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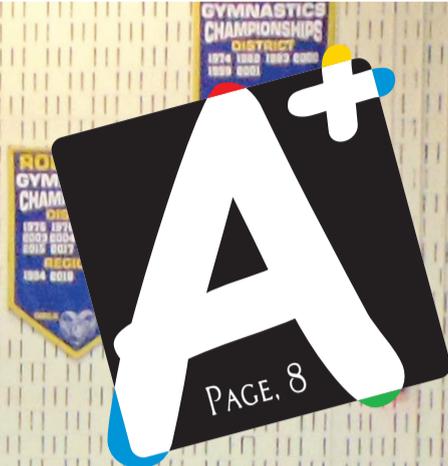
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PHOTO BY STEVE HIBBARD/THE CONNECTION OPINION, PAGE 6 ♦ ENTERTAINMENT, PAGE 12 ♦ CLASSIFIEDS, PAGE 14 FOLLOW ON TWITTER: @BURKECONNECTION



Visitors flock to the 64th Annual Fairfax County Regional Science and Engineering Fair, which was held Sunday, March 17, at Robinson Secondary School.

# Burke CONNECTION

## Talent on Display at Robinson

NEWS, PAGE 3

Biden, McKay Win Fairfax Dems Poll

NEWS, PAGE 4

Students Demand Action Meet Elected Officials

NEWS, PAGE 7

MARCH 21-27, 2019

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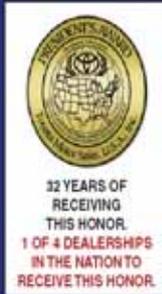
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**AnnaBelle Leung of Lee High School, left, won first place in the Biomedical and Health Sciences category and was a grand prize nominee. Her project was “Comparing Hand Grip Strength Between Students with Low Incidence Disabilities and Neurotypical Students.”**



**Woodson High School students Yash Amin and Alex Pfoer of Fairfax with their project, “Decreasing the Cost of a Market Competitive 3D Printer.”**

PHOTOS BY STEVE HIBBARD/THE CONNECTION

# Talent on Display at Regional Science Fair

670 students from 27 high schools compete for nine Grand Prizes to go to International Fair in Phoenix, Ariz.

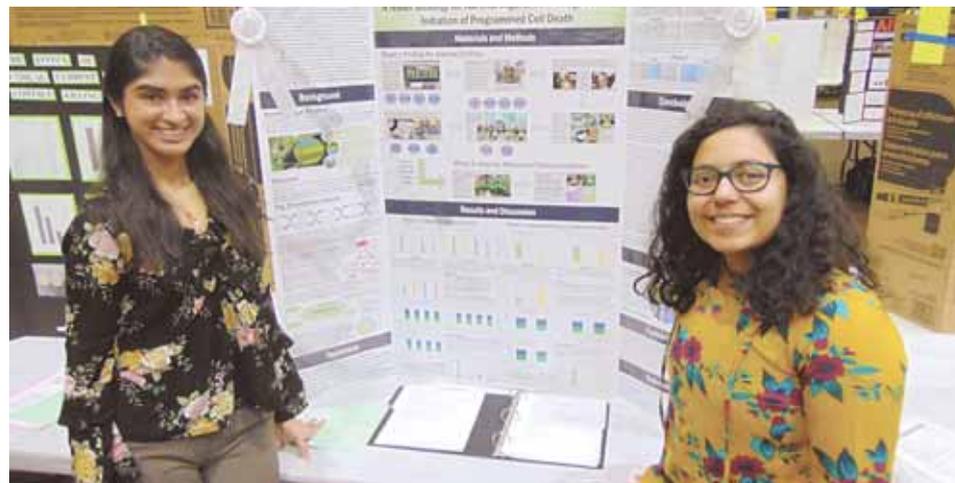
BY STEVE HIBBARD  
THE CONNECTION

The gym at Robinson Secondary School resembled a mini version of the United Nations. At the 64<sup>th</sup> Annual Fairfax County Regional Science and Engineering Fair held Sunday, March 17, some 670 students from 27 high schools competed for nine Grand Prize slots and the chance to go to the International Science and Engineering Fair sponsored by Intel in Phoenix, Ariz. later this year.

The categories ranged from chemistry to robotics, intelligent systems to mathematics, earth and environmental sciences, biomedical and health sciences, to STEM disciplines and engineering.

After a public viewing from 1-3 p.m., they held an awards program with members of the Fairfax County School Board and Region Superintendents where prizes were awarded to the Grand Prize winners and Corporate and Professional Organization award winners.

The students' 428 projects were judged three times Saturday by 200 category judges. About 250 students won awards from 50 corporate and professional organizations that were sponsored by government agencies, nonprofits and think tanks. Prizes ranged from \$1,000 cash awards to scholarships and internships, gift cards and even a Raspberry Pi Zero Starter Kit. One project on Cystic Fibrosis Wearable Technology from Madison High students Thaissa Peixoto and Alex Gurski won a patent preparation and filing from the law firm Hunton and Williams LLP in the District.



**Hayfield Secondary School students Sarah Syed, Miamar Burgos-Rosario of Alexandria and (not present) Saijai Supanklang won first place in Microbiology and are grand prize nominees. Their project was “Cyanocide: A Novel Strategy for Harmful Algal Bloom Mitigation via Initiation of Programmed Cell Death.”**

## 2019 Grand Prize Winners

Computational Biology & Bioinformatics – David Toomer, Hayfield Secondary School;  
Embedded Systems — Rachel Naidich, Thomas Jefferson High School;  
Embedded Systems — Rishabh Misra and Divjot Bedi, Thomas Jefferson High School;  
Energy: Chemical — Kaien Yang, Thomas Jefferson High School;  
Microbiology: Sarah Syed, Miamar Burgos-Rosario and Saijai Supanklang, Hayfield Secondary;  
Physics and Astronomy — Luke Mrini, Lake Braddock Secondary;  
Physics and Astronomy — Justin Wang, Chantilly High School;  
Robotics and Intelligent Machines — Jerry Wei, Oakton High School;  
Biomedical Engineering — Justin Hu, Madison High School.

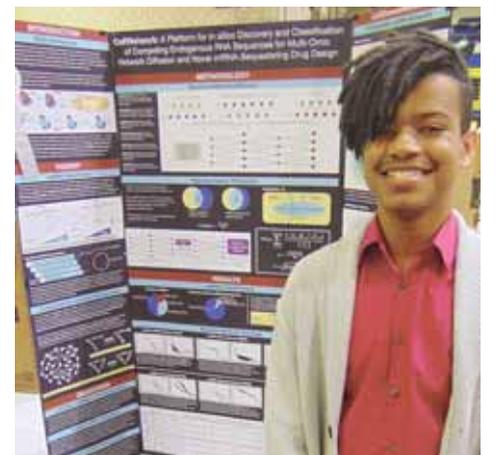
**FOR THE GRAND PRIZES**, nine projects were allotted slots in the International Science and Engineering Fair sponsored by Intel Corporation in Phoenix, Ariz. Because of the size and reputation of Fairfax County, those projects can go straight to the International Fair without having to go through state competition. This includes an all-expense paid trip for students to compete for up to \$4 million in prize money.

According to Dr. Jenay Sharp Leach, fair director and Pre-K-12 Science Coordinator: “In Fairfax County Public Schools, we pride ourselves on providing students with a rich, inquiry-based science experience in the classroom so all of our students have the opportunity to experience science as real scientists where they are asking questions,

they are collecting data and analyzing that data and forming their own conclusions. And Science Fair is a really beautiful manifestation of this inquiry process in that the students truly have access to open inquiry and can explore what they want to explore.”

She added: “So, the students who come to the fair represent the best of the best from all of our high schools as well as our private schools in Fairfax County. And they are the elite level of scientific investigation.”

**DR. SHARP LEACH** said one of their traditions is to choose a quote from a famous scientist or engineer to inspire the work of the fair. This year's quote comes from Stephen Hawking who said, “Scientists have become the bearers of the torch of discov-



**David Toomer of Hayfield Secondary won first place in Computational Biology and Bioinformatics. His project was “CER Network: Network Classification of RNA Interactions for New Drug Design.”**

ery in our quest for knowledge.”

She continued: “There are cancer cures in this room right now, there are climate change advocates who are going to stop climate change in this room right now and it's very inspirational.”

Added Tim Harazin, Elementary Science Specialist with Fairfax County Public Schools who helped coordinate the fair: “At our Regional Science Fair we are proud to have so many professional organizations and companies provide judges and awards. The benefit is, first, there is an award for the students, many times monetary, but other options, but I think the bigger issues is these organization judges are role models for the students. They show the students that a science fair is not just a one-shot deal, but it could lead to a career in science, engineering or related fields, and I think it's really great that the students get to see the people who are living those careers and get advice from those people. So, that's what I see is the really big advantage. That's why I'm not as concerned that every organization gives us money because I know they're giving us time and they're giving us role models.”



**Congressman Gerry Connolly (D-11) welcomes his VIP guests to his 25<sup>th</sup> Annual St. Patrick's Day Celebration and Straw Poll event.**



PHOTOS BY ANDREA WORKER/THE CONNECTION

**Too many candidates to fit in one frame. Candidates for every local office available in 2019 crowded the stage and the space in front during Congressman Connolly's 25<sup>th</sup> Annual St. Patrick's Day event.**

# Biden, McKay Win Dems Straw Poll

More than 50 Democrats will vie for Fairfax County offices on June 11, Primary Election Day.

BY ANDREA WORKER  
THE CONNECTION

**E**qual parts fundraiser and fundraiser, U.S. Rep. Gerry Connolly (D-11) hosted a packed house at his 25th Annual St. Patrick's Day Bash at the Northern Virginia Community College's Ernst Cultural Center in Annandale on Friday night, March 15.

What started as an intimate gathering at Connolly's Fairfax home when he was first elected to the Fairfax County Board of Supervisors in 1995 has evolved to become the largest Democratic gathering in the Commonwealth.

"We've been coming to this event for years," said Marvin Solberg of Fairfax. "We love the energy, being around people who are interested in, and working to help, the community and for the country."

There was definitely a lot of energy in the room, as people mixed and mingled and enjoyed the corn beef and cabbage fare.

"I promise, we've gotten special dispensation to eat meat tonight," joked Connolly, referring to the Catholic tradition of abstinence from meat during the Fridays of the Lenten season. In case there were attendees of that religion who did not quite believe the Congressman's declaration and wanted to keep the faith in this regard, salmon was also on the menu, along with plenty of desserts and beverages to keep the high spirits flowing.

**AMID THE CROWD** of Connolly's constituents, friends and family, the greater majority of Democratic candidates running for local offices in 2019 were on hand, as well. From incumbents to opponents, the diverse mix of locals seeking seats for Fairfax County Board of Supervisors, State Senators and Delegates, Fairfax County Commonwealth Attorney, Fairfax County Public School Board and Sheriff worked the room, spreading their messages and just



**The winner – at least according to the Straw Poll. Lee District Supervisor Jeff McKay "won" his election to Chairman of the Fairfax County Board of Supervisors with 57.5 percent of the 500 ballots cast at Connolly's St. Pat's Day Bash. "But it's a great start," he said.**

"getting to know people and letting them get to know us," said one candidate.

After the welcoming speech, Connolly gave equal air time to the four candidates running for the Board of Supervisors chairmanship – a seat long held by Sharon Bulova who will retire after her 10<sup>th</sup> year in the position and more than 30 years in service to the county.

Vying to head the Board are Jeff McKay, currently the Lee District Supervisor and the candidate endorsed by both Connolly and Bulova, Ryan McElveen, the At-Large FCPS Board member, Alicia Plerhoples, a law professor at Georgetown and co-founder of progressive grassroots organization Virginia Democracy Forward, and Tim Chapman, a Fairfax businessman who has served on the Virginia Housing and Development Authority, initially as an appointee by former Governor Terry McAuliffe.

Part of the evening's action was a Straw Poll for both the position of Board of Su-



**A poignant moment as Fairfax County Board of Supervisors chair Sharon Bulova listens to the campaign speeches of the candidates who are seeking her seat. After more than 30 years of service to the county and 10 years as the Chairman, Bulova will be retiring at the end of the year.**

perators Chair, and for the attendees' choice for President of the United States in the 2020 election. More than 500 "ballots" were cast at the bash – "Now let's see this kind of turn out for the local June 11 primaries, the Nov. 5 elections, and definitely for next year's Presidential selection!" urged Connolly. As the ballots were being counted, Connolly and Bulova took to the stage and began reading the names of all of the candidates from Fairfax County and even Prince William.

"Come on up!" Connolly instructed, as Bulova kept reading the impressively long list of candidates. The assembled group challenged even the widest-angle lens when it was time to snap the photo.

**TO CHEERS** from his supporters, Jeff McKay was the clear winner among the party-goers for the Chairman's post with 57.5 percent of the votes. Plerhoples took second place with 29.4 percent. McElveen

and Chapman came in third and fourth respectively, but McElveen said he wasn't concerned. As an At-Large School Board member, McElveen says he is the only candidate for the position who has run for a county-wide office. "I have support from all parts of Fairfax County."

As for the "election" for United States President, former Vice President Joe Biden was shown the love, defeating his closest opponent, Sen. Kamala Harris (D-CA), by a margin of 38.3 percent to 17 percent. Newly declared candidate Beto O'Rourke of Texas came in third in the Straw Poll.

Sadly, "no luck of the Irish tonight for O'Rourke," laughed a Bernie Sanders supporter, whose preferred candidate finished sixth in the shortened-to-eight field.

Connolly is serving his sixth term representing Virginia's 11<sup>th</sup> District, "but there is still so much to do, and with more Democrats, and more new energy, I know we can accomplish so much more."

# 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.

## 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. 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 [lrmill@fcps.edu](mailto:lrmill@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.

## THURSDAY/MARCH 21

**Spring Equinox Celebration.** 7-9 p.m. At Unity of Fairfax, 2854 Hunter Mill Road, Oakton. Join us for a celebration of the first day of Spring, with an indoor medicine wheel and prayer tie crafting. Visit the website: [uof-2019-spring-equinox.eventbrite.com](http://uof-2019-spring-equinox.eventbrite.com)

## FRIDAY/MARCH 22

**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 22 - Assistive Technology to Support Communication

**Film: "From Paris to Pittsburgh."** 6:30-8:30 p.m. At Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Rd., Oakton. View the film "From Paris to Pittsburgh." From coastal cities to America's heartland, "Paris to Pittsburgh" celebrates how Americans are demanding and developing real solutions in the face of climate change. And, as the weather grows deadlier and more destructive, they aren't waiting on Washington to act. Sponsored by Climate Action Group of (UUCF) and Faith Alliance for Climate Solutions (FACS). Contact: [lgrowe@verizon.net](mailto:lgrowe@verizon.net).

## SATURDAY/MARCH 23

**Annual Meeting: Friends of the Fairfax Station.** 11 a.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Richard Slattery, Senior Director of Policy and Research of the National Railroad Passenger Corp. (AMTRAK) will discuss the current state and future prospects of passenger rail services in the U.S. Free and open to the public. Light refreshments will be available. Visit [www.fairfax-station.org](http://www.fairfax-station.org) or call 703-425-9225.

## WEDNESDAY/MARCH 27

**Public Meeting, Fairfax County and Franconia-Springfield Parkways.** 7 p.m. at Willow Springs Elementary School, 5400 Willow Springs School Road, Fairfax. The Fairfax County Department of Transportation (FCDOT) is inviting the public to attend a second round of public meetings on the Fairfax County and Franconia-Springfield Parkways Alternatives Analysis and Long Term Planning Study, and provide feedback to help further refine potential improvements to the corridor. The meetings will

SEE BULLETIN, PAGE 15

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1. To qualify for this offer, you must have a new or existing Platinum Savings account and enroll the account in this offer between 01/21/2019 and 03/22/2019. This offer is subject to change at any time, without notice. This offer is available only to Platinum Savings customers in the following states: CT, DC, DE, FL, GA, MD, NJ, NY, SC and VA. In order to earn the Special Interest Rate of 2.08% (Special Rate), you must deposit \$25,000 in new money (from sources outside of Wells Fargo Bank, N.A., or its affiliates) to the enrolled savings account and maintain a minimum daily account balance of \$25,000 throughout the term of this offer. The corresponding Annual Percentage Yield (APY) for this offer is 2.10%. The Special Rate will be applied to the enrolled savings account for a period of 12 months, starting on the date the account is enrolled in the offer. However, for any day during that 12 month period that the daily account balance is less than the \$25,000 minimum, the Special Rate will not apply and the interest rate will revert to the standard interest rate applicable to your Platinum Savings account. As of 12/10/2018, the standard interest rate and APY for a Platinum Savings account in CT, DC, DE, FL, GA, MD, NJ, NY, SC and VA with an account balance of \$0.01 to \$99,999.99 is 0.03% (0.03% APY) and with an account balance of \$100,000 and above is 0.05% (0.05% APY). Each tier shown reflects the current minimum daily collected balance required to obtain the applicable APY. Interest is compounded daily and paid monthly. The amount of interest earned is based on the daily collected balances in the account. Upon the expiration of the 12 month promotional period, standard interest rates apply. Minimum to open a Platinum Savings account is \$25. A monthly service fee of \$12 applies in any month the account falls below a \$3,500 minimum daily balance. Fees may reduce earnings. Interest rates are variable and subject to change without notice. Wells Fargo may limit the amount you deposit to a Platinum Savings account to an aggregate of \$1 million. Offer not available to Private Banking, Wealth, Business Banking or Wholesale customers. 2. Annual Percentage Yield (APY) is effective for accounts opened between 01/21/2019 and 03/22/2019. The 11-month New Dollar CD special requires a minimum of \$25,000 brought to Wells Fargo from sources outside of Wells Fargo Bank, N.A., or its affiliates to earn the advertised APY. Public Funds and Wholesale accounts are not eligible for this offer. APY assumes interest remains on deposit until maturity. Interest is compounded daily. Payment of interest on CDs is based on term: For terms less than 12 months (365 days), interest may be paid monthly, quarterly, semi-annually, or at maturity (the end of the term). For terms of 12 months or more, interest may be paid monthly, quarterly, semi-annually, or annually. A fee for early withdrawal will be imposed and could reduce earnings on this account. Special Rates are applicable to the initial term of the CD only. At maturity, the Special Rate CD will automatically renew for a term of 6 months, at the interest rate and APY in effect for CDs on renewal date not subject to a Special Rate, unless the Bank has notified you otherwise. Due to the new money requirement, accounts may only be opened at your local branch. Wells Fargo reserves the right to modify or discontinue the offer at any time without notice. Offer cannot be combined with any other consumer deposit offer. Minimum new money deposit requirement of at least \$25,000 is for this offer only and cannot be transferred to another account to qualify for any other consumer deposit offer. If you wish to take advantage of another consumer deposit offer requiring a minimum new money deposit, you will be required to do so with another new money deposit as stated in the offer requirements and qualifications. Offer cannot be reproduced, purchased, sold, transferred, or traded. 3. The Portfolio by Wells Fargo program has a \$30 monthly service fee, which can be avoided when you have one of the following qualifying balances: \$25,000 or more in qualifying linked bank deposit accounts (checking, savings, CDs, FDIC-insured IRAs) or \$50,000 or more in any combination of qualifying linked banking, brokerage (available through Wells Fargo Advisors, LLC) and credit balances (including 10% of mortgage balances, certain mortgages not eligible). If the Portfolio by Wells Fargo relationship is terminated, the bonus interest rate on all eligible savings accounts, and discounts or fee waivers on other products and services, will discontinue and revert to the Bank's then-current applicable rate or fee. For bonus interest rates on time accounts, this change will occur upon renewal. If the Portfolio by Wells Fargo relationship is terminated, the remaining unlinked Wells Fargo Portfolio Checking or Wells Fargo Prime Checking account will be converted to another checking product or closed.

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## Fairfax County's Bold Housing Agenda

BY MICHELLE KROCKER  
EXECUTIVE DIRECTOR  
NORTHERN VIRGINIA  
AFFORDABLE HOUSING ALLIANCE

Last month, a panel appointed by the Fairfax County Board of Supervisors representing a cross-section of community stakeholders and housing advocates finalized their recommendations for Phase II of the county's Community-wide Housing Strategic Plan. Not since 2005, when then Chairman Gerry Connolly convened the Affordable Housing Preservation Action Committee, has there been such a comprehensive analysis of the state of affordable housing in Fairfax County.

Over the last two years, advisory groups and ad-hoc committees have been engaged in a top-to-bottom review of administrative, land use and regulatory policies and programs that impact affordable housing preservation and production. The scope of the plan encompasses the entire continuum of housing needs from persons with disabilities, seniors on fixed incomes and formerly homeless households to affordable homeownership.

The Housing Strategic Plan process began in June 2017, when the Department of Housing and Community Development (HCD) conducted an online county-wide housing survey and four community outreach sessions. Phase I of the Plan, which was adopted by the board in June 2018, identified 25 strategies related to land-use and zoning policies, allocation of existing financial resources, and administrative processes that are outdated or in need of revision to expedite affordable housing approvals. A timeline for the work on these strategies shows a completion date of 2020.

In Phase II, the ad-hoc Affordable Housing Resources Panel focused on two board-defined objectives: identify an annual goal for the production of new affordable units; and recommend a source of funds for the financial resources needed to achieve that goal. When completed, the housing plan will be incorporated into one comprehensive county strategic plan that integrates multiple existing agency plans to chart a blueprint for the future of the county.

**RECOMMENDATIONS** include housing

### LETTER TO THE EDITOR

## Is a Tax and Spend Mindset Driving People Out of the Area?

To the Editor:

Why is the Fairfax County government competing with private business? Fairfax County Supervisor John Foust failed to answer this question and twisted the issue into one of customer satisfaction at the Great Falls budget meeting held March 14. For example, Fairfax County owns and maintains 8 golf courses with 80 people (FTEs) supporting them eligible for full pension benefits and other rich County employee benefits. Other examples

include owning multiple water theme parks and wedding venue facilities. However, the County points out that the taxes collected are not sufficient to fund all the programs to the level they desire. Fairfax County is plagued by a 40 percent shortfall in pension expense funding for Fairfax County employees. Therefore, an ongoing increase in property taxes is inevitable with another 33 FTEs in the planning and development budget stating they have an "ambitious agenda" ahead.

This tax and spend mindset is driving people out of the area. Fairfax County is also proud to report they fund more park and rec activities than the rest of the entire County. Why, when we cannot afford to fix the roads are we hiring 109 new employees the County can't afford. Mr. Foust doesn't consider: 1) the continual burden of increasing property taxes, 2) unfunded pensions, 3) and the lost opportunity for private business to participate and pay those property taxes. Mr. Foust wants to

in Herndon, a senior housing project in the Lee District, and a development at the Huntington Metro Station in the Mt. Vernon District. Two sizeable parcels of county-owned land located in Lee District and Springfield District are being processed for transfer to the RHA as sites for housing development. And plans to refinance the Crescent and Wedgewood apartments will result in additional funds for housing development, or expansion of Bridging Affordability, the County's local rental subsidy program.

All this bodes well for housing affordability in Fairfax County. For too long, the county's budget has shortchanged investments in new construction and preservation. An inventory developed by Virginia Tech's Center for Housing Research shows that only 9,000 market-affordable units, affordable to a family of four earning approximately \$66,000 annually, remain in the county. However, more than 68,000 households in the county earn no more than \$50,000 annually. Rents are rising faster than incomes, and families are experiencing rent burdens, overcrowding or are being priced out of the county.

**NEXT STEPS:** In March, recommendations from the Phase II Panel will be presented to the Board of Supervisors for their consideration and approval. Afterwards, the final package of housing recommendations will be given to the County Executive to be incorporated into the board's budget guidance for FY2021. This will occur when the Board adopts the FY2020 budget on May 7. Nothing is certain until board adoption. But advocates throughout the county feel that in this very consequential election year, when so many candidates for the Board of Supervisors have identified housing affordability as a priority issue, this is the year for significant housing wins. To be successful, housing advocates must build a coalition of support that encompasses the business community and anchor institutions like healthcare facilities, education advocates, supporters of coordinated multi-modal transit and land use planning, organizations promoting compact, mixed-use development and entities working for social justice and racial equity. This plan is bold and forward-thinking, and in this election year a community-wide campaign will be critical for adoption.

For more, see [www.fairfaxcounty.gov/housing/communitywideplan](http://www.fairfaxcounty.gov/housing/communitywideplan).

**Ethel Pascal**  
Great Falls

strategies that have been promoted for some time by advocates. They include:

- ❖ A goal to produce a minimum of 5,000 new homes, affordable to households earning no more than 60 percent of the area median income over the next 15 years. (It should be noted that the analysis identified the need for 15,000 units over the next 15 years);

- ❖ Dedicate the equivalent of an additional penny of the real estate tax (approximately \$24 million) to support public investment in these units beginning in FY2021, as well as retain the current funding of a half penny to support preservation strategies;

- ❖ Consider a countywide policy on commercial contributions to affordable housing production. Currently, this policy exists only for the Tysons redevelopment area;

- ❖ A commitment of "no net loss" of existing market affordable units (those serving households up to 60 percent of area median income);

- ❖ Promote opportunities to co-locate affordable housing with county capital facilities.

We especially applaud the recognition of the need for more robust preservation strategies.

**FORTHCOMING** recommendations from the EMBARK Housing Advisory Group provide additional strategies for preservation incentives in both redevelopment and new construction proposals which could be a template for preservation efforts countywide. The arrival of Amazon HQ2 should heighten concern among county leadership for vulnerable communities in Fairfax County that are located in close proximity to Pentagon City. Areas like Seven Corners and Baileys Crossroad, as well as the Richmond Highway corridor have all been approved in recent years for transit enhancements, mixed-use development and increased density. Amazon's announcement could be the catalyst that triggers investment in these areas that are home to thousands of low-income, minority households who live in the older, market-affordable housing located in these corridors. Recent Fairfax County Redevelopment and Housing Authority (RHA) investments in Parkwood and Murraygate that preserved over 400 units in the Lee and Mason Districts are steps in the right direction, but much more is needed.

**LOOKING AHEAD:** Currently, the county has over 650 affordable units in the pipeline with a development in the Dranesville District





PHOTOS CONTRIBUTED

Virginia House Democratic Leader Eileen Filler-Corn and School Board Members Ryan McElveen and Dalia Palchik with members of Students Demand Action.

## Students Demand Action Meet Elected Officials

**O**n Thursday, March 14, the Northern Virginia Chapter of Students Demand Action held a meeting, but this was not a typical gathering for the organization. SDA was also marking the one year anniversary of the student walkouts after the massacre at Marjory Stoneman Douglas High School in Parkland, Fla. To commemorate this occasion, the NoVA chapter of SDA was joined by several elected officials, including Virginia House Democratic Leader Eileen Filler-Corn, Del. Kathy Tran and Fairfax County School Board Members Dalia Palchik and Ryan McElveen.

“These students give me so much hope for our future,” said Filler-Corn, who has spent years both as an elected official and private citizen advocating for gun safety

legislation.

“I know that with their leadership, we can make Virginia and the country as a whole, a safer place.”

Last year, the House Democratic Caucus established the Safe Virginia Initiative (co-chaired by Delegates Filler-Corn and Murphy), a task force established by the Virginia House Democratic Caucus which addresses gun safety and focuses on gun violence prevention. SVI held a variety of events across the Commonwealth on these issues and later issued a report with their findings and suggested policy solutions, many of which became legislation that was introduced in 2019 session. Unfortunately, none of the bills made it out of subcommittee.



Virginia House Democratic Leader Eileen Filler-Corn speaking to Students Demand Action.

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# Explaining Death to Children

Breaking down a difficult topic and helping children grieve.

BY MARILYN CAMPBELL

**R**osalie Ward, recalls a hot and sticky summer evening in 1975. She was watching reruns of the television show “Bewitched” with her twin sister in the living room while her mother cooked dinner in the kitchen. Ward remembers hearing the ring of the family’s rotary telephone. The next sound she heard was a shriek and then violent sobs from her mother.

“My mom had gotten a call that her brother, my uncle, had been killed in a car crash,” remembers Ward. “I was six at the time, but most of my memories of that evening are of my mother crying uncontrollably for the hour or so until my dad came home from work. The two of them disappeared behind closed doors. I just remember being terrified and feeling alone.”

Whether prolonged or sudden, unforeseen or expected, experiencing the death of a loved one is never easy. While grief can weigh heavy on adults, it can overwhelm and confuse young children. And although death is an inevitable part of life, finding the words to discuss or explain it to young children can challenge many parents.

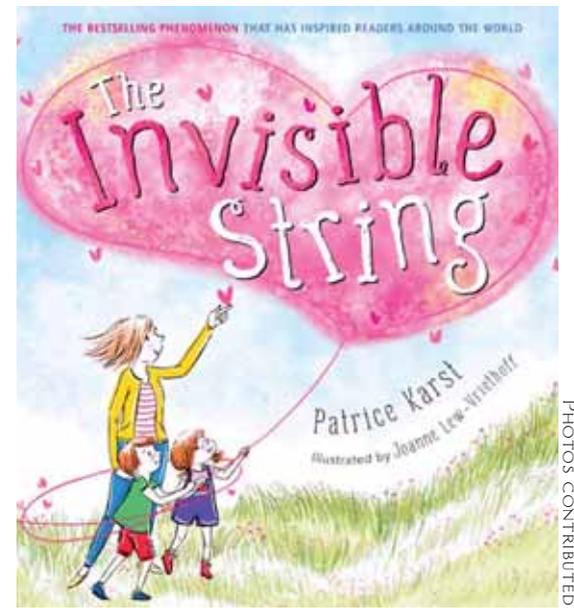
“Whether you’re talking about a family pet or a grandparent, it’s important that parents or caregivers understand that children grieve too and that death has to be discussed,” said Ward, who is a family therapist in Reston.

One of the most significant mistakes a parent or caregiver can make is not being honest with a child about death, said Carolyn Lorente, Ph.D., professor of psychology at Northern Virginia Community College. “My biggest worry is when people hide the fact that a loved one died by saying that they went on a trip, and then the child sees the adult crying or being sad,” she said. “That doesn’t give the child a chance to process it, but by including them in a developmentally appropriate way, we are teaching that we can feel big feelings, and with the support of friends and family, we can still thrive.”

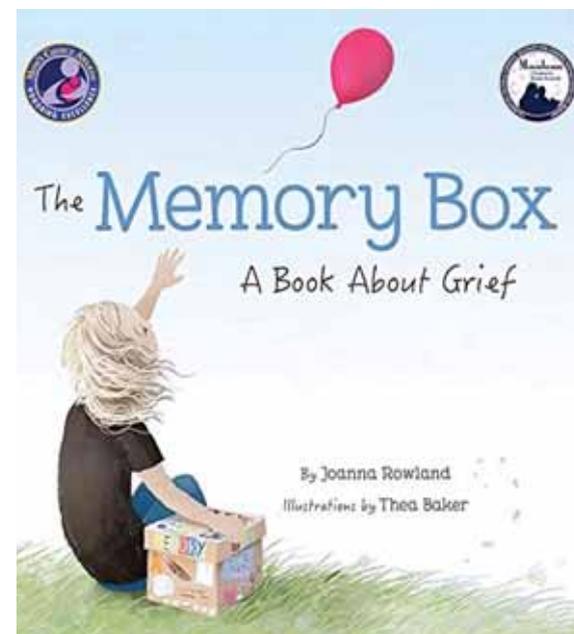
Helping a child to understand they didn’t cause the death could be an important part of the conversation, suggests Carol Barnaby, LCSW-C, a therapist in Bethesda. “Children often see the world as revolving around them,” she said. “Reassure them that their loved one dying was not their fault and that the death didn’t happen because they had a mean thought, misbehaved, or didn’t visit enough.”

“Death often brings anxiety in children and they wonder if they will die too,” added Barnaby. “Explaining that although the loved one has just died, death is not contagious and that the child will likely live a very long life.”

Clear, concise word usage is also important because young children might not have the language skills to discuss their feelings and emotions, adds Lorente. “Let the child engage in talking about fond memories of the deceased using pictures, making favorite recipes, or visiting a favorite place,” she said.



PHOTOS CONTRIBUTED  
**“The Invisible String” by Patrice Karst is a book that could help parents explain death to their children.**



**Bethesda-based therapist Carol Barnaby, LCSW-C suggests “The Memory Box” by Joanna Rowland as a tool to help children understand the concept of dying.**

Use concrete and authentic terms when discussing it, continued Barnaby. “Avoid euphemisms like ‘Grandma is resting’ or ‘has gone away,’” she said.

“These sayings confuse children and may cause them anxiety over [the notion] that they could die if they fall asleep; or that other loved ones may not come back.” Use clear language like ‘Grandma has died.’”

Young children often believe death is reversible, advises Jerome Short, Ph.D., professor of psychology at George Mason University. “You could describe how a body stops working and the person who died isn’t coming back.”

Be open to having an honest conversation about it, continued Short.

“Encourage children to ask questions and tell them you will help them handle any bad feelings or problems that happen,” he said.

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PHOTOS BY MIKE SALMON/THE CONNECTION

Todd Mader of Springfield by his Trek Supercommuter, an e-bike that he relies on for commuting.

# One Super Commuter Loves the EBike Proposal

Officials eyeing rules to allow e-bikes on area bike trails.

By MIKE SALMON  
THE CONNECTION

Springfield resident Todd Mader relies on his e-bike to get to both his jobs at the two Bike Lane stores that he and his wife own in Springfield and Reston. The recent proposal to allow ebikes on area bike trails is right down his alley. "I'm in favor of that 110 percent," he said while wheeling his bike out of the Springfield store to go to Reston.

Electric bikes are out there and they may be coming to a bike trail near you. On the one hand, the electric bike provides mobility to seniors and others that are not able to ride the hilly trails so this increases the mobility for a certain part of the population. On the other hand, it would be introducing a motorized vehicle to a venue where they were forbidden in the past. Mader commutes about 3,000 miles a year on his bike and although it's not always in the electric mode so he does his share of pedaling, the electric motor is there when he needs it. "As a bike commuter, ebikes allow me to do that," he said.

NOVA Parks recently had a meet-  
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Todd Mader with his e-bike.

ing on e-bikes and they stated in their research that:

- ❖ e-bike users exhibit nearly identical behaviors as regular bike users

- ❖ e-bike speeds were observed to be lower than standard bike speeds on shared trails

- ❖ most trail users are unaware of the presence of e-bikes when asked

At the Washington Area Bicyclist Association, Greg Billing, WABA president, has been asked about speed and ebikes more than once.

"Biking too fast is a behavior problem, not an equipment problem," Billing wrote. "You don't need an electric motor to be a 25mph jerk on a bike. We've all had the experience of being buzzed on a trail by someone riding far too fast," he added.

In addition, Capital Bikeshare

recently announced that it will expand the fleet of electric Capital Bikeshare Plus bikes from 85 bikes to 500 under the pilot program which began in September 2018. The e-bikes – which are pedal-assist – provide an electric boost up to speeds of 18 mph. On some trails, the maximum recommended safe speed posted along the area bike trails is 15 mph so speed is a consideration.

"This is an exciting time in the National Capital Region as we continue to increase access to biking through innovation," said Fairfax County Bicycle Program Manager Nicole Wynands. "The enhanced e-bike fleet supports our goal of providing more opportunities for commuters and travelers in Fairfax County to try biking as a viable option even in the hilliest parts of the county including Tysons."

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# Commonwealth's Attorney Candidates Face Off

**NAACP and partners question the contenders.**

BY ANDREA WORKER  
THE CONNECTION

**T**he two Democratic contenders for Fairfax County Commonwealth's Attorney traded barbs at a forum on Saturday, March 16, held at the Chantilly Baptist Church, presented by the Fairfax Branch of the NAACP with partners the ACLU People of Power Fairfax, the Northern Virginia Black Attorneys Association and OAR - Opportunities, Alternatives and Resources.

Incumbent Ray Morrogh has served in the County Commonwealth Attorney's Office office since 1983 and has held the top spot since 2007. He is being challenged by Steve Descano who spent six years as a federal prosecutor under the Obama Administration, first as a Special Assistant to the U.S. Attorney for the Eastern District of Virginia and then as a trial attorney in both the Criminal Taxation Division and the Consumer Protection Branch. Descano also served on the Fairfax County Police Civilian Review Panel.

In the two-hour session moderated by attorney Vanessa Jordan, a member of the Northern Virginia Black Attorneys Association, Descano lost no time in categorizing Morrogh's office as a "black box" devoid of significant data that can be used to develop policies and inform the public.

"The people I talk to, even personnel in our local government, say they don't know how to get hold of anyone in that office," said Descano. "That's not leadership."

Descano prides himself on "always being out and about in the community," saying that the public needs to see their leaders' values in action, in their lives, on a daily basis.

Morrogh shot back with examples of his involvement on numerous committees and task forces and with a number of civic organizations.

"My door is always open," he said, and maintains that he and his department continue to educate themselves on issues and best practices while engaging the community to learn of their concerns.

**MORROGH HIGHLIGHTED** what he describes as a lack of "relevant, realistic experience" by his opponent.

"In our department we handle thousands of cases with often life-and-death consequences. We don't have the years [that a taxation prosecuting attorney has] to build a single case. Our work is more immediate."

Morrogh alluded that some of Descano's "pledges" about what cases to prosecute and how to address certain issues, cannot be met, either because they are not within the scope of the position's authority, or they are



**Vying for the top law enforcement slot in Fairfax County as the Commonwealth's Attorney, Steve Descano, the challenger and Ray Morrogh, the incumbent, face off at a forum hosted by the NAACP.**



**Organizing a number of questions submitted by the audience for the candidates are Derwin Overton, executive director of OAR - Opportunities, Alternatives and Resources, and attorney Diane Alejandro with ACLU People Power of Fairfax.**

"simply not allowable under the law. And I am sworn to uphold that law for all citizens."

Moderator Jordan asked a series of questions on topics ranging from implicit bias in the criminal justice system and in local policing, dealing with undocumented persons, and those who come in contact with the courts with mental health and drug abuse issues, restoration of voting rights for convicted felons, cash bail inequities, the larceny dollar threshold, the handling of juvenile offenses in schools, and more. Each candidate was given 60 seconds to answer, and cautioned to stay on topic.

"Please don't use your time to present a rebuttal to your opponent's answer. The people here want to hear your answers to the questions we are posing," said Jordan.

Speaking on diversion programs aimed at keeping people out of jail, Morrogh insisted that his prosecutors work to do just that, but "I will not put violent offenders in such

programs." For those facing drug convictions, drug court is an option, but Morrogh noted that many choose not to enter the program and accept fines or jail sentences instead.

"That's understandable," responded Descano. "The program is hard. We need to offer incentives to people to help them choose the path of recovery instead of incarceration." Descano cites that lack of incentives as a reason why the numbers of offenders in such program is relatively low.

Descano also accused Morrogh of allowing offenders to languish in jails because they could not raise the cash bail imposed.

"People who have not been convicted of anything are kept from their families, their jobs, their lives, even though they have been declared eligible for pretrial release," he said. "Don't punt this ball. Don't ask for cash bail in those instances."

Morrogh countered: "We may ask for detention in serious instances where we be-

lieve the offender to be a danger, but I do not ask for cash bails and have not done so in 35 years."

Descano shot back that Morrogh had supported cash bail in a Washington Post article, to which the incumbent replied, "It's a complex issue, more so than you realize. We can't simply do away with cash bonds as you seem to suggest."

On the question of advocating to raise the dollar limit for which to prosecute a crime as a felony, Descano agreed to "take the pledge" that Jordan asked about.

"I will take that pledge, not to prosecute less than a \$1500 value as a felony."

While Morrogh says he has long advocated for raising the felony/larceny threshold, he declined to pledge to never prosecute below \$1500 as a felony.

"That would be a dangerous precedent," he warned, saying that from his many years of experience he can attest there are "people who steal, over and over again, or scam our elderly again and again. I cannot say that because of one instance of loss below \$1500 that it would not be appropriate to file charges as a felony offense."

The audience seemed to have no trouble following the arguments of the candidates on the question of Brady Material and discovery reform.

Brady Material comes from a 1963 Supreme Court ruling that says that "suppression by the prosecution of evidence favorable to a defendant who has requested it violates due process."

On this topic, again the two men differed and traded verbal jabs.

Once again, Descano made a pledge, saying that anyone on his staff who was caught failing to provide Brady Material for the defendant "would be gone."

Morrogh said "no system is perfect. We prepare Brady Material for the defense, but if there was an issue, I would investigate and weigh the circumstances before making a decision."

The two exhibited the most agreement during the "lightning round" of questions, most probably because Jordan allowed only a simple "yes" or "no" answer to less controversial questions and gave the candidates only one sentence to explain their responses. Both supported body cameras for police, decriminalization of marijuana, detox diversion for drunk in public; neither supported diversion for driving under the influence.

**THE LAST SECTION** of the forum posed written questions from the audience, and there were a lot of them.

The two tangled over the restoration of voting rights for felons. Descano accused Morrogh of being against the restoration, noting that the Commonwealth's Attorney had joined a lawsuit against then-Governor McAuliffe when he proposed such legislation.

"Read my remarks," countered Morrogh. He contends that he objected to the attachment of gun ownership rights to the legis-

SEE ATTORNEY CANDIDATES, PAGE 11

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# Rare Primary Race for Fairfax Commonwealth's Attorney

FROM PAGE 10  
lation.

"There are too many guns, and too many victims of gun violence ... and I am not hearing the word victim mentioned enough here today."

Morrogh cited examples of released felons, convicted of violent crimes or paedophilia who were able to purchase guns upon their release from prison.

"I support restoration of voting rights, 100 percent," he said. "In fact, I think those incarcerated should be allowed to vote. Treason should be the only reason a person should be barred from voting."

On the question of police involvement in juvenile issues in school, both men supported allowing school authorities to handle the situations wherever possible, though Descano charged that Murrogh has not been visible on this front, while he has. He also indicated that juveniles have been threatened with "certification as adults" in some instances.

Morrogh disagreed. "We never threaten adult certification. We act if so warranted."

Wrapping up, the two again enumerated their own strengths and fitness for the office that holds significant power over the citizens of the community. Descano continued to deprecate the incumbent's leadership, saying it was "time to move beyond the same old, same old," while Morrogh emphasized his own experience and his opponent's lack in this arena.

As NAACP President Kofi Annan urged, voters should take every opportunity to listen to them as they outline their visions and explain their approaches.



PHOTO BY ANDREA WORKER/THE CONNECTION

**The Commonwealth's Attorney forum was moderated by Vanessa Jordan, an attorney and member of forum co-sponsor the Northern Virginia Black Attorneys Association.**

"You may not know the real role of the Commonwealth's Attorney. I admit that once I did not really understand the role of this job, but I have come to understand its importance and its impact as the gatekeeper to protect our citizens and our rights."



PHOTO BY CHIP GERTZOG/COURTESY PROVIDENCE PLAYERS

**Providence Players in rehearsal for "August: Osage County" (from left): David S. Rawlings as Steve Heidebrecht, Mary Zuzik Andrechik as Karen Weston, and Nora Rice as Jean Fordham.**

## Comedy-drama on Family Matters

Providence Players presents  
"August: Osage County."

BY DAVID SIEGEL  
THE CONNECTION

Where and When

With plenty of wit and toughness, and winner of the Pulitzer Prize and multiple Tony Awards including Best Play, "August: Osage County" may be one of the best American plays of our time," said David Whitehead, Providence Players board. "Its portrayal of the collapse of the nuclear family brings to the fore societal changes that have happened over time and across cultures."

Written by Tracy Letts, "August: Osage County" centers on a missing father, a mother with a pill habit and three sisters with their own share of little secrets. When the larger family has to unexpectedly reunite after Dad disappears, their Oklahoma family homestead becomes a place full of tumult, unsettling mysteries with plenty of scathingly acidic and uproarious dialogue.

"August: Osage County" is about "a family and all of the complex relationships and secrets that lurk beneath told with a sense of dark humor," said director Michael Donahue. "I love to direct theatrically challenging and complex plays ... to bring to life these characters with all of their flaws so that the audience will have empathy for these people while laughing at the dark humor."

The Providence Players cast includes seasoned Providence Players members and new talent. The age spectrum runs from 14 years of age to actors in their late 60s.

"We all know a family, group of people that are what we con-

Providence Players presents "August: Osage County" at James Lee Community Center Theater, 2855 Annandale Road, Falls Church. Performances: March 29 to April 13, 2019. Thursday, Friday and Saturday at 7:30 p.m., Sunday matinees March 31 and April 7 at 2 p.m. Tickets: Adults \$20 Seniors (62+)/Students \$17. All seating reserved. Call 703-425-6782 or visit [www.providenceplayers.org](http://www.providenceplayers.org)

sider a 'trainwreck,' but we fail to realize that those 'trainwrecks' are fully functioning families with ups and downs, with good and bad times, just like everyone else," said David S. Rawlings who plays Steve Heidebrecht. "I wanted the opportunity to dig deep and find the crevices of my character Barbara Fordham, the joys, the struggles, the pain, what twists and turns she emotionally encounters and how she prevails," said Beth Gilles Whitehead.

"This show will engage you. You will see your own family in many ways, and in many other ways, you will be grateful to note the differences! You will be thoroughly entertained," said Mary Zuzik Andrechik who plays Karen Weston.

"For a play that can be quite serious at times, it is also hilarious. A lot of the humor in the show comes from the same place: identifying with, or at least recognizing, these characters in our own families and ourselves," added Andra Whitt who plays Ivy Weston.

Providence Players presents "August: Osage County" at James Lee Community Center Theater, 2855 Annandale Road, Falls Church. Performances: March 29 to April 13, 2019.

## Increasing Access to Naloxone

BY SERENA FISCHER  
CAPITAL NEWS SERVICE

Responding to the state's opioid epidemic, Virginia is expanding the number of people legally authorized to dispense and administer the overdose reversal medication naloxone.

Gov. Ralph Northam has signed into law bills allowing paramedics, school nurses and regional jail personnel to administer naloxone. The General Assembly passed the legislation during its 2019 session.

Northam signed:

❖ HB 2158, sponsored by Del. Kenneth Plum, D-Fairfax. It authorizes emergency medical services personnel and health care providers in hospital emergency rooms to dispense naloxone. The bill also allows organizations to charge a fee equal to the cost of obtaining the drug.

❖ HB 2318, filed by Del. John McGuire, R-Henrico. It allows school nurses, other school board employees and local health department employees assigned to public schools to possess and administer naloxone after they have been trained.

❖ HB 1878, introduced by Del. Scott Garrett, R-Lynchburg. It adds employees of regional jails to the list of individuals who may possess and administer naloxone, provided that they have completed a training program.

"It's imperative that we provide the proper tools to our public safety workers to deal with all aspects of the opioid crisis that Virginia is currently experiencing. Having naloxone in their possession could potentially save a life of one of their officers or an inmate in their care," Garrett said.

All three bills passed the House and Senate unanimously. Northam approved HB 2158 and HB 2318 on March 5 and HB 1878 on Feb. 22. The three measures take effect July 1.

Naloxone is an opioid antagonist used to reverse the effects of an opioid overdose, according to the Harm Reduction Coalition, an advocacy group for individuals and communities impacted by drug use. The medication allows an overdose victim to resume normal breathing by counteracting the depression of the respiratory and central nervous systems.

The substance is non-addictive and will work only on a person who has consumed opioids in some form. It can be injected like an EpiPen or administered via nasal spray, a form more commonly known as Narcan.

When dispensed correctly, the drug will immediately begin to take effect. Signs of an overdose include shallow breathing, unresponsiveness and a blue coloring of the lips and fingernails.

State officials estimate that last year, more than 1,200 Virginians died from overdoses of opioids, including heroin, fentanyl and prescription opioids. That number has doubled since 2011.

# ENTERTAINMENT

Submit entertainment announcements at [www.connectionnewspapers.com/Calendar/](http://www.connectionnewspapers.com/Calendar/). The deadline is noon on Friday.

## 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 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).

**Art Exhibit: Spring Marches On.** Through April 1, 11 a.m.-5 p.m. daily 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).

**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).

## FRIDAY-SATURDAY/MARCH 22-23

**“Bye Bye Birdie.”** Friday, 8 p.m.; Saturday, 2 p.m. at Church of the Good Shepherd (in the Grand Hall), 9350 Braddock Road, Burke. A musical comedy for the whole family. \$15 adult, \$10 student (18 or younger). Purchase tickets at [www.goodshepherdplayers.com](http://www.goodshepherdplayers.com) or call 703-323-5400.

## 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.; Saturday, March 30 at 11 a.m., 3 p.m. and 7 p.m.; and Sunday, March 31 at 1 p.m. and 5 p.m. Visit [www.marveluniverselive.com/tickets](http://www.marveluniverselive.com/tickets).

## SATURDAY/MARCH 23

**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).

## SUNDAY/MARCH 24

**Winterfest – Ham Radio Fair.** 8 a.m.-1 p.m. at Northern Virginia Community College, Annandale Campus, Richard J. Ernst Cultural Center, 8333 Little River Turnpike, Annandale. The Vienna Wireless Society, an amateur radio club, will hold Winterfest, the National Capital Area Ham Radio Fair, featuring: Ham



PHOTO COURTESY OF MATSIKO WORLD ORPHAN CHOIR

## Matsiko World Orphan Choir

Join Franconia UMC for a concert by the Matsiko World Orphan Choir. Matsiko has performed at sports events, the Rose Bowl, Disneyland, and Mount Rushmore. All are welcome to this free concert. Sunday, March 31, 5-6:30 p.m. at Franconia United Methodist Church, 6037 Franconia Road, Alexandria. Visit [franconiaumc.org](http://franconiaumc.org) or call 703-971-5151.

Radio and Electronics vendors and flea market; amateur radio licensing exams; large indoor and outdoor exhibit areas, with free parking. \$10. Email [winterfest2019@viennawireless.net](mailto:winterfest2019@viennawireless.net) or visit [www.viennawireless.net](http://www.viennawireless.net).

**Spring Make ‘n Take Activity.** 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Make tissue paper flowers to welcome spring. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit [www.fairfax-station.org](http://www.fairfax-station.org), [www.facebook.com/FFXSRR](http://www.facebook.com/FFXSRR), or call 703-425-9225.

**Kings Park Band Concert.** 3-4 p.m. at Lake Braddock Secondary School, Auditorium, 9200 Burke Lake Road, Burke. Kings Park Concert Band, in its 54th year, presents a Spring concert with selections such as *The Marriage of Figaro* overture, *Merry Wives of Windsor* overture, selections from *My Fair Lady*, Mancini’s *Mr. Lucky*, Grofe’s *On the Trail*, and others. The auditorium is in Door #14 near the athletic fields. Free. Call 703-569-3090 or visit [www.kingsparkband.org](http://www.kingsparkband.org).

## TUESDAY/MARCH 26

**“Say Her Name.”** 7:30-10 p.m. At Johnson Center Cinema, George Mason University, 4400 University Drive, Fairfax. Free. Visiting Filmmakers Series: “Say Her Name: The Life and Death of Sandra Bland.” Screening/Q&A. Investigation into what happened to Bland, who died in police custody after a traffic stop.

## WEDNESDAY/MARCH 27

**Jazz Combos/Latin American Ensemble Concert.** 8 p.m. in the deLaski Performing Arts Building on GMU’s Fairfax Campus. Performance by the Mason Jazz Combos, under the direction of jazz pianist, Wade Beach. A highpoint of students’ time at George Mason University is Jazz 4 Justice, an annual concert that combines the Mason Jazz department with local law communities to raise money for the jazz program and public access to justice. Free. Visit [cfa.calendar.gmu.edu/jazz-combos-latin-american-ensemble-concert](http://cfa.calendar.gmu.edu/jazz-combos-latin-american-ensemble-concert).

## THURSDAY-SATURDAY/MARCH 28-30

**Our Country’s Good.** Thursday-Friday, 8 p.m.; Saturday 2 and 8 p.m. in the deLaski Performing Arts Building, A105, TheaterSpace, on GMU’s Fairfax Campus. In June 1789 in an Australian penal colony, a marine lieutenant puts on a play to celebrate the king’s birthday, using the camp’s English convicts as his cast of characters. Few of them can read, let alone act, and the play is being produced amidst food shortages and barbaric punishments – juxtaposed against the civilizing influence of theatrical endeavor. Contains language that some may find offensive. \$30 adults, \$15 students, staff, seniors and groups. Visit [cfa.calendar.gmu.edu/our-country-39-s-good](http://cfa.calendar.gmu.edu/our-country-39-s-good).

## FRIDAY-SATURDAY/MARCH 29-30

**Mason Dance Company Gala.** 8 p.m. in the Concert Hall on GMU’s Fairfax Campus. The Gala Concert is Mason Dance Company’s crowning season event featuring a program of works by contemporary professional choreographers. This year the guest choreographers include the Spanish modern ballet dancer and choreographer, and currently artistic director of the Berlin State Ballet, Nacho Duato; Greek choreographer Andonis Foniadakis, who has collaborated with many ballet companies worldwide as both dancer and choreographer; and Lucinda Childs, an American postmodern dancer/choreographer and actress. \$28 adults, \$15 students and seniors, \$10 groups. Visit [cfa.calendar.gmu.edu/mason-dance-company-gala-at-the-center-for-the-arts](http://cfa.calendar.gmu.edu/mason-dance-company-gala-at-the-center-for-the-arts).

## FRIDAY-SUNDAY/MARCH 29-31

**August: Osage County.** Friday-Saturday, 7:30 p.m.; Sunday, 2 p.m. at James Lee Community Center, 2855 Annandale Road, Falls Church. When the large Weston family unexpectedly reunites after Dad disappears, their Oklahoma family homestead explodes in a maelstrom of repressed truths and unsettling mysteries. This play contains strong

language and adult content. \$17-\$20. Email [tickets@providenceplayers.org](mailto:tickets@providenceplayers.org), call 703-425-6782 or visit [www.providenceplayers.org](http://www.providenceplayers.org).

**Bye Bye Birdie.** Friday-Saturday, 8 p.m.; Sunday, 2 p.m. at Church of the Good Shepherd (in the Grand Hall), 9350 Braddock Road, Burke. A musical comedy for the whole family. \$15 adult, \$10 student (18 or younger). Purchase tickets at [www.goodshepherdplayers.com](http://www.goodshepherdplayers.com) or call 703-323-5400.

## SATURDAY/MARCH 30

**NoVaTEEN Book Festival.** 9:30 a.m. at Marshall High School, 7731 Leesburg Pike, Falls Church. The NoVaTEEN Book Festival is back with a day full of panels, games, and signings with over 30 bestselling and emerging Young Adult authors. Learn more on the official festival website. The event is free and open to the public; tickets and schedule at [novateenbookfestival.com](http://novateenbookfestival.com).

**Spring Fling Features Alice McDermott.** At the Springfield Golf and Country Club. Alice McDermott, winner of the National Book Award for *Charming Billy*, will be the featured speaker at the AAUW’s annual Spring Fling. \$40; reservation deadline is March 22. Email [Absauberman@aol.com](mailto:Absauberman@aol.com) with questions or [SpringFlingAAUW@gmail.com](mailto:SpringFlingAAUW@gmail.com) to make a reservation.

**Chili Cookoff.** 1 p.m. at Hopsfrog Grille, 6030 Burke Commons Road, Burke. Hopsfrog Grille’s annual Chili Cookoff benefiting the Fort Belvoir Fisher House ([www.fisherhouse.org](http://www.fisherhouse.org)) features chili tasting and raffle. Contestant pre-registration by March 17; \$10 per chili entry. Chili tasters: \$10 and a vote for best chili. Call 703-239-9324.

**The Mason Dance Fête.** 5:30 p.m. in the deLaski Performing Arts Building on GMU’s Fairfax Campus. Held prior to the March 30 Dance Gala Concert, The Mason Dance Fête is an intimate benefit reception featuring a Q&A with Lucinda Childs and student showcases exploring the featured dances. All net proceeds from The Mason Dance Fête go towards School of Dance scholarship funds. Proceeds from The Mason Dance Fête go towards School of Dance scholarship

funds. \$95 for reception and performance. Visit [dance.gmu.edu/mason-dance-fete](http://dance.gmu.edu/mason-dance-fete).

**Live Music: Lesson Zero.** 8 p.m.-midnight at The Mixing Bowl (formerly J W and Friends), 6531 Backlick Road, Springfield. Free. Visit [www.jwandfriends.com](http://www.jwandfriends.com).

## SATURDAY-SUNDAY/MARCH 30-31

**Children’s Book Sale.** Saturday, 10 a.m.-4 p.m.; Sunday, 1-3 p.m. at City of Fairfax Regional Library, 10360 North St., Fairfax. Thousands of gently read books and non-book media organized by categories including picture books, early readers, nonfiction, chapter books, young adult, etc. \$0.50-\$2. Some specials \$3-\$4. Check or cash only. Plenty of free parking in library garage. Free admission. Email [FriendsofFairfaxCityLibrary@cox.net](mailto:FriendsofFairfaxCityLibrary@cox.net).

**Marvel Universe Live.** At EagleBank Arena, 4500 Patriot Circle, Fairfax. Marvel Universe LIVE is performing at EagleBank Arena. \$20. Show times are Saturday, March 30 at 11 a.m., 3 p.m. and 7 p.m.; and Sunday, March 31 at 1 p.m. and 5 p.m. Visit [www.marveluniverselive.com/tickets](http://www.marveluniverselive.com/tickets).

## SUNDAY/MARCH 31

**Book Launch: City of Peace.** 11:15 a.m. at the Fairfax Presbyterian Church, 10723 Main St., Fairfax. A launch party for *City of Peace* by Henry G. Brinton will take place as part of a “Morning of Music and Mystery” and will begin in the church’s Fellowship Hall with a short talk and several readings. The event will end with a book-signing. Copies of *City of Peace* will be available for purchase. Visit [www.henrygbrinton.com](http://www.henrygbrinton.com) for details.

**Learn about the “Tender Cars” on Trains.** 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Learn about the “Tender Cars” a type of railroad car on trains. Story boards and a craft will begin the series of activities to learn about the different types of cars on trains. 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.

**Story of Ravensworth.** 3:30-5 p.m. at Pohick Regional Library, 6540 Sydenstricker Road, Burke. Learn about the largest landgrant in Colonial Fairfax County, covering part of present-day Burke. Beginning with William Fitzhugh in 1685, the story covers many generations and fascinating characters. Free. Email [slawski\\_brian@yahoo.com](mailto:slawski_brian@yahoo.com) or visit [www.burkehistoricalsociety.org](http://www.burkehistoricalsociety.org).

**“Unplugged.”** 6 p.m. at Ernst Community Cultural Center, 8333 Little River Turnpike, Annandale. “Unplugged” under the artistic direction of Sara Hart and Charles Renato, features innovative choreography by Metropolitan School of the Arts faculty, students, alumnus, and guest artists. “Unplugged” will feature performances by youth dancers in tap, jazz, contemporary, music theater, and hip hop. \$20. Visit [www.metropolitanarts.org](http://www.metropolitanarts.org) or call 703-339-0444.

**Aquila Theatre: A Midsummer Night’s Dream.** 7 p.m. at GMU’s Center for the Arts, Concert Hall, Fairfax Campus. Aquila Theatre returns with a magical and witty production of *A Midsummer Night’s Dream*. Shakespeare’s timeless tale of love with its many complications never fails to entertain and remind us of his literary genius. A pre-performance discussion with a member of the company begins 45 minutes prior to the performance. \$44, \$37, \$26. Visit [cfa.calendar.gmu.edu/aquila-theatre-a-midsummer-night-39-s-dream](http://cfa.calendar.gmu.edu/aquila-theatre-a-midsummer-night-39-s-dream) for tickets.

# Student-Athletes Receive Further Concussion Protection

BY ANDREW GIONFRIDDO  
CAPITAL NEWS SERVICE

A new state law will require Virginia schools to regularly update their policies on educating coaches, student-athletes and parents about concussions and on when student-athletes can return to play after suffering such an injury.

Under the law, which takes effect July 1, the state Board of Education must collaborate with brain-injury and other experts to biennially update state guidelines on policies related to concussions. Using those guidelines, local school boards then must revise their policies and procedures on how to handle suspected concussions received by student-athletes.

The law is the result of House Bill 1930, which was sponsored by Del. Richard "Dickie" Bell, R-Staunton, and passed unanimously by the General Assembly.

"Concussions can be a serious medical concern and should not be taken lightly," Bell said. "It is critical that we keep our guidelines up to date to ensure that we protect the health and well-being of our student-athletes, and that is what HB 1930 aims to do."

Gov. Ralph Northam signed the legislation into law on Feb. 22, saying it builds on efforts he advocated when he served in the Virginia Senate in 2013.

"As a state senator, I introduced and passed legislation directing the Board of Education to develop these guidelines and requiring local school divisions to create policies for identifying and handling suspected concussions," Northam said.

"Del. Bell's legislation will strengthen this practice by requiring the board's guidelines and divisions' procedures to be updated biennially, which will help account for new research and enhanced knowledge."

Among the stakeholders working with the Board

of Education are the Virginia High School League, the Virginia Department of Health and the Brain Injury Association of Virginia.

"We are fortunate to have open lines of communication and the ability to share feedback with one another," said Chris Robinson, assistant director for athletics for the VHSL.

He said that over the past decade, there has been "a heightened awareness of the inherent long-term effects of head injury have increased."

"This has created the need to change many rule codes to protect athletes at all levels from these types of injuries," Robinson said. An estimated 1.6 million to 3.8 million sports-and recreation-related concussions occur each year, according to the U.S. Centers for Disease Control and Prevention. The Brain Injury Research Institute says high school athletes who suffer a concussion are three times more likely to suffer a second.

Football accounts for more than 60 percent of concussions suffered in organized high school sports.

Sports leagues at the professional, collegiate and high school levels have already taken strides in improving safety measures and helmet technology for contact sports to mitigate concussions. Some experts say rule changes in certain sports might be the next step in protecting players.

Patrick Bowdring, 23, who is majoring in interdisciplinary studies at Virginia Commonwealth University, said he received more than one concussion while playing lacrosse at West Potomac High School.

Bowdring said student-athletes should take such injuries seriously — and make sure they have fully recovered before resuming their sport. "Your brain and your future are so much more important," he said. "If I were to go back, I would have sat out even longer. It's your life; it will have an effect on you."

**"If I were to go back, I would have sat out even longer."**

— Patrick Bowdring, former lacrosse player at West Potomac High School

**"As a state senator, I introduced and passed legislation directing the Board of Education to develop these guidelines and requiring local school divisions to create policies for identifying and handling suspected concussions."**

— Gov. Ralph Northam

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**NEWS**

**Public Health Officials Launch  
TB Awareness Campaign**

**Tuberculosis still a health issue in Fairfax County.**

BY ANDREA WORKER  
THE CONNECTION

TB

**T**uberculosis is not a disease the general population of Northern Virginia worries about. Public health officials in the counties of Fairfax, Arlington, Prince William and Loudoun, and in Alexandria have teamed up for a region-wide tuberculosis awareness campaign to dispel myths and address the stigmas that are often barriers to testing and treatment for this curable disease.

“While significant progress has been made toward controlling and curing TB, it remains one of the most common infectious diseases worldwide and is still a public health problem in Northern Virginia,” Fairfax County Health Director Dr. Gloria Addo-Ayensu said. “We want our communities to know that it’s a disease that can be prevented and cured.”

Dr. Barbara Andrino, Fairfax County Public Health Physician – Tuberculosis, says that the numbers have declined over the last several years, but there is still an average of about 70 cases confirmed annually and officials suspect that several hundred thousand of our citizens may be living with “latent TB,” that can become active if left untreated.

“Latent TB will show no signs or symptoms,” warned Andrino. Any number of reasons can cause the disease to activate and begin to grow again. Chemotherapy, diabetes, and immuno-suppressing diseases are just a few of the culprits that can kick the dormant TB cells into high gear.

**THE SYMPTOMS** of active TB can include a cough that lasts for three or more weeks, unexplained weight loss, night sweats, fatigue, fever, and coughing up blood.

“That’s another reason why people among the most at risk should consider testing prior to the onset of symptoms, and should certainly inform their physicians of their risk factors if they start to exhibit these symptoms,” Andrino urges.

So just who is at risk, and how do they get tested? While TB is not the easiest of diseases to contract, county health officials say that if you have one or more of the following risk factors, you have a greater chance of contracting the TB infection:

- ❖ Lived or spent time with someone with active

- ❖ Lived or worked in a congregate setting like a shelter, long-term care or assisted living facility, or jail

- ❖ Worked in a healthcare setting
- ❖ Are homeless, or have experienced homelessness within the last two years

- ❖ Lived or spent significant time in a country where TB is common.

To expand on that last risk factor, Andrino reminds that “Fairfax and Northern Virginia is made up of a wonderfully diverse population, people who have come from all around the world and continue to travel back and forth.”

With 140 countries where TB is a serious health issue and almost 70 percent of Virginia’s foreign-born population living in the Northern Virginia area, it’s no wonder that Fairfax County tops the list in Virginia with the highest numbers of the infections.

There are two types of tests that will determine if there is TB bacteria present in your body: a skin test and a blood test.

A medical provider or a call to the Fairfax County Health Department at 703-246-2433 will provide information about getting tested and which type of test is the preferred method for an individual. Tests are low-cost, and in some facilities and instances, administered for free.

**THE FACT** that there is still a stigma associated with the infection, and that people who are actually actively ill may not suspect TB, hampers detection, treatment and fighting the spread of the disease.

Andrino and her colleagues in the Fairfax Health Department and surrounding jurisdictions will be redoubling their efforts to break that cycle of stigma and misinformation with a combination of grassroots outreach, print, transit and digital advertising, scheduled to run through April 14, 2019.

“Remember, Tuberculosis is a bacterial disease. It is not something to be ashamed of. It can be cured when diagnosed and when the patient takes the full course of the treatment as prescribed,910” says Andrino.

More information is available on the county’s website at [www.fairfaxcounty.gov](http://www.fairfaxcounty.gov), search “Health Department.”

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16	17	18	19	20	21
22	23	24	25	26	27
28	29	30	31		

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# BULLETIN

FROM PAGE 5

begin with a formal presentation at 7 p.m., followed by a question and answer period. Participants will then have the opportunity to provide feedback to the FCDOT study team. For residents who cannot attend the public meetings, FCDOT will upload the meeting presentation to the study webpage by April 4 and invite feedback via an online survey. Visit [www.fairfaxcounty.gov/transportation/study/fairfax-county-parkway](http://www.fairfaxcounty.gov/transportation/study/fairfax-county-parkway).

**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. Visit [www.fairfaxcounty.gov/parks/boardagn2.htm](http://www.fairfaxcounty.gov/parks/boardagn2.htm) or call 703-324-8662.

## THURSDAY/MARCH 28

**Building Resiliency in the Faith Community.** 9 a.m.-3 p.m.; registration and breakfast start at 8:30 a.m. at Little River United Church of Christ, 8410 Little River Turnpike, Annandale. Network with local faith leaders and public safety officials; learn what resources and assistance are available and how to access them; understand the current status of hate crimes in Fairfax County, their causes and the effect they have on the faith community at-large; hear new ideas for creating both a welcoming and secure environment at a place of worship – both during and outside of religious times; and learn to prepare for and respond to potential emergencies. Lunch will be provided. Free; space is limited; register at [www.eventbrite.com/e/building-resiliency-in-the-faith-community-conference-tickets-56336207112](http://www.eventbrite.com/e/building-resiliency-in-the-faith-community-conference-tickets-56336207112).

## FRIDAY/MARCH 29

**State of Children's Health Legislative Update Breakfast.** 8:30-10 a.m. at Northern Virginia Community College - Medical Education Campus, Springfield. Join the MCCP Foundation to hear the latest on the state of healthcare for children locally, across Virginia, and at the Federal level. \$25-\$35. Visit [mccpfoundation.org/event/legislative-update-breakfast-march-29-2019/](http://mccpfoundation.org/event/legislative-update-breakfast-march-29-2019/) to register.

**Teen Depression: What Parents Need to Know.** 10 a.m.-noon at the Dunn Loring Center for Parent Services, 2334 Gallows Road, Dunn Loring, Entrance 1, Room 100. This workshop presented by Dr. Kathryn DeLonga, PsyD, a Licensed Clinical Psychologist and Director of the Mood Brain and Development Unit Psychological Treatment Program at the National Institute for Mental Health, will highlight the prevalence of major depressive disorder and how to identify depression in teenagers. A brain-based understanding of depression will be presented along with elements of recovery and strategies for treatment. Call 703-204-3941 or visit [www.fcps.edu/resources/family-engagement/parent-resource-center](http://www.fcps.edu/resources/family-engagement/parent-resource-center) for more or to register.

**Language Immersion Lottery Registration.** Immersion lottery registration will close on March 29 for kindergarten. A SIS parent account is required to register. More information about Immersion programs and information meetings can be found at [www.fcps.edu](http://www.fcps.edu).

## SATURDAY/MARCH 30

**Northern Virginia Housing Expo.** 10 a.m.-3 p.m. at Washington-Lee High School, 1301 N. Stafford St. Dozens of exhibits and workshops will provide all the information needed to rent an apartment or purchase a first home at the 2019 Northern Virginia Housing Expo, a regional housing fair. Free. Visit [www.novahousingexpo.org](http://www.novahousingexpo.org) for more.

## TUESDAY/APRIL 2

**Scholarship Application Deadline.** The Community Foundation for Northern Virginia has opened its scholarship applications for the 2019-2020 school year. The scholarships are open to graduating high school seniors in Northern Virginia. The applications managed by the Community Foundation for Northern Virginia are due by April 2. Additional scholarships are available, with deadlines throughout the spring. Visit [www.cfnova.org/](http://www.cfnova.org/) scholarships to review the list of scholarships available and apply.

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## Eight Daze and Seven Sleepless Nights



By KENNETH B. LOURIE

On Monday, I take one of our "Buff Boys" (beige-colored cats), "Chino," to the vet for his bi-weekly glucose-monitoring day. This is his new routine as "Chino" was recently diagnosed with diabetes. In addition, since his diagnosis, I've been injecting him with insulin twice a day, subcutaneously ("sub-q") going on six weeks now. Though he's eating well, he's lost weight; apparently, it's related.

Without getting too sad, too soon, he looks frail and the stares and meows he gives me seem to be pleas for help which, other than providing food, water and touch, I am clueless as to what else I can do. I'm not anticipating the worst yet, but when I pick him up at the vet later in the day, I'm not expecting the best either.

On Wednesday, I go for my first CT scan in eight weeks. More significantly, it will be my first "CT" since I began immunotherapy. I don't quite know what to expect; although I know what I hope.

The fact is I've neglected to ask my oncologist what his expectations were: specifically relating to a time frame about the immunotherapy's effectiveness; and as we've moved on, we have a few other questions: Will the infusion have any effect after just eight weeks, generally? Is there a protocol/length of treatment which a patient is supposed to have before success or failure is determined? Are there any indications other than scan results which might contribute to an assessment of the drug's impact on my tumors? Is it possible that the tumors in my lungs might have a different reaction (shrink, stable, grow) than my "Adam's apple" tumor? If so, then what? Are there any side effects from my bi-weekly infusions which could cause my treatment to stop?

Beyond these types of questions, my oncologist prefers not to discuss scenarios. The short summary is: we're looking for some kind of clarity and/or guarantee. Unfortunately, for cancer patients, clarity and guarantees ended on the date of your diagnosis.

On Friday, I have my next scheduled infusion (with pre-infusion lab work on Wednesday). Door to door, depending on how busy the Infusion Center is, and depending how long it takes the pharmacy to mix/prepare my drug, it will be approximately three hours until I'm back home. The experience is not tedious nor is it torture.

Compared to the eight-hour days I had to endure in the early, heavy-duty days of chemotherapy, this time commitment is a breeze. And when one considers the relatively minor side effects – so far, the routine is quite bearable. (I just need the immunotherapy to be effective.)

On the following Monday, we see my oncologist. Typically, we don't see him until later in the week on Friday. In the 10-day interim, my oncologist will email results of the scan – with his assessment – and attach the radiologist's report so that when we see him, we're aware and prepared.

However, in this week's particular instance he had availability on Monday, five days post-scan, and not on Friday. As such, we are seeing him so soon after the scan occurs that he might not have any results to email us before our appointment.

This means that we'll be going into the appointment cold, so to speak. Which means we'll be extremely anxious as we sit in the examining room waiting for his knock asking if it's OKAY for him to come in. And then staring at his face as he enters looking for any kind of hopeful sign that the treatment has worked.

And that's what this week-plus-one-day will be: a struggle; about me, for my wife, about our life together and about one of our cats.

Each of the four days/four events itself would be stressful and thought-provoking enough. Having them occur one right after the other, simultaneously almost, is like adding insult to injury. It's bad enough to begin with and it's potentially even worse how it might end with – really bad news.

Through it all, somehow we must remain positive. There's no future in being negative.

To invoke the late Yogi Berra, who said in 1973 while managing the last-place New York Mets: "It ain't over 'till it's over." (And of course they went on to win the National League pennant.)

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



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**Free Community Shred Event – Saturday, March 23 – 9 AM to 12 PM**

