: Lisa Walsh)

Students: Isabella Zhu, Dannie Cao, Kevin Shan, Bradley Cao

3. Longfellow Middle School (Coach: Mary Jo Clark)

Students: Alan Vladimiroff, Lillian Sun, Yeefay Li, William Jiang

The top-scoring students in each Chapter are:

♦ Fairfax Chapter Area

1. Aarav Baja, Rocky Run Middle School

2. Dhruv Alladi, Rocky Run Middle School

3. Darin Mao, Frost Middle School

4. Andrew Kim, Rachel Carson Middle School

5. Anand Advani, Nysmith School

♦ George Washington Chapter Area

1. Jeb Cui, Mark Twain Middle School

2. Shreyas Mayya, South County Middle School

3. Eugene Choi, Mark Twain Middle School

4. Michael Hwang, South County Middle School

5. Irfan Nafi, Mark Twain Middle School

♦ Northern VA Chapter Area

1. Pravalika Putalapattu, BASIS Independen-

dent McLean

2. Alan Vladimiroff, Longfellow Middle School

3. Samuel Wang , BASIS Independent McLean

4. Sehyun Choi, Longfellow Middle School

5. Ethan Zhou, BASIS Independent McLean

The top two teams and top four students who are not on the top two teams from the Fairfax Chapter along with the winning team and top two students who are not on the winning team from each of the George Washington and Northern VA Chapters will advance to compete at the Virginia State MATHCOUNTS Competition to be held in Richmond on March 17, 2018.

MATHCOUNTS is a national middle school math enrichment program offering competition and club activities designed to foster appreciation of math among U.S. students so as to prepare students for future career opportunities and success.

Additional information on the national MATHCOUNTS program is available at www.mathcounts.org.

The 2018 Native Seedling Sale Opens

Low-cost bare-root seedlings available.

BY MERCIA HOBSON
THE CONNECTION

The Northern Virginia Soil and Water Conservation District announced their annual seedling sale is on for 2018 as of Feb. 1. The non-regulatory, locally-led, conservation agency is making low-cost bare-root native shrub and tree seedlings available to Northern Virginia residents.

All seedlings are suited for planting in the greater Washington, D.C. area. This year's seedling sale features shrubs and trees that are tolerant of deer browse. The District advertises that their \$11.95 Six Seedling Tree Package includes two Eastern Redbuds, two Pawpaw, and two Shortleaf Pine. Their \$16.95 10 Seedlings Shrub and Small Tree Package contains two Witchhazel, two False Indigo Bush, two Serviceberry, two Silky Dogwood, and two Spicebush.

Because these are first- and second-year bare-root trees and shrubs, the District acknowledges they are small "...but when cared for properly, they can grow into lovely landscape specimens faster than you think."

The District reports they get most of their seedlings from the Virginia Department of Forestry and the seedlings come without soil. Their roots are wrapped in wet newspapers and placed in a plastic bag to keep them moist. Each package of six-10 seedlings



A Shortleaf Pine grows to 100 feet and is shade tolerant.

PHOTOS COURTESY OF NORTHERN VIRGINIA SOIL AND WATER CONSERVATION DISTRICT



A shade tolerant Silky Dogwood produces blue or grayish berries in the fall and is considered a small tree, growing 6-10 feet in height. It is being offered as a bare root seedling by Northern Virginia Soil and Water Conservation District in their 2018 Native Seedling Sale.



bundled together is typically 1-3 feet long and 4-6 inches wide. To differentiate between the seedlings, which the district cites can lovingly be described as looking like "twigs," they wrap colored flagging tape around each species pair and provide a color code for identification.

A full, nonrefundable payment must accompany each order received no later than Wednesday, April 11, or until supplies run out. Payment is accepted online with a credit card, debit card, or e-check. Funds cover the cost of the seedlings and associated program costs.

The pickup site will be at the Packard Center in Annandale. Orders may be picked up on Friday, April 20, 9 a.m.-4 p.m., or Saturday, April 21, 9 a.m.-noon.

NVSWCD reports proceeds from the sale support educational programs, including the high school Envirothon competition, biological stream monitoring, storm drain education, Youth Conservation Camp, Science Fair awards, and other outreach activities.

To view the online seedling sale store visit nvswcd-vle1ocitypayment.com.3dcartstores.com/.

The children hold plastic bags containing tree and shrub seedlings from a previous NOVA Soil and Water Conservation Seedling Sale. The seedlings will look like twigs with their roots wrapped in wet newspapers; each pair is tied with a colored coded identification flagging ribbon.

COUNTY BRIEFS

Inmates Training in Overdose Prevention

Through a partnership with the Fairfax County Sheriff's Office, jail-based clinicians from the Fairfax-Falls Church Community Services Board (CSB) are now offering inmates training on how to reverse the impacts of opioid overdose. So far, there have been three classes in which about a dozen inmates have learned how to save lives. Upon release from the Adult Detention Center, the newly trained individual is equipped with a single dose of naloxone (Narcan), along with a REVIVE information kit, just in case they need it for themselves, their

family members or their friends. Naloxone is a fast-acting medication that can reverse opioid overdose. This new effort is part of an overall Fairfax County effort to train more people how to recognize signs of opiate overdose and increase access to naloxone. CSB's Director of Jail-Based Services, Marissa Farina-Morse, said that inmates with opioid or heroin addictions are most at risk during the first weeks after being released from jail. The CSB also offers free one-hour monthly REVIVE training at their Merrifield Center, as well as other community sites. In the U.S., overall, there were 60,000 overdose deaths in 2017 and more than 100 in Fairfax County.

To learn more about actions underway to educate and combat opioid use disorder in Fairfax County, read the Fairfax County Opioid Task Force Plan at

www.fairfaxcounty.gov/sites/community-services-board/files/assets/documents/pdf/opioid-task-force-plan.pdf.

Career and Transition Services Event for Parents and Educators

On Saturday, Feb. 10, 2018, Career and Transition Services along with several Fairfax County adult service providers and the FCPS Parent Resource Center, will host "Super Transition Saturday" from 8:30 a.m. to 1 p.m. at Lanier Middle School. This is a free event for parents and educators of students with IEPs of all ages, elementary

through high school. Breakout sessions will cover postsecondary support services, student self-determination as an evidence based predictor of postschool success, and in-school career and transition support services that are available to FCPS students as they progress through the secondary years toward graduation and beyond. A highlight of the day is a parent and student panel representing a range of challenges and successes. Members of the panel will convey personal experiences and answer parent and student questions from their perspectives of having been through the transition process. Childcare is provided for ages 3 and up and requires advance registration. To register, visit www.fcps.edu and search Super Transition Saturday. The snow date will be Feb. 24.



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OPINION

An Opportunity To Improve TJ

To the Editor:

The following open letter was addressed to state Sen. Steve Newman, chair of the Education and Health Committee.

As graduates of Thomas Jefferson High School for Science and Technology (TJHSST), we were deeply troubled to read that the Education and Health Committee of the Virginia State Senate struck down Senate Bill 787, the proposal by state Sen. Scott Surovell to make the admissions policies at Governor's Schools such as TJHSST more equitable. While debates will continue about whether Senator Surovell's legislation is the right instrument, its intent to significantly alter Jefferson's admissions procedure to account for class is sound. No serious action has been taken on this issue at the state or local level since the school was designated as a magnet school and that has to change. Outreach efforts have had modest success in the past, but they are not enough to make Jefferson equitable. For this reason, we strongly support the intent of the senator's bill and ask the committee to work with Senator Surovell to draft legislation to make progress on this urgent issue.

All of us attended Fairfax County Public Schools. There's one among us who still has her yearbooks and class pictures from kindergarten through 12th grade. And in those images from schools like Saratoga Elementary School and Mark Twain Middle School are the smiling faces of friends and classmates of all races, as well as friends and classmates who lived in a nearby HUD housing development. None of the kids from that housing development made it into TJ, not one. And virtually none of the Black and Hispanic students in those other photos were admitted either.

The racial and economic composition of Jefferson has been an annual news story just about every year since it became a magnet school, and it's never good news. Last year, only 17 Black and Hispanic students were admitted — 3.4 percent out of 490 students. And only eight students (1.6 percent) eligible for free or reduced-price lunches (an indicator of students living in low-income or poor families). This despite the fact that Fairfax County Public School students overall are 25.4 percent Hispanic, 10.1 percent Black, and 29 percent are eligible for free or reduced-price lunches.

This disparity between Jefferson's enrollment and the racial and socioeconomic composition of Fairfax County is unacceptable and easily remedied. Countless elite institutions — especially elite colleges — have modified their admissions procedures and requirements in recent years because they have realized that their old criteria have long been leaving talent on the table. They have softened their standardized testing requirements, engaged in admissions outreach, and sought out partners in high schools and middle schools to create a pipeline of under-represented and low-income students to draw from. These students (who would never have been admitted under the old admissions protocols) have thrived at these elite institutions — often overperforming their standardized test scores. Yet Jefferson's admissions policies proceed ignorant of these developments.

We live in a time when headlines and Twitter feeds constantly observe the pernicious effects of systemic inequality and racism in the daily lives of the poor and people of color. And the state of Virginia has a long legacy of racism that the world was reminded of last year during and after the events that took place in Charlottesville. White supremacy is not just Nazis marching in the streets; it also lies in maintaining a high school that excludes the poor, African-Americans, and Latinos, and then calls itself the greatest, most meritocratic high school in the country. You and the other 12 members of the committee who struck down this modest change to Jefferson's admissions policies have voted to maintain a blatantly racist and classist flagship school.

This is a shameful display when it would have been so easy for you to answer the impassioned requests of so many parents and alumni, as well as Senator Surovell. We understand that the committee has framed its objections to this bill in terms of local rights. While in many cases local school boards are best situated to make local educational decisions, when a board ignores a pressing issue affecting its most vulnerable and disempowered constituents over decades, the state has an obligation to step in and remedy the injustice.

The one way that Jefferson, with the help of the Fairfax County School Board and the Virginia legislature, could truly differentiate itself is by showing that it is working deliberately and intentionally to combat the structural and systematic racism and class privilege that feeds students into the school. Thousands of schools and nonprofits around the country have already made meaningful change in this area, it's time for Jefferson and those in charge to take responsibility for this problem and do the same.

Alexis Clements, TJHSST '98, BA Emerson College '01, MS London School of Economics '06
Daniel Morales, TJHSST '98, BA Williams College '02, JD Yale Law School '05
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COMMENTARY

'Electronic Textbooks' Bill Moves Forward

BY SCOTT SUROVELL
STATE SENATOR (D-36)



The third week of the General Assembly brought action on about two dozen of my bills.

First, my two remaining bills to address education equity were unanimously recommended by the Education Subcommittee. The first bill prohibits localities from requiring children to use "electronic textbooks" without providing students with devices to use such "books" at home. Many children in the U.S. 1 Corridor do not have computers or broadband at home and our schools should not mandate electronic learning without providing devices.

My second bill requires school systems to waive all fees and provide computers to students who want to take online classes. Fairfax and Prince William counties charge low income students as much as \$345 to take online classes and do not provide devices, making online classes difficult if not impossible for all students to utilize. The bills will be considered by the Senate this week. The General Laws Committee reported my bill creating a sanctions process for government officials who abuse the closed meeting process or destroy public records. There have been at least six reported or attempted violations of the closed meetings law in the last two years and reports of local governments advising employees to delete emails to avoid public disclosure.

Predatory lending was on the docket this week. My bill to place a 36 percent cap on interest rates for loans made by licensed consumer finance companies and prohibit predatory internet lenders from using existing state licenses passed the Commerce and Labor Committee 12-2. This is the first legislation to push back against predatory lending passed by this committee in eight years.

Waze and Google Map driven neighborhood cut-through traffic has been a source of significant complaints to my office — especially in Belle Haven, Occoquan and neighborhoods close to the interstates. I introduced legislation that would authorize local

governments to designate a small number of residential secondary roads as off-limits to electronic routing services like Waze and Google Maps and keep commuters out of neighborhoods. The City of Alexandria was extremely supportive but the Fairfax County Board of Supervisors opposed my legislation (Supervisors Storck and Foust supported). Unfortunately, the bill died on a 6-6-1 vote in the Transportation Committee.

My legislation to increase the required state auto insurance minimums for the first time since 1989 passed the Transportation Committee. My bill would increase the required minimum property damage minimum insurance from \$20,000 to \$50,000. Given the increased automobile prices, this is critical.

Teen "sexting" has continued to create problems for parents, teachers, administrators, clergy, and, most importantly, children. This year, I partnered with Senator Bill Stanley on legislation to classify such offenses as misdemeanors instead of either felony child pornography production or possession. This will allow schools, families, and counselors to take care of these issues informally instead of necessitating law enforcement consultations. Our bill passed the Courts of Justice Committee and will be on the floor of the Senate this week. Lastly, my legislation to impose a ban on hydraulic fracturing or "fracking" passed the Agriculture and Natural Resources Committee and will be on the floor this week after being amended to a four-year moratorium. A Texas company acquired leases to explore for natural gas on 84,000 acres of property on Virginia's Northern Neck and Middle Peninsula. This area shares the same aquifer with over four million Virginians living east of Interstate 95 which must be protected.

Approximately a dozen of my bills have not been heard in committee yet including six coal ash bills, bills to reform the credit "freeze" process, and studies regarding the decline in arrests for drunk driving. This week is the lead up to the deadline for action on all bills in our own chambers so stay tuned.

Please complete my survey at www.scotturovelli.org/survey and email me at scott@scotturovelli.org if you have feedback. It is an honor to serve as your state senator.

Springfield Golf and Country Club to Attain Audubon Sanctuary Certification

Springfield Golf and Country Club practices sound environmental golf course management, and is about to receive certification in The Audubon Cooperative Sanctuary Program for golf courses. To attain this certification, the club must document management practices in the following areas: wildlife and habitat management; chemical use reduction and safety; water conservation; water quality management; and outreach and education. It is also required to perform an environmental case study. To meet the case study requirement, the golf course, under the management of Superintendent Lentz Wheeler, created a wildlife pollinator garden which is in view of all golfers who play the course. "Our entire club is excited to achieve the Audubon Cooperative Sanctuary Certification," said Wheeler. "It has taken plenty of work, but has been so worthwhile. The creation of the wildlife pollinating garden has

been particularly rewarding as we have seen many different species of butterflies and birds already frequenting the area. As the plants mature, this will only increase in number and species.

"One other wildflower pollinator garden was established last year and is nearly half an acre," added Wheeler. "There are a number of perennial and annual flowers in this bed native to our region that provide habitat and food for all types of wildlife, as well as beautiful color to the landscape. Springfield Country Club even has beehives on location that are serviced by a local apiarist, and provide honey to be utilized by our chef and for purchase to our membership in the near future." "Golf courses have gotten some bad publicity over the years as excessive users of chemicals, fertilizers, and water. We hope to show the public that a properly managed golf course not only benefits the environment, but enhances it."



TELL US WHAT YOU THINK

SUBMIT YOUR LETTER TO THE EDITOR HERE

www.ConnectionNewspapers.com/contact/letter



Rolling Road Widening

Fairfax County

Design Public Hearing

Tuesday, February 27, 2018

6:30 – 8:30 p.m.

Presentation begins at 7 p.m.

Irving Middle School
8100 Old Keene Mill Road
Springfield, VA 22152

If the meeting is cancelled due to inclement weather, the alternate date will be **Monday, March 5, 2018**.

Find out about plans to reduce congestion and improve safety by widening Rolling Road (Route 638) from two to four lanes between Viola Street and Old Keene Mill Road to provide roadway continuity from both the south and north directions. This project also includes a shared-use path to increase safety for bicyclists, pedestrians and other non-motorized users.

Stop by between 6:30 p.m. and 8:30 p.m. to view displays and learn more about the project. VDOT will hold a presentation beginning at 7 p.m. Project staff will be available to answer your questions.

Review project information at the VDOT project website (www.virginiadot.org/projects), at the information meeting, or during business hours at VDOT's Northern Virginia District Office at 4975 Alliance Drive in Fairfax. Please call ahead at 703-259-1795 or TTY/TDD 711 to ensure appropriate personnel are available to answer your questions.

Give your written comments at the meeting, or submit them by **March 9, 2018** to Hamid Misaghian, P.E., Virginia Department of Transportation, 4975 Alliance Drive, Fairfax, VA 22030, or email meetingcomments@VDOT.virginia.gov. Please reference "Rolling Road Widening" in the subject line.

VDOT ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you need more information or special assistance for persons with disabilities or limited English proficiency, contact VDOT's Civil Rights Division at 703-259-1775 or TTY/TDD 711.

State Project: 0638-029-156, P104, R204, C504

UPC: 5559

Federal: STP-5401 (691)

Turmeric, powdered ginger, honey and almond or coconut milk can create a soothing and healing drink for those who are battling the flu, says nutritionist Sara Ducey.

COURTESY OF SARA DUCEY



WELLBEING

Feeding the Flu

What to eat when fighting the flu.

By MARILYN CAMPBELL

Flu season is in full swing and, according to the latest statistics from the Centers for Disease Control and Prevention, it's packing a powerful punch. According to the most recent CDC report, the flu is widespread in most states, and healthcare providers report an uptick in influenza-related hospitalizations and deaths.

While the thought of eating might

"One of the best sources for protein when you have the flu is real, bone-based soup."

— Sara Ducey, Professor of Nutrition and Food, Montgomery College

be unappealing to someone who is battling the flu, nutritionists and health care providers say certain nutrients are essential for keeping up one's strength. Soothing and healing ingredients are key allies when fight-

ing this season's virus.

"The thing you need most is water," said Sara Ducey, professor of Nutrition and Food at Montgomery College. "You need sufficient water to bring nutrients to your cells and take away the waste. As you hydrate it gives your immune system more of a boost."

Protein, says Ducey, will help one's body build and maintain strength. "It's important for supporting the immune system and for helping your body breakdown medicines like Tylenol," she said. "One of the best sources for protein when you have the flu is real, bone-based soup, not ramen noodles that have chicken flavoring."

Bone broths, like those made from chicken or beef, offer hydration, protein and amino acids, added Ducey. Broth can be sipped or used as the base for a soup. "It's a natural healing and restorative food," she said. "At this point, everyone can assume that they're going to get the flu and prepare some bone-based broth ahead of time and keep it on hand in the freezer. You can also buy boxes of it."

Fresh ginger can work as an anti-inflammatory, soothe an upset stomach and boost one's immune system, says nutritionist Debbie Hynes of Practical Ayurveda. "Warm water with grated ginger and honey can soothe a sore throat or upset stomach," she

said.

Foods that are high in Vitamin C like orange juice, particularly a variety that contains pulp, can boost your immune system, says Ducey. "It's a powerful antioxidant which is important for keeping your muscles strong especially when you're sick."

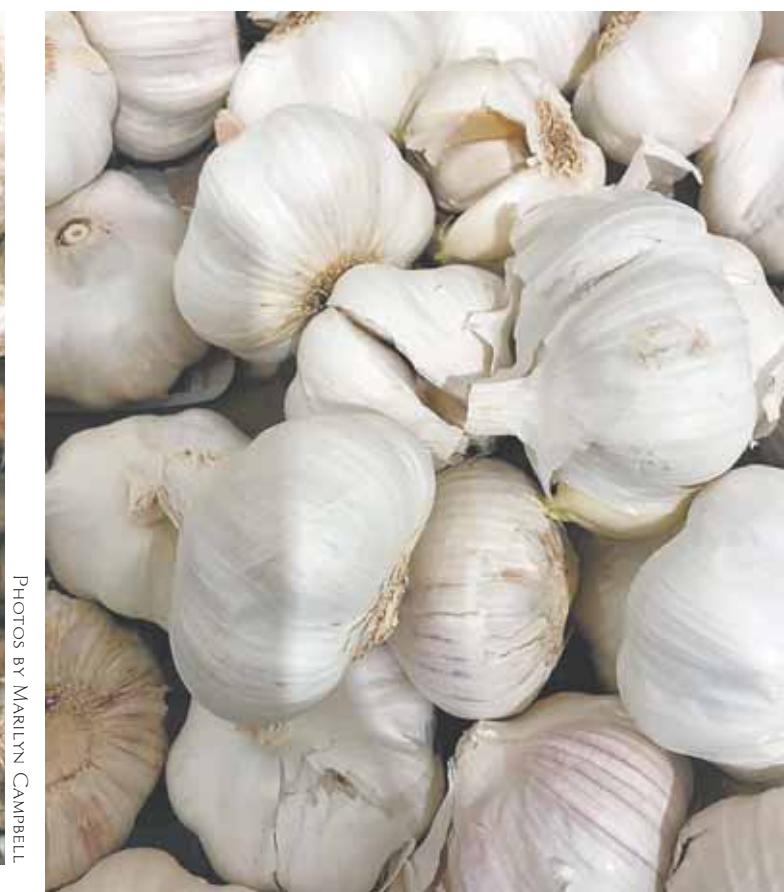
Ginger is another ingredient that Hynes likes to include in flu-fighting recipes. "It has antibacterial properties, especially when it's raw," she said. "I add it to chicken broth along with chili flakes to sip when someone in my family has a stuffy head. The combination can clear the sinuses. And if you can stand to eat it, raw garlic has the strongest antibacterial properties."

Turmeric works as an anti-inflammatory and antioxidant, says Hynes. "It's been known for those properties in Chinese medicine for centuries," she said.

Ducey uses the spice in a creamy drink she creates called Golden Milk. "I take a cup of milk, a teaspoon or two of honey and a little black pepper and put it in the microwave to warm it," she said. "You can use almond or coconut milk if you can't tolerate dairy. Turmeric is very poorly absorbed by the body, so adding a little black pepper helps absorb it. It sounds bizarre, but it's strangely comforting."



Fresh ginger can be a soothing ingredient for those who have the flu.



Garlic is credited with having anti-bacterial properties.

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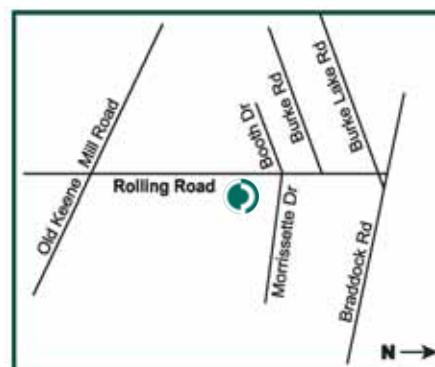
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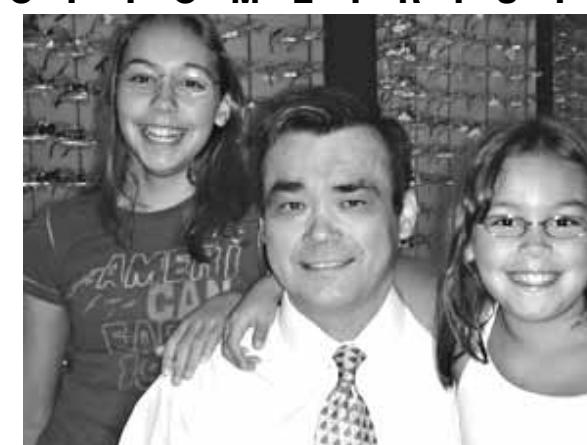
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Racing Up the Empire State Building

Springfield's Dawn Tarter wins lottery to race up 1,576 steps, or one-fifth a vertical mile.

BY STEVE HIBBARD
THE CONNECTION

Dawn Tarter, 32, of North Springfield is racing in the 2018 Empire State Building Run-Up on Wednesday, Feb. 7, 2018, in New York City. The home economics teacher at Annandale High School is one of 60 runners selected through an online lottery. The 41st annual tower race is sponsored by Turkish Airlines, which has its headquarters within the Empire State Building.

"I like doing weird things; doing different things," she said. "I heard Kelly Ripa (of ABC-TV's "Live with Kelly and Ryan") ran it on her show. It's just a different thing," she said.

The race climbs 1,576 steps high or a distance of 1,050 feet (approximately one fifth of a mile vertically). Tarter has been training on a stair machine at her gym, Planet Fitness in Springfield, because she doesn't have access to stairwells.

"I hope I'm in shape for it," she said. "I read the best thing to do is run every other step and use your arms to pull yourself up with railings. There's no kind of training schedule to follow with this."

As far as nutrition goes, she said, "I feel like I eat fairly healthy normally; I didn't really change anything besides adding the steps."

Tarter describes herself not as an elite athlete, but as a "regular person, a hobby runner," and running is just something that she does for fun. She has completed four marathons (the Chicago Marathon twice and the Marine Corps Mar-



Dawn Tarter runs in the New York City Half Marathon.



Dawn Tarter runs in the Richmond Half Marathon with her friend Keera Huron.

thon twice). She's also done 11 half-marathons and five triathlons.

"I never thought I would want to run a marathon until I entered the Marine Corps Marathon lottery, and that was my first one, in 2013; the second one was in 2015," she said.

Her running goal is to complete a marathon in under four hours. "My fastest time is four hours and zero minutes, and I want to be under four hours," she said.

Other races on her "Bucket List" are to run in the New York City

Marathon, but she says it's nearly impossible to get into. She would also like to run in international marathons in foreign countries, like Greece. The men's course record for the Empire State Building is 9:33, set by Paul Crake of Australia in 2003. The women's course record is 11:23, set by Andrea May of Australia in 2006. Thomas Dold of Germany has the most race victories of seven in Men's Invitationals. Suzy Walsham of Australia has the most race victories of eight in Women's

Invitationals. The official charity of the Run-Up is the Challenged Athletes Foundation (CAF). As a leader in helping people with physical challenges lead active and healthy lifestyles, CAF believes that participation in physical activity at any level increases self-esteem, encourages independence and enhances quality of life.

In addition to Turkish Airlines and CAF race heats, participants in the race include the men's and women's invitational, media, celebrities, New York City real estate

"I never thought I would want to run a marathon until I entered the Marine Corps Marathon lottery, and that was my first one, in 2013; the second one was in 2015."

— Dawn Tarter of North Springfield

brokers, lottery participants and members of the New York City Police Department and the Fire Department of New York.

As part of the prize package, the top three male and female winners of this year's race will each be awarded a business class flight voucher to the Turkish Airlines destination of their choice.

Tarter is also preparing for the Navy-Air Force Half Marathon and 5-Miler, scheduled for Sept. 16, 2018, in Washington, D.C. The distance is 13.1 miles and 5 miles. She is the race ambassador, and if runners register by using the code "DAWN18," they can get 15 percent off the price. The race start/finish location is the Washington Monument, 2 15th Street, NW, Washington, D.C. 20024. Visit the website at www.navyhalf.com.

Tarter grew up in Berrien Springs, Mich., and majored in psychology at Baylor College. She is married with a few children.

SCHOOL NOTES

Send notes to the Connection at south@connectionnewspapers.com or call 703-778-9416. Deadline is Friday.

Wonhyeoung Choe, of Springfield, was named to the Iowa State University dean's list for fall 2017.

Tyler R. Ard, of Alexandria, graduated with a Bachelor of Science in mechanical engineering from Clemson University (S.C.).

Thomas Harwood Meiller, of Springfield, who graduated with a Bachelor of Science in mathematical sciences from Clemson University (S.C.).

Tyler Gregory, of Springfield, a marine science major, has made the president's list at Coastal Carolina University (Conway, S.C.) for the fall 2017 semester.

Sophia Meyer has been named to the dean's list for the fall 2017 semester at the University of Vermont. Meyer, from Alexandria, is majoring in environmental studies in the Rubenstein School of Environment & Natural Resources.

Robert Banks, of Alexandria, an exercise and sport science major made the fall 2017 dean's list at Coastal Carolina University (Conway, S.C.).

Courtney Javornik, of Alexandria, a marketing major made the fall 2017 dean's list at Coastal Carolina University (Conway, S.C.).

Jennifer Kline, of Alexandria, a management major made the fall 2017 dean's list at Coastal Carolina University (Conway, S.C.).

Lindsey Stang, of Springfield, an intelligence and national security studies major made the fall 2017 dean's list at Coastal

Carolina University (Conway, S.C.).

Ashley Twymon, of Alexandria, an art studio major made the fall 2017 dean's list at Coastal Carolina University (Conway, S.C.).

Kirsten Campbell Hodge, of Lorton, was named to the Iowa State University dean's list for fall 2017.

Daniel Ford was named to the fall 2017 dean's list at Grove City College (Pa.). Ford is a 2017 graduate of homeschool and is the son of Melinda and Fred Ford from Clifton.

Caitlyn Watkinson was named to the fall 2017 dean's list at Grove City College (Pa.). Watkinson is a 2016 graduate of homeschool and is the daughter of Suzan and Steven Watkinson from Clifton.

The following students from Fairfax

Station were named to the dean's list for the fall 2017 semester at The College of William & Mary: **Hasini Bandara, Leah Choe, Michael Guzzano, Jessica Higgins, Taylor Jones, Anna Rozelsky, Sophia Sanie, Tyler Senio, Brandy Skaddan, and Rebecca Symmes**.

The following students from Lorton were named to the dean's list for the fall 2017 semester at The College of William & Mary: **Saman Abdulkadir, Gabriella Carney, Lorraine Chang, Ronica Crevecoeur, Angelique Gordon, and Sean Tran**.

Peter Bailey has been named to the dean's list for the fall 2017 semester at the University of Vermont. Bailey, from Fairfax Station, is majoring in environmental engineering in the College of Engineering & Mathematical Sciences.

Haley Bachinsky, of Fairfax Sta-

tion, made the dean's list for fall 2017 at Coastal Carolina University (Conway, S.C.).

Andrew Einhorn, of Fairfax Station, a marine science major, made the dean's list for fall 2017 at Coastal Carolina University (Conway, S.C.).

Tyler Gornak, of Clifton, a management major, made the dean's list for fall 2017 at Coastal Carolina University (Conway, S.C.).

Matthew Oakley, of Fairfax, a management major, made the dean's list for fall 2017 at Coastal Carolina University (Conway, S.C.).

Alexandra Sickmen, of Fairfax Station, a communication major, made the dean's list for fall 2017 at Coastal Carolina University (Conway, S.C.).

HOME SALES

In December 2017, 115 Springfield homes sold between \$1,064,505-\$212,000.
This week's list represents those homes sold in the \$1,064,505-\$294,900 range.
For the complete list, visit www.ConnectionNewspapers.com

Address	BR	FB	HB	Postal City	Sold Price	Type	Lot AC	PostalCode
8296 SWOPE CT	6	5	0	SPRINGFIELD	\$1,064,505	Detached	0.24	22153
8391 EDWARD CARR CT	5	4	1	SPRINGFIELD	\$950,000	Detached	0.17	22153
6079 DEER RIDGE TRL	4	3	1	SPRINGFIELD	\$825,000	Detached	0.24	22150
7365 HUNTERS OAK CT	4	4	1	SPRINGFIELD	\$820,000	Detached	0.27	22150
8609 TUTTLE RD	5	5	1	SPRINGFIELD	\$816,250	Detached	0.56	22152
5926 EMBRY SPRING LN	4	2	1	ALEXANDRIA	\$799,000	Detached	0.09	22315
7029 HIGHLAND MEADOWS CT	5	5	1	ALEXANDRIA	\$795,000	Detached	0.25	22315
6508 WYNEMA CT	5	3	1	ALEXANDRIA	\$750,000	Detached	0.21	22315
6603 GREEN GLEN CT	4	3	1	ALEXANDRIA	\$709,900	Detached	0.11	22315
9009 SCOTT ST	4	3	1	SPRINGFIELD	\$705,000	Detached	0.30	22153
7616 GRALNICK PL	5	3	1	SPRINGFIELD	\$700,000	Detached	0.30	22153
7801 ROUNDABOUT WAY	6	3	0	SPRINGFIELD	\$685,000	Detached	0.27	22153
7586 VOGELS WAY	5	2	1	SPRINGFIELD	\$650,000	Detached	0.24	22153
8706 ARLEY DR	4	2	1	SPRINGFIELD	\$640,000	Detached	0.21	22153
9212 MACSWAIN PL	4	3	1	SPRINGFIELD	\$635,000	Detached	0.25	22153
8500 SHADEWAY PL	5	3	1	SPRINGFIELD	\$625,000	Detached	1.52	22153
7402 SHADY PALM DR	4	2	1	SPRINGFIELD	\$612,000	Detached	0.30	22153
8216 RUSHING CREEK DR	4	3	1	SPRINGFIELD	\$596,000	Detached	0.23	22153
7201 GILES PL	4	2	1	SPRINGFIELD	\$585,000	Detached	0.23	22150
6709 NEW HOPE DR	7	4	0	SPRINGFIELD	\$585,000	Detached	0.24	22151
6534 TRASK TER	3	3	1	ALEXANDRIA	\$585,000	Townhouse	0.05	22315
6473 WATERFIELD RD	3	2	2	ALEXANDRIA	\$581,000	Townhouse	0.04	22315
7332 HAMPTON MANOR PL	3	2	2	SPRINGFIELD	\$575,000	Townhouse	0.05	22150
7681 LAVENHAM LNDG	3	3	1	ALEXANDRIA	\$575,000	Townhouse	0.05	22315
5733 BUCKHAVEN CT	5	3	0	ALEXANDRIA	\$575,000	Detached	0.26	22315
6933 ROLLING CREEK WAY	3	2	2	ALEXANDRIA	\$555,000	Townhouse	0.05	22315
6151 BRAELEIGH LN	4	3	1	ALEXANDRIA	\$555,000	Townhouse	0.09	22315
7512 MURILLO ST	4	3	0	SPRINGFIELD	\$548,500	Detached	0.24	22151
8317 CUSHING CT	4	3	0	SPRINGFIELD	\$545,000	Detached	0.21	22153
5954 KEDRON ST	4	3	0	SPRINGFIELD	\$538,000	Detached	0.31	22150
8406 CHILLUM CT	4	4	1	SPRINGFIELD	\$537,000	Detached	0.20	22153
7007 ASHBURY DR	5	3	0	SPRINGFIELD	\$525,000	Detached	0.37	22152
7420 GARY ST	4	2	0	SPRINGFIELD	\$520,000	Detached	0.69	22150
6013 GOOD LION CT	3	2	1	ALEXANDRIA	\$515,000	Detached	0.11	22315
7037 CHESLEY SEARCH WAY	4	3	1	ALEXANDRIA	\$515,000	Townhouse	0.04	22315
7324 MALLORY CIR	3	3	1	ALEXANDRIA	\$514,000	Townhouse	0.05	22315
7512 MARITIME LN	4	3	0	SPRINGFIELD	\$513,000	Detached	0.23	22153
6514 SERENADE PL	3	2	2	SPRINGFIELD	\$510,000	Townhouse	0.07	22150
6001 KESTNER CIR	3	2	2	ALEXANDRIA	\$505,000	Townhouse	0.08	22315
5812 HELMSDALE LN	5	3	0	ALEXANDRIA	\$500,000	Detached	0.28	22315
5707 SHROPSHIRE CT	4	2	0	ALEXANDRIA	\$498,000	Detached	0.20	22315
6644 KELSEY POINT CIR	3	2	2	ALEXANDRIA	\$496,000	Townhouse	0.05	22315
6205 ROUDSBY LN	4	3	1	ALEXANDRIA	\$495,000	Townhouse	0.04	22315
8021 READINGTON CT	3	3	1	SPRINGFIELD	\$490,000	Townhouse	0.05	22152
7049 ASHLEIGH MANOR CT	3	2	2	ALEXANDRIA	\$490,000	Townhouse	0.04	22315
6647 DEBRA LU WAY	3	2	2	SPRINGFIELD	\$477,000	Townhouse	0.03	22150
5315 DUBLIN AVE	3	3	0	SPRINGFIELD	\$477,000	Detached	0.33	22151
6816 ROLLING RD	4	2	1	SPRINGFIELD	\$475,000	Detached	0.25	22152
8440 MILLWOOD DR	3	2	2	SPRINGFIELD	\$469,000	Townhouse	0.08	22152
7409 FOREST HUNT CT	4	2	2	SPRINGFIELD	\$466,000	Townhouse	0.07	22153
5506 INVERCHAPEL RD	3	2	0	SPRINGFIELD	\$465,000	Detached	0.26	22151
8878 EAGLE ROCK LN	3	3	1	SPRINGFIELD	\$465,000	Townhouse	0.03	22153
6603 LAVINUS LN	3	2	1	ALEXANDRIA	\$458,000	Townhouse	0.04	22315
6507 SERENADE PL	3	3	1	SPRINGFIELD	\$455,000	Townhouse	0.04	22150
8309 RIDGE CROSSING LN	3	2	2	SPRINGFIELD	\$455,000	Townhouse	0.04	22152
5624 HEMING AVE	3	2	1	SPRINGFIELD	\$452,411	Detached	0.24	22151
6808 JEROME ST	3	2	0	SPRINGFIELD	\$452,000	Detached	0.24	22150
7424 HIGHLAND ST	4	2	0	SPRINGFIELD	\$450,000	Detached	0.26	22150
8008 GOSPORT LN	3	3	0	SPRINGFIELD	\$450,000	Detached	0.26	22151
6912 VANCOUVER RD	4	2	1	SPRINGFIELD	\$450,000	Detached	0.24	22152
5217 DUNSTABLE LN	3	2	2	ALEXANDRIA	\$450,000	Townhouse	0.03	22315
7753 SULLIVAN CIR	3	2	2	ALEXANDRIA	\$445,000	Townhouse	0.04	22315
8016 HATTERAS LN	3	1	1	SPRINGFIELD	\$440,000	Detached	0.25	22151
5407 CHARLOTTESVILLE RD	3	1	1	SPRINGFIELD	\$440,000	Detached	0.24	22151
8355 JOVIN CIR	3	2	1	SPRINGFIELD	\$440,000	Townhouse	0.03	22153
6628 WESTBURY OAKS CT	4	3	1	SPRINGFIELD	\$438,000	Townhouse	0.04	22152
9531 HUNT SQUARE CT	3	2	2	SPRINGFIELD	\$436,000	Townhouse	0.05	22153
5232 CANNES CT	4	3	1	ALEXANDRIA	\$435,500	Townhouse	0.03	22315
7508 AMESBURY CT	3	2	1	ALEXANDRIA	\$435,000	Townhouse	0.05	22315
6028 KESTNER CIR	3	4	0	ALEXANDRIA	\$435,000	Townhouse	0.04	22315
7330 WESTMORE DR	3	3	1	SPRINGFIELD	\$433,000	Townhouse	0.04	22150
8116 AINSWORTH AVE	4	3	0	SPRINGFIELD	\$430,000	Detached	0.25	22152
8329 WRENFORD CT	3	2	2	SPRINGFIELD	\$430,000	Townhouse	0.03	22152
6638 PATENT PARISH LN	3	2	1	ALEXANDRIA	\$430,000	Townhouse	0.04	22315
7410 HASTINGS ST	4	1	1	SPRINGFIELD	\$423,500	Detached	0.29	22150
7339 STREAM WAY	3	2	2	SPRINGFIELD	\$420,000	Townhouse	0.06	22152
7301 GOLDEN IRIS CT	3	2	2	SPRINGFIELD	\$420,000	Townhouse	0.07	22153
6488 SILVER RIDGE CIR	4	3	1	ALEXANDRIA	\$420,000	Townhouse	0.04	22315
6367 RACETEC PL	4	3	1	SPRINGFIELD	\$418,000	Townhouse	0.03	22150
7110 EVANSTON RD	5	2	0	SPRINGFIELD	\$410,000	Detached	0.22	22150
6080 HOLLOW KNOLL CT	3	3	1	SPRINGFIELD	\$410,000	Townhouse	0.05	22152
6618 GREENLEIGH LN	2	3	1	ALEXANDRIA	\$410,000	Townhouse	0.05	22315
6867 BRIAN MICHAEL CT	3	3	1	SPRINGFIELD	\$405,000	Townhouse	0.04	22153
9111 GALBRETH CT	3	2	2	SPRINGFIELD	\$405,000	Townhouse	0.03	22153
6396 SHAUNDALE DR	3	3	1	SPRINGFIELD	\$389,000	Townhouse	0.05	22152
6331 OVER SEE CT	3	3	1	SPRINGFIELD	\$386,000	Townhouse	0.04	22152
8908 SHAMROCK CT	3	2	1	SPRINGFIELD	\$385,000	Townhouse	0.08	22152
8550 TYROLEAN WAY	3	2	2	SPRINGFIELD	\$380,000	Townhouse	0.04	22153
8061 DULCIANA CT	3	2	1	SPRINGFIELD	\$379,900	Townhouse	0.05	22153
7915 FOREST								

CALENDAR

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

ONGOING

"Uncommon Visions." Through Feb. 25, various times at 2905 District Ave., Suite 115 (in the Mosaic District), Fairfax. The Torpedo Factory Artists' Association (TFAA) presents "Uncommon Visions," the third exhibition at Torpedo Factory Artists @ Mosaic. This mixed-media show features the work of more than 40 TFAA member artists. Each of the artists, through use of form, color, technique, or materials, aim to guide the audience into unexpected avenues and share their own personal perceptions. Visit www.torpedofactoryartists.com/event/uncommon-visions/.

"Mobile Views." Through March 4, various times in W-9 in the Arches Gallery, Workhouse Arts Center, 9518 Workhouse Way, Lorton. In her show, "Mobile Views" Kathy Strauss explores the 'fine art' of cellphone photography. Visit www.imagewerks.net or www.workhousearts.org.

THURSDAY/FEB. 8

Art and Lunch. 10:30 a.m.-2:30 p.m. at Old Town Hall, 3999 University Drive, Fairfax. Bring lunch and enjoy the company of other artists. Visit www.fairfaxva.gov/culturalarts for more.

Artist Reception. 7-9 p.m. at Old Town Hall, 3999 University Drive, Fairfax. Come and enjoy refreshments, meet the featured artist and be a part of your local artist community. Visit www.fairfaxva.gov/culturalarts for more.

FRIDAY/FEB. 9

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

The Bonita Lestina Old Town Hall Performance Series.

8 p.m. at Old Town Hall, 3999 University Drive, Fairfax. "The Nearness of You" featuring Darden Purcell, a Washington D.C. based jazz vocalist. Call 703-385-7858 or visit www.fairfaxva.gov/culturalarts.

SATURDAY/FEB. 10

Cassi & Issac, Read Aloud. 11:30-4:15 p.m. at George Mason Regional Library, 7001 Little River Turnpike, Annandale. Introducing Cassi & Issac, an original picture book written and illustrated by Kora Coker, a Girl Scout Ambassador working toward earning her Gold Award. Sign up online for a reading session at www.signupgenius.com/go/10C054EAE623AAFD0-cassi or kora.kygraphics.com.

Champagne and Chocolates Fundraiser. 4-7 p.m. at Gunston Hall, 10709 Gunston Road, Lorton. Champagne, small plate hors d'oeuvres, desserts, mansion tours by costumed historical interpreters, raffle and live auction to benefit educational programs for George Mason's Gunston Hall. Music by Robinson High School String Quartet. Cocktail attire. \$50 per person. RSVP by Feb. 3 at bit.ly/champagneandchocolates2018. Call 703-550-9220.

Artist Reception. 6-9 p.m. in W-9 in the Arches Gallery, Workhouse Arts Center, 9518 Workhouse Way, Lorton. In her show, "Mobile Views" Kathy Strauss explores the 'fine art' of cellphone photography. Visit www.imagewerks.net or www.workhousearts.org.

FRIDAY-SATURDAY/FEB. 9-10

Chinese Food Fest. Friday, 11 a.m.-7 p.m.; Saturday, 10 a.m.-4 p.m. at Wegmans Fairfax, 11620 Monument Drive, Fairfax. Attendees can taste Peking duck Wegmans-style, fresh handmade dumplings, Chinese hot pot and bubble tea. Celebrity chef Martin Yan will do cooking demonstrations at 11 a.m. and 4 p.m. on Friday, and 10 a.m. and 2 p.m. on Saturday. He'll also be available to sign cookbooks after each demo. There is no cost to attend Chinese Food Fest. Visit www.wegmans.com/stores/fairfaxva.html.

FEB. 10-14

Singing Valentines. 8 a.m.-8 p.m. Throughout Northern Virginia. Surprise a special someone. Singing telegrams delivered to a Northern Virginia or D.C. location of one's choice by an a cappella quartet from the Fairfax Jubil-Aires barbershop chorus. \$60 and up. Call 571-418-3840 or visit www.fairfaxjubilaires.org for details.

SUNDAY/FEB. 11

Table Top N Gauge Model Train Show. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Museum members and ages 4 and under, free; ages 5-15, \$2; ages 16 and older, \$4. Visit www.fairfax-station.org or call 703-425-9225.

Valentine Rose Bouquet. 2-4 p.m. at Merrifield Garden Center, Fair Oaks, 12101 Lee Highway, Fairfax. Create a



Going My Way? by Kathy Strauss.

Mobile Views

Opening Feb. 4 and on exhibit until March 4, the Workhouse Arts Center will showcase an exhibit by artist, Kathy Strauss. In her show, "Mobile Views" Strauss explores the 'fine art' of cellphone photography. She will be on hand to talk about her work and the process she used at the opening reception on Saturday, Feb. 10, 6-9 p.m. in W-9 in the Arches Gallery at the Workhouse Arts Center. The Workhouse Arts Center is located at 9518 Workhouse Way, Lorton. Gallery hours are Monday-Friday: 11a.m.-7p.m.; Sunday: 12-5 p.m. Learn more about Strauss at www.imagewerks.net; the Arches Gallery at archesgallery.weebly.com/ and the Workhouse Arts Center at www.workhousearts.org.

European hand-tied valentine bouquet with Arlington Rose Foundation. Tricia Smith, floral design instructor, will demonstrate and guide as participants create a bouquet with roses, flowers and greenery. Bring pruners, a medium tall vase and a box to transport bouquet. Members \$5 at the door, non-members pay \$20 which membership for 2018. Email jhansen@actnow.com or call 703-641-9637.

Beau Soir Concert. 4-5:30 at St. Andrew's Episcopal Church, 6509 Sydenstricker Road, Burke. Known for their exciting performance style and diverse programming, this DC-based trio of flute, harp, and viola is dedicated to the performance of standard and contemporary repertoire spanning a variety of musical genres. Reception to follow. Childcare provided. Free. Call 703-455-2500 or visit www.standrews.net.

TUESDAY/FEB. 13

Pancake Supper. 5:30-7 p.m. at Grace Presbyterian Church, 7434 Bath St., Springfield. Join Grace Presbyterian Church for a pancakes. In addition to eating pancakes, there will be a pancake race. Call 703-451-2900 or visit gracepresby.org.

"Sweatheart" Dance Party. 6:30-8:30 p.m. at Mott Community Center, 12111 Braddock Road, Fairfax. Fairfax Jazzercise and Fairfax Zumba host a double workout to celebrate Valentine's Day 6:30pm (Jazzercise) and 7:30 pm (Zumba). If you've never tried these workouts, come and take a class for free. Wear workout clothes and shoes. Email ffxjazzercise@gmail.com or call 703-909-6449.

Genealogy In Depth. 7-9 p.m. at Burke Centre Library, 5935 Freds Oak Road, Burke. The seminar sponsored by the Burke Historical Society and presented by Beach Carre will center on using tax and court/will/probate records in your genealogy research. Free. Visit www.burkehistoricalsociety.org.

WEDNESDAY/FEB. 14

Music Showcase. 7:30 p.m. at Epicure Cafe, 11104 Lee Highway (at route 29), Fairfax. An evening of mini-concerts with guest host-producer Jay Keating. Performers include Duane Siler and Feature Laurence Baer. \$10 suggested donation goes to the featured act. Visit EpicureCafe.org for more.

FRIDAY-SATURDAY/FEB. 16-17

"Loyal Heart." Friday, 7 p.m.; Saturday, 1 p.m. at Woodson High School, 9525 Main St., Fairfax. Woodson High senior Paul Hardin has written a musical that tells the story of young King Henry VIII, who jested under the name Sir Loyal Heart in 1511. Hardin composed 24 original songs, fully orchestrated for a 16-piece pit orchestra. The performances are free and open to the public. Contact Pam Hardin at 703-425-7896 or pamhardin@verizon.net or Joan Brown at jcbrown1@fcps.edu.

Heather Buck as Tytania in Virginia Opera's "A Midsummer Night's Dream."

PHOTO BY BEN SCHILL
PHOTOGRAPHY/COURTESY OF VIRGINIA OPERA



Mystery and Magical Dreams at Mason Stage

Virginia Opera presents "A Midsummer Night's Dream."

BY DAVID SIEGEL
THE CONNECTION

A fanciful world where love propelled by music can sometimes be quite mad is arriving at the Center for the Arts courtesy of Virginia Opera. An operatic tale sung in English, "A Midsummer Night's Dream" by Benjamin Britten is a vivid retelling of William Shakespeare's play about magic potions, mix-ups, sprites and spirits, along with a very special donkey called Bottom, a trickster named Puck and a group of humorous folk named "Rude Mechanicals."

As an opera, "A Midsummer Night's Dream" is a production that through music and singing blurs the lines between fantasy and reality. Britten's inventive, enchanting score was composed in 1960. It is one of the most produced operas in the past decades. Britten's musical composition can be romantic for its entangled love stories, ethereal for its vivid night-time forest fantasy, and comic whenever the Rude Mechanicals appear in their spotlight.

In an interview, "Midsummer's" stage director Michael Shell suggested audiences will know the opera from its Shakespearean roots. "This opera uses recognizable text and lines from the original Shakespeare play, though in slightly different order."

The Virginia Opera production of "Midsummer" will use the theater world as its setting. It is a place where reality and fantasy collide. "The journey these characters take in 'Midsummer' explores one of the things that sets humans apart

Where & When

Virginia Opera presents "A Midsummer Night's Dream" at George Mason University Center for the Arts, 440 University Drive, Fairfax. Performances: Saturday, Feb. 17, at 8 p.m. and Sunday, Feb. 18 at 2 p.m. Tickets: \$54, \$90 and \$110. Call 888-945-2468 or visit www.cfa.gmu.edu. Note: Sung in English with projected English supertitles. Pre-performance discussion 45 minutes before the curtain with "Dr. Opera" Glenn Winters.

from all other animals; our capacity to love," added Shell. "Love is blind. Love is irrational and can frustrate. Yet the 'Midsummer' characters seek it, desire it, and go after it with reckless abandon in scenes that can be silly and ridiculous about love as a driving force."

The opera has many physical movement qualities. The performers do more than stand and deliver. The cast includes several returning Virginia Opera veterans. Soprano Heather Buck sings the role of Tytania, the Queen of the Fairies. Bass-baritone Matthew Burns has the comic role of Bottom and former Virginia Opera Herndon Foundation Emerging Artists, David Blalock and Kristen Choi return to sing the roles of Lysander and Hermia, respectively.

Joining this production will be 16 students from the Governor's School for the Arts Vocal Music Department, under the direction of Alan Fischer and Stephen Z. Cook.

Virginia Opera's "A Midsummer Night's Dream" will be anything but pastoral. It will be "exhilarating and lively, far from staid. Come see for yourself and perhaps recognize your own younger self in love," added Shell. Consider yourself invited.

NEWS

Grant to Support Edu-Futuro's Emerging Leaders Program

The Latino Engagement and Achievement Fund (LEAF) awarded a \$25,000 grant to Edu-Futuro, a nonprofit with offices in Arlington and Springfield. The grant will support Edu-Futuro's Emerging Leaders Program which targets the next generation of leaders and professionals in the Latino community.

Edu-Futuro empowers under-resourced Latino and immigrant youth and their parents through education, leadership development,

opment, and family engagement.

The LEAF grant selection committee consisted of six volunteer committee members, including LEAF's founding advisors Paty Funegra and Diana Katz.

"We are thrilled to award Edu-Futuro with this grant. They plan to develop a civic education curriculum that will continue to produce results well into the future as they expand into more high schools in Fairfax, Arlington and other Northern Virginia coun-

ties," said Katz.

"Edu-Futuro also includes parents in their process, so this grant will influence two generations with one investment," Katz stated. "It is wonderful to see LEAF fulfilling the promise to support the Latino community and we look forward to working with future applicants and learning how we can assist them," said Funegra.

In April 2017 the Community Foundation for Northern Virginia launched LEAF to pro-

mote and invest in the civic engagement, education, economic success, naturalization, health, leadership development, volunteerism, and advocacy of the Latino community in the Metro DC region.

In 2017 the Community Foundation awarded more than \$4.7 million in grants and scholarships and reported \$47 million in managed philanthropic assets.

For more information visit
www.cfnova.org.

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NEWS

Community Foundation Launches Opportunity Index for Northern Virginia

The Community Foundation for Northern Virginia announced the launch of The Opportunity Index for Northern Virginia, an interactive dashboard to serve as a data resource for community knowledge and strategic philanthropic giving, and to help grow philanthropy for the most economically disadvantaged populations. The data and accompanying report were prepared by The Commonwealth Institute for Fiscal Analysis, a nonprofit think-tank that provides credible, independent, and accessible information and analyses of fiscal and economic issues with particular attention to the impacts on low- and moderate-income persons. The Opportunity Index is available to the public for free at www.cfnova.org/opportunityindex.

"The Community Foundation developed and launched the Opportunity Index to help our entire region better define, and then act on, the biggest challenges we face and the greatest opportunities we have," said Eileen Ellsworth, Community Foundation President and CEO. "The data provides a common understanding of the dynamics at work in our region, providing insights and trends to guide our future work," said Ellsworth.

Comprising several key indicators reflecting the region's economy, community health, civic life, and educational outcomes, the Opportunity Index includes data from 2000-2015 and will be updated annually to track changes and produce trend lines over time, advancing stakeholders' understanding of the true needs of the region. The data is demographically, jurisdictionally, ethnically and racially disaggregated to

shine a light on the reasons why some areas in Northern Virginia have more opportunity than others.

Northern Virginia is a diverse, growing region with a well-educated population and strong economy. However, there are a growing number of families who lack access to affordable housing and educational opportunities for their children. The data in this Index highlights trends that shine a light on these areas of opportunity and inequality. The region is becoming more diverse – in 2015, 47 percent of children in Northern Virginia lived in immigrant households and people of color made up 48 percent of residents of the region's five highest-population localities, up from 35 percent in 2000. At the same time, there are growing numbers of poor school-aged children, increased income inequality, and a widening income gap between individuals of different racial or ethnic backgrounds.

"I am thrilled that the Community Foundation for Northern Virginia is taking this strong leadership position to monitor the health of the region and to quantify our most critical needs. The Opportunity Index will be an invaluable resource for leaders from business, government, community and nonprofit organizations to determine how to invest in the region's future. The dashboard serves as a 'report card' for our region and provides some indispensable data that will direct the future work of the Community Foundation, and help the region as a whole become ever more vibrant, inclusive and equitable," said Paul Leslie, CEO of Dovel Technologies and Community Foundation board member.

Announcements

Announcements

Legals

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Uncorked Greeks LLC trading as Uncorked Greeks, 7401 D Fullerton Rd, Springfield, Fairfax County, VA 22153. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Internet Wine Retailer license to sell or manufacture alcoholic beverages. Evangelos Spyridakis, Member. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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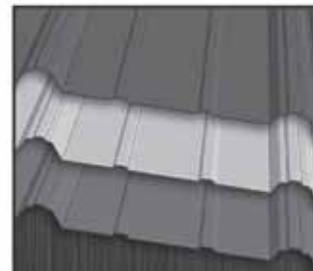
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Silver Diner Development, LLC trading as Silver Diner, 6592 Springfield Mall, Springfield, VA, 22150. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Mixed Beverage on Premises license to sell or manufacture alcoholic beverages. Robert Giarino, Manager & Vpe Von Hengst, Manager. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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BULLETIN

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

KINDERGARTEN REGISTRATION

Child turning 5 years old by Sept. 30? If so, contact your child's school to make arrangements for kindergarten enrollment. Most schools begin getting information together now for parents of incoming kindergartners, and many host an orientation or open house. All kindergarten programs are full-day and located in FCPS elementary schools. Check your school's webpage or contact the school directly for specific enrollment information and dates of orientation or visit www.fcps.edu/registration/kindergarten-registration.

CAREGIVER WORKSHOPS

Learn more about caregiving, or brush up on a specific topic, in education programs this year at Insight Memory Care Center, including:

- ❖ **Classes for Caregivers Series** — offered the third Wednesday of each month, programs are geared with family caregivers in mind. Classes begin with the basics, and move through more specialized topics throughout the year.
- ❖ **Wellness Workshops** — offered quarterly on Saturdays, these workshops are designed for caregivers to focus on their own health and well-being.
- ❖ **Engagement Workshops** — offered quarterly on the fifth Wednesday of the month, these workshops teach practical caregiving skills. Come prepared to learn and get engaged.
- ❖ **Caregiver Bootcamp** — Short on time? Caregiver Bootcamp is a full day training session offering many popular topics all in one place. Bootcamps are offered on a Saturday each spring and fall.

Visit www.insightmcc.org for more.

THURSDAY/FEB. 8

Award Nomination Deadline. 5 p.m. Nominate a volunteer or volunteer group that has made a positive impact on the Fairfax County community at www.volunteerfairfax.org. The Fairfax County Volunteer Service Awards is a community-wide celebration of volunteerism. For a complete list of categories and guidelines, visit www.volunteerfairfax.org or call Kristen Moore at Volunteer Fairfax at 703-246-3531.

Planning Commission Meeting. 7:30 p.m. at Government Center Auditorium, 12000 Government Center Parkway, Fairfax. Topic: Proposed Goddard School. Visit www.fairfaxcounty.gov;braddock.

FRIDAY/FEB. 9

Section 504 - What Parents Need to Know. 10 a.m.-noon at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 - Room 100, Dunn Loring. Learn how students with a disability may qualify for a Section 504 Plan under Section 504 of the Rehabilitation Act of 1973, a federal civil rights law that prohibits discrimination against individuals on the basis of a disability. Kathy Murphy, FCPS Section 504 Specialist will present this workshop and answer your questions. Register at bit.ly/2E6X15C.

SATURDAY/FEB. 10

Office Hours. Mount Vernon District Supervisor Dan Storck will host Saturday office hours. Email mtvernon@fairfaxcounty.gov.

❖ 9-11:30 a.m. at Lorton Library, 9520 Richmond Highway, Lorton.

❖ 12:30-3 p.m. at the Mount Vernon district office, 2511 Parkers Lane, Mount Vernon.

Town Hall Meeting. 9-11 a.m. at the City of Fairfax City Hall, Council Chamber, 10455 Armstrong Street, Fairfax. Del. David Bulova (D-Fairfax) is will hold a Town Hall meeting for his constituents in the 37th House District. Bulova will be joined by State Sen. Chap Petersen (D-Fairfax). All constituents are invited to share their ideas and thoughts on issues that are important to the community. For more information or to RSVP, contact 804-698-1037 or Deldbulova@house.virginia.gov.

Stuff the Bus. 9:30 a.m.-4:30 p.m. at Shoppers - Fair City, 9622 Main St., Fairfax. Support Britepaths' Stuff the Bus food drive and help the families they serve.

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"Chronic Ken"



By KENNETH B. LOURIE

Nearly nine years into a "13 month to two-year" prognosis, I can hardly believe my good fortune. And though I rarely look a gift-oncologist in the stethoscope, I am happy nonetheless to count my blessings as I continue to look ahead rather than stress behind, and try not think about what was said and when.

At the initial "Team Lourie" meeting with my oncologist, I was told that there was no cure for lung cancer. I could be treated though. As to whether I might live beyond two years, I remember my oncologist responding to our desperate query by saying: "Could you be the one? Sure." Reassuring it wasn't, but hopeful? It sort of was.

As the years have passed and research into lung cancer has grown, an interim step to a cure has evolved: treating lung cancer as a chronic (as opposed to acute/dire) disease, similar to diabetes, as an example. Not as yet curable, but manageable over a longer period of time. A disease with which, I'm fond of saying, one can live. Live beyond the applicable word because, I have to tell you, at the beginning of my treatment, based on what my oncologist had described, living was a long way from what he was anticipating my outcome would be. Nevertheless, I began treatment the following week and the rest is history you regular readers have been privy to since June of '09 when I first published a "cancer" column (as I call them).

Feb. 20, 2018 will be nine years since my internal medicine office called me at work with the results of my previous week's biopsy. He said the tumor was malignant. I remember asking him what that meant. (Duh!). He said he'd rather let the oncologist answer any questions and referred me to the doctor, the same doctor with whom I've been a patient all these years. Sure enough, a week later we heard the news: non-small cell lung cancer, stage IV. And I've been up to my whatsis in real or imagined anxiety ever since.

And I'm still present and accounted for as are more and more of us previously-characterized-as-terminal, non-small cell lung cancer "diagnoses." We are not just patients any more. We are survivors, surviving longer than ever before. We are not cured but neither are we dying. Our treatments are modified when the results warrant it and life continues to go on. As much as a cure would be, and continues to be, the goal, life continues relatively normally, for many of us. It's unlikely however, that we'll ever get out from underneath the weight of our cancer diagnosis. Rather than dying from it though, we're now able to live with it months/years longer than many patients previously diagnosed within the disease.

So what's the next step? Maybe a bigger, bouncier, longer step than before, but more than likely, more of the same, moving forward, one step at a time. To one whose present was hardly a given nine years ago and whose future seemed like a taken – away, being able now to actually live in the present without fearing/forfeiting the future is the opposite scenario many of us lung cancer patients, especially those of us staged as IV, ever imagined. Day by day was the best we could muster.

Now we're mustering months and years and living longer more fulfilling lives. We're not victims anymore nor are we victimized by our circumstances. We're advocating and being advocated for. We don't exactly have lung cancer on the run, but we may have it on the trot. I don't know if I'll live to see a cure but I have lived long enough to have given myself a nickname, one which I'm most proud to have earned.

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



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