CONTECTION
Burke*Fairfax*Springfield*Fairfax Station*Lorton*Clifton



May 16-22, 2024

SENIOR LIVING

Greenspring Residents Grant \$542,000 Scholarships for Student Employees

ifty-one local high school students preparing to turn their tassels were recently named Student Scholars at Greenspring, an Erickson Senior Living community in Springfield, Va.

Dedicated high school student workers are being recognized and set up for success through these four-year scholarships, funded by generous donations from community residents. At the Student Scholars' Award Ceremony on April 26, 51 student workers were granted \$10,000 scholarships through the Student Scholars' Fund at Greenspring, which awarded a total of \$510,000. In addition, 13 students received donor-designated scholarships for a total of \$542,000 with all

"Thank you to all the residents who donated. These awards set our student team members up for success," said Director of Philanthropy Kimberly Nelson.

Since 1999, the Greenspring Scholars' Fund has raised more than \$6 million to support student team members in pursuing trade school and higher education. Each scholarship is funded exclusively through the generous contributions of residents and staff members. This year, donations to the Greenspring Scholars Fund topped \$565,000, more than any previous year.

Of primary importance to the Greenspring community is the ability to award all eligible students who apply with a scholarship. Eligibility for the Class of 2024 requires at least 1,000 working hours during the student's junior and senior years of high school. They must achieve satisfactory grades (2.75 or higher) and maintain a disciplinary record free of adverse actions during employment.

At the ceremony, Resident Council President Chuck Davidson read a few inspirational quotes from various leaders and artists worldwide, including Nelson Mandela: "Education is the most powerful weapon you

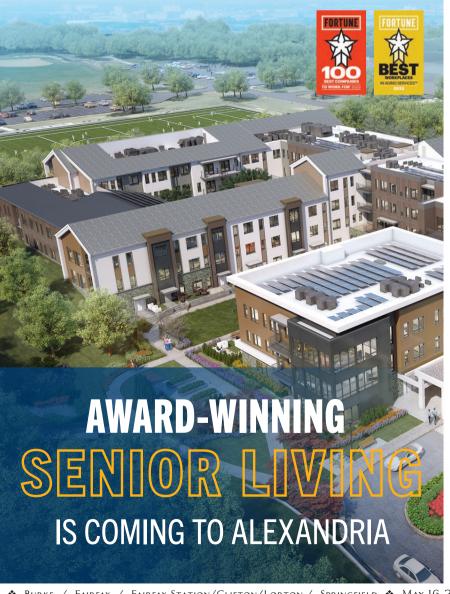
can use to change the world."

To learn more about open positions and career benefits at Greenspring, visit GreenspringCommunity.com.

2024 Greenspring Scholars

- ❖ Zellal Abbas, Edison High School
- Suhail Abdulwasi, Edison High School
- Oun Ahmed, Edison High School
- * Prince Amoah, Hayfield Secondary School
- ❖ Janelle Amo-Yartey, South County High School
- Peter Andreoli, West Springfield High School
- Addison Ashton, Hayfield Secondary School Autumn Avery, Hayfield Secondary School
- ❖ Brittany Awuku-Larbi, Lewis High School
- ❖ Rangheena Azizi, Potomac High School
- Joshua Baskin, Edison High School
- Kalkidan Baye, Edison High School
- ❖ Elbet Bekema, Lake Braddock Secondary School
- Winson Chen, Lake Braddock Secondary School
- ❖ Isabelle Cory, West Springfield High School
- William Culbreth, Hayfield Secondary School
- ❖ Natania Daniel, Lake Braddock Secondary School
- Urael Debas, Lewis High School
- ❖ Gabriella Evangelista, West Springfield High School
- Haseeb Fakhry, Lewis High School
- Eleanor Fisher, Lake Braddock Secondary School
- ❖ Kaylee Genao, Woodbridge Senior High School
- ❖ Fedir Humeniuk, West Springfield High School
- A Ramesha Khan, Lewis High School
- Addison Lusk, Hayfield Secondary School
- Ahmed Manj, Lewis High School

- Hiermon Mengestu, Edison High School
- ❖ Elroe Midekssa, Edison High School
- * Kelly Miraya-Mayuri, Edison High School
- ❖ Nora Mohamed, West Potomac High School
- * Byron Morales, Lewis High School
- Peter Nguyen, Lewis High School
- Nabil Niori, South County High School
- Fatimah Noori, Lewis High School
- ❖ Aja Nyelenkeh, Annandale High School
- ❖ Joy Opoku, West Potomac High School
- Yusuf Ouanina, Lewis High School
- Violet Oublier, Hayfield Secondary School
- Lucia Oyarce-Chavez, South County High School
- Asraful Patwary, Lewis High School
- ❖ Dylan Pettit, West Springfield High School
- Shayan Rauf, West Springfield High School
- ❖ Aemod Saeed, South County High School ❖ Omari Starnes, Lewis High School
- ❖ Prapada (Amy) Srithongkum, Edison High School
- Mariam Sylla, Lewis High School
- ❖ Anajwa Thomas, Hayfield Secondary School
- ❖ Berhaane Wobante, Edison High School
- Meserak Wudneh, Edison High School
- Priscilla Yeboah, Mount Vernon High School
- Shahed Zaghbani, Osbourn High School



MODEL APARTMENT SHOWINGS NOW AVAILABLE BY APPOINTMENT

Brightview has been making life extra bright for East Coast seniors and their families for 25 years. Join us for a Get To Know Brightview event and discover how we can make life brighter for you, too, when we open in spring 2025.



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News

Fairfax City Council Adopts FY 25 Budget

Residential real-estate taxes rise by half a cent.

By Bonnie Hobbs The Connection

here's both good news and bad news for Fairfax City homeowners in the FY 25 budget adopted last week by their City Council. Residential real-estate tax rates are rising slightly, but not by as much as was initially proposed.

When former Fairfax City Manager Rob Stalzer unveiled his proposed budget in February before he retired, he recommended the real-estate tax rate be increased by 1 cent per \$100 assessed valuation, raising it from the current \$1.025 to \$1.035.

But after various motions, votes, amendments to motions, and more votes, last Tuesday, May 7, City Council decided instead to hike this tax by just a half-cent. So effective retroactively on Jan. 1 of this year, Fairfax's real-estate tax rate is \$1.03 per \$100 assessed valuation.

Since the assessed value of the average Fairfax City home has just increased by 2.63 percent, that alone will raise a homeowner's tax bill by \$162/year. This amount, coupled with the half-cent tax-rate increase, will result in the average homeowner paying another \$31 for a total of \$193/yr. more in real estate taxes.

In addition, 6-percent increases to both

the City's stormwater utility and wastewater utility fees were also approved, costing the average homeowner an estimated annual increase of \$9.15/year for stormwater and \$20.18/year for wastewater. And although the City classifies these items as fees, not taxes, they still count. So combined with the jump in real-estate taxes, the average residential taxpayer will be paying some \$222/year more in fees and taxes.

The wastewater-utility rate increase of 6 percent goes toward paying the City's 6-percent share of capital-project costs required for Fairfax County's Noman Cole wastewater-treatment facility, plus other capital and operating costs there. And the 6-percent stormwater-utility fee hike is to support the utility's capital-improvement and operating costs.

The City's Commercial and Industrial real-estate tax rate remains unchanged at 12.5 cents per \$100 assessed valuation. And the personal-property tax rate will also stay the same at \$4.13 per \$100 assessed valuation.

However, the Old Town Service District add-on, real-estate tax rate will rise from 4 to 8 cents per \$100 assessed valuation, and some of it will help fund the City's many public events held in Old Town Fairfax. Chief Financial Officer J.C. Martinez said this increase is anticipated to generate approximately \$383,758.

In addition, the new budget contains a 3.5-percent merit increase, effective Jan. 1, 2025, for eligible general-scale

employees. A 2-percent market-rate adjustment to general pay scales will take effect on July 1, as will a 1-percent cost-of-living adjustment for public-safety employees, plus the programmed, annual step increase for public-safety employees who were moved to the amended step system. These increases help Fairfax maintain parity within the region and aid in greater recruitment and retention of City employees.

Prior to adopting the budget and each specific tax and fee, Council members discussed some of budget's contents. For example, Martinez said the stormwater-utility fee of \$28.80 per billing unit was originally set in December 2021 when this utility was created. The 6-percent rate hike to \$32.35 per billing unit is expected to yield some \$3.1 million.

Councilmember Jeff Greenfeld asked what are the priority projects that this additional money would help fund, and Public Works Director David Summers said Council will receive an update on all these projects in early 2025.

Councilmember So Lim wanted City staff to look at some possible tax breaks for nonprofits and people with disabilities, and Fairfax Mayor Catherine Read noted that stormwater-utility payments are fees, not taxes. Council then approved the fee hike, 5-1, with Lim voting no. She did, however, vote with her fellow colleagues in approving the wastewater-utility, user-rate increase unanimously.

Regarding the real-estate tax rate, Councilmember Jon Stehle made the motion to reduce it a half cent from the proposed rate of \$1.035, with Lim seconding. That means less budget money for some local nonprofits, plus the City's Homelessness Task Force.

Greenfield then proposed a three-fourthsof-a-cent reduction, instead, with Kate Doyle Feingold seconding. "This puts a pause on the nonprofit grants," said Greenfield. "I believe we need to have a competitive process in place before we fund these grants."

However, Councilmember Tom Ross stressed that the federal government does provide criteria that nonprofits must meet. Greenfield's motion then failed by a 4-3 vote, with Read breaking the Council's 3-3 tie.

"We need to dive right in and make sure the nonprofits are getting their funding," said Councilmember Billy Bates. The Councilmembers then returned for a vote on Stehle's original motion for a half-cent reduction, and it passed 4-2, with Greenfield and Doyle Feingold voting no.

After that, Stehle accordingly moved to set the real-estate tax rate at \$1.03 per \$100 assessed valuation, and it passed unanimously. Read then thanked the Council, City staff members and both the former and current City Manager, Laszlo Palko, who "worked so diligently to get this budget across the finish line."

Big Box Store Replaces Big Box Vacancy in Springfield

Bob's Discount Furniture is moving into the Bed, Bath and Beyond space.

By Mike Salmon The Connection

n Springfield, a big box store is being replaced by another big box store along Loisdale Road as Bob's Discount Furniture is moving into the Bed, Bath and Beyond space between the Springfield Town Center and I-95.

The new Bob's will be 37,809 square feet of furniture of every type, laid out in a showroom format so customers can picture the couch or loveseat placement in their own living room. With a place this big, "we're able to offer a bunch of different merchandise," said Ashley Flores, the Bob's spokesperson.

There is also a Bob's in Falls Church and another in Woodbridge so the Spring-field location will fill furniture needs in southern Fairfax County. In an industrial section off Edsall Road about five miles north of this location, there are a few fur-

niture warehouse stores as well.

Planners in Springfield have worked with big box vacancies in the recent past and there was even a suggestion to turn them into apartments. Toys-R-Us around the corner in Kingstowne closed a few years ago. On the other side of Springfield Town Center, there was a Borders Books which closed in a big box spot and Modell's Sporting Goods occupied the space for a while until it closed too. Now it is a Pure Fitness gym.

DBS Group Properties calls this an "adaptive reuse trend," and they specialize in this field.

"It turns out these buildings can adapt to many uses and these days can be available at attractive prices," DBS said. At the Springfield location, this transition for Bob's has been underway for about the past year, Flores said.

Founded in 1991, Bob's Discount Fur-



Photo contributed

Furniture of all types and showrooms coming to Springfield.

niture now has 174 furniture stores across 24 states. The Manchester, Connecticut-based company has become the 8th-largest U.S. furniture chain according to Furniture Today.

BOB'S GRAND OPENING

Friday, May 24, 9 a.m.

6642 Loisdale Road Springfield

Bob's is presenting Charity Checks to:

- ❖ \$2,500 for Medical Care for Children Partnership Foundation
- ❖ \$2,500 for Springfield Estates Elementary School

Dignitaries slated to attend:

Del. Mark Sickles

MPO Sean Corcoran, Fairfax County Police

Marcia Twomey, Executive Director Medical Care for Children Partnership Foundation

Ramesh Murthy, Executive Vice President, Operations at Bob's Discount Furniture

Corey Parker, Store Manager at Bob's Discount Furniture

News







Colorful lanterns hang above last year's bustling beer garden.

Come Party in the Streets of Downtown Fairfax

The City's 4th annual Asian Festival on Main is May 19.

By Bonnie Hobbs THE CONNECTION

he upcoming Asian Festival on Main will only be Fairfax City's fourth annual. Yet it's rapidly grown into a rousing success and one of the City's most colorful, energetic and well-attended events.

Set for this Sunday, May 19, from noon -6 p.m., (rain date, June 2), it'll offer delicious food, exotic beverages and exciting entertainers celebrating Asian culture. Admission is free, and this fun, family-friendly celebration promises something for people of all ages.

"We'll have 165 vendors – about 65 more than last year," said Festival Chair Tess Rollins, executive director of the Old Town Fairfax Business Association (OTFBA), which is organizing this event. "And our Old Town businesses will also be open to highlight them, so people can come back later with their families and visit them."

In its first year, 2021, the festival attracted 7.500 people. It more than doubled that number in 2022 with 18,000 attendees, and more than tripled it last year with 26,000 people. And, said Rollins, "As a first generation Asian American, I'm honored and proud to have a small part in showcasing Asian cultures and traditions to the City of Fairfax community and the DMV region.'

Indeed, at the April 30 City Council meeting, Fairfax Mayor Catherine Read proclaimed May 2024 as Asian American, Native Hawaiian, Pacific Islander (AANHPI) Heritage Month in the City. "I encourage everyone to celebrate the cuisine, art, music, dance and diverse cultures of the AANHPI community on May 19," she said. "Help us welcome thousands of visitors from across the region to our City for the largest Asian Festival on Main, to date."

A true street festival, it's held on Main Street in the downtown area, between Chain Bridge Road and Blenheim Boulevard, and on University Drive between Sager Avenue and North Street. It also includes Old Town

More than 60 Asian food vendors, plus 11 food trucks, will sell a wide variety of tasty culinary delights. And a beer garden will offer alcoholic beverages from vendors including High Side, Blue Sky Distillery, Capital Sake and Yoju. In addition, there'll be more than 70 non-food vendors and exhibitions.

Kicking off the festivities at 11:45 a.m. will be the spectacular Wun Lion Dance Troupe, which will lead the crowd from the intersection of Main Street and University Drive to Old Town Square. There, at noon on the main stage, Rollins and City Councilmembers So Lim and Tom Ross will officially welcome everyone to this springtime extravaganza. And 2015 Mrs. District of Columbia, Elaine Espinola, Keltz, will return as the event hostess and emcee.

The festival will honor the lunar Year of the Dragon by featuring Asian entertainers on two outdoor stages - at Main Street and at Old Town Square - and at one indoor venue, Earp's Ordinary at 10420 Main St. Performing at Earp's (next to Commonwealth



The event's logo honors the festival and the Year of the Dragon.

Brewing Co.) from 1-2:30 p.m. will be the Asian band, Infusion, which reimagines famous South Asian and Western music pieces through a modernist lens.

Car club DMV Itasha will bring anime-wrapped cars to University Drive near North Street for photo ops. And festival attendees are invited to dress up as their favorite characters from popular movies, books, TV shows and video games and participate in the cosplay costume contest.

Event proceeds will go to nonprofit AALEAD (Asian American Leadership, Empowerment and Development). It supports low-income and underserved Asian Pacific American youth with educational resources, identity development and leadership opportunities via after-school, summer and mentoring programs.

Among the many food vendors are: Sambal Indonesian Food, Sister House, Simply

Desserts, Sweets by Caroline, Master Grill,

Entertainment Schedule

AVINASH PANDA - South Asian Vocalist

HALAU HULA O KE ANUENUE PUNAHELE - Hawaiian Cultural Dance

NUSANTARA BUDAYA - Indonesian Cultural Dance

1:00 p.m. BALI JEGEG - Balinese Cultural Dance

1:20 p.m. SELENE / BRIONNA WALKER – Belly Dance

1:30 p.m. SIMRAN KAUR - South Asia Cultural Dance 1:40 p.m. WASHINKAN KENDO DC - Kendo Martial Arts Demo

1:55 p.m. MONGOLIAN DANCE - Mongolian Cultural Dance

2:00 p.m. KAWAII KAIJU & FRIENDS - Dog Showcase

2:15 p.m. SHAOLIN TEMPLE - Kung Fu Martial Arts Demo

2:30 p.m. RAINA CHAN - Philippine Vocalist

2:45 p.m. BMOREBOLLYWOOD - Bollywood Dance 2:50 p.m. DI DIM SAE KOREAN INSTITUTE - Korean Cultural Dance

3:10 p.m. 1PICK - K-Pop Dance

3:30 p.m. EVELYN MEI - Sword Dance / Kung Fu 3:40 p.m. CHIN DAIKO - Taiko Drums

3:55 p.m. THE LION'S DEN - Hip Hop/Zumba Instruction

4:05 p.m. INDRANI DAVALURI – Hip Hop/Spoken Word

4:25 p.m. S.N.R.G. - Philippine Singers – R&B

4:40 p.m. WRIZZARDS - Philippine Singers – R&B 5:00 p.m. SOUL BROTHERS - Philippine Singers – R&B

5:30 p.m. BUFFER TIME/D J MUSIC - Philippine Singers – R&B

News



Chelsea Tan selling CHIBOO bakery's macarons at 2023's event.

Asian Festival

From Page 4

Lien's Kitchen, Koi Tea, Krua Thai, Midori Tea House, Thik and Juicy, Mark's Thai Taste, Mom's Momo, Phowheels, Miracle Kitchen, Panee's Ice Cream, Seas the Day, Sarin Grill, Nitro's Creamery, Toimoi Bakery, My Alfajor, Thai Chong Tea Bar, and Toby's Ice Cream.

More food vendors are: Bun'd Up, Tea Do, Sen Coffee, Rice Crook, Seven Tea House, Gwenie's Pastries, DeepFried Watermelon, Auntie Ning's, Tres M Cuisine, Capital Musubi, Siam Shinzo, District Boba, Kin Thai,



This boy performs an Asian sword dance last year in Old Town Square.

Cocoi's, CHIBOO Bakery, Kay's Smoothies, Good Day Crepe, Gong Cha, Pua's, and Himalayan Soul Foods.

The festival is supported by many local businesses, including title sponsor Ox Hill Cos., as well as Main Street Bank, Hollywood Casinos at Charles Town Races and the Virginia Lottery. Fairfax City is also an integral, in-kind sponsor supporting the event via several City departments including Fire, Police, EMS, Parks and Rec, Signs and Signals, and Public Works.

For more festival information, go to https://asian-festivalonmain.com/.

CIVIL WAR

BOOKS, RELICS & MEMORABILIA SHOW

Saturday, May 18, 10:00 – 4:00

Arlington-Fairfax Elks Lodge, Rt. 50, Fairfax, VA

Admission, \$5 Per Person

Vendors Welcome

703-389-1505 / 703-785-5294





OPINION

LETTER TO EDITOR

Kendale Woods Pickleball; Another View

I am a resident who lives on Kendale Road and my house backs up to these courts. My neighbors and those on Brookcrest Drive who also have houses that back to these courts have made it clear we want these courts in our backyard. They add value to our community and simply playing somewhere else is not a viable option. These courts are adjacent to our community

pool (the pool board has stated pickleball players can use their parking lot) and right

next to a park so it allows for parents in the community to play while our kids are in safe distance from us. It's also stated that these courts were lined prior to the 2021 studywhile that is true what it neglects to mention is that these courts were redone and two pickleball only courts were placed in 2023. The story being told is incomplete.

It should also be mentioned that the timing of this decision raises suspicion, particularly considering the sudden proliferation of signs offering tennis lessons at these courts for a fee. It is troubling that we are being asked to sacrifice a beloved community asset so that someone else can profit.

While it is true that we can drive 5 miles and be at another court,

we can't have our kids enjoy the pool while we play pickleball. The proximity to the

park, pool, and our homes cannot be replicated at any other courts in Annandale. Furthermore, the board at the Broyhill Crest Pool has stated that pickleball players can use their parking lot to access these courts.

The community has spoken, and it is clear that they want these courts and that they are important



Noise from pickleball courts is causing controversy.

to our neighborhood. We aren't asking for money, more courts, or anything else, we just want to keep this valuable community asset to stay.

We have made a very simple and reasonable request that a community hearing be held to get the input of those impacted by this

decision. The person offering for profit tennis lessons on these specific courts shouldn't be the only voices heard.

Please run a more balanced story with all the facts, not just the ones cherry picked by the park authority.

Sarah Wysocki

ONVECTION

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FCPS Students Awarded National Merit Scholarships

he National Merit Scholarship Corporation awarded 27 Fairfax County Public students \$2,500 scholarships in the 69th annual National Merit Scholarship Program. The Fairfax County Public School winners are among 770 high school seniors who received corporate-sponsored National Merit Scholarships. Over 1.3 million juniors in about 21,000 high schools entered the 2024 National Merit Scholarship Program by taking the 2022 Preliminary SAT/National Merit Scholarship Qualifying Test (PSAT/ NMSQT®), which served as an initial screen of program entrants according to a release by the National Merit Scholarship Corporation. "Each scholarship winner was evaluated on his or her academic record, including

difficulty level of subjects studied and grades earned; scores from two standardized tests; contributions and leadership in school and community activities; a personal essay; and a recommendation from a high school official," stated FCPS.

The winning students with their probable career fields in parentheses, are: Chantilly HS: Leona Eunbi Kim (law), Siddhi Surawkar (medicine), and Jason Yoo (investment banking); Fairfax HS:Maya Kamat (medicine); Madison HS: Shivashish Das (medicine); McLean HS: Maya Pashai (veterinary medicine) and Clara Marks (mechanical engineering); Oakton HS: Aditi Bhattacharjya (law) and Nicole Deng (astrophysics); Thomas Jefferson High School for Science and Technology: Cameron Ake

(computer programming), Jacob Bowen-Glazeroff (law), Lakshmi Sritan Motati (computer science), Paul Hwang (aerospace engineering), Cierra Min (biomedical engineering), Benjamin Daniil Cohen (neurosurgery), Dylan Cheng (software engineering), Pranav Elavarthi (computer science), and Mihir Kulshreshtha (finance); Emi Zhang (computer science), Ayaan Siddiqui (software engineering), Aiden Cheong (mechanical engineering - robotics), Tristan Devictor (politics), Ronit Kapur (astrophysics), Grace Oh (medicine), Alexander O'Quinn (biomedical engineering), and Sebastian Emin Toro (computer engineering; and West Potomac HS: Lucy Marshall (law).

Mercia Hobon

BULLETIN BOARD

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

MCLEAN NEWCOMERS AND NEIGHBORS

The club was founded in 1969 to create new friendships, provide opportunities for socializing and munity. It sponsors many group activities including: Anything with food, Armchair Traveler, Book Club, Bunco, Canasta, Crafty Ladies, Genealogy, Golf, Let Us Lunch, Mah Jongg, Mah Jongg NY Style, Movie Lovers, Museums/ House and Garden Turs, Nature

Walks, Restaurant Critics, Sing for Fun and Tech Forums. Application forms may be mailed to: Membership McLean Newcomers and Neighbors, P.O. Box 6166, McLean, VA 22106. Visit the website: www. mcleannewcomers.org.

SUPPORT GROUPS

Parent Support Partners, a service of the Healthy Minds Fairfax initiative, are all parents who 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

SEE BULLETIN, PAGE 7

Submit a Letter to the Editor

To submit a letter to the editor, email editors@connectionnewspapers.com or via the following form http://www.connectionnewspapers.com/contact/letter/

Ideally, letters will be original, about local issues and less than 300 words. Please submit letters by noon Friday before publication week, although letters received on Mondays can be considered. Letters must include your first and last name, home address and a phone number. Letters are routinely edited for libel, length, grammar, good taste and accuracy. Your name and town will be published with your letter. other personal information will not be shared. If you are a student, your school name, age and grade will also be published.

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Fatal Motorcycle Crash

Detectives from Fairfax County Police Department Crash Reconstruction Unit (CRU) are investigating a fatal motorcycle crash in Newington.

Sunday morning, May 12, around 5:18 a.m., officers responded to a motorcycle crash on Rolling Road near Delong Drive in Newington involving a 2003 Honda 1300. The motorcyclist, Cornell Parish III, 32, of Woodbridge was taken to the hospital and pronounced deceased.

Preliminarily, detectives believe that a BMW sedan may

have been involved in the crash based on evidence found at the scene. Detectives are actively investigating the crash's circumstances and if speed or alcohol were factors.

Detectives would like to speak to anyone who may have information about this case. Those with information are asked to please call the Crash Reconstruction Unit at 703-280-0543. Tips can also submitted anonymously through Crime Solvers by phone - 1-866-411-TIPS (866-

News Briefs

Bicycles, Antique Cars and Fun in Fairfax City

May is National Bike Month, and Fairfax City is celebrating biking with some special free events.

❖ Bike to Work Day is this Friday, May 17, from 6-9 a.m., at Old Town Square, 10414 North St. Register at biketoworkmetrodc.org/register.

* Kids Safety Day at the Antique Car Show is this Saturday, May 18. from 10 a.m. to 3 p.m., outside Fairfax City Hall, 10455 Armstrong St. Both events include children's activities, live music and food. For more information about the car show and Kids Safety Day, go to www.fairfaxva.gov/government/parks-recreation/special-events/antique-car-show.

Rock the Block Returns May 24 to Fairfax

Get ready for fun – the first Rock the Block of the season is happening Friday, May 24, from 6:30-9:30 p.m., at Old Town Square, 10414 North St. in Fairfax City. This rollicking, family-friendly, outdoor music concert also includes food trucks, a beer garden and other vendors.

A free event, Rock the Block runs from now through October on the fourth Friday of each month. The first show, May 24, will feature Perfekt Blend performing a mix of high-energy dance music and ballads. Attendees may bring chairs and blankets to sit on; the only pets allowed are service animals. (If it rains, it's cancelled).

BULLETIN BOARD

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with services and resources that can help families in distress. Visit www.fairfaxcounty.gov/healthymindsfairfax or www.nami-northernvirginia.org/parent-peer-support.html.

The Shepherd's Center of Northern Virginia Caregivers' Support Group takes place the first and third Tuesdays of each month, 10-11:30 a.m. via Zoom. This group is for caregivers of family members with dementia. Meetings are gently facilitated. For more information and to get the Zoom link, contact Jack Tarr at jtarr5@verizon.net or 703-821-6838.

Haven of Northern Virginia Support Group. 703-941-7000, www. havenofnova.org or havenofnova@ verizon.net.

Virginia Chronic Pain Support Group Meets from 1:30-3 p.m. the 2nd Wednesday of each month at Kaplan Center for Integrative Medicine, 6829 Elm St., Suite 300, McLean. Group leader, Jodi Brayton, LCSW. 703-532-4892.

VOLUNTEERS NEEDED

Assistance League of Northern Virginia is an all-volunteer non-profit www.ConnectionNewspapers.com 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, or visit www.alnv.org.

Volunteer Adult Mentors Needed. Help assist the Department of Family Services' BeFriendA-Child mentoring program. The mentors provide opportunities for companionship, guidance and support to children who have been abused and neglected, or who are at risk of abuse and neglect. Contact Ibrahim Khalil at Ibrahim.khalil@fairfaxcounty. gov or 703-324-4547.

Operation Paws for Homes, a Virginia based 501(c)(3) organization seeks volunteers, especially to foster dogs. See www.ophrescue.org for information and all volunteer opportunities.

RSVP, a volunteer network for seniors seeking service opportunities in and around Fairfax County, Arlington

SEE BULLETIN, PAGE 10



Public Notice

Updated weight limits on Virginia bridges and culverts

In accord with state and federal law, the Virginia Department of Transportation (VDOT) has imposed new or changed existing weight restrictions and installed new signage indicating the updated weight restrictions on the following bridges and culverts (structures) in Virginia within the last 30 days.

Jurisdiction	Fed Struc Id	Route #	Route Name	Crossing	Posted Date
SCOTT	23591	600	FAIRVIEW ROAD	NORTH FORK OF CLINCH RIVER	4/30/2024
TAZEWELL	18530	601	FREESTONE VALLEY ROAD	LITTLE TUMBLING CREEK	4/30/2024
PATRICK	13252	610	HELMS ROAD/RTE 610	BRANCH DAN RIVER	4/23/2024
FLOYD	7631	785	BURKS FORK ROAD/RTE 785	BURKS FORK	4/18/2024
FRANKLIN	7936	731	DUGWELL ROAD/RTE 731	BUCK RUN	4/11/2024

The list above is not a comprehensive list of all structures with weight restrictions in the Commonwealth but shows only structures that have new or changed weight restrictions within the last 30 days. The list contains only basic structure identification and location information and the date the new or changed weight restriction and signage became effective.

For a full listing of all bridge and culvert weight restrictions with detailed information about specific structures, including location data and actual weight limits, visit vdot.virginia.gov and navigate to Traffic and Travel/For freight operators/Truck restrictions. This page references a posted structures report and a GIS map tool that contain detailed information about restricted structures in Virginia. To receive email notifications regarding new or updated weight restrictions for structures statewide, complete the sign-up form on the web page.

Notices regarding bridges and culverts with new or updated weight restrictions are published monthly by VDOT. For additional information or questions, please contact haulingpermits@vdot.virginia.gov.

The Virginia Department of Transportation is committed to ensuring that no person is excluded from participation in, be denied the benefits of, or be subjected to discrimination under any of its programs or activities on the basis of race, color, or national origin, as protected by Title VI of the Civil Rights Act of 1964. If you need further information on VDOT's Title VI Program or special assistance for persons with disabilities or limited English proficiency, please contact the Virginia Department of Transportation's Title VI Program Specialist at 804-786-2730.

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ENTERTAINMENT

WEDNESDAYS THROUGH **SATURDAYS**

Tours Aboard Tall Ship Providence and Sen. John Warner Maritime Heritage Center. 10 a.m. to 5 p.m. At Alexandria's Waterfront Park, 1A Prince Street, Alexandria. Guests of all ages are recruited into the Continental Navy aboard Tall Ship Providence with legendary Captain John Paul Jones. Recruits are assigned jobs on the ship, learn where they will work and live, how to load a cannon, etc... Tours conclude in the Naval History Theatre with a film about the ship. The Heritage center is a floating museum on the Alexandria waterfront. Visit https://tallshipprovidence.

RESTON ASSOCIATION SUMMER "AT THE MOVIES" Reston Association is set for an-

other exciting summer of movie events. "RA at the Movies" gives the community a chance to gather together in a variety of settings while enjoying movies in the great outdoors. Whether gathering for a family outing, date night, or to extend a little pool time, RA has a summer movie for all to enjoy. Movies in the Park include:

Saturday, May 18: Family Superhero Night: Teenage Mutant Ninja Turtles: Mutant Mayhem

Doors open: 7:45 p.m./Showtime: 8:30 p.m.

Children are encouraged to dress up as their favorite superhero character Browns Chapel Park, 1575 Browns Chapel Road

Saturday, June 8: Date Night: My Big Fat Greek Wedding 3 Doors open: 8:00 p.m./Showtime:

8:45 p.m.

Lake Newport Soccer Field, 1550 Reston Pkwy

Similarly, Dive-In Movies at some of RA's pools throughout the community let guests enjoy family-oriented films after a day of swimming. Dive-In Movies include:

Thursday, July 11: Puss in Boots: The Last Wish

Doors open: 8:00 p.m./Showtime: 8:45 p.m.

Lake Newport Pool, 11601 Lake Newport Road

Wednesday, August 7: Kung Fu Panda

Doors open: 8:00 p.m./Showtime: 8:45 p.m.

Lake Audubon Pool, 2070 Twin Branches Road

All RA at the Movies events are \$6 for RA members and \$10 for non-members. Admission is free for kids under the age of 3. Refreshments will be available for purchase. Register at www.restonwebtrac.com or contact events@ reston.org or 703-435-6571.

UPCOMING ACTIVITIES AT COLVIN RUN MILL. Mill tours every weekend from 11

a.m. to 3 p.m. May 19th; June 2nd and June 16th - Mill in Motion: the mill is operating, the miller is grinding grain, the Northern Virginia Woodcarvers and a local blacksmith are demonstrating their skills. On June 6th, Father's Day, Mill in M welcomes fathers and grandfathers with free admission.

May 19 – Engineering Then & Now: Learn about engineers of the past, including Oliver Evans who invented the system that runs Colvin Run Mill; speak with contemporary engineers and participate in engi-



LINDA BILOTTI/THE CONNECTION

The Into the Woods' cast reacts to an angry giant! From left: Tina Ghandchilar, Richard Jacobson, Kathleen Jo DiEmidio, Jeff Elmore, and Katherine Lipovsky.

neering problem-solving. June 8 – Brownie Badge Day: Girl Scouts can earn two badges. June 15 and 19 - Colvin Run Before & After the 13th Amendment (12-Adult): Learn how enslaved and free African Americans helped build and maintain the mill and the Colvin Run community. Discover how, after slavery was outlawed,

African Americans developed more

connections to the community and

created spaces of their own. PARK AUTHORITY, MASTER **GARDENERS OFFER FREE**

VEGETABLE GARDEN CLINICS

As spring blooms, the Fairfax County Park Authority and the Fairfax County Master Gardeners extend a warm invitation to all gardening enthusiasts for a series of free Vegetable Garden Plant Clinics. These educational programs, offered in collaboration with the Fairfax County Master Gardeners and the Virginia Cooperative Extension (VCE), aim to cultivate a deeper understanding of gardening practices and foster a sense of community among green thumbs of all levels.

Join expert gardeners at a variety of locations as they provide valuable insights, answer questions, distribute soil sample kits, and offer complimentary analyses of plant and pest issues. These clinics are scheduled to run from 9 a.m. to 11:30 a.m. on the following Saturdays: June 8, July 13, Aug. 10 and Sept. 14. Clinics will be held concurrently on each of these dates at eight locations across Fairfax County:

Pine Ridge Park, 3401 Woodburn Road, Annandale

Baron Cameron Park, 11300 Baron Cameron Ave., Reston Lewinsville Park, 1659 Chain Bridge Road, McLean

Grist Mill Park, 4320 Mt. Vernon Memorial Highway. Grove Point Park, 6432 Bowie Drive, Springfield

George Mason Park, 9700 Braddock Road, Fairfax

Hogge Park, 3139 Glen Carlyn Road, Falls Church

Nottoway Park, 9537 Courthouse Road, Vienna

FOURTH SUNDAY OF THE MONTH

Walk With Dr. Rinka Mehra. 10 a.m. Meet at Vienna Community Center, 120 Cherry Street, Vienna. Walk with Dr. Rinku Mehra is a new initiative aimed at encouraging families to participate in a monthly walk to promote a healthy community and encourage active lifestyles. Walk with Dr. Mehra offers participants the opportunity to engage in safe physical activity while gaining valuable health information and connecting with others in their community. Visit https://www.themehraclinic.com/

FAIRFAX COUNTY FARMERS MARKETS READY FOR 2024 SEASON

The opening of the 2024 Farmers Market season is fast approaching and the Park Authority, along with dozens of local food producers, will have tons of fresh and healthy foods waiting for you at all 10 markets located throughout the county.

This year, you can expect to find locally grown produce, delicious baked goods and prepared foods at the farmers markets. Additionally, enjoy a variety of family-friendly activities from musical performances, games, and don't forget to bring your food scraps to support our community composting efforts!

The 2024 season begins April 17 with the McCutcheon/Mount Vernon Market. Check out our full market schedule for the latest times and locations.

WEDNESDAYS

McCutcheon/Mount Vernon April 17-Dec. 18, 8 a.m. - noon Sherwood Library, 2501 Sherwood Hall Lane, Alexandria Oakmont

May 1-Nov. 6, 8 a.m.-noon Jermantown Road, Oakton

May 1 - Oct. 30, 2-6 p.m. Wakefield Park, 8100 Braddock Road, Annandale

THURSDAYS

Annandale

May 2 -Nov. 14, 8 a.m. - noon

Mason District Park, 6621 Columbia Pike, Annandale Herndon

May 2 -Nov. 7, 8 a.m. - noon Old Town Herndon, 700 Block of Lynn St., Herndon (by the Red Caboose)

FRIDAYS

McLean May 3-Nov. 15, 8 a.m.-noon Lewinsville Park, 1659 Chain Bridge Road, McLean

Kingstowne May 3-Oct. 25, 3-7 p.m. In the Giant parking lot, 5870 Kingstowne Towne Center, Alexandria

SATURDAYS

Burke April 20-Dec. 21, 8 a.m.-noon VRE parking Lot, 5671 Roberts Parkway, Burke

Reston

April 27-Dec. 7, 8 a.m.-noon Lake Anne Village Center, 1609-A Washington Plaza, Reston SUNDAYS

Lorton

May 5-Nov. 10, 8 a.m.-noon VRE parking lot, 8990 Lorton Station Blvd., Lorton

Visit the Farmers Market website for complete information about this year's markets – including details on SNAP benefits for eligible households available at designated locations. Contact the Community Horticulture Office at 702-642-0128.

THURSDAY/MAY 16

'Wagner & Me" Movie. 1 pm. At McLean Community Center, 1234 Ingelside Ave., McLean. Jewish-American Heritage Month Selection. Stephen Fry's journey to reconcile his Jewish heritage with his love of Richard Wagner's music. Programs subject to change. Not rated.

THURSDAY/MAY 16

McLean Project for the Arts Spring Benefit. 7:30-9:30 p.m. McLean ome of Mark Lowham and Joseph Ruzzo. Join them for an enchanted evening in the beautiful backyard of Mark Lowham and Joseph Ruzzo. Co-chaired by Cynthia Steele Vance and Mandy Mafi, this sunset party will feature an exhibition by artists Chee Keong Kung and live music by DC Martini. Delegate

Kathleen Murphy will serve as this year's Guest of Honor.

FRIDAY/MAY 17

The Paws in the Park Pet Adoption Event takes

place Saturday, May 18, 2024 at Wolf Trap

Farm Park in McLean.

Bike to Work Day 2024. At over 100 Pit Stops Located Across the Metropolitan Washington Region. Join thousands of area commuters for the free 23rd annual event celebrating bicycling as a fun, low-cost, healthy, and environmentally friendly way to get around. Riders can find Bike to Work Day pit stops around the metropolitan region in DC, Suburban Maryland, and Northern Virginia. The first 16,000 to register and attend one of the pit stops will receive a free Bike to Work Day T-shirt. Pit Stop information is available at https:// www.biketoworkmetrodc.org/findyour-pit-stop

FRIDAY/MAY 17

Pathways to Wellness. 9 a.m. to 2 p.m. at the Ernst Community Center (NVCC), 8333 Little River Turnpike, Annandale. Annual Mental Health Conference/Exhibition.

Workshops on mental wellness, resilience and hope, Creative uses of meditation, dance, and improvisation. Caricatures, service dogs, massages. Includes breakfast and lunch! Visit the website: https:// pathwaystowellnessconf.com

FRIDAY/MAY 17

T.G.I.F. Carnival Rides. 2-10 p.m. At Lewinsville Park, McLean. Come enjoy the carnival rides and games on Friday before the McLean Day Festival. Ride tickets sold onsite and online. Advance purchase available. To purchase tickets and more information, visit mcleancenter.org/special-events.

FRIDAY/MAY 17 Porcelain Painter Sherry Matini.

11 a.m. At McLean Community Center, 1234 Ingleside Ave., McLean. McLean Art Society is honored to host local artist, Sherry Matini, President of the Northern Virginia Porcelain Artists, showing how she paints porcelain pieces to reflect her love of vibrant colors and organic forms. Ms. Matini's affinity for porcelain art blossomed during her formative years at St.

www.ConnectionNewspapers.com

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Entertainment



The McLean Day Festival takes place on Saturday, May 18, 2024 at Lewinsville Park.

George's School in Montreux, Switzerland. There she discovered a way to communicate and express the universal language of art, a revelation that ignited her lifelong artistic journey.

FRIDAY/MAY 17

Stenwood's 60th Anniversary. 5-8 p.m. At 2620 Gallows Road, Vienna. Whether you roamed the halls in the early years or recently bid farewell, Stenwood Elementary warmly welcomes back any and all alumni of the past six decades to revisit the school. RSVP to join the celebration! Go to bit.ly/ Stenwood60th, and document your connection with Stenwood.

MAY 17-19

"Little Women." At Capital One Hall, Tysons Corner. Produced nationally and internationally, "Little Women' has been praised by critics for its ambition in bringing the timeless, captivating story to vivid musical to life on stage. Based on Louisa May Alcott's life, Little Women follows the adventures of sisters Jo, Meg, Beth and Amy, leaving audiences filled with a sense of adventure, joy, heartache, and a lifting of the spirit. The power score soars with the sounds of personal discovery, heartbreak, hope, and everlasting love - the sounds of a young America finding its voice.

MAY 17-19

"Into the Woods." 7:30 p.m. and 2 pm. At Good Shepherd Church in Burke. Good Shepherd Players is putting on "Into the Woods." With music and lyrics by Stephen Sondheim and book by James Lapine, this Tony Award winning musical first opened on Broadway in 1987. The plot has classic storybook characters, including Cinderella, Rapunzel, Jack (from Jack and the Beanstalk), and Little Red Riding Hood journeying alongside a Baker and his wife, who are on a quest to have a child. Once these characters travel Into the Woods chaos ensues and they encounter a witch, a wolf, giants, and other scary things. For more information or to purchase tickets, visit: https://

www.ConnectionNewspapers.com

www.good-shepherd.net/into-the-

MAY 18 THRU JUNE 23 "The Drowsy Chaperone." At

Workhouse Arts Center, Lorton. Workhouse Arts Center Performing Arts announces its newest production, "The Drowsy Chaperone," a delightful musical comedy about characters coming to life in a fictitious 1928 song-and-dance-infused performance. Showtimes are Fridays and Saturdays at 8 p.m. and Sundays at 2 p.m. Tickets range from \$25 to \$40. Visit the website www.workhousearts.org.

SATURDAY/MAY 18

Fairfax Symphony Orchestra: Melo-dies of the Soul. 8 p.m. At GMU's Harris Theatre, Fairfax Campus. Heralded by the New York Times as a "composer of uncommon gifts and unusual methods," English composer Anna Clyne has masterfully crafted a new musical language, drawing inspiration from the words of 13th-century Persian poet Rumi. Her composition, a captivating dance for cello and orchestra, transports listeners to ethereal realms through its enchanting melodies.

SATURDAY/MAY 18

"All That Jazz" 6-10 p.m. At the Great Falls Grange in Great Falls. The Great Fall Grange Foundation invites you to join us for a roaring good time and "All That Jazz" at the Great Falls Grange.

SATURDAY/MAY 18

Spring Garden Day—The Big Plant Sale. 9 a.m. to 3 p.m. Free Admission. Green Spring Gardens, 4603 Green Spring Road, Alexandria. This is a must-attend, free event for all gardeners! Make a day at Green Spring Gardens for our Annual Garden Day and Big Plant Sale. This popular event features a variety of vendors and countless assortments of plants -- from the tried-and-true varieties to the rare and unusual. Go native with your plantings or add fruiting plants in your gardens. Get garden advice from our Master Gardeners or enjoy local artists, food vendors or baked goods though the Friends of Green Spring Gardens Bake Sale.

SATURDAY/MAY 18 **Inova Saville Cancer Screening and**

Health Fair. 9 a.m. to 1 p.m. At Inova Conference Center, 8100 Innovation Park Dr., Fairfax. The Inova Saville Cancer Screening and Prevention Center, Northern Virginia's only state-of-the-art cancer screening and prevention center, will host its third annual Inova Saville Cancer Screening and Health Fair. The free community event is open to all and will provide valuable information to anyone interested in learning more about their own risk factors for developing cancer, or for those who have questions about cancer screening and prevention. Complimentary on-site and take-home cancer screenings will be provided, as well as interactive, educational exhibits about cancer prevention and genetic research at Inova.

MAY 18-19

Tephra ICA Arts Festival. At Reston Town Center, Reston. The Tephra ICA Arts Festival, formerly titled the Northern Virginia Fine Arts Festival, will take place on May 18-19, 2024 at the Reston Town Center in Reston. More than 200 contemporary artists and artisans will travel from 32 states to present original handmade artwork to share with Festival audiences. The Reston Concerts on the Town summer series, presented by Reston Town Center Association, will kick off its season with a concert by Old Skool on Saturday May 18 in the Reston Town Center Pavilion, and the Family Art Park will offer fun art-making activities for art enthusiasts of all ages in Reston Town Square Park. This year's Festival will also feature several new Food Vendors, Guided Tours, and Artist Demos.

Schedule of Events Saturday, May 18 Artist Booths: 11AM-7PM Family Art Park: 12PM-4PM Guided Tours: 3PM Artist Demos: 5PM



Sherry Matini will discuss her porcelain painting on Friday, May 17,

Reston Concerts on the Town: Old Skool 7:30PM | Presented by Reston Town Center Association Sunday, May 21 Artist Booths: 11AM–5PM Family Art Park: 12PM-4PM Danielle Hatch Performances: 1PM and 4PM | Presented by Reston **Community Center** To learn more about the event, visit

https://www.tephraica.org/festi-

SATURDAY/MAY 18

BrewWorks Festival. Noon to 5 p.m. At Workhouse Arts Center, Lorton. The event will feature samplings of a dozen local breweries featuring local craft beers and ciders, food provided by a variety of local food truck vendors, music, and lawn games. In addition, this year's event will feature an exciting art battle, where artists compete in several rounds until an ultimate winner is found. General admission tickets are \$50. For more details visit the website at https://www. workhousearts.org/brewworks. In addition to beer and cider tastings, food, music, and games, guests can enjoy the newly added art battle this year. In this three-hour event, artists will compete in several rounds of fast-paced painting and drawing on canvas until the ultimate winner is declared. The event will include participation from eight local artists from the DMV area. Festival attendees can also bid on the artwork during a silent auction following the battle.

Art Battle Schedule Round 1 - 12:30 - 1:15 pm Round 2 - 1:35 - 2:20 pm Final Round - 2:40 - 3:35 pm Silent auction - 3:45 - 4:50 pm. During the festival, all campus buildings will be open to browse the galleries, artist studios, and Lucy Burns Museum.

SATURDAY/MAY 18

McLean Day Festival. 11 a.m.-5 p.m. At Lewinsville Park, McLean. Come to McLean's biggest annual festival! Great music, gourmet food trucks, games, 100+ exhibitors, sponsors, giveaways, balloon animals, magician, petting zoo, amusements, large and small carnival rides and much more! This event draws approximately 10,000+ patron throughout the day. Ride tickets sold onsite and in advance online.

SATURDAY/MAY 18

Paws in the Park Pet Adoption Event. 10 a.m. to 3 p.m. At Wolf Trap Farm Park, McLean. Owners of six Woofie's franchises in Northern Virginia

are hosting "Paws in the Park," a pet adoption event on May 18 (rain date May 19) at Wolf Trap National Park, hoping to bring awareness for the need that local animal shelters have for "furever" families for the many animals available. Participating Woofie's include Reston/ Herndon, Ashburn-Leesburg, McLean, Western Loudoun, South Riding-Aldie and Fairfax. Woofie's mobile pet services comprise a wide range of services including dog walking, grooming, nail trimming, Bed 'n Biscuit pet stays, overnight and daytime pet sitting, and other personalized services for area pet owners who need an extra helping hand or want to pamper their pets. Services are available for all types of family pets who need care. Call 321-379-8079 or visit for more information: www.woofies.com/ paws-in-the-park.

SATURDAY/MAY 18

Historic Preservation Month events in Fairfax County. Come celebrate Historic Preservation Month and step back in time at some of Fairfax County's most cherished historic properties. Join resident curators for special #OpenHouse events on Saturday, May 18 from 10 a.m. to 1 p.m. at the Stempson House and Hannah P. Clark/Enyedi House in Lorton. Plus, don't miss out on house tours at Ellmore Farmhouse every Monday and Thursday starting May 13. Get all the info on the website https://bit.ly/3wycIPL

MAY 18-19

Girls on the Run 5K Run. Girls on the Run of Northern Virginia (GOTR NOVA) announces two upcoming 5K events, where program participants, families, and community members come together to celebrate the achievements of young girls and support their journey toward a confident, healthy, and joyous future. Scheduled for Saturday, May 18, at Fair Oaks Mall and Sunday, May 19 at Grace Murray Hopper Park, participants of all ages and abilities are welcome to join in the fun-filled event. This empow ering 5K series instills a sense of accomplishment through completion as program participants cross the finish line. Both of the GOTR NOVA 5Ks are open to the public, welcoming runners, walkers, volunteers, and spectators to join in the festivities. Whether you're cheering from the sidelines or crossing the finish line, these events promise to be an inspiring and unforgettable experience for all. Registration for the GOTR NOVA 5K is now open at https://www.gotrnova.org/5K.

SEE ENTERTAINMENT, PAGE 11

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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

Yard Sale

Community Yard Sale

Sat, May 18, 2024, at 7:00 AM - 2:00

PM Rain or Shine

Dominion High School Parking lot 21326 Augusta Dr, Sterling, VA, 20164

Buyers No admission Fee. Sellers get 2 parking lot spaces for \$30. Contact Cristina.wyche@lcps.org

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BULLETIN BOARD

From Page 7

County and the City of Alexandria, offers a wide array of opportunities for volunteers 55 and older. RSVP volunteers enjoy flexible schedules, free accident and liability insurance while serving, optional mileage and meal reimbursement and are invited to volunteer group projects and social gatherings. To sign up for an upcoming orientation, email Carly Hubicki at chubicki@volunteerfairfax.org or call RSVP at 703-403-5360. To learn more about RSVP, visit www.rsvpnova.org.

Shepherd's Center of McLean-Arlington-Falls Church, 1205 Dolley Madison Blvd., McLean continues to have an urgent need for new volunteers to help area senior citizens get to and from their medical and therapy appointments. To find out more about the Shepherd's Center and how you can volunteer to provide transportation and other services, call the Center at 703-506-2199 or e-mail the Center at info@scmafc.org. The Center's website is www.scmafc.org.

Master Gardener Training. The Fairfax County Master Gardener Association offers plant clinics, home turf training or speakers for homeowner's meetings. Fees vary. Visit fairfaxgardening.org or call MG Help Desk at 703-324-8556 for more.

Volunteers Needed. PRS is looking for empathetic and caring volunteers to make phone calls to older adults who may be feeling socially isolated. The commitment is one 3-hour shift per week for one year. Located in Arlington. Ages 21 & up. Intensive training provided. Learn more and apply: prsinc.org/carering-volunteering/. Questions? Email lpadgett@prsinc.org.

The Northern Virginia Long Term
Care Ombudsman Program needs
volunteer advocates for residents
in nursing homes and assisted
living facilities. Contact Lisa Callahan at 703-324-5861, TTY 711 or
email Lisa.Callahan@fairfaxcounty.gov. Also visit www.fairfaxcounty.gov/dfs/olderadultservices/
ltcombudsman/.

Fairfax County needs volunteers to drive older adults to medical appointments and wellness programs. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Respite Care volunteers give family caregivers of a frail older adult a well-deserved break so they can go shopping, attend a doctor's appointment or just have coffee with a friend. Volunteers visit and oversee the safety of the older adult for a few hours each month. Support and training are provided. Contact 703-324-7577, TTY 711, or Kristin. Martin@fairfaxcounty.gov.

Great Falls Hike or Bike Volunteers. Bike or Hike Patrol volunteers assist park rangers by riding on accessible trails in Great Falls Park. To assist park staff in providing info and services to park visitors, maintain good public relations as a representative of the National Park Service, and monitor park resources, visitor usage, and emergency needs. Skills and Experience Desired: Excellent communication skills. Ability to work with culturally, socially, and economically versified people. Knowledge of the park and local resources, or the desire to learn. Knowledge of basic bike maintenance or willingness to learn. Willingness to provide basic first aid. Ability to demonstrate skill in basic operation of a bicycle. Call Volunteer Coordinator 703-285-2965 ext. 225

CAPPIES



PHOTO COURTESY OF IAN CONNEI

From left, Sara Davitch (as Virginia's Richard Lee) and Silas Blocker (as Thomas Jefferson) in Woodson's "1776."

Fairfax, Woodson Score 13 Cappie Nominations

ontinuing their tradition of outstanding, high-school theater, Fairfax and Woodson last week received a total of 13 Cappies nominations. Under Director Chris Whitney, Fairfax High's 11 nods were for its entry, "Anastasia the Musical." Under Director Chris Rushing, Woodson High's two nods were for its musical, "1776."

The winners will be revealed at the Cappies Gala on Monday, June 10, at The Kennedy Center in Washington, D.C. Fairfax and Woodson thespians are competing for these awards against students from many other schools in the National Capital Area.

Fairfax's nominations:

Kaylee Williams - Lead Actor in a Female Role in a Musical; Nate Wheeler Smith - Supporting Actor in a Male Role in a Musical;

Tristan Farmer - Comic Actor in a Male Role in a Musical; Nikolai Crowl - Dancer in a Male Role;

Naomi Bautista - Dancer in a Female Role;



Bonnie Hobbs/The Connection

From left, are Kaylee Williams, Alejandro Cahoon and Tristan Farmer in a scene from Fairfax High's "Anastasia the Musical."

Mauro Manganello - Featured Actor in a Male Role in a Musical; Gabe Acquavella, Riley Vandell, Raymond Walker - Stage Management;

Naomi Bautista, Libby Hansen, Nate Smith – Choreography; Orchestasia – Orchestra:

Gaby Adumua, Caitlin Grycewicz, Lilly Kyle – Costumes; Jessica Awad, Marcus Contreras, Kat Pascual, Kaylee Williams -Marketing and Publicity.

Woodson's nominations:

Haley Kim - Vocalist in a Male Role;

Ian Conner, Lauren O'Dell, Maddie Cho, and the 1776 Publicity Team - Marketing and Publicity.

— Bonnie Hobbs

ENTERTAINMENT

From Page 9

SUNDAY/MAY 19

N Gauge (N-TRAK) Model Train Show. 1-4 p.m. At The Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. N Gauge model trains will be on display and running at the Fairfax Station Railroad Museum. Admission: Museum members and ages 4 and under, free; ages 5-12, \$3; ages 13 and older, \$5, \$6 for special events. Seniors and military (active and retired) \$4. http://www.fairfax-station.org, http://www.facebook.com/FFXSRR, 703-425-9225.

SUNDAY/MAY 19

Holistic Health Fair. 11 a.m. to 3 p.m. At Lake Anne Plaza in Reston. Hosted by OmBaked CBD Boutique. The beneficiary of the event is Earth Sangha, a local native plant nursery that has been working in the conservation space in Northern Virginia for 30+ years. The fair will highlight the interconnectedness between personal wellness and environmental sustainability. It will also feature initiatives aimed at promoting sustainability and environmental stewardship. Local vendors will showcase eco-friendly products and practices and educational exhibits will highlight the importance of preserving natural resources. Call 703-332-4474.

SUNDAY/MAY 19

Taste of NoVA. 1-4 p.m. At National Museum of the U.S. Army, 1775 Liberty Dr., Fort Belvoir. Northern Virginia Magazine's Taste of NoVA event features samples from more than 40 acclaimed restaurants and sips from more than 25 wineries, breweries, and spirits sponsors. Cost: \$165/ticket for general admission and \$190/ticket VIP tickets. Group discounts available. Visit: https://northernvirginiamag.com/taste-of-nova/

SUNDAY/MAY 19

Blue Bird Art Exhibition. 1-5 p.m. At Fairfax Marriott Hotel at Fair Oaks. The Blue Bird Art Foundation is a 501(c)(3) nonprofit organization established to provide a platform for young artists to explore their talents, foster compassion, and contribute to the growth and enrichment of their communities. Through the various initiatives and programs, it aims to empower young individuals to become skilled artists and compassionate leaders who actively make positive changes in society. This event celebrates creativity, compassion, and community growth. The Blue Bird Art Exhibition, a unique and vibrant showcase, serves as a platform for these young individuals to share their stories, perspectives, and visions

with a wider audience.

SATURDAY/MAY 20 Civil War Books, Relics & Memorabilia Show. 10 a.m. to 5 p.m. Arlington-Fairfax Elks

10 a.m. to 5 p.m. Arlington-Fairtax Elks Lodge, Rt. 50, Fairfax. Admission, \$5 Per Person. Vendors welcome. Call 703-389-1505 / 703-785-5294.

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June 17,19 & 21(Mon/Wed/Fri) – 12:30-3:15

July 15, 17 & 19(Mon/Wed/Fri)- 12:30-3:15 pm Drawing Plus Color Fun Camp (5- 8 yrs) Campers Draw, plus color with Watercolor, crayons cartoon characters, stuff animals & more. June 17,19 & 21(Mon/Wed/Fri)- 10:00-11:00

July 15, 17 &19(Mon/Wed/Fri) 10:00-11:00

To Register: Call/Text instructor (703) 250-6930 for details and registration. E-mail: czeitlin-schneier@yahoo.com

Creature Comforts



By KENNETH B. LOURIE

Off hand, I don't know/can't recall the names of the pharmaceutical companies who are advertising extremely regularly (I wish I was so regular) products for toe fungus and psoriasis. What I can recall is that there are numerous products on the market these days to offer sufferers relief never thought possible. The pitches are nearly identical in tone, if not in actual word and deed. If one is to believe what is said and shown on these television advertisements, these two chronic, previously-hard-to-get-rid-of conditions are likely a thing of the past. And the present is patches, pills, creams, et cetera, and presto, you're very nearly at the promised (although not literally) land. No more itching. No more scratching. No more hiding your toes and/or arms and legs as the scales of injustice persist. (My mother had psoriasis, and though it wasn't a pretty sight, she managed to live her life. Quite unintentionally my mother's life-long struggles to find some relief from her psoriasis were realized when she stopped smoking her four packs of Chesterfield King cigarettes per day. There was no other answer. Over the ensuing months of non-smoking "cold turkey," the scales gradually disappeared, and my mother lived psoriasis-free for the rest of her life. Nevertheless, I have distinct memories of the difficulties my mother had day-to-day dealing with her condition. Fortunately, she had no similar toe condition. As an aside, I can still hear my late father admonishing my brother and I if we ever referred to my mother as 'she.

As for the toe issue, I never saw any toes that looked affected on the order of what my mother's arms and legs looked like when she had a psoriasis outbreak. And we usually belonged to pool clubs in the summer where toes would be on full display. I should have seen something. Maybe I've blocked the memory. Toes can become nasty, I imagine. And finding a product that allows you to reintroduce your toes to the public and make peace with your sandals is likewise a solution years in the making. I will admit to being feet-and -toe-centric growing up bit it was not due to any toe issue. It was athlete's foot. (Although both feet were affected.) The topical applications didn't' really work. What did work was the relief my father offered. Picture this: I'm lying on the couch at a 90-degree angle to where my father is sitting on the single chair against the wall with my feet on his lap. Then he would take his index, middle fingers, and slide those two fingers back and forth along the inside of any two toes showing the signs. I got to tell you; that was heaven on earth for me. The relief and pleasure I felt from his fatherly act stays with me to this day. My father was one in a million. As the card I got him for his 65th birthday said: "When you were born, they broke the mold." (Open the card.) "You should see what they did to the mold maker." Unfortunately, there wasn't anything he could do for my mother's psoriasis. But if there were, my father would have made the effort. In later years when my mother had irreparable hearing loss and tinnitus, my parents - at my father's insistence, took regular plane flights to New Jersey from Boston to visit a doctor there who offed my mother some potential relief. (There are even products/procedures nowadays that offer tinnitus suffers some hope. I'd like to think my mother would have benefited. Getting her some relief in arrears.)

As simple and apparently effective as these two advertising campaigns to defeat (pun intended) toe fungus and cream (another pun) psoriasis seem to be, I wish, in an odd way to be so affected so that I might benefit from the new solution. It reminds of the late coach of the early 70s Redskins and mid-60s Rams, George Allen, whose mantra-type refrain was "The future is now" supporting his preference for older players. If I was a psoriasis or toe fungus sufferer, I would also feel, that after years of discomfort and perhaps even some embarrassment from these two chronic, nuisance-type conditions, the future is not only now, but also available, and not a moment too soon. Living with chronic pain and/or discomfort from psoriasis as was the case with my late mother, or toe fungus (which I certainly can relate to due to my athlete's feet), and finally learning of a product or two – or three that could solve lifelong problems, the future is indeed now, finally. However, the frequency of these two product-specific advertisements on television is starting to get to me a bit. As I say, I can appreciate the relief these product/solution potentially offer, I just wish the message were out there already. As with the gambling sights that are non-stop-advertised, especially during football season - and the semi related non-stop promotions for men's erectile dysfunction, to quote my late mother: "It's enough already."

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

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