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# Springfield

## CONNECTION

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Franconia ♦ Kingstowne ♦ Newington



Patrick Sullivan of North Springfield with his birth mother Eileen. Last week, on April 16, Patrick drove to Ohio with his wife and two kids (daughter Jessica, 8, son Jason, 7) to finally meet his mom in person.

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**BULLETIN**

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.

**SATURDAY/APRIL 27**

**Scam Jam and ShredFest.** 8 a.m.-1 p.m. at Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. The Silver Shield Task Force and AARP Virginia are hosting a free fraud prevention and shredding event. Learn how to prevent being scammed. Scam Jam runs 9 a.m.-1 p.m.; ShredFest runs 8 a.m.-noon.

**Spring Forward.** 8:30 a.m.-2 p.m. at Colgan Hall, George Mason University Science and Technology Campus, 10900 University Blvd., Manassas. Spring Forward Family Fun Day offers adoptive, foster and kinship families a day of fun and learning about tools and solutions. Found Families Forward is partnering with NewFound Families, the Virginia Department of Social Services (VDSS), and VDOE’s Training and Technical Assistance Center. While the kids enjoy activities, parents, caregivers and professionals will be treated to keynote Family Strong, by presenter Wendy Besmann. Following the keynote, parents and caregivers choose from a variety of breakout sessions. \$0-\$40. Visit [www.eventbrite.com/e/spring-forward-family-fun-day-and-regional-conference-tickets-54145770457](http://www.eventbrite.com/e/spring-forward-family-fun-day-and-regional-conference-tickets-54145770457)

**Teen Job Fair and Resume Building Workshop.** 10 a.m.-noon at Mount Vernon High School. These events will focus on student job seekers (approximately ages 16-18) looking for full time employment, after-school employment, seasonal

SEE BULLETIN, PAGE 5



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# ‘Good Morning, Son’

Patrick Sullivan of North Springfield uses DNA kit 23-and-Me to unite with biological mother after his adoptive parents passed away.

BY STEVE HIBBARD  
THE CONNECTION

Patrick Sullivan, 53, of North Springfield was adopted as a baby by Jack and Patsy Sullivan and grew up in a loving family in Arlington. The Sullivan household was Irish, with dad being the Chapter president of the Ancient Order of Hibernian and mom organizing fund-raisers for the St. Patrick’s Day Parade in the District. When his adoptive parents both died in 2005, he started thinking about finding his biological parents. Last Christmas his wife Sun got him the DNA kit 23-and-Me.

“I’ve been curious all my life,” said Patrick who works in security. “It gained momentum after my adoptive parents passed away. There’s no way to replace them; they raised me and made me who I am today but it made me want to know more about where I came from,” he said.

**HE TOOK THE DNA TEST** and six weeks later the results came back. He discovered he was half-Irish with a mix of Scandinavian, French, German, and Native American. The kit has an option to share genetic info with other customers so if there’s a match, they can hook you up. Patrick was matched with a first cousin who had taken the test. As luck would have it, the cousin then got in touch with her father who confirmed that his sister had given up a baby for adoption in October 1965.

“Having that confirmed date and the DNA match, that was pretty conclusive that his sister was my mother. So that was pretty big and exciting for me. She put me in touch with her father and we started exchanging email,” he said. “She sent me baby pictures of my mother, so when you look at her baby picture and look at my baby picture, there’s definitely a resemblance.”

The downside was due to a falling out, the siblings hadn’t been in touch with each other in 30 years. But he gave her full name, date of birth and the name of his father. “My wife turned into a private detective overnight and started searching public records and she followed a trail of marriage certificates and found my mom. A couple hours after that, she found a Facebook profile,” he said.

He contacted his mother Eileen, now 69, but didn’t hear anything for two weeks. “One morning, there was a message in my inbox that said, ‘Good morning son.’ So that was a very emotional morning for me. We started chatting on Facebook; she gave me a phone number; we talked on the phone and found out a lot of interesting things. I have two sis-

**“One morning, there was a message in my inbox that said, ‘Good morning son.’ So that was a very emotional morning for me.”**

—Patrick Sullivan



Patrick Sullivan’s adoptive parents, Jack and Patsy Sullivan on their wedding day.



Patrick Sullivan of North Springfield with his birth mother Eileen of Ohio.

ters (Charlotte and Amanda).” It turns out that they had been trying to look for him as well.

He learned that his mother got pregnant when she was 16, was unwed, and didn’t

have resources to raise a child in the 1960s. “She and my father decided the best option would be adoption. The one thing I feel great about is I got to tell her that if I ever

found my birthparents, that you made a good choice. The people who adopted me were wonderful people and I had a good life. I got to tell my mom that and that was a relief for her because she had thought about me every day wondering what kind of life I was having — so it was gratifying to her to find out that things had turned out well.”

Last week, on April 16, Patrick set the date to drive to Ohio with his wife and two kids (daughter Jessica, 8, son Jason, 7) to meet his mom in person. “We pulled up and she was standing outside waiting for us. That was an incredible moment, a pretty heavy moment. I got out of

the car and ran up to her and we hugged and had a few little tears. We went inside and talked. She went into grandma mode. She gave us some presents, cooked a meal for us and we sat down and talked for a while,” he said.

She didn’t give a lot of details of the circumstances of his coming into the world, but she told him the name of his real father who he later learned had died in 1981, and a little bit about him. She said he was crazy about him but after he found out she was pregnant, he kind of vanished.

“That was what I expected — back in those days that was common. We talked about her life and her childhood and how she grew up and it was very different from my own. We talked a lot of the decision she made to give me up for adoption and how she came to that conclusion. As an unwed teenage mother in the 1960s with no resources, she felt it was the best way for me to have a better life,” he said.

One of the things his mom revealed to him is that he is the great-great-seven times, grandson of Patrick Henry; and he’s also descended from King Harald Fairhair of Norway, the first King of Norway.

**HE CALLED THE MEETING** “overwhelmingly positive — I can see her sense of humor and how she talks about life there’s a lot of similarities between us. A lot of my personality comes from her. Clearly, the nurture I received from my adoptive parents gave me a lot of things, but also nature-wise, I got a lot from her. She’s a very caring, generous person.”

He continued: “I’m fairly overwhelmed, it’s like accomplishing a lifelong quest that I have pursued with varying intensity over the years, but it is something I’ve tried to accomplish. Now that I’ve done it and I found her, and got to hug her and kiss her, and it’s definitely a whole new chapter. We’re definitely in each other’s lives now. It was a great experience.” According to a spokesperson from 23-and-Me: “Our customers regularly share their compelling stories with us about what they learned from their 23andMe results — whether it’s about filling in major gaps in their family tree, taking trips to new places to explore their origins, or surfacing powerful discussions around race and identity. With genetic testing becoming popular in recent years, stories like Patrick Sullivan’s, where adoptees connect with biological family after knowing nothing about them, are also increasing in frequency...” “It’s important to note that our DNA Relatives feature, in which customers connect with family members in our database, is completely optional. Customers have to opt-in to use the tool, and we also clearly explain that they may discover surprising information about themselves and their family by using the tool.”

PHOTOS CONTRIBUTED

# Tornado Warning

BY KENNETH R. "KEN" PLUM  
STATE DELEGATE (D-36)



COMMENTARY

There was both shock and amazement on the part of many Restonians to hear last Friday evening that our community was under a tornado warning by the National Weather Service (NWS). These warnings occur all the time, especially in the Midwest and earlier that day across the deep South. For us the weather is relatively mild, although the winds do seem to blow harder these days, and the rains this spring seem to have brought a lot of local flooding. The amount of snow varies from winter to winter.

About 8:30 p.m. on Friday the National Weather Service found that an approaching squall line ahead of a larger storm's cold front distorted into an S shape across Northern Virginia. Gusts along the bow were significant until the bow broke up into a rotating storm. Doppler radar revealed a counterclockwise circulation known as a mesocyclone over Reston that developed into a cyclone.

Technically the National Weather Service recorded that on Friday, April 19, there was a tornado event in Reston beginning at 8:55 p.m. estimated time with estimated maximum wind speed of 70 mph, with a maximum path width of 100 yards and a path length of 4 miles. The NWS uses the Fujita Scale to classify tornadoes into one of six categories—EF0 (weak) to EF5 (violent). The tornado in our community was rated at the lowest ranking, EF0.

For professional weather people who deal with bad weather all the time, the tornado in our community that lasted an estimated five minutes may have seemed weak. But for those who sought refuge in their basements and heard the wind whipping around their homes and saw the trees swaying in their yards the storm was anything but weak. Fortunately, no one was killed or reported hurt. Lots of trees and branches were downed and several cars were damaged with one townhouse being severely damaged. Everyone is left to wonder if

we will be as lucky if the flukes of weather send their wrath on us again.

Weather refers to what happens in the atmosphere around us with rain, snow, wind, and thunderstorms as examples. For many of us weather conditions seem to have become more severe. Only scientific recordings of weather events over a long period of time will provide evidence needed to confirm or deny our hunches. All the weather events of temperature, humidity and rainfall patterns averaged over seasons, years or longer creates our climate. There is ample evidence to demonstrate that climate is changing and that human behavior especially in releasing more heat-trapping gases into the atmosphere is a leading cause. Completing the circle of what is happening in our world is that climate change is bringing about more extreme weather events.

While extreme weather, climate change and global warming may be controversial topics to some, many of us are deeply concerned. This week's celebration of Earth Day was a global experience. Our local weather event while relatively mild reminds us that we need to be serious about the subject and serious about our response to it.

## Changing the Culture Around Mental Illness

### Sheriff Stacey Kincaid speaks at the League of Women Voters of the Fairfax Area (LWVFA) annual meeting.

BY LEAGUE OF WOMEN VOTERS OF THE  
FAIRFAX AREA

Sheriff Stacey Kincaid was the keynote speaker at the Annual Meeting of the League of Women Voters of the Fairfax Area (LWVFA), held on April 6 at The Waterford in Fairfax.

She is the first female sheriff of Fairfax County in its 276-year history and is also one of only six female sheriffs in Virginia. She was first elected in 2013 to fill the balance of a term and was re-elected in 2015. She will be on the ballot again this November. In 2008, as a deputy sheriff, she earned the Distinguished Service Award, which recognizes "a career of sustained exemplary performance."

What does the Sheriff's Office do? It operates the Adult Detention Center (ADC), which has an average daily population of 972; provides Courthouse security; and serves civil law process for the courts. Her office is staffed by 529 sheriff's deputies and 87 civilians.

Changing the culture around mental illness and substance use disorders has been her focus. She works to achieve change by collaborating with partners in county government and the community. She helped spearhead Diversion First, which offers alternatives to incarceration for people with mental illness and co-occurring substance use disorders. She created an addiction treatment and recovery program in the ADC and she has created a partnership with the courts on new post-arrest diversion programs.

**ONE-THIRD OF JAIL INMATES** have behavioral health issues. Sheriff Kincaid emphasizes training to help address these issues. More than 120 of her deputies have taken the 40-hour Crisis Intervention Team training, and all of her staff, sworn and civilian, have to take a Mental Health First Aid course. Such training teaches people how to identify symptoms of mental illness and how to help people experiencing a mental health crisis. Also, with the opening of the Merrifield Crisis Response Center in January 2016, police officers and Sheriff's deputies can divert people experiencing mental health crises to the Merrifield. Bringing someone to jail is no longer the default option. As of Dec. 31, 2018, more than 1,300 people had been diverted from potential arrest.

Addiction is a disease and should be treated. Trauma is often an underlying cause of addiction. On Nov. 1, 2018, Sheriff Kincaid launched a pilot program in the ADC – Striving to Achieve Recovery (STAR). Two peer recovery specialists work with inmates to help them achieve recovery from addiction.

Post-arrest diversion programs in the county include a Supervised Release Non-Compliance Docket, Veterans Treatment Docket, Mental Health Docket and Drug Treatment Court. They all aim to provide people with second chances after arrest.

The ADC's priority is to help inmates develop skills, so they can live productively after release. Towards achieving this priority, inmate programs focus on furthering education, im-



From left, the League of Women Voters of the Fairfax Area (LWVFA) Co-Presidents Judy Helein and Anu Sahai, With Sheriff Stacey Kincaid.

proving life skills, increasing employability and building self-confidence. Examples of programs include GED classes and testing; yoga, art and sewing classes; work release opportunities, and the Community Labor Force.

**THE SHERIFF'S OFFICE** has about 300 volunteers who lead or support many inmate programs. In addition, resource fairs are organized for inmates to obtain information that will help them after they are released. LWVFA has participated in these resource fairs for several years.

Fairfax County is not immune to the problem of domestic violence. If you are aware or know of a person suffering from domestic violence, call the Domestic Violence Hotline at 703-360-7273. Domestic violence is not always physical. It can be financial, emotional, and/or sexual as well. Make the call to the Hotline and you may save a life or lives.



# BULLETIN BOARD

FROM PAGE 2

positions, internship opportunities, or volunteer experiences. It is open to all teens in Fairfax County looking for employment or wanting tips to build their resume. Visit [www.fairfaxcounty.gov/springfield/teen-job-fair-student-registration](http://www.fairfaxcounty.gov/springfield/teen-job-fair-student-registration)

## SUNDAY/APRIL 28

**Prince of Peace School 50th Anniversary.** 11 a.m.-1 p.m. at Prince of Peace Lutheran Church and School, 8306 Old Keene Mill Road, Springfield. Celebrating 50 years of service. Friends, neighbors, alumni and current families are invited to join for a special time of worship with a child friendly reception. Free. Call 703-451-6177 or visit [www.poplc.org/school](http://www.poplc.org/school) for more.

## Community Interfaith Forum on

**Hate & Bigotry.** 4-6 p.m. at Temple Rodef Shalom, 2100 Westmoreland St., Falls Church. Panelists include: Imam Abd Ar-rafa, All Dulles Area Muslim Society (ADAMS); Andrea Miller, Virginia Tri-Chair, Poor People's Campaign; Rev. Michelle Thomas, Holy and Whole Life Changing Ministries, and President, Loudoun County NAACP; Rabbi Jeffrey Saxe, Temple Rodef Shalom; Rev. Angela Martin, Itinerant Elder, A.M.E. Church, and Maryland Tri-Chair, Poor People's Campaign; et al. Free. Visit [www.eventbrite.com/o/naacp-fairfax-county-12397167937](http://www.eventbrite.com/o/naacp-fairfax-county-12397167937).

## WEDNESDAY/MAY 1

**New Board Members Needed.** The Virginia Board for People with Disabilities is looking for multiple new members: parent or guardian of an adult with a developmental disability; parent or guardian of a child 18 and under with a developmental disability; immediate

relative or guardian of an adult with a developmental disability who cannot advocate for themselves; or a person with a developmental disability. Board meets four times a year in the Richmond area. Apply at [solutions.virginia.gov/OASYS/](http://solutions.virginia.gov/OASYS/).

## SATURDAY/MAY 4

**Peripheral Neuropathy Support Group.** 2-4 p.m. at Mason District Governmental Center, 6507 Columbia Pike, Annandale. The Group meets the first Saturday of the month. RSVP for available seating. Call 301-263-0616 or visit [www.dcpnsupport.org](http://www.dcpnsupport.org)

## SATURDAY/MAY 5

**Ramadan Pack-Out Session.** 10 a.m.-2 p.m. and 2-6 p.m. at 6820 Commercial Drive, Suite F, Springfield. Islamic Relief USA will hold its annual Ramadan Food Box Pack-Out sessions where volunteers pack boxes with many nonperishable foods. The packages will be given to people in need in their local communities through food pantries and houses of worship, among other locations in the United States. Call 703-370-7202 or visit [irusa.org](http://irusa.org)

**Low Cost Rabies Vaccine Clinic.** Noon-2 p.m. at Mount Vernon Governmental Center, 2511 Parkers Lane, Alexandria. Cost is \$15 per pet, cash and check only. Dogs, cats, and ferrets may be vaccinated at the clinic. Dogs must be on leashes; cats and ferrets must be in carriers. All pets will receive a 1-year rabies vaccination. To obtain a 3-year vaccine, bring pet's rabies certificate (not tag) showing the current rabies vaccination expiration date. 2019 county dog licenses an additional \$10 per license. [www.fairfaxcounty.gov/animalshelter/communityassistance/rabiesclinics](http://www.fairfaxcounty.gov/animalshelter/communityassistance/rabiesclinics) for more.

SEE BULLETIN, PAGE 11

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# The Emotional Side of Leaving the Workforce

Getting ready for retirement requires more than financial preparation.

BY MARILYN CAMPBELL  
THE CONNECTION

**A**nn Corbett worked for more than 20 years as the principal of a Catholic school. Her days were filled with leading children in morning prayer and other faith-based activities. After she retired, Corbett, who lives in Bethesda and worked in Washington, D.C., had difficulty maintaining the daily connection to her faith.

“My job was the way that I stayed connected to my faith and people who shared my faith,” she said. “I think I took it for granted because when I retired, I lost all of that. I was no longer leading prayers and teaching children about their faith. When I retired, I really struggled to regain my footing and feel grounded in my spirituality.”

While financial planning is often associated with retirement preparation, emotional preparedness is equally as important, but often overlooked, say mental health professionals. Like other significant life transitions, retirement can require an emotional adjustment, and even those who feel ready to leave the workforce can feel caught off guard by the adjustment to it.

“Most people are thinking that they need to save, save, save and have a comfortable nest egg before retire and that’s important, but they don’t realize that they’re going to experience social and structural voids after they retire,” said Alexandria psychotherapist Monica Kleinman, Psy.D. “If you think about it, most of our interpersonal connections and social opportunities revolve around our jobs. Going to work every day



**Connecting with your adult children just before and during retirement can help with the adjustment, suggest several experts.**

give us structure and a predictable routine.”

Kleinman adds, “Those who are thinking about retirement or know that retirement is in their near future should ask themselves, ‘How will I spend my time?’ ‘What will my daily routine look like?’ ”

A person’s identity and sense of self-worth is often connected to their job, says Kleinman. “That might not be healthy, but it’s a reality for a lot of people,” she said. “Our jobs give us a sense of purpose, and for some people, their job is a status symbol. When you go to a party, think about the number of times you’re asking what you do for a living.”

Volunteer work is one way that marriage and family counselor Tiffany Grimm suggests retirees maintain a sense of purpose. “If you were an attorney, you can volunteer with an organization that allows you to offer legal services to people who can’t afford an attorney. If you’re a teacher, you could volunteer with a learn-to read type program or teach English-as-a-second language type classes,” she said.

Retirees often experience loneliness, says Kleinman who suggests developing a strong social network before retiring. “Loneliness and isolation can be a killer,” she said. “Before you retire, reconnect with old friends

**“When I retired, I really struggled to regain my footing and feel grounded.”**

— Ann Corbett

and develop new friendships outside of work. Go out and socialize in ways that are not connected to your job. Invitations to events that are tied to your job tend to dry up when you leave, so it’s very important to socialize frequently outside of work and to keep doing that after you retire.”

Kleinman also recommends building and maintain strong relationships with family members “One way to combat loneliness and the shock of retirement is having a connection with family members, especially your adult children and your grandchildren,” she said. “Think about taking your grandchildren to the park or a museum or on a vacation with you and spending uninterrupted quality time with them. Have lunch or dinner with your adult children.”

Engaging in activities with groups, like social or religious clubs help retirees avoid feelings of isolation, says Grimm. “Whether it’s a stamp club or weekly Bible study group, you have to be connected to groups of people in a regular, consistent and predictable way, just like you were when you worked,” she said. “It’s important to our overall wellbeing to be connected to a wide variety of people and personalities in a positive way. Think about things you enjoy doing or any hobbies that you have or would like to have, and join groups with people who share your interests.”

## Dementia Friendly Herndon Shares Experiences

**I**nsight Memory Care Center hosted the first Dementia Friendly America Symposium in Northern Virginia on March 12 from 5:30-7:30 p.m. More than 50 people were in attendance including Supervisors John Foust (D-Dranesville), Cathy Hudgins (D-Hunter Mill) and Jeff McKay (D-Lee District), Chair of the Commission on Aging Carolyn Sutterfield, and Springfield district representative of the Commission on Aging Tom Bash. Community members in attendance included executives from continuing care communities, healthcare professionals and first responders from Arlington, Alexandria, Fairfax County, Loudoun County, Prince William County, Nottoway County and Warren County. This group of professionals gathered to learn about establishing Dementia Friendly Communities in their locales and to explore opportunities for involve-



**Toni Reinhart, founder of Dementia Friendly America - Herndon Chapter, shared what it means to be a Dementia Friendly community as well as her work to establish the DFA Herndon community.**

ment in currently established DFA communities.

The symposium began with opening re-

marks by Christi Clark, Insight Memory Care Center’s Executive Director. Clark stated, “Insight is working to support all dementia friendly communities in our area and hopes that one day soon we can see a lot more communities on the Dementia Friendly America website that have been established as Dementia Friendly communities.”

Toni Reinhart, founder of Dementia Friendly America - Herndon, PAC Certified Independent Trainer and owner of Positive Dementia Care Training, LLC shared what it means to be a Dementia Friendly community as well as her work to establish the Dementia Friendly America Herndon community. “It really hit home when my father got dementia and I spent more time out in the community with him. I realized it was not a good situation for most people with dementia and their care partners. I thought this has to change,” said Reinhart. “Our goal is to make the community aware of what

dementia is and what it looks like and make changes to make them and their care partners feel more welcome.”

Following her keynote speech, Reinhart and members of the DFA Herndon Action Team including Paul Nasto, Nicole McMonigle Knight, Laura Smothers-Chu, and Robin McGlothlin led breakout groups in specific exercises designed to help them think through possible Dementia Friendly America community start-ups and how to focus their efforts to provide maximum benefit in educating specific business and disciplines, such as the restaurant sector or first responders, on how to interact with people with dementia. This led to a discussion on how to grow more communities.

For more information on DFA Herndon or about starting up your own Dementia Friendly Community, please contact Nicole McMonigle Knight at DFAHerndon@gmail.com.

NEWS



PHOTO BY MIKE SALMON/THE CONNECTION

Snapshot

Rooster crowing at Nalls Produce, near Franconia/Springfield Metro stop, 7310 Beulah St., Alexandria.

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# ENTERTAINMENT

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

## ONGOING

**Art Exhibit: Collect.** Through April 26 in the McGuireWoods Gallery, Workhouse Arts Center, Lorton. The COLLECT! 2019 exhibition features more than 70 original works of art generously donated by the community of artists at Workhouse Arts Center. This year's collection includes painting, sculpture, fiber art, jewelry and more with subject matter varying from traditional figuration, natural landscapes, bright and bold abstraction, eclectic clay wares to conceptual collage. Visit [www.workhousearts.org](http://www.workhousearts.org) for more.

**Dynamic Dimensions: Layered Meanings in African Art.** 7 a.m.-7 p.m. daily, through April 29, in the Buchanan Hall Atrium Gallery, Fairfax Campus, George Mason University. Led by African art historian Dr. LaNitra Berger, students participating in Objects and Archives in Art History: Curating an Exhibit, spent two months using the Fine Arts Gallery as a laboratory in which to discover the essentials of researching and curating an exhibition. Visit [www.facebook.com/Dynamic-Dimensions-Layered-Meaning-in-African-Art-403224373588514](http://www.facebook.com/Dynamic-Dimensions-Layered-Meaning-in-African-Art-403224373588514), or call Naomi Arlund, student curator, at 703-993-8756.

**Art Exhibit: [Land]scape.** Through May 19, in the Art Lab Gallery, Workhouse Arts Center, Lorton. Curated by GMU MFA Candidate, Emily Fussner. The [Land]scape exhibition asks visitors to engage the notion of landscape on multiple levels. Featuring a range of painting, photography, mixed media, printmaking, sculpture, and video works. Visit [www.workhousearts.org](http://www.workhousearts.org) for more.

**Group Exhibition: Degrees of Honor.** Through May 19 in the Warrior Way Gallery, 1st Floor, Workhouse Arts Center, Lorton. Degrees of Honor is a group exhibition surveying the works of artists addressing the concept of honor in different perspectives — separation, pain, loneliness, turmoil, stories and memories. Featured artists include Rene Vincit, Gene Moty, Karen Chin and Christa Turpin. The Warrior Way is an exhibition space designated for artwork by active duty, retired and veteran service members. Visit [www.workhousearts.org](http://www.workhousearts.org)

**Floating Garden.** Through May 26, in the Vulcan Gallery, 2nd Floor, Workhouse Arts Center, Lorton. Toronto-based Artist Amanda McCavour creates experiential, immersive environments that represent places in her memory. Her three dimensional, embroidered art installations are made up of fabric designs that float within the space. Visit [www.workhousearts.org](http://www.workhousearts.org)

## THURSDAY/APRIL 25-28

**Huge Book Sale.** Thursday, 3-9 p.m.; Friday, 10 a.m.-6 p.m.; Saturday, 10 a.m.-5 p.m. and Sunday, noon-5 p.m. at George Mason Regional Library, 7001 Little River Turnpike, Annandale. Thousands of books, CDs, DVDs, and more at the George Mason Friends Spring Book Sale. Come early for the best selection, then come back on Sunday for half-price bargains. Free [georgemasonfriends.blogspot.com](http://georgemasonfriends.blogspot.com) or call 703-813-6616.

## FRIDAY/APRIL 26

**Valor Awards.** 8:30 a.m. at the Springfield Golf & Country Club, 8301 Old Keene Mill Road, Springfield. Fairfax County first responders will be honored at the Greater Springfield Chamber of Commerce Valor Awards Breakfast. The event recognizes police, fire and sheriff deputies in the Greater Springfield area. To register, visit [www.springfieldchamber.org/events/details/valor-awards-5760](http://www.springfieldchamber.org/events/details/valor-awards-5760).

**Girl Scout Daisies.** Noon-1 p.m. at Pohick Library, 6450 Sydenstricker Road, Burke. With so many new experiences to conquer and lessons to learn, a trusted partner and all-things-girl expert like Girl Scouts can be exactly what a girl needs to succeed in and out of the classroom. Free. Contact Cheryl Osborne at [cosborne@gscnc.org](mailto:cosborne@gscnc.org) or 703-372-4341.

**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 for more.

**Lysistrata.** 8 p.m. at deLaski Performing Arts Building, A105, TheaterSpace, on GMU's Fairfax Campus. Lysistrata persuades the women of



**The Main Street Band on stage at its 10th Anniversary Celebration in 2019, is a vibrant young band that includes talented amateur musicians from Northern Virginia.**

## Main Street Concert

As part of the Spotlight on the Arts Concert Series, the Main Street Community Band celebrates the arrival of spring with tunes from Doctor Who, Frank Sinatra, Gustav Holst, Stephen Sondheim. During this annual tradition, the band members bring in sweet treats for the audience to celebrate the end of the regular concert season. Come celebrate and mingle with the band after the concert. Sunday, April 28, 4 p.m. at Stacy C. Sherwood Community Center, 3740 Old Lee Highway, Fairfax. Free. Visit [fairfaxband.org](http://fairfaxband.org) for more.



**Long lines of tables with merchandise sorted by type fill St. Bernadette's gym for the indoor "yard sale" to benefit one of Springfield's oldest charitable organizations, ECHO.**

## ECHO Yard Sale

Huge Yard Sale featuring table after table of fashion accessories, toys, home decorations, kitchen utensils, more. Proceeds benefit ECHO, an all-volunteer organization aiding people in need in the community. Admission free. Saturday, April 27, 8 a.m.-noon at St. Bernadette Catholic School Gym, 7602 Old Keene Mill Road, Springfield. Call 703-239-1678 or visit [www.echo-inc.org](http://www.echo-inc.org).

Greece to withhold sexual privileges to force the men to negotiate an end to the Peloponnesian War — a strategy, however, that inflames the battle between the sexes. \$20 adults, \$10 students, staff, seniors and groups. Visit [cfa.calendar.gmu.edu/lysistrata](http://cfa.calendar.gmu.edu/lysistrata) for tickets.

## FRIDAY-SUNDAY/APRIL 26-28

**The Medium and Suor Angelica.** Friday-Saturday, 8 p.m.; Sunday, 2 p.m. at Harris Theatre, on GMU's Fairfax Campus. Two one-act operas: Menotti's *The Medium* and Puccini's *Suor Angelica*. \$20 adults, \$15 seniors, \$5 youth through grade 12. Visit [cfa.calendar.gmu.edu/opera-the-medium-and-suor-angelica](http://cfa.calendar.gmu.edu/opera-the-medium-and-suor-angelica) for tickets.

## APRIL 26-MAY 12

**Spotlight on the Arts.** The 2019 Fairfax Spotlight on the Arts Festival will honor the 50th Anniversary of Woodstock with three weeks of theatre, dance, music and visual art, rekindling that "Age of Aquarius" vibe in Fairfax. Put some flowers in your hair, dust off your bell bottoms and join in for some or all of this local "Aquarian Exposition." Learn about associated events at [FairfaxSpotlight.org](http://FairfaxSpotlight.org).

## SATURDAY/APRIL 27

**ECHO Yard Sale.** 8 a.m.-noon at St. Bernadette

Catholic School Gym, 7602 Old Keene Mill Road, Springfield. Table after table of fashion accessories, toys, home decorations, kitchen utensils, more. Proceeds benefit ECHO. Admission free. Call 703-239-1678 or visit [www.echo-inc.org](http://www.echo-inc.org).

**Fairfax CASA Run.** 10 a.m. at Fairfax County Courthouse, 4110 Chain Bridge Road, Fairfax. Be part of the superhero family and community of volunteers and supporters who make a difference through Fairfax CASA (Court Appointed Special Advocates), where they all work to advocate for abused and neglected children. Run in the 8k race, or dress up with your children for the 3k Superhero Children's Fun Run. Food and drinks, prizes and a raffle. \$20-\$35. [www.fairfaxrunforthechildren.com](http://www.fairfaxrunforthechildren.com) or [www.fairfaxcasa.org](http://www.fairfaxcasa.org).

**Author Event: Meet Dale Perry.** Noon-2 p.m. at Barnes and Noble Manassas, Westgate Plaza, 8117 Sudley Road, Manassas. Meet local author Dale Perry of Fairfax. Signing copies of her book, *Adventures of the Super Bunny Club*. This book follows a bunny named Blue as he is introduced to wonderful and whooshing world of international floppy-eared intrigue. Purchase books before signing. Call 571-612-8634

**Fundraiser: VFW Post 8469.** 1-5 p.m. at Bowl America, 5615 Guinea Road, Burke. VFW Post

8469 will host a public bowling event to raise funds to help support veterans' needs. The cost is \$20 for three games and shoes, plus a raffle ticket to win either a decorative Flags of Valor Flag, a guided day hike in the Shenandoah, two tickets to Amy Grant at the Birchmere etc. There will also be a Certified Service Offices on site to help with Veteran benefit issues.

**Lysistrata.** 2 p.m. at deLaski Performing Arts Building, A105, TheaterSpace, on GMU's Fairfax Campus. Visit [cfa.calendar.gmu.edu/lysistrata](http://cfa.calendar.gmu.edu/lysistrata)

**Stargazing Campfire.** 7:30-9:30 p.m. at Burke Lake Park, 7315 Ox Road, Fairfax Station. Take a stroll along the shore at Burke Lake Park and learn about the constellations, their stories and other night-sky features with an astronomical naturalist. Peer deeper into the universe with the help of a telescope. The program concludes with a campfire. S'mores ingredients will be provided; hot dogs are welcome. Designed for participants age 3-adult. \$12 per person; children must be accompanied by a registered adult. Call 703-323-6600 or visit [www.fairfaxcounty.gov/parks/burke-lake](http://www.fairfaxcounty.gov/parks/burke-lake).

**Fairfax Symphony Orchestra presents: Holst's Planets.** 8 p.m. at the Center for the Arts, Concert Hall, on GMU's Fairfax Campus. The program includes Leshnoff: Starburst; Smetna: The Moldau and Sarka from *Ma Vlast*; Holst: The Planets, featuring the 2018 Fairfax County All-Stars Youth Orchestra. Pre-performance discussion at 7 pm: Join conductor Christopher Zimmerman and special guests. Tickets start at \$30, \$15 student. Visit [cfa.calendar.gmu.edu/holst-39-s-the-planets](http://cfa.calendar.gmu.edu/holst-39-s-the-planets).

## SATURDAY-SUNDAY/APRIL 27-28

**LEGO Model Train Show.** Saturday, 10 a.m.-5 p.m.; Sunday, noon-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Washington D.C. Metropolitan Area LEGO Train Club (WamaLTC) members will hold a two day LEGO-based train show. All trains, buildings and scenery in the display are built from LEGO blocks and shapes. Donations of unwanted LEGO pieces and sets are appreciated to help support WamaLTC's efforts to bring fun and education to all ages through its activities. 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.

**The Wolves.** Saturday, 8 p.m.; Sunday, 2 p.m. at deLaski Performing Arts Building, A105, TheaterSpace, on GMU's Fairfax Campus. A timely play about a girls' indoor soccer team that illuminates with the unmistakable ping of reality the way young selves are formed when innate character clashes with external challenges. \$20 adults, \$10 students, staff, seniors and groups. Visit [cfa.calendar.gmu.edu/the-wolves](http://cfa.calendar.gmu.edu/the-wolves) for tickets.

## SUNDAY/APRIL 28

**Britain on the Green.** 9:30 a.m.-3 p.m. at Gunston Hall, 10709 Gunston Road, Lorton. The 22nd show will feature two hundred British cars and motorcycles, music, food trucks, youth activities, and admission to Gunston Hall and grounds. \$10 adult; \$5 children 6-18. Visit [www.capitaltriumphregister.com/bog/](http://www.capitaltriumphregister.com/bog/) or call 703-522-6571.

**Spring Ballet: Coppelia.** 12:30 and 3:30 p.m. at Metropolitan School of the Arts, 5775 Barclay Ave., Alexandria. Coppelia is a charming, humorous ballet of infatuation, deception, and finally a love that prevails. Dance along with Swanhilda and Franz as they find their way to love and "happily ever after." \$12. Visit [www.metropolitanarts.org](http://www.metropolitanarts.org) for more.

**Main Street Concert.** 4 p.m. at Stacy C. Sherwood Community Center, 3740 Old Lee Highway, Fairfax. As part of the Spotlight on the Arts Concert Series, the Main Street Community Band celebrates the arrival of spring with tunes from Doctor Who, Frank Sinatra, Gustav Holst, Stephen Sondheim. During this annual tradition, the band members bring in sweet treats for the audience to celebrate the end of the regular concert season. Come celebrate and mingle with the band after the concert. Free. Visit [fairfaxband.org](http://fairfaxband.org) for more.

**Keyboard Conversations with Jeffrey Siegel: Chopin in Paris.** 7 p.m. at the Center for the Arts, Concert Hall, on GMU's Fairfax Campus. In this concert of piano music and commentary, Jeffrey Siegel presents the eminent Polish composer Frédéric Chopin and the gorgeous pieces he created while in Paris. Family-friendly. \$44, \$37, \$26. Visit [cfa.calendar.gmu.edu/keyboard-conversations-with-jeffrey-siegel-chopin-in-paris](http://cfa.calendar.gmu.edu/keyboard-conversations-with-jeffrey-siegel-chopin-in-paris) for tickets.

PHOTO BY MARIAN MEAKEN

PHOTO BY RICHARD CURTIS

# NEWS

## Dunkin Donuts Opens on Telegraph

A crowd gathered on opening morning at Dunkin Donuts on Telegraph Road, next to Hayfield Secondary School. The store is in a former bank building and has a drive through window and eight tables inside and bar seating in front of the windows looking out to Telegraph Road.



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**Long & Foster to Hold Real Estate  
Pre-Licensing Class with Military  
Scholarships available starting in May**

The Burke/Fairfax Station/Clifton office of Long & Foster Real Estate located at 6045 Burke Centre Parkway in Burke, Virginia, will host a real estate pre-licensing class in its new state-of-the-art training center, starting May 14. The 60-hour course is designed for individuals interested in pursuing a career in real estate. Classes will be held on Tuesday, Wednesday and Thursday evenings from 6:00 pm – 9:30 pm.

“At Long & Foster, we’re dedicated to having the best trained and best equipped agents in the business, and our new training center helps us to accomplish those goals” said Paul DiCicco, manager of the Burke/Fairfax/Clifton office.

Long & Foster also offers the P. Wesley Foster Military Service Scholarship—a full scholarship program for real estate pre-licensing classes to U.S. military veterans, active duty personnel and their spouses and children. Scholarships cover the cost of tuition and textbooks for classroom courses offered by the Long & Foster.

For more information or to register for the upcoming course,  
contact Paul DiCicco at  
(703)503-1899 or email [pauld@lnf.com](mailto:pauld@lnf.com).

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**NEWS**

**ServiceSource Opens New Center**

**Serving people with disabilities.**

**S**erviceSource, a disability nonprofit headquartered in Fairfax County, has opened its eighth Community Integration Center in Springfield. The organization's goal is to provide individualized care and better connect people with disabilities to the surrounding community.

In celebration of the newly renovated site, ServiceSource held a ribbon-cutting ceremony on Wednesday, March 20. Approximately 75 attendees joined the ceremony including various community members and partners, staff, participants and their families. Several state and local government officials also came to support the ceremony, including Del. Vivian Watts (D-39) and Mount Vernon District Supervisor Dan Storck, who both represent the district in which this program opened. Other government officials included state Sen. Scott Surovell (D-36), Del. Kathy Tran (D-42), and members of the Fairfax County Board of Supervisors, including Chairman Sharon Bulova, Lee District Super-



PHOTO CONTRIBUTED

**ServiceSource opened its eighth Community Integration Center in Springfield with an official ribbon-cutting ceremony on March 20.**

visor Jeff McKay and Springfield District Supervisor Pat Herrity.

Located at 7300 Boston Boulevard, the Springfield program will provide clinical and expressive therapies and community opportunities to approximately 100 individuals with significant developmental disabilities. While discussing how far the field has come in supporting people with disabilities, Storck said, "ServiceSource has proven to be apart of that in Fairfax County. This world is about opportunities for everybody to reach their full potential."

The ServiceSource team is con-

tinuing to explore volunteer and recreational activities in the surrounding areas for participants to get involved in, both as volunteers and through paid opportunities.

"Thank you for making this investment in Fairfax County, the Mount Vernon District, and most importantly making this investment in our future, our youth and our adults who need this type of support," said Storck.

In addition to disability supports, the program will rent out office space to community partners whose missions align with the vision of inclusive communities.

**Community Foundation Awards \$25,000 Grant to PHILLIPS Programs**

Community Foundation for Northern Virginia awarded a \$25,000 Innovation Fund grant to the PHILLIPS Programs for Children and Families, a Fairfax-based nonprofit that serves the needs of individuals ages 6-22 with behavioral health needs and developmental disabilities and their families through education, family support services, community education and advocacy.

"We are so delighted to have the opportunity through the Innovation Fund Endowment to further explore models that increase economic success and the dignity of meaningful employment for young adults with behavioral health needs in our Northern Virginia communities," said Piper Phillips Caswell, president & CEO at PHILLIPS Programs.

The grant will be used to support the PHILLIPS school's urban indoor vertical farm that grows fresh produce based on a current vertical farm operation at one of their school programs. The commercial kitchen immerses students in the professional atmosphere of restaurants, food service and catering. Through this innovative



PHOTO CONTRIBUTED

**The Community Foundation for Northern Virginia awards a \$25,000 Innovation Fund grant to the PHILLIPS Programs for Children and Families,**

vertical farm program, students learn hands-on education and sustainability job skills, by teaching them how to cook the food they grow.

"This grant to support the PHILLIPS Programs is in perfect alignment with the core mission of the Innovation Fund," said Eileen Ellsworth, president & CEO at the Community Foundation. "It

allows us to support a social enterprise endeavor with a triple bottom line, including economic parity through an employee owned business for people with behavioral health needs that also contributes to the revitalization of a neighborhood in a disinvested community in a green industry that addresses food insecurity and leaves a smaller carbon footprint."

# BULLETIN

FROM PAGE 5

WEDNESDAY/MAY 8

**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.

FRIDAY/MAY 10

**Volunteer Seminar.** 10:30 a.m. at Volunteer Fairfax's headquarters, 10700 Page Ave., Suite 101, Fairfax. RSVP-Northern Virginia will hold a seminar on volunteering in retirement. RSVP offers more than 300 meaningful opportunities that include helping seniors age in place, assisting local food pantries, and teaching financial literacy. The one-hour event is free and open to the public. To sign up for the May 10 orientation, email RSVP volunteer specialist Carly Hubicki at [chubicki@volunteerfairfax.org](mailto:chubicki@volunteerfairfax.org) or call RSVP at 703-403-5360. To register online or to learn more about RSVP, visit [www.rsvpnova.org](http://www.rsvpnova.org).

SATURDAY/MAY 11

**Family Caregiver Expo.** 10 a.m.-2 p.m. at Richard J. Ernst Community Cultural Center at Northern Virginia Community College, Annandale Campus. Capital Caring will host its first Caregiver Expo in partnership with AARP and Virginia Hospital Center. The expo is free and will feature information highlighting resources and support programs available to family caregivers, including home care services, financial and estate planning, elder law, and information sessions on such topics as Alzheimer's and Dementia, Preservation of Assets, and Caring for the Caregiver. Free health screenings, massages. Contact Amy Shields at [ashields@capitalcaring.org](mailto:ashields@capitalcaring.org) or call 703-531-6095

**Fairfax Board of Supervisors Chair Candidate Forum.** 3-5 p.m. at Heritage Fellowship Church, 2501 Fox Mill Road, Reston. Join the Fairfax NAACP for an engaging, moderated panel discussion with candidates for Fairfax County Board of Supervisor's Chair. Candidates are Alicia Plerhopes, Tim Chapman, Ryan McElveen and Jeff McKay. Free. RSVP at [www.eventbrite.com/o/naacp-fairfax-county-12397167937](http://www.eventbrite.com/o/naacp-fairfax-county-12397167937).

TUESDAY/MAY 14

**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).

WEDNESDAY/MAY 22

**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.

SUPPORT GROUPS

**Parent Support Partners**, a service of the Healthy Minds Fairfax initiative, are all parents who have received training and are qualified to offer education, support and assistance at no cost to families or caregivers. Provide reliable information families can use in decision-making and services and resources that can help families in distress. Visit [www.fairfaxcounty.gov/healthymindsfairfax](http://www.fairfaxcounty.gov/healthymindsfairfax) or [www.nami-northernvirginia.org/parent-peer-support.html](http://www.nami-northernvirginia.org/parent-peer-support.html). **Shepherd's Center of Fairfax-Burke** sponsors a monthly meeting on the 2nd Tuesday of each month, noon-1:30 p.m., for caregivers to learn and to share with others experiencing similar challenges. Before attending, contact the facilitator, Eileen Thompson at 703-451-8626 or [eileen.thompson1@gmail.com](mailto:eileen.thompson1@gmail.com).

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## Label Me Determined



By KENNETH B. LOURIE

Like anyone with a name and an address, no doubt over the years, you readers have received unsolicited gifts/inducements in a kind of presumptive exchange for charitable contributions from many organizations with which you are probably familiar. And among the many good deeds they offer are the manufacture and subsequent mailing at no cost or obligation to the recipient, of self-adhesive, return-address labels.

I have, over the years, made a below-average level of contribution despite having maintained an above-average level of use. Still the labels arrive, regularly. And given their accumulation in my home office, I have become ever more determined to not die until I have used every one of those labels. In a manner of speaking/referencing, this pursuit has sort of become my white whale. I'm sure Captain Ahab could relate.

Years ago, around the time of my diagnosis, I was likewise determined, given where I live in Montgomery County, to not die until the Inter County Connector (a long-planned-for, cross-county highway connecting Interstate 270 in Montgomery County to Route 1 in Prince George's County) was completed. I never thought, given my "13 month to two-year" prognosis in 2009, that I'd live to see its completion and to attach its transponder and pay its tolls. But I have.

And though I am not a regular driver on this road, I am nonetheless emotionally connected to it. It's as if we both overcame something.

Which brings me back to the other emotional connection I've mentioned: the return-address labels.

It's not because of the specific charities or the design of the labels or anything in particular (they all tend to blend together after a while), it's that they all have my name and almost always have it spelled correctly, which is not always the case in mail addressed to Lourie. And below that correctly-spelled name, is an equally correct return address.

All combined on a label which doesn't require any licking or stamping or writing. All of which when combined creates a certain functionality which for a non-millennial, baby-boomer like myself who actually mails envelopes rather than types them online, provides an incredibly helpful asset.

And as a cancer patient, any asset that simplifies my life is an asset worth mentioning.

There are many mailers of a certain age who live, almost thrive in a non-paper-free environment. We still write our own checks, hand-address our own envelopes, buy and stick our own stamps and finally go to the Post Office to mail our correspondence.

I can't say whether many of us "balance our checkbooks," but as for myself, I do review the various entries in my check register with my paper statements to confirm their familiarity and accuracy. If this all sounds a bit antiquated to some of you younger readers, some of what you do sounds far-fetched and sort of redundant to me, which probably minimizes your appreciation for something as mundane as a correctly-spelled and properly-addressed return-address label.

I imagine there's a path down the middle somewhere, but it's not important that we all correspond.

But for those of you who do correspond with hard copies instead of computerized soft copies, these return address labels can be a vital cog in the mailing machine. Intended recipients are not always where you thought they were and mail that you thought you had properly addressed stands a better chance of being returned to sender.

A properly-affixed and accurate return address label might not save the sender time or money, but it might do so for the recipient; and let's be honest: who doesn't like to receive mail?

And what's the first thing you look at? The return address. If it were not for the return address, label or otherwise, the reason for its delivery might lose some of its appeal.

For me, living beyond the correspondence on which that final label will be affixed is very appealing. Because considering the number of labels I still have at home, I'm going to be living for a long time. Cancer be damned.

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

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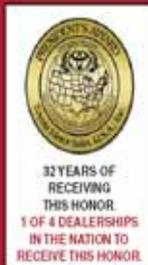
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