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# Great Falls CONNECTION

Chauffeur service with a smile. The Shepherd's Center of Great Falls launched their free senior ride service with first rider Gayle Russell, being escorted by George Hersey of Great Falls.



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JANUARY 23-29, 2019

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## Talking Across the Political Divide

Organization seeks to end polarization in America – one conversation at a time.

BY ANDREA WORKER  
THE CONNECTION

*“We are not enemies, but friends. We must not be enemies. Though passion may have strained, it must not break our bonds of affection. The mystic chords of memory will yet swell the chorus of the Union, when again touched, as surely they will be, by the better angels of our nature.”*

- ABRAHAM LINCOLN, 1861

Those words, spoken by the American president in the time of the greatest discord and division in the history of the Union, are the inspiration behind the mission of the Better Angels organization, to move beyond the issues and sentiments that divide us, and find the things that unite, to find a common ground through real conversation.

The nonprofit was formed shortly after the 2016 presidential elections when David Blakenhorn, one of the founders and currently the president of Better Angels saw the writing of polarization on the wall and called David Lapp, an affiliate scholar at the Institute for American Values to ask if he would help bring a handful of Donald Trump and Hillary Clinton supporters together for a weekend of dialogue.

Even in the midst of the post-election heated emotions, the organizers found remarkable results. “We liked each other and wanted to know more about each other...we wanted to keep meeting...those red and blues invited friends to another workshop” and together they founded the first Better Angels Alliance to keep the conversation flowing.

**BETTER ANGELS** describes themselves as “a national citizens’ movement to reduce political polarization in the United States by bringing liberals and conservatives together to understand each other beyond stereotypes, forming red/blue community alliances, teaching practical skills for communicating across political differences, and making a strong public argument for depolarization.”

On Saturday, Jan. 19, Better Angels-trained facilitators Catherine Fox and Tony Speranza brought that mission in the form of one of Better Angels’ structured “Skills for Difficult Personal Conversations” workshops to the Patrick Henry Library in Vienna.

Perhaps unsurprisingly, the roomful of participants declined to have their particular reasons for attending quoted for the record, since a majority of them admitted that they registered for the workshop in order to improve fracturing personal relationships, and even, in a few cases, to save family relationships that were on the brink of complete breakdown due to political differences.



PHOTOS BY ANDREA WORKER/THE CONNECTION

**Jackie Wilson of McLean and Joanie Young of Oakton practice some of the listening and speaking skills offered at the Better Angels workshop on “Talking Across the Political Divide” held at the Patrick Henry Public Library in Vienna. “This is a good start,” said Wilson. “We need to find the common things that hold us together.”**

**Tony Speranza was one of the two Better Angel-certified moderators who facilitated the workshop for developing the skills to negotiate difficult political conversations. Catherine Fox was his partner for the day.**



**Dave Rogers of Vienna came to the event with an unusual perspective. A native of South Africa, Rogers says he has seen “good government, bad government and everything in between” in the last 30 years in his country. “This division is relatively new in America. I wanted to come and hear the American approach to working against polarization and to practice those skills myself.”**

structed that they would have to “give up” on the following:

- ❖ That you can persuade the other person to change core attitudes and beliefs;
- ❖ That facts will be agreed on and logic followed consistently;
- ❖ That your conversation partner will match your openness.

“Remember,” Fox said, “you’re trying to understand the other’s point of view, how they came to their positions, not judge or disparage them.”

The Better Angels goal is to look for common values and concerns. Establishing a neutral conversational plane where we seek to learn something, affords “the better chance to have meaningful conversations that maintain, and sometimes even strengthen relationships, even when the speakers have opposite points of view on certain subjects.”

**“Remember, you’re trying to understand the other’s point of view, how they came to their positions, not judge or disparage them.”**

—Catherine Fox

**THE GROUP** was split into pairs, one representing the “blue” side, the other the “red.” Although there were many more “blues” in the room, there were some “reds” and with the help of some role-playing scripts, a few of the “true blues” were able to take the “red” part for the sake of the exercises.

Things moved quickly from there, with the pairs sharing what went well and what was challenging after each scenario. The moderators were right. Even in simulation mode, the conversationalists acknowledged that it was difficult to not give in to emotion, to listen, and to look for the common ground rather than go on the offensive.

“But at least we are more prepared now, and know how to start and what to look for from ourselves,” said Jackie Wilson of McLean, who signed up for the workshop with her “best pal” Joanie Young of Oakton.

“This is good for me,” said Young. “People tell me I interrupt when we get into these kinds of conversations, so this is helping me think about that, holding back while the other person is talking so I can really hear them.”

“Yes, this is really important,” agreed Wilson. “In these times, we need to find every method to find a measure of peace and understanding. This is just a start.”

Wilson’s remarks were echoed by the others when the class was concluded and it was feedback time. Most wished that the session could have been longer and more in depth, with the opportunity to explore potential pitfalls that might really occur, but felt that their role-playing experiences and the information shared by the moderators was, in fact, a good start. Several said they would be on the lookout for the next, nearby available full-length “red/blue” workshop.

Better Angels’ Virginia state coordinator Mel Pine directed those interested in continuing the process to the group’s website at [www.better-angels.org](http://www.better-angels.org). Membership in the organization is only \$10 per year. Pine also announced that Better Angels would be having their own “state of the union” address on Jan. 31 at 9 p.m. via web stream. Mel can be reached at [mel@better-angels.org](mailto:mel@better-angels.org) for anyone interested in more information, or interested in hosting a training session.

In the meantime, say the Better Angels, keep talking and keep listening to keep the conversation going.

# OPINION

## 'My Hopes Have Already Been Dashed'

Current General Assembly session generates frustrations.

There were big changes in the Virginia House of Delegates after last year's elections, but Democrats fell one coin flip (actually name out of a hat) short of controlling the legislative body.

No doubt the electoral swing delivered one of the most important changes in recent history, the expansion of Medicaid to cover hundreds of thousands of Virginians who had previously lived without health coverage.

But as Del. Ken Plum (D-36) wrote in his column this week: "In light of the last election for House seats, I approached this legislative session with the hope that there might be more flexibility in the House leadership that might result in the consideration of bills that had been summarily defeated in past sessions. My hopes have already been dashed."

A groundswell of public support for Virginia being the 38<sup>th</sup> and final state needed to ratify the Equal Rights Amendment led to the Senate passing a resolution for ratification.

The subcommittee of the House Privileges and Election Committee Tuesday morning defeated a resolution to ratify the Equal Right Amendment on a vote of 4 to 2. Four members of the House are blocking a vote by the 100 members of the House.

"A major struggle seems to be looming be-

tween the two houses on the ERA which might need to be resolved by the voters at election time," Plum wrote.

Yes, that time is November, with primary voting likely in June.

The question of nonpartisan redistricting is too important to leave until after the next election.

The Senate has passed a bill to establish such a process while House leadership is expressing opposition. Since the legislation is a constitutional amendment, it is important that a resolution be passed this year and next to go to a popular referendum in 2020 in time for redistricting after the 2020 census results are known.

### Be Part of the Pet Connection

The Pet Connection, a twice-yearly special edition, will publish the last week of February, and photos and stories of your pets with you and your family should be submitted by Friday, Feb. 22.

We invite you to send stories about your pets, photos of you and your family with your cats, dogs, llamas, alpacas, ponies, hamsters, snakes, lizards, frogs, rabbits, or whatever other crea-

tures share your life with you.

Tell us the story of a special bond between a child and a dog, the story of how you came to adopt your pet, or examples of amazing feats of your creatures.

Do you volunteer at an animal shelter or therapeutic riding center or take your pet to visit people in a nursing home? Does your business have a managing pet? Is your business about pets? Have you helped to train an assistance dog? Do you or someone in your family depend on an assistance dog?

Or take this opportunity to memorialize a beloved pet you have lost.

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— MARY KIMM

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PHOTOS CONTRIBUTED

### VIEWPOINTS

## Shutdown: Local Perspective

### George Becerra, Burke

"I'm a furloughed federal employee, home with no pay. I've been proactive; paid all bills up to date in December. I limited holiday spending, didn't splurge. I'm not paying annual memberships due in January to organizations and my HOA. My wife is a government contractor. The solution would be Lindsey Graham. Reopen the government for three weeks. Get people back to work and politicians can hash it out."



### Kathryn Oakley, retired Coast Guard, Town of Herndon

"Our active duty members in the United States Coast Guard get paid every two weeks. The last time was Dec. 31, 2018. For Coast Guard retirees, it is not clear if we will get a check because funds are tied to Appropriations Funding. The Coast Guard is under the U.S. Department of Homeland Security. I went to Navy Federal Credit Union, and they shared information about their Government Shutdown Assistance, 0% APR Loan. I'm not worried about myself. I'm worried about the young men and women in the Coast Guard, working without pay. They cannot get a part-time job.



There are two bills introduced. In the Senate, Bill 21, "Pay Our Coast Guard Act" and in the House of Representatives (HR) 367, "Pay our Coast Guard Parity Act." We are small and do not have visibility."

### Kevin Powell, Reston

NO PHOTO AVAILABLE

"It seems like Congress resolved itself to government shutdowns as par for the course. With Trump and a divided Congress, I didn't think it would get better. My action plan has been to limit my spending. As a government contractor, I ran into this in the past. I'm job searching so I can get out of government contracting. The shutdown has impacted my marriage and my family. I wish legislators would think country first, constituents second-those who would vote for them."



### Keven Leblanc, Town of Herndon

"Federal employees are no doubt impacted. Federal Contractors suffer significantly. If people on contract can't report, they have to take leave without pay or be furloughed. A shutdown this long can drive small businesses out of business if all their work is tied to Federal contracts. Large companies have shareholders they are accountable to and must maintain a profit. The economic ripples then extend to the larger community, as the economic base no longer has money to buy goods

or services or eat at restaurants. For some who live paycheck to paycheck, whether a federal employee, contractor or private employee in a federal-employment concentration, it can mean defaulting on loans or rent, not eating, not getting required medicines or healthcare or the heat and safety from the cold they require."



### Cher Muzyk, Nokesville, Md.

"I'm the wife of a government attorney who has been furloughed but is deemed essential. He will eventually receive the back pay, but there are bills to pay now. We have a two-month nest egg for payments as long as we cut back. We called the credit union. My solution is simple. I don't understand why the border wall has to be coupled with the budget. Separate those two arguments. Resolve the budget. Get working families paid and back to work. I would support anything, even temporary. Eighty-three percent of Americans are not affected, so there is no sense of urgency. There is a need for a human face on it. The uncertainty is terrifying."

temporary. Eighty-three percent of Americans are not affected, so there is no sense of urgency. There is a need for a human face on it. The uncertainty is terrifying."

Great Falls  
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Published by  
Local Media Connection LLC

1606 King Street  
Alexandria, Virginia 22314

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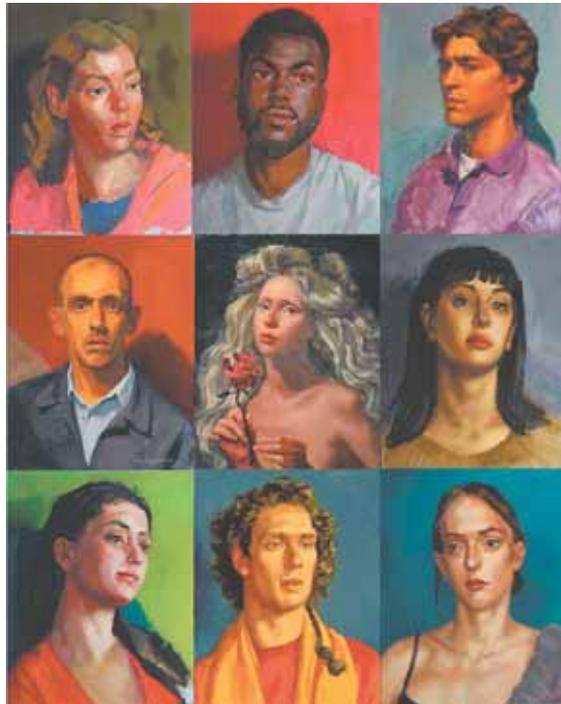


# NEWS

## Michela Mansuino Exhibits at Katie's Coffee House

Artist Michela Mansuino brings contemporary portraits to The Old Brogue and Katie's Coffee House during the month of February, 2019. Mansuino earned her BFA, copied masterworks in the Louvre and the Prado and pursued landscape painting in Italy and taught art in Brazil. But she says it wasn't until her studies at Philadelphia's Studio Incamminati, School for Contemporary Realist Art, that she became a true artist. "I didn't get this type of education in art school," she says, "and I was hungry to learn the techniques of the old masters, learn about color study and the eternal subject, the human figure." Mansuino displays her portraits at the Katie's Coffee House as part of the Great Falls Studios extensive venues. An instructor through the Fellowship program at Studio Incamminati, she teaches drawing and painting in both Philly and Great Falls, exhibits regularly in both Philadelphia and the D.C. Metropolitan area and was recently a finalist in the Portrait Society of America's still life competition. Katie's Coffee House is located next to The Old Brogue at 760 Walker Road,

PHOTO CONTRIBUTED



Michela Mansuino's contemporary portraits are on exhibit at The Old Brogue and Katie's Coffee House during the month of February, 2019.

Great Falls, Hours of operation: Mon-Fri: 7 a.m. – 3 p.m.; Sat: 6 a.m. – 2 p.m.; Sun: 7:30 a.m – 2 p.m. 703-759-2759.

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## NEWS

Shepherd's Center of Great Falls new client, and inaugural senior ride service participant Gayle Russell probably didn't expect quite this turnout for her first encounter. Not only did she get driver George Hersey, but just to make sure everything went well Carol Edelstein, co-founder of SCGF, was on hand, and Beth Hersey decided to ride shotgun on the adventure and offer extra assistance and support.



PHOTOS BY ANDREA WORKER/THE CONNECTION

# A Real Joy to Ride

Great Falls Shepherd's Center Senior Ride Service ready to go.

BY ANDREA WORKER  
THE CONNECTION

Not long ago, a couple of conversations here and there among a few folks in Great Falls started them thinking about the needs of area seniors aging-in-place, or wanting to do so. Transportation is just one of those needs, but it's a big one. When live-alone seniors or senior couples become less able, or unable, to drive themselves, even important appointments like doctor's visits become difficult. Even if there is family nearby, that family may have their own time constraints, and the senior doesn't want to feel burdensome by asking for transportation assistance. There's always a taxi or Uber rides, but the costs might make a senior think twice about utilizing either for any but the most urgent of errands.

The costs, and the concern about "bothering people" in turn can lead to seniors finding themselves increasingly isolated – and that's exactly what led that conversing Great Falls gang to do more than just talk about the needs. Together, they formed the Shepherd's Center of Great Falls, affiliated with the Shepherd's Centers of America.

Shepherd's Centers have a mission: enhancing the quality of life for our aging neighbors and ourselves. Across the country, the nonprofits organize volunteers to assist seniors with transportation, simple handy helper work and home maintenance, social engagement, tech troubles, and more.



Chauffeur service with a smile. The Shepherd's Center of Great Falls launched their free senior ride service with first rider Gayle Russell, being escorted by George Hersey of Great Falls. Hersey and his wife Beth both made the run, their first with the Shepherd's Center. "I am really happy to do this. Something I enjoy, and doing some good," said George.

WITH THE SPEED at which the SCGF gets things done, (they only incorporated in May of 2018) no doubt they will soon have all of those services available for their 55+ neighbors. To get things off the ground and address that number one need as identified by a survey with 350 local senior respondents, the SCGF is excited to report that their senior ride service is ready to go. They provided their first ride on Monday, Jan. 21, escorting Ms. Gayle Russell to her doctor's appointment.

At 84, Ms. Russell says she just doesn't feel comfortable driving herself much anymore.

"When my eyesight was better, I could manage. Now, I just don't think I can. I live in my own place, have groceries delivered and such, but getting to appointments is something of a worry."

She did try Uber, and while it was dependable, at \$40 for a ride to an appointment, the costs could quickly add up. "I guess it costs more when you live back here in the woods of Great Falls," she said. "So you start thinking about not going out much except for the emergencies. That's why I am so happy I heard about this service, especially since it's going to be provided by the people from our own community. That takes away a lot of the worry right there."

Russell also likes that the drivers are "people who want to do this, so you don't feel like you're bothering anyone."

"Yup," agreed her first chauffeur, George Hersey, who was also making his inaugural run as a Shepherd's Center driver. "That's exactly right. I have time on my hands. I like to meet people, and I don't mind driving."

Ms. Russell actually got a two-for-the-price of one on her first ride. Hersey's wife Beth rode shotgun and offered to escort their passenger into the doctor's office while George did the car-parking. It was an offer that was quickly accepted by Russell.

Also on hand to be sure that the first ride launch went according to plan was SCGF co-founder and current Secretary of the Board, Carol Edelstein. Edelstein is a member of the Shepherd's Center of McLean for years and was a volunteer driver with that chapter, until she decided to work to de-

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**“We just want to spread the word that we are available, and we want to keep recruiting volunteer drivers.”**

— Shepherd’s Center of Great Falls president Phil Pifer

liver those same services to her Great Falls neighbors. Russell joined in the laughter when this small caravan arrived at her front door, announcing that her ride was turning into something more like a parade.

What does the SCGF want area residents to know?

“We just want to spread the word that we are available,” said organization president, Phil Pifer, “and we want to keep recruiting volunteer drivers.”

That recruitment will be key to the success of the program. Drivers who apply to volunteer must pass background checks, paid for by the SCGF. If accepted, they then receive training.

Drivers have no commitments. They are not obligated to take a specific number of rides or work any particular hours. They can view requested rides online 24/7 and accept what is convenient. The miles driven by the volunteers are charitable deductions on federal and state returns, and the SCGF carries supplemental auto insurance for the volunteer drivers.

“The only commitment from the driver is to provide the rides they accept, and to be professional, kind, courteous and in the spirit of the SCGF when they interact with clients,” said Pifer.

**FOR THE SENIOR RIDERS,** there is no charge for the service, except any incidental fees like tolls or parking. They can request one-way rides, as well as round-trip, and the rides can be for most any reason.

And what does Gayle Russell want her senior Great Falls peers to know?

“Well, this is the first go, but I am guessing that it’s all going to go well, so I say to tell everyone that this is the greatest thing, a way to get out and keep living your life.”

If you want to register as a client with the Shepherd’s Center of Great Falls, check out the website at [www.thescgf.org](http://www.thescgf.org), email [info@thescgf.org](mailto:info@thescgf.org), or call 703-586-9696. If you think you can spare some time to take a drive or two with a new friend, get more information and apply online.

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**Route 7 Corridor Improvements  
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**Environmental Document Available for Review**

This project is widening about seven miles of Route 7 (Leesburg Pike) from four to six lanes between Jarrett Valley Drive and Reston Avenue. The project, financed with federal, state, local and Northern Virginia Transportation Authority funds, also includes shared-use paths along both sides of the road, turn lanes at intersections, and a bridge replacement over Difficult Run.

**In compliance** with the National Environmental Policy Act (NEPA), 23 CFR Part 771, an Environmental Assessment (EA) was approved by the Federal Highway Administration (FHWA) for public availability at the Design Public Hearing on November 15, 2016. In accordance with the National Historic Preservation Act, Section 106 and 36 CFR 800, information concerning the potential effects of the proposed improvements on properties listed in or eligible for listing in the National Register of Historic Places was included in the EA.

**Pursuant to 23 CFR 771.129(c)**, VDOT, in consultation with FHWA, has prepared an Environmental Studies Document (ESD) to determine the validity of the Finding of No Significant Impact (FONSI) decision from FHWA on November 15, 2017. This supplemental evaluation focuses on whether changes to the approved design, the project’s surroundings or new information would require additional analysis of the approved EA. The ESD, including a Noise Study Memorandum, is available for public review on the project website ([www.connectroute7.org](http://www.connectroute7.org)) or during business hours at VDOT’s Northern Virginia District Office, 4975 Alliance Drive, Fairfax, VA 22030. Please call ahead at 703-259-2774 or TTY/TDD 711 to ensure appropriate personnel are available to answer your questions.

**Submit your written comments by February 11, 2019** to Mr. Bryan Campbell at the address above or by e-mail to [Bryan.Campbell@VDOT.virginia.gov](mailto:Bryan.Campbell@VDOT.virginia.gov). Please reference “Route 7 Environmental Document” in the subject line.

VDOT ensures non-discrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you need more information or special assistance for persons with disabilities or limited English proficiency, contact Bryan Campbell at 703-259-2774.

State Project: 0007-029-128, P102, R202, C502;  
0007-029-942, P101, R201, C501, B610, D606, D608  
UPC: 52328, 99478  
Federal: DEMO-5A01 (439), STP-5A01 (745)

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Visit the Center at: 1234 INGLESIDE AVE., MCLEAN, VA 22101  
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 Visit: [HTTPS://TINYURL.COM/MCLEAN-CENTER-ELECTION](https://tinyurl.com/mclean-center-election)



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## ENTERTAINMENT

Submit entertainment announcements at [www.connectionnewspapers.com/Calendar/](http://www.connectionnewspapers.com/Calendar/). The deadline is noon on Friday. Photos/artwork encouraged.

### ONGOING

**Photo Exhibit.** Through Jan. 31 at Oak Marr RECenter, 3200 Jermantown Road, Oakton. See how exercise pays off as the RECenter honors senior athletes with a photo exhibit. The framed photographs were selected by OLLI, the Osher Lifelong Learning Institute at George Mason University, and feature subjects connected to Senior Olympics. Call 703-281-6501 or visit [www.fairfaxcounty.gov/parks/recenter/oak-marr](http://www.fairfaxcounty.gov/parks/recenter/oak-marr).

**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. Visit [www.goldengirls.org](http://www.goldengirls.org).

### WEDNESDAY/JAN. 23

**Foreign-Language Film.** 1 p.m. At The Alden, 1234 Ingleside Ave., McLean. Free admission. Come enjoy foreign films selected by The Alden staff, then stay after for a discussion backstage in The Alden's green room. All movies are shown in the original language with English subtitles. Foreign-language films will be shown at 1 p.m. on the 4th Wednesday of the month through May. These movies are chosen for adult audiences and may contain mature content, language and themes. Visit [www.mcleancenter.org](http://www.mcleancenter.org).

### THURSDAY/JAN. 24

**Liz Longley Performs.** 7:30 p.m. At Jammin' Java, 227 Maple Ave., E, Vienna. Longley has built a reputation as an accomplished songwriter, crafting intimately personal portraits through her music. Visit [www.jamminjava.com](http://www.jamminjava.com).

### FRIDAY/JAN. 25

**Fine Arts Competition.** High school students, grades 9-12, are invited to showcase their artistic achievements in the 2019 James C. Macdonald Performing Arts Scholarship Competition. Open to students who reside or attend school in Dranesville Small Tax District 1A. Finalists must be present and prepared to perform in the preliminary round of the competition the week of Feb. 3, and at the final competition on Wednesday, March 27, to be eligible to receive an award. Apply at [bit.ly/2RAG3z2](http://bit.ly/2RAG3z2). Visit [mcleancenter.org/performing-arts/community-arts-2](http://mcleancenter.org/performing-arts/community-arts-2) or contact Alden Youth Theatre



### The Wizard of Oz

Rediscover the joy of following the yellow brick road with Dorothy, the Scarecrow, the Tinman, and the Cowardly Lion as they travel through the eclectic world of Oz. Saturday, Feb. 2, 1 p.m. at The Alden Theatre at McLean Community Center, 1234 Ingleside Ave., McLean. \$15/\$10 MCC tax district residents; family friendly; 60 minutes. Visit [mcleancenter.org/alden-theatre](http://mcleancenter.org/alden-theatre) for more.

Programs Director Danielle Van Hook at [danielle.vanhook@fairfaxcounty.gov](mailto:danielle.vanhook@fairfaxcounty.gov) or 703-790-0123.

### The Old Firehouse Teacher Work Day Trip.

8 a.m.-7 p.m. A Day in York, Pa. Cost is \$60/\$50 MCC district residents. Fifth through ninth grade students can journey with The Old Firehouse to York, Pa., for a day of fun. Admission to all activities and lunch are included. Call the Center at 703-790-0123, TTY: 711, or visit [www.mcleancenter.org](http://www.mcleancenter.org).

### McLean Art Society Meeting.

10 a.m.-noon at the McLean Community Center, 1234 Ingleside Ave., McLean. Carol Waite a Sumi-Ye or Oriental Brush Artist will be the featured presenter. Waite specializes in nature paintings including flowers, plants and birds. Guests are welcome. Visit [www.mcleanartsociety.org/](http://www.mcleanartsociety.org/).

### FRIDAY-SUNDAY/JAN. 25-27

**"Peter Pan."** Friday-Saturday, 8 p.m.; Sunday, 2 p.m. at Vienna Community Center, 120 Cherry St., SE, Vienna. Presented by the Vienna Theatre Company and Vienna Department of Parks and Recreation. In this adaptation, based on the original J.M. Barrie script, Peter will be portrayed as a girl by a female actress. The dynamics change, but the story remains the same. General admission is \$14. Tickets may be purchased online at [www.viennatheatrecompany.com/](http://www.viennatheatrecompany.com/)

ordering-tickets-online/, in advance at the Vienna Community Center or at the door by cash, credit card or check prior to each to each performance (if seats are still available). Visit [www.viennatheatrecompany.com](http://www.viennatheatrecompany.com).

### SATURDAY/JAN. 26

**Genealogy Education Program.** 10 a.m.-noon at Dunn Loring Volunteer Fire Station Hall, 2148 Gallows Road, Vienna. Carol Kostakos Petranek, Co-Director of the Washington, D.C. Family History Center, will present on "The Family Tree: Crowdsourcing and Collaborating to Memorialize Your Ancestors". This session will explore the Family Tree in detail and demonstrate how to utilize its components and provide instructions on adding digital media to enrich your family's history. Free. Call 703-644-8185 or visit [www.fxgs.org](http://www.fxgs.org).

**Community Dinner.** 4:30-6 p.m. at St. Luke's United Methodist Church, 7628 Leesburg Pike, Falls Church. Free community dinner to support and thank furloughed federal workers. Open to everyone (feds or not). RSVP to 703-893-9220; leave a message saying how many will come for dinner.

### SUNDAY/JAN. 27

**McLean Chocolate Festival.** 11 a.m.-5 p.m. McLean Community Center, 1234 Ingleside Ave., McLean. Wide variety of chocolate vendors.

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# ENTERTAINMENT



**Ayreheart – Ronn McFarlane on lute, Will Morris on fretless bass, violin and colascione, and Mattias Rucht on percussion – is a progressive folk trio founded by McFarlane.**

## Winter Concerts

The Old Brogue Irish Pub of Great Falls, VA and Barnaby Productions, Inc. present the 30th season of family friendly, Winter Traditional Celtic Concerts performed in a listening room by the fireside. Featuring Ayreheart, Sunday, Feb. 10, 4 and 6 p.m. seatings at The Old Brogue Irish Pub, 760-C Walker Road, Great Falls. A third seating will be added if the first two sell out. Tickets must be purchased in advance at oldbrogue.com: \$18 general admission; \$12 children.

Demonstration of pre-revolutionary chocolate-making. Children's game room with chocolate-themed games and live performances. Plenty of free parking. Admission, \$2; under 3, free. McLean Rotary uses proceeds to fund local charitable organizations. Visit [mcleanchocolatefestival.org](http://mcleanchocolatefestival.org).

**Author Event: Katherine Reynolds Lewis.** 2 p.m. at Bards Alley Bookstore, 110 Church St NW, Vienna. Katherine Reynolds Lewis will speak about her book, *The Good News About Bad Behavior: Why Kids Are Less Disciplined Than Ever-And What to Do About It*. She will be in-conversation with Kristy Rodriguez. At the end of the talk, Katherine will sign copies of her book. Free to attend with no registration required. Seating is available on a first come, first served basis. Visit [www.fcps.edu/resources/family-engagement](http://www.fcps.edu/resources/family-engagement) or call 703-204-3941.

**Care Package Assembly.** 2-4 p.m. at Vinson Hall Kathy Martin Community Building Ballroom, 6251 Old Dominion Drive, McLean. The McLean Community Village Association ([www.mcleancva.org](http://www.mcleancva.org)) and The Potomac School are bringing students and seniors in the community together to assemble care packages, which will then be delivered to wounded vets at Walter Reed. The event will also feature active/retired veterans who will share stories as well as musical performances by the students. Open to the public. Visit [mcleancva.org/event/military-care-packages-intergenerational-event/](http://mcleancva.org/event/military-care-packages-intergenerational-event/).

### MONDAY/JAN. 28

**Gardeners Monthly Gathering.** 12:45-2:45 p.m. at Emmanuel Lutheran Church, 2589 Chain Bridge Road, Vienna. The Ayr Hill Garden Club monthly gathering features Laura Beaty and Donna Murphy, members of the Potowmack Chapter of the Virginia Native Plant Society, presenting *Your Landscape As Habitat*. Learn about the interdependent relationships between plants and animals and how to use native plants to support biodiversity. Free, open to the public. Email [emilielarson@rcn.com](mailto:emilielarson@rcn.com).

### FRIDAY-SUNDAY/FEB. 1-3

**"Peter Pan."** Friday-Saturday, 8 p.m.; Saturday-Sunday, 2 p.m. at Vienna

Community Center, 120 Cherry St., SE, Vienna. Presented by the Vienna Theatre Company and Vienna Department of Parks and Recreation. In this adaptation, based on the original J.M. Barrie script, Peter will be portrayed as a girl by a female actress. The dynamics change, but the story remains the same. General admission is \$14. Tickets may be purchased online at [www.viennatheatrecompany.com/ordering-tickets-online/](http://www.viennatheatrecompany.com/ordering-tickets-online/), in advance at the Vienna Community Center or at the door by cash, credit card or check prior to each to each performance (if seats are still available). Visit [www.viennatheatrecompany.com](http://www.viennatheatrecompany.com).

### SATURDAY/FEB. 2

**"The Wizard of Oz."** 1 p.m. at The Alden Theatre at McLean Community Center, 1234 Ingleside Ave., McLean. Rediscover the joy of following the yellow brick road with Dorothy, the Scarecrow, the Tinman, and the Cowardly Lion as they travel through the eclectic world of Oz. \$15/\$10 MCC tax district residents; family friendly; 60 minutes. Visit [mcleancenter.org/alden-theatre](http://mcleancenter.org/alden-theatre).

### SUNDAY/FEB. 3

**Lox and Lecture: "The Island of Roses – Tragedy in Paradise."** 11:45 a.m. at Temple Rodef Shalom, 2100 Westmoreland St., Falls Church. Through the memories of her mother, family friends and additional archival material, Rebecca Samona reconstructs the little known story of the life of the Jews of Rhodes, an Italian colony. Following their deportation to Auschwitz in July 1944 and the destruction of the community, the handful of survivors kept alive the memories of this centuries-old culture, and conveyed the stories to their descendants. There will be a question and answer session after the movie. Light bagel and lox brunch prior to the movie. WoTRS members \$7, non-WoTRS members \$10. RSVP by Jan. 10 at [wotrsloxlecturejan2019.eventbrite.com](http://wotrsloxlecturejan2019.eventbrite.com). Email [juleskrac@aol.com](mailto:juleskrac@aol.com) or call 202-321-5824.

### WEDNESDAY/FEB. 6

**Newcomers and Neighbors Coffee.** 11 a.m.-12:30 p.m. at the McLean

Project for the Arts, 1446 Chain Bridge Road, McLean. McLean Newcomers and Neighbors will host a coffee for its members and those who might be interested in joining. Visit [www.McLeanNewcomers.org](http://www.McLeanNewcomers.org).

### SATURDAY/FEB. 9

**Tea Seminar – The Sweet Side of Tea.** 1-3 p.m. at Colvin Run Mill, 10017 Colvin Run Road, Great Falls. This interactive focused tasting seminar explores the many flavors of honey and maple syrup and how they can enhance a variety of green, black, and herbal teas. Taste some treats made with these three straight from nature ingredients. A take home tea sampler included. \$35 per person. Visit [www.fairfaxcounty.gov/parks/colvin-run-mill](http://www.fairfaxcounty.gov/parks/colvin-run-mill) to register.

### SUNDAY/FEB. 10

**Maple Syrup Fresh from the Trees.** Noon-2 p.m. at Colvin Run Mill, 10017 Colvin Run Road, Great Falls. See sap dripping into collection pails on the trees, and discover the surprising amount of sap it takes to make just a little syrup. Taste the combination of maple syrup over cornbread made from the mill's cornmeal, while supplies last. \$5 per person for visitors age 3-adult. No reservations are required. This is an outdoor program, dress for the weather. Call 703-759-2771 or visit [www.fairfaxcounty.gov/parks/colvin-run-mill](http://www.fairfaxcounty.gov/parks/colvin-run-mill).

**Annual Salzman Lecture.** 6 p.m. in the Sanctuary at Lewinsville Presbyterian Church, 1724 Chain Bridge Road, McLean. This year's speaker will be Susan Wharton Gates, PhD, author of *"Days of Slaughter: Inside the Fall of Freddie Mac – and Why It Could Happen Again."* SVisit [www.lewinsville.org](http://www.lewinsville.org).

**All Night Grad Party Fundraiser.** 7 p.m. in the Langley High School auditorium, 6520 Georgetown Pike, McLean. The Capitol Steps use song parodies and skits to bring bipartisan levity to major issues of the day. Proceeds from the show will help to pay for Langley's Class of 2019 All Night Grad Party. Open to the general public. Tickets are \$35 at [www.ptsalangley.org/all-night-grad-party](http://www.ptsalangley.org/all-night-grad-party), under the ANGP Capitol Steps banner, or on Brown Paper Tickets, [lhs19capitolstepsfundraiser.bpt.com](http://lhs19capitolstepsfundraiser.bpt.com).

## Here's What's Happening at MCC!

### Presented by The Alden



**Midday Movies: Foreign Language Films\***  
Wednesday, Jan. 23, 1 p.m.  
In The Alden *Free admission*  
\*May contain mature content, language and themes.

### The Old Firehouse Teacher Work Day Trip



**A Day in York, Pennsylvania**  
Friday, Jan. 25, 8 a.m. - 7 p.m.  
The Old Firehouse  
1440 Chain Bridge Rd.  
\$60/\$50 MCC district residents

### Presented by The Alden



**A Vital Theatre Production**  
"The Wizard of Oz"  
Saturday, Feb. 2, 1 p.m.  
\$15/\$10 MCC district residents

### The Old Firehouse Teacher Work Day Trip



**Skiiing/Snowboarding**  
Monday, Feb. 4, 8 a.m. - 6 p.m.  
The Old Firehouse  
1440 Chain Bridge Rd.  
\$140/\$120 MCC district residents  
(without own equipment)  
\$105/\$85 MCC district residents  
(with own equipment)

### The Old Firehouse Friday Night Trip



**Washington Wizards Basketball**  
Friday, Feb. 8, 4-10:30 p.m.  
The Old Firehouse  
1440 Chain Bridge Rd.  
\$50/\$40 MCC district residents

### New Family Event!



**Stories by Starlight**  
Friday, Feb. 8, 7-8 p.m.  
\$20 per family  
(Includes book purchase)



The McLean Community Center  
[www.mcleancenter.org](http://www.mcleancenter.org)  
Home of the Alden Theatre  
[www.aldentheatre.org](http://www.aldentheatre.org)  
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## NEWS

**Club Pilates is now open in Tysons, just off Tyco Road. The second location for owner Michael Grams, the 2,150 square foot facility features the "Reformer" method of Pilates, and incorporates a variety of other equipment. "The instructors are passionate about Pilates and really love to see people gain from the experience," said Studio Director Tara Clouse.**



PHOTO CONTRIBUTED

## Club Pilates Officially Opens in Tysons

BY ANDREA WORKER  
THE CONNECTION

It's called the nation's largest Reformer-based Pilates franchise, and the "reformer" tag refers to the equipment being used, not a religious or political persuasion. Still, Tara Clouse, the Studio Director at the newest edition to the Club Pilates franchise says that a Pilates workout can be a spiritual experience,

The Reformer is a narrow sleigh-bed looking apparatus designed by Joseph Pilates, the founder of the Pilates method, and powered by the user's own body weight and a set of springs attached to both the platform and the carriage. It's also what's being used to fuel the classes at the new club, just opened at 1521 Boyd Pointe Way, Suite B, in Vienna – right in the heart of Tysons Corner.

Throw away your old notions of Pilates as a purely mat-based meditational method of exercise, although mats and meditation can both be found at Club Pilates Tyson. Instead, holding true to founder Pilates' original Reformer-based techniques, this club enhances the traditional 50-minute group activity by incorporating 11 different pieces of equipment along with the Reformer, including the EXO Chair, TRX, Bosu Ball and more.

"Don't let any of that scare you away," said Clouse at the official Grand Opening on the weekend of Jan. 19-20. "That means there is something for everyone, classes that fit all levels, from the most basic of beginners to the most advanced and physically fit."

With these options as part of the classes, it also

means a workout that can be more fun, time-efficient, dynamic and effective than either a strictly traditional gym workout or a session on the Pilates mat, according to Clouse, and club owner Michael Grams.

D.C. native and entrepreneur Grams also owns the Club Pilates in Pentagon City, that launched the franchise and the exercise method in the DMV. With the opening of his second venue, there are now 10 Club Pilates-franchised studios in the area.

"That's how popular this hybrid workout has become," said Grams, who expects to see at least 18 such studios open around the region before long.

"It's a workout like nothing you've tried," Grams says. "Club Pilates merges a variety of exercises that complement the traditional Pilates practice...resulting in a significant difference in your posture, balance, flexibility and strength."

Clouse and Grams also praise the Club Pilates offerings as ideal for those recovering from injuries. "After all that's why Pilates originally invented the exercise system," Clouse notes, referring to the fact that Pilates said his inspiration came to him while he was being held at an internment camp during World War I. Pilates developed his method there over four years to help his injured fellow internees.

The folks at Club Pilates Tysons invite the public to visit their 2,150 square foot facility and to try out a beginner's class for free. A Club Pilates Passport Membership allows members to use all of the local clubs, and virtually any club around the country. Check out their website at [www.clubpilates.com](http://www.clubpilates.com), search Tysons location, stop by for a tour, or call 571.429.4890 for more information.

## Photo Exhibit at Vienna's Frame Factory

The Northern Virginia Photographic Society (NVPS) exhibits at the Art Gallery, Frame Factory, 212 Dominion Rd. NE, Vienna. The NVPS promotes the enjoyment, mastery, and furtherance of photography through cooperation, effort, and good fellowship. The Society is not operated for profit. Information about NVPS is at <http://nvps.org/home/>. The Frame Factory exhibition runs to Feb. 12. Hours from 10 a.m. to 5 p.m. Monday through Saturday. For exhibition information call 703-281-2350 or visit: [www.theframefactory1.com](http://www.theframefactory1.com).



PHOTO BY WILLA SIEGEL

**"Greenland Nights" on display at the Northern Virginia Photography Society exhibition at the Frame Factory, Vienna.**

# AREA ROUNDUPS

## Free Home Seller Seminar

Home Seller Seminar "Be A Savvy Seller!" — free, no obligation community service offered by Lyons McGuire Homes & Estates of Keller Williams Realty. Speakers include professional stager and organizer. Learn insider secrets to getting the most money for your home. Sunday, Jan. 27, 1-4 p.m. at Reston Mansion House 1856 Old Reston Ave, RSVP LyonsMcGuire@LyonsMcGuire.com

## BULLETIN BOARD

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

### NEW

**Prescription Drug Take Back Box Program.** Fairfax County announced the expansion of the Prescription Drug Take Back Box Program Countywide. The boxes are available 24/7/365 at each district police station for any person to anonymously and safely dispose of their prescription medications 24/7/365 - no questions asked. It is important to get unused medicines, especially opioids, out of your medicine cabinets to prevent accidental or illicit use. Several Fairfax County pharmacies also take back unused prescription drugs. For a current list, visit [www.fairfaxcounty.gov/news2/4-ways-to-safely-dispose-of-unused-medications/](http://www.fairfaxcounty.gov/news2/4-ways-to-safely-dispose-of-unused-medications/).

### INPUT SOUGHT

**Unmanned Aircraft Systems (UAS) Program.** Fairfax County is developing a comprehensive Public Safety Unmanned Aircraft Systems (UAS) program and would like to hear from residents. Each of six public information meetings will include a static display of unmanned aircraft followed by a presentation outlining the program. After the presentation, there will be an opportunity to ask questions. The formal presentation will begin at 7 p.m. To find out more about the UAS program go to [www.fairfaxcounty.gov/uas](http://www.fairfaxcounty.gov/uas). Send feedback or questions to [uas@fairfaxcounty.gov](mailto:uas@fairfaxcounty.gov) or through the link located on the UAS webpage. Written comments on the draft program must be received by the close of business Feb. 8, 2019, to be included in the official public record.

- ❖ Wednesday, Jan. 23, 6:30-8:30 p.m. at McLean District Governmental Center, 1437 Balls Hill Road, McLean.
- ❖ Thursday, Jan. 24, 6:30-8:30 p.m. at Sully District Governmental Center, 4900 Stonecroft Blvd, Chantilly.
- ❖ Monday, Jan. 28, 2019, 6:30-8:30 p.m. at Reston Community Center – Hunter Woods, 2310 Colts Neck Road.
- ❖ Wednesday, Jan. 30, 6:30-8:30 p.m. at Braddock Hall – Kings Park Library, 9002 Burke Lake Road, Burke.

### TUESDAYS THROUGH FEB. 19

**Workshop Series: Mind in the Making.** 6:30-8:30 p.m. at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 – Room 100, Dunn Loring. Mind in the Making: The Seven Essential Life Skills Every Child Needs by Ellen Galinsky, encompasses an evidence-based list of life skills that are essential for children to succeed socially, emotionally and intellectually in the short and long term. Participants may register for one or all of the workshops and do not need to attend the previous class. Registration is limited. Call 703-204-3941 or visit [www.fcps.edu/resources/family-engagement/parent-resource-center](http://www.fcps.edu/resources/family-engagement/parent-resource-center) for more or to register.

- ❖ Tuesday, Jan. 29 – Making Connections (part 4)
- ❖ Tuesday, Feb. 5 – Critical Thinking (part 5)
- ❖ Tuesday, Feb. 12 – Taking on Challenges (part 6)
- ❖ Tuesday, Feb. 19 – Self-Directed, Engaged Learning (part 7)

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## Worried About What Awaits



By KENNETH B. LOURIE

Not that there's anything wrong with me – other than having cancer that is – but I've been going to see doctors – other than my oncologist – fairly regularly in the past few months: internal medicine, three times; otolaryngologist, two times.

The reason/symptoms vary, but in general, nearly 10 years into my "13 month to two-year" prognosis, I am finally erring on the side of taking a precaution and scheduling appointments with doctors as often as I see fit. Apparently, waiting isn't the hardest part after all, it's the dumbest part – if you have cancer.

So far, in all five instances, the various symptoms were not cancer-related, they were life-related. Meaning, they had nothing to do at all with my have cancer and/or its progression, and everything to do with living life outside of the bubble.

However, surviving life inside the cancer world for as long as I have has now made me a bit trigger happy, so to speak. At the drop of a hat or for most any other reason, I am scheduling an appointment with my primary care physician to confirm or debunk any medical suspicions that I might have.

Henceforth, I am going to let the professionals tell me what I need to know and what I need not worry about. It has become time for me to no longer fool around with my health presuming that whatever ails me is merely a blip when in fact it could be a sign of things potentially to follow.

Sort of like the oil warning light illuminating on your car's dashboard – it likely means the damage has already occurred. And the next steps you take might even be too little, too late.

As concerns my health, there is no warning light as such. Knowing there's only so much I can do to preempt (some of which I've been doing) what trouble possibly awaits, at the very least I shouldn't be stupid or stubborn anymore. Instead I have to be vigilant and proactive.

Since my life is at stake here, I can't worry too much about what the doctor might say when I show up at my appointment with less-than-life altering/cancer-connected symptoms. Until they tell me otherwise, which they haven't yet, I will continue to overreact to any symptoms I experience because for all I know about such matters, it just might matter.

And lately, when my exams have indicated there was nothing to matter, I've often felt the need to apologize for taking up the doctor's time. Time which I realize is very valuable. But they would hear none of it. Instead, they have encouraged me not to hesitate making future appointments should the need arise.

And I suppose that's the issue: 'should the need arise.'

But how will I know when the need arises? How will I know if the need is genuine? How will I know if the need is cancer-related or merely life-related, and should I act differently depending on the answer? Or should I not care about any of these questions and simply schedule appointments as soon as possible because, as I was advised years ago when I was first diagnosed: "It's all about you now, Kenny."

In thinking about where all this anxiety is coming from, I believe it has something to do with my switching to an immunotherapy drug – which we've been discussing for a few months, and being aware of the many possible side effects. Side effects which, should they manifest, I am to contact my oncologist immediately.

My concern is however, will I know and will I be too early or too late. Or maybe it won't matter, and that's what scares me. Moreover, I'm afraid we might not be able to stop what we've already started.

Granted, it's all speculation, and it's all premature.

Either the side effects prevent me from infusing the drug or it doesn't. And if I am able to be infused, the tumors, especially the "Adam's Apple" tumor, shrink in the process. And if I have to see multiple doctors during my treatment, so be it.

This is no time to wait and see. It's time to be seen without waiting.

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

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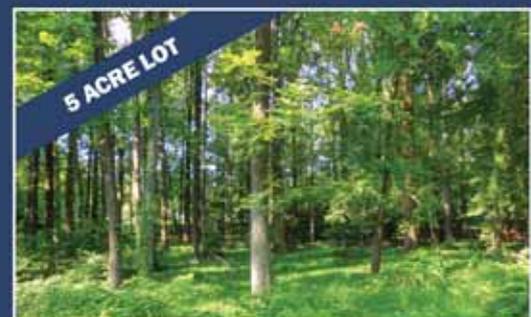
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