

Fairfax CONNECTION

HomeLifeStyle
PAGE 8

OPINION, PAGE 6 ♦ ENTERTAINMENT, PAGE 12 ♦ CLASSIFIEDS, PAGE 10

PHOTO BY BONNIE HOBBS/THE CONNECTION

'Leaders and Stewards For the Future'

NEWS, PAGE 10

Britepaths Raises \$86,000
At Artful Living Gala

NEWS, PAGE 3

Taking a Step
Back in Time

NEWS, PAGE 11



From left, Scott Poole, Faiza Alam, Laura Hickey, Donna Volkmann (FCPS Get2Green), Kim Martinez, Ali Culhane (Get2Green) and Tamara Hanna proudly pose with Lanier Middle's permanent Green Flag award.

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NEWS

CONNECTION EDITOR KEMAL KURSPAHIC
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PHOTOS BY STEVE HIBBARD/THE CONNECTION

Guests peruse the silent auction items at the Britepaths' Gala.



Presenting a Virginia State General Assembly Resolution to recognize the 35th Anniversary of Britepaths are (from left): Del. Mark Keam; Lisa Whetzel, Executive Director of Britepaths; Dave Sands, President of the Board of Britepaths; and Del. Ken Plum.

Britepaths Raises \$86,000 at Artful Living Gala

Some 250 people attend Wing Span Raffle and auction, juried art show and sale featuring 60 artists.

BY STEVE HIBBARD
THE CONNECTION

At its "Artful Living 2019: Thrive," Britepaths raised \$86,000 through its Wing Span Raffle and auction, and juried art show and sale featuring 60 local artists. About 250 people paid \$100 to attend the 35th anniversary gala at the Country Club of Fairfax last Thursday, May 2, 2019. The money will be used to support struggling families in the community.

A live, charity auction offered a beachfront condo stay in Cozumel, Mexico; a stained-glass piece by Britepaths' Executive Director Lisa Whetzel; and an Emerald Isle, N.C., beach house rental. The evening's festivities also included live music by Latin-jazz band Batida Diferente, appetizers, wine and beer and a photo booth.

According to Whetzel: "At Britepaths, what we are trying to do is to help low-to-moderate income families that are struggling financially in Fairfax County to become self-sufficient for the long-term. And we do that through several different ways of stabilizing families with safety net services and building resilience in families to weather future financial storms. Financial literacy in teaching basic budgeting and personal finance really helps people to manage their limited incomes. We serve 3,500 children every year through our food assistance program and also through the holiday gifts and school supplies programs in the fall."

Britepaths' mission (formerly Our Daily Bread) is to provide Fairfax County neighbors in need with short-term safety-net services and empower them to work toward long-term self-sufficiency. Whetzel said some 900 volunteers provided 10,000 hours



Dave Sands, President of the Board of Britepaths.

of volunteering for the organization last year.

According to guest of honor Beth High, one of the founders of Our Daily Bread: "Way back in 1984, various churches got together and we housed some homeless people for a while and it turned into soup kitchens, then we gradually found we weren't exactly feeding the people we wanted to feed so we started taking food to the motels where the social workers had placed homeless people, and we then moved onto prevention of homelessness."

She continued: "Just giving them food or paying for one bill isn't the answer. You've got to go down to the bottom of where the

SEE ARTFUL LIVING, PAGE 14



Beth High, one of the founders of Our Daily Bread.



Scott and May Shannon of Fairfax.



John and Donna Sabo of Fairfax City in the Sillyshotz Photo Booth.



Lynne Garvey Hodge of Clifton with Charles Sneiderman of Lake Barcroft.

NEWS



PHOTOS BY TOM MANNING/THE CONNECTION

Athletes are lined up waiting to start the 2019 Westfields Triathlon.

Area Athletes Compete in Westfields Sprint Triathlon

The sixth annual Westfields Triathlon took place on April 28 at the Cub Run RECenter in Chantilly. The event was hosted by the Westfields Business Owners Association and put on by Revolution3 Triathlon. The sprint distances included a 250 yard pool swim, a 12 mile bike ride, and a 3.1 mile run. There were also two shorter "Splash & Dash" swimming

and running distances for the kids. The Westfields Triathlon kicked off the triathlon season in the DC Metro area. This year's race beneficiaries are Girls on the Run of Northern Virginia, Second Story Youth Services and Safe Shelter, and 911 Promise Run.

—TOM MANNING



Tim Price from Fairfax smiles as he is about to finish.



Gary Graceffo from Burke makes his way to the finish line.



Brian Wie from Fairfax begins the 3.1 mile run. It was his first race in two years. He finished in 5th place among male participants.



Caroline Hudson-Hale from Fairfax with her medal.

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NEWS



PHOTOS BY TOM MANNING/THE CONNECTION

Kris Bondanella from Fairfax during the swimming leg.



Peter Robev from Fairfax raises his arm after crossing the finish line.

Join us for a presentation on hATTR Amyloidosis



ABOUT THE PROGRAM

You are invited to join us to learn more about hereditary ATTR (hATTR) amyloidosis. There is no cost to attend this event.

Dinner and refreshments will be provided.

FEATURED PROGRAM



Who:

Alnylam Patient Education Liaison, Joanna Pearson, joined by ambassador, Angel, a caregiver of someone living with hATTR amyloidosis.



Where:

Ruth's Chris Steakhouse
4100 Monument Corner Drive
Fairfax, VA 22030



When:

Tuesday, May 14, 2019
6:00 PM ET

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Disease Overview



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<http://www.hattrpatientevents.com/2657-96>
OR CALL 1-877-871-0987

This program is intended for people interested in learning about hATTR amyloidosis, including individuals diagnosed with hATTR amyloidosis, their families, and caregivers.

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OPINION

Celebrating Mother's Day with Photos

Send in photos now or right after you take new Mother's Day photos; and more reasons to contact the Connection.

As usual every year at this time, The Connection calls for submissions to our Mother's Day photo gallery. Mother's Day is Sunday, May 12. This year we will continue to publish submissions through the May 22 edition. Photo submissions are due by Friday, May 17.

Send photos of mothers, grandmothers, great-grandmothers, with children or without children in the photos. Please name everyone in the photo, the approximate date, describe what is happening in the photo and include your name, address, email address and phone number. We will not print your full address or contact information.

You can upload photos and information directly to www.connectionnewspapers.com/mothersday/ or email to editors@connectionnewspapers.com.

EDITORIAL

This is a fine time for submissions for our annual Father's Day galleries. Online at www.connectionnewspapers.com/fathersday/

Throughout the year, we ask for community submissions. Twice a year we ask you to tell us stories about your pets and how they have come into, touched and left your lives. The next Pet Connection is the last week in July.

In late summer, we invite readers to share what they know about their community for neighbors and newcomers alike.

And wrapping up the year, we gather writing and art from local students to fill our holiday edition. Each year, through an enormous effort by area teachers and school staff we receive more material than is possible to publish for most of our 15 editions.

In addition, regular contributions to our entertainment calendars, community bulletin boards, school notes, and business notes help

us to share news in your community. We also always welcome photos and captions from community organizations (Scouts, sports teams, faith groups, school activities, etc.) and local businesses. Calendar items: www.connectionnewspapers.com/Calendar/

Meanwhile it's election season, you can submit a Letter to the Editor here: www.connectionnewspapers.com/contact/letter/

For a digital subscription to any or all of our papers: www.connectionnewspapers.com/subscribe/

Submit Mother's Day photos online at www.connectionnewspapers.com/mothersday/ Or email to editors@connectionnewspapers.com.

— MARY KIMM

mkimm@CONNECTIONNEWSPAPERS.COM

LETTERS TO THE EDITOR

Lessons to Learn?

To the Editor:

In Kofi Annan's recent opinion piece on Democrats and Ralph Northam ("Black or Blue: Lessons Learned from How Virginia Democrats Handled the Ralph Northam Debacle," Connection, May 1-7, 2019) he states that "Liberals have long sought to convince African Americans that they alone can shield us from conservative's intent on rolling back the hands of time." I'm one among many con-

servatives who don't want to roll back the hands of time, and welcome the opportunity to promote civil rights and equity for all. In doing so, it's important that we judge each other by the content of one's character, not by the color of one's politics.

Jim LeMunyon

Oak Hill

Former member of the Virginia House of Delegates

Appeal against Littering

Dear World:

My name is Roya Brickhouse and I am writing because I am concerned about littering. There are several reasons why. It does not help the environment, people get sick and it hurts animals.

First, I think littering is bad because it does not help the environment. I always imagine around circle with green and blue, which represents the Earth. there's brown on it to represent littering, which there is a lot of in the world.

I see a lot of it; hurts animals, how they breathe, and how they

speak to their family. Trash can destroy habitats. Plastic bags can get caught on nets and kill baby birds.

Second, people get very sick. I know you might not care where your litter ends up. But please do not litter because it doesn't help the environment and it might even destroy how you and other people live.

Roya Brickhouse

Reston

Roya Brickhouse is a second grade student at Aldrin Elementary School.

Write The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors.

Send to:

Letters to the Editor

The Connection

1606 King St., Alexandria VA 22314

Call: 703-917-6444.

By email: editors@connectionnewspapers.com



Mother's Day Photo: Cool 90s

Brian, Claire and Stephen with their beloved mother Jennifer Maloney, holding down the fort in their cool 90s duds

(PHOTO SUBMITTED BY CLAIRE MALONEY, FAIRFAX).

Fairfax CONNECTION

www.ConnectionNewspapers.com

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NEWS DEPARTMENT:
south@connectionnewspapers.com

Kemal Kursphacic
Editor ♦ 703-778-9414
kemal@connectionnewspapers.com

Bonnie Hobbs
Community Reporter ♦ 703-778-9438
south@connectionnewspapers.com

Andrea Worker
Contributing Writer
aworker@connectionnewspapers.com

Jean Card
Production Editor
jcard@connectionnewspapers.com

ADVERTISING:
For advertising information
e-mail:
sales@connectionnewspapers.com
703-778-9431

Debbie Funk
Display Advertising/National Sales
703-778-9444
debfunk@connectionnewspapers.com

David Griffin
Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Classified & Employment Advertising
703-778-9431

Editor & Publisher
Mary Kimm
mkimm@connectionnewspapers.com
@MaryKimm

Executive Vice President
Jerry Vernon
703-549-0004
jvernon@connectionnewspapers.com

Editor in Chief
Steven Mauren
Managing Editor
Kemal Kursphacic
Art/Design:
Laurence Foong, John Heinly,
Ali Khaligh
Production Manager:
Geovani Flores

CIRCULATION
Circulation Manager:
Ann Oliver
circulation@connectionnewspapers.com



NEWS



PHOTOS BY TOM MANNING/THE CONNECTION

From left, Amy Halstead (Assistant Director), FCPS School Board Vice Chairman Ilryong Moon, Del. Karrie Delaney, Diane Volcansek (Director).

Family Friday

Christ Presbyterian Preschool in Fairfax hosted Family Friday on April 12 to cap off the Week of the Young Child. It is an annual celebration hosted by the National Association for the Education of Young Children (NAEYC) to spotlight early learning, young children, their teachers, families, and communities.

Family Friday focused on engaging and celebrating families at the heart of supporting their youngest learners. NAEYC applauds family members' role as young children's first and most important teachers.

Special guests were Del. Karrie Delaney (D-67) and Ilryong Moon, Fairfax County School Board Vice Chairman and Member-at-Large. Other themes celebrated during the week were Music Monday, Tasty Tuesday, Work Together Wednesday, and Artsy Thursday.

—TOM MANNING



Parent Sokrachany Ngim, her son Sidh, and daughter Noria, pose in front of the Owls Pre-K table. The Owls class had fun learning about dinosaurs, fossils, and paleontology. They created their own paleontologist uniforms to wear and made fossils and bones for the class fossil museum.



Sanketh Karthik holds up the letter S at the Lambs Learn Letters table. The Lambs class used a multi-sensory approach to learn about the alphabet by using play dough, blocks, foam letters, stamps, magnets, and sandpaper.

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Public Meetings

Funding the Right Transportation Projects

You are invited to share comments on transportation projects that have been recommended for funding in the FY2020-2025 Six-Year Improvement Program (SYIP). Additionally, pursuant to §33.2-202, comments will be accepted for new projects valued in excess of \$25 million. Hearings held in Northern Virginia and Fredericksburg will also provide opportunity for input on the I-95 Corridor Improvement Plan. The Commonwealth Transportation Board (CTB) will consider your comments as it develops the FY2020-2025 Six-Year Improvement Program. The program allocates public funds to highway, road, bridge, rail, bicycle, pedestrian, and public transportation projects. All federally eligible projects in the SYIP will be included in the Statewide Transportation Improvement Program to document how Virginia will obligate its federal funds. Meeting materials will be available at <http://www.ctb.virginia.gov/planning/springmeetings/default.asp> beginning April 11, 2019.

*Public hearings begin at 4 p.m. in each of the locations except as noted below:
A formal comment period will be held at these meetings.*

Thursday, April 11, 2019 Lynchburg District Holiday Inn Lynchburg 601 Main St. Lynchburg, VA 24504	Monday, April 15, 2019 Hampton Roads District Hampton Roads District Office Auditorium 7511 Burbage Drive Suffolk, VA 23435	Monday, April 22, 2019 Staunton District Blue Ridge Community College Plecker Center for Continuing Education One College Lane Weyers Cave, VA 24486
Tuesday, April 23, 2019 Bristol District Southwest Virginia Higher Education Center One Partnership Circle Abingdon, VA 24210	Thursday, April 25, 2019 Richmond District Richmond Marriott - Short Pump 4240 Dominion Boulevard Glen Allen, VA 23060	Monday, May 6, 2019 Culpeper District Culpeper District Auditorium 1601 Orange Road Culpeper, VA 22701
Tuesday, May 7, 2019 Salem District Holiday Inn Tanglewood 4468 Starkey Road Roanoke, VA 24018	Thursday, May 9, 2019 Fredericksburg District James Monroe High School 2300 Washington Avenue Fredericksburg, VA 22401 **meeting begins at 6 p.m.	Monday, May 13, 2019 NOVA District Northern Virginia District Office Potomac Conference Room 4975 Alliance Drive Fairfax, VA 22030 **meeting begins at 6 p.m.

*The Northern Virginia District meeting will serve as the required joint public meeting with the Northern Virginia Transportation Authority, the Northern Virginia Transportation Commission, the Virginia Railway Express, and the CTB per § 33.2-214.3 of the Code of Virginia.

Beginning at 3 p.m. (except in Northern Virginia and Fredericksburg, which will begin at 5 p.m.), there will also be an open house with information and opportunities for public feedback on the statewide, multimodal transportation plan, known as VTrans. This open house will be the first of four for the new plan update and will cover the vision and goals for the plan as well as information on the required statewide multimodal Needs Assessment. More information can be found at www.VTrans.org or via email at comment@vtrans.org. There is no formal hearing for the VTrans open house.

You can also submit your comments via email or mail by May 27, 2019, to:

For roads and highways: Six-YearProgram@VDOT.Virginia.gov, or Infrastructure Investment Director, Virginia Department of Transportation, 1401 East Broad Street, Richmond, VA 23219.

For rail and public transportation: DRPTPR@drpt.virginia.gov, Public Information Office, Virginia Department of Rail and Public Transportation, 600 East Main Street, Suite 2102, Richmond, VA 23219.

The Commonwealth is committed to ensuring that no person is excluded from participation in, or denied the benefits of, its services on the basis of race, color, or national origin, as protected by Title VI of the Civil Rights Act of 1964. If you need further information on these policies or special assistance for persons with disabilities or limited English proficiency, please contact the Virginia Department of Transportation's Title VI Compliance Officer at 804-786-2730 or the Virginia Department of Rail and Public Transportation's Title VI Compliance Officer at 804-786-4440 (TTY users call 711).

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**Route 29 Widening
Fairfax County**
Design Public Hearing

Monday, June 10, 2019
6:30 p.m. to 8:30 p.m.
Presentation begins at 7 p.m.

VDOT Northern Virginia District Building
Potomac Conference Room
4975 Alliance Drive
Fairfax, VA 22030

Find out about plans to widen 1.5 miles of Route 29 (Lee Highway) from four to six lanes between Union Mill Road and Buckleys Gate Drive to relieve congestion and improve operations and safety.

The project will also correct vertical alignment to improve sight distance, add/improve bicycle and pedestrian shared-use paths on both sides of Route 29, and provide connectivity to bicycle/pedestrian trails at the Fairfax County Parkway/West Ox Road interchange.

In compliance with the National Environmental Policy Act (NEPA) and 23 CFR Parts 771 and 772, an environmental document in the form of a Categorical Exclusion (CE) has been prepared which includes a Preliminary Noise Analysis. Pursuant to the National Historic Preservation Act, Section 106 and 36 CFR 800, information concerning the potential effects of the proposed improvements on historic properties will be included in the CE. In accordance with 23 CFR 774, notice is given of the Federal Highway Administration's intent to issue a Section 4(f) de minimis impact finding with respect to the project's use of Willow Pond Park.

Stop by between 6:30 p.m. and 8:30 p.m. to view displays and learn more about the project, its preliminary design and the environmental studies. A presentation will begin at 7 p.m. Project staff will be available to answer your questions.

Review project information at the VDOT project website (www.virginiadot.org/projects), at the information meeting, or during business hours at VDOT's Northern Virginia District Office at 4975 Alliance Drive in Fairfax. Please call ahead at 703-259-2907 or TTY/TDD 711 to ensure appropriate personnel are available to answer your questions.

Give your written comments at the meeting, or submit them by June 20, 2019 to Ms. Hong Ha, P.E., Virginia Department of Transportation, 4975 Alliance Drive, Fairfax, VA 22030, or email meetingcomments@VDOT.virginia.gov. Please reference "Route 29 Widening" in the subject line.

VDOT ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you need more information or special assistance for persons with disabilities or limited English proficiency, contact Hong Ha at 703-259-2907.

State Project: 0029-029-350, P101, R201, C501, D612
UPC: 110329, Federal: NHPP-5A01 (917)

HomeLifeStyle

Designs to Welcome Spring

Textiles and florals usher in a new season

BY MARILYN CAMPBELL

From pastel colors to floral accents, it's the time of year to celebrate the emergence of spring. Local designers offer spring decorating ideas that embody the season.

"Spring is the perfect time to freshen up your house by swapping out heavy, darker winter fabrics on linens and pillows with crisp and light patterns and designs," said Ann O'Shields of the Nest Egg in Fairfax. "Throw pillows are one of the easiest ways to instantly refresh a space. Greens and yellows are quintessential colors of spring and are popular currently in interior design. Whether you prefer florals or geometrics, there's a variety of options in fabric design for pillows."

When decorating the master bedroom in a Potomac, Md. home recently, designer Cameron Manning finished off the design with a cheery area rug. "The right rug can pull a room together and make a powerful statement," she said. "The client's favorite season was spring and she wanted a bedroom that was light and cheerful. For this master bedroom, I chose a vintage rug in a pale orange shade."

Manning also recommends using paint to breathe fresh, spring air into a winter-worn space. "Painting a room with an off-white shade infused with subtle undertones of yellow, pink or pale blue can really lighten and brighten it. If you don't want to paint an entire room, consider painting just the door frame."

From peonies and daffodils to lilacs and tulips, designer Connie Hall of Hall Designs says that moving spring blooms out of the garden and into a fresh floral arrangement is a sure-fire way to usher out winter.

"Nothing says spring like a bouquet of fresh spring flowers," she said. "A large bouquet can really become the focal point of a room. Sometimes they're all you really need to show that spring has arrived."

Blossoms and branches from one's backyard can create visual interest and O'Shields suggests magnolia stems, cherry blossom stems and forsythia.

"Preserved floral arrangements are also an excellent choice and will last for years," she added. "Hydrangea flowers are a lovely, full option often used in preserved florals."

Lush greenery can be used for more than decorating a garden. "If you have a green thumb, consider adding in some plants in ceramic pots to add color



PHOTO BY THE NEST EGG

Whether fresh or preserved, local designers advise welcoming spring with a seasonal floral arrangement.



PHOTO BY THE NEST EGG

Adding throw pillows in spring colors like green and yellow to an interior space is one of the easiest ways to drive out the winter doldrums.

and texture," said O'Shields.

Among the popular plants that O'Shields suggests fiddle figs. "[They] can also add height to your space," she said. "More foolproof plants include Pachira aquatic, also known as a money tree, succulents and rubber tree plants. They're all easy to care for and add a freshness to your space."

Those who don't have a green thumb shouldn't be afraid to fake it. "There are so many realistic options for artificial greenery available, said O'Shields. "Artificial branches can be almost identical to the real thing."

"Spring is the perfect time to freshen up your house by swapping out heavy, darker winter fabrics on linens and pillows with crisp and light patterns and designs."

— Ann O'Shields, The Nest Egg, Fairfax

BULLETIN

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

FRIDAY/MAY 10

Digital Citizenship: Tips for Parents.

Parents. 10 a.m.-noon at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 – Room 100, Dunn Loring. Digital Citizenship can be described as the norms of appropriate, responsible behavior, impact on self and others, with regard to technology use. Free to parents, educators and community members. Call 703-204-3941 or visit www.fcps.edu/resources/family-engagement/parent-resource-center

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 or call RSVP at 703-403-5360.

SATURDAY/MAY 11

Stamp Out Hunger Food Drive.

Letter carriers will pick up donated food. Leave donations before your typical mail delivery time. All food stays in the local community. The top requested non-perishable food items are: cereal, pasta, pasta sauce or spaghetti sauce, rice, canned fruits and vegetables, canned meals (such as soups, chili and pasta), 100 percent juice, peanut butter, macaroni & cheese, canned protein (tuna, chicken and turkey), beans (canned or dry). 202-662-2489.

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

◆ 9-10:30 a.m. at Lorton Library, 9520 Richmond Highway, Lorton.

◆ 1:30-3 p.m. at the Mount Vernon district office, 2511 Parkers Lane, Mount Vernon.

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. Free health screenings; free massages. Contact Amy Shields at ashields@capitalcaring.org or call 703-531-6095 for more.

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 Plerhoples, Tim Chapman, Ryan McElveen and Jeff McKay. Free. RSVP at 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 rhharnay2@gmail.com.

WEDNESDAY/MAY 15

Financial Considerations for Caregivers.

1-3 p.m. at Insight Memory Care Center, 3953 Pender

THE CONNECTION

Newspapers & Online

UPCOMING SPECIAL SECTIONS

April

4/24/19.....Senior Living/Mother's Day Celebrations, Dining & Gifts/Spring Outlook

May

5/1/19.....Mother's Day Dining & Gifts II
5/8/19.....HomeLifeStyle
5/15/19.....A+ Camps & Schools
5/22/19.....Senior Living
5/29/19.....Connection Families: Fun, Food, Arts & Entertainment

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NEWS



PHOTOS BY BONNIE HOBBS/THE CONNECTION

Lanier's Eco Team members and sponsor Faiza Alam (center, front) pose before the Green Flag ceremony.



State, City, School Board and other dignitaries join Lanier students and teachers for the official, Green Flag presentation.

'Leaders and Stewards for the Future'

Lanier Middle recognized nationally for environmental excellence.

BY BONNIE HOBBS
THE CONNECTION

With all the fanfare befitting such an achievement, Lanier Middle School was recently honored as one of only two schools in the country to earn permanent, Green Flag status for sustained excellence in student-driven, environmental action.

The April 24 ceremony at the school also celebrated the 10th anniversary Celebration of the FCPS Get2Green program and the National Wildlife Federation's Eco-Schools USA program. But Lanier didn't reach this pinnacle overnight; all its eco-friendly projects and improvements were a schoolwide effort, undertaken over several years.

In 2006, Lanier became the first middle school in Fairfax County to require all seventh-graders to participate in an environmental-stewardship project via all their science classes. It quickly became the model for other FCPS middle schools. Then in 2009, Lanier registered for the National Wildlife Federation's (NWF) Eco-Schools USA program, which provides a framework to help educators integrate sustainable principles across the curriculum.

LANIER established an eco-team of students, staff, parents and community members to focus on environmental issues throughout the school. The team encouraged energy, water and paper conservation, plus recycling and sustainable, school-grounds enhancements.

The Lanier community converted the school's courtyard into an Outdoor Living Classroom, conducted energy consumption and school-grounds audits and imple-



Eighth-grader Lottie Parrish by a project she and classmate Jake Bae (not pictured) did to promote recycling and composting.

mented numerous environmental projects. Students created bio-retention cells and rain gardens to stop erosion and runoff, installed rain barrels to conserve water, installed bottle-filling water fountains to stop the use of plastic bottles, and changed their daily, life habits to better the environment.

And in 2010, Lanier became the first school in Virginia and the third school nationally to earn the Green Flag award from Eco-Schools USA. When it won four of these flags – most recently, for the last school year and for this one – it earned permanent Green Flag status.

"It's a good feeling to know these kids have learned and done something important and will take this memory away from Lanier," said science teacher and Eco Team sponsor Faiza Alam. "The skills of communication, collaboration, and creative and



Gerry Connolly

critical thinking are something they'll use throughout their lives. They've also become ethical and global citizens and goal-oriented, resilient individuals."

She was also pleased that Lanier alumnus Laura Hickey – who started the Eco-Schools USA program at Lanier in 2009 – later became an NWF director and returned for the April 24 ceremony. "It comes full circle," said Alam.

Fairfax City School Board member Mitch Sutterfield was delighted, as well. "Everybody likes to win, so it's the thrill of recognition that we have a great bunch of kids," he said. "And as a teacher for 31 years, when I see the students here talking about, for example, the tradeoffs of one course of action vs. another – and how you have to compromise – I feel incredibly proud."

Also at the ceremony was Del. David

Bulova (D-37). "I couldn't be more proud of Lanier for this accomplishment," he said. "If we're going to protect our environment and water resources, it's up to our youngest to be leaders and stewards for the future. I also love their creativity and enthusiasm. And the fact that students were able to explain to me what a bio-retention facility does is pretty impressive."

NWF Senior Director Kim Martinez called the school's newest honor a "prestigious national designation," adding that, "Without the students, this wouldn't have happened."

Congratulating them, as well, was U.S. Rep. Gerry Connolly (D-11). "You're all about learning, intellectual pursuits and science," he said. "And yet we live in an era where science and climate change are denied by many. But you and your children will live with the effects of climate change – including unprecedented flooding in coastal areas due to the melting ice caps and the dramatic rise in sea levels. So what you're doing – making this school a center of excellence and commitment to the universe – is so important."

Connolly further told the students they'll bring that commitment, knowledge and awareness with them, wherever they go. "Even if our federal government won't fight to reduce greenhouse gases and our carbon emissions – if every county would reduce its carbon footprint – collectively, we all would be able to," he said. "This is a great day to celebrate you, your teachers and mentors. And I promise you, I'm going to keep fighting for you and our planet at the federal level."

Then, in a video, Lanier grads told how much it meant to them to learn about the environment and its protection by doing

SEE LANIER MIDDLE, PAGE 13

www.CONNECTIONNEWSPAPERS.COM

NEWS



The hayride is always a popular event during Fairfax History Day.



Portraying members of the 49th Virginia Infantry Regiment are (from left) Dennis Brown, Mike Wolfe, Oliver Lewis, Kurt Jacobs and Tony Meadows.

Taking a Step Back in Time

Fairfax History Day was Saturday, April 27, at Historic Blenheim.

From left, Civil War reenactors, Scott Diezman with Wilder's Lightning Brigade, and Debbie and Mark Whitenton, both of the Fairfax Rifles.

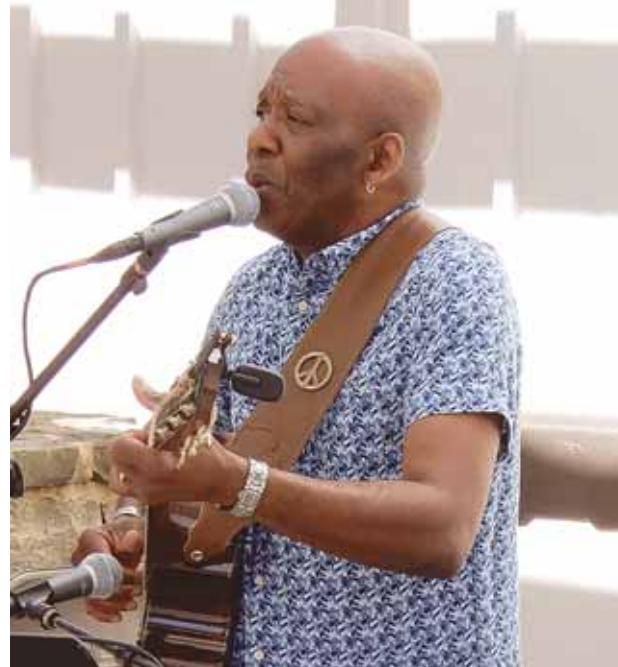
PHOTOS BY
BONNIE HOBBS
THE CONNECTION



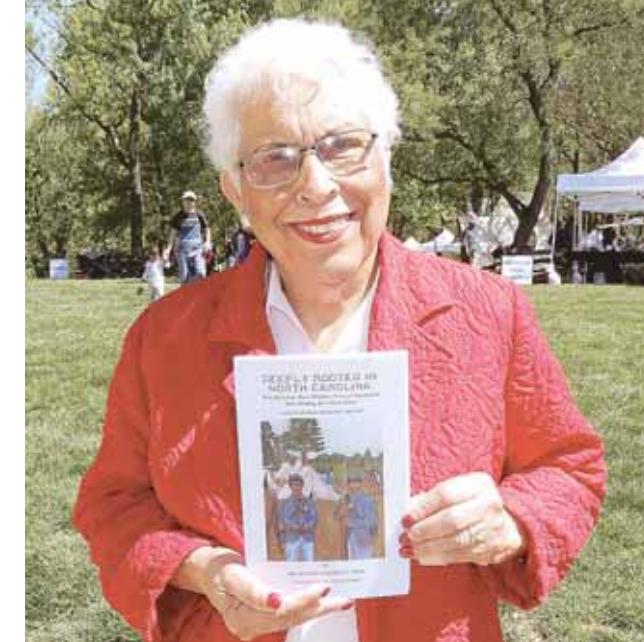
Danielle Henneberger with T.H. Clothiers wears a dress reminiscent of the 1830s.



Jeff Dunkelberger, of Black Forest Artworks, talks about blacksmithing.



Calvin Earl sings an African American spiritual.



Juanita Patience Moss with the book she wrote about two brothers who fought in the Civil War.

CALENDAR

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

ONGOING

Spotlight on the Arts. Through May 12, 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.

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, the exhibition itself becomes a landscape revealing a strata of emerging art practices. Visit 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. Explore works with expressions of separation, pain, loneliness, turmoil, stories and memories. The Warrior Way is an exhibition space designated for artwork by active duty, retired and veteran service members. Visit 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. Motifs included in her works are flowers, birds, plants and replications of living room furniture. Visit www.workhousearts.org

THURSDAY/MAY 9

Reception: "Transcend." 6-9 p.m. at Torpedo Factory Artists @ Mosaic Gallery, 2905 District Avenue, #105, Fairfax. Featured work by juried artists from the Torpedo Factory Art Center represent a variety of media including painting, printmaking, photography and 3-D mediums explore the theme of transcendence. Visit www.torpedofactoryartists.com for more.

THURSDAY-SATURDAY/MAY 9-11

Newsies. Thursday-Friday, 7 p.m.; Saturday, 2 and 7 p.m. at Hayfield Secondary School, 7630 Telegraph Road, Alexandria. Hayfield Secondary School's Theatre Department is performing Disney's Newsies the Musical. This show is appropriate for all ages. \$10 online; \$12 at the door. Call 703-599-9143 or visit hayfielddrama.com.

FRIDAY/MAY 10

6th Annual Casino Night. 6-10 p.m. at Volkswagen Group of America Headquarters, 2200 Ferdinand Porsche Drive, Herndon. 6th Annual Casino Night fundraiser supporting the Boys & Girls Clubs of Greater Washington/Fairfax County Region. Hosted by LaVar Arrington with special guest "Secretary of Defense" Dexter Manley. Visit one.bidpal.net/casinonight2019 for tickets.

B-I-N-G-O. Every Friday, 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 or call 703-273-3638 for more.

FRIDAY-SATURDAY/MAY 10-11

Kingstowne Public Library Book Sale. Friday, noon-5 p.m.; Saturday, 10 a.m.-3 p.m. at 6500 Lansdowne Centre, Alexandria. Kingstowne Library's biggest sale of the year. Hundreds of biographies, business books, children books, classics, cookbooks, craft books, family and marriage books, health and fitness books, self help books, oldies but goodies and collectibles. Plus audio books on CD, DVDs, comic books, and graphic books. FKLbooksale@gmail.com

FRIDAY/MAY 10, 17, 24 AND 31

Discover How a Garden Grows. 9:45-10:45 a.m. at Frying Pan Farm Park, 2709 West Ox

Road, Herndon. Preschoolers age 2-4 meet on four Fridays in May 2019 to explore the ever-changing landscape of the Kidwell Vegetable Garden. \$8 per child. Adults must attend with a registered child. Call 703-437-9101 or visit www.fairfaxcounty.gov/parks/frying-pan-park.

SATURDAY/MAY 11

Together in Teal 5k. 8 a.m.-noon at Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. This family-friendly event is the signature fundraiser for the National Ovarian Cancer Coalition. Run or walk the beautiful shaded course to support women with this deadly disease. \$45 adults, \$20 children under 12. Call 571-234-5231 or visit runwalk.ovarian.org/dcmetro

Spring Fling. 1-7 p.m. at Lake Accotink Park, 7500 Accotink Park Road, Springfield. Kick off the marina season at Lake Accotink with Spring Fling activities, including face painting, live birds mini-golf, summer camp demonstration table, history talks, food trucks, kayak sampler classes, campfire and s'mores. \$8 per person. Some activities require an additional fee. Call 703-569-3464 visit www.fairfaxcounty.gov/parks/lake-accotink

Easy Vegetarian Meals. 2-3:30 p.m. at Kings Park Library, 9000 Burke Lake Road, Burke. Chef Cal Kraft will teach easy recipes for vegetarians or anyone interested in eating more plant-based meals. Adults, teens. Free. Call 703-978-5600 or visit librarycalendar.fairfaxcounty.gov/event/4850528

Artist's Reception: Anne Hollis.

6 p.m. at Arches Gallery, Workhouse Arts Center, Lorton. The whimsical exhibition, titled "Cirque du Plume," is a series of mixed media collage artworks that depict circus acts performed by intrepid birds while dually representing family life. Visit archesgallery.weebly.com for more.

Verdi's Requiem. 8 p.m. at the Center for the Arts Concert Hall on GMU's Fairfax Campus. Verdi's Requiem is among the choral repertoire's richest and most revered works. Too grief-stricken to attend the funeral of Italian poet Alessandro Manzoni, Giuseppe Verdi composed this to honor his memory. \$15-\$65. Visit www.fairfaxesymphony.org/may-11-verdi-requiem for tickets.

MONDAY/MAY 13

Composting and Vermiculture. 6:30-8:30 p.m. at Providence Community Center, 3001 Vaden Drive, Fairfax. Composting is great for your garden and the planet, reducing trash sent to landfills. At this Sierra Club event, learn how to start, what to use, and what to avoid. Free. Email sbonney001@aol.com for more.

WEDNESDAY/MAY 15

Gina's Journey. 6-9:30 p.m. at Gunston Hall, 10709 Gunston Road, Lorton. Join Gunston Hall for a screening of Gina's Journey: The Search for William Grimes. The documentary explores the struggles of Regina Mason in her hunt for information about her ancestry. \$7 adults; \$5 students; free admission for members of Gunston Hall. Call 703-550-9220 or visit www.gunstonhall.org.

THURSDAY/MAY 16

Lunch N' Life. Noon-2 p.m. at Jubilee Christian Center, 4650 Shirley Gate Road, Fairfax. The next Lunch N' Life, sponsored by the Shepherd's Center of Fairfax-Burke, includes a performance by Steve Friedman featuring Broadway Musicals. For those 50 and older. For reservations, call Bea Stephenson at 703-273-5730 by May 10. The cost is \$10; checks payable to SCFB. If transportation is needed, call the SCFB office 703-273-5730. Visit www.scfbva.org for more.

FRIDAY/MAY 17

Bike to Work Day 2019. Pit stop times vary, all over the region. Join more than 20,000 area commuters for a free celebration of bicycling as a fun, healthy and environmentally-friendly way



PHOTO BY JOSHUA NOVAK

Live Music: Monica Rizzio

Monica Rizzio's first album, "Washashore Cowgirl," earned her nomination for best new country artist. She just finished recording her second, "Sunshine is Free," in Nashville. Saturday, May 18, 6-7:30 p.m. at Living Savior Lutheran Church, 5500 Ox Road, Fairfax Station. Free, family friendly concert, open to the public. Call 703-352-1421 or visit www.livingsaviorlutheran.org.

to get to work. There are 115 Bike to Work Day pit stops to choose from. The first 20,000 to register and attend will receive a free Bike to Work Day T-shirt, enjoy refreshments and chances to win prizes. Visit www.biketoworkmetrodc.org.

Clifton Homes Tour and Silent Auction. 10 a.m.-4 p.m. The Clifton Community Woman's Club hosts the 47th Annual Clifton Homes Tour and Silent Auction on Friday, May 17. Proceeds are distributed to local scholarships and charities. This Clifton tradition offers guided tours of four homes and two historic churches: Clifton Baptist Church (1910) and Clifton Primitive Baptist Church (1871). The silent auction (free admission) is from 10 a.m.-5 p.m. at the Clifton Presbyterian Church. Tickets are \$30 in advance, \$33 online, and \$35 the day of the tour; \$10 to tour a single home. Tour tickets may be purchased in advance at local shops, online at www.cliftoncwc.org, or purchased the day of the tour at the Clifton Presbyterian Church, 12748 Richards Lane, Clifton.

SATURDAY/MAY 18

Festival to Fight Cancer. 8-11 a.m. at Centreville High School, 6001 Union Mill Road, Clifton. The CVHS Wildcats vs. Cancer Club hosts their third annual Festival to Fight Cancer. 1-mile fun run/race and an inflatable obstacle course; selfie station, vendors, raffle prize drawings, "Minute to Win It" game station, food, and more. Proceeds go to DC Candlelighters a non-profit organization supporting families affected by pediatric cancer. Tickets are \$20 at runtsignup.com/Race/VA/Clifton/FestivaltoFightCancer19. Learn more at wildcatsvsncancer.wixsite.com/wildcatsvsncancer.

JK Community Farm's Plantathon.

8 a.m.-6 p.m. at JK Community Farm, 35516 Paxson Road, Purcellville. To help kick off the growing season, the JK Community Farm is seeking teams of volunteers to participate in its first annual Plantathon. Volunteers will sow 9,000 vegetable on seven acres of land to help alleviate hunger. The farm donates the food to nonprofit partners, including Food for Others and Arlington Food Assistance Center. \$25 individual/ \$200 team of 10. Call 703-881-6548 or visit jkcommunityfarm.org/event/plantathon/

Spring Festival at Whitehall Farm. 10 a.m.-4 p.m. at Whitehall Farm, 6080 Colchester Road, Fairfax. Visit the farm for lots of family friendly fun. Meet the farm animals, and enjoy a relaxing wagon ride through the woods, play games and more. \$10 per person; 3 and under free. Call 703-968-3900 or visit www.whitehall.farm/spring-festival.html for more.

Forgotten Fairfax. 10:30-noon at City of Fairfax Regional Library, 10360 North St., Fairfax. Learn about the demographic history of Fairfax County from 1742 to 2010 in a presentation from Cam Gibson, a demographer formerly with the US Census Bureau. Free. librarycalendar.fairfaxcounty.gov/event/4845494. Call 703-293-2142

Monica Rizzio in Concert.

6:30 p.m. at Living Savior Lutheran Church, 5500 Ox Road, Fairfax Station. She just finished recording her second, "Sunshine is Free," in Nashville. Free, family friendly concert, open to the public. Call 703-352-1421 or visit www.livingsaviorlutheran.org.

Full Moon Boat Tour. 8-10 p.m. at Burke Lake Park, 7315 Ox Road, Fairfax Station. Enjoy a picturesque night out aboard the Burke Lake tour boat. See nocturnal critters missing during day visits to the park. For participants 6-adult. \$10 per person. Call 703-323-6600 or visit www.fairfaxcounty.gov/parks/burke-lake.

Movement for Life Expo. 1-4 p.m. at The Virginian, 9229 Arlington Blvd., Fairfax. Virginian Outpatient Therapy in Fairfax presents the Movement for Life Expo, a healthy living event for seniors and their families. Door prizes, demonstrations, info on activities and services for seniors including Boxing, Yoga, Pickleball. Free. Visit www.vaoptherapy.org or call 703-227-6611.

SATURDAY-SUNDAY/MAY 18-19

Ballet Performance. Saturday, 7:30 p.m.; Sunday, 4 p.m. at Centreville High School, 6001 Union Mill Road, Clifton. The Fairfax Ballet Company (FBC) presents "Carnival of the Animals," an original story ballet, as well as other original works and excerpts from "Sleeping Beauty." Visit fbccarnival2019.brownpapertickets.com

SUNDAY/MAY 19

19th FinishLyme 5K/1K. 6:45 a.m. at Fairfax Corner, 4100 Monument Corner Drive, Fairfax. Registration is open for DryHome's 9th Annual FinishLyme, which includes a 5K and 1K family walk/fun run. Event educates the public on the dangers of tick-borne diseases and raises funds for a cure for Lyme disease. \$35 for adults/\$25 for children under 14. After May 16, registration is \$40/\$30. Visit www.FinishLyme.org.

Kayak Tour at Lake Accotink. 8-10 a.m. at Lake Accotink Park, 7500 Accotink Park Road, Springfield. Paddle Lake Accotink's tranquil waters with a naturalist guide for an early morning view of wildlife. Glide past bald eagle nests as the park comes to life. Kayak and life preserver will be provided. No previous kayak experience is required. \$31 per person. Cancelled in the event of rain. Call 703-569-3464 visit www.fairfaxcounty.gov/parks/lake-accotink.

NTRAK Scale Model Train Show. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Northern Virginia NTRAK members will hold an N gauge Model Train Display Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org or call 703-425-9225.

Wine, Whiskers and Wags. 1-5 p.m. at Paradise Springs Winery, 13219 Yates Ford Road, Clifton. Annual fundraising event for Friends of the Fairfax County Animal Shelter will feature silent auction, adoptable pets and training demonstrations. Admission includes heavy hors d'oeuvres, beverages, a ticket for a glass of wine or a wine tasting, a keepsake wine glass. Tickets in advance for \$45 at www.ffcas.org; tickets may also be purchased at the event for \$55.

Burke Historical Society May Meeting. 3:30-5 p.m. at Pohick Regional Library, 6540 Sydenstricker Road, Burke. Learn about the community that gave Sydenstricker road its name and its central historical links today: the Methodist church and the schoolhouse. Free. Email slawski_brian@yahoo.com.

ENTERTAINMENT

Tender and Tough Experiences

A single dad and his son: 'The Unaccompanied Minor' in performance at the JCCNV.

DAVID SIEGEL
THE CONNECTION

A hit with audiences and critics alike at the Capitol Fringe Festival, the JCCNV (Jewish Community Center of Northern Virginia) is bringing Elan Zafir's "The Unaccompanied Minor" to local audiences. "The Unaccompanied Minor" is a tough, yet hilarious play aiming to grab the audience and not let go.

"The Unaccompanied Minor" is a solo show "about a father, his son and the 1,795 miles that divide them," said Zafir. "It is part stand-up, part autobiography, part physical theatre."

Zafir will turn an empty stage into backdrops for his humiliations, deepest fears, anxiety, and greatest joy. To do this, he will turn a JCCNV stage into a busy airport terminal, a trashy talk show, a third-grade science fair, and even a south Florida gang war; all within the intermission free 60 minutes or so that is "The Unaccompanied Minor."

If you are not familiar with Zafir, he has appeared on stage at Folger Theatre, Arena Stage, Ford's Theatre, Mosaic Theatre, and on the cinema screen.

Asked about the inspiration for "The Unaccompanied Minor," Zafir indicated that his son lives in Texas; "I see him four times a year. It never feels normal. He flies on something called the unaccompanied minor's program, which is the fee you pay for your child to travel alone, and picking him up from the airport is an incredibly stressful experience."

Zafir mentioned, "One time I was dropping him off at the airport. It was a very packed flight—a long line of people were waiting to board. As we were saying goodbye, I noticed the line of people staring at us. And as he walked down the Jet Bridge I realized 'oh, this experience isn't normal for anybody.'"



Elan Zafir will be in performance of 'The Unaccompanied Minor' at the Jewish Community Center of Northern Virginia.

Where and When

"The Unaccompanied Minor," a solo performance by Elan Zafir at the JCCNV (Jewish Community Center of Northern Virginia), 8900 Little River Turnpike, Fairfax. Performance on Sunday, May 19, at 5 p.m. For tickets call 703-323-0880 or visit www.jccnv.org/. Note: There will be a "Q&A" with Elan Zafir immediately following the performance.

"The Unaccompanied Minor" is also about other parts of Zafir's life; "the experiences that shaped who I am as a father," said Zafir. "Sometimes my son stays with me for a short time so I feel as though I have to cram my whole life into a week. And in some ways that's what I'm trying to do in the show as well. You'll find out about my Israeli Step-father; my third grade science project which involved a bird and Neil Sedaka. And what it is like to be involved in a gang fight in south Florida."

"The Unaccompanied Minor" is a performance that aims to connect with its audience, no matter who they are.



PHOTO COURTESY OF ERIN MOLEK

Taste-test e=Experiment at Fairfax High

On April 24, Probability & Statistics students at Fairfax High conducted a taste-test experiment. Teachers, staff and administrators tasted different foods, stated their preferences and identified special ingredients in common foods. This experiment provided a practical means for statistics students to learn how to collect unbiased data, using techniques in randomization, blinding and blocking.

Lanier Middle Recognized for 'Environmental Excellence'

FROM PAGE 10

hands-on projects there. Discussing some of their Eco Club projects, they said they planted trees, did gardening, composting and recycling and learned that their own actions "can make a difference." A Fairfax High junior said being involved this way at Lanier "taught us how to work for something we're passionate about, and not just for a grade." Another Fairfax student said he learned about caring for the watersheds, plus communication and critical-thinking skills, but especially collaborating with others on his team. And, added another, "I felt like I was actively contributing to our society and helping save our world."

THEN PARENT Hala Shafik stepped to the podium and spoke about her children's ex-

periences in Lanier's Eco Club. "My son Luke helped install rain barrels after the club determined there was too much water runoff here," said Shafik. "And my daughter Mariam helped reduce water-bottle usage here. It was an amazing, invaluable experience and made me wish I was a student at Lanier, too. You guys

aren't just the future, you are the present."

City Schools Superintendent Phyllis Pajardo said she was impressed with every Lanier student's and teacher's commitment to the environment. "Students here are knowledgeable, passionate, committed and engaged in addressing real, environmental

issues in our city and country," she said.

She also relayed a message from former City Schools Superintendent Ann Monday, who said, "Lanier is a model of environmental stewardship and, for this, you should feel

great pride." Pajardo then told the school, "Your vision has been sustained by focused, teacher and administrative

leadership," and she congratulated the entire Lanier community for its efforts to "understand, teach about, love and conserve" the environment. Alam then noted that the push started with then-Principal Scott Poole in 2009 and was continued and sustained by past-Principal Erin Lenart and Tammara

Hanna. And FCPS Executive Principal for Region 5, Eric McCann, acknowledged the many people who've supported this program at Lanier, over the years. Praising Alam, he said, "It doesn't happen without someone like her who's actively engaged and passionate and willing to do the hard work." "This school has been a lighthouse in the county for 10 years – you showed the way," continued McCann. "You're a model – not just for FCPS, this state and the nation – but also for the world."

Lanier alumnus Hickey told the students a permanent Green Flag "indicates the school has adopted sustainability into its fabric and culture. Each one of you deserves the accolades and recognition. But you must continue this work and continue to be a model for other schools."

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NEWS

Artful Living Gala Raises \$86,000

FROM PAGE 3

problem was. They've branched out with lots of other activities. They do back-to-school programs; they do Christmas and Thanksgiving programs, and adopt a family. I'm very proud of them from having been there from the beginning of it."

Del. Mark Keam (D-35) added: "Britepaths is a very necessary organization in our community because even though on the surface

everybody assumes Fairfax County is wealthy and people are doing well and we have a great quality of life.... The reality is that for many of our neighbors, that's not necessarily true. We have people who are so vulnerable that they are one paycheck away or one major medical disaster away from bankruptcy or homelessness or all kinds of crisis. And organizations like Britepaths for 35 years has built the resiliency that families need to be able to get back on their feet if they see a problem, and so they provide the family unit the idea that they can build them-



PHOTO BY STEVE HIBBARD/THE CONNECTION

Artist Jeanne Pacheco and husband David of Springfield.

selves up and for families and neighbors to make sure that everybody is able to live the American dream in Fairfax County."

Added Del. Ken Plum (D-36): "Britepaths provides a critically important service to the people in Central Fairfax. Their fundraising event is one of the nicest in the county. It mixes together art as well as people's caring hearts about how to serve their fellow citizens. It's always a delight to come here and see the work that's being done. Britepaths is a good organization."

Legals

Legals

"DISSOLUTION NOTICE.....NOTICE IS HEREBY GIVEN that Mid Atlantic Tennis Courts, Inc a Virginia Corporation with an address of 4313-B Walney Rd, Chantilly VA 20151 has voluntarily approved to dissolve and is wrapping up its winding up period. Effective October 17, 2018 the State Corporation Commission accepted articles of dissolution and issued a certificate of dissolution. Any known or unknown customers, creditors or individuals who seek or may have any claim must do so in writing within the next 90 days of this notice to be considered. Please direct all claims to P.O. Box 221254, Chantilly VA 20153. "

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FROM PAGE 9

Drive, #100, Fairfax. The financial costs of long term care and long term caregiving are enormous. Explore options for this important aspect of caregiving. This program is a part of Insight's ongoing Classes for Caregivers series, held the third Wednesday of the month, all sessions are free. Respite care may be available by request; notify when registering to confirm availability. Register online at www.insightmcc.org, or contact Lindsey Vajpeyi at 703-204-4664 or lindsey.vajpeyi@insightmcc.org.

FRIDAY/MAY 17

Military Caregiver Workshop

9 a.m.-3 p.m. Hope For The Warriors will host a one-day workshop in the Springfield area. The free event will focus on self-care and mindfulness with activities that include: art therapy, applied theater experiential, therapeutic yoga by Pamela Stokes Eggleston of Yoga2Sleep Visit www.hopeforthewarriors.org/health-wellness/military-veteran-caregiver-support-services.

Emergency Preparedness for Parents of Students with Disabilities. 10 a.m.-noon at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 – Room 100, Dunn Loring. Fairfax County's Office of Emergency Management is committed to the inclusion of all. Free to parents, educators and community members. Call 703-204-3941 or visit www.fcps.edu/resources/family-engagement/parent-resource-center for more or to register.

NEXUS 2019: Fussy Minds Forum. 1-3:30 p.m. at Fairfax County Public Schools Virginia Hills Center, 6520 Diana Lane, Alexandria. During this forum, participants discuss the effects of stress on the brain-ways of the young and how to build the resilience needed for successful learning. Space is limited; register at www.eventbrite.com/e/community-conversation-addressing-irritability-stress-fussiness-in-todays-youth-tickets-60314231490.

TUESDAY/MAY 21

Professionals Caring for Parents Support Group.

5:30-7:30 p.m. at Dogfish Head Alehouse, Private Dining Room, 13041 Lee Jackson Memorial Highway, Fairfax. For professionals in the long-term care or aging fields who are also personal caregivers. Join the first meeting of this professional support group to build connection and find support with others who are also caregivers at work and at home. Visit www.insightmcc.org to register, or contact Christi Clark at 703-204-4664 or christi.clark@insightmcc.org.

WEDNESDAY/MAY 22

Fairfax County Park Authority Board Meeting.

7:30 p.m. in the Herrity Building, 12055 Government Center Parkway, Suite 941, Fairfax. Visit www.fairfaxcounty.gov/parks/boardagn2.htm or call 703-324-8662.

MAY 25-SEPT. 8

Metro Station Closures. Starting Saturday, May 25, the six Blue and Yellow line stations south of Ronald Reagan Washington National Airport (Braddock Road, King Street, Eisenhower Ave., Huntington, Van Dorn Street and Franconia-Springfield) will be closed for full platform reconstruction and major station improvements. To expedite construction and minimize customer inconvenience, the following stations will remain closed through Sunday, September 8, 2019. Read more at www.wmata.com/service/rail/PlatformProject/.

SATURDAY/JUNE 1

Alzheimer's Disease and Dementia Care Seminar.

9 a.m.-5 p.m. at Insight Memory Care Center, 3953 Pender Drive, #100, Fairfax. Take the path to certification as a Certified Dementia Practitioner through the National Council of Certified Dementia Practitioners. All health care professionals and front line staff who work in the healthcare industry are encouraged to attend. \$200. Register online at www.insightmcc.org, or contact Lindsey Vajpeyi at 703-204-4664 or lindsey.vajpeyi@insightmcc.org.

Peripheral Neuropathy Support Group. 2-4 p.m. at Mason District Governmental Center, 6507 Columbia Pike, Annandale. The Peripheral Neuropathy Support Group for greater Washington meets the first Saturday of the month. All are welcome. RSVP for available seating. Call 301-263-0616 or visit www.dcpnsupport.org for more.

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The Weak Before



By KENNETH B. LOURIE

Hardly am I Robert Johnson, but every time I'm about to be "CT-scanned," I feel like I'm at a crossroads.

And though I've never made a deal with the devil for good scan results (at least results with which I can live), I have to admit to making a momentary prayer of sorts when I see an email from my oncologist. An email that, given its arrival in my inbox, five days or so after my scan, is generally the one containing the results of the previous week's scan.

So, I take a deep breath and then exhale as I prepare to click until I see his words. More often than not, almost every time, in fact, his words: "CT scan looked good," as an example, have been encouraging. Although, as with many things, past results don't guarantee future performance – or a reasonable facsimile thereof.

Each good scan result (stable, shrinkage) does not portend another good result in the future. The results, both good or bad quite frankly, are kind of a limited offer. If it's good, it means your treatment is likely quo. If it's bad, it probably means things your treatment is about to change.

Whatever treatment protocol you start or stop or continue is only good, bad or indifferent until your next scan (when the rubber hits the road, so to speak). Which for me, according to my current bi-weekly immunotherapy infusion schedule, is every two months. So next week, the hammer comes down or rather the slide (the thing you lay on) comes out of the CT scanner and in and out I go.

Typically (meaning during my previous 10 years of chemotherapy), I have been mostly symptom free – other than the symptoms/side effects of the treatment itself, not from the underlying cancer cause. I have rarely felt anything and I certainly haven't/didn't/couldn't see anything.

It's/I'm different now.

Now I can see and feel something, that something, located under my Adam's apple is what precipitated the change from chemotherapy/alimta to my current immunotherapy/opdivo. The tumors in my lungs (mediastinum), which is where this whole mess began, remain stable. However, the appearance of the "Adam's apple" tumor changed my reason for living.

And my new life, or rather my new cancer life, has been tightened/shortened up. Now my infusions are every two weeks, instead of the most recent seven-week intervals (with alimta) and my CT scans which had occurred every 12 weeks are now only eight weeks apart.

All of which means I am constantly in the throws of some kind of cancer anxiety ("labbing," infusing, scanning, meeting with my oncologist).

Not that after 10 years, I am unaccustomed to this sort of "cancer-centricity," it's more that its crushing regularity is a constant reminder of my mortality.

And not that I'm "woeing" is me, hardly. I'm lucky to be alive. You all know I know that.

It's more the recurrence of "scanxiety" (not my word, although I thought it was when I first used it), the anxiety one feels waiting for the life and death scan results, especially so if the results come more frequently than previously. And believe me, that extra month is well worth not having to wait.

So the news of my possible negative (not good) scan results hopefully will be exaggerated, along with my demise. And in that exaggeration perhaps I can find some solace and humor.

'Solace' in that it turns out: what's all the fuss? Humor, in that "It's better to look good than to feel good, and you know you are, darlings," as when Billy Crystal invoked his inner Fernando Lamas in his famous bit from his 1985 year on Saturday Night Live! In summary, it's nothing until it's something, and even if it's something, it might not be anything.

This sort of confusing mental gymnastics is what occurs before, during and after these diagnostic scans. And until you hear back from your oncologist, you really don't know whether you're coming or going, or whether it's too little, too late.

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

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