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# Fairfax CONNECTION

WELLBEING  
PAGE 8

Jessica Robinson, founder of Better Said Than Done, will present "Tales of Adventure: tru-ish stories of (mis) adventure," with guest storytellers Anne Rutherford and Norm Brecke on Saturday, March 9, in Fairfax.



## Tall Tales of Adventure and Mishap

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### City of Fairfax Manager Unveils Proposed Budget

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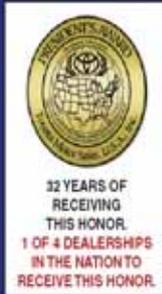


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# City of Fairfax Manager Unveils Proposed FY20 Budget

Real-estate tax rate in City of Fairfax is recommended to rise.

BY BONNIE HOBBS  
THE CONNECTION

**A**s Fairfax City's new city manager, Rob Stalzer looked at Fairfax's financial picture with fresh eyes. And last Tuesday, Feb. 26, he presented his proposed budget for the City for Fiscal Year 2020.

He praised Fairfax's positive attributes, but also clearly explained its challenges. As a result, he's proposing a real-estate tax increase of 2.75 cents. This hike would raise the tax rate from its current \$1.06 to \$1.0875 per \$100 assessed valuation.

With an average City home having an assessed value of \$508,231, this means the average homeowner's real-estate tax bill would increase \$169/year, or \$14.08/month. Also figuring into that amount is the fact that homes here have seen a .53-percent increase in assessed value.

Other proposed tax hikes were already planned as part of the City's ongoing obligations. A 1-cent increase in the Commercial and Industrial (C&I) real-estate tax will take it from 11.5 cents to 12.5 cents per \$100 assessed valuation. And a wastewater utility rate jump of 10 percent will support the City's share of capital project costs required for the Noman Cole Wastewater Treatment Plant.

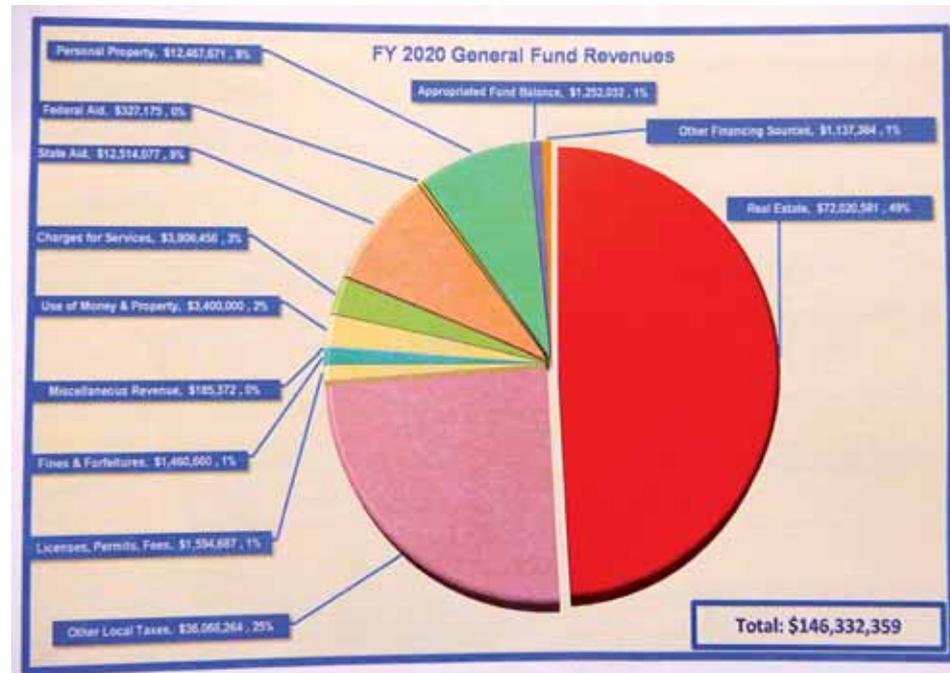
**THE BUDGET** also dedicates 25 cents more from the real-estate tax rate for the Stormwater Fund. The money will be used to improve the City's aging infrastructure, as well as meet federal and state regulations dealing with stormwater management.

Furthermore, the transportation tax fund is planned for a rate increase from 11.5 cents to 12.5 cents for commercial and industrial properties. All residential properties are excluded from this tax. The money is used solely for transportation and transit purposes and enables the City to qualify for matching funds for various transportation projects. The new, proposed rate is expected to generate some \$2,393,727 a year.

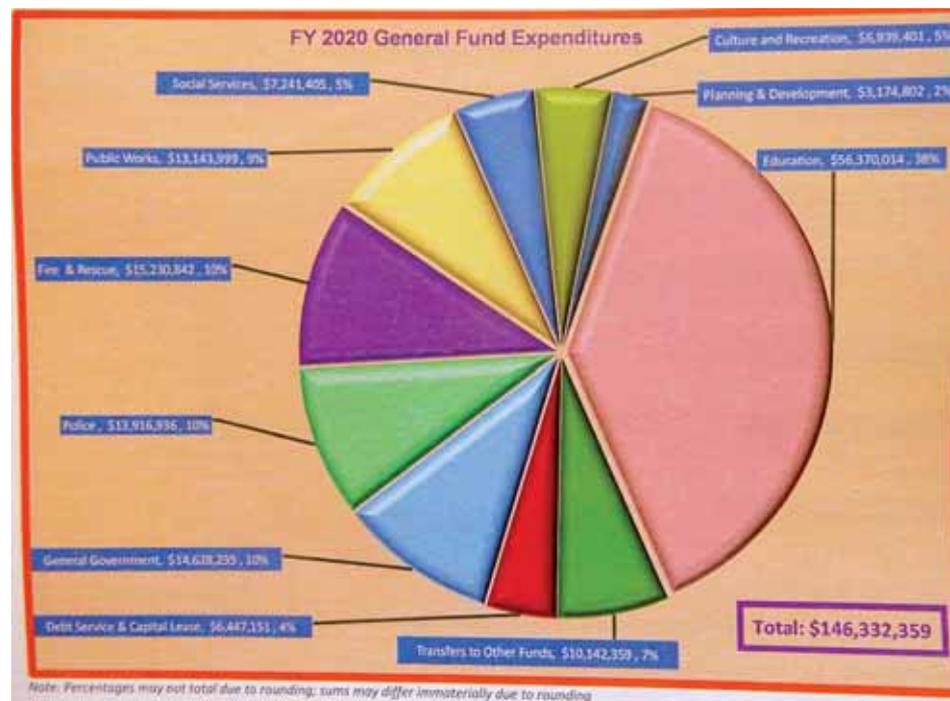
At the outset of his budget presentation to the Fairfax City Council, Stalzer said, "This is my eighth week [in this job], but I've been in the City since fall. And I've seen that people who live here take pride in being a part of the City of Fairfax." He also noted Fairfax's partnership with GMU and praised the City's "dedicated and professional staff."

Other City strengths, said Stalzer, include the Northfax and Old Town areas, both of which are "primed for greater economic success." Furthermore, he added, "We have sound, financial policies, a 12-percent [of total General Fund revenues] rainy-day fund and a 2035 Comprehensive Plan that provides clear guidance."

He also stressed that Fairfax has "consistently delivered outstanding value, even though revenue growth has been limited and the City's ability to adequately address some needs has been significantly con-



City of Fairfax FY 20 General Fund revenues.



City of Fairfax FY 20 General Fund expenditures.

strained." But, he added, some serious obstacles must be overcome.

"For the past several years, real-estate taxes have grown minimally, especially in the commercial sector," explained Stalzer. "Citywide real-estate valuation has increased only 1.43 percent annually over the last 10 years. Since real-estate taxes comprise 49 percent of the City's General Fund revenues, this is a significant concern, now and in the future." He also listed other problems. "Public safety and governmental re-

cruitment and retention of personnel is a challenge," he said. "And there's a need for clear strategies and policies so people will want to do business with us. We should also have a five-year, adopted CIP [Capital Improvement

**"There'll be plenty of opportunities for citizens to come forward, comment on the budget and express what they believe our priorities should be."**

—Fairfax Mayor David Meyer

Program] — and, preferably, with a 10-year horizon." "I'm an optimist and I like a challenge," said Stalzer. However, he acknowledged that 49 percent of the General Fund budget comprises nondiscretionary expenses out of the City's control.

## FY 2020 Budget Calendar

- March 5: Community Outreach and Council Budget Discussion Work Session
  - March 12: Public Hearing – Consideration of Real Estate Tax Rate to be Advertised
  - March 26: Public Hearing and City Council Budget-Discussion Work Session
  - April 2: City Council Budget-Discussion Work Session
  - April 9: Introduction of C&I and Wastewater Rates
  - April 23: Real Estate Tax Rate Public Hearing and City Council Budget-Discussion Work Session
  - May 8: Special Council Meeting – Public Hearings on the Budget, Rates and Levies, C&I and Wastewater, plus Budget Adoption (Note: This Wednesday meeting will replace that Tuesday's regular Council work session).
- ❖All these meetings are at 7 p.m. at the Fairfax City Hall Annex, 10455 Armstrong St. in Fairfax.

**ON THE POSITIVE SIDE**, though, he said budget savings in FY 18 and FY 19 were used to balance the proposed FY 20 budget. He also noted the City's ability to maximize outside funding sources – state, federal and NVT A 70-percent transportation funds, as well as public-safety grants – to help pay for various projects. And he stated that, during both last year and this year, the City is seeing an uptick in new residential, commercial and mixed-use construction.

Overall, expenditures for all funds in the proposed budget total \$169,703,370 – a 1.3-percent decrease from FY 19. General Fund revenues and expenditures equal \$146,332,359 – a 3.1-percent increase over FY 19.

Stalzer also recommends trimming some \$2.2 million from the Capital Funds budget. "I hate to cut the CIP, but we need the funds for economic development," he said. "For us to market the product [the City], a large part of that is the general infrastructure."

So he added \$700,000 to Contract Services, primarily focusing on improving both Northfax and Old Town. "And this isn't a five-year project – it's a right-now project," he said. "We need to give ourselves every opportunity for success, and we need to do it immediately."

Other highlights of the proposed budget include a 2.6-percent cost-of-living raise (\$774,000) for City employees to retain parity and salary competitiveness within the region. "Our employees want to work here, and I want them to stay here," he said. Stalzer also suggests adding \$75,000 to the Senior Citizen Tax Relief program "since 16 percent of our population is elderly."

Both Stalzer and Fairfax Mayor David Meyer thanked Finance Director David Hodgkins, Budget Manager Kerry Kidd and City Clerk Melanie Crowder for all their hard work and input into the budget document, and Meyer thanked the City staff department heads, too. Noting the upcoming public hearings scheduled for the budget, Meyer said, "There'll be plenty of opportunities for citizens to come forward, comment on the budget and express what they believe our priorities should be."

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## BULLETIN BOARD

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

### SOBER-RIDE FOR ST. PATRICK'S

**Free Sober Rides.** Sunday, March 17, 4 p.m. through Monday, March 18, 4 a.m. Area residents, 21 and older, may download Lyft to their phones, then enter a code in the app's "Promo" section to receive a no cost (up to \$15) safe ride home. WRAP's St. Patrick's Day SoberRide promo code will be posted at 3 p.m. on March 17 on [www.SoberRide.com](http://www.SoberRide.com).

### WINTER SHELTERS

**Find homeless and cold weather drop-in centers and shelters** that serve Northern Virginia at [www.novaregion.org/174/Homeless-Shelter-Lists](http://www.novaregion.org/174/Homeless-Shelter-Lists).

### KINDERGARTEN REGISTRATION

Children who will be 5 years old on or before Sept. 30, 2019, are eligible to attend kindergarten. Find the correct neighborhood school by entering your address at [boundary.fcps.edu/boundary/](http://boundary.fcps.edu/boundary/). Complete a packet of registration forms found at [www.fcps.edu/it/forms/enroll.pdf](http://www.fcps.edu/it/forms/enroll.pdf) or in the school office. Gather supporting documents: proof of residence in the school boundary, a certified copy of the child's birth certificate, parent/guardian photo ID, and any custody orders. Certificate of physical exam and immunization will be required before the student may start school, but is not required for registration. Parents who choose to delay enrollment in kindergarten by

one year are required to notify the school in writing of their intent. Learn more at [www.fcps.edu/registration/general-registration-requirements](http://www.fcps.edu/registration/general-registration-requirements).

**Union Mill Elementary** is currently registering new students for the 2019-20 school year. Find registration forms in the Union Mill Elementary office or online at [www.fcps.edu/sites/default/files/media/forms/enroll\\_0.pdf](http://www.fcps.edu/sites/default/files/media/forms/enroll_0.pdf). Call 703-322-8500 or email [lrquilla@fcps.edu](mailto:lrquilla@fcps.edu) to make an appointment to bring completed registration forms and supporting documentation to school. Kindergarten Orientation will take place on Monday, April 1, 4-5 p.m.

### FRIDAY/MARCH 8

**Technology Fridays in March.** 10 a.m.-noon at the Dunn Loring Center for Parent Services, 2334 Gallows Road, Dunn Loring, Entrance 1, Room 100. Join the Parent Resource Center for this series of technology workshops presented by FCPS Assistive Technology Services. Register for one or all of the workshops. Explore a variety of technology tools to support student success and independence with reading and writing in the digital classroom and at home. Register at [www.fcps.edu/index.php/resources/family-engagement/parent-resource-center](http://www.fcps.edu/index.php/resources/family-engagement/parent-resource-center). Call 703-204-3941 or email [prc@fcps.edu](mailto:prc@fcps.edu) for more.

- ❖ March 8 - Exploring Early Childhood AT Home: Assistive Technology for Preschool
- ❖ March 15 - Technology Tools to Support Executive Functioning
- ❖ March 22 - Assistive Technology to Support Communication

**Paving and Restriping Meeting.**

SEE BULLETIN, PAGE 15

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# Calling All Fairfax Women Business Owners

## Second annual luncheon to be held March 13.

BY BONNIE HOBBS  
THE CONNECTION



**DeShawn Robinson-Chew is the keynote speaker.**

**T**ake a look around the City of Fairfax and you'll find a slew of businesses owned by women. So the second annual Fairfax City Women-Owned Business Luncheon is poised to honor them and encourage their further endeavors,

It's set for Wednesday, March 13, from noon-2 p.m., at the Stacy C. Sherwood Community Center, 3740 Old Lee Hwy. in Fairfax. Co-hosts are the City of Fairfax Commission for Women and Economic Development Authority; sponsoring the event are Freedom Bank of Virginia and the Central Fairfax Chamber of Commerce. The purpose of this luncheon is to connect local, business-owning women with each other. It's also to provide information to those wanting to either start or grow their busi-

ness network and become part of small communities of women entrepreneurs. Highlights of this event will include a guest speaker with expertise in this field, a panel presentation, networking with other women business owners, and a lunch from Fairfax City restaurants owned by women. In addition, participants will be afforded the opportunity to sign up to join smaller communities so they may continue their connections long after the luncheon is over.



**The second annual luncheon is March 13.**

Recognized for her support of female entrepreneurs, DeShawn Robinson-Chew is the keynote speaker. She is the founder of SheEO, LLC: Social Enterprise Educating and Empowering Tomorrow's Female Founders. For her efforts, her company was honored by the Women's Business Center of Northern Virginia with the Small Business Growth Award.

Throughout her career, Robinson-Chew has been an active advocate for entrepreneurship. And at next week's luncheon, she'll

present details of her professional story, as well as provide advice and guidance to other women business leaders. As for the panel presentation, women who own businesses in the City of Fairfax will share the lessons they learned along the way. They'll also discuss the important role that community support plays in their professional lives. An exhibit of City businesses owned by women will be part of this event, as well. It will enable these women to promote their businesses and let others see what

they have to offer. However, exhibitor tables are limited and will be available on a first-come, first-served basis.

Exhibitors must have City of Fairfax business licenses and must purchase their tickets to the luncheon before signing up to be an exhibitor. Sign ups for exhibitor tables may be done at <https://www.signupgenius.com/go/4090f4faca623a46-exhibitor>.

Although a few tickets to the luncheon, itself, will be available at the door for \$20, attendees are encouraged to purchase them online in advance, for \$15, via EventBrite at Fairfax City Women-Owned Business Luncheon. The Website address is

<https://www.eventbrite.com/e/fairfax-city-women-business-owner-luncheon-tickets-54718718159>.

In addition, donations of feminine products will be collected for BRAWS during the event. By furnishing new, personally fitted underwear and menstrual supplies, this organization brings dignity, self-esteem and, therefore, a sense of empowerment to women and girls living in shelters.

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But this year is supposed to be an improvement.

Every year is election year in Virginia. Add in primaries and special elections, and there are many more elections every year, all with consequences.

Control of this year's Virginia General Assembly came down to pulling a name out of bowl (literally). In 2019, every seat in the House of Delegates and Virginia Senate will be on the ballot.

**EDITORIAL** While some good things did happen in this year's session of the General Assembly, (eviction protections, foster care reform, step towards menstrual equity, to name some), other important legislation stalled because of party politics and ideology, including reforming fines and effects on drivers licenses; seat belt laws and legislation on distracted driving.

A huge number of candidates will seek seats on the Fairfax County Board of Supervisors and School Board as well, with the direction and tone of the future hanging in the balance.

Results of 2019 Elections will matter in many ways.

**Are you registered to vote?** Check here: <https://vote.elections.virginia.gov/VoterInformation>

Upcoming Elections:  
May 7, 2019 - Vienna Town Council  
June 11, 2019 - Primary Elections  
Nov. 5, 2019 - General & Special Elections

**2019 Elections Include:**

Filing deadline for parties, March 28  
Primary if held: June 11  
General Election Nov. 5  
Virginia Senate (4-year term)  
House of Delegates (2-year term)  
Soil and Water Directors (4-year term)  
Board of Supervisors  
School Board  
Counties: 4-year terms:  
❖ Commonwealth's Attorney  
❖ Sheriff  
❖ Commissioner of Revenue  
❖ Treasurer  
Vienna Town Council

In case you wonder what will be on the bal-

lot next, here is a guide.

Virginia has a General Election every year on the Tuesday following the first Monday in November.

❖ Federal offices are elected in even-numbered years.

❖ State and Local offices are elected in odd-numbered years.

❖ Clifton Mayor and Town Council are elected in even-number years on the first Tuesday in May.

❖ Herndon Mayor and Town Council are elected in even-number years on the Tuesday following the first Monday in November.

❖ Vienna Mayor and 3 Town Council members are elected in even-numbered years on the first Tuesday in May.

❖ 3 Vienna Town Council members are elected in odd-numbered years on the first Tuesday in May.

❖ If primaries are called by the political parties, they are held on the second Tuesday in June.

— MARY KIMM,

[MKIMM@CONNECTIONNEWSPAPERS.COM](mailto:MKIMM@CONNECTIONNEWSPAPERS.COM)

## 16 Bills on the Governor's Desk

BY SCOTT SUROVELL  
STATE SENATOR (D-36)



**COMMENTARY**

The 2019 Session is now in the books. Notwithstanding the controversy generated by our statewide officials, it was one of the most personally successful sessions in the 10 years I have served in the General Assembly. This column focuses on my personal legislative agenda.

First, Governor Northam announced a deal to widen I-95 southbound between VA-123 and the Prince William County Parkway in three years using no taxpayer funds and no penalty payment to Transurban. I have been urging this solution for three years and it will save millions of drivers millions of hours per month when implemented.

Sixteen of my bills are on the Governor's desk. The most significant was my bipartisan bill to address Virginia's coal ash crisis. The legislation we ultimate passed will result in a \$3 billion plan to cleanup Dominion's 27 million cubic yards of coal ash in Virginia in an environmentally responsible way and represents the first time Virginia has exceeded EPA standards on environmental protection.

Late last week, the House of Delegates passed my legislation giving Fairfax County the ability to pass a \$1/mo. utility tax to raise \$30 million over 20 years to pay for electrical line undergrounding on U.S. 1 between Woodlawn and Hybla Valley. I also secured Verizon's commitment to place their wires underground at no cost if a duct bank is constructed large enough to handle their wires saving millions. Coupled with a \$15 million contribution from VDOT and legislation I passed last session making two additional funding streams avail-

able, there is now no excuse for Fairfax County to hold back on placing utilities underground on U.S. 1 and I am urging them to take action immediately.

My legislation to facilitate a legal pathway for undocumented abandoned, abused and neglected immigrant children passed the

House and Senate nearly unanimously and will help thousands of children escape tragic circumstances.

I also passed legislation requiring homeowner and condo association to publish their budgets and capital reserve shortfalls, and limited their ability to prohibit homebased childcare which is a critical need.

My legislation to create fines for government officials who destroy public records to avoid disclosing them in citizen requests passed along with a remedy to punish local governments who violate closed meeting rules while their counsel is present. Sunshine is the best disinfectant.

We passed my legislation requiring the Commonwealth to create model memorandum of understanding for school resource officers to be templated across the Commonwealth. Virginia leads the nation in student criminal referrals and this will help to stop the School to Prison Pipeline.

Elections for Dumfries Town Council will now occur in November saving taxpayer dollars and increasing voter participation.

I passed legislation allowing restricted driver's licenses for out-of-state drug offenses to prevent Virginians from losing their jobs passed, along with better due process for pro-

tective order proceedings, streamlining no-default divorce procedures and filing fee waivers for indigent divorcing parties.

My bill to allow parents to recover damages for wrongfully killed children who provide family support passed unanimously, along with legislation to make it easier for LGBT couples to become parents through surrogate mothers.

The failure of the House of Delegates to once again ratify the Equal Rights Amendment was a major disappointment to me and 160 million American women. Also, the hand's free (texting while driving) bill died in the House after passing the Senate. Governor Northam has a bill on his desk he could amend to achieve the same result and I am urging him to do so.

My predatory lending reform legislation died in the Senate even after passing last year 38-2. Loan sharks rejoiced, but I will be back next year. I was also disappointed that my bill to close a wage withholding loophole for child support deadbeats failed after passing the Senate and making it on to the House Floor, along with my bill to create a temporary driver's privilege card for taxpaying undocumented immigrants.

Next week, I will discuss the state budget. The following week I will discuss other major pieces of legislation that passed including re-districting reforms, early voting, Amazon and Micron incentives.

Please email me at [scott@scotturovell.org](mailto:scott@scotturovell.org) if you have any feedback. It is an honor to serve as your state senator.

**Write** The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Send to:  
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Call: 703-917-6444.  
By email: [editors@connectionnewspapers.com](mailto:editors@connectionnewspapers.com)



# Philippine Suffrage Exhibit Opens in Fairfax

Exhibit highlights Filipino women leaders with links to Washington, D.C.

BY TERESA CARANDANG

The traveling exhibit, “The Washington Home of the Philippine Suffrage Movement,” will be at the Fairfax Museum and Visitors Center starting March 3. Produced by The Philippines on the Potomac Project (POPDC), the exhibit features an extraordinary group of Philippine women from those who tirelessly campaigned for the Philippine women’s right to vote, as well as the succeeding generations of women leaders. All the women featured in the exhibit were once residents or visitors of Washington, D.C.

The centerpiece of the exhibit is a photograph from the Library of Congress showing First Lady Florence Harding with a group of Filipino women at the South Lawn of the White House. Taken almost a hundred years ago on June 19, 1922, these women were wives, sisters or daughters of members of the Philippine delegation negotiating Philippine independence



**Exhibit flyer. The Washington Home of the Philippine Suffrage Movement Exhibit: March 3 – April 15, 2019, 9 am – 5 pm, Fairfax Museum and Visitors Center, 10209 Main St. Fairfax**

PHOTO COURTESY OF THE PHILIPPINES ON THE POTOMAC PROJECT

with President Warren Harding. The Philippines was a colony of the United States from 1898 to 1946.

Several women in the photograph – Sofia de Veyra, Pura

Villanueva Kalaw, Aurora Quezon and Ines Villa Gonzales - led the Philippine Suffrage Movement. They were responsible for the passing of the 1937 Amended Election Law that allowed Philip-

pine women to vote and run for office.

Women who eventually became key figures in Philippine politics are also highlighted in the exhibit. Some of them, like Senators Helena Benitez and Leticia R. Shahani, moved to the global stage, working for the United Nations as they sought to improve the lives of the oppressed and underrepresented. Benitez received her master’s degree from George Washington University while Shahani lived in Washington, D.C. as a teenager when her father worked for the Philippine Embassy.

The Philippines has had two female presidents. In 1986, Corazon Aquino, the first woman president of the Philippines was warmly welcomed in Washington. Aquino requested and received financial aid for the Philippines from the U.S. government, International Monetary Fund and World Bank. Former president Gloria Macapagal Arroyo studied at Georgetown University where

## Event Details

The Washington Home of the Philippine Suffrage Movement Exhibit  
 March 3 – April 15, 2019  
 Open Daily, 9 am – 5 pm  
 Lecture  
 April 14, 2019, 3 pm  
 Fairfax Museum and Visitors Center  
 10209 Main St.  
 Fairfax

former president Bill Clinton was her classmate. Arroyo’s father, Diosdado Macapagal was president of the Philippines from 1961-1965.

The exhibit also shows the relationship between U.S. Suffragist Carrie Chapman Catt and the leaders of the Philippine Suffrage Movement. In 1911, together with Dr. Aletta Jacobs of the Netherlands, they met with a group of American and Filipino women to form their own suffrage group. Catt continued to support the group until Filipino women were granted the right to vote in 1937.

POPDC is a family project that features Philippine landmarks in Filipino-American culture and history in Washington, DC. [popdc.wordpress.com](http://popdc.wordpress.com)

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## WELLBEING



PHOTO CONTRIBUTED

A new study shows that even after one hour spent on electronic devices each day, children and teens may begin to have less emotional stability and a greater inability to finish tasks.

# Managing Screen Time

Working collaboratively with one's child can decrease the struggle.

BY MARILYN CAMPBELL

Julia Wires purchased an iPhone for her 12-year-old daughter in part she says, because many of the girls at her Potomac, Md. school have smartphones that they bring to campus daily. Wires and her husband were initially hesitant to make the purchase because their daughter was diagnosed with Attention-Deficit/Hyperactivity Disorder (ADHD) and Anxiety Disorder at the end of 2018.

"First, there's the social pressure she feels because all of her friends have iPhones. Then there's the issue of her dad and I being able to keep in touch with her now that she has more freedom to go places on her own," said Wires. "Both of those [factors] are juxtaposed against the fact that she has trouble staying focused and calming down when she needs to. That made the decision tough for us."

Too much time spent on gaming, smartphones and watching television could exacerbate symptoms in children who've been diagnosed with ADHD, according to a new study by researchers at San Diego State University and the University of Georgia. The report showed that even after one hour of screen time, children and teens may begin to have lower self-control, less emotional stability and a greater inability to finish tasks.

"Kids with ADHD have trouble keeping track of time, so they could spend hours on their tablet without realizing it. Screen time can make bedtime rou-

tines more difficult and parents might have an additional struggle getting their kids to fall asleep," said child psychologist Adele Schwartz, Ph.D, of McLean, who was not involved in the study. "Kids with ADHD also might be more likely to ignore parental guidelines and I would worry more about them engaging in risky behavior online."

Helping a child with ADHD transition from playing a video game to doing their homework could require special handling, advises Sarah Bryant, LCSW. "Instead of telling your child that they have to stop watching television at six o'clock or that they have five more minutes on a video game, try telling them that they have to stop at the next commercial break or at then end of the round in a video game," she said.

Working collaboratively with one's child will reduce the chance of a power struggle, says Bryant. "You and your child can work together to list all of

the things that need to get done, like homework, time spent outside, doing sports, chores and other activities and come up with a schedule," she said. "Figure out how much time is left for things like video games and television. Hang the schedule somewhere that's visible to both of you. Your child will see how little time is left for playing video games and since they were part of the process, they'll feel like they're part of a team rather than a subordinate with no control over their life."

"Parents of kids with ADHD should definitely make use of parental controls on tablets, smart phones and television, especially during school hours or when kids should be doing their homework," added Schwartz. "It's also important that children, especially those with ADHD not use electronics at least an hour before bedtime. And it almost goes without saying that parents should model the behavior that they want their children to have by limiting their own screen time."

**"... parents should model the behavior that they want their children to have by limiting their own screen time."**

— Adele Schwartz, child psychologist

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## DINING



PHOTOS CONTRIBUTED

“Dulce Crepes” means sweet crepes in Romanian, Alexandra Loeffler’s mother tongue.

# Fast-casual Alternative with a European Flair

‘Dulce Crepes’ brings European-style crepes to Fairfax.

BY NATALIA MEGAS  
THE CONNECTION

As soon as local resident Alexandra Loeffler received her bachelor’s degree in Marketing at 23 years old, she began working hard on a business plan for the next two and half years. Her dream was to open up a fast-casual restaurant in Fairfax offering healthy European-style crepes. What she discovered during her marketing research was that quality was her best business plan.

“We’re going to keep it simple but we’re going to do it well,” she recalls saying. “Less is more here.”

At 27 years old, Loeffler opened “Dulce Crepes,” which means sweet crepes in Romanian, her mother tongue. She and her husband Paul began serving sweet and savory crepes, as well as vegan crepes, two-and-a-half years ago.

The trendy restaurant, a mashup of convenience and high quality, offers an option to order at touch screen self-ordering kiosks and to have crepes home delivered. It also serves coffee, espressos, smoothies and other beverages.

Some customers like James Dalby in Fairfax said there’s no crepe shop like it in the area. He said the crepes and coffee are some of the tastiest he’s ever had.

“A lot of people told me I didn’t have enough experience and I wasn’t going to make it,” she said. The restaurant industry is one of the hardest and most competitive markets, she said.

But “I wanted to challenge myself. And in this area, food is always going to do well,” she said. “It’s so diverse. The only way this is going to work [in Northern Virginia] is because so many people are from around the world here.”

**LOEFFLER**, who was born in Romania and moved to the U.S. when she was 16, gradu-

ated from Fairfax High School and went on to receive her bachelor’s at George Mason University in 2012.

Loeffler, now 30, said that she chose crepes because they are so versatile and easy to custom-make. She also loves them.

“I grew up with crepes,” she said, explaining that she learned to make them from her mom. “That’s one thing I know how to do.

“I’m so thankful for my mom because she cooked for us and she really took the time to teach us how to eat right,” she said.

Becoming an entrepreneur was never a question in Loeffler’s mind. “I used to play store [as a child in Romania]. I would gather stones and use them as money. I loved to manage [the store] and make it look pretty,” she said. “I’ve always had an entrepreneur mindset.”

All of the ingredients that Dulce Crepes uses are top of the line, she said. “It’s all in the ingredients. We don’t cut corners when it comes to ingredients.”

For example, the jams and lemon curds, from France and Portugal respectively, are made from fruit and cane sugar. The crepes’ batter is made with milk from “Trickling Springs Creamery,” a company that prides itself in grass-fed, heritage breed cows, no hormones, and “clean milk.” Dulce Crepes doesn’t use preservatives or processed butter. And the flour is the best quality available on the market, said Loeffler. “The flour is what makes the batter.”

Loeffler uses almond milk for the gluten-free crepes which could double as lactose-free.

“You get the real thing. Literally what you would get out of your own pantry, you’ll get here,” she said.

Loeffler is a bit of a perfectionist, making sure she works alongside her employees until they get it just right and taking the tiniest detail into consideration, like creating the right ratio and using the right kind of syrup for their coffee. “It’s an art,” she said. “It takes a little bit of skill.”

**FOR ASPIRING** female entrepreneurs, Loeffler said that being innovating and capitalizing on trends are some qualities to possess.

“Don’t be afraid to take risks and be willing to work a lot. It’s a lot of hard work when you’re first starting out. Know how to manage difficulties. You’ll face a lot of problems and challenges but have a lot of perseverance,” she said. “There are times I wanted to give up but I have to keep going and innovating.”

Loeffler hopes to expand one day into food trucks, festivals, and the retail market. “But I’m talking about down the road.”

For now, she said she’s enjoying the moment.

“Loyal customers appreciate what I’m doing. That’s a reward in itself,” she said. “I’m not trying to get rich. I just want to create something new, different and something good for you.”

Dulce Crepes is open every day from 8 a.m.-9:30 p.m. For pricing, the menu or to place an order, visit <http://www.dulcecrepes.com>.

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PHOTOS BY MIKE SALMON/THE CONNECTION

The trail at Fountainhead could be part of a bigger ride.

Fountainhead's mountain bike trail is in the top ten across Virginia. See more about the Sports Tourism Task Force at [www.fairfaxcounty.gov/springfield/sports-tourism-task-force](http://www.fairfaxcounty.gov/springfield/sports-tourism-task-force)

# Sports Tourism May Be Next for Northern Virginia

Area sports facilities looked at for tournaments, tax revenue and expansion.

BY MIKE SALMON  
THE CONNECTION

Creating an indoor ski slope out of the Lorton Landfill mountain of trash is just one idea that is part of a larger proposal involving “sports tourism,” that Supervisor Pat Herry (R-Springfield) supports so Fairfax County can take advantage of this possible financial gold mine.

“We could have ski teams in our schools,” Herry said, looking at the bigger question surrounding this notion of sports tourism. “Why haven’t we looked at this before?” he asked.

Herry noted that there are 60 indoor ski facilities in the world, but none in North America, so the Lorton Landfill site would be the first if it happens. “It’s got a significant vertical drop already,” he added.

Herry is leading a task force to look at the whole sports tourism idea which also includes mountain biking at the Fountainhead Mountain Bike Trails, more sports fields at Baron Cameron Park in Reston, more baseball diamonds at Patriot Park North and a Field House/Hard Court/Indoor Track facility, aquatic sports, ESports and more. The idea is to leverage private dollars in public-private partnerships to get these facilities built and then used for tournaments and other larger-scale events where people will come from all over the country, stay in area hotels, eat in local restaurants and feed the retail and tax base.

The Task Force was formed to better understand the potential economic impact of the \$10 billion and growing sports tourism market and how the county could take advantage of this market to diversify its tax base and develop facilities for county residents paid for in whole or part by sports tourism generated revenue, according to its interim report.

“It makes sense,” Herry said.



The wooded terrain at Fountainhead is part of the mystique. See more about the Sports Tourism Task Force at [www.fairfaxcounty.gov/springfield/sports-tourism-task-force](http://www.fairfaxcounty.gov/springfield/sports-tourism-task-force)

The first step for the indoor ski facility is “to work towards a negotiated P3 agreement and investigate ways to run the P3 negotiation concurrently with the zoning process,” the report read.

## On the Task Force

The task force – which consists of representatives from the parks, schools, Visit Fairfax, George Mason University and private developers – is looking at the value of potential sports/athletics tourism opportunities and partnerships and outline what investments the county may be expected to make to achieve these goals, the document states.

In South County, there are four of the top ten mountain bike courses in Virginia, said Paul Gilbert, the Director of Nova Regional Parks. He is working on the mountain bike part of the plan, which would use several of the areas top-rated trails in combination with other existing facilities. Instead of a race on one trail, he’s picturing “more out-

door adventure sports,” type of competition. The regional park at Occoquan could be linked to Fountainhead, and then to the track at Wakefield park via the Cross-County Trail. Some of this connections may need the approval of private landowners and “we’re seeing if we can get that connection,” he said.

The Mountain Bike subcommittee consists of Ernest Rodriguez president of MORE (Mid-Atlantic Off-Road Enthusiast) Chapter of the International Mountain Biking Association; Steve DonTigny, Executive Director, MORE; and Christine Morin, chief of staff for Mount Vernon Supervisor Dan Storck. The River Rock bike event in Richmond “is a good example,” of this type of activity, said Gilbert.

River Rock is sponsored by Dominion Energy that incorporates kayaking, climbing, arts, mountain biking and other extreme-type sports that Gilbert mentioned as well. The MoCoEpic is a similar event that Rodriguez is involved with, and is part of his vision for the Fairfax County mountain

biking effort. Another example Rodriguez noted is the Patapsco Trail Fest in Maryland.

## Seeking Sponsorship

Sponsorship is one element that is needed for funding, and the task force is reaching out to various organizations. The off-road bike magazine “Dirt Rag,” was mentioned as one possibility for the biking aspect. “We’re looking to find a long term or medium-term sponsor,” said Gilbert. “Any company that wants to have a positive outdoor image would be ideal,” he added.

Any parent that has children in school sports knows that transportation can be a problem when shuttling to various events, so the “Task Force recommends that where possible sports facilities be clustered.” In Lorton for example, there are several hotels and restaurants near the Lorton exit off I-95 and room for additional facilities near the landfill if needed.

They looked at several facilities nationwide that are already cashing in on sports tourism, including Prince George’s County Sports and Learning Center in Landover, Md. and the Maryland SoccerPlex in Germantown, Md. Fairfax County has had some success over the years in developing the sports market, the report stated, using the World Police and Fire Games in 2015 for an example. There are many more sports tourism opportunities looking to come to the county than the County has the facilities to handle, it stated.

The task force is in need of a consultant with experience in facilitating something as large as this and the advertisement has gone out to hire someone. “They hope to have someone on board by the end of March,” Herry said. “There’s really a lot of exciting stuff coming out of this,” he added.

See more about the Sports Tourism Task Force at [www.fairfaxcounty.gov/springfield/sports-tourism-task-force](http://www.fairfaxcounty.gov/springfield/sports-tourism-task-force)

## ENTERTAINMENT

# Tall Tales of Adventure and Mishap

Better Said Than Done presents not so true storytelling in Northern Virginia.

When Better Said Than Done Founder Jessica Robinson went to Tennessee to perform on the Exchange Place Stage at the National Storytelling Festival in 2018, she didn't know what to expect. The festival lasts three days and attracts 11,000 people; 1,200 of them who watched Robinson perform a true, personal story. Once she'd survived that, she was able to take in the sights and sounds of the festival to try to understand why 11,000 would gather every year for something as ubiquitous as storytelling.

"As a performer of true, personal stories for the past 11 years, I must admit I was worried that I wouldn't like the festival, that I'd get there and find people telling folk tales and tall tales and playing guitar and it would feel like I was stuck in elementary school assembly again," Robinson said. "Well, the national storytellers did indeed tell tall tales and folk tales and yes, some even played guitar,

and it was wonderful. Every performer truly earned the right to be called a professional, and every performance was better than the last. It was like taking in a show at the Kennedy Center, each time a new show started."

Robinson wondered if there was a way to share some of the joy of the festival with her Northern Virginia Community.

"I spent the whole weekend marveling at the talent in the room, at these amazing storytellers gathered in one place. I kept thinking I can't wait to go back to Tennessee so I can see some of these performers again. And at the very end of the weekend I had this hand-to-forehead moment where I remembered that I'm a show producer and could probably try asking."

In January 2019, Sheila Arnold, one of the festival's featured performers, came to Vienna and performed in a Better Said Than Done show with Robinson and another BSTD regular Nick Baskerville. The show was the first of its kind



Jessica Robinson, founder of Better Said Than Done.



Anne Rutherford and Norm Brecke will join Jessica Robinson in March 9 performance in Fairfax.

### March 9 Show in Fairfax

Join Better Said Than Done's Jessica Robinson and nationally renowned storytellers Anne Rutherford and Norm Brecke for "Tales of Adventure: tru-ish stories of (mis)adventure," Saturday, March 9, 2019, at 7 p.m., downstairs at The Auld Shebeen, 3971 Chain Bridge Road, Fairfax. Doors open at 6 p.m. Entry is \$15 at the door (cash preferred) or \$12 online at <http://www.betersaidthandone.com/storytelling-shows/>. The stories are intended for a mostly mature audience.

in NoVa, mixing true tales and folk tales. Following the success of that show, Robinson invited Norm Brecke and Anne Rutherford to come to Fairfax for a show on March 9.

"I loved every performance I saw. But I will say that one of the funniest shows was Anne Rutherford performing a story in character as 'Clementine.' Anne/Clementine told a tall tale of a

search for some haunted pirate gold.

The story had edge-of-seat drama followed by wet-the-seat laughter. Anne was enchanting."

Rutherford, and her performing partner Norm Brecke, live in Oregon, but they travel the country telling tales and, yes, even playing guitar. Robinson asked them to join her on the Better Said Than Done stage in March and they agreed.

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# ENTERTAINMENT

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## ONGOING

**The Explorer's Club.** Through March 31, Friday-Saturday, 8 p.m.; Sunday, 2 p.m. at Workhouse Arts Center, 9518 Workhouse Way, Lorton. London, 1879. The prestigious Explorers Club is in crisis: their acting president wants to admit a woman, and their bartender is terrible. True, this female candidate is brilliant, beautiful, and has discovered a legendary Lost City, but the decision to let in a woman could shake the very foundation of the British Empire, and how does one make such a decision without a decent drink? This is the area premier of The Explorer's Club by Nell Benjamin, directed by Frank Shutts. \$20-\$30. Visit [www.workhousearts.org](http://www.workhousearts.org).

**Fine Arts Enrichment Camps.** The Youth Arts Camp & Education Outreach (ages 13-17) programs at the Workhouse provide rich experiences in fine arts year-round. Campers work alongside professional artists and professional educators to excel in different mediums, learning various techniques, and creating quality artwork with every visit. Find upcoming camps at [reservations.workhousearts.org](http://reservations.workhousearts.org).

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**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.fairfaxvfd.com](http://www.fairfaxvfd.com) or call 703-273-3638.

## SATURDAY/MARCH 9

**Family Festival and Fun Fair.** 10 a.m.-2 p.m. at Good Shepherd Preschool, 9350 Braddock Road, Burke. The Fun Fair is geared towards young children... games, prizes, moon bounces, affordable lunch, bake sale and raffle baskets. Volunteer opportunity for teens who need community service hours. Free admission. Email Ashley Bernardi at [ashley@nardimedia.com](mailto:ashley@nardimedia.com).

**Tales of Adventure.** 7 p.m. At The Auld Shebeen (downstairs), 3971 Chain Bridge Road, Fairfax. In "Tales of Adventure," storytellers Jessica Robinson, Anne Rutherford and Norm Brecke will share some true, personal stories – the popular style of storytelling and Better Said Than Done's usual fare - but will also tell some not so true tales, with adventures on the high seas, the tops of mountains, and around the world. Cost is \$15/door; \$12/advance.

**Fairfax Symphony Orchestra.** 8 p.m. At GMU Concert Hall, 4373 Mason Pond Drive, Fairfax. Ticket are \$30, \$15 students. Fairfax Symphony Orchestra presents Mozart's Clarinet Concert. Featuring conductor Christopher Zimmerman; Ismail Luminovsky, Clarinet; and the Bowen McCauley Dance Company. Pre-Performance Discussion at 7 p.m.: Join conductor Christopher Zimmerman and special guests. Visit [www.fairfaxsymphony.org/march-9-mozart-gershwin-and-eryilmaz/](http://www.fairfaxsymphony.org/march-9-mozart-gershwin-and-eryilmaz/)

## SUNDAY/MARCH 10

**Game Day Fun.** 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Fairfax Station Railroad Museum will host a Game Day for all ages and prizes as well. For the little ones

## Archaeology Symposium

In commemoration of the 400th anniversary of forced migration of the first enslaved Africans to Virginia's shores, Exposing A Buried History: The Archaeology of Slave Life sheds light on the history of people enslaved in Virginia from the 17th through the 19th centuries. Renowned Archaeologists and speakers from some of Virginia's most recognizable historic sites share what they have learned through archaeological investigation. David Shonyo, staff archaeologist at Gunston Hall, will lead the morning with an exploration of Gunston Hall's recent discovery of quarters likely assigned to enslaved workers for the house. Saturday, March 16, 9 a.m.-4 p.m. At Gunston Hall, 10709 Gunston Road, Mason Neck.

Advance tickets are available until 5 p.m. on March 15 and may be purchased online at [www.gunstonhall.org](http://www.gunstonhall.org), and over the phone at 703-550-9220. Tickets will be available at the door the day of the symposium and are \$55 full price (\$45 for members of Gunston Hall and Friends of Fairfax County Archaeology). Visit [www.gunstonhall.org](http://www.gunstonhall.org).

there will be a Thomas the Tank Engine game. Older children will have a sticker scavenger hunt bingo game and there will even be a game for the grownups. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit [www.fairfax-station.org](http://www.fairfax-station.org) or call 703-425-9225.

**Artists Reception: Spring Marches On.** 1-5 p.m. at The Artists' Undertaking Gallery, 309 Mill Street in Historic Occoquan. "Spring Marches On" features paintings by Jeanne and David Pacheco of Springfield. Contact the gallery at 703-494-0584 or at [info@artistsundertaking.com](mailto:info@artistsundertaking.com).

**Remembering "Old Lee Chapel" Church.** 6 p.m. at Burke United Methodist Church, 6200 Burke Centre Parkway, Burke. In addition to sharing the history of Lee Chapel, they will share plans for the future of Lee Chapel – which includes a small outdoor worship space in the footprint of the old church. The event includes a free soup and salad buffet; history of Lee Chapel and personal recollections; and vision for the future of Lee Chapel. RSVP at BUMC or email [katiwebster@burkeumc.org](mailto:katiwebster@burkeumc.org).

## TUESDAY-THURSDAY/MARCH 12-14

**Shen Yun.** Tuesday and Wednesday at 7:30 p.m., and Thursday at 2 p.m. At GMU Concert Hall, 4373 Mason Pond Drive, Fairfax. This epic production immerses you in stories reaching back to the most distant past. You'll explore realms even beyond our visible world. Featuring one of the world's oldest art forms—classical Chinese dance—along with patented scenographic effects and all-original orchestral works, Shen Yun opens a portal to a civilization of enchanting beauty and enlightening wisdom. Tickets are \$180, \$140, \$120, \$100, \$90, \$80. Visit [www.cfa.gmu.edu](http://www.cfa.gmu.edu).

## WEDNESDAY/MARCH 13

**Photography Club.** 7-9 p.m. at Pohick Regional Library, 6450 Sydenstricker Road, Burke. Join photographers of all levels meeting monthly to share and instruct. Facilitated by Dale Scherfling, Teaching Artist at the Capitol Hill Arts Workshop. First Topic: You and Your Camera. Free. Call 703-644-7333 or visit [librarycalendar.fairfaxcounty.gov/event/4941315](http://librarycalendar.fairfaxcounty.gov/event/4941315).

## THURSDAY/MARCH 14

**Grand Opening: Marshalls.** 8 a.m.-10 p.m. at Marshalls, 6638 Loisdale Road, Springfield. Enjoy the festivities including giveaways and more. Visit [facebook.com/marshalls](http://facebook.com/marshalls).

## THURSDAY-SUNDAY/MARCH 14-17

**Citrus Fruit Sale.** 9 a.m.-6 p.m. at the



Blue and White Sales Van in Parking Lot, 3251 Old Lee Highway, Fairfax. Charity fund raiser selling Valencia Oranges and Ruby Red Grapefruit fresh from Florida. Also buy Virginia peanuts, Vermont maple syrup, or discounted carwash tickets. Visit [fairfaxlions.org](http://fairfaxlions.org) or call 703-745-9140.

## FRIDAY/MARCH 15

**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.fairfaxvfd.com](http://www.fairfaxvfd.com) or call 703-273-3638.

## SATURDAY/MARCH 16

**Archaeology Symposium.** 9 a.m.-4 p.m. At Gunston Hall, 10709 Gunston Road, Mason Neck. Symposium – Exposing A Buried History: The Archaeology of Slave Life. In commemoration of the 400th anniversary of forced migration of the first enslaved Africans to Virginia's shores, the program sheds light on the history of people enslaved in Virginia from the 17th through the 19th centuries. Renowned Archaeologists and speakers from some of Virginia's most recognizable historic sites share what they have learned through archaeological investigation. David Shonyo, staff archaeologist at Gunston Hall, will lead the morning with an exploration of Gunston Hall's recent discovery of quarters likely assigned to enslaved workers for the house. Advance tickets are available until 5 p.m. on March 15 and may be purchased online at [www.gunstonhall.org](http://www.gunstonhall.org), and over the phone at 703-550-9220. Tickets will be available at the door the day of the symposium and are \$55 full price (\$45 for members of Gunston Hall and Friends of Fairfax County Archaeology). Visit the website: [www.gunstonhall.org](http://www.gunstonhall.org).

**Pet Adoption Event.** 11 a.m.-2 p.m. at Pet Supplies Plus, 11054 Lee Highway, Fairfax. Find a new forever animal friend with the help of the City of Fairfax Animal Control and Animal Shelter. Visit [www.fairfaxva.gov/government/police/programs/animal-control/adopt-a-pet](http://www.fairfaxva.gov/government/police/programs/animal-control/adopt-a-pet).

**Chorale Concert.** 4 p.m. at St. Mark's Lutheran Church, 5800 Backlick Road, Springfield. Join the Northern Virginia Chorale as it performs Beethoven's 9th Symphony ("Ode to Joy"), Morten Lauridsen's O Nata Lux from Lux Aeterna and other choral works. Adults \$20 in advance (\$25 at the door), students with ID \$10, Children 12 and under are free. Order tickets online at

[www.northernvirginiachorale.org](http://www.northernvirginiachorale.org).

**St. Paddy's Social on the Range.** 7-10 p.m. at Burke Lake Golf Center, 6915 Ox Road, Fairfax Station. Celebrate under the stars at the new double-decker driving range at Burke Lake Golf Center. Enjoy unlimited range balls, themed food buffet, soft drinks, music, games, prizes and drawings and one drink ticket. Limited to first 50 registered. \$30. Call 703-323-1641 or visit [www.fairfaxcounty.gov/parks/golf/burke-lake/range-social/march2019](http://www.fairfaxcounty.gov/parks/golf/burke-lake/range-social/march2019).

**Fairfax Band Concert.** 7:30-9 p.m. at Fairfax High School Auditorium, 3501 Rebel Run, Fairfax. Visit various times, places and adventures through the scores to Silverado, The Captain from Castille, Jurassic World, Titanic and Far and Away, and On the Waterfront. \$15/\$10. Call 571-336-CFBA (2322) or visit [www.fairfaxband.org/event/city-of-fairfax-band-goes-hollywood/](http://www.fairfaxband.org/event/city-of-fairfax-band-goes-hollywood/).

**KODO.** 8 p.m. at GMU Center for the Arts, 4373 Mason Pond Drive, Fairfax. Experience the electrifying wall of sound that completely fills the hall when the athletic artists of Kodo take the stage to perform the ancient Japanese art of taiko drumming. Audiences are captivated by the visually stunning performance, the astonishingly precise movements of the drummers, and the sheer beauty of the sounds created with these traditional instruments. A pre-performance discussion with a member of the company begins 45 minutes prior to the performance. \$30-\$50. For tickets, call 703-993-2787.

## SUNDAY/MARCH 17

**Animal Eggstravaganza.** 1-3 p.m. at Hidden Pond Nature Center, 8511 Greeley Blvd., Springfield. Come one come all for a spectacular spectacle of fun and eggcitement. Meet and learn about all different types of critters near and far while exploring the pond and Nature Center. Come to a book reading, come in for a Clara's Animal Egg Mobile Craft, an animal talk, dance party and take a photo with a favorite animal friend. \$10. Register at [tinyurl.com/y9nz9q48](http://tinyurl.com/y9nz9q48) or email [casey.riley@fairfaxcounty.gov](mailto:casey.riley@fairfaxcounty.gov) or call 703-451-9588.

**NTRAK Scale Model Train Show.** 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Northern Virginia NTRAK members will hold a N gauge Model Train Display. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit [www.fairfaxstation.org](http://www.fairfaxstation.org), [www.facebook.com/FFXSRR](http://www.facebook.com/FFXSRR), or call 703-425-9225.

**Organ Music.** 5-6:30 p.m. at Holy Trinity Lutheran Church, 3022 Woodlawn Ave., Falls Church. Internationally acclaimed organist Jeremy Filsell will perform Marcel Dupré's extraordinary Le Chemin de

la Croix (The Stations of the Cross), interspersed with the Paul Claudel poems that inspired the work. Free (donation appreciated). Visit [www.holytrinityfallschurch.org/music](http://www.holytrinityfallschurch.org/music).

**Danu.** 7 p.m. at GMU Center for the Arts, 4373 Mason Pond Drive, Fairfax. Celebrate St. Patrick's Day with an authentic Irish music experience the whole family will enjoy. Take a musical journey across the Emerald Isle with one of today's leading traditional Irish ensembles as they perform timeless Celtic works along with fascinating, powerful new melodies. The award-winning Danu features lush vocals and poetic lyrics sung in English and Gaelic and impressive virtuoso playing of traditional Irish instruments — flute, tin whistle, fiddle, button accordion, and bouzouki. \$30-\$50. A pre-performance discussion with a member of the company begins 45 minutes prior to the performance. For tickets, call 703-993-2787.

## MONDAY/MARCH 18

**Mother Daughter Sister.** 7:30-9 p.m. at Merten Hall 1201, George Mason University, Fairfax. Screening and Q&A with filmmaker Jeanne Hallacy. Short documentary exposes the Burmese military's use of rape as a weapon of war, through interviews with Kachin and Rohingya women activists. Free. Email [cfuchs@gmu.edu](mailto:cfuchs@gmu.edu) or visit [fams.gmu.edu/events/9099](http://fams.gmu.edu/events/9099).

## FRIDAY/MARCH 22

**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.fairfaxvfd.com](http://www.fairfaxvfd.com) or call 703-273-3638.

## FRIDAY-SUNDAY/MARCH 22-24

**Marvel Universe Live.** At EagleBank Arena, 4500 Patriot Circle, Fairfax. Marvel Universe LIVE is performing at EagleBank Arena. \$20. Show times Saturday, March 23 at 11 a.m., 3 p.m. and 7 p.m.; Sunday, March 24 at 1 p.m., 5 p.m. Visit [marveluniverselive.com/tickets](http://marveluniverselive.com/tickets).

## SATURDAY/MARCH 23

**MCAA-Faculty Chamber Ensembles Recital.** Noon at George Mason Community Arts Academy, 4260 Chain Bridge Road, Fairfax. At Monson Grand Tier III. Free. The Mason Community Arts Academy brings enriching arts instruction to the community through inspiring and innovative lessons, classes and summer programs in music, theater, visual arts, and film and video, which are open to all ages and levels. It also offers programs focused on teacher education and enrichment. Additionally, extensive outreach programs in music and theater have been established to reach under-resourced populations both in our area and abroad.

**Off the Wall.** 2-5 p.m. at the Art and Design Building, George Mason University Fairfax Campus, 4400 University Drive, Fairfax. Family-friendly digital and fine arts festival featuring a mac-and-cheese bar and local brewery tastings. Every Spring Mason opens its state-of-the-art Art and Design Building to alumni, parents, and the public for a family-friendly celebration to benefit the visual arts at Mason. \$30 regular; \$20 Mason alumni, faculty, and staff; free for children 13 and under. Email [kfranko@gmu.edu](mailto:kfranko@gmu.edu).

## SCHOOLS

# Providence Elementary Presents State of the School Report

In their annual State of the School Report to the City of Fairfax School Board on Feb. 4, the Providence Elementary School administration highlighted math scores, reading initiatives, staff accomplishments and student success.

"I am just incredibly proud of the students and staff at PES, with the assistance of the parents at our school, we work together to ensure students are ready and interested in learning," said Dan Phillips, third-year principal of Providence Elementary School.

The presentation is part of the yearly State of the School series presented by all four city schools to the City of Fairfax School Board. Providence Elementary celebrated accomplishments over the past year such as an 81 percent pass rate in math Standards of Learning scores for grades 3-6, the opening of Local Level Four Advanced Academic Program (AAP) services so students can remain at Providence Elementary instead of attending an AAP center at another school, a visit from the Virginia Secretary of Education, a partnership with George Mason University baseball team and a variety of enhanced programming such as computers for all 3-6 grade students to use at school.

In his opening remarks, Phillips celebrated the 900+ student population. "Diversity is our strength and reason for joy," he said.

In his comments about the first year of Local Level IV AAP services, Phillips said 18 of 25 students decided to stay at Providence to access advanced programming. This year one-third of all third graders are taking advanced math and language arts while all third graders are working in the advanced aca-



PHOTO CONTRIBUTED

**Providence Elementary School administration, from left: Sharon Hickey, Assistant Principal; Dan Phillips, Principal, and Janice Suite, Assistant Principal.**

demical curriculum for science and social studies. "We believe given the right environment and the right tools, all students can learn at the highest level," said Phillips.

Assistant Principal Sharon Hickey spoke to the school board about Providence Elementary efforts in reading and reading comprehension. "We have recommitted to phonics at all grade levels. It supports not only our youngest readers who are learning how to read, but also our older students as they learn to decode words in science or social studies," said Hickey.

Discussing Providence's focus on student and staff wellness, Assistant Principal Janice Suite cited the new outdoor fitness trail designed with the City of Fairfax Parks and Recreation, lessons on mindfulness and breathing techniques and programs designed to help students build resilience.

Suite also discussed how not only it is important for students to focus on emotional wellness, but for Providence staff to be emotionally healthy. "These teachers that our children spend almost seven hours per day with, it is so crucial that we take care of them as well. We encourage our staff members to find their passion – from jogging to ceramics to basketball – to find balance."

In his closing remarks, Principal Phillips thanked the City of Fairfax for their supplemental funding to provide programs such as the STEAM Lab, a classroom focused on teaching science and engineering skills, summer programming for 100 students, tuition reimbursement for teachers working to be certified by the National Board and additional computers for student use. "None of these programs would be available if wasn't for the City of Fairfax."

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**Legals**

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The Noribasa Group Inc. trading as Neisha Thai, 11180 Fairfax Blvd., Fairfax, VA 22030. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer on Premises/ Mixed Beverage Restaurant license to sell or manufacture alcoholic beverages. Rick Kitchrayotin, President. 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.

**Announcements**

**Legals**

**ABC LICENSE**  
H Mart Fairfax LLC trading as H Mart, 11200 Fairfax Blvd, Fairfax, VA 22030. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine & Beer Off Premises Gourmet Shop license to sell or manufacture alcoholic beverages. Ileyon Kwon, Owner. 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.

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

**Legals**

**ABC LICENSE**  
Ferment-Nation, LLC trading as Ferment Nation, 2711 Dorr Avenue, Suite G, Fairfax, VA 22031. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine Importer and a Wine Wholesaler license to sell or manufacture alcoholic beverages. Jeanine Bancala, 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.

**Announcements**

**NEWS**

**Assistance League to Host Annual Spring Luncheon**

Assistance League of Northern Virginia will hold its annual fundraiser on April 26 to support its community outreach programs. The public is invited to attend the event, and to bid on an array of items at auction, to raise funds for the nonprofit's major programs: Weekend Food for Kids, Reading Express and New Clothing for Kids. Through these programs, the all-volunteer organization helps thousands of less advantaged students achieve their full potential in school.

This school year, through its partnerships with Dominion Energy, Quadrant, Inc., Tee Off for Tots Children's Charities, The Cecil & Irene Hylton Foundation, Intelsat, Dunn Loring-Merrifield Rotary Club and others, the nonprofit provided nearly 16,000 bags of nonperishable food items to children in Fairfax and Prince William Counties and the City of Alexandria who might otherwise go hungry on weekends. Weekend Food for Kids reduces hunger in our vulnerable communities, providing more than 1,800 bags of food monthly. A new partnership with Allstate Insurance Company will help the chapter do even more in the 2019-20 school year.

Through its literacy programs, member volunteers provide one-on-one tutoring to improve the reading skills of at-risk students at Providence Elementary School in Fairfax. Assistance League donated more than 700 books to 30 third grade classes at seven schools, and 120 books to two schools for summer reading programs. The organization also started a second reading program that serves all first-grade students at Pine Spring Elementary School in Falls Church.

The nonprofit provided new clothing, shoes and



PHOTO CONTRIBUTED

**Chris Baity, the Founder and Executive Director of Semper K9 Assistance Dogs, pictured with his service dogs, is a keynote speaker for Assistance League's annual spring luncheon.**

**Luncheon, Silent Auction April 26**

The "Strengthening Our Community" Luncheon is set for Friday, April 26, from 11 a.m.-2 p.m. at the Country Club of Fairfax, 5110 Ox Road, in Fairfax. Ticket price is \$65 (\$30 of each ticket is tax deductible).

The luncheon will include a variety of silent and live auction items, donated by local businesses, and will feature Keynote Speaker Chris Baity, a veteran Marine Corps dog trainer and the Founder and Executive Director of Semper K9 Assistance Dogs. Sponsors as of Feb. 13, Panda Stone-wall and Bob's Discount Furniture Charitable Foundation. For reservations or to contribute, contact info@alnv.org. www.alnv.org.

personal grooming products to approximately 2,800 children whose families cannot afford to purchase those essential items.

Through fundraising efforts and grant awards, the organization has returned \$798,754 to the local community since 1999.

**General Assembly Expands Revenge Porn Law**

BY CAITLIN MORRIS  
CAPITAL NEWS SERVICE

**T**he Virginia General Assembly passed a bill to expand revenge porn laws to include realistic fake images.

In 2014, Virginia outlawed the dissemination of explicit photos or videos without the consent of the person seen in the images. The images may have been originally shared in agreement between both parties, but in cases of revenge porn, get posted online by people seeking to embarrass the victim.

"They put them on a website with the intent to coerce, harass or maliciously hurt those folks," said Del. Marcus B. Simon, D-Fairfax.

Simon introduced HB 2678 to protect victims of an emerging trend known as "deepfakes." These realistically fabricated images and videos are becoming more common as modern software developers and social media creates easier access to images.

"These days you don't even need to actually have photos like that — of the person, in your possession ... all you have to have are pictures of their face," Simon said. "You can use artificial intelligence to wrap that on the body."

Roughly 10 million Americans have been threatened with or become victims of revenge porn.

Women are twice as likely to be threatened by men, according to a 2016 study by the Data and Society Research Institute.

"The non-consensual dissemination of intimate photos or videos is not just humiliating for victims, but it can also carry significant emotional, psychological and even financial repercussions," Simon said.

In a 2015 study from the Cyber Civil Rights Initiative, 51 percent of victims of revenge porn indicated that they had considered committing suicide, and 39 percent said the crime affected their career and professional lives. Ninety percent of victims, according to the same group, are women.

Revenge porn laws now exist in 41 states and Washington, D.C., but according to Simon's team, HB 2678 is "one of the first of its kind in the country."

The bill adds language to existing law that includes protection for victims when their image is used in the creation, adaptation or modification of a video or picture. Violators of the law could be charged with a Class 1 misdemeanor, which carries a sentence of up to a year in jail and a \$2,500 fine.

"Deepfakes are yet another malicious tool used to harass and terrorize individuals, who are most often women," Simon said.

If signed by the governor, the "deepfake" cyber harassment bill will go into effect July 1.

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# BULLETIN

FROM PAGE 4

6:30 p.m. At Franconia Governmental Center, 6121 Franconia Road, Alexandria. The Fairfax County Department of Transportation is planning to host community meetings in every district of the county this spring with the Virginia Department of Transportation to discuss proposed 2019 paving and restriping projects. State and county agencies coordinate restriping efforts to address safety issues for motorists, bicyclists and pedestrians through the creation of bike lanes, parking lanes, crosswalks and more. Visit [www.fairfaxcounty.gov/transportation/2019-paving-and-restriping](http://www.fairfaxcounty.gov/transportation/2019-paving-and-restriping).

## SATURDAY/MARCH 9

**Green Breakfast.** 8:30 a.m. At Brion's Grille, 10621 Braddock Road, Fairfax. Breakfast sponsored by Fairfax County Northern Virginia Soil & Water Conservation District, the program speaker is Brandy Mueller, Environmental Compliance Coordinator, Fairfax County Land Development Services. Even the most well-intentioned conservation efforts can sometimes lead to unexpected challenges. A little planning ahead and a general understanding of the rules and regulations that are in place and why they exist can help to make your projects great successes. Cost is \$10 at the door for the all-you-can-eat buffet. Contact Northern Virginia Soil & Water at [conservationdistrict@fairfaxcounty.gov](mailto:conservationdistrict@fairfaxcounty.gov).

**Office Hours.** Mount Vernon District Supervisor Dan Storck will host Saturday office hours. Email [mtvernon@fairfaxcounty.gov](mailto: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.

**Fairfax County NAACP General Membership Meeting.** 10 a.m.-noon at Kings Park Community Library, Braddock District Supervisor's Conference Room, 9000 Burke Lake Road, Burke. Fairfax County NAACP holds their monthly meeting. A brief business meeting will be followed by the Women's History Panel Discussion. Visit [www.fairfaxnaacp.org](http://www.fairfaxnaacp.org) for more.

## TUESDAY/MARCH 12

**NARFE Fairfax 737 Luncheon Meeting.** 11:30 a.m.-1:30 p.m., at American Legion Post 177, 3939 Oak St., Fairfax. Meetings are held on the second Tuesday of each month from September through June, and opened to all active and retired Federal employees, spouses and guests. Register for luncheon (\$11) by Friday before meeting. Call 703-280-2356 or email [rrharney2@gmail.com](mailto:rrharney2@gmail.com).

## TUESDAY/MARCH 12-APRIL 9

**"Caring for You, Caring for Me."** 1-3 p.m. at Congregation Adat Reyim, 6500 Westbury Oaks Ct., Springfield. Fairfax County and Inova Health System present this free workshop series providing a blend of support and education for caregivers of older adults. Visit [www.fairfaxcounty.gov/OlderAdults](http://www.fairfaxcounty.gov/OlderAdults) and click on Caring for You, Caring for Me Program. Call 703-324-7577, TTY 711. Respite services available if requested three weeks in advance.

## WEDNESDAY/MARCH 13

**Paving and Restriping Meeting.** 6:30 p.m. at Providence Community Center, 3001 Vaden Drive, Fairfax. The Fairfax County Department of Transportation is planning to host community meetings in every district of the county this spring with the Virginia Department of Transportation to discuss proposed 2019 paving and restriping projects. State and county agencies coordinate restriping efforts to address safety issues for motorists, bicyclists and pedestrians through the creation of bike lanes, parking lanes, crosswalks and more. Visit [www.fairfaxcounty.gov/transportation/2019-paving-and-restriping](http://www.fairfaxcounty.gov/transportation/2019-paving-and-restriping).

**Fairfax County Park Authority Board Meeting.** 7:30 p.m. in the Herrity Building, 12055 Government Center Parkway, Suite 941, Fairfax. The Park Authority Board is a 12-member board appointed by the Fairfax County Board of Supervisors to set policy and establish strategic policy and direction for the Park Authority. Open to the public. For information regarding meeting agendas, Park Board members, opportunities for public comment, or to view meeting materials, board minutes and archival materials, visit [www.fairfaxcounty.gov/parks/boardagn2.htm](http://www.fairfaxcounty.gov/parks/boardagn2.htm) or call 703-324-8662.

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## No Spring in My Future Step



By KENNETH B. LOURIE

I wouldn't say I'm feeling any significant side effects yet from my immunotherapy treatment but, if I'm handwriting these columns to begin with – which I am, I have to do so while holding a pen with a rubber grip (just above the ballpoint). No longer am I able to manipulate without this extra assistance. My fingers simply can't sustain the grip otherwise.

Nor would I say my reaction to my wife, Dina's suggestion, as we walked to the car this morning – and looked around "Belly Acres" (our two acres of mostly trees) post wind storm, concerning what homeowner/landowner thing we should do in the spring: pick up sticks and miscellaneous other debris off the ground, was at all enthusiastic. It was quite the contrary. In fact, I can't think of anything I'm less physically able to do given the side effects I'm semi-experiencing:

♦ Due to the chemotherapy I've infused – and pill, for 10 years, the neuropathy in my feet makes walking an enduring challenge and running – even in place, totally out of the question. Related to this difficulty walking is difficulty maintaining my balance, especially when walking on non-level ground like "Belly Acres." I'm not exactly a danger to myself – or others, but if those yellow caution signs were placed strategically around our property, there would be yellow every which way you looked.

♦ Because I'm semi overweight (a partial side effect) and definitely out of shape (sort of a side effect), bending over exacerbates the shortness-of-breath side effect I am most assuredly experiencing. Therefore, picking up sticks and stones off the ground may not exactly break any bones, but the names I may be called for being unable to perform this mundane task will not hurt me at all. It might amuse me actually.

♦ The preceding task runs directly into yet another side effect: musculoskeletal pain and weakness. My bones ache a little and my muscles quiver a lot.

Add up the deficits and you get the following: I can't walk. My balance is impaired. Bending over is exhausting and shortens my breath which all together limits my stick picking.

Moreover, carrying the weight I've gained is made more difficult by the weakness and pain I feel in my bones and muscles. This is the trifecta plus one.

I can do many things (activities of daily living, etc.), but the trifecta plus one, I can't. Other than adding a chainsaw ("the most trusted tool in the homeowner's arsenal") and being forced to wear those extremely heavy, metal-toe work boots to the equation, I can't imagine a less enticing spring activity as I gait around attempting to clean up and carry around a season's worth of ground clutter.

Having said all that, I think I deserve a certain amount of credit for knowing my limitations. Granted, such an admission is unlikely to garner any awards or "attaboys," however; when one's life hangs in the balance (or lack thereof) knowing what not to do may be as important as knowing what to do.

And I know what to do indoors; it's more outdoors that presents the problem.

It seems that the side effects I'm beginning to feel, though not quite life changing, are nevertheless life-affecting.

But I'm one of the lucky ones: still alive and reasonably well. I can live, still work (sort of) and play (occasionally) and even walk upright (though my posture could use some straightening).

So I have a few side effects which prevent me from doing two acres worth of stick work. I couldn't have planned it any better.

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



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