

Springfield CONNECTION

Franconia ♦ Kingstowne ♦ Newington

HomeLifeStyle
PAGE 6



Kim Weinberg from Springfield smiles as she is about to finish in sixth annual Westfields Triathlon on April 28 at the Cub Run RECenter in Chantilly.

Competing in Sprint Triathlon

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Britepaths Raises \$86,000
At Artful Living Gala

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Arrest in 2016 Murders
In Burke and Springfield

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MAY 9-15, 2019

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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 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 10



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.

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.

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.

EDITORIAL 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 It; hurts animals, how they breathe, and how they

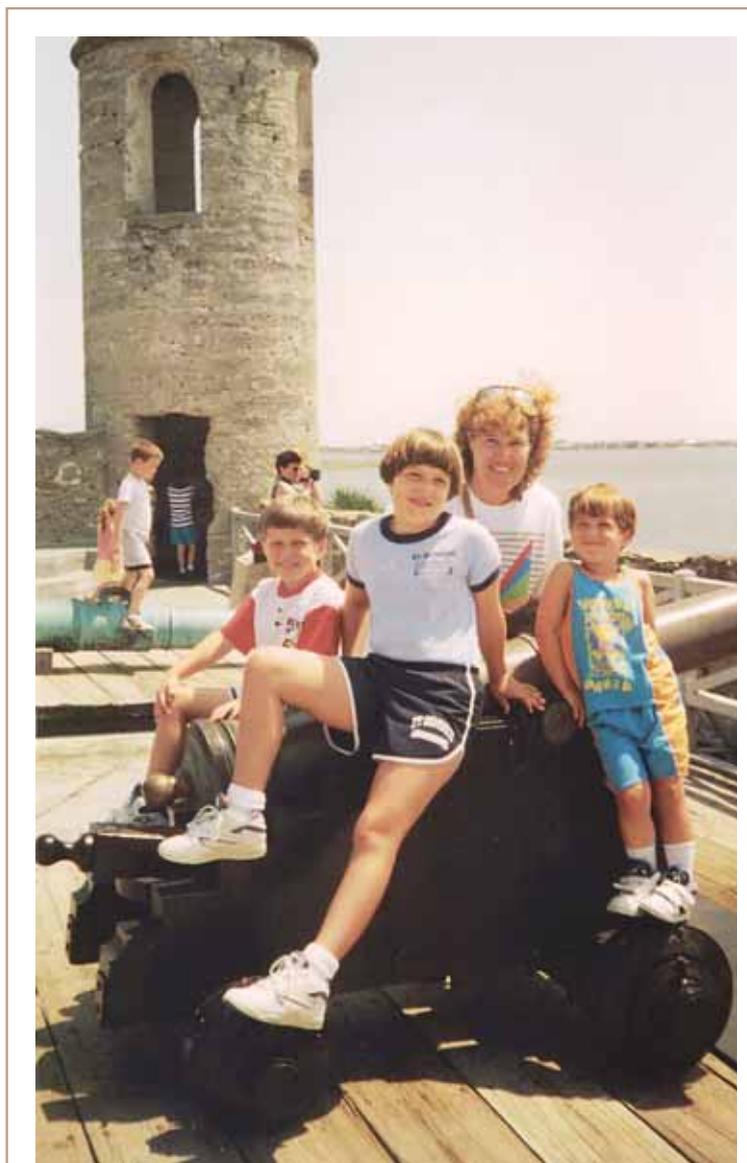
speak to their family. Trash can destroy habitats. Plastic bags can get caught on nets and kill baby birds.

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.



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.)

Springfield
CONNECTION

www.ConnectionNewspapers.com

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An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to connectionnewspapers.com/subscribe

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Arrest Made for 2016 Murders in Burke and Springfield

A 24-year-old man is facing charges for the murders of two Ethiopian-Americans that occurred on consecutive days in December 2016, reports FCPD Media Relations Bureau. On the evening of Dec. 22, 2016 officers responded to the 6400 block of Barney Stone Court in Springfield after 22-year-old Henok Yohannes was found dead inside his home with gunshot wounds to his upper body. Early the next morning, officers responded to the 9500 block of Cordwood Court in Springfield, when 22-year-old Kedest Simeneh was found dead in a backyard with a gunshot wound to her upper body.

Detectives from Major Crimes Bureau determined early in their investigation that the murders were related and not random acts of violence. Evidence was presented to a grand jury in March 2017 resulting in indictments against Yohannes Nessibu for two counts of homicide and two counts of using a firearm in the commission of a felony. Both victims were determined to be associates of Nessibu. "We will strive for justice in



**Arrested in Ethiopia:
Yohannes Nessibu**

these cases and we will not give up. No matter the distance, no matter the obstacles," Major Edward O'Carroll said.

Prior to being indicted, Yohannes Nessibu had left the U.S. for Ethiopia. He was taken into custody by Ethiopian authorities in February 2019 and ultimately transferred back to the U.S. on May 3, 2019.

The investigation was conducted by the Fairfax County Police Department's Major Crimes Bureau. The United States thanks the Ethiopian Security Service, Federal Police and Attorney General's Office for their professionalism and cooperation. Sub-



Victims: Henok Yohannes and Kedest Simeneh

PHOTOS COURTESY OF FCPD

stantial support was also provided by the U.S. Embassy in Addis Ababa, Ethiopia, the FBI Washing-

ton Field Office's Violent Crime Safe Streets Task Force in Northern Virginia and the Justice

Department's Office of International Affairs in coordinating the extradition of Nessibu.

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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 and 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

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PHOTO CONTRIBUTED

Julianna Bello and her family enjoying Nationals Winterfest.

Special Birthday Surprise for Springfield Girl

Julianna Bello, 9, of Springfield, received a special surprise on her May 1 birthday thanks to the Casey Cares Foundation. Julianna, who has Common Variable Immune Deficiency, is the 6,349th child to receive a birthday present from Casey Cares.

“Our birthday program is especially important to us because we know how critical each birthday is to children who are fighting for their lives every day,” said Casey Cares founder and executive director Casey Baynes.

Casey Cares is a non-profit organization which serves critically ill kids like Julianna in eight states and Washington, D.C. providing a birthday gift delivery to every child enrolled in their programs.

More than 20,000 children are

diagnosed with a critical illness every year. Casey Cares serves families with children battling everything from cancer to sickle cell disease to cystic fibrosis. In nearly two decades, Casey Cares has provided thousands of families opportunities to participate in group parties, athlete meet-and-greets, and sporting event and museum trips. They also provide at-home movie and PJ nights when kiddos are too sick to go out.

Julianna and her family have participated in seven uplifting activities since November 2018. The family has enjoyed the National Aquarium, a Ravens game, Nationals Winterfest, Shrek the Musical, School of Rock at the National Theatre, and a party at Ripley’s Believe It or Not.



Irving Middle, West Springfield High Students Collect 240 Bikes for the World

Students from Irving Middle and West Springfield High, along with Boy Scout Troop 1115, collected more than 240 bikes for Bikes for the World, an organization whose mission is to make gently-used bicycles available to people in need, primarily in developing countries, to be used for transport to work, school, and health care. Thirty volunteers from the Springfield community came out to prep bikes for shipment and support the cause. Additionally, more than \$1,000 was raised to contribute to shipping costs. The bikes collected by these students will be shipped to Sierra Leone.

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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.**

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

*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.

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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 hayfelddrama.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 Landsdowne 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.fairfaxsymphony.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 JOSEPH NOVAKS

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 runsignup.com/Race/VA/Clifton/FestivaltoFightCancer19. Learn more at wildcatsvscancer.wixsite.com/wildcatsvscancer.

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. 6-7:30 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/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. Guide 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. Canceled 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.



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



Ralph Rodriguez-Caraballo from Springfield is about to finish.

PHOTOS BY TOM MANNING/
THE CONNECTION



PHOTOS CONTRIBUTED

Some 60 volunteers assembled 1,500 food boxes.

Volunteers Pack Ramadan Food Boxes To Help People In Need

As the Islamic holy month of Ramadan approaches, Islamic Relief USA, a nonprofit humanitarian and advocacy organization based in Alexandria, helped prepare for the month of fasting by packing boxes with non-perishable foods.

Some 60 volunteers participated in the Saturday, April 27 event, which was split in two shifts. The volunteers helped fold boxes, pack them with food, tape them for shipping, and flatten unpacked boxes. In total, the

volunteers assembled 1,500 food boxes.

The food boxes, whose items are intended to last for several days, are all non-perishable. They include cooking oil, a 10 pound bag of basmati rice, canned tuna, beans, sugar, flour, vegetable bouillon, pasta, Ragu sauce, cereal, peanut butter, and, of course, dates.

The boxes will be given to local residents in need, regardless of their race, gender, creed, or religion.

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NEWS

Artful Living Gala Raises \$86,000

FROM PAGE 3



PHOTO BY STEVE HIBBARD/THE CONNECTION

Artist Jeanne Pacheco and husband David of Springfield.

Announcements

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Legals

ABC LICENSE
HTC Springfield LLC trading as Hard Times Cafe & Cue, 6362 Springfield Plz, Springfield VA 22150-3431. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer on Premises and Mixed Beverage Restaurant license to sell or manufacture alcoholic beverages. Richard J Kelly, Member HTC Springfield, LLC. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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

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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-

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."

Announcements

Announcements

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BULLETIN

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

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 with AARP and Virginia Hospital Center. Free health screenings; free massages. Contact Amy Shields at 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 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 rrharney2@gmail.com.

WEDNESDAY/MAY 15

Financial Considerations for Caregivers. 1-3 p.m. at Insight Memory Care Center, 3953 Pender 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 military caregiver 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 and share time with other caregivers. 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 into adulthood. Space is limited; register at www.eventbrite.com/e/community-conversation-addressing-irritability-stress-fussiness-in-todays-youth-tickets-60314231490.

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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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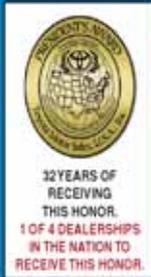


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