Enjoying Taste of Vienna

From left: Madison High School students Abbie Bolinger and Nicole Adkins said their Kustard & Co. decadent floats were worth the $10 per drink charge at Saturday’s annual Taste of Vienna. Bolinger pulled out the candy bar from her “nutty Nutella” to start the imbibing process while Adkins studied her “dirty brownie” for a few moments.

Rising Against Hunger in Vienna

Planting the Tree on Arbor Day
INCIDENTS

Suspicous Event – Fresh Market 150 Branch Road, SE April 21, 5:15 p.m. A citizen advised of a woman who appeared to be unconscious in her vehicle. Ofc. Sterling located the vehicle and found the woman was sleeping in her vehicle. The woman did not appear to be intoxicated or in any physical distress. The woman left the area without incident.

Assault – Giant Food 359 Maple Avenue, East April 21, 9:31 p.m. A truck driver making a delivery to Giant Food got into an argument in the rear parking lot with a driver for Domino’s Pizza. During the argument the Domino’s employee spit at the other driver. The truck driver was advised of the warrant process should he wish to pursue charges.

Lost Property – Wolftrap Hotel 430 Maple Avenue, West April 21, 9:44 p.m. A citizen staying at the hotel reported that his Fitbit watch had either been lost or stolen from his room during the day.

Noise Violation – Caboose Brewing Company 520 Mill Street, NE April 21, 11:09 p.m. A resident reported loud music coming from the area of the Caboose Brewing Company. Officers found the music was coming from the outdoor speakers at the establishment and spoke to an employee regarding the noise. The employee immediately shut the music off.

Vandalism – 100 Block Cedar Lane, SE April 24 2:31 p.m. Two juveniles were observed concealing food in their sweatshirts and backpacks. An employee confronted the juveniles as they were exiting the store and notified the police department. The juveniles returned the items they had taken. The parents for both juveniles responded to the store to take custody of their sons. The store management did not wish to pursue charges at this time.

Grand Larceny – Navy Federal Credit Union 1007 Electric Avenue, SE April 21 between 11:30 a.m. and 12. An employee reported his iPad 2 was stolen from the area of the construction site.

Suspicious Event – Patrick Henry Library 101 Maple Avenue, East April 24 7:01 p.m. A juvenile female advised she was in the quiet study room when a man entered the room, sat next to her, and then began rubbing the crotch of his pants. The juvenile quickly left the room and alerted a library employee. The man left the library before police arrived.

Grand Larceny – Cedar Lane School 101 Cedar Lane, SW April 26 2:29 p.m. A teacher reported her Apple MacBook was stolen from her classroom. This case is under investigation. Animal Case – 100 Block Casmar Street, SE April 26 8:10 p.m. A resident found a green and yellow parakeet in his yard. The resident had made attempts to locate an owner. The bird was transported to the Fairfax County Animal Shelter.

Suspicious Event – Wolftrap Hotel 430 Maple Avenue, West April 27 12:39 a.m. Officers responded for a dispute between two guests, boyfriend and girlfriend, who were staying in a room. The boyfriend had locked the girlfriend out, and then left the room. Employees provided the girlfriend access to the room to retrieve her belongings.

Vandalism – 300 Block Lewis Street
Vienna and the surrounding communities came out on April 29 for the Vienna Volunteer Fire Department’s all-day 6th Annual Taste of Vienna Food Festival. From “B" to “V," the area’s most popular restaurants teased hundreds of festival-goers as they sampled their way through dozens of tents selling their signature dishes. Strolling through the grounds of the VVFD festival with food in-hand or taking a respite from the sweltering heat under the big tent, teens, families, and mature adults sampled the ethnic foods, iconic American, upscale emerging trends, and beer and wine of more than 20 vendors.

Musicians performed on-stage throughout the day and a bounce house kept lots of children happy for a few minutes. Some food purchasers wandered across the street to watch the baseball games at Waters Field. By 6 p.m., the supplies of the foods at the festival were dwindling although crowds were not. Taste of Vienna is both a community fun outreach and a fundraiser for the Vienna Volunteer Fire Department.

— Donna Manz
Great Falls Animal Hospital is hosting an Open House on 5/7/17

Great Falls Animal Hospital is inviting the community to come tour the hospital and see the behind the scenes activities that keep your pets healthy. They will have demonstrations of animal CPR, x-rays, Dental techniques, and Teddy bear surgery on any stuffed animals brought to us for treatment. They will have Hope & Serenity Equestrian Center & Farm Sanctuary and The Wildlife Rescue League, both 501(3)c organizations, giving talks and providing the opportunity for animal interactions. They will have a Pet Microchip Clinic – $20 per chip, a $40 savings! Bring your friends! Wolf Trap Fire Station will be here to discuss pet safety in emergency situations. They will have a Pet Talent Contest, the Cutest Pet Contest, and a Coloring Contest. Hourly door prizes will be awarded.

Town of Vienna Mayor Laurie DiRocco and Vienna Town Council Members along with Vienna-based Cub Scout Pack 1116 planted a young Swamp White Oak tree this past Thursday, April 27 to commemorate Arbor Day 2017. The ceremony included an opening and closing flag ceremony conducted by Vienna-based Cub Scout Pack 1116, followed by a presentation of the Arbor Day Proclamation by Mayor DiRocco. Jim McGlone, Virginia Department of Forestry, presented DiRocco with a flag commemorating Vienna as Tree City USA for the 16th year. The celebration concluded with the planting of the young Swamp White Oak tree by Mayor DiRocco, the Town Council, and Cub Scouts of Pack 1116. The tree was donated by the Town of Vienna.

100+ Women Who Care NOVA chapter chose the Shepherd’s Center of Oakton-Vienna as their February 2017 funding recipient. 100+ Women Who Care Northern Virginia chapter members, from left, Nancy Mayes; Traci Richards; Michelle Scott, ED Shepherd’s Center of Oakton-Vienna; Jean Reaves and Laura Symanski.

The 100+ Women Who Care NOVA chapter chose the Shepherd’s Center of Oakton-Vienna as their February 2017 funding recipient. 100+ Women Who Care NOVA was founded in May 2012. It is designed for women who care and are interested in making a positive impact within their local community, but who also have limited time and resources to give. The group meets four times a year to contribute $100 each to a selected local nonprofit for a combined impactful donation. To volunteer, donate or learn more about how you can help, visit www.scov.org or contact the office at 703-281-0538, office@scov.org.
The Westfields Business Owners Association hosted the 5th annual Westfields Triathlon powered by Revolution3 Triathlon on April 30, at the Cub Run REC Center in Chantilly. The sprint triathlon consisted of a 250-meter pool swim, a 12-mile bike ride, and a 3.1-mile run. The beneficiaries of this year’s race will be Our Military Kids and The Leukemia & Lymphoma Society, Team in Training. The Westfields Triathlon marked the kickoff to the triathlon season in the D.C. Metro area.

Competitors take to the pool for the first event of the day while others watch while waiting for their turn.

Triathlon Supports Our Military Kids and LLS

Krissy Blackwood from Vienna transitions from the bike area to begin the final event — the 3.1-mile run.

Photos by Tom Manning/The Connection
Preserving ‘America’s Best Idea’

By Bill Hafker
Fairfax County Resident

As a National Parks enthusiast, I felt very privileged to be in Acadia National Park on Aug. 25, 2016 when the National Park Service (NPS) celebrated its centennial. I got my favorite National Park souvenir there; a picture of the iconic “Bubbles at Jordan Pond,” signed by the entire Maine Congressional delegation. They were there to celebrate that event, and it was inspiring to hear their unanimous, bipartisan, and emotional support for Acadia and the entire National Park system. It made me hope that my Virginia Congressional delegation was as unambiguously supportive of the many National Park sites we are blessed to have just a few miles, or a few hours, from our doorsteps in Fairfax County.

NPS spent the past 100 years protecting many of America’s most scenic landscapes, its diverse but often threatened wildlife, and key elements of our cultural history. As we celebrate 100 years of “America’s Best Idea,” and look forward to further additions to the system, we must not lose track of the critical work of properly caring for and maintaining the gems already in the system.

Americans and visitors to the U.S. are visiting the parks in record numbers. However, in the face of this great show of support, the NPS is facing a serious challenge: a $12 billion backlog and operational challenges. These range from unmaintained trails, to crumbling roads, to visitor centers built over 50 years ago in desperate need of upgrades.

Some things can be replaced later at increased expense if left beyond repair, but many others, like historical buildings cannot. I’ve stood line to use a Porta Potty next to a deteriorated bathroom, whose continued use would leak raw sewage into the environment from old or damaged pipes. This decaying infrastructure jeopardizes both the future of these treasured pieces of America’s heritage, and the local economies that they significantly support.

In Virginia, National Parks are not just places that protect important pieces of our environment and heritage, they are also major economic engines. According to NPS estimates, visitors to Virginia Parks in 2015 had direct spending of $382.9 million in local gateway regions. This supported over 15,000 jobs, and added an estimated $1.3 billion in secondary economic output to the Virginia economy.

Virginia Parks face a staggering $816 million in needed repairs. Rangers and other park staff do the best they can, but if left unfunded, these issues will negatively affect the condition of these treasured resources and the visitor experience, ultimately leading to fewer visitors to the park. If the backlog continues, the future of these incredible assets, and the economic vitality of the businesses and gateway communities they support, remains threatened.

Thankfully, bipartisan legislation recently introduced by Senators Mark Warner (D-VA) and Rob Portman (R-OHIO) would provide the NPS more resources to begin to make a dent in the backlog. The National Park Service Legacy Act (NPSLA) would phase in the allocation of up to $500 million annually until 2047 from existing government revenues from oil and natural gas royalties.

This bill, if enacted, would help put our National Parks on the right track. By investing in our parks, we will not only start to tackle this backlog, but make our parks more resilient, and prepared to continue welcoming visitors eager to explore our nation’s most meaningful and special places.

Congress created the Park Service a century ago to protect America’s treasured natural, historical, and cultural sites, and ensure that Americans can enjoy them. There is no better way for Congress to help our parks as they begin their second century, than to support the maintenance funding needed to keep the world class assets that they are. We need to address the backlog, and keep a new backlog from developing.

Whether you love the parks for what they contain and tell of our country and its values, or are concerned more with providing jobs and economic vitality to our state and country, the NPSLA, and the allocation of adequate funds in the normal budget process, is, if not “America’s Best Budget/Funding Idea,” at least an awfully good idea that we should all support.

Stressful 100 Days

To the Editor:

If you’re one of over half a million Virginians with a pre-existing health condition, the 1st 100 Days of the Trump Administration was stressful enough to aggravate that condition.

After failing in its effort to cut healthcare for pre-existing condition, the 1st 100 Days of the Trump Administration was stressful enough to aggravate that condition.

Do you think the same lawmakers who voted in favor of cutting healthcare for pre-existing condition are willing to pay for my or my daughter’s pre-existing health conditions?

Without insurance, it would cost about $1,000 a month to buy the pills that keep my daughter alive. She suffered a stroke in utero and she has Epilepsy medications to keep her from having grand mal seizures.

She also has serious mental health issues.

I’ve had breast cancer and would go without health insurance if I had to, but that’s not an option for my daughter. With each new report of Republicans toying with the mandate to cover pre-existing health conditions, I do the mental math to determine how long her Dad and I could pay $12,000 a year for her meds. And that doesn’t include expensive hospitalizations for a life threatening seizure like she had last March.

Meanwhile, Trump spends $3 million in taxpayer dollars each time he visits his posh resort in South Florida to play golf. That money could be spent saving people’s lives that need help paying for health care. Please call your representative in Congress. Tell them to fight hard against any effort to weaken coverage for pre-existing health conditions.

Linda Falkerson
Reston

Meeting Constituents Face-to-Face

To the Editor:

I’m disappointed that U.S. Rep. Barbara Comstock has chosen to avoid constituents at town hall meetings. Among the 435 Members of Congress, her district is among the closest to the Capitol. Theoretically, that would enable her to gather input frequently. Unfortunately, she hasn’t bothered to step in front of her neighbors in a public forum at all this year, and has no plans to do so according to her staff. For reference, Hawaii is more than 4,700 miles from D.C. During two weeks in April alone, Hawaii’s Member of Congress Tulsi Gabbard hosted seven face-to-face town hall meetings. Again, Representative Comstock disregards her constituents by shirking this important responsibility.

Andrew Seth McLean

Comstock’s Troubling ‘Yes’ Votes

To the Editor:

U.S. Rep. Barbara Comstock portrays herself as a “centrist” on environmental issues. She points to her co-sponsorship of a House Resolution acknowledging the negative impacts of climate change, calling upon the House to work on solutions. But her votes on actual legislation in the current 115th Congress reveal a different picture.

In every case (13 separate votes) so far this year she has voted “Yes” on bills and resolutions that will harm the goals of protecting the air we breathe, the water we drink, and the food we eat. Every time, as in 100 percent. Examples include votest to delay or terminate safeguards against the emission of toxins into our air and water, permitting continued “flaring” of methane by oil producers, and establishing regulatory guidelines to disregard the public benefits of environmental safeguards and only consider the costs to industries.

I could find no example of any vote by her in this Congress that would actually improve or even maintain current environmental protections. And during the 114th Session, it was no different: She voted against environmental protections 71 times and favorably only twice. This is not the record of a “centrist.”

Robin Kent
Great Falls
Meeting on May 18 to Highlight Future Jones Branch Connector

The Virginia Department of Transportation has scheduled a “pardon our dust” meeting on Thursday, May 18, to learn more about work getting underway to provide a new link to Route 123 over the Capital Beltway, to address local traffic access and providing an option for area bicyclists and pedestrians.

The meeting will be in an “open house,” format between 7 and 9 p.m., at the VDOT Project Office, 7925 Jones Branch Drive, Suite 210LL, and the formal presentation starts at 7:30 p.m.

The half-mile project includes new roadway from the interchange of the I-495 Express Lanes and Jones Branch Drive to Scotts Crossing Road. Improvements will also be made along the access road from Jones Branch Drive to the Express Lanes, as well as along Scotts Crossing Road. Project features include:

❖ Two travel lanes and on-street bike lanes in each direction
❖ Three bridges over the I-495 Express and general-purpose lanes
❖ 8- to 12-foot-wide lighted sidewalks, landscaping and other streetscape amenities
❖ A wide, raised median to accommodate future transit

Some preliminary work began earlier this year. The project is scheduled to be partially open to traffic (with a connection from Route 123 to Jones Branch Drive) in late 2018, with final completion in late 2019.
Wellbeing

Strategies for Maintaining Weight Loss

Study shows lifestyle changes are critical to keep off unwanted pounds.

By Marilyn Campbell

A 2016 study by the National Institutes of Health (NIH) shows that while most people who lose a significant amount of weight (10-percent or more of their original weight) tend to regain it, those who were successful in maintaining a weight loss were vigilant in maintaining lifestyle changes that led to the weight loss.

“One reason maintenance is so difficult is that your body isn’t seeing that weight loss as a good thing,” said Domenica M. Rubino, M.D., director, Washington Center for Weight Management. “It’s not just will power, it’s biology: It’s your hormones telling your brain that your body is really not full. There are medications that target the parts of the brain that are involved in cravings and feelings of hunger.”

The reasons that maintaining a significant weight loss can be challenging range from inactive lifestyles, unhealthy diets and the side effects of medication to mental health issues and metabolic disorders, says Colleen Sanders, assistant professor of Nursing at Marymount University.

“The best recommendation for maintaining weight loss is making lifestyle changes and sticking with them,” said Sanders. “Surgery and weight loss medications will achieve weight loss, but if lifestyle choices are not made then weight is typically regained. Diet and exercise will foster weight loss, but once a healthy weight is achieved there has to be healthy eating and routine exercise to maintain that weight.”

Avoid fad diets and instead make lifestyle changes that can be maintained long-term, advises Nick Sborz, instructor of physical education at Northern Virginia Community College.

“Consistency is [necessary] and a better approach is going to include multiple strategies,” he said. “One of those is to increase your physical activity. [Type], amount and intensity will vary from person to person, but for some it will include walking, riding a bike, walking hills or swimming. For others … some form of strength training.

People have to understand that obesity is a chronic disease. You can’t just … not exercise and eat whatever you want. You’re not going to be able to go back to living your life the way you did before you lost weight. There are no quick fixes, there’s no magic.”

— Domenica M. Rubino, M.D., Director, Washington Center for Weight Management

Recommendations vary, but should be close to 150-minutes of moderate intensity activity or 75-minutes of high intensity activity each week.”

The dietary changes needed for weight loss and maintenance can be daunting, continued Sborz. “This is probably the most difficult thing to change, he said. “… [F]or long-term success, try not to be perfect. I like the 90/10 rule. If 90 percent of the time

— Domenica M. Rubino, M.D., Director, Washington Center for Weight Management

See Maintaining, Page 9
Wellbeing

Mainting Weight Loss Takes Work

FROM PAGE 8

I do my best to make a better, healthier choices then 10 percent of the time I can eat what I enjoy.”

Keeping track of food intake, counting calories and fat grams and avoiding skipping meals are strategies those in the NIH study credited with weight loss maintenance. “...[We] need to eat and drink less sugar,” said Shorz. “Sugar is a big reason why people don’t see the results they are looking for. Eat more real food and less [processed] food. Generally speaking, to be considered real, food is must contain five ingredients or less. Focus on good quality carbohydrates [like] whole grains, fruit, beans and vegetables, which can provide additional nutrients to help you maintain a healthy weight.

Exercise is one of the most important aspects of maintaining your weight, adds Rubino.

“People have to understand that obesity is a chronic disease,” she said. “You can’t just take medicine and not exercise and eat whatever you want. The medicines help, but you’re not going to be able to go back to living your life the way you did before you lost weight. The medicine works in conjunction with diet and exercise. There are no quick fixes, there’s no magic.”

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FROM PAGE 8

FAITH NOTES

Emmanuel Lutheran Church, 2589 Chain Bridge Road, Vienna, is holding Sunday evening worship service in a less formal atmosphere and more intimate setting to help you get ready for the week ahead. Sundays, 6 p.m. Communion offered. No childcare. 703-938-2119 or www.elcvic.org.

Andrew Chapel United Methodist Church holds Centering Prayer Group Fridays, 9:30 a.m. at 1301 Trap Road, Vienna. The hour begins with a 20-minute prayer period, followed by a brief reading related to Centering Prayer. E-mail Chris Mason at dere@cox.net or call the church at 703-759-3509.

The Jewish Federation of Greater Washington and the Jewish Outreach Institute offer the Mothers/Parents Circle, an umbrella of free educational events and resources. Jewish rituals, ethics and the creation of a Jewish home, regular meetings and group Shabbats and holidays. Participants include Sha’are Shalom, Congregation Beth Emeth, Temple Rodef Shalom and the Jewish Community Center of Northern Virginia. ShalomDC.org.

Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton, offers the Religious Exploration (RE) program for all children, from pre-K toddlers through high school seniors, emphasizing exploration of all religious traditions while developing a personal spiritual path. The RE program offers classes on Saturday afternoons and Sunday mornings. 703-281-4230.
Great Falls Art Walk Kicks Off May 5

Plan a night out in Great Falls on the first Friday each month, May through December. Art Walk in the Village: First Fridays kick off on Friday, May 5 in Great Falls Village Centre. Three working artist studios and galleries are open for this free, community event from 6-8 p.m. Live music starts at The Brogue at 9 p.m. Celebrate spring by visiting 27 artists’ studios on the Green (776B Walker Road), Artists’ Loft (766 Walker Road), and Artists’ Atelier (756 Walker Road). See live painting demonstrations and talk with the artists about their process and inspirations. Make a night of it with dinner on the green at The Old Brogue, Pio Pio Pollo, Wild Ginger or grab ice cream at Great Falls Creamery. Families are welcome. Sponsored by The Arts of Great Falls. Details are online at www.greatfallsart.org/ArtWalk.

ENTERTAINMENT

Great Falls Art Walk Kicks Off May 5

Send entertainment announcements to contactus@news-press.com. Calendar/Deadline is Friday at noon for the following week’s paper. Photos/artwork encouraged.

ONGOING

Artists Show. Various times throughout May at the Broadaway Gallery, 1025 J Seneca Road, Great Falls. “Levels of Abstraction,” show featuring the works of Hiromi Ashlin, Genna Gurvich, Sandi Ritchie Miller, and Buck Neifuss. Visit www.broadwaygallery.net or call 703-770-9005 for more.

Artists Show. Various times throughout May at Katie’s Coffee House, Village Center, 760 Walker Road, Great Falls. Artists Joyce Lee. Call 703-759-2759 for more.

Free Tai Chi. Every Saturday, from 7:35-9 a.m. Introduction and Beginners’ Practice, meet on the outdoor basketball court located directly behind the Dolley Madison Public Library, 1244 Oak Ridge Ave. in McLean Central Park, McLean. Call 703-759-9141 or visit www.FreeTaiChi.org for more.

The Golden Girls of Northern Virginia, a senior women’s softball league. Any woman over the age of 40 is encouraged to join. All skill levels are welcome. Play on Wednesday evenings and Saturdays in McLean. Visit www.goldengirls.org.

First Sunday Jazz Brunch 11-2 p.m. Recurring monthly on the 1st Sunday at Bazin’s on Church 111 Church St. NE, Vienna. Enjoy brunch accompanied by the soft jazz sounds of Virginia Music Adventure. Visit www.tfxa.com/listing/bazins-on-church/1666.

The Freeman Store & Museum Wednesday through Sunday noon-4 p.m. 131 Church St. NE, Vienna. The Freeman Store & Museum is dedicated to Preserving and promoting Vienna’s heritage through the identification, preservation, and interpretation of history significant places, events, and persons. HistoricalVienna.org

Weekly Storytimes. Wednesday and Saturday, 11 a.m. Barnes & Noble, 7851 L. Tysons Corner Center, McLean. Themes and titles vary. Free admission. HistoricVienna.org

Bingo Night. Sundays. 4 p.m. Flame Room, Vienna Volunteer Fire Department, 400 Center St. S., Vienna. $10. www.vffd.org/bingo.html.


Fishing Rod Rentals 8700 Potomac Hills St., Great Falls. Rentals available during visitor center hours. Fishing tackle and live bait are available for purchase. Reservations required for group rentals. $6/rental (2 hour max). Valid driver’s license required. Rod and reel combinations are perfect for beginners and children. A Virginia or Maryland freshwater fishing license is required for those 16 years or older. The park does not sell fishing licenses. www.fairfaxcounty.gov/parks/riverbend-park/

Colvin Run Mill open 11 - 4 p.m. daily, closed Tuesday. 10017 Colvin Run Road, Great Falls. Fairfax County’s 19th century water powered gristmill, offers recreational and educational activities for all ages through daily tours, school programs and special events. Fees: $7/adult, $6 students 16+ with ID, children & senior. Admission to park is free except for some special events.

Fundamentals of Watercolors. Sundays 10 a.m.-1 p.m. at The Arts of Great Falls, 756 Walker Road, Great Falls. Artist Lottie Herman will help students get comfortable working with watercolors and understanding this medium. Visit www.greatfallsart.org for more.

Still Life Painting. Tuesdays 10:30 a.m.-1 p.m. at The Arts of Great Falls, 756 Walker Road, Great Falls. Still life provides a great tool to hone skills. Recommended for students of all levels. Visit www.greatfallsart.org for more.

Evening Painting. Tuesdays 6:30 - 9:30 p.m. at The Arts of Great Falls, 756 Walker Road, Great Falls. Jill Banks focuses on oil painting fundamentals with two sessions each of still life, landscapes, and portrait/ clothed figure from a live model. Visit www.greatfallsart.org for more.

Intro to Jewelry Design. Tuesdays 9 a.m.-noon at The Arts of Great Falls, 756 Walker Road, Great Falls. JJ Singh teaches a class for anyone interested in exploring the world of metals and its design possibilities. Visit www.greatfallsart.org for more.

SATURDAY/MAY 6

Oak Hill Fun Run. 6-10:30 a.m. Oak Hill Elementary School, 3210 Kinross Circle, Oak Hill. Support the school or earn service hours by running the annual Oak Hill 5K. Call 703-467-3535 or email OakHILS.Attendance@fps.edu for more.

Ayr Hill Garden Club. 8 a.m.-noon on the lawn of the Gabrine House, 131 Church St. NE, Vienna. This year’s sale, which features plants that come largely from club members’ gardens, will emphasize benefits of native plants to the local ecology. Garden flea market items also will be available. Email melidelson@rcn.com.

Five Hills Garden Club Yard Sale. 8 a.m.-noon at the railroad depot at Garrett St. and Lawyers Row, Vienna. Visit fivhillsgardenclub.org/ for more.

World Labyrinth Day Workshop. 9am-11:45am at Unity of Fairfax, 2854 Hunter Mill Road, Oakton, VA. Free. Call 703-281-1767 or visit unityoffairfax.org for more.

Art Opening and Reception 5:30-8 p.m. at the Fonse Family Studio, 212 Dominon Road, NE, Vienna. Artist Thomas Xenako presents “Resurrective in Gold, Bridging Sacred and Secular,” which runs through June 5. Call 703-281-2350 for more.

SUNDAY/MAY 7

Community Open House. 10 a.m.-3 p.m. at Great Falls Animal Hospital, 10125 Colvin Run Road, Oakton. Visit www.GreatFallsAnimalHospital.com for more.

Jazz Concert. 7 p.m. at Vienna Presbyterian Church, 124 Park St. Featuring Duke Ellington’s “Almghty God Has Those Angels” sung by Metropolitan Opera soprano Danielle Talamantes. Visit viennapre.org/ or call 703-938-9050 for more.

DEADLINE MAY 8

Kid’s Adventure Race. Registration and information online at viennavas.gov or in person at the parks and recreation offices at 282M (upstairs) Cedar Lane. The race begins rain or shine at 10 a.m. Saturday, August 12, at Southside Park, 1315 Ross Drive. The Potomac Patricians macon “Circle Slam” will lead pre-race warm-ups.

FRIDAY, MAY 11

Road to Independence Gala. 6-10 p.m. at the Hilton McLean Tysons Corner 7920 Jones Branch Drive, McLean. The Road to Independence Gala celebrates Northern Virginia Family Service as the leading
resource for Northern Virginia families in need. This
telephone event features live and silent
auctions, and draws 500 business and
community leaders invested in local families.
This year’s honorees are Karen Cleveland and
former U.S. Rep. Frank Wolf. 8:30 p.m. at
the Town Green, 144 Maple Ave E, Vienna. Officials will
inflated the “walk-in” theater on the Town Green
for a viewing of Disney-Pixar’s “Cars.” In
addition, the Town will be
serve cake and award
giveaways in celebration of the 10-year
anniversary of the Town Green’s dedication at
approximately 7:30. For more call
parks and recreation at 703-255-6360.

SATURDAY/MAY 13
Love Your Baby Day. 11:30 a.m.-3 p.m. at
Beloved Yoga, 1137 Walker Road, Suite 2, Great Falls. Learn about the many aspects of the
pregnancy and postnatal journey and support
available to have a healthy pregnancy, and raise
a healthy and happy baby and family. Visit
www.belovedyoga.com for more.

Teens on the Green. 11 a.m. at the Town Green, 144 Maple Ave. E, Vienna. Town officials will
host of local talent will perform on the Town
Green stage. For more call parks and recreation
at 703-255-6360.

THURSDAY/MAY 18
MPA Spring Art Benefit. The McLean Project for
the Arts will host its annual Spring Benefit at the
private residence of Pat and Matthew Bullock.
Dr. Dorothy Kosinski, director, The Phillips
Collection, will serve as the evening’s guest of
honor. Event chairs for this year’s Spring Benefit
are Jane A. Imperatore and Neda Yazdani. Visit
www.mpaart.org or call 703-790-1953 for
details.

Meet the Author. 7:30-9 p.m. at the Patrick
Henry Library, 101 Maple Ave. E, Vienna. Meet
local author Britt Alan whose political thriller
warns of the threat of unchecked Chinese
regional aggression. Books available for sale and
signing. Adults. Call 703-938-0405 for more.

FRIDAY/MAY 19
Bike to Work Day 2017. Registration — now
open — is free and open to anyone who
commutes in the region, from first timers to
daily cyclists. All registrants will be entered in a
regional bicycle raffle, and the first 16,000 to
register and attend will receive a free t-shirt at
one of more than 85 pit-stops throughout
Northern Virginia. Participants can register
online at www.biketoworkmetrodc.org. Email
Megan Goodman at mgoodman@mwcog.org, or
call 202-962-3209 for more.

MONDAY/MAY 22
Charitable Golf Tournament. noon at Hidden
creek Country Club, 1711 Clubhouse Road,
Reston. Proceeds benefit Great Falls, Forestville
and Groveton Run Elementary schools. Call 703-
437-5222 or visit www.greatfalls.golf.org
.Dine and Donate. 11 a.m.-10 p.m. at Ledo’s
Pizza, 141 Park Street, SE, Vienna. Ledo’s will
donate 20 percent of total sales to the
Shepherd’s Center of Oakton-Vienna. Call 703-
281-0538.

SATURDAY/JUNE 3
Flea Market. 8 a.m.-1 p.m. at the Oakton Church
of the Brethren, 10825 Courthouse Rd, Vienna. Vendors
needed. Call 703-281-4411, email
office@oaktonbrethren.org or visit
www.oaktonbrethren.org


to $10,000. Tickets are available at
703-255-6360.

McLean Project for
the Arts’ Spring
Benefit May 18
Ticket sales opened for McLean
Project for the Arts’ (MPAs) Spring
Benefit. MPA, now in its 55th year, re-
dies on the funds raised at Spring Ben-
efit to further its mission to bring art
to the community. In the last year
alone, MPA presented 14 art exhibi-
tions representing 140 artists in its
galleries, taught nearly 200 art classes
and offered 19 talks by local and guest
artists. MPAs award-winning ArtReach
program conducted 139 gallery tours
for more than 3,000 individuals, in-
cluding school children, low-income
seniors and adults with disabilities. The 10th annual MPAArtfest—MPA’s
free, one-day juried art festival—wel-
comed 6,000 guests and represented
50 artists. The 2017 Spring Benefit will take
place on Thursday, May 18 from 7-9 p.m.
at the home of Pat and Matthew
Bullock. The event will feature a si-
lent auction of contemporary paint-
ings in collaboration with MPA staff
and teaching artists. VIP ticket hold-
ers will be invited to a VIP-only recep-
tion from 6-7 p.m. Individual tickets are
$350; sponsor levels from $1,000
to $10,000. Tickets are available at
mpaart.org/spring-benefit-2017/.

PLEASE JOIN US FOR AN EDUCATIONAL EVENT.
Hear from an MS expert and learn about
an oral treatment option for relapsing MS.

Date and Time: 05/12/2017 at 12:00 PM
Location: The Capital Grille
1861 International Drive
(Tysons Corner) McLean, VA 22102
Event Code: TR417186 (1382920)

PLEASE RSVP*:
• RelapsingMultipleSclerosisEvents.com
• 1-866-703-6293
• MRSRSVP@ahmedirect.com

*Registration is limited to two people per RSVP.
Photo ID may be requested at event entrance.
Complimentary parking or valet available.
A light meal or snack may be provided.
Tysons Regional Chamber of Commerce recognized 42 students for their achievements.

Tysons Chamber Recognizes Students’ Achievements

At the 24th Annual Tysons Regional Chamber of Commerce Stars event in April, 42 students from 21 Fairfax County area schools were recognized for their positive achievements and significant improvements.

More than 130 attendees joined the event, including Jay Pearson, executive principal, Region 2, Fairfax County Public Schools and Maureen Loftus, the executive director of LearningRx of Vienna and Reston, and chair for the Tysons Regional Chamber of Commerce. Each year, the Tysons Regional Chamber partners with area schools to celebrate and honor selected students who deserve recognition for positive potential or significant improvements.

The Chamber Stars event celebrates the accomplishment of students who have persevered despite significant obstacles or personal struggles.

As part of the award students selected two books: one for their school library and one to keep. Students and guests also enjoyed breakfast at Earls Kitchen and Bar, and received awards recognizing their accomplishments.

Vienna Police Highlights

From Page 2
Street, NW April 26 between 8 and 10 p.m. A resident reported graffiti on his driveway.

Domestic Assault – Park Terrace Court, SE April 27 1:10 p.m. Officers responded to a report of an argument in an apartment that escalated to a domestic assault between boyfriend and girlfriend. The officers received conflicting information from the parties involved. Officers explained the warrant process should they wish to pursue charges.

Arrest – Warrant Service – Wolftrap Hotel 400 Maple Avenue, West April 27 9:12 a.m. Officers located a man staying at the hotel who was wanted on a warrant in Fairfax County. Ofc. Buti arrested the 37-year-old man from Cusack Lane in Dumfries, Va. He was transported to the Fairfax County Adult Detention Center where the warrant was served, charging misdemeanor Destruction of Property. The man was then released on his own recognizance.

Home of the $6,850 Bathroom Remodel
From Now to WOW in 5 Days Guarantee
TWO POOR TEACHERS
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Select your products from our Mobile Showroom and Design Center
Fully Insured & Class A Licensed Since 1999
10% down, nothing until the job is complete for the next 12 years

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703-999-2928  Visit our website: www.twopoorteachers.com
Saturday was the Rise Against Hunger Drive at the First Baptist Church of Vienna. At the 11 to 1 shift, volunteers crowded a basement room wearing red hairnets. They packed small bags of rice with soy flour and spices for Rise Against Hunger to deliver overseas.

“I want to show my kids community service by helping somebody else. It’s important, knowing you are making a difference in someone else’s life. We always set aside the last Saturday in April for this,” said Benita Parks, a U.S. government employee.

Rise Against Hunger is a non-profit started by retired U.S. Marine and United Methodist Minister, Ray Buchanan. What started in 1998 as Stop Hunger Now became Rise Against Hunger, an organization dedicated to ending world hunger.

This is the second year that the First Baptist Church of Vienna has participated in the food drive with Rise Against Hunger. Last year, volunteers packaged about 30,000 meals for hungry people all over the globe. This year their goal was 50,000.

“This is one of our prize initiatives, it’s really watching faith in action,” said Senior Pastor, Dr. Vernon C. Walton. “We don’t always know where the meals are going, but we work with schools in Jacmel, Haiti. I’ve seen it in action when I traveled there. Sometimes this is the only meal these students get all day.”

Volunteer William Boykin, 70, a member of the church, jumped at the opportunity when he and his wife heard about the event.

“With my wife and I travel a lot and see the need. My wife works in Haiti, and this is our opportunity to give back.”

Alex Hart, the Assistant Community Engagement Manager from Rise Against Hunger, stood up periodically to bang a gong after every 1000 bags had been packed. “It’s a great partnership, the gong is a motivator, but the volunteers all want to come here and do something good,” he said. “Anyone from age 2 to 91 can participate and it’s really a community event. The meals go to school feeding programs and help to keep kids in school.”

Learn more about ending world hunger at riseagainsthunger.org.

Rise Against Hunger Partners with Vienna First Baptist Church to fight global hunger.

By Colin Stoecker
The Connection

Benita Park’s son, Kendall holds a finished package of Rise Against Hunger packaged meals. The volunteers met their goal of packaging 50,000 meals this year, 20,000 more meals than last year.

Volunteer Coordinator Darryl Carson and William Boykin, 70, retired, pose for a picture in front of a pallet of rice bags. The packaged rice meals will be sent to countries like Haiti to feed school children.

Jaden Seay, 13, an eighth grader at Beville Middle School and Alex Hart, Assistant Community Engagement Manager from Rise Against Hunger, hold a completed box of packaged meals for delivery to students in need around the globe.
BASIS Independent McLean Students Travel to Senegal

BASIS Independent McLean (BIM) French students decided to take their break in Senegal, far from their classroom, for the educational value a trip like this brings. World travel is an optional opportunity for BIM students looking to take their education outside their textbooks and familiar settings. Senegal not only gave students an immersive environment in the French language, but also provided them a viewpoint of life outside of McLean.

Daniel Reilly, BASIS Independent McLean fourth grader, at Fulani village in Thies, Senegal, with village chief, learning how to retrieve well water.

Makenzie Reilly, sixth grader at BASIS Independent McLean, in Dakar, Senegal, with a local artist and the group’s tour guide, Cherif Ndiaye.
ELECTRICAL LANDSCAPING

TILE / MARBLE

Final adoption of the county budget takes place on May 2.

By Andrea Worker
The Connection

By an 8-2 vote, the Fairfax County Board of Supervisors voted on Tuesday, April 25, to approve the FY 2018 Budget Mark-up. Although the formal adoption of next year's budget won't take place until May 2, historically the board does not make changes to the package after the mark-up is held.

"I'm pleased that the majority of my colleagues were able to support a budget package that preserves vital county and school programming," said Supervisor Jeff McKay (D-Lee), who chaired the Budget Committee. For the record, McKay read the county's Third Quarter FY 2017 Review, the Mark-Up recommendations, the board's Budget Guidance for FY 2018 and FY 2019, and the FY 2018 – FY 2022 Capital Improvement Program (CIP) before the supervisors discussed each portion of the budget process and cast their votes.

The final draft is a balanced budget. Supervisor Pat Herrity (R-Springfield) said that while it does not provide for "real tax relief," the budget still represents a "victory for taxpayers" since it holds the property tax rate at the current level of $1.13 per $100 of assessed value, although some homeowners will see a slight increase (0.7 percent for the average taxpayer) due to increases in property values.

THE AMENDMENTS to the FY 2018 Advertised Budget that was originally presented by County Executive Ed Long on Feb. 14, restored funding to several human services programs that had been shifted to the "unfunded for 2018" column, including the Insight Memory Care program that provides day care services for county residents suffering from mid-late stage dementia. The Community Readiness and Support Program, under the umbrella of the Fairfax Falls Church Community Services Board, was also given a reprieve, and its four staff positions re-instated to continue offering an intensive, low ratio-to-client service to those with a variety of mental health and developmental disability issues.

There was general consensus that finding at least partial funding to launch Phase II of the Diversion First Program, which seeks to provide treatment instead of incarceration for people with mental health or developmental disability issues who come into contact with law enforcement for low-level offenses, was a real achievement in the approved Budget Mark-up. The program succeeded in diverting 375 individuals from potential arrest in its first year.

WHEN THE MOTION to approve the Mark-up was called for, the dissenting votes were cast by supervisors Dan Storck (D-Mount Vernon) and Kathy Smith (D-Sully).

"This budget will not meet our needs," said Smith, who also questioned whether the budget process was "working the way it should." Among her concerns is the gap between the Fairfax County Public Schools' (FCPS) financial ask for FY 2018 and what the county transferred. Smith, who served on the Fairfax County Public Schools' (FCPS) Financial Planning and Accountability Committee, said that finding at least parity in the budget for low-level offenses, was a real achievement in the approved Budget Mark-up. The program succeeded in diverting 375 individuals from potential arrest in its first year.

Looking ahead, the FY 2019 budget will pose new challenges, including potential federal cutbacks and sequestration … As always, Fairfax County will remain vigilant to any future changes that may impact the local budget in the upcoming fiscal year.”

— Sharon Bulova, Fairfax County Board Chairman

Several of the supervisors commented on the county's limited options for raising revenue, and in a statement released after the meeting, McKay wrote: “We will again have a dialogue with Richmond … state law limits our revenue sources, we are left with property taxes as our main resource. This is not sustainable.”

Further discussion surrounded the proposed Budget Guidance, which serves as a template for the county executive and staff in the development of the next budget and the financial plans for years to come. Included for consideration and for sourcing "fiscally-constrained funding options" are: addressing the growing opioid abuse crisis, tax relief for spouses of first responders killed in the line of duty, the procurement and implementation of a pre-notification 9-1-1 data repository system, further Public Safety staffing, county employee pay and pension review, and how to deal with the looming increases expected for funding the county's commitment to the Metro system.

The motion to adopt the Budget Guidance as written passed unanimously. With one budget not yet officially adopted, the supervisors seemed eager to begin their work on the issues set forth in the Budget Guidance, with Supervisor Penny Gross (D-Mason) asking staff to begin looking for additional meeting time slots in order to tackle the working agenda.

"Looking ahead," said Bulova, "the FY 2019 budget will pose new challenges, including potential federal cutbacks and sequestration … As always, Fairfax County will remain vigilant to any future changes that may impact the local budget in the upcoming fiscal year.”

SUMMARIES of the documents discussed and approved at the Budget Mark-up session are available on the county's website, www.fairfaxcounty.gov. The meeting, which was streamed live, is archived and can be watched via the website.

Yoga Helps Students Relax and Focus
Churchill Road students are incorporating yoga into their weekly routines as a way to help students relax and focus. The student sessions are taught by Wes Smith, the school’s social worker, who is also a yoga instructor. Smith said, “The teachers have reported that for the classes who do yoga, the students are able to self-regulate better.” Smith hopes to expand the program to more classes in the coming months.