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McLean CONNECTION

HomeLifeStyle
PAGE 7



Next Theatrical Generation Takes the Stage

NEWS, PAGE 9

McLean, Langley High Seniors Graduate

NEWS, PAGES 2-3

Longfellow Student in National Spelling Bee

NEWS, PAGE 5

Abby Comey's performance in McLean High School's production of "9-5: The Musical" won her the top prize for a Comic Actress in a Musical at the 19th Annual 2018 Cappies Award Gala at Kennedy Center.

PHOTO BY ANDREA WORKER/THE CONNECTION
OPINION, PAGE 4 ♦ ENTERTAINMENT, PAGE 10 ♦ CLASSIFIEDS, PAGE 10

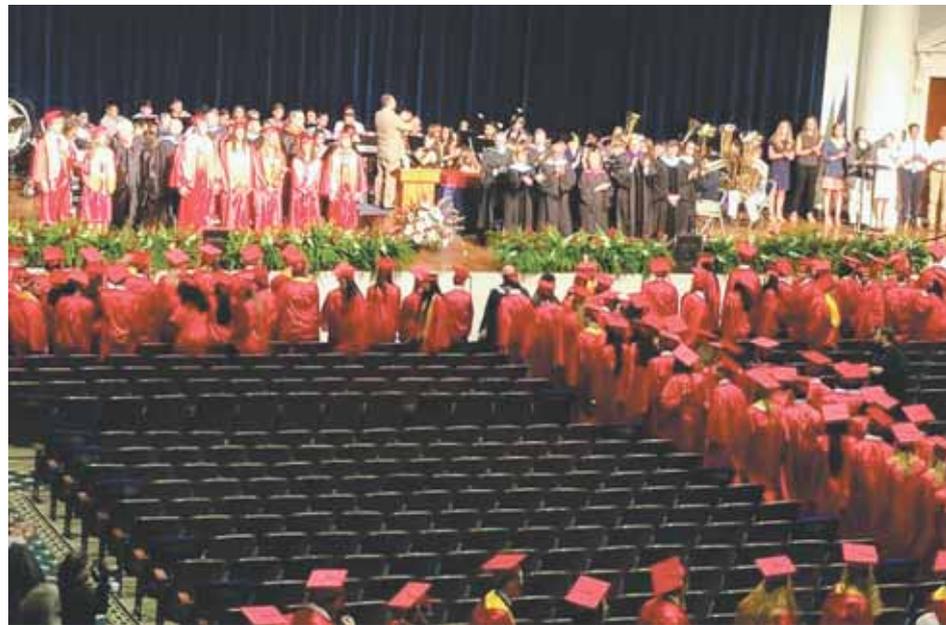
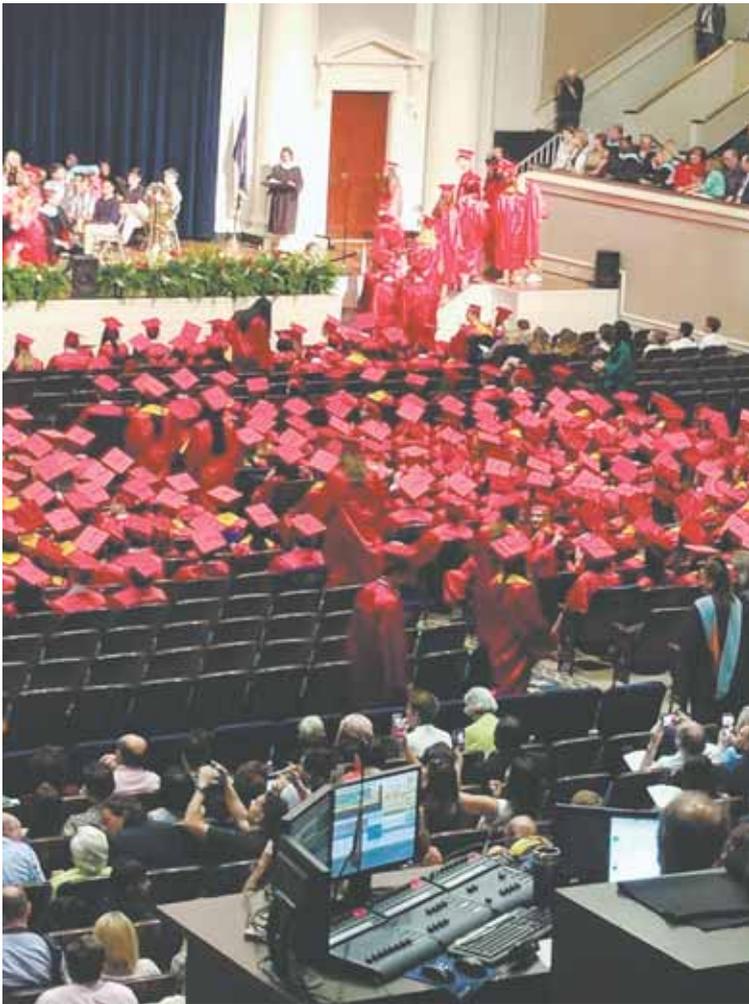
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McLean Madrigals with Director Linda Martin and McLean Band with Director Chris Weise performed "Star Spangled Banner."

Graduating from McLean High



Following the commencement ceremony, it was time for family pictures. Here - McLean High graduate Marika Bak with (from left) Victor and Pat Kimm, Marika's grandparents, and Vicky and Bill Bak, Marika's parents.

McLean High School Graduation Ceremony 2018 was held Friday, June 8, at the DAR Constitution Hall in Washington, D.C.



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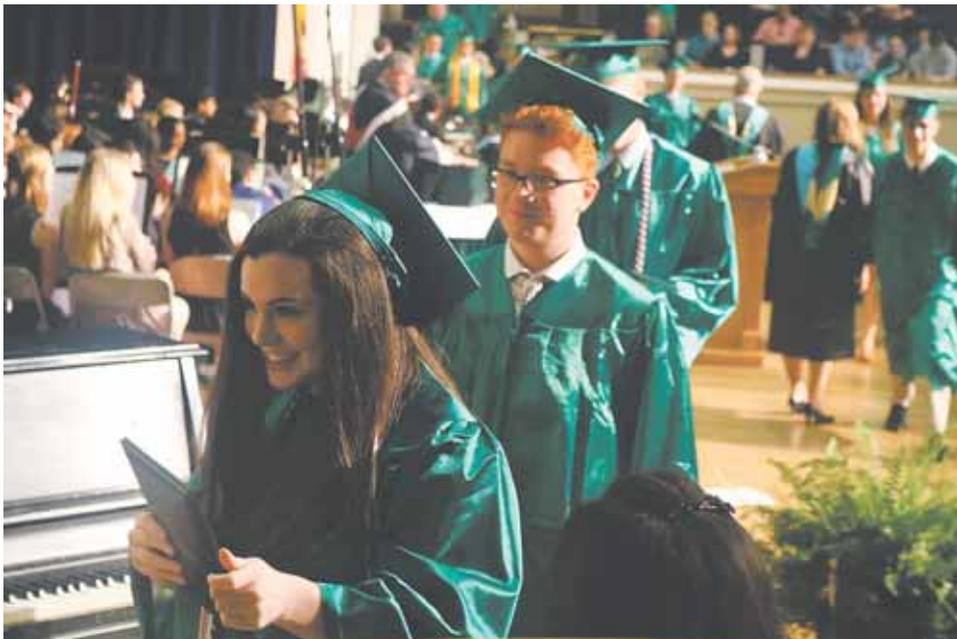
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Rexford Tugwell walks across the stage with diploma and fellow graduates at the Langley High School graduation 2018 ceremony.



Alum Bendan Shapiro addresses Langley High graduates as guest speaker.

PHOTOS BY BRIAN WEINGAST/THE CONNECTION

Langley Graduates Encouraged to Conquer Challenges of Life

BY BRIAN WEINGAST
THE CONNECTION

For the class of 2018 and guest speaker Brendan Shapiro, graduating from Langley High School is not the only thing they have in common, they are both survivors. While the recent graduates of Langley High School endured four years of school construction, the alum from the class of 1995 faced the elements of Fiji as a contestant on the T.V. Show “Survivor.”

In the packed auditorium of Constitution Hall on the Friday evening that many would later be celebrating the Washington Capitals Stanley Cup victory, Langley’s class of 2018 had something to celebrate first, their own graduation. With friends and family in attendance, the graduates commemorated their time at Langley High School by acknowledging their achievements but also giving advice for their future.

SHAPIRO offered optimistic guidance for the young adults moving into the next chapter of their lives. After trying out and failing to become a contestant on “Survivor” 14 times, Shapiro was eventually chosen, becoming one of the oldest competitors in the show’s history. At 41 years old he was 15 years older than the next closest contestant. As a gym teacher at Herndon, Shapiro explained how he never gave up hope, trying time after time to fulfill his dream of competing on the nationally televised show.

More people will summit Mount Everest this year than there has been contestant on “Survivor,” Shapiro told the crowd. He encouraged the graduates to “take that risk” for they never know what may come from it. “Embrace uncertainty when it comes with a life well lived,” he said.

Though he only lasted 11 days on the island, the experiences and friendships he



Langley High Principal Fred Amico gives final speech to class of 2018.



Langley High graduates toss their caps in the air.

“In life, I wish you are not devoid of challenges, for I know you can conquer them all.”
—Langley High Principal Fred Amico

made were well worth the 14 years of preparation, he said. Just as he did, Shapiro told the graduates to develop their resilience, as it will carry them places beyond their own expectations. For his last piece of advice Shapiro warned the graduates to “never let the fear of failure hinder where you’re going.”

Following Shapiro’s speech, Langley Student Mallory Langpaul took to the podium to address her fellow graduates. Langpaul began by thanking the teachers and staff and recognizing the achievements of this special senior class. From golf state titles to Model U.N. awards, Langpaul listed the numerous accomplishment the class had achieved this past year.

Later on in her speech Langpaul told her peers to “enjoy the little things in life” as they go about creating their own path. “Commit to the journey not the outcome” she said, and you will be better off for it. In her parting words of wisdom for her classmates, Langpaul instructed the graduates to experience life and “enjoy the ride.”

FOR THE FINAL SPEECH before the graduates received their diplomas, Principal Fred Amico imparted his words of wisdom for the last time, as he is retiring following this school year. “In life, I wish you are not devoid of challenges,” he said to the seniors, “for I know you can conquer them all.” Later quoting Robert Kennedy as he addressed the nation following the death of Martin Luther King, Amico told his students that “even in our sleep, pain which we cannot forget falls drop by drop upon the heart, until in our own despair, against our will, comes wisdom through the awful grace of God.”

Medicaid Expansion Will Save Lives

Almost too many benefits to count that will help all Virginians, including economic stimulus.

The benefits are huge. The Virginia General Assembly, finally motivated by the huge change in the House of Delegates wrought by energized voters last November, passed a budget that included expanding Medicaid under the Affordable Care Act.

A celebratory press release goes out any time 10 or more jobs come to any place in Virginia. But estimates are that finally accepting the available federal money to expand Medicaid under the Affordable Care Act could stimulate the creation of 30,000 jobs.

Just including the expansion in the budget made hundreds of millions of extra dollars available for other priorities.

It will make all of us who live and work in Virginia healthier via “herd immunity.” Ensuring that our fellow residents have access to healthcare, to medications to treat contagious illnesses, to vaccinations, to preventive and acute care protects all of us. We don’t want the people who shop with us, ride with us on the Metro or wait in line at motor vehicles to be sick without a reasonable way to be treated. We want the people around us to be healthy. It makes everyone healthier.

In Northern Virginia, tens of thousands of people who are living without health insurance

will be eligible. Hundreds of thousands of people across the state will gain access.

Virginia has bypassed about \$10 billion by not having expanded Medicaid since it was possible. It’s not perfect, but now it is done.

“Health care is not a privilege: It is a right,” said state Sen. Dick Saslaw, highlighting the importance. “A lot of us here have had a lot of breaks in our lives, but there are many others out there who do not get these breaks. They work hard, but for one reason or another things don’t turn out right for them. These people need our help, and we have done that.”

Other perspectives on the benefits: “As a mother of an Autistic child, I know just how important Medicaid is for many things here in Virginia. Medicaid helps fund not just our schools but also our Special Education programs here in Virginia,” said Monica Hutchinson, organizer for New Virginia Majority. “This expansion will have a ripple effect. Not only will hundreds of thousands of Virginians receive the care they deserve, but our schools will also receive extra money in their annual budgets.”

“Now, nearly 400,000 Virginians can see a doctor without fear of financial ruin,” Del. Kathy Tran said. “Last election, voters made it clear that increasing access to healthcare is the top issue for our Commonwealth.”

“As fewer and fewer people have employer-paid health coverage for themselves, much less their families, elections have consequences that can mean the difference between life and death,” said Jaime Contreras, a vice president at 32BJ SEIU.

“The budget’s inclusion of a bipartisan compromise plan to drawdown available federal funds to help hundreds of thousands of hard-working, uninsured Virginians gain health care coverage will promote public health improvements, job growth, economic vitality, and strengthen our health delivery system,” said Virginia Hospital & Healthcare Association President and CEO Sean T. Connaughton.

“We are especially thrilled that some 7,000 Arlingtonians now will have healthcare coverage — this legislative action will improve outcomes for their health and welfare, strengthen our workforce, and help our community and the Commonwealth,” said Katie Cristol, Arlington County Board chair.

AARP Virginia State Director Jim Dau said the bipartisan effort increases access to health care for 400,000 Virginians, including 95,000 people over 50 who are not yet eligible for Medicare.

“We have been fighting to expand Medicaid for years and I’m so proud to have been a part of the team that finally got it done. This achievement will dramatically improve the lives of real people in communities across the Commonwealth, including over 5,600 people in the 49th district,” said Del. Alfonso Lopez (D-49)

EDITORIAL

LETTERS

What About Park Service?

To the Editor:

So there is an argument between those who operate Claude Moore Colonial Farm and the National Park Service. Most of us understand what the operators want, but no one, including The Connection, has said what the Park Service wants or its view of how the park should be operated.

Betty Stacey
McLean

Pride of Being Americans

To the Editor:

I recently spent 6 days in Arlington Hospital. I talked to staff members from at least 14 countries, including Bangladesh and Somalia. Each took pride in his or her job and in the hospital team. Most noticeable was the pride all had in being Americans. These are the new citizens who will continue to make America the greatest country in the world.

Jack K Tarr
McLean

Taking the Summer Off

BY KENNETH R. “KEN” PLUM
STATE DELEGATE (D-36)

As a teacher for a few years I was often chided by friends as having a “cushy” job getting all summer off from work. Other teachers get the same reaction from those who know little about the profession and certainly have no experience being in the classroom.

In many jobs if you are having an off day, not feeling well, or just need a break it is possible to let some of the requirements of work slide until the next day. Not so with teaching: every day in the classroom you have to be on—ready to face eager students and the challenges and opportunities they present. I continue to be impressed by teachers who can be enthusiastic and understanding early in the morning through afternoon five days a week from fall through spring. That’s why that summer break is so important. And furthermore, you need the summer to take that additional course or workshop for updating your credentials, work that second or third job to balance the family budget, or recharge your mental and emotional batteries. For anyone with a different opinion about the challenges teachers face, visit some classrooms or better still teach for a while or substitute. You will soon learn why teachers are among the people I most admire.

My current “job” of being a legislator may get the same reaction from some who are not aware that the regular session of a couple of months of time



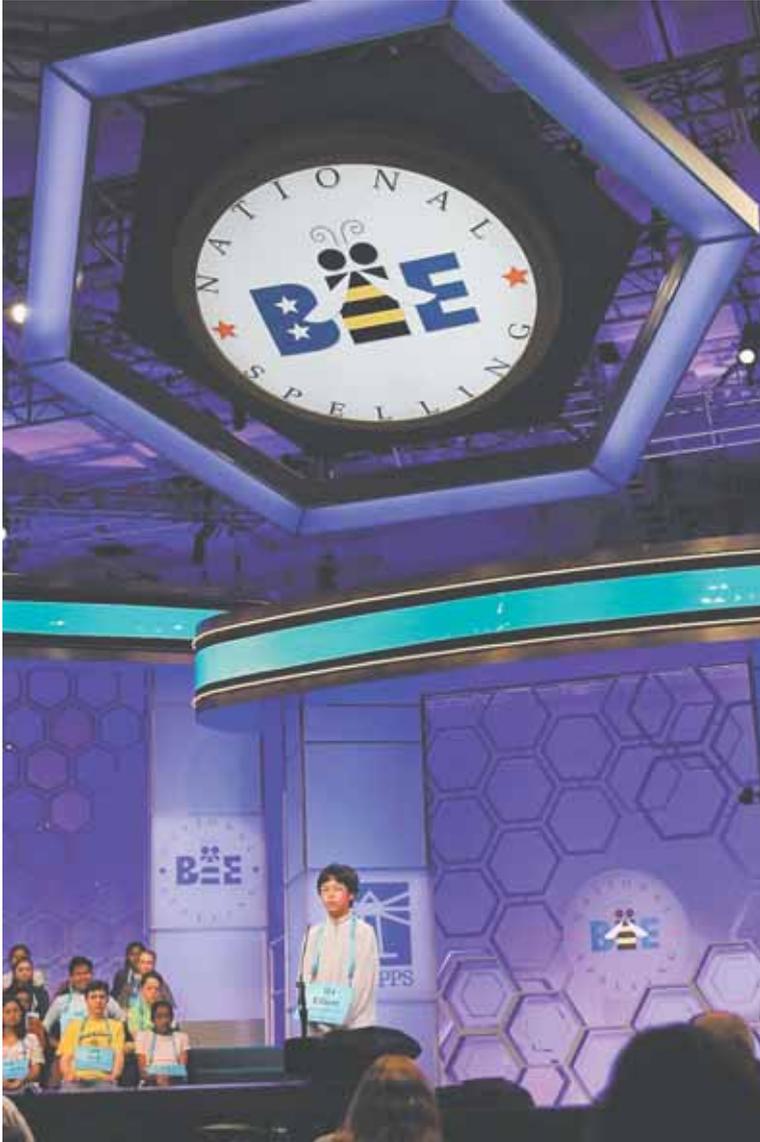
spent in the State Capitol is just part of the job. Members of the General Assembly are considered citizen legislators with other responsibilities and are paid as part-time workers. Actually, the position can take as much time as a legislator can devote to it and the voters are willing to tolerate. Having retired from my full-time job in 1996 I happily devote full time to my legislative duties.

Every two years I have to reapply to voters to keep my job, and with a two-year term some time every other year is devoted to campaigning.

During every year there are study committees and commissions that meet when the legislature is not in session. This week I participated in a meeting of the Joint Legislative Audit and Review Commission (JLARC) of which I am a member. We provide oversight to the operation of state government including financial and management audit, reviews of the performance of state agencies and conducting studies on topics as requested by the legislature. I also serve on the Joint Commission on Technology and Science (JCOTS) that has meetings in the interim to consider future legislation and emerging science and technology issues. There are many other groups that work between legislative sessions.

Having a break for the summer from going to work as a teacher, legislator or other worker does not mean you are not working. We all need some mini-vacation times of long weekends or a real vacation to recharge our mental batteries. We can do a better job as a result.





Seventh-grader Elliott Lee of McLean gathers his thoughts before attempting to spell the word "Pilates" in round two of the Scripps National Spelling Bee on May 29.

Longfellow Student Competes in National Spelling Bee

The 91st Scripps National Spelling Bee took place from May 29 - 31 at the Gaylord National Resort & Convention Center in National Harbor, Md. A record-number 515 spellers competed this year after launching an invitational program called RSVBee. Among the competitors was Elliott Lee, a 13-year-old seventh grader at Longfellow Middle School in Falls Church. He did well onstage by spelling "Pilates" correctly in round 2 and "tenable" correctly in round 3, but he did not advance to the finals based upon his score on the preliminaries test. The movie Akeelah and the Bee inspired Lee to compete in his first spelling bee this year.



Elliott Lee correctly spells the word "Pilates" on May 29 to advance to round 3 of the Scripps National Spell Bee.

CALENDAR

			1	2	3
4	5	6	7	8	9
10	11	12	13	14	15
16	17	18	19	20	21
22	23	24	25	26	27
28	29	30	31		

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Eph 4:6

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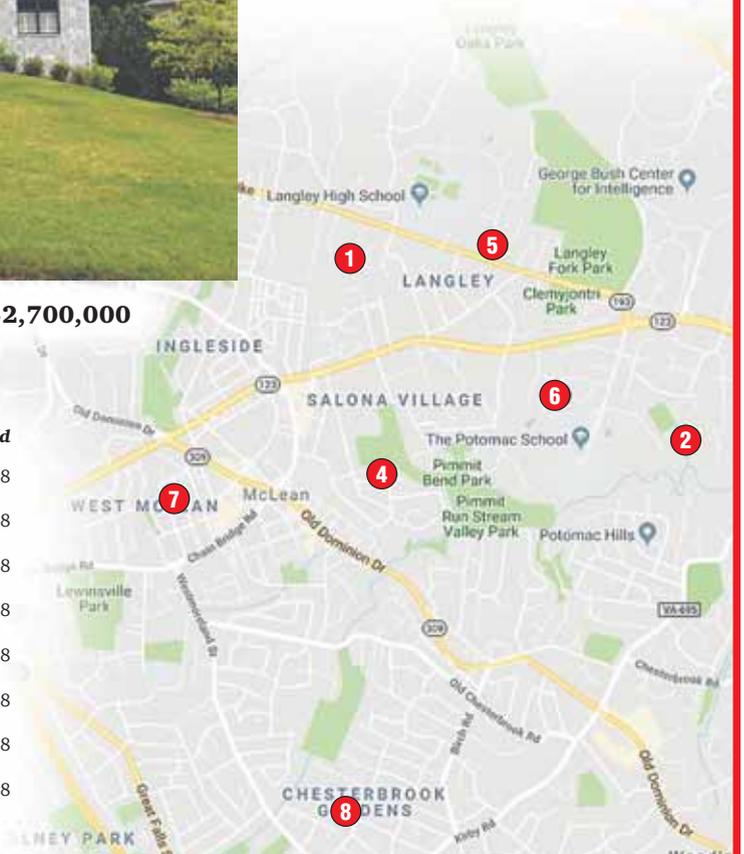
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3 8321 WOODLEA MILL RD	7	8	1	MCLEAN	\$2,895,000	Detached	0.83	22102	WOODLEA MILL	04/24/18
4 1403 JULIA AVE	6	6	2	MCLEAN	\$2,700,000	Detached	0.37	22101	SALONA VILLAGE	04/03/18
5 1013 TURKEY RUN RD	4	3	0	MCLEAN	\$2,150,000	Detached	1.44	22101	LANGLEY	04/10/18
6 1238 MEYER CT	6	6	1	MCLEAN	\$2,025,000	Detached	0.45	22101	EVERMAY	04/19/18
7 1434 CEDAR AVE	5	5	1	MCLEAN	\$1,898,000	Detached	0.22	22101	WEST MC LEAN	04/13/18
8 6612 IVY HILL DR	7	6	2	MCLEAN	\$1,815,000	Detached	0.28	22101	CHESTERBROOK GARDENS	04/30/18

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Preparing Home for Summer

From finding spaces for wet swimsuits and school papers to adding new throw pillows, small touches can add a warm-weather feel.

BY MARILYN CAMPBELL

When school ends and summer begins, a home's functionality can change. From backpacks overflowing with a school year's worth of school papers and art projects that need a home to bedrooms that call for a warm weather refresh, local designers suggest small tweaks to interior spaces that can yield a big impact.

From breezy white sheets to beach-themed accessories, summer calls for a lightening up of home decor, advises interior designer Anne Madden of Mount Vernon. "I always encourage clients to refresh their home decor during warmer months," she said. "Remove heavy bed linens that were meant to keep you cozy and replace them with light and airy linens in neutral or cool colors. This is also a good time to swap out throw pillows made from heavy fabrics like wool and incorporate pillows made from lighter fabrics like linen into your home's design."

In addition to changing bedroom accessories, summer is also good time to breathe new life into bathroom decor. "Take an inventory of your linen closet and replace towels that are worn and frayed with thick, fluffy ones," said Madden. "Make sure your shower curtain and liner are fresh and free of mildew. If they aren't, replace those too."

Corralling pool necessities into a designated space is a key to maintaining an organized home during the summer, advises professional organizer Susan Unger of Clutter SOS. "When preparing to head to the pool with your children, it's a real time saver to have an area in the laundry room, entry or garage where all the necessary items are kept and they don't need to be gathered up each time," she said. "Keep a beach bag loaded with sunscreen, towels, snacks, toys and clothes. Perhaps each child could even have their own beach bag. Have a designated area in your home for wet towels and suits to be hung up to dry when returning home."

Create a space that is dedicated to summer crafts in a way that doesn't overtake a home's aesthetic, suggests Unger. "Having a

"Have a designated area in your home for wet towels and suits to be hung up to dry when returning home."

— Susan Unger, Clutter SOS



Adding new towels and shower curtain in light and airy colors, like those in the bathroom by Annie Elliott Interiors, can add a touch of summer to a bathroom.

separate crafts table for children is great or if space is an issue covering the kitchen table with a plastic tablecloth will work also," she said. "It also helpful to have a separate cart with plastic drawers or a small shelving unit with plastic bins to house craft items. I like plastic because it is washable."

Each drawer or bin can house items like paint, marker, crayons, coloring books or construction paper, continued Unger. "Put a printed label on each drawer or bin," she said. "I like to add a picture of the item as well which encourages younger children to start developing reading skills. They are then also able to match the item to the container when it comes to putting away the supplies. It is never too early to encourage cleaning after themselves."

The beginning of summer is a great time to sort through school papers and art projects collected thought out the year, says Unger. "As the parent, it will make it easier for your child if you do a presort and get rid of all the schedules, notices and worksheets before involving your child in the process," she said. "Then you both can decide on the special items to keep. I like to use a plastic file bin for each child and put each year's items in a hanging file with the grade on the file tab. This also creates a limited amount of space for the selected items to keep."

If you haven't already done so, schedule a maintenance service appointment for your HVAC system, suggests Maden. "It's better to spend the money now to make sure it's in good working order than to wait until breaks down during a heatwave and be at the mercy of overbooked repair companies," she said.



Adding throw pillows in light, airy colors like the one in the room by Annie Elliott Interiors, can make a space appear ready for summer.

PHOTOS COURTESY OF ANNIE ELLIOTT INTERIORS.

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The Next Theatrical Generation Takes the Stage

The 19th Annual 2018 Cappies Award Gala honors area high school talent.

BY ANDREA WORKER
THE CONNECTION

While the current crop of Broadway luminaries were receiving their Tony awards in New York on Sunday, June 10, the next generation of theatrical stars were being equally feted — and showcasing their many talents — at the 19th Annual Cappies Awards Gala in the Concert Hall at the John F. Kennedy Center for the Performing Arts.

“Lead Players” Erich DeCinzo, Phil Reid, and Diane Poirier, together with hosts — and Cappies Governing Board members — Judy Bowns and Janie Strauss kept things moving along with abundant witty repartee throughout the three-hour event. With musical numbers and dramatic scenes performed by cast members from some of the Cappies nominated shows, audience enthusiasm never waned, from the opening number “Come On, Get Cappies,” (sung to the tune of “Get Happy,” written by Harold Arlen and Ted Koehler, and adapted by Judy Garland as one of her signature songs) to the show-stopping finale, featuring a number composed by long-time Cappies musical director, Chris Johnston, who teaches musical composition at the Fairfax Academy for Communications and the Arts, when not conducting the Annandale Northern Virginia Community College Symphony Orchestra.

AWARDS were presented in 39 categories, ranging from actors/actresses in lead and supporting roles in plays and musicals, vocalists, costumes, choreography, orchestra, technical arts such as Lighting, Sets and Sounds and many more.

The Duke Ellington School of the Arts in the District took home the prizes for Best Play (“The Rimers of Eldritch”) and for Best Actor and Actress in that production, but there were plenty of students and performances from Northern Virginia, from Alexandria to Leesburg, that won the votes of the 436 student critics who had reviewed five or more shows to become eligible Cappies Awards voters.

Kyle Dalsimer from Annandale High School was named best in the Lead Actor in a Musical category for his performance in “The Hunchback of Notre Dame.”

The Oakton HS “Titanic Band” was tops in Orchestra.

Olympia Hatzilambrou must have wowed as the Female Vocalist in Thomas Jefferson High School for Science and Technology’s “Mary Poppins.”

John Henry Stamper from Westfield High School in Chantilly took the top Male Vo-



Abby Comey’s performance in McLean High School’s production of “9-5: The Musical” won her the top prize for a Comic Actress in a Musical.



Katherine Kelly from McLean High School received the Maryland Theatre Guide Returning Critic Award.

calist honors as the “Phantom of the Opera.”

And the award for Musical of the Year went to Robinson Secondary School for their production of “Monty Python’s Spamalot.” The audience was treated to the song “Knights of the Round Table” by the Robinson crew early in the program.

THE LIST of talented young winners in the region goes on — and can be found on the Cappies website www.cappies.com/nca.

The Cappies were established in the wake of the Columbine High School massacre in 1997. The vision of the late William Strauss, co-founder of the Capitol Steps political satire review, and brought to life with his partnership with Judy Bowns, the Cappies began as an effort to “bring positive attention to teenagers engaged in creative pursuits.”

Their mission has expanded to include opportunities for constructive critical feedback for the theatrical activities of those youth, to honor the advisors, mentors, and teachers, as well as the students, and to provide a truly unique collaborative learning experience for high school theatre students.

PHOTOS BY ANDREA WORKER/THE CONNECTION



The Critics Team Award went to the participants from McLean High School. From left, Helen Ganley, Rachel Kulp, Emily Lachow, Kristen Waagner, Katherine Kelly, and Mary Kate Ganley.



From left, Ashley Winegarden and Kristen Waagner. The duo won for their choreography for the McLean High School’s production of “9-5: The Musical.”

The nonprofit organization has also expanded outside of the immediate area in those nineteen years, adding nine chapters around the country, and an additional three

in Canada.

The telecast of the 2018 Cappies Gala can be viewed online beginning on Saturday, June 16 at www.fcps.edu/tv.

WINNERS

Category, Winner, Show Name, School Name
 Andy Mays Rising Critic, Sarah Bourgeois, Westfield High School
 Maryland Theatre Guide Returning Critic, Katherine Kelly, McLean High School
 Special Effects and or Technology, Jack Griggs, Diego Maldonado, JD Mayer, Titanic, Oakton High School
 Sound, Victoria de Dios & Emma Clark, Dogfight, West Potomac High School
 Props, Lily Shirley, The Odd Couple, H-B Woodlawn Secondary Program
 Lighting, Kayla Claussen, Jessica Steadman, and WPHS Lighting team, Dogfight, West Potomac High School
 Orchestra, The Titanic Band, Titanic, Oakton High School
 Choreography, Kristen Waagner, Ashley Winegarden, 9 to 5 the Musical, McLean High School
 Ensemble in a Musical, Jarheads, Dogfight, West Potomac High School

Female Vocalist, Olympia Hatzilambrou, Mary Poppins, Thomas Jefferson High School for Sci/Tech
 Male Vocalist, John Henry Stamper, The Phantom of the Opera, Westfield High School
 Comic Actress in a Play, Annie Silva, Pride and Prejudice, Chantilly High School
 Comic Actress in a Musical, Abby Comey, 9 to 5 the Musical, McLean High School
 Comic Actor in a Musical, Xavier Molina, The Drowsy Chaperone, Wakefield High School
 Supporting Actress in a Musical, Mely Megahed, Phantom, South Lakes High School
 Supporting Actor in a Musical, Nico Ochoa, Monty Python’s Spamalot, Robinson Secondary School
 Lead Actor in a Musical, Kyle Dalsimer, The Hunchback of Notre Dame, Annandale High School
 Song, Some Kind of Time, Dogfight, West Potomac High School
 Critic Team, McLean High School
 Musical, Monty Python’s Spamalot, Robinson Secondary School

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PUBLIC NOTICE
AT&T proposes to replace an existing wooden pole with a new wooden pole with a top-mounted antenna (40.1' tall) on top of a wooden light pole at 1451 Chain Bridge Rd., McLean, VA (20180814.02). Interested parties may contact Scott Horn (856-809-1202) (1012 Industrial Dr., West Berlin, NJ 08091) with comments regarding potential effects on historic properties.

Legals

Chesterbrook Eye Dr, O.D. located at 6262-B Old Dominion Dr, McLean, VA 22101, phone (703) 821-6789 is closing on 8/7/18 due to doctor relocation. We thank you for your patronage.

At your, or authorized representative, written request, copies of records will be sent, within a reasonable time, to any other like-regulated provider of your choice or provided to you. If you wish to make the request, please contact us at Diana Tran, O.D., 1800 Carl D Silver Pkwy, Fredericksburg, VA 22401. A payment of \$38.20 to cover the actual cost of copying and mailing of the records is also required.

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CALENDAR

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

ONGOING

"Swimming with Whales." Through June 24, Thursdays, 7:30 p.m.; Fridays at 8 p.m.; Saturdays at 2 and 8 p.m.; and Sundays at 2 p.m. at 1st Stage, 1524 Spring Hill Road, Tysons. This world premiere production invites audiences into a world of healing, compassion, and renewal. While Visiting his family's secluded cottage on the shores of the Atlantic ocean, Owen, a typically urban 15-year-old boy, and his fisherman father clash until an unlikely and healing communion with an injured whale awakens in Owen a forgotten boyhood and connection with the sea. General admission, \$33; senior (65+), \$30; student and military, \$15. Closed captions and audio description will be offered for select performances. Purchase tickets at www.1ststage.org or 703-854-1856.

Photography Exhibit: "Nature's Palette." Through June 30, at Katie's Coffee House, 760 Walker Road, Great Falls. Cindy Dibbs takes every opportunity to enjoy and photograph nature whether hiking in Great Falls National Park, Glacier National Park or strolling along the beach. Her photos reflect the beauty of nature and she hopes the images will inspire others to protect and treasure the valuable gift of nature. Visit www.cindydibbs.com.

Vienna Art Society Exhibition. Through late June at North County Government Center, 1801 Cameron Glen Drive, Reston. Visit viennaartsociety.org.

Vienna Farmers Market. 8 a.m.-noon, Saturdays, through Nov. 3 at Vienna Community Center, 120 Cherry St. S.E., Vienna. The Vienna Farmers Market, hosted by the Optimist Club of Greater Vienna, has more than 30 vendors from across the region, the Vienna Farmers Market provides locally-sourced fruits and vegetables and homemade eats. Throughout the year, great music will be featured to accompany your shopping. Visit www.optimistclubofgreatervienna.org/

Oakton Farmers Market. 9 a.m.-1 p.m. at Unity of Fairfax Church, 2854 Hunter Mill Road, Oakton. Year-round weekly farmers market in Oakton. Local produce, meats/eggs, dairy, baked goods, and more. Admission is free. Visit community-foodworks.org.

Great Falls Farmers Market. Saturdays, 9 a.m.-1 p.m., 778 Walker Road, Great Falls. Music, vendors, fresh produce, fresh prepared food, delightful bakery, spices from around the world, wild-caught fish, grass-fed, free-range meats, organic-fed poultry and eggs. Email kathleen@greatfallsfarmersmarket.org.

Free Tai Chi. Every Saturday, from 7:55-9 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.

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. Historicviennainc.org

Bingo Night. Sundays. 4 p.m. Flame Room, Vienna Volunteer Fire Department, 400 Center St. S,



'Exploring Colors & Textures'

A solo painting exhibition by Ramin Abraham. An opening reception is planned for Friday, June 22, 6:30-9:30 p.m. Exhibit runs June 22-July 31, gallery hours at IACC, Pars Place, 2236-C Gallows Road, Vienna. Email info@iaccommunitycenter.org or call 703-314-7240 gallery hours.

**By Ramin
Abraham**

Vienna. \$10. www.vvfd.org/bingo.html.

Gentle Yoga. Thursdays, 6:30 p.m. Emmaus United Church of Christ, 900 E Maple Ave. E., Vienna. Saturdays, 9:30 a.m. Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton. Gentle Kundalini Yoga, one free introductory session, senior discounts. Increase flexibility, improve breathing and health, reduce stress. Ravi Kaur has 15 years experience teaching yoga. \$15 per session. www.edimprovement.org. 571-213-3192.

The Golden Girls of Northern Virginia, a senior women's softball league, is looking for players. Any woman over the age of 40 is encouraged to join. All skill levels are welcome. Games are on Wednesday evenings and Saturday mornings in Vienna, April-October. Other activities during the year. Visit www.goldengirls.org.

Colvin Run Mill open 11-4 p.m. daily, closed Tuesday. 10017 Colvin Run Road, Great Falls. Fairfax County's operational 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, \$5 children & seniors. Admission to park is free except for some special events.

Fishing Rod Rentals. Riverbend Park, 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/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/.

WEDNESDAY/JUNE 13

Summer on the Green:

Rocknocerous. 6:30 p.m. area residents can catch a new and diverse musical act at the Town Green or at Chillin' on Church. Bring blankets and chairs, but please leave Fido and any other pets at home. The concerts are free and open to the public. Sponsored by Vienna Moms, Inc. Visit www.viennava.gov.

WEDNESDAY/THURSDAY/JUNE 13-14

Studio Ghibli: Princess Mononoke. Wednesday, 7 p.m. (Japanese with English subtitles); Thursday, 11 a.m. (English dubbed) at Angelika Film Center - Mosaic, 2911 District Ave., Fairfax. The Angelika Mosaic will feature animated films from the

celebrated Studio Ghibli praised for their originality, stunning animation, and ambitious storytelling. All tickets are regular admission. Visit www.AngleikaFilmCenter.com.

THURSDAY/JUNE 14

Opening Reception: "Too Much of Too Much." 7-9 p.m. in the Bullock | Hitt Gallery at MPA@ChainBridge, 1446 Chain Bridge Road, McLean. McLean Project for the Arts will open "Too Much of Too Much: Overstimulated, Overexposed, and Overextended," featuring works by mid-Atlantic artists whose works explore the ideas of overstimulation, excessiveness and bombardment, be it through too much information, activity, expectation, or by any other means. The exhibit runs June 14-Aug. 18. RSVP for reception at mpaart.org.

JUNE 14-AUG. 18

Art Exhibit: "Too Much of Too Much." Gallery hours in the Bullock | Hitt Gallery at MPA@ChainBridge, 1446 Chain Bridge Road, McLean. McLean Project for the Arts will open "Too Much of Too Much: Overstimulated, Overexposed, and Overextended," featuring works by mid-Atlantic artists whose works explore the ideas of overstimulation, excessiveness and bombardment, be it through too much information, activity, expectation, or by any other means. Visit mpaart.org.

FRIDAY/JUNE 15

Read for Fun. Fairfax County Public Library helps make reading fun by providing tools, access and incentives during its Summer Reading Adventure. The Summer Reading Adventure runs June 15-Sept. 1 and invites all children and teens - birth through high school - to read for fun over the summer. The theme in 2018 is "Reading Takes You Everywhere." Visit research.fairfaxcounty.gov/summer-reading.

Chillin' on Church with The Rockits. 6:30 p.m. area residents can catch a new and diverse musical act at the Town Green or at Chillin' on Church. Bring blankets and chairs, but please leave Fido and any other pets at home. The concerts are free and open to the public. Visit www.viennava.gov.

Tyson's Concert Series: Ryan Cabrera. 6:30-8 p.m. on the Plaza at Tysons Corner Center. Tysons Corner Center's 5th annual free Summer Concert Series offers a variety of musical guests and has proven to be a popular event for families, couples and teenagers. The Plaza is located off of The Tysons

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CALENDAR

FROM PAGE 10

Corner Metro Station of the Silver Line. Guests are encouraged to arrive early. Visit www.tysonscornercenter.com/events/SummerConcertSeries2018.

SUNDAY/JUNE 17

Concerts on the Green: Wes Tucker and The Skillsets. 6-8 p.m. on the Great Falls Village Centre Green. Sundays throughout the summer, bring a picnic and chairs for an evening of free, live music. Visit www.celebrategreatfalls.org.

TUESDAY/JUNE 19

Kids on the Green: Mr. Gabe. 10 a.m. at Vienna Town Green, 144 Maple Ave. E, Vienna. Fun, interactive, and entertaining series of programs tailored for the younger ones. The free performances each Tuesday through July 24. Call 703-255-7842.

WEDNESDAY/JUNE 20

Summer Stories, Songs, and Sprinklers. 1 p.m. on the lawn of the Freeman Store, 131 Church St. NE, Vienna. Young children and families are invited to listen to a story, tune into some favorite songs, then have a little casual fun with water sprinklers at 1 p.m. Wednesdays, June 20-Aug. 8 (except July 4). Free and appropriate for all ages. Visit www.viennava.gov.

Shoot the Moon. 2-3 p.m. at Turner Farm, 925 Springvale Road, Great Falls. In "Intro to Astronomical Photography," students will study photographic techniques for capturing images of the sun and moon. Discover how to shoot the moon in daylight and safe methods for capturing images of the sun. Designed for participants age 10 to adult. Bring a digital camera with a telephoto lens. \$8 per person. Call 703-324-8618 or visit www.fairfaxcounty.gov/parks/turner-farm.

Learn Why the Sky is Blue. 7:30-8:30 p.m. at Turner Farm, 925 Springvale Road, Great Falls. Come to Observatory Park for "Rainbows, Haloes & Glories" to learn about these and other open sky phenomena. The program will cover sunrise and sunset phenomena, too, such as the green flash and purple light. Also discover why the sky is blue and sunsets are orange. For participants age 6 to adult. \$8 per person. Call 703-324-8618 or visit www.fairfaxcounty.gov/parks/turner-farm.

WEDNESDAY-THURSDAY/JUNE 20-21

Studio Ghibli: Nausicaa. Wednesday, 7 p.m. (Japanese with English subtitles); Thursday, 11 a.m. (English dubbed) at Angelika Film Center - Mosaic, 2911 District Ave., Fairfax. The Angelika Mosaic will feature animated films from the celebrated Studio Ghibli praised for their originality, stunning animation, and ambitious storytelling. All tickets are regular admission. Visit www.AngleikaFilmCenter.com.

THURSDAY/JUNE 21

Live Music: Ciaran Lavery. 7 p.m. at Jammin Java, 227 Maple Ave. East, Vienna. Jammin Java presents local, regional and nationally touring acts seven nights a week in an intimate, enjoyable setting. \$12 advance, \$15 day of. Visit ciaranlaverymusic.com or jamminjava.com.

JUNE 21-OCT. 31

Row by Row Junior. Local quilt shop proprietors like Jinny Beyer Studio in Great Falls are welcoming children participating in Row by Row Junior to their shops. It's the junior version of the summertime travel event for quilt making fans known as Row by Row Experience. Kids visit shops in person, collect a free sewing pattern, and find inspiration in colorful, creative world of sewing. At home, families can find free tutorial support and activities online by visiting www.rowbyrowexperience.com or jinnybeyer.com for local quilting.

FRIDAY/JUNE 22

Summer on the Green: Wayne Tympanick Trio. 6:30 p.m. area residents can catch a new and diverse musical act at the Town Green or at Chillin' on Church. Bring blankets and chairs, but please leave Fido and any other pets at home. The concerts are free and open to the public. Visit www.viennava.gov.

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Trying to Mind My Weekly Business



By KENNETH B. LOURIE

Usually I'm able to write my column because something is on my mind, or at least percolating in there somewhere. At the moment, nothing is on my mind or even remotely percolating. The reason for this lack of percolation is that as of Saturday, eight days after my last chemotherapy infusion, I still haven't been able to think clearly in my mind - or out of it, because I've spent the past week wallowing in it.

The post-chemotherapy experience to which I vaguely refer is the primary side effect of the drug with which I am infused. For the week or so following my treatment, I am not quite myself (nor am I anybody else for that matter). I am dull and void.

I am not interested in most tasks and less inclined to concern myself with trivialities and/or any responsibilities related or not. I am simply biding time, usually lying on the bed, fully dressed but minimally engaged. Sights and sounds don't bother me but neither do they motivate me in the slightest.

I am not exactly a shell of my former self, but the chemotherapy has definitely hollowed out a place for itself. Eating and drinking is very challenging. Consequently, I have difficulty swallowing the 60-odd pills that I take every day. If I'm not careful I will become less medicated and more constipated. As a direct result, I will sleep throughout the day - and night. Furthermore, I risk becoming dehydrated and vitamin and nutrient deficient.

Let me be clear: this column is not about me dying, or the feelings that I have during this post-chemotherapy "weak" thinking that I am. Hardly. It's more an attempt to explain - and perhaps justify, the minimal creative thinking I've engaged in this past week preparing to write this column. It reminds me of a particular Seinfeld episode when George explained to Jerry why he was unable to lie his way out of dinner with J. Peterman: "I dug down and there was nothing there."

All of the previous paragraphs being written, compared to myriad complications I could be experiencing - and am not, as well as the premature death "prognosed" by my oncologist: "13 months to two years" back in late February 2009, I am quite the opposite of a victim of my circumstances. I am a survivor. Nine-plus years. Though still an active patient and one never characterized as a N.E.D. ("no evidence of disease"), I continue to look forward not backward. My life is ahead of me, not behind. To invoke an old reference: "It beats Bermuda off-season."

When "Team Lourie" asked my oncologist back in early '09 if I could possibly live beyond my prognosis, he was not particularly encouraging. I remember him saying: "Could you be the one? Sure." ("One" being the operative word.)

And in the context of all that he was explaining/outlining, hardly was it offered up with any enthusiasm. It was more a verbal life preserver (no pun intended). Something for us to grasp as we continued to discuss and then ultimately decided to begin chemotherapy infusions six days later on the following Wednesday.

And here I still am, June 9, 2018, "Chronic Ken," as I've previously "monikered" myself. I'm living proof of one of the recent goals of lung cancer research: to change a previously terminal diagnosis from a death sentence into a life sentence. And I can live with that, hopefully for many years. I have no doubt that research/clinical studies will make it all a reality.

New drugs/treatment protocols are being approved almost daily it seems, by the F.D.A. In fact, as many drugs have been approved in the past few years as had been approved in the previous decade. I have treatment choices now that I've never had before, immunotherapy is but one example.

As far as the subject matter for this week's column, this is all I could muster. I hope you don't mind.

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



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