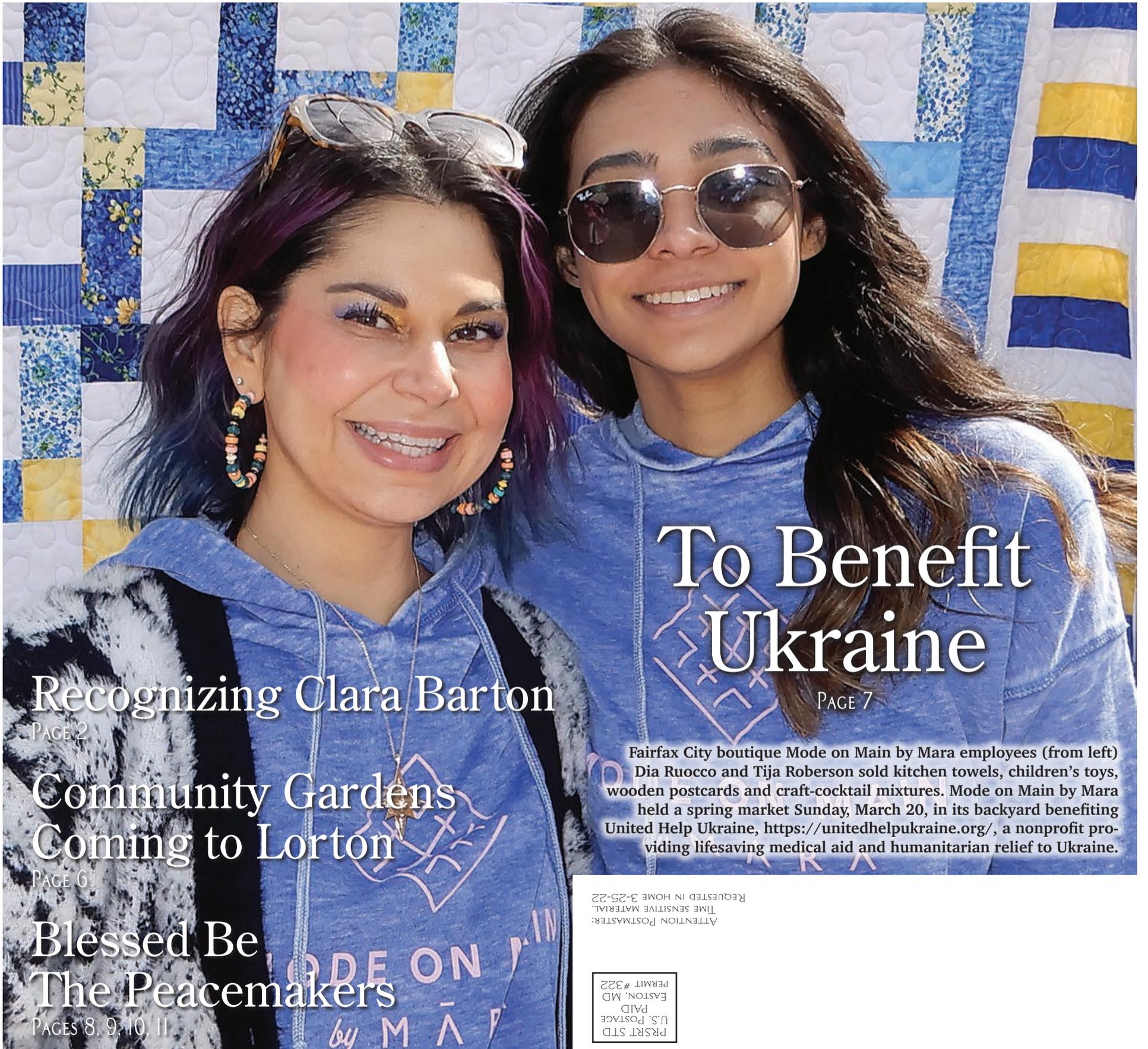




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## To Benefit Ukraine

PAGE 7

Fairfax City boutique Mode on Main by Mara employees (from left) Dia Ruocco and Tija Roberson sold kitchen towels, children's toys, wooden postcards and craft-cocktail mixtures. Mode on Main by Mara held a spring market Sunday, March 20, in its backyard benefiting United Help Ukraine, <https://unitedhelpukraine.org/>, a nonprofit providing lifesaving medical aid and humanitarian relief to Ukraine.

## Recognizing Clara Barton

PAGE 2

## Community Gardens Coming to Lorton

PAGE 6

## Blessed Be The Peacemakers

PAGES 8, 9, 10, 11

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ENTERTAINMENT, PAGE 12 ♦ CLASSIFIEDS, PAGE 14

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## HISTORY



Photo of Clara Barton circa 1865

## Recognizing Caregivers During Women's History Month

### Nursing Profession without female nurses?

BY SUSAN LAUME  
THE CONNECTION

This month, and during March every year, we celebrate the contributions of women during Women's History Month. The National Women's History Alliance designates a theme for each year's observance. The 2022 theme is "Providing Healing, Promoting Hope." Described as "both a tribute to the ceaseless work of caregivers and frontline workers during this ongoing pandemic and also a recognition of the thousands of ways that women of all cultures have provided both healing and hope throughout history. ... This year, in particular, we are reminded of the importance of healers and caregivers who are helping to promote and sustain hope for the future."

Dominated today by women, it's difficult to imagine the nursing profession in a time when women were not welcome as caregivers. In the mid 1800s, at the beginning of the Industrial Revolution in the 1840/1850s, women began to take jobs outside the home or family business. They were drawn to factories, often to textile work, school houses and sometimes offices, with varying degrees of acceptance from their male counterparts. One job in which you never saw a woman — nurse. There were no women in the nursing profession in America in the early 1800s.

CLARA BARTON is celebrated today for her contributions to nursing during the American Civil War, and later as founder of the American Red Cross. At first, she was not accepted in the war zones by

the military staff or doctors. There, she encountered situations where the receipt of medical supplies and male nurses, called "stewards", were bogged down in red tape. Determined to help, in August 1862, she arrived at the active Cedar Mountain battlefield with a wagon load of supplies, although there were strong social prohibitions against women being there. Those much needed supplies and her determination, earned her acceptance. She was later called "the Angel of the Battlefield" at the Battle of Antietam. A stone monument located there commemorates Barton's medical administrations to the wounded.

The surgeon on duty later wrote: "I thought that night if heaven ever sent out a[n]... angel, she must be one - her assistance was so timely."

From that point throughout the war, Barton assisted with the care of Union soldiers and Confederate prisoners, working in the Northern Virginia areas of Fairfax Station and Manassas during the Battle of Cedar Mountain and the Second Battle of Bull Run. She implemented hand washing and other hygiene practices recently promoted by British nurse Florence Nightingale during the 1850s Crimean War. Barton was sometimes called the "American Nightingale."

A historic marker erected by the American International Red Cross notes Barton's work in the northern Virginia area. It can be found at the intersection of Ox and Fairfax Station roads near the historic train station for the Orange and Alexandria Railroad. In addition

SEE WOMEN'S HISTORY MONTH,  
PAGE 4

[WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)

# ‘An Honor for Everyone who Believed in this Project’

BY BONNIE HOBBS  
THE CONNECTION

**M**any people are eager to see who'll win an Oscar this Sunday. But Emily Dillard's eyes are on a prize she's nominated for in the prestigious Television Academy Foundation's College Television Awards on Saturday.

The 41st annual event recognizes and rewards excellence in student-produced programs from colleges and universities nationwide. And Dillard, a 2017 Fairfax High grad, is a nominee in the Scripted Series category for producing and writing an immigration-themed film called "Our Side."

She shares the nomination with her partner, Nico Rinciari, with whom she created the film while they attended the Savannah College of Art and Design. "We co-wrote it together, Nico directed the film and I produced it," said Dillard, 23. "It's a blessing to contribute to stories being seen and carrying important messages 'round the world."

While at Savannah College of Art and Design, the pair also produced an award-winning commercial for the Coca-Cola/Regal Films' social-media campaign, as well as the film, "The Pages of Destiny," which was accepted into the July 2021 Short Film Corner at the Cannes Film Festival in France.

A total of 54 students – selected from 185 entries submitted by 58 colleges nationwide – are nominated in six categories for the 2022 College Television Awards. Designed to emulate the Emmys, student entries are judged by Television Academy members. The three projects becoming finalists in each category reflect the industry standards of excellence, imagination and innovation.

The online awards ceremony will be held in conjunction with the Foundation's College Television Summit, a two-day educational event featuring panel discussions with media-industry leaders. TV stars will announce the winners March 26 at 9 p.m. EDT. To register to watch the free program, go to <https://www.emmys.com/cta/register>.

Winners will receive a trophy and \$3,000. They and all nominees automatically become members of the Television Academy Foundation's alumni family, gaining access to networking opportunities, events and professional-development resources.

Dillard and Rinciari moved to Los Angeles during the pandemic, in June 2020, graduating from Savannah College of Art and Design during an online ceremony two months later. Dillard obtained a Bachelor of Fine Arts degree in Film and Television.

"Our Side" tells the story of Adillah, a woman in her mid-20s who immigrates to Italy from Ghana in search of a better life. She gets a job caring for an elderly Italian man named Mimmo; but a new immigration law in Italy then nullifies her visa and driver's license. And when Mimmo has a heart attack, Adillah risks being discovered by the authorities when she takes him to the hospi-

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Fairfax High grad Emily Dillard in Palermo, Italy.



Partners Emily Dillard and Nico Rinciari

PHOTOS COURTESY OF EMILY DILLARD



Emily Dillard (center) confers with two other producers about "Our Side."

tal for treatment.

"The story is loosely based on a friend of ours with a similar journey," said Dillard. "And we wanted to tell his story in a way that wouldn't expose him but could bring attention to asylum seekers' struggles." (The law passed in 2018 but has since been revoked).

"One of the reasons that law was passed was because of a huge wave of anti-immigration sentiment," she said. "We saw it in Italy and in other countries. So our story is emblematic of a larger issue – relevant not just to Sicily or Palermo, where it takes place – but to many other realities and societies around the world."

But, added Dillard, "We also wrote the script focusing on the integration process of these immigrants into their new homes – living in a country that doesn't recognize their value and contributions to that country. They're seen as extraneous elements and not part of the people that make up the country."

"And that's where the film's title, 'Our Side,' comes from – to show that, in reality, we don't live in opposing sides but are a part of a greater, human side. That's really the heart and soul of the story."

It also has extra meaning to Rinciari, who grew up in Palermo and moved to the U.S.

That way, she'd really know what it was like to be a fish out of water. And she and the person the story's based on got to speak so she could better understand his journey and identify with his struggles."

When their film is eventually widely available for people to see on a streaming platform, Dillard hopes viewers will see that "there's a necessity for living as a unified community so people like Adillah will no longer be marginalized."

"She's a metaphor for everyone who doesn't belong to the majority ethnic, religious and gender group of a society," added Rinciari. "This film is a way to talk about it all. And the fact that it was nominated helps bring these problems to light – about targeting specific groups and perceiving them as enemies, which is wrong – and continues the discourse."

He and Dillard learned about their College Television Award nomination in late December. "It was such an honor to be selected amongst so many entries," said Dillard. "It was a surreal moment – Nico and I were over the moon. If we win, it'll be an honor for everyone who worked on and believed in this project – even before it was made – and for other, real-life stories like this."

As for her own, real-life story, Dillard was raised in small-town Clifton and participated in competitive, synchronized ice skating for three years. Then, when she and her parents moved to Fairfax City, Dillard attended Fairfax High, where she was a standout in several theater productions and dance programs and was a member of the marching band's color guard.

Praising Fairfax Academy dance instructor Andrea Cook, Fairfax High theater director Erich DiCenzo, and her parents, Deborah Dillard and Paul Radam, Emily Dillard said, "They all really pushed me to explore creative careers after high school." Then Savannah College of Art and Design gave both her and Rinciari the training and tools for a profession in filmmaking.

Rinciari previously worked on Marvel features, helping translate stories into the shots used in movies, for a studio called The Third Floor. He's now a layout trainee for Disney Animation.

Dillard is an assistant production manager for Warner Brothers Animation. "It's a really fun job," she said. "I schedule and budget artists for final visual-effects work for Warner Brothers' animated TV shows and direct-to-TV specials."

So what's next for the duo? Replied Dillard: "We optioned a book about adoption that we hope to adapt into a miniseries or film in the future." But first, they'll take some time on Saturday to see if "Our Side" wins an award.



The College Television Awards are March 26.

at age 19 to attend Savannah College of Art and Design, where he and Dillard met. There, they created "Our Side" and then filmed it in Palermo over eight days in 2019. They did the final production work – editing, coloring, sound, etc. – in mid-2021.

"We wanted to capture a story representing a way of life, seen through Adillah's life and perspective," said Rinciari. "It was challenging because both Italian and English were spoken on set, although we had translators. And the actress playing Adillah is from Florida and doesn't speak Italian."

"But I told her to embrace it when she walked around Palermo on her own, not being able to understand the Italian language that was being spoken all around her.

# Tradition Comes in the Steak and Cheese Sub at Mama Mia's

After 39 years, the husband-and-wife team are hanging up their spatulas.

BY MIKE SALMON  
THE CONNECTION

**O**n the Formica counter that's been the table at Mama Mia's there was a fresh bouquet of flowers from an anonymous fan bidding farewell to the owners Sami and Omaima who are stepping down on April 1 after 39 years behind the grill. The list of return customers goes out the door to this beloved Rose Hill diner that still has the booths and counter from 1983, and maybe all the way back to the early 1961 when it opened to his relatives, the original owners.

"A customer bring it for us, I don't know who," Omaima said about the flowers. On the card, it was addressed to "Sam the Man."

Sami has been the face behind Mama Mia's and many Rose Hill and Franconia residents know him. He is Palestinian but uses strict Italian recipes that don't change from year to year. That includes the spaghetti dish that Robert Fields orders when he comes in for lunch from the business next door. "I've been coming here since I was a little kid," Fields said. His second favorite dish is the steak and cheese sub. "So many things," he said of the menu, and only hopes the new owners won't change it. "They have their own flavor, hopefully it will be close to the same," he said.

The staff and students at Edison High School a few blocks away know the value of tradition and when class of 1973 had its 45th reunion, they all packed in Mama Mia's. "There was about 30 people in here, it was full," Sami remembered. They kept the keepsake button below the counter as a reminder.

Sami seems to think the new owners won't change things, though it will be hard for it to be the same without the husband and wife team who add their special touch. Recently Sami hurt his hip, and Omaima had to take over the 12-hour days by herself for one week. It was stressful, she said, but may-



From the Rose Hill Shopping Center parking lot, their façade screams "no frills."



The restaurant was bought by someone else, and the clients are hoping for more of the same.

be a sign that 39 years is enough.

April 1 is when the new owners are coming in but Sami and Omaima will stick around a few days to make sure the transition is smooth.



The flower bouquet came in from an anonymous fan of Mama Mia's.

PHOTOS BY MIKE SALMON/THE CONNECTION



Husband and wife team Sami and Omaima are proud of their 39 years at Mama Mia's.



PHOTO BY SUSAN LAUME/THE CONNECTION

Historic marker notes Clara Barton's work to bring medical aid to the wounded during the American Civil War

## Women's History Month

FROM PAGE 2

to moving supplies and troops, the railroad served as a base for Union soldiers during the war, and in 1862, as an evacuation point for wounded soldiers treated by Clara Barton. Barton is credited with saving many thousands of lives, although no count was kept; 3,000 were recorded as evacuees from Fairfax Station.

At war's end, she turned her attention to finding missing soldiers searched for by their families. Barton is said to have

answered more than 63,000 letters and located 22,000 soldiers. She toured the eastern United States telling stories of the war and received national notoriety for her lectures, ministering to the troops, finding missing soldiers, and as founder and president of the American Red Cross. Barton died from pneumonia in 1912 at her Glen Echo Maryland home, and is buried in North Cemetery, in Oxford Massachusetts, near her childhood home.

A caregiver of history, Clara Barton.

## Magic Birthday Pony

Little girls' worlds can be full of posies, ponies, and princesses, especially if you are four year old Cori Brewer of Lorton, celebrating a birthday with her family, friends, and ponies. Cori pictured with her pony, Sterling, 13 years old, and Princess Margaret Murphy of Princess Parties of DC, at Laurel Hill Equestrian Center, Lorton.



PHOTO BY SUSAN LAUME

TAMIR LINHART



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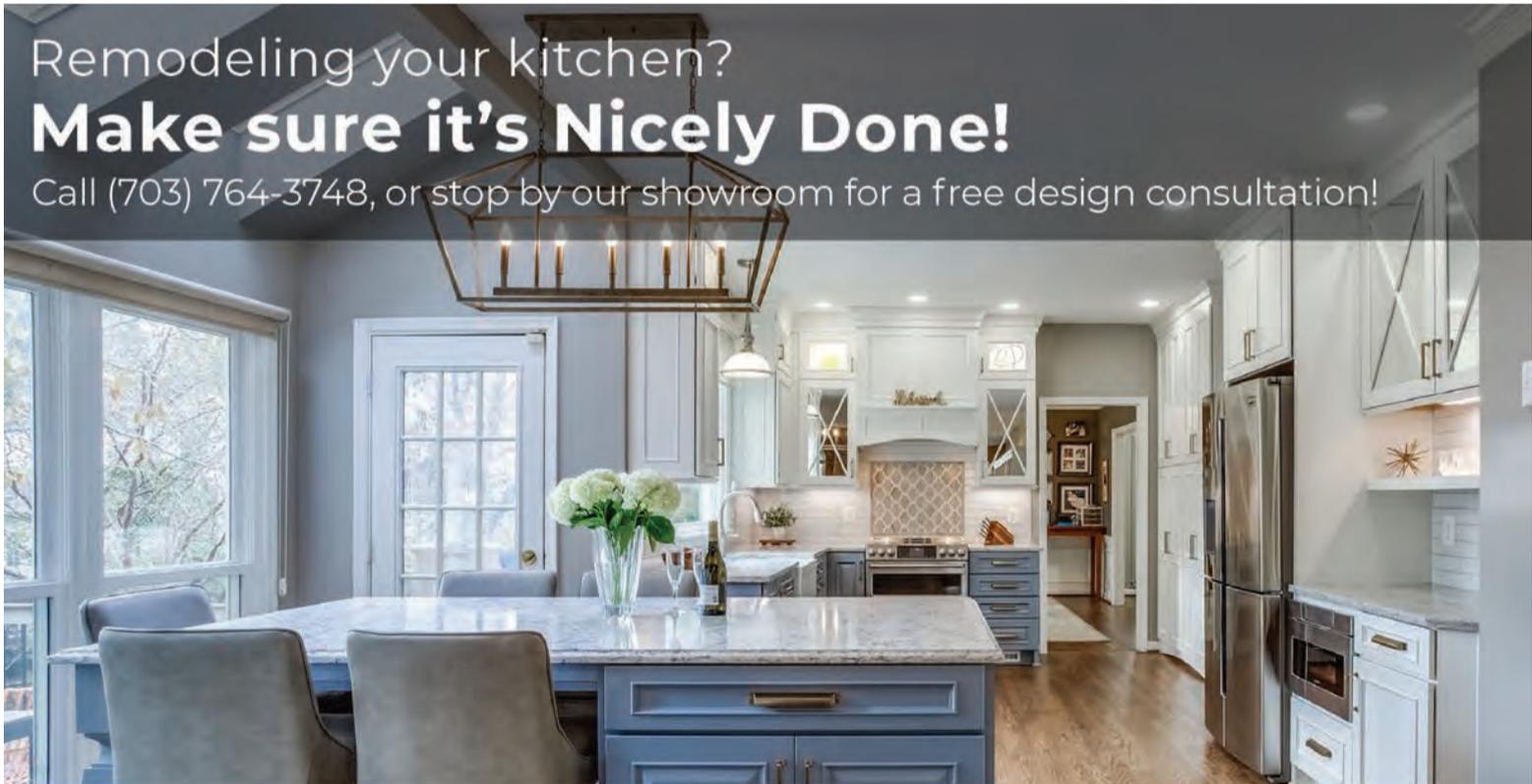
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Aerial photo of green space designated future community garden area at corner of Hoes and Lorton roads.

PHOTOS BY SUSAN LAUME/THE CONNECTION

# Community Garden Plots Coming to Lorton

BY SUSAN LAUME  
THE CONNECTION

Community organizers and the Fairfax County Park Authority are collaborating to bring a new community garden to Lorton. The limited in number of 20-foot-by-30 foot plots for household or group gardens will find a home near the former Nike Missile site at the intersection of Hoes and Lorton roads. The target date for start-up for the initial garden area is the 2023 growing season, with possible expansion into a contiguous area depending upon interest.

The site must undergo an engineering evaluation before site planning, preparation, permitting and water source connections can start. The Lorton site, one of several considered, proved to have the best traffic access and lower start up costs than others. Fundraising efforts through the Fairfax Park Foundation will seek to provide funds for those requirements, along with site grading, soil remediation, ADA access, and perimeter fencing. Donations are being accepted now for the site by the Park Foundation ([www.fairfax-parkfoundation.org](http://www.fairfax-parkfoundation.org)).

**NIKE WAS** the ancient Greek goddess of victory; the name given to the class of missiles sited here from 1954 until decommissioned in 1973. Unofficially dubbed the “Nike Gardens of Laurel Hill Park,” community members attending the first organizing meeting favored the idea of drawing on the site’s history for its name.

The term “victory garden” was first used during World War I, when the government encouraged citizens to grow their own food, including vegetables, fruit and

herbs, in their backyards, church yards, and parks to offset scarcities caused by wartime labor and transportation shortages. The missiles at the site, Nike Ajax, later upgraded to Nike Hercules with nuclear warheads, were placed to protect Washington from bombers from the former Soviet Union during the Cold War. The base’s elevators, hatches, and underground structures have been well secured, leaving the visible remains of the “W-64” base only a highway historic marker, green administration building, and a field of cement pads. Also nearby are the dormitory buildings of the minimum security section of the former Lorton prison.

Interested gardeners can learn more about the county’s current community gardens and garden plot rules by visiting the Green Springs Park site (<https://www.fairfaxcounty.gov/parks/green-spring/plots>). Although plots at Lorton are not yet available, those interested in that location should consider signing up now for placement on the waiting list, as the number of plots is limited to 26.

Donations may be made by mailing a check noting “Nike Gardens at Laurel Hill Park” to the Fairfax Park Foundation at 12055 Government Center Pkwy, Fairfax VA 22035; or on-line by credit/debit or PayPal at <https://fairfaxparkfoundation.org/donate-2/>. Online click the “Donate Now” button and click on “Add note” or “Add special instructions” to enter the garden as the designated recipient. All donations are tax deductible; those mailed provide the full amount to the garden, while those on-line carry processing fees deducted from the donation.

In light of the current unrest in the world, the idea of tending



Nike site’s open grass field provides a blank palette for creating more productive use of the land, with former Lorton prison minimum security dormitory building in background.



Franconia Park community plots, provide a look at the future Nike Gardens. Now “put to bed” for the season, garden plot renters have an opportunity to garden, relax in the open, and converse with neighbors during the growing season.

a victory garden may generate a historic feel. Although likely not at the same level of necessity as during war, as any gardener knows, it may be an asset to have

Nike on one’s side against the many enemy elements of weather, insects and critters as one embarks on the challenge of growing one’s own food for the table.

## CONNECTION

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## COMMUNITY



Mode on Main by Mara employees (from left) Dia Ruocco and Tija Roberson sold kitchen towels, children's toys, wooden postcards and craft-cocktail mixtures.



Kelly O'Brien (center) with son Willi, 8-1/2, (with his balloon hummingbird), and mother-in-law Beverly McNeill.



Christina Kauffmann of Harmony905 sells hemp-derived CBD products that help with pain, sleep and stress relief.

# Mode on Main by Mara Holds Ukraine Fundraiser

Fairfax City boutique Mode on Main by Mara held a spring market Sunday, March 20, in its backyard. Event proceeds, including entry and raffle-ticket sales, were donated to United Help Ukraine, <https://unitedhelpukraine.org/>, a nonprofit providing lifesaving medical aid and humanitarian relief to Ukraine.

PHOTOS BY BONNIE HOBBS/THE CONNECTION



Piper + Pearl Co.'s polymer clay jewelry in the colors of Ukraine's flag.



Maria Bartos of Milkworthy, which sells cookies inspired by songs and singers.



From left, Rachel Iwanczuk and Tamara Rudolph collect donations for United Help Ukraine.



Selling Earp's Ordinary caps and T-shirts are (from left) Joanne DeMarco, daughter Emilia, Kira Alexander, and Ashly Hoyo holding daughter Emma, 10 months.



Rachel Cole of Blue Ribbon Floral selling colorful floral bouquets.



"Magic Eddie" Kurland wowed the crowd with his fanciful balloon animals.

Four members of the Fairfax County School Board appear in the group photos. From left, Karen Corbett Sanders, Mount Vernon District Representative; Rachna Sizemore Heizer, Vice-Chair, Member-at-Large; Laura Jane Cohen, Springfield District Representative; and Abrar Omeish Member-at-Large.

# Peacemakers

## Student Peace Awards of Fairfax County.

The Student Peace Awards of Fairfax County was begun in 2006 to encourage everyone to think more about peace as both a means and an end, and to recognize young people who work as peacemakers.

The program started with one school (Herndon High School) and one sponsor

(Herndon Friends Meeting) and gradually expanded from there. In 2013, for the first time, it was offered to every public high school in Fairfax County. Two private schools are also included. There are currently nineteen sponsoring organizations, listed at the end.

Peacemaking is vital in our world, and

students active in the pursuit of peace should be encouraged in every way possible.

The sponsors, family, and friends celebrate the accomplishments of the recipients at a public reception in early March. The award consists of a monetary gift for each recipient and for a peace-focused

charity of his or her choice, and a framed certificate, generally presented at each participating school's annual awards ceremony.

A reception to recognize the student winners was on Sunday, March 13, 2022 at Sherwood Community Center, 3740 Old Lee Highway, Fairfax.

### Sponsoring Organizations:

- Accotink Unitarian Universalist Church, Burke
- Alexandria Friends Meeting
- Alexandria South Rotary Club
- All Dulles Area Muslim Society, Sterling
- Cornerstone, Reston
- Daniles Run Peace Church, Fairfax
- First Church of Christ, Scientist, Fairfax
- George Mason University, Jimmy and Rosalynn Carter School for Conflict Analysis and Resolution
- Herndon Friends Meeting
- Holy Cross Lutheran Church, Herndon
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- Northern Virginia Hebrew Congregation, Reston
- Rotary Club of Annandale
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- St. John Neumann Catholic Church, Reston
- St. Mark Catholic Church, Vienna
- Stewart R. Mott Foundation, Washington, D.C.
- United Christian Parish of Reston



## 2022 Recipients of the Student Peace Awards of Fairfax County



**Jewel Coulter, Senior**  
Annandale High School

Jewel Coulter has volunteered for the National Korean American Service & Education Consortium (NAKASEC) which organizes Korean and Asian Americans to achieve social, economic, and racial justice. She also partnered with 2021 Peace Awards recipient Jimmy Lee to create the Annandale High School Equity Team. She has served as a Student Equity Ambassador Leader for the school division, working with students across Fairfax County to increase equity in schools. The equity team that they had established at Annandale was replicated across the division.



happy and successful lives in their newly adopted communities." The students have been raising money to purchase welcome packages for refugees coming to the greater metropolitan area. Other activities include a winter coat drive, a talent show fundraiser, and "Letters of Hope" postcards written to overseas refugees. As part of their effort to raise awareness of what it means to be a refugee, they plan to invite refugees to come and speak with students, share their experiences, and answer student questions.



**Zilala Mamat, Senior**  
Chantilly High School

Zilala Mamat's extended family has suffered under China's policy of human rights abuses directed at Uyghur people. As a freshman, Zilala organized and led an optional assembly to educate students, who were shocked to learn that in this day and age, people were being sent to concentration camps in other parts of the world. As a sophomore, Zilala founded a human rights club at Chantilly High School that promotes activism and education on human rights issues. Outside of school, Zilala founded a non-profit, United Uyghur Youth (UUY), to spread awareness about the Uyghur human rights crisis, preserving Uyghur culture and empowering Uyghur youth. She has organized several demonstrations and protests about human rights abuses and has also organized and raised more than \$1,500 for UUY through a T-shirt campaign to fund future demonstrations and protests.



**Rania Ali, Senior**  
Edison High School

Rania Ali has raised money for and worked at the Khartoum Cheshire Home, a rehabilitation center for disabled children in Sudan. She updated and translated the Home's website SEE STUDENT PEACE AWARDS, PAGE 9

## STAR - Students Together Assisting Refugees

### Centreville HS

The Centreville HS chapter of STAR (Students Together Assisting Refugees) is dedicated to "helping refugees realize

Four members of the Fairfax County School Board appear in the group photos. From left, Karen Corbett Sanders, Mount Vernon District Representative; Rachna Sizemore Heizer, Vice-Chair, Member-at-Large; Laura Jane Cohen, Springfield District Representative; and Abrar Omeish Member-at-Large.

# Student Peace Awards of Fairfax County

FROM PAGE 8

into Arabic to help members of the Sudanese community access the information. Rania is an active member of Edison's Black Student Union and the Student Muslim Association. Last December she joined other Fairfax County Public School students at Edison High School in One Fairfax, a peaceful protest to call attention to an incident of Islamophobia at another area high school.



**Alin Freitag, Senior**  
Fairfax High School

Alin Freitag was nominated last year to represent his school in a new county program called Student Equity Ambassador Leaders (SEALs). He believes that one of the best ways to promote peace and show respect for the gender and relationship choices of fellow students is by the day-to-day use of their self-selected inclusive pronouns – such as he, him, she, her, they and their. He designed a simple, short form for use in school that included prompts to indicate a student's pronoun preferences. He shared the newly designed form with a handful of teachers, who adapted it to their needs and began using it in their classes. By the start of this school year, the form was successfully included in teachers' beginning of the year forms for his school. Students report feeling encouraged to see it widely used in many of their classes.



**Maya Yona, and Ryan Kiefer**

**Maya Yona, Senior**  
**Ryan Kiefer, Senior**  
Hayfield Secondary School

Maya Yonas and Ryan Kiefer responded to pandemic-related stress among students by creating a Guided Meditation Group for Hayfield. The group has continued to meet online and as of February of this year had thirty-two participants, including four faculty members. Maya and Ryan both believe that meditation helps achieve peace by promoting mindfulness and clearing the mind to allow for self-reflection and thoughts to be processed in a more positive and healthy manner. They believe those benefits don't stop when the meditation session is over, and that by adopting a more peaceful lifestyle, people will spread that inner peace throughout their community.

**Justin Tetelman, Senior**  
Justice High School

Justice High School is one of six schools in Fairfax County Public Schools to implement the Restorative Justice Community Schools program. Because of Justin's advocacy, Jus-



**Justin Tetelman**

ice is the only school in the county to launch a student-led youth pilot program. Justin serves as the lead student restorative ambassador. In this role, he facilitates student-led restorative circles within classrooms. Justin also has advocated for gender equity, economic accessibility and increased diversity within the athletics department, mentors other students, and is an active member of the Fairfax County Human Rights Commission.



**Deema Osman**

**Deema Osman, Junior**  
King Abdullah Academy

Deema Osman is the current CEO of LeadPeace, a NOVA student-led organization with the mission to cultivate youth leaders and peacebuilders. LeadPeace sponsors online lectures and workshops through which students can learn from leaders in the fields of peacemaking, peacekeeping, and conflict resolution. In June of 2020, LeadPeace held a virtual community dialog to examine systemic racism, institutionalized racism, and the Black Lives Matter Movement. Since joining LeadPeace, Deema has mentored six KAA students to become members of the LeadPeace team and encouraged fellow students to learn leadership and peace building skills as well as conflict resolution to support peace within their own communities. A video about their work can be seen on YouTube.



**Bethel Tessera**

**Bethel Tessera, Senior**  
Lake Braddock Secondary School

Bethel Tessera took training through Dosomething.org, a non-profit that supports young people engaging in volunteer, social change, and civil action campaigns. With another student, she devised a campaign they called "It's (Not) All In Your Head." to encourage high school students



lems and to decrease stigma around this issue. They started with the idea that students are more likely to access resources if access is easy. Her team's work was developed into an on-line flyer that was downloaded 4,846 times by students across the nation. Bethel also co-wrote a paper detailing the challenges facing prisoners with mental illness, advocating for increased mental health awareness and intervention for those incarcerated, and sent it to her state Senator.



**Caroline Martell, Junior**  
Langley High School

During her freshman year, Caroline Martell took training on advocacy through Team ENOUGH, a national youth organization dedicated to ending gun violence. She has lobbied members of Congress and the state legislature as well as a presidential candidate. She started a chapter at Langley High School of March For Our Lives, the student-led group initiated after Parkland in support of gun violence prevention legislation. She collaborated with her former Civics teacher at Cooper Middle School to develop advocacy training webinars, and she is currently working on organizing a Langley High School club to educate students about activism.

## UNICEF Club

### John R. Lewis High School

The Lewis High School UNICEF Club supports education, advocacy, and events centered on a broad range of issues including climate change, mental health awareness, women's empowerment, people with disabilities, and much more. Club meetings include planned activities, video presentations, discussions, or Q&As with a different biweekly focus. In response to the stresses of online learning, they initiated a "sticky note" project, writing positive messages to teachers and to other students. They worked with the Key Club to

SEE STUDENT PEACE AWARDS, PAGE 10

Four members of the Fairfax County School Board appear in the group photos. From left, Karen Corbett Sanders, Mount Vernon District Representative; Rachna Sizemore Heizer, Vice-Chair, Member-at-Large; Laura Jane Cohen, Springfield District Representative; and Abrar Omeish Member-at-Large.

# Student Peace Awards of Fairfax County

FROM PAGE 9



hold a mug decorating contest and fundraiser for UNICEF's Water, Sanitation and Hygiene Project. The club also set up a conference with the Lewis Muslim Student Association on the oppression of Muslims in the United States and abroad.



**Junior Civitan Club  
Madison High School**

Madison's Junior Civitan Club is associated with the national Junior Civitan International, which supports people with disabilities. In past years this has primarily entailed sending cards and gift baskets to VA hospitals and nursing homes.

This year the club collected needed items for Afghan refugees. They found local businesses willing to house their donation bins and created posters to encourage all Madison students to participate. The effort was a success, and they were able to donate many necessities to Afghan refugees in the area. The club is currently working with other Madison High School clubs to participate in Project Linus, a national organization that makes blankets for ill, traumatized, and displaced children.



**Maya Kanaan, Senior  
George C. Marshall High School**

Maya started the Peace in the Middle East club at Marshall



**Maya Kanaan**

High School her sophomore year. Now with about 30 members of many ethnicities, the Peace in the Middle East club meets regularly to learn about a variety of Middle Eastern countries. Maya prepares informational slide-shows on each country, focusing on how conflict there is affecting children's lives. Recently, the club obtained the sponsorship of a local restaurant to help raise money for children in Lebanon. They were able to provide five teachers with remote-learning supplies, increasing access to quality education. This past fall, they raised money for Afghani children's school supplies, distributing the money through the Save the Children Fund. The club is planning additional fundraising activities for this spring.



**Olivia Zhang, Junior  
McLean High School**



**Olivia Zhang**

Olivia Zhang is the founder and CEO of the non-profit organization, Cancer Kids First which has thousands of volunteers in chapters around the world sending toys, books and care packages to over 50 pediatric hospitals. Olivia heads the management team with oversight over matters such as planning, policy, and finance. She manages their website which includes milestones of achievement, awards and a variety of events including virtual movies, speakers, volunteer team building, and fund raisers. Olivia is also the president of McLean's Student Government Association, where she launched the Be a Good Neighbor Initiative -- monthly service events such as a toy drive, a blood drive, and writing letters to the elderly.



**Ava Belmont, Senior  
Mount Vernon High School**

As president of the Our Minds Matter Teen Advisory and of Mount Vernon High School's Our Minds Matter Club, Ava



**Ava Belmont**

Belmont helps raise awareness of mental health issues. She leads meetings to discuss mental wellness, organizes awareness months, creates videos to decrease stigma around mental illness, and works to create an open dialogue regarding mental health at the school. She recently received a grant to fund a wellness room at Mount Vernon HS to create a safe space for students to relax and take a break during the day. Ava also serves as a representative with the Fairfax County Public Schools Student-Led Mental Health Working Group and has advocated for greater virtual support in schools for children and adolescents seeking mental health support.



**Tariq Aldalou, Senior  
Mountain View  
Alternative High School**



**Tariq Aldalou**

The war in Syria led Tariq Aldalou to move to Lebanon, where he worked as a volunteer teacher and administrator for LOYAC, a nonprofit organization that designs and develops programs which help support underprivileged and vulnerable communities. When Tariq started working for LOYAC, he packed and delivered food boxes to people living in refugee camps. After 2 months, he started teaching math to young students.

This led to additional classes teaching Arabic and English, not just to children but also to their parents, developing curricula for varying age groups. He also worked with adults to help develop their business skills. At Mountain View, Tariq voices his concerns for human rights by publishing in the school newspaper, The Mirror. Topics he has written about include water scarcity, education for all, and terrorism around the world.

**Sara Boddie, Senior  
Oakton High School**

Sara Boddie founded a social justice club called "Be the Change" to create an environment for Oakton students to talk about topical issues of interest and inspire them to become community leaders and activists. The club began hosting regular meetings to discuss a variety of issues including the prison industry complex, LGBTQ rights, climate change, and racism within existing institutions such as school systems and the health care field.

They also organized a food drive and collected clothing for the needy. Sara attended a local protest in Vienna and delivered a spe

ech to 200 people that day. She spoke about the stereotyping of young Black children and what she and her brothers experienced as African Americans, knowing that she doesn't

SEE STUDENT PEACE AWARDS, PAGE 11

WWW.CONNECTIONNEWSPAPERS.COM

Four members of the Fairfax County School Board appear in the group photos. From left, Karen Corbett Sanders, Mount Vernon District Representative; Rachna Sizemore Heizer, Vice-Chair, Member-at-Large; Laura Jane Cohen, Springfield District Representative; and Abrar Omeish Member-at-Large.

# Student Peace Awards of Fairfax County

FROM PAGE 10

want these things to happen to her own children in the future.

high school with an ongoing blog, *Our Lives, A Different Kind of Crochet*. The blog discusses culture, biographical stories and the African Diaspora, and includes her award-winning poem, "Prolific."

Through podcasts and interviews, Christopher also advocates for Hispanic equity across Virginia.

As president of TJ's Black Student Union, Damilola guided its members to join the Minority Mentors Program alongside Hispanic Community Club members. This fostered cooperation between the two groups because they had similar goals: for upperclassmen to provide support to younger students. Damilola also represents TJ as one of Fairfax County's Student Equity Ambassador Leaders.



**Owen (Vivian) Fuchs-Dubuque, Senior**  
Quander Road School

Owen Fuchs-Dubuque is a member of Quander Road's service club, Blossoming Beauties. She assisted with clothing and food drives, toy collections, hurricane relief, and their annual Thanksgiving outreaches.

She is also the lead in the EFE (Education for Employment) Road Café. She keeps their books, ensures that appropriate inventory is maintained, and keeps the Café clean and sanitized. The goal of the Road Café is to teach students good work ethics and to provide them with job skills to enable them to earn internships at local businesses. As an active member of the LGBTQ+ community, she makes it a point to accept others. She is currently completing an internship at an animal hospital and has rescued many animals.



**Niyat Asefaw, Senior**  
South County High School

Niyat Asefaw volunteered at Amen Charitable Organization in Ethiopia, teaching math, physics, and English to grade school children at an orphanage in Ethiopia. She believes strongly in civic action to address economic, social and gender inequalities and discrimination, particularly concerning women, the elderly and refugees. She broadcasts her own sit-down talk show, "The Candid Hour," where she addresses and tackles uncomfortable topics within the Ethiopian community and the world. She also has been actively involved in the Model UN program at South County and became Secretary-General of the club in her junior year.

**Loza Markos, Junior**  
West Potomac High School

Loza Markos raised money for gift packages for Ethiopian students with disabilities and volunteered last year at a hospital in Addis Ababa to assist and teach children with chronic disabilities and illnesses. She also served at a school for children with Autism Spectrum Disorders, teaching math and English and assuring their access to clean water by purchasing and delivering bottled water to the students and their families. Her homeroom teacher, Allyn Howe, noted that "Loza's work in teaching and charity in both Ethiopia and in the Alexandria area reflect her generosity and eagerness to improve the lives of those around her."



**Andrea Agola, Senior**  
Robinson Secondary School

Andre Agola founded a club at Robinson called R.E.A.D. (Representation in English Allows for Dialogue), whose mission is "to collaborate with English teachers to increase POC (person of color) representation in the English curriculum." The club's intention is to cultivate awareness of the importance of diversity and inclusion in education, and to inspire new perspectives on social issues and the experiences faced by the POC community.

Andrea also helped organize a Fairfax County chapter of Diversify Our Narrative, a national non-profit organization that seeks to address the imbalances of materials taught in schools, especially in the areas of racial justice and history. Andrea started sharing her creative ideas before entering



**Damilola Awofisayo and Christopher Arraya, Seniors**  
Thomas Jefferson High School for Science and Technology

Damilola Awofisayo and Christopher Arraya are active members of the Student Equity Coalition, a student organization whose mission is to affirm, empower and elevate the diversity of TJ's school community. The Student Equity Coalition provides a forum for students to discuss issues, see other perspectives, and provide a voice for under-represented groups while creating a closer-knit community among students whose families come from different countries, cultures and religious backgrounds.

Christopher is also the co-president of the Hispanic Community Club through which he created "Minority Mentors."



**Vy Nguyen, Junior**  
W.T. Woodson High School

As a former Miss Northern Virginia Teen USA, Vy Nguyen volunteered for One Love Foundation, an organization that empowers young people from all backgrounds with the knowledge to identify and avoid abusive relationships. Vy has served as a Teen Ambassador, Workshop Facilitator, and Regional Social Media Team Leader. She has spoken on many panels and served on One Love's Film Fellowship Youth Council, which selects recipients of grants to create feature films on relationship abuse for classroom use. Vy is determined to help others avoid or, if necessary, surmount relationship abuse.

## COMMUNITY

# Celebration of Art and Community

## Britepaths seeks art, volunteers and sponsors for upcoming event.

BY BONNIE HOBBS  
THE CONNECTION

Fairfax-based nonprofit Britepaths is inviting the community to get involved in its upcoming Artful Living event. This year's theme is "Connected," and the organization is seeking artwork, sponsors, volunteers to help plan the event and donations of items for the raffle and auction.

Local artists are invited to submit works to be considered for inclusion in this juried art show. Cash prizes will be awarded, and artists will receive a portion from the sale of their work. A wide variety of media is accepted; professional, amateur and youth artists are welcome.

Artful Living is a fundraiser that enables Britepaths to better serve area individuals and families working toward financial self-sufficiency. Proceeds go toward Brite-

paths' programs that help families stabilize and build resilience, as well as offer support for children.

The event is set for Thursday, May 19, from 7-10 p.m., at the Country Club of Fairfax, 5110 Ox Road in Fairfax. But artwork must be submitted before midnight on Sunday, April 24. The form for submissions is at [britepaths.org](http://britepaths.org).

"We chose our theme, 'Connected,' in 2019 and had planned to hold Artful Living in April 2020," said Britepaths' Executive Director Lisa Whetzel. "As with so many events in our lives, the pandemic made us postpone the gathering twice. We are so looking forward to reuniting with our community on May 19, and the theme 'Connected' is now more relevant than ever."

She's also proud that it has such a worth-

while purpose. "Artful Living is vital to raising funds that will help us assist more families near us who have been struggling due to the pandemic," explained Whetzel. "It is also a heartwarming celebration of art and community that helps local artists receive recognition and sell their works, while helping

their neighbors. We hope community members will come together to support Artful Living, and we hope they'll join us for a delightful evening on May 19."

To volunteer to serve on the Event Planning Committee, help sponsor Artful Living, donate raffle or auction items, or for any other information, go to [britepaths.org](http://britepaths.org), email [events@britepaths.org](mailto:events@britepaths.org) or call 703-273-8829.

*Britepaths is in its 38th year of providing assistance and a way forward for struggling individuals and families in Fairfax County and Northern Virginia. During the pandemic, Britepaths has offered greatly enhanced food and financial assistance services to Fairfax County area residents in crisis. Throughout the year, it relies on funding and volunteer support from businesses, individuals, community organizations and places of worship.*



Artist Barbara Ely at Britepaths' 2019 Artful Living event with her works, "Capsized" and "Japanese Tapestry."

PHOTO COURTESY OF JOHN GLOVER

## CALENDAR

### NOW THRU APRIL 16

"The Art of Murder." Fridays and Saturdays at 8 p.m.; Sundays at 2 p.m. At Workhouse Arts Center, W-3 Theater, 9518 Workhouse Way, Lorton. In a remote estate in the countryside of Connecticut, Jack Brooks, one of the most accomplished painters of his generation, awaits the imminent arrival of his art dealer. But the visit is not a standard one, for Jack feels wronged, and he is intending to kill the man. As Jack lays out his intentions for the evening, his wife, Annie, calmly paints. She is reluctant to go along with the plan, until Jack's threat of violence convinces her otherwise. Harried and annoyed, Vincent, Jack's flamboyant art dealer, arrives. Will Jack carry out his plan? Will Annie help him? Or is something else going on? Visit [www.workhousearts.org](http://www.workhousearts.org).

### MARCH 25-26

Mason Dance Gala Concerts. 8 p.m. At the GMU Center for the Arts, 4373 Mason Pond Drive, Fairfax. Tickets: \$28 General Public; \$15 students, staff, and seniors; \$10 groups of 10 or more. For up-to-date information, video, and choreographer bios, visit the website: <https://dance.gmu.edu/dance-gala-concert>.



The Mason Dance Gala Concerts will take place March 25-26, 2022 at GMU Center for the Arts in Fairfax.

### SATURDAY/MARCH 26

Hearth Cooking Workshop. 10 a.m. to 4 p.m. At Gunston Hall, 10709 Gunston Road, Lorton. Visit the hearth kitchen at Gunston Hall for the ultimate experience in slow food as you learn to employ 18th-century cooking techniques and recipes to create period dishes. Cost: \$125. Visit the website: <https://gunstonhall.org/events/adult-hearth-cooking-workshop-2/>

### SATURDAY/MARCH 26

Winterguard Drumline Competition. At South County High School, Lorton. South County High School will host The Atlantic Indoor Association Winterguard and Drumline Competition. The winterguard incorporates flags, sabres, mock rifles with dance. The drumline is composed of several

types of drums divided into the battery and front ensembles with cymbals, xylophones, snare drums, and base drums rounding out the sound. More than 60 school teams will be performing at the competition. The Atlantic Indoor Association is a nonprofit arts organization whose mission is to support and benefit organizations that support youth activities in the performing arts. The association facilitates competitions throughout Virginia and North Carolina and currently serves more than 200 units. Visit [www.schsbands.org](http://www.schsbands.org).

### MARCH 26-27

Springpex Stamp Show 2022. At John R. Lewis High School, 6540 Franconia Road, Springfield. Springpex is the area's largest stamp show. The show features competitive and non-competitive philatelic exhibits, and some 25 stamp and cover dealers from throughout the Eastern U.S. In addition to the exhibits, special commemorative cachet envelopes and postal cancellations will mark the 50th Anniversary of the last Lunar Landing by Apollo 17, the 100th Anniversary of the Lincoln Memorial, and the 50th Springpex show. Show hours will be 10 a.m. to 6 p.m. on Saturday, March 26, and 11 a.m. to 4:30 p.m. on Sunday, March 27. Visit the website at [www.springfieldstampclub.org](http://www.springfieldstampclub.org).

### MONDAY/MARCH 28

"My Brother is Deaf." 7:30 to 9 p.m. At GMU Johnson Center Cine-

ma, Fairfax. Visiting Filmmakers Series: Peter Hoffman Kimball, "My Brother is Deaf." A sweet 5-year-old learns that his younger brother is deaf and joins with his family in discovering how to embrace and support him. Peter Kimball is a screenwriter, filmmaker, and professor based in Washington, D.C. His films have played at festivals all over the world including Slamdance, Vancouver, D.C. Shorts, and Calgary.

### MARCH 31-APRIL 10

Everybody. At GMU Center for the Arts, Harris Theatre, 4373 Mason Pond Dr., Fairfax. Thursday, March 31 and April 7 at 8 p.m.; Friday, April 1 and 8 at 8 p.m.; Saturday, April 2 and 9 at 2 p.m. and 8 p.m., Sunday, April 10 at 2 p.m. This modern riff on the 15th-century morality play *Everyman* follows *Everybody* (chosen from among the cast by lottery at each performance) as they journey through life's greatest mystery—the meaning of living. Visit: <https://cfa.calendar.gmu.edu/everybody/>

### FRIDAY/APRIL 1

"Strictly Ballroom" Movie. 7:30 p.m. At Stacy C. Sherwood Center, 3740 Old Lee Highway, Fairfax. "A modern dance classic with all the right moves." (Rotten Tomatoes). Free admission includes popcorn, candy and refreshments. Doors open at 7 p.m. Visit the website: <https://www.fairfaxva.gov/government/parks-recreation/cultural-arts>

### FRIDAY/APRIL 1

Stephanie Nakasian. 7:30 p.m. At Workhouse Arts Center, Lorton. At W16, McGuireWoods Gallery; Seating – G.A. Row Seating. Known as one of the world's leading jazz singers, Stephanie

Nakasian will take you on a fantasy swing voyage, fresh and authentic that transcends the Great Ladies of Song in both tribute and originality. Visit the website: [www.workhousearts.org/onstage](http://www.workhousearts.org/onstage)

### SATURDAY/APRIL 2

Brass 5. 7:30 p.m. At Workhouse Arts Center, Lorton. At W16, McGuireWoods Gallery; Seating – G.A. Row Seating. One of America's most successful ensembles for 29 years, the "5" offer a vast repertoire from Renaissance, Classical, Dixieland, Swing, Jazz, Rock to Country and more. Visit the website: [www.workhousearts.org/onstage](http://www.workhousearts.org/onstage)

### SATURDAY/APRIL 2

Camille A. Brown & Dancers. 8 p.m. At GMU Center for the Arts, 4373 Mason Pond Dr., Fairfax. A pre-performance discussion will take place in Monson Grand Tier, which is located on the third level of the Center for the Arts Lobby, 45 minutes prior to curtain. Called "one of the most sought-after choreographers of her generation" by The New York Times, Camille A. Brown is reclaiming the cultural narratives of African-American identity through dance. Now, her Bessie Award-winning company, Camille A. Brown & Dancers take the stage at the Center for the Arts for the first time. Her bold work taps into both ancestral stories and contemporary culture, capturing a range of deeply personal experiences. Learn More: <https://cfa.calendar.gmu.edu/camille-a-brown-amp-dancers>

SEE CALENDAR, PAGE 13

# BULLETIN BOARD

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

## SATURDAY/APRIL 23

Sen. Mark Warner will host his annual Academy Day on Saturday, April 23, from 10 a.m. to 12:30 p.m. This is a virtual event that will be hosted on Acelevents. The event will offer students, their parents or guardians, and school counselors a comprehensive overview of the United States service academies and their admission processes.

Attendees will have the opportunity to join breakout sessions with representatives from the United States service academies for presentations and an interactive question and answer period. On the main stage, you will hear from representatives from the Virginia congressional delegation about the application procedures for congressional nominations to the academies as well as speakers from the Department of Defense Medical Examination Review Board, the University of Virginia ROTC programs, the Virginia Tech Corps of Cadets, the Virginia Military Institute, and the Virginia Women's Institute for Leadership at Mary Baldwin University. There will also be time to speak in more detail with many of these representatives at their virtual resource tables.

Information on the nomination process for the service academies is available on the Senator's website at [www.warner.senate.gov](http://www.warner.senate.gov). You

may email [academy\\_noms@warner.senate.gov](mailto:academy_noms@warner.senate.gov) with any questions.

## NOW THRU APRIL 14

ESL Classes. 7-9 p.m. At Lord of Life Lutheran Church, 5114 Twinbrook Road, Fairfax. In-person and online ESL classes. Classes will meet on Tuesdays and Thursdays from 7-9 p.m. Online registration started at <http://www.lordoflifeva.org/esl>. Cost is \$20.

## SEEKING SOFTBALL PLAYERS

The Golden Girls of Northern Virginia, a senior women's softball league, is looking for players. Any woman over the age of 40 is encouraged to join. All skill levels are welcome. They play on Wednesday evenings and Saturday mornings in Vienna. For more information, visit the website [www.goldengirls.org](http://www.goldengirls.org) or call Marilyn at 571-261-9163.

## SUPPORT GROUPS

Parent Support Partners, a service of the Healthy Minds Fairfax initiative, are all parents who have received training and are qualified to offer education, support and assistance at no cost to families or caregivers. They provide reliable information that families can use in decision-making and are familiar with services and resources that can help families in distress. Visit [www.fairfaxcounty.gov/healthymindsfairfax](http://www.fairfaxcounty.gov/healthymindsfairfax) or [www.nami-northernvirginia.org/parent-peer-support.html](http://www.nami-northernvirginia.org/parent-peer-support.html).

Shepherd's Center of Fairfax-Burke sponsors a monthly meeting on the

2nd Tuesday of each month, noon-1:30 p.m., for caregivers to learn and to share with others experiencing similar challenges. Before attending, contact the facilitator, Eileen Thompson at 703-451-8626 or [eileen.thompson1@gmail.com](mailto:eileen.thompson1@gmail.com). Haven of Northern Virginia provides support, compassion, information and resources to the bereaved and seriously ill. To become a Haven volunteer, please call 703-941-7000 to request an orientation. Volunteers must complete a 30-hour training and commit to one year of service answering Haven phones (2.5 hours weekly). Next training is scheduled for fall 2017.

## ONGOING

Assistance League of Northern Virginia is an all-volunteer non-profit organization that feeds, clothes and provides reading assistance and books to children in need. Assistance League's programs touch the lives of hundreds of children in Fairfax and Prince William Counties and the City of Alexandria. There are many volunteer opportunities for community members to contribute to helping those in need. To learn more, email [info@alnv.org](mailto:info@alnv.org), or visit [www.alnv.org](http://www.alnv.org).

STEM Professionals Needed. Volunteers are needed to assist K-12 STEM teachers in northern Virginia as part of the American Association for the Advancement of Science's STEM Volunteer Program, [stemvolunteers.org](http://stemvolunteers.org), during the 2019-20 school year, beginning in September. Please contact Don Rea at 571-551-2488 or [donaledge@aol.com](mailto:donaledge@aol.com).

## CALENDAR

FROM PAGE 12

### SATURDAY/APRIL 2

Mason Broadway Chorale Showcase. 8 p.m. At GMU Center for the Arts, Concert Hall, 4373 Mason Pond Dr., Fairfax. The University Chorale presents a series of Broadway classics for their 2022 spring showcase. The Broadway Showcase is a popular feature of the choral program at Mason each spring semester. Students assist with the design, coaching, and creating choreography for the production. Learn More: <https://cfa.calendar.gmu.edu/chorale-broadway-showcase/>

### SUNDAY/APRIL 3

Lynne Mackey. 2 p.m. At Workhouse Arts Center, Lorton. At W16, McGuireWoods Gallery; Seating - G.A. Row Seating. Combining masterful technique with extraordinary expressiveness, Lynne shares, with her audiences, a wide range of classical and contemporary music. Visit the website: [www.workhousearts.org/onstage](http://www.workhousearts.org/onstage)

### SUNDAY/APRIL 3

Evocative Visions - Keyboard Conversations with Jeffrey Siegel. 7 p.m. At GMU Center for the Arts, 4373 Mason Pond Dr., Fairfax. Pianist Jeffrey Siegel

is popular with classical music lovers and newcomers alike. In his final Keyboard Conversations concert of the season, he plays the visually inspired masterpieces of Debussy, plus Rachmaninoff, Liszt, and Grieg. An interactive question and answer session will conclude this program. Visit <https://cfa.calendar.gmu.edu/keyboard-conversations-174-with-jeffrey-siegel-evocative-visions/>

### MAY 21-22

Girls on the Run Spring Registration. GOTR NOVA will be offering an in-person 10-week curriculum for the Spring 2022 season. Two in-person 5Ks presented by Cigna will be held on May 21st and 22nd in Sterling and Ballston, respectively. Teams will continue to be school and community-based to further our outreach efforts in being accessible to every girl across Northern Virginia. Currently, 105 teams throughout Alexandria, Arlington, Fairfax, Falls Church, Loudoun, Manassas, Manassas Park, and Prince William are open for Spring 2022 registration through March 1, 2022. For more information about spring registration and sites for Girls on the Run of NOVA, visit [www.gotrnova.org](http://www.gotrnova.org).

## THE CONNECTION

Newspapers & Online

# Special Connections Calendar 2022

Advertising Deadlines are the previous Thursdays unless noted.

## MARCH

3/2/2022.....Wellbeing  
3/9/2022.....HomeLifeStyle  
3/16/2022.....A+ Camps & Schools  
3/23/2022.....Senior Living  
3/30/2022.....Spring Family Fun

## APRIL

4/6/2022.....Wellbeing  
4/13/2022.....HomeLifeStyle  
4/20/2022.....A+ Camps & Schools  
4/27/2022.....Senior Living

For Print & Digital Advertising Information:  
Please Call 703.778.9431 or email  
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CASE #	ITEM	SERIAL #
2013-9198	Fugy Bike	*****6600
2019-2487	Roadmaster Bike	*****15AP
2018-1013	Huffy Bike	*****3016
2018-4620	Genesis Bike	Unknown
2018-5514	Huffy Bike	*****332K
2018-6563	BCA Bike	*****4WMA
2018-7405	Ambush Bike	Unknown
2018-8048	Avalon Bike	*****0625
2018-8383	Magha Bike	Unknown
2018-8554	Hard Rock Bike	*****3529
2018-9333	Roadmaster Bike	*****5950
2018-10222	Kent Bike	*****6531
2018-13116	Roadmaster Bike	Unknown
2018-15233	Mongoose Bike	*****2002
2018-15870	Roadmaster Bike	*****6446
2018-16055	Next Bike	*****1145
2018-17887	Pacific Bike	Unknown
2018-17984	Next Bike	Unknown
2019-345	Diamondback Bike	Unknown
2019-851	Genesis Bike	*****2WNA
2019-1923	Skip Scooter	*****3334
2019-4026	Ambush Bike	*****0183
2019-5520	Novara Bike	*****4410
2019-6768	Avieo Bike	*****5986
2019-6768	Diamondback Bike	*****5677
2019-8451	Genesis Bike	*****4WMA
2019-11703	Kent Bike	*****6261
2019-12579	Giant Bike	Unknown
2016-11251	California Bike	*****7983
2017-11661	Kent Bike	*****816R
2017-14851	Magna Bike	*****7857
2017-15622	Mongoose Bike	Unknown
2017-16016	Power Climber Bike	Unknown
2017-18020	Red Bike	*****1001
2017-19421	Trek Bike	*****8163
2019-7947	BCA Bike	*****2954
2019-11387	Grand Prix Bike	*****4475
2019-11387	Hard Rock Bike	*****4909
2019-12968	Girl Trek	*****4844
2019-18038	Huffy Bike	*****2185
2019-18264	Purple Bike	*****2211
2019-18297	Fugy Bike	Unknown
2020-2011	Purple Scooter	*****5367
2020-2011	Green Scooter	*****1986
2019-19744	Mongoose Bike	*****7767
2020-4047	Trek Bike	*****668M
2020-8551	Next Bike	*****0946
2020-10616	Schwinn Bike	Unknown
2020-13352	Mongoose Bike	*****1062
2020-13726	Roadmaster Bike	*****8289
2020-14472	Trek Bike	Unknown
2021-379	Roadmaster Bike	*****1928
2021-434	Hyper Bike	*****9382
2021-434	Hyper Bike	*****0890
2021-5551	Magna Bike	*****2020
2021-8386	Guantlet Bike	Unknown
2021-8584	Ambush Bike	*****6470
2021-11746	Power Climber Bike	*****9036
2021-14071	Diamondback Bike	Unknown
2009-8898	Silver Necklace	N/A
2009-8898	Men's Invicta Watch	N/A
2009-8898	Diamond Earrings	N/A
2009-8898	Men's Diamond Ring	N/A
2009-8898	Watch (Unknown Brand)	N/A
2009-8898	Diamond Bracelet	N/A
2009-8898	Silver Ring	N/A
2009-8898	Earrings	N/A

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## Cause for Concern?



By KENNETH B. LOURIE

If you've read any of my columns, you might be able to guess the answer. In my mind, it's not so much cause for concern as it is a topic for conversation. The topic being the side effects of cancer medicine/treatment. I remember hearing/reading that as it relates to cancer patients, sometimes the side effects of the medicine so severe/so debilitating that the patient must stop the treatment (which I never have). And in stopping what's managing - so to speak, the tumors, the tumors start growing and the cancer starts spreading and then shortening your life. In the past when I've asked my oncologist what would happen to my stable tumors if I were to stop treatment, he unequivocally stated: "I know what will happen. The tumors will grow." And as you might imagine, tumors growing has been my greatest fear.

Per my last series of diagnostic scans in late Dec. and early March, tumors are stable, and life goes on. I had been anxious about these scans because previously we had reduced the dosage of my thyroid cancer medicine down to 10 mg from the initial 24 mg. We had to do this because the side effects from the medicine was adversely affecting my ability to perform my activities of daily living. Walking upstairs or even a modest incline would take my breath away; as would bending over or even standing over the commode. However, this original maximum dose was keeping the tumors stable. Why risk that just so I can breathe easier?

In talking with my oncologist over the years, I've learned - and experienced, that cancer medicine is constantly adjusted and changed your body reacts negatively. The goal, according to my oncologist is to try and find that "sweet spot" as I call it. That's the spot where the minimum amount of medicine tolerated by the patient is doing the maximum good, and of course, when the side effects are the least impactful. Which is where I've been for the past six months or so: reduced dose, less side effects, while still having "stable" results on my quarterly scans.

Recently however, my breathing has become more labored, even while performing less arduous tasks. My wife, Dina, asked me today, after she saw me pull over in the house and sit down to catch my breath, if I thought I should contact my oncologist and tell him of my recent difficulties because it's new-ish and any new symptoms need to be reported to the doctor.

But lowering my dose yet again really scares me. At some point/dosage, the medicine stops being effective. And I'm not sure if one can experiment with a lower dose and if there are complications/disappointments, simply revert to the higher dose and return to the previous abnormal? My oncologist has also said that he can try to keep me from going down, but once down, he can't likely bring me back up. Ergo, my dilemma.

Obviously, it's prudent to keep the oncologist in my loop; he does kind of have my life in the speaker of his stethoscope and should be apprised of all changes in my health. Nevertheless, a reduction in my medicine could be a turning point in the wrong direction, and one quite frankly from which I might never recover.

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



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