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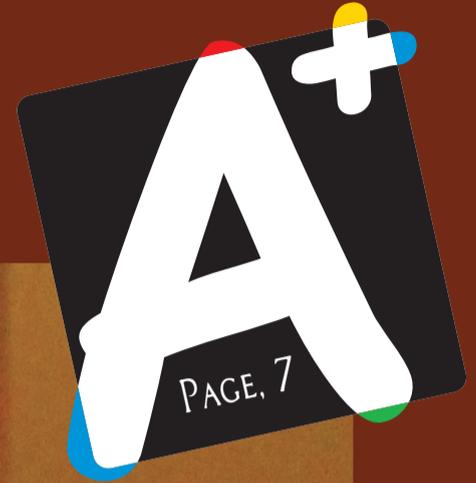
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PHOTO BY STEVE HIBBARD/THE CONNECTION

Springfield CONNECTION

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Michelle Thyen, left, presents the Volunteer of the Year Award to Cindy Furman at the 2018 Annual Reception of Brain Injury Services.

Brain Injury Services Honors Survivors, Volunteers

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Science Fair,
Invention Convention
At Sangster Elementary

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‘When Is Passover
Supposed to Be?’

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A few hundred people attended the 2018 Annual Reception of Brain Injury Services on Monday, March 19, 2018, at The Waterford in Springfield.



Members of the West Springfield High School Gypsy Jazz Combo.

PHOTOS BY STEVE HIBBARD/THE CONNECTION

Brain Injury Services Honors Survivors, Volunteers

Honors stroke, concussion, brain injury survivors, and volunteers and corporate sponsors.

BY STEVE HIBBARD
THE CONNECTION

A few hundred people attended the annual reception for The Brain Injury Services on Monday, March 19, 2018, at The Waterford in Springfield. Using a "Wizard of Oz" theme, the evening honored volunteers, clients, caregivers and staff from Brain Injury Services as well as key corporate partnerships.

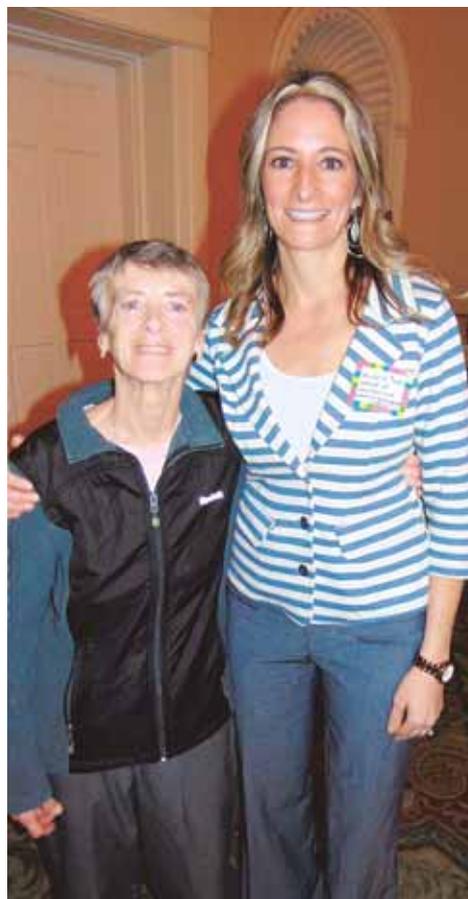
Started in 1989, the organization based in Springfield helps more than 600 children and adults with brain injuries build the skills and confidence they need to lead productive lives. They offer services through their clubhouse/day program, case management and pediatric programs.

"We are honoring our volunteers who have given back so much to the community; volunteers who themselves have a brain injury; volunteers who want to help people with a brain injury," said Denise Hyater, Executive Director. "It's about recognizing them, thanking them, and hoping that they are able to continue to support so many people in Northern Virginia with brain injuries."

MICHELLE THYEN, Director of Volunteer and Community Engagement, said: "Tonight's event is an annual reception that we put on every year in honor of Brain Injury Awareness Month, in particular to honor all of the community volunteers, the consumers who are survivors of brain injury, and the community partners, the corporate partners that help Brain Injury Services to propel survivors forward in their recovery process."

Added Samuel Knight, Vocational Specialist: "What we're doing today is acknowledging our volunteers, and everyone who went through our Volunteer Placement Program, PALS (Providing a Link for Survivors), Person-Centered (Volunteer Program) and also acknowledging the people who worked in the Supported Employment Program with

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Michelle Thyen, right, with Mary Hofer of Burke, who volunteers with six PALS, Providing a Link for Survivors, which enables client of Brain Injury Services to develop a mutually enriching friendship with a community volunteer.

Brain Injury Services."

The first to be recognized was the Speaker's Bureau, comprising 16 survivors who inspire and educate the community on brain injury, stroke, and concussion through their stories. Speaker Amy Hobbs shared her story of recovery.

"They speak at universities, rehab centers, hospitals and corporations. They want their stories to matter and to make a difference. By sharing their experiences, other survi-



Tracy Martin, a brain injury survivor who volunteers with WETA Brainline.

vors have been inspired to speak out for the first time," said Thyen.

Other programs that were honored were the PALS Program, which enables clients to develop a mutually enriching friendship with a community volunteer; the Person-Centered Volunteers that enables clients to develop a friendship with a volunteer while engaging in an activity; the Volunteer Placement Program, which helps clients secure fulfilling volunteer work in the community; and the Supported Employment Program that helps survivors achieve their employment goals by transitioning from volunteering to returning to work. The Outstanding Community Partners and volunteers were honored as well as Cindy Furman, who won

the Volunteer of the Year Award.

DURING THE RECEPTION, Cristabelle Braden, a brain injury survivor who is also a singer/songwriter, entertained guests and told her story. "I had a traumatic brain injury a little over 10 years ago and doctors said I'd never finish high school. I had to re-learn how to get dressed and take a shower and all these things that were once simple," she said.

After her rehabilitation, she began to write music and share her story of brain injury awareness. She has a CD called "Hope Survives" about her journey with brain injury and tours nationally. "I believe it's all by the grace of the Lord that I was able to finish high school and I went on to graduate from Lebanon Valley College. Now I tour nationally as a singer/songwriter and advocate and speaker for brain injury awareness. I do concerts at hospitals, rehab centers, prison ministries, homeless shelters and I do a lot of church concerts."

Scott Perry, a PALS Volunteer who is also a corporate sponsor through his law firm, Perry Charnoff, added: "We have a person (Diana) that we meet with at least once a month and we've actually become very good friends with her family and our family. And we love to take these family outings and go to local parks. And we find that while we do it for volunteer work, we get just as much out of it as hopefully they do." Attending the banquet was Kelly Radford, 39, a brain injury survivor from Alexandria. After a car accident in 2000 that left him disabled, he has been volunteering at the Adapt Clubhouse in Alexandria as well as Mount Vernon Estate where he stamps the adventure maps for the kids and provides wheelchairs and listening devices to tourists from all over the world. "I still go to the Adapt Clubhouse where we do things like gardening and cook, and still go to George Washington University where I help with the speech and hearing Master's Program," he said. For more about the organization, visit the website <http://braininjurysvcs.org>.

When Is Passover Supposed to Be?

BY RABBI LEIBEL FAJNLAND
DIRECTOR CHABAD OF RESTON-
HERNDON



This was the question recently asked of me by a close friend who is not Jewish. I, of course, was totally caught off guard by the question. I had no idea what he was asking. So, I asked him what he meant.

He replied: "Well, I have lots of Jewish friends. And over the last nearly two decades I have attended many Passover Seders. Almost every year, the conversation turns to either how 'early or late' Passover is that particular year. So, if every year Passover is either 'early or late', when is Passover supposed to be?"

For the uninitiated, the ancient Hebrews were enslaved to Pharaoh, king of Egypt, a little over 3,300 years ago. Passover commemorates the miraculous redemption from this slavery and the birth of the Jewish nation. Though the events took place a very long time ago, we believe that not only do they provide us with eternal lessons and instructions on how to live our lives, even in the most modern of times. We believe that they are also events that are to be relived and re-experienced by every one of us, in every time and place. So, to me, the question runs deeper:

LETTERS TO THE EDITOR

Alzheimer's Is a Growing Public Health Crisis

To the Editor:

According to the Alzheimer's Association, 140,000 Virginians over the age of 65 live with Alzheimer's. Additionally, Latinos are at one and a half times greater risk of Alzheimer's than older whites. Alzheimer's is the most expensive disease in the United States. Alzheimer's costs the country more than \$259 billion a year.

My grandfather, my "Abuelito" in Spanish, was an outgoing, social, and active man and a caring grandfather. One day, he was wandering nearby on surrounding streets, unable to find his way home after one of his daily walks. Luckily, a neighbor recognized him and knew where we lived. She brought him back to our house. My parents could not afford the increasing care he needed as a person living with Alzheimer's. My family decided he would return to Peru, where my aunts served as his caregivers.

I remember Abuelito sometimes picked me up from school. Every once in a while, we walked to McDonald's to get his favorite Big Mac meal and he would buy me a

Happy Meal, too. We used to go trick-or-treating together every Halloween. He gladly held my plastic pumpkin filled with candy. Due to Alzheimer's, I was unable to spend more quality time with my grandfather. We could not take day trips together to Luray Caverns or to the National Aquarium. I missed out on listening to him tell stories about his life experiences and family history.

Please join me in calling on U.S. Rep. Don Beyer to support an additional \$425 million for Alzheimer's research funding at the National Institutes of Health, with the goal of achieving breakthroughs in prevention and treatment. Together, we can end Alzheimer's. Visit www.alz.org/nca for more information.

Jacqueline Calderon
Alzheimer's advocate
Falls Church

Objecting to Medicaid Expansion

To the Editor:

I am writing to voice my objection to expanding Medicaid in Virginia.

Herndon-Reston Community Seder

This year, join friends and family at the Chabad Community Passover Seder. Relive the exodus, discover the eternal meaning of the Haggadah, and enjoy a community Seder complete with hand-baked Matzah, wine, and a wonderful dinner spiced with songs & insights.

First Seder Night Friday, March 30, 2018 at 7:30 p.m.
In the Herndon Kmart Center, 396 Elden St. Herndon 20170
For more information or to reserve (a must) call 703-476-1829 email rabbi@chabadrh.org or visit www.chabadrh.org

"When, indeed is Passover supposed to be?"

Well, it turns out, the Hebrew word for Egypt, Mitzrayim, comes from the same root as the word for "limitations or boundaries." Read this way, we can experience an "Exodus from Egypt" by "emancipating ourselves from our limitations and boundaries."

Every day we are faced with self, or societal-imposed limitations. It may be as big as some world-changing cause with which we would like to get involved, but feel like it is "beyond us." Or, it may be something as simple as a smile and a "hello" to someone next to us in line at the market, or in an elevator. Irrespective of the deed, it is our "limitations" which hold us back from a myriad of acts of goodness and kindness. And yet, it is precisely these acts which can change the world forever, and usher in an era of humanity, understanding and peace, exceeding our wildest dreams.

So, it seems that the correct answer to the question is: Passover is supposed to be every

minute, of every day. And, one certainly does not have to be Jewish, or celebrating Passover to experience their own "Exodus."

How about we start right now? Think of something noble and great you have hesitated to do, and do it. And watch the world change around you, for good!

Happy Passover to all!



Passover observances include conducting a Seder. The Seder is a fifteen step, family oriented, tradition and ritual packed feast.

The focal points of the Seder are:

- ❖ Eating Matzah.
- ❖ Eating bitter herbs to commemorate the bitter slavery endured by the Israelites.
- ❖ Drinking four cups of wine or grape juice, a royal drink, to celebrate the newfound freedom.
- ❖ The recitation of the Haggadah, a liturgy that describes in detail the story of the Exodus from Egypt. The Haggadah is the fulfillment of the biblical obligation to recount to our children the story of the Exodus on the night of Passover.

Unfortunately, this will burden our state spending without any help from the Federal Government. States that have expanded Obamacare's Medicaid program have experienced a massive increase in their spending with no evidence of health improvements for new enrollees. Twenty percent of our state's doctors will not even accept Medicaid.

If we join this program, Virginians will have to fund billions of dollars per year. Let's spend it on something that has been proven to improve health for our citizens. Tragically, we know how this will turn out based on other state's experiences.

Jamie Durkovic
Fairfax Station

reliability. In Virginia we were always faced with a hostile legislature that was controlled by downstate interests who did not see value in supporting mass transit. Meanwhile Metro suffered from the lack of a secure funding source.

This year we see a different picture with the results of last November's election which found the Democrats just one vote short of winning control of the House of Delegates. Elections matter and now we see the real impact of an election that empowers the Northern Virginia delegation to deliver support for Metro funding.

I was pleased to see the Northern Virginia delegation in the House and Senate take leadership on the Metro funding issue.

Sue Boucher
Falls Church

Change in Richmond Brings Metro Funding

To the Editor:

As a long-term resident of Northern Virginia, I have been frustrated year after year to hear of a funding crisis for Metro or breakdowns affecting safety and

Write The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Send to:

Letters to the Editor
The Connection
1606 King St.
Alexandria VA 22314
Call: 703-917-6444.
By e-mail:
south@connectionnewspapers.com



NEWS

Blood Donation Opportunities

Though spring has officially arrived, the American Red Cross blood supply is still recovering from severe winter storms in March. Donors of all blood types are urged to roll up a sleeve and help save lives.

Volunteer blood donors from across the country are needed to help ensure lifesaving blood products are available for patients this spring. Make an appointment to donate blood by downloading the free Red Cross Blood Donor App, visiting RedCrossBlood.org or calling 1-800-RED CROSS (1-800-733-2767).

Upcoming blood donation opportunities in the area, March 20 to April 15

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3/20/2018: 10:45 a.m. - 5:45 p.m.,
Fairfax Blood Donation Center, 2720
Prosperity Avenue, Suite 200
- 3/21/2018: 12:45 p.m. - 8 p.m.,
Fairfax Blood Donation Center, 2720
Prosperity Avenue, Suite 200
- 3/22/2018: 12:45 p.m. - 5:45 p.m.,
Fairfax Blood Donation Center, 2720
Prosperity Avenue, Suite 200
- 3/23/2018: 7:45 a.m. - 3 p.m.,
Fairfax Blood Donation Center, 2720
Prosperity Avenue, Suite 200
- 3/24/2018: 7:45 a.m. - 3 p.m.,
Fairfax Blood Donation Center, 2720
Prosperity Avenue, Suite 200
- 3/25/2018: 7:45 a.m. - 2:45 p.m.,
Fairfax Blood Donation Center, 2720
Prosperity Avenue, Suite 200
- 3/26/2018: 1:15 p.m. - 8:30 p.m.,
Fairfax Blood Donation Center, 2720
Prosperity Avenue, Suite 200
- 3/27/2018: 10:45 a.m. - 5:45 p.m.,
Fairfax Blood Donation Center, 2720
Prosperity Avenue, Suite 200
- 3/28/2018: 12:45 p.m. - 8 p.m.,
Fairfax Blood Donation Center, 2720
Prosperity Avenue, Suite 200
- 3/29/2018: 12:45 p.m. - 5:45 p.m.,
Fairfax Blood Donation Center, 2720
Prosperity Avenue, Suite 200
- 3/30/2018: 7:45 a.m. - 3 p.m.,
Fairfax Blood Donation Center, 2720
Prosperity Avenue, Suite 200
- 3/31/2018: 7:45 a.m. - 3 p.m.,
Fairfax Blood Donation Center, 2720
Prosperity Avenue, Suite 200
- 4/1/2018: 7:45 a.m. - 2:45 p.m.,
Fairfax Blood Donation Center, 2720
Prosperity Avenue, Suite 200
- 4/2/2018: 1:15 p.m. - 8:30 p.m.,
Fairfax Blood Donation Center, 2720
Prosperity Avenue, Suite 200
- 4/3/2018: 10:45 a.m. - 5:45 p.m.,
Fairfax Blood Donation Center, 2720
Prosperity Avenue, Suite 200
- 4/4/2018: 12:45 p.m. - 8 p.m.,
Fairfax Blood Donation Center, 2720
Prosperity Avenue, Suite 200
- 4/5/2018: 12:45 p.m. - 5:45 p.m.,
Fairfax Blood Donation Center, 2720
Prosperity Avenue, Suite 200
- 4/6/2018: 7:45 a.m. - 3 p.m., Fairfax
Blood Donation Center, 2720 Prosperity
Avenue, Suite 200
- 4/7/2018: 7:45 a.m. - 3 p.m., Fairfax
Blood Donation Center, 2720 Prosperity
Avenue, Suite 200
- 4/8/2018: 7:45 a.m. - 2:45 p.m.,
Fairfax Blood Donation Center, 2720
Prosperity Avenue, Suite 200
- 4/9/2018: 1:15 p.m. - 8:30 p.m.,
Fairfax Blood Donation Center, 2720
Prosperity Avenue, Suite 200
- 4/10/2018: 10:45 a.m. - 5:45 p.m.,
Fairfax Blood Donation Center, 2720
Prosperity Avenue, Suite 200
- 4/11/2018: 12:45 p.m. - 8 p.m.,
Fairfax Blood Donation Center, 2720
Prosperity Avenue, Suite 200
- 4/12/2018: 12:45 p.m. - 5:45 p.m.,
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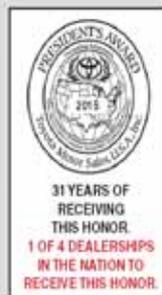
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Manners in the Tech Age

Etiquette classes aim to teach lost art of manners.

BY MARILYN CAMPBELL

On a sunny, autumn day a group of 10-year-old children sat around an a formal dining room table at a home in Arlington. The boys wore blazers, pressed khakis and shiny loafers, while the girls have donned festive dresses, nude stockings and wore grosgrain ribbons in their neatly combed hair. They had arrived at the home for a lesson in etiquette, but most of them would have rather been someplace else.

“I have to leave early for a soccer game,” said Jimmy, who didn’t bother hiding his glee over missing part of the class.

In an era when it’s commonplace to order pizza on a smartphone and coordinate play dates by text, old-fashioned etiquette can appear obsolete. A recent survey of teachers shows that 73 percent of instructors believe that students are less polite than when the teachers themselves were students. In the age high-tech conveniences, children can become over scheduled and under socialized, which has led to an uptick in the number of parents who are enrolling their children in etiquette classes, say protocol instructors.

“Parents have a tremendous interest in etiquette classes because so many parents realize that they don’t have that knowledge themselves, said Dorothea Johnson, who founded the Protocol School of Washington and is the author of the book “Modern Manners: Tools to Take You to the Top,” which she co-authored with her granddaughter actress Liv Tyler.

“I think most parents know that good manners and etiquette will be important to their [children’s] future,” added Henryette Neal who teaches etiquette classes for children through the Fairfax County Park Authority. “Young people will be educated, but without proper social skills they will not be able to present themselves properly.” Neal is also the owner of Steppin Out Charm and Imaging Studio.

The result of fast-paced lifestyles combined with overloaded schedules is a generation of children who place more value on social media savvy than on knowledge of social graces. Family dinners are replaced by fast food, says one parent. “Who needs good manners to gobble down a slice of pizza,” said Carole Mincey of Alexandria, whose 14-year old daughter and 11-year old son have taken etiquette and ballroom dance from Mrs. Simpson’s Classes, one of the area’s invitation-only etiquette schools. “Because everyone is so busy and technology is so advanced, reality television shows are setting standards of behavior and handwritten thank you notes have been replaced by emails and texts.”

Good manners are as important to a child’s future success as academics, says another parent. “I feel like if people know what do to do in social situations it empowers them,” said Sarah Henry of Chevy Chase, mother of a 10-year old daughter and a 12-year old son. “If you’re unsure of what to do it can make you feel intimidated. So it’s all about empowering chil-



PHOTO COURTESY OF FAIRFAX COUNTY

Henryette Neal teaches etiquette classes for children.

dren with knowledge. And it’s good for them to be exposed to proper etiquette in case they’re not getting it at home. And if they are getting it at home, etiquette classes can reinforce it.”

Interactive class sessions help keep their children engaged in the etiquette lessons. “They key is to keep the children occupied,” said Johnson. “For example, when teaching proper introductions, I would call two children up to the front of the room and have them introduce themselves to each other.”

In addition to learning such common courtesies such as saying “Please,” “Thank you” and “You’re welcome,” children learn to write thank-you notes and introduce themselves to others by making direct eye contact and offering a firm handshake.

“Knowing how to give a proper handshake is important. When I took my seven-year-old granddaughter Liv to formal events, her little hand went out as she was being introduced to someone,” said Johnson. “I could take her anywhere because she had impeccable manners.”

Henry says that in a class that she coordinated for her daughter’s Girl Scout troop, part of the curriculum included having the children form a receiving line with parents where they practiced handshakes and eye contact.

“We also printed proper table setting samples online and give the girls n plastic forks spoons, knives, napkins and a copy of the place setting,” said Henry. “We talked about how to talked about the placement of the utensils, how to hold a knife and fork properly. One of my pet peeves is watching people hold a knife like it’s a stick.”

These are good life lessons, says Neal. “Etiquette classes are important because people still need to be respectful of others, and it starts with our children,” she said. “A simple please and thank you is important.”

“Young people will be educated, but without good social skills they will not be able to present themselves properly.”

— Henryette Neal, etiquette instructor

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CALENDAR

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

ONGOING

Artists & Poets: Freedom of Expression-Freedom of the Press. Through March 31, 5 p.m.-midnight, daily, at Epicure Café, 11104 Lee Highway, Fairfax. Nasrin Navab and Epicure Cafe present: Artists & Poets: Freedom of Expression-Freedom of the Press. Instigated by Helen Frederick, the DC art community came together two years ago in solidarity with people of Iraq and the Middle East to support the "Al Mutanabbi Street Starts Here!" Project. Al-Mutanabbi Street is Baghdad's bookselling street that has created space for books for hundreds of years. In 2007, the street was destroyed in a car bombing. Visit www.epicurecafe.org/.

Second Saturdays. 6-9 p.m. at the Workhouse Arts Center, 9518 Workhouse Road, Lorton. The Second Saturday Art Walk is the perfect time to meet nearly 85 Resident and Associate Artists, creating art in the studios or exhibiting in our galleries. Experience performances of dance, cabaret, comedy, big band, jazz, and theater. Indulge in classes in the art of mixology or cuisines from around the globe. Enjoy art exhibitions in nine galleries of the region's finest sculpture, painting, glass, ceramics, and fiber art works. Visit www.workhousearts.org/.

Senior Line Dancing. Mondays, 1 p.m.; Fridays, 10-11:30 a.m. at Little River Glen Senior Center, 4001 Barker Court, Fairfax. Line Dancing is a gentle, social form of aerobic activity. Studies have shown it aids in warding off Alzheimer's disease. No previous experience needed. Cost: \$5 per 8-week session. Email barbriba@hotmail.com or call 703-524-3739.

Fairfax Pets on Wheels New Volunteer Orientation. An orientation for new volunteers interested in visiting residents of nursing homes and assisted living facilities with their approved pets through the Fairfax Pets On Wheels program is held the first Wednesday of every month starting at 7:30 p.m. Visit www.fpow.org for each month's location. Prior to attending, please complete the online application found at www.fpow.org/volunteer. www.fpow.org, 703-324-5424 or dfspetsonwheels@fairfaxcounty.gov.

Carolina Shag. Wednesdays, 6:30-10 p.m. at Arlington/Fairfax Elks Lodge, 8421 Arlington Blvd., Fairfax. Free lessons at 7:30 p.m. No partners needed. Dinner menu. \$8. Under 21 free. nvshag.org.

FUN-Exercise Thursdays, noon-12:50 p.m. at Grace Presbyterian Church Family Room, 7434 Bath St., Springfield. Inova certified exercise instructor leads a moderate level exercise class with music and current events conversation. Muscle, Balance, Strength Training using stretch bands and weights both standing and seated exercises. Instructor donation is \$5. moorefitt@yahoo.com or 703-499-6133.

Exercise Program Mondays and Fridays at 9:30 a.m. year-round at Lord of Life Lutheran Church, 5114 Twinbrook Road, Fairfax. The exercises are for strength, balance and maintaining limberness. Contact SCFB office at 703-426-2824 for more information.

Cafe Ivrit (Hebrew Cafe). Wednesdays, 8:15-9:15 a.m. Jewish Community Center of Northern Virginia, 8900 Little River Turnpike, Fairfax. Shalom (hello) Did you always want to converse in Hebrew? Join Na'ama each week for conversational Hebrew. You will learn and practice Hebrew in a fun



Fairfax Band Concert

PHOTO COURTESY OF CFBA

The City of Fairfax Band presents a program designed to make you want to get on your feet and dance away the winter blues. Selections range from Weinberger's classic Polka and Fugue from "Schwanda the Bagpiper" to Ira Hearshen's Aragon: 1945-1952, a collection of popular dances from the post-WWII swing era. \$10-15, students free. Saturday, March 24, 7:30-9 p.m. at Ernst Cultural Center, 8333 Little River Turnpike, Annandale. Call 571-336-2322 or visit www.fairfaxband.org.

and interactive way while learning more about Israel. Free, however we ask that you try to attend regularly. RSVP Naama.Gold@jccnv.org.

Smoke Free Bingo. 7 p.m. Every Friday. Fairfax Volunteer Fire Department, 4081 University Drive, Fairfax. Free coffee, entertaining callers, \$1,000 jackpot (with breaks for smoking friends). www.fairfaxvd.com. 703-273-3638.

English Conversation Groups weekly at George Mason, Burke Centre, and Lorton Libraries Practice and improve your English. Day and start times vary. Visit: va.evanced.info/fairfaxcounty/lib/eventcalendar.asp

Funday Monday 10:30 a.m., every Monday at Old Town Hall, 3999 University Drive, Fairfax. There will be music, movement, storytelling, performances, crafts, and more. It is open to children of all ages, however especially for those who haven't yet started school. Programs are free and open to the public, donations are gratefully appreciated. There is ample free parking in the downtown area, and stroller access at the rear of Old Town Hall on Main St. 703-385-7858 www.fairfaxva.gov/culturalarts.

WEDNESDAY-SUNDAY/MARCH 21-25

Junior Golf Tournament. The Hurricane Junior Golf Tour will host the Laurel Hill Jr. Shootout at the Laurel Hill Golf Club. This year the Laurel Hill Jr. Shootout will hold an active field of 72 players. The tournament will consist of a 36-hole two-day format and golfers will compete in six divisions. The event is open to the public and free for spectators. Visit www.hjgt.org, call 407-614-2962, or email info@hjgt.org.

THURSDAY/MARCH 22

Teacher Basketball Game. 6:45-8:15 p.m. at Fairfax High School, 3501 Rebel Run, Fairfax. The staff from two different elementary schools will play a basketball game to raise money for charity. \$3. Visit www2.fcps.edu/MosbyWoodsES/ or call 703-937-11600.

FRIDAY/MARCH 23

Sushi Fest. 11 a.m.-7 p.m.; Bluefin Tuna cutting, noon; at Wegmans, 11620 Monument Drive, Fairfax. Sushi Fest, a celebration of Japanese cuisine at Wegmans, is bringing the excitement of Tokyo's famed Tsukiji fish market to customers in the store. A large space within the Market Café will be transformed by ice tables filled with stunning displays of exotic

fresh fish flown in overnight from Tokyo. Admission is free. Visit www.wegmans.com/events/0318/sushi-fest.html.

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

Family Movie Night: "Despicable Me 3." 7 p.m. at Sherwood Community Center, 3740 Old Lee Highway, Fairfax. Enjoy a free, family friendly (movies are PG) movie night. An adult must accompany anyone under the age of 14. "Britepaths" Food Drive at Family Fun Nights. Britepaths is a volunteer-based organization that identifies and addresses the unmet fundamental needs of Fairfax area residents. Call 703-385-7858.

The Bonita Lestina Old Town Hall Performance Series. 8 p.m. at Old Town Hall, 3999 University Drive, Fairfax. Marc Ramirez and Olivia Hajioff form the violin and viola/viola duo Marcolivia. Free and open to the public, first-come, first-served basis. Call 703-385-7858 or visit www.fairfaxva.gov/culturalarts.

FRIDAY-SATURDAY/MARCH 23-24

The 2018 Mason School of Dance Gala Concert. 8 p.m. at George Mason University Center for the Arts, 4373 Mason Pond Drive, Fairfax. George Mason University's School of Dance presents its 2018 Mason School of Dance Gala Concert, which is the Mason Dance Company's crowning season event. The program features four exceptional works from the contemporary repertoire: Mass by Doug Varone, Within Reach by Yin Yue, Flesh by Iván Pérez, and A Brahms Symphony by Lar Lubovitch. \$25 for adults; \$15 for students, staff, and seniors; and \$10 for groups of 10 or more. Visit cfa.gmu.edu for tickets.

SATURDAY/MARCH 24

Easter Egg Hunt. 9 a.m.-noon at Franconia United Methodist Church, 6037 Franconia Road, Alexandria. Come Join FUMC for a free community Easter Egg Hunt with candy, refreshments, and a bake sale. Toddlers (5-7 years old) will hunt first around 9:30, followed by early elementary school children (8-10) and finally the older school children (11-12). Free. Call 703-971-5151 or visit franconiaumc.org.

Susan Shields, Professor of Dance, George Mason University, College of Visual and Performing Arts



PHOTO BY EVAN CANTWELL/ COURTESY GEORGE MASON UNIVERSITY

Lighting Up the Stage

Mason Dance Gala Concert Ready for Prime Time

BY DAVID SIEGEL
THE CONNECTION

Performing works by renowned choreographers, the Mason Dance Company's crowning season event is coming to the Center for the Arts for two performances the evenings of March 23 and 24. The Mason performances will be full evenings of dance by talented Mason students performing technically demanding, intensely driven works

"We are excited to show the public what Mason dancers can do," said Professor of Dance Susan Shields. Before Mason, Shields had a career that included dancing with Mikhail Baryshnikov's White Oak Dance Project as well as the Lar Lubovitch Dance Company and the Mark Morris Dance Group.

Mason's Dance Gala Concert will feature four contemporary works including Mass by Doug Varone, Within Reach by Yin Yue, Flesh by Iván Pérez, and A Brahms Symphony by Lar Lubovitch. These four "provide our Mason students with the opportunity to learn different dance languages, techniques and working methods," said Shields.

Doug Varone's "Mass" is an intensely intimate, emotionally insightful work, said Shields. Beyond work for his own dance company, Doug Varone and Dancers, he has been commissioned to develop choreography by notable dance companies including the Martha Graham Dance Company and Paul Taylor Dance Company.

"Within Reach" is by choreographer and performer Yin Yue who is originally from China. She is now the Artistic

Where and When

2018 George Mason University School of Dance Gala Concert featuring the Mason Dance Company at Center for the Arts, 4400 University Drive, Fairfax. Performances: March 23 and March 24, at 8 p.m. Tickets \$25 for adults; \$15 for students, staff, and seniors; and \$10 for groups of 10 or more. To purchase tickets visit www.cfa.gmu.edu or call 703-993-8888.

Director of her own the New York-based company called YYDC. Recipient of many awards and fellowships, Yin Yue is known for originating the "Folk Contemporary" style inspired by earthy elements of root, wood, water, fire, and metal.

Spanish choreographer Ivan Pérez's emotional work, "Flesh" was inspired by Keith Douglas's poem "Knife." It has a narrative about memory, loss, and love. Pérez has helmed his own Netherlands-based dance company INNS. Next season, he will serve as Artistic Director, Dance Theater Heidelberg (Germany).

The Mason Dance Concert's grand finale is "A Brahms Symphony" by Lar Lubovitch. It is a masterwork that premiered three decades ago, and set to Johannes Brahms's "Symphony No. 3." Lubovitch has choreographed more than 100 works for his company, as well as done creative work for film and musical theater productions.

George Mason University dance student and Virginia native Julianne Kannon, praised the Mason School of Dance for being challenging. "I remember thinking how lucky I would be if I got into the program. I am so thankful to have been given the opportunity to perform" at this year's Mason Dance Concert.

NEWS



PHOTO BY ANGELA STARLING

The event was held at the Fairfax SkillSource Center in Annandale.

Deloitte Community Tax Assistance Day: More than 90 Returns Filed

On a recent Saturday, Deloitte professionals volunteered their time and expertise to help area individuals and families file 2017 tax returns at their 11th Annual Community Tax Assistance Day. The event was held at the Fairfax SkillSource Center in Annandale.

Each year the mission of the event is the same: To ensure that qualified earners claim all tax credit to which they are entitled and enjoy the cost savings of not having to pay out-of-pocket for the service. And, there's more to that story.

Amir, a young professional just starting out in the computer business, came to the event with his mom. With his return in hand, he

stopped at the Volunteer Fairfax table. He pronounced with a big smile, "I am so happy with this service today! I want to volunteer! I want to give back!" Amir's mom followed up saying, "I drove Meals on Wheels all through college. Maybe we can do that."

To learn how everyone can serve, visit www.volunteerfairfax.org.

For those unable to attend the Deloitte sponsored Volunteer Income Tax Assistance program, VITA is active throughout the income tax filing season. In Northern Virginia, VITA is marketed as the CASH campaign. For more information, visit www.nvacash.org.

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NEWS



Maj. Gen. Charles Frank Bolden Jr., (USMC-Ret.) former NASA Head Administrator and space shuttle pilot, was the honored guest

Sangster Elementary Holds Science Fair and Invention Convention

Sangster Elementary School held its 3rd annual PTA sponsored Science Fair and Invention Convention on Thursday evening March 15. More than 180 students from kindergarten through sixth grade participated in preparing 130 science projects. Topics included: "Teeth Destroying Drinks," "French Fry Fun," "Home Made



PHOTOS CONTRIBUTED

More than 180 students from kindergarten through sixth grade participated in Sangster Elementary Science Fair and Invention Convention.

Radar," "Bath Bomb Bonanza" and "Lenticular Science."

Maj. Gen. Charles Frank Bolden Jr., (USMC-Ret.) former NASA Head Administrator and space shuttle pilot, was the honored guest at the fair.

He signed autographs, viewed science projects and had a 30 minute "Q&A" session with the stu-

dents.

NASA educational outreach brought activity sheets, patches and drawstring bags.

Other activities/booths included displays from the Northern Virginia Mineral Club, Origami in science, the US Patent and Trademark office and hands-on plasma ball demonstrations.

Springfield's New Eagle Scout

Robert Allen Law IV, of Springfield, has earned the Boy Scouts of America's highest advancement award, the Eagle Scout Award. A member of Troop 1518, Law is one of only approximately five percent of all Boy Scouts who attain the Eagle rank.

Law earned his Eagle rank on Jan. 29, 2018.

His Eagle Scout Court of

Honor was held Feb. 25, 2018 at the Pentagon.

Law is a parishioner at Nativity Catholic Church, Burke, and is a member of the football team, crew team, and orchestra at West Springfield High School, where he is a sophomore.

He is the son of Col. Robert Law, Eagle Scout, and Sandy Law, and brother of Nicholas and Matthew Law, also scouts.



PHOTO CONTRIBUTED

Robert Law

Legals

Notice is hereby given that on Tuesday, April 3, 2018 commencing at 10:30 AM, at 5801 Rolling Road, Springfield, Virginia 22152, in order to enforce the warehouseman's lien for storage and related services, we will sell by Public Auction the items in the accounts of: Michael Arellano, Cassandra Asberry, Patricia Askew, Jacquelyn L. Calbert, Josiah E. Fritz, Beatrice Geelhaar, Erick O. Hall, Tiffany Harris-Baldwin, Douglas B. Hitt, Michael A. Johnson, Maureen Jules, Iyad Kayyal, Edmund K. Kowalski, Thomas Manski, Micah Morris, Dustin Mueliner, Lorenzo Parker, Zachariah Parvi, Michael Ware, Jason White, David Williams and New Vision Engineering Group.

Those effects are stored with any of the following: Ace Van & Storage Co., Inc.; Boxcart Inc.; Interstate Moving & Storage, Inc.; Interstate Moving Systems, Inc.; Interstate Relocation Services, Inc. dba Ambassador International, Ltd; Ambassador Relocations, Inc.; Ambassador Worldwide Moving, Inc.; or Interstate Van Lines, Inc., at 3901 Ironwood Place, Landover, Maryland; 22455 Powers Court, Sterling, Virginia; or 5801 Rolling Road, Springfield, Virginia. All parties in interest please take notice.

Legals

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BULLETIN BOARD

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

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.

VOLUNTEERS WANTED

The Fairfax Station Railroad Museum needs volunteer docents on Sunday afternoons from 1-4 p.m. Greet museum visitors and tell them about the exhibits, the Museum and the its railroad and Civil War history. Training and orientation provided. Other volunteer opportunities are gardening, publicity and exhibit planning. The Museum is located at 11200 Fairfax Station Road in Fairfax Station. Call Michael at 703-945-7483 for more information.

THURSDAY/MARCH 22

Hire Vets Now Networking Reception. 11:30 a.m.-1:30 p.m. at the Fort Belvoir Community Center, 10300 Taylor Road. Transitioning service members and veterans will have the opportunity to connect with many of Virginia's top civilian employers in high growth industries such as medical, IT and cyber security at the Hire Vets Now hiring and networking event. Free. Includes a free "Grab and Go" lunch. Walk-ins welcome or register at www.vachamber.com/hirevetmarch22.

Springfield CBC Commuter Parking Garage Meeting. 7 p.m. at Edison High School, Cafeteria A, 5801 Franconia Road, Alexandria. To discuss the Springfield Community Business Center (CBC) Commuter Parking Garage project. County staff will present the revised ground floor plan and answer questions. Sponsored by Fairfax County Department of Transportation and Department of Public Works and Environmental Services. Visit www.fairfaxcounty.gov/transportation/projects/springfield-garage.

Springfield District Budget Town Hall. 7 p.m. at Springfield Governmental Center, Community Room, 6140 Rolling Road, Springfield. The new County Executive and CFO will be in attendance. Visit www.fairfaxcounty.gov/budget/fy-2019-budget-town-hall-meetings.

FRIDAY/MARCH 23

Good Friday Meditation. 7-8 p.m. at Unity Spiritual Center of Springfield, 8136 Old Keene Mill Road, Suite B205, Springfield. Meditation to a Compline Service with sacred music. Free. Call 703-623-5400 or visit unityspiritualcenterofspringfieldva.com.

SUNDAY/MARCH 25

Palm Sunday Experience. 10:30-11:30 a.m. at Unity Spiritual Center of Springfield, 8136 Old Keene Mill Road, Suite 205, Springfield. A special experience celebrating Jesus' triumphant entry into Jerusalem and the major events of Holy Thursday. Special music provided. Free. Visit unityspiritualcenterofspringfieldva.com.

SUNDAY/MARCH 25-SUNDAY/APRIL 1

Holy Week Worship. At King of Kings Lutheran Church, 4025 Kings Way, Fairfax. Palm Sunday, March 25 - 8 a.m. and 10 a.m.; Maundy Thursday, March 29 - 7 p.m.; Good Friday, March 30 - 12:15 and 7 p.m.; Easter Sunday, April 1 - 8 a.m. and 10 a.m. Visit www.kokf.org or contact the church office 703-378-7272.

MONDAY/MARCH 26

Learn About Becoming a Foster Parent. 7-8:30 p.m. at Lorton Library, 9520 Richmond Highway, Lorton. For those who have made the decision to open their home to a child or simply want to learn more. To foster or adopt, people must be 18 or older; may be married, single, or divorced; may work outside the home; and must be able to provide a safe, loving home. Call 703-324-7919.

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Almost Exactly Four Days ...



By KENNETH B. LOURIE

... was the length of time during which we were powerless a few weeks back when the wind nearly brought down the house; yet it was no laughing matter. I might have written this column sooner but until Tuesday, March 6 – when the power finally came back on, we were semi-frozen to the bone. The old-fashioned thermostat in our living room indicated 42 degrees at its most frigid.

Aside from the obvious physical discomfort – made a bit more bearable while wearing hats, gloves, coats and scarfs – inside, the toll the cold took on my mental acuity was much less manageable. My brain still worked, but not overtime. It was, to invoke a "Star Trek" reference: "On impulse power," somewhere between barely functioning and imminent danger.

This power outage was the most significant we had experienced at "Belly Acres" in the 26 years since we took ownership in late May 1992. And though this four-day non-sojourn was difficult, it was for us not a return down power-outage lane. We have been lucky in our time here; very little has upset the apple cart. Considering the hundreds of trees that surround our house, and the many thuds they all made as they fell and hit the ground that extremely late Friday night/early Saturday morning, the miracle is that not one of them hit the house, or either of our two cars parked in the driveway.

I wouldn't say I woke up in the morning to find our house relatively unscathed because as of 3:30 a.m. when I felt the house shudder for the first time, I never was able to fall back asleep as I kept bracing myself for incoming trees and limbs. Given the potential damage and hassle a direct hit likely would have caused, a power outage seemed a minor inconvenience, all things considered.

As it happened, when the power came back on, I was not at home. I was en route to the Glenmont Metro station in Wheaton to pick up Dina. When I came to a stop at "Kiss and Ride," I looked at my cell phone and noticed a "missed call" from one of my neighbors. I immediately called back and soon heard my neighbor, Helene, singing "We're in heaven, ..." with the explanation – not in verse – that power had returned to New Birmingham Manor (the official name of our 10-home dead-end street). BG&E, our utility company, had finally come by to cut/trim the tree that had been uprooted in the storm and fallen across the power line which electrifies our neighborhood.

As difficult as it had been for some of us, it had not been nearly as difficult for the four neighbors who had generators and thus were prepared and able to keep the lights on and the heat circulating. One of whom was kind enough to call around the neighborhood and offer hot showers as well as refrigerator and freezer storage to anyone interested. Given that the previous week was a post-chemotherapy week for me when I'm not eating much and shopping at supermarkets even less, we had minimal food in the freezer - all of which ended up being a loss, and a bit less than usual in the refrigerator which, after putting the contents into two coolers filled with ice, ended up being a gain.

Oddly enough, I haven't re-inventoried the refrigerator/freezer as yet. I don't know if I'm being paranoid or just plain lazy, but I haven't felt inclined to stop and shop, not even at the Giant. I imagine the feeling will pass because after eating out every night; some fast, some slow, over the last week or so, I'm probably way over our imaginary budget and way under prepared for the next go around. But as is often heard on basketball courts on playgrounds all over America: "No harm. No foul."

The four days without power weren't particularly pleasant but we survived the ordeal nonetheless and may have even learned something in the process: our long underwear still fits.

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



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