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# Springfield CONNECTION

Franconia ♦ Kingstowne ♦ Newington

body and mind



Breathe body & mind owner Lynne Maloney outside her Springfield fitness studio.

## Fitness Studio Creates 'Community of Friends'

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More Public Input Sought On Parkway Studies

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It's Gold and Silver For Special Olympians

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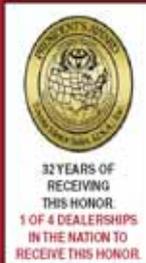
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## More Public Input Sought on Parkway Studies

**Fairfax County and Franconia-Springfield Parkways study moves to next phase.**

BY ANDREA WORKER  
THE CONNECTION

**I**t's time for the public to weigh in again on improvements to the Fairfax County and Franconia-Springfield parkways.

Last fall, Fairfax County Department of Transportation (FCDOT) took their show on the road for three public outreach meetings, seeking input from residents as they conduct the "Alternatives Analysis and Long Term Planning Study" of the two major thoroughfares.

The study aims to review the deficiencies along the 31-mile corridor that starts at Route 7 (Leesburg Pike) in the north and runs to Route 1 (Richmond Highway) in the south and includes 17 interchanges and 83 intersections. Ultimately studies will lead to recommendations to improve the often-congested roadways in the near-term, and as far into the future as 2040.

Some improvements are already underway, as FCDOT representatives told attendees at the 2018 meetings.

Resulting from an "Existing Conditions" study conducted by the Virginia Department of Transportation (VDOT) in 2017, 49 of more than 350 road improvement recommendations have already been implemented, are underway, or are funded, as state and county work together on the project. Many actions are possible without changes to the county's Comprehensive Plan, but others require amendments to the Plan and passage by the Board of Supervisors.

"Public input is critical in making such changes and in considering improvements from all angles," FCDOT Planner Thomas Burke said at the fall outreach sessions.

During the October meetings, and for 45 days after, residents were given the opportunity to provide their own suggestions on how best to improve travel conditions on the parkways. FCDOT solicited the public's ideas via a number of on-line, interactive exercises and comment forums.

Expecting participation by 3,000-to-4,000 county residents, FCDOT instead received 15,150 responses through the survey, another 108 responses via emails and the website comment form, and another 71 comments came through on FCDOT's Facebook page.

**THE BIGGEST TAKE-AWAY** from the survey – overwhelming opposition from imposing tolls on either road – already made headlines, and Burke assures that the message was received.



**Supervisor Pat Herryty (Springfield) welcomes residents to the Fairfax County Department of Transportation's public outreach session to discuss improvement to the Fairfax County and Franconia-Springfield Parkways.**

"There is no plan that includes tolls on either the Fairfax County or Franconia-Springfield Parkways."

After presenting an update on the study and the analysis of the public's response at a Board of Supervisors Transportation Committee meeting in February, Burke and his FCDOT colleagues held the first session in the second round of public engagement at the Willow Springs Elementary School in Fairfax on March 27 with opening remarks by Supervisor Pat Herryty.

Updated "story" boards were displayed around the school's cafeteria, reflecting a few changes made based on the feedback already received and on requests from Supervisors John Cook (Braddock) and Pat Herryty (Springfield) that FCDOT take a more regional outlook, rather than micro-focusing on the roadways.

Burke used graphs and charts to illustrate analysis of the public's preferences.

Several general themes emerged, which Burke discussed, before summarizing the public's responses by surveyed roadway segments.

After taking toll lanes out of the equation, general support was shown for widening the parkways, although there was concern expressed about homes and businesses that might be lost in the process. There was significant approval for the addition of interchanges to replace signalized intersections.

HOV-3+ lanes were not much appreciated by the respondents, although there was more interest in HOV-2+ lanes. High Occupancy Vehicle lanes drew some criticism from residents who worried that their addition would divert solo-driver parkway traffic onto neighborhood roads.

Burke responded that in the first place, the parkways would always include "gen-

eral purpose" lanes and not be converted to strictly HOV, even during peak times. He also assured that test models would be vigorously employed before any recommendations became final.

"But, I think it's clear that an HOV lane is necessary for successful enhanced transit," he added.

Enhanced transit was a winner in the public's opinion, with many residents asking for more high-capacity options. Several attendees championed transit, saying the plans should go further than just adding express buses. Suggestions included bus routes that intersected – allowing parkway commuters to change to buses travelling east or to Metro stations. One audience member even recommended light rail transportation to run in the center of the parkways.

**PUBLIC OPINION HIGHLIGHTS** by segment:

**Route 7 to Franklin Farm Road**

- ❖ Interest in connecting the gaps in McLearen Road

- ❖ Concern regarding congestion at intersections, interest in interchanges, particularly at the Dulles Toll Road and south (i.e. FC Pkwy. at Sunrise Valley)

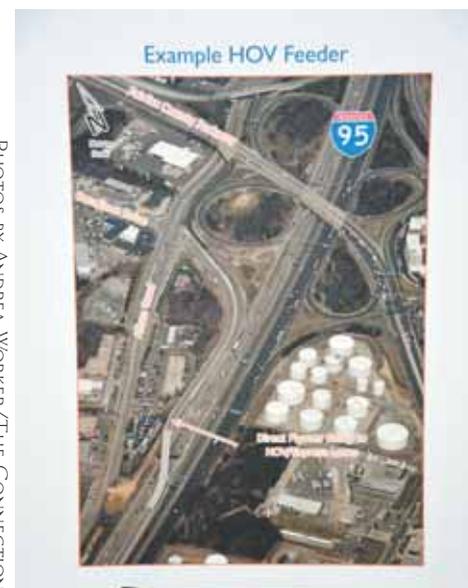
**Franklin Farm to Route 123** – this section includes the VDOT projects widening projects

- ❖ Strong support for widening and addition of over or under pass at intersections like Pope's Head Road.

**Route 123 – Rolling Road**– split with Franconia-Springfield Parkway

- ❖ Concerns at Huntsman and Lee Chapel
- ❖ Congestion at intersections

- ❖ Concern for tree preservation and environmental impacts, particularly near Burke Lake and South Run parks



**FCDOT had boards displayed around the meeting hall like this one, illustrating a possible HOV "feeder" to provide better access and exit from proposed HOV lanes on the parkways.**

Fairfax County parkway from parkway split to Richmond Highway

- ❖ General approval for the Comprehensive Plan as is with interest in improved signage for ramps

Franconia-Springfield Parkway from split to Beulah

- ❖ General satisfaction with the current plan to widen to 8 lanes

Two more general meetings are scheduled, but FCDOT hopes for the same level of participation in the new online survey, launching on March 27 at [www.fairfaxcounty.gov/transportation/study/fairfax-county-parkway](http://www.fairfaxcounty.gov/transportation/study/fairfax-county-parkway).

A Baseline Improvements Map is available on the department's website. The Baseline is assumed to be in place, but FCDOT wants the public to provide feedback on five strategies to build on the baseline assumptions. The strategies are:

1. Expanded Bike and Pedestrian Facilities
2. Capacity improvements – intersections/interchanges
3. Capacity improvements – widening without HOV
4. HOV Feeder
5. HOV-2+

The strategies are further explained on the website.

Residents can choose whether to provide input for the entire length of both the Fairfax County and Franconia-Springfield Parkways, or for specific segments. A forum for general comments and other suggestions is also available in the survey.

The survey will be open until May 6. Burke will come back to the public with the new results in late summer of 2019, anticipating recommendations and prioritization by early 2020 and Board consideration later in that year.

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**Breathe body & mind instructor  
Marion Blasch teaches a Slow Flow  
Vinyasa class.**



**Pat Tanumihardja takes a Slow  
Flow Vinyasa class at breathe body  
& mind studio in Springfield.**

PHOTOS BY STEVE HIBBARD/THE CONNECTION

## ‘Community of Friends’

**Lynne Maloney runs  
a boutique fitness  
studio in Springfield.**

BY STEVE HIBBARD  
THE CONNECTION

**L**ong-time West Springfield resident Lynne Maloney, 59, had a thriving career for 17 years at the Washington Post selling advertising. A few years ago, she started getting frustrated as she felt The Post was turning from print to digital.

She had saved a chunk of cash and had dreams of switching careers and opening her own fitness studio that offers yoga and Pilates. So, she and husband Jim sold their home, downsized into a townhouse (their daughter Lauren was a senior in high school), and used the home equity to start up a new business.

In June 2015, she left The Post, and a year later she opened “breathe body & mind,” a 950-sq.ft. boutique fitness studio at Rolling Mill Office Park off Old Keene Mill Road. She started a second studio, about 800 sq.ft., at the Rolling Valley Office Park where she offers personal training, private lessons

and weekend classes.

“I feel like once you set your mind to do something, it’s almost like the universe put things in your path and you can choose to grab opportunities,” said the Lake Braddock Secondary and JMU grad. “I feel as though I was supposed to do this and that’s what continues to power me through. I work harder than I’ve ever worked.”

With a staff of 19 instructors, today she offers personalized, small group fitness classes in yoga, Pilates, barre, core and strength conditioning. She offers nine types of yoga – from Vinyasa to Hatha to Yoga for Backs and Bones. There’s also restorative yoga and a kid’s yoga class. The Pilates focuses on core work and stretching; there’s Mat Pilates and five barre classes a week. On Mondays, she does a switch-up (Manic Monday theme) that includes POP Pilates or cardio dance — classes not offered on a regular basis. Also, she offers weekend workshops on topics like Face Yoga, breathing and meditation.

**THE STAFF** is trained and certified in whatever practice they teach. Most are 200-hour registered yoga teachers, via Yoga Alliance. One is a 500-hour Registered Yoga Teacher. Maloney is a group fitness instructor.

SEE BREATHE BODY & MIND, PAGE 14



**Students take a yoga class at breathe body & mind studio in Springfield.**

## Daycare Employee Arrested for Aggravated Sexual Battery

A 38-year-old daycare employee is facing charges for the sexual exploitation of two juveniles. FCPD Chief Edwin C. Roessler Jr updated the community on the investigation. "The arrest we are about to brief you on is one that is horrific to the safety of our youth in our community. My prayers will continue to be given to the victims and their families as a predator has traumatically harmed their lives" said Chief Roessler.

On March 28, the police report they were contacted along with Child Protective Services after a child disclosed that they had been inappropriately touched by Rolly

Hammond, of Burke. This investigation led to an additional juvenile being identified as a victim who had been abused for several years by Hammond, according to police.

Hammond was hired as a daycare teacher with the Department of Family Services School Age Child Care (SACC) program in 2008 and worked at West Springfield Elementary School from 2008 until March 2019 and at Ravensworth Elementary School from 2007-2008. Hammond also participated in the following spring and winter break programs:

Spring Break Program:

2011 – West Springfield Elementary

2012 – Rolling Valley Elementary

2015 – West Springfield Elementary

Winter Break Program:

2015-2016 – West Springfield Elementary

2016-2017 – Rolling Valley Elementary

2017 -2018 – Rolling Valley Elementary

2018-2019 – Rolling Valley Elementary

Detectives would like to hear from anyone who is concerned their child may have had inappropriate contact with Hammond or if they have any form of information that



**Rolly Hammond**

PHOTO COURTESY OF FCPD

will assist in our investigation. They've set up a dedicated text-only tip line at 571-234-8055 for anyone who may have information. You can also call our Major Crimes Bureau detectives at 703-246-4600.

Tips can also be submitted anonymously through Crime Solvers by visiting <http://www.fairfaxcrimesolvers.org>, or text-a-tip by texting "TIP187" plus your message to CRIMES (274637). Anonymous tipsters are eligible for cash rewards of \$100 to \$1000 dollars if their information leads to an arrest.

**TELL US WHAT YOU THINK**

**SUBMIT YOUR LETTER TO THE EDITOR HERE**

[www.ConnectionNewspapers.com/contact/letter](http://www.ConnectionNewspapers.com/contact/letter)

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## Back in Richmond

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



The House of Delegates and the State Senate are in session today (April 3) for the annual reconvened session as required by the constitution. Often referred to as the veto session, part of its business is to consider bills vetoed or with amendments proposed by the Governor. During the regular odd-numbered short session that adjourned on Feb. 24 after 46 days, there were 3,128 bills and resolutions considered. Setting aside resolutions that do not have the force of law of bills, there were 883 bills that passed the legislature all of which must have the signature of the Governor in order to become law. The Governor's veto can be overturned by a vote of two-thirds of the members of both houses.

The governor in Virginia has the unique ability among executive officials to propose amendments to bills that previously passed but then must be approved by the General Assem-

### COMMENTARY

bly in the reconvened session with the amendments proposed. This ability for the governor to make corrections or to change the provisions of a bill gives the governor important legislative powers and enhances the importance of the reconvened session that typically lasts for a single day but can go up to three days.

Among the bills on the docket for this reconvened session is a bill that had passed both houses of the legislature but died at the last moment of the regular session. The dispute was over legal language to prohibit the use of cell phones that are not hands-free. The bill will be back before the legislature thanks to an amendment by the Governor, and it is likely to finally pass.

I expect to support the Governor in his vetoes of bills. One bill that he vetoed would limit his authority to involve Virginia in the Regional Greenhouse Gas Initiative, a cap-and-trade program among Northeastern and Mid-Atlantic states that mandates emission reduction in

the power sector. Virginia's involvement in this program is among the most important steps the state can take in reducing greenhouse gases and tackling climate change.

Governor Northam has also vetoed a bill that I had opposed during the regular session that would force law enforcement agencies to use precious resources to perform functions of federal immigration law that are part of the current immigration hysteria. He also vetoed a bill that would have limited the ability of local governments in making decisions about their local employment and pay consideration.

Included among the bills that passed are bills that passed in identical form but were only introduced in one house. Some advocates and legislators believe that there is more certainty that a bill will finally pass if it moves through the legislature on two separate tracks. The governor signs both identical bills to keep from choosing among competing bill sponsors. No one that I know has taken the time to count these bills, but I believe that more than half fall into this category. I question that approach—it seems like unnecessary duplication in an already complex system.

### LETTERS TO THE EDITOR

#### Straw Vote Landslide

To the Editor:

On Sunday, March 31, I enjoyed the Democratic county-wide straw poll. We had a great time and saw many neighbors from Lee District. Candidates for Lee District Supervisor attended and were each on the ballot. We have four good people standing as candidates for public office.

With 43 percent of the vote in a four-person contest, Rodney Lusk won the competition by earning 126 of the 293 votes cast.

With nearly two and three times as many votes as each of the other candidates, the husband and father of two daughters, the director of national marketing for Fairfax County Economic Development Authority, governing board member for the Fairfax County Committee to Prevent and End Homelessness, Affordable Housing resource panelist, board member of Southeast Fairfax Development Corporation, Lee District representative to EMBARK Richmond Highway, former Lee District planning

commissioner, former At-Large Fairfax County Park Authority Board member, past Greater Springfield Chamber of Commerce Citizen of the Year, recipient of the Les Dorsen Public Service Award from Lee District Association of Civic Organizations, recipient of the Torchbearer Award from Leadership Fairfax Inc., and great listener demonstrates leadership. Rodney Lusk shows promising potential for the office of Lee District supervisor.

We cannot rest on the laurels of accolades and past achievements. The work of good government continues at the level of our local community. We cannot take anything for granted.

While the local and county-wide straw votes are fun and informative, the most important vote is yours at the Democratic primary on June 11 and the general election on Nov. 5.

**Will Radle**  
Franconia



PHOTO BY BONNIE HOBBS/THE CONNECTION

#### Walking Against Hunger

Representing Western Fairfax Christian Ministries at the Centreville CROP Walk are (from left) Executive Director Harmonie Taddeo, volunteer Kitty Beachy, Community Outreach Manager Jennie Bush, and Client Services Director Grace Foust. About 100 participants more than \$3,800 to help fight hunger both locally and globally.

### Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

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# Senior Living

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**Historic Garden Week in McLean**  
April 30 10 A.M. to 4 P.M.  
Visitors to the McLean portion of the Virginia Historic Garden Week will explore five picturesque gardens and four private homes spanning four centuries. Tickets online at [www.vagardenweek.org](http://www.vagardenweek.org) Questions? Google Garden Club of Fairfax or email [fairfax@vagardenweek.org](mailto:fairfax@vagardenweek.org).

## Senior Living

# Career Change After 50

Strategies for job hunting after retirement.

BY MARILYN CAMPBELL  
THE CONNECTION

Ever since she was in high school, Yashika Mailey has wanted to be a nurse. She put that dream on hold however, when she started a family at the age of 17. Now that she's 55 and her three children are adults, she's finally working to turn that dream into a reality.

"I'm a full time student and I'm working full-time in medical billing," she said. "I'm starting by becoming an LPN (licensed practical nurse) first and then we'll see what happens."

Whether changing careers to fulfill a dream, re-entering the workforce out of financial necessity or getting a job to stay socially connected, many Americans of retirement age still want to be employed. In fact, a recent Harris survey of workers in the U.S. between the ages of 54 to 72 showed that almost a quarter said that they plan to work in retirement.

"Obviously a career change or a job search after 50 will require a different approach that it would if you were just out of college," said Hope Navolio, a career coach and former human resources executive in Alexandria. "It's not hopeless in the way that some people might think, but there are factors that you have to consider."

Age bias is a fear that Navolio hears often, but she advises clients to use age to their advantage. "The thought of competing for a job with people who are young enough to be their grandchildren can be intimidating for some older workers," she said. "But I think people can view their age as an asset and present themselves that way. There's a level of maturity and insight that only comes with age. Many employees are looking for someone who's stable, dependable and who won't get involved in petty office squabbling or office politics."

"One of the first things that I would say is to make sure you're web and tech savvy,"

said Bethesda headhunter Mara Rappaport. "That might mean that you have to take a few classes, but you need to be able to use social media to your advantage. I would think anyone looking for a job today needs to have a LinkedIn page and cultivate a professional network, even if the jobs you're looking for aren't considered professional in the traditional sense. You could even start a blog and write about things that interest you or that are related to the type of job that interests you. For example, if you want to be a fitness coach, blog about current fitness trends."

Modernizing one's appearance is another suggestion that Rappaport offers to those who are concerned about being too old to get a particular job. "It might sound shallow, but getting a makeover can breathe a breath of youthful air into your appearance and make a world of difference in a potential employers' first impression of you," she said.

Not limiting oneself of traditional options when contemplating a career change can increase the chances of finding meaningful work, says Navolio. "If there's something that you enjoy doing as a hobby, consider making a career out of it. If you've always practiced yoga, train to become a yoga teacher. If you love being around young children, a job at a preschool might

interest you."

Ronald Potts, a former attorney with a knack for numbers and one of Navolio's client's, began working as a seasonal tax preparer in January. After becoming bored and isolated in retirement, he decided to look for a job, but he wanted one that required fewer hours and offered more flexibility than he had in his law career. "When I retired, I didn't really have a plan for how I was going to fill my time and I got bored within a few weeks," he said. "I thought about all of the things I could do and I've always been good with math. Now I just do straightforward tax returns, so the work is still somewhat challenging, but don't have the long days and all the pressure that I had when I was at my firm."

**"Obviously a career change or a job search after 50 will require a different approach that it would if you were just out of college."**

— Hope Navolio.



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## Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors.

Send by email to: [editors@connectionnewspapers.com](mailto:editors@connectionnewspapers.com)

Letters to the Editor  
The Connection  
1606 King St.  
Alexandria VA 22314  
Call: 703-917-6444.

## Senior Living

# Greenspring Opens New Continuing Care Building

Retirement community expands to meet the growing demand for specialized senior care.

**G**reenspring, a continuing care retirement community, developed and managed by Erickson Living in Fairfax County, on March 22 opened Dogwood Commons, the new four-story, 77,500 square-foot assisted living and memory care addition to its continuing care neighborhood. The first Dogwood Commons residents moved into the building on Feb. 5, 2019.

“Dogwood Commons is an important and much-anticipated addition to Greenspring’s continuum of care,” said Executive Director Chandra Kumar. The facility addition helps to meet the growing demand for specialized senior care in our region, she said.

Speakers at the event included Kumar, Donna Epps, Continuing Care Administrator; Del. Vivian Watts; Roy O’Connor, Greenspring Board Member; Jackson Bain, Greenspring Board Chair; Betty Christman, President of the Greenspring Resident Council; Peggy Trotter, Garden Ridge Resident; Jeff McKay, Fairfax County Supervisor; and Alex Robbins, Office of Congressman Gerry Connolly.

More than 200 attended the celebration, including residents, family members, employees, health care providers, elected officials and community partners.



**Betty Christman, President of the Greenspring Resident Council; Jeff McKay, Fairfax County Supervisor; Alex Robbins, Office of Congressman Gerry Connolly (back); Donna Epps, Continuing Care Administrator; Peggy Trotter, Garden Ridge Resident; Jackson Bain, Greenspring Board Chair; Vivian Watts, Virginia House of Delegates; Chandra Kumar, Executive Director; and Roy O’Connor, Greenspring Board Member gather to celebrate the opening of Dogwood Commons, Greenspring’s new continuing care building, which provides an array of person-centered services to help residents achieve optimal health outcomes.**

The new building is part of Greenspring’s multi-phase, multi-year plan to expand and renovate its existing assisted living, memory care and skilled nursing care residences, along with amenity spaces. Dogwood Commons provides 53 assisted living apartment homes and 26 memory care suites. The new apartment homes range in size from studios to one-bedroom floor plans. Living spaces include a full, private bath and a kitchenette. Some apartment homes will feature private, screened porches.

The new memory care residences have been designed to meet the specialized needs of residents by providing a stimulating, nurturing and amenity-rich environment. The Dogwood Commons Suites feature private bedrooms and full baths. Common areas available for use by all Greenspring residents include multi-purpose, activity, meeting and programming spaces, living rooms, a billiards and games lounge, a library and a card game room, as well as a theater.

When the multi-year project is complete, Greenspring’s continuing care neighborhood will have a total of 176 assisted living apartment homes, 59 memory care residences and 62 skilled nursing residences.

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Opening Soon...

# Historic Garden Tour Comes to McLean

History buffs and garden enthusiasts will delight in the mix of historic, traditional and contemporary.

The Garden Club of Fairfax will host this year's House & Garden Tour, part of the 86th Historic Garden Week in Virginia. McLean is the site for this year's tour hosted by The Garden Club of Fairfax.

Visitors to the McLean Tour will explore five picturesque gardens and four private homes spanning four centuries. History buffs and garden enthusiasts will delight in the mix of historic, traditional and contemporary properties.

The McLean tour on Tuesday, April 30, from 10 a.m. to 4 p.m. showcases exciting gardens, creative flower arrangements, and unusual private homes, each with intriguing stories behind them.

The tour includes a mix of historic, traditional and contemporary homes ranging from a home built in the 1750s with ties to the Revolution and used as a hospital during the Civil War, to a contemporary Japanese-influenced home built on a hillside with terraced gardens, a pool and patio that are perfect for entertaining.

**BIENVENUE, CHURCHILL ROAD, McLean.** Previously called "Benvenue," the name of this 18th century Colonial home was reportedly changed when General Charles de Gaulle visited and said that the correct spelling was "Bienvenue."

Built in 1754 using sandstone from a nearby quarry. Furnishings and decorative art throughout the home combine historic, contemporary and whimsical pieces collected by the homeowner from travels and local and international sources. Union troops occupied the property during the Civil War when the house served as a field hospital. Bullets and a cannonball were found in the walls, while medicine bottles, surgical instruments and horseshoes were discovered under the carriage house floor during renovation. A massive sycamore tree next to the house is believed to be the oldest and largest in Fairfax County. Dr. Karen L. Kierce, owner.



**Bienvenue on Churchill Road in McLean was built in 1754 using sandstone from a nearby quarry. A new wing was added in 1929 to include indoor water.**

**OLD LANGLEY ORDINARY** 1101 Chain Bridge Road, McLean. Built shortly before the Civil War, this Federal Farmhouse style building served as headquarters for Union Gen. George McCall. After the war it became an ordinary, a tavern or meeting-house. Located just a few miles from the Potomac River crossing at Chain Bridge, it was an important stopping-place for travelers and for farmers transporting livestock and wagons to merchants across the river in Georgetown. The homeowner's extensive collection of traditional Americana is displayed throughout. Wraparound porch with outdoor living space includes a kitchen and double-sided outdoor fireplace. The original carriage house is now a guest-house with American flags, painted by the homeowner, displayed on an exterior wall. Garden beds surrounding the home feature indigenous Virginia plantings with roses, sedum, hydrangea and 900 tulips.

**OLD CHESTERBROOK ROAD**, McLean. Built on a hillside, the long, clean horizontal lines of natural stone, wood and glass in this contemporary home reflect Japanese influence. In addition to subtle indirect lighting throughout the home, a paper chandelier by artist Oh Mei Ma is suspended from a soaring ceiling above the dining area and the sitting room has a red Italian Murano glass chandelier. The focal point at the top of the hill is a children's playhouse complete with Dutch doors, kitchen and skylight. Additional points of interest are a Japanese gate (Torii) built by the homeowner's parents, a standing stone Buddha and a stone birdbath in the shape of a bird in flight.

**WOODLEY MILL ROAD**, McLean. Built in 2000, this Italianate villa with yellow stucco has a traditional orange clay barrel-tile roof. The front features European scul-

## HISTORIC GARDEN WEEK IN MCLEAN

April 30 10 A.M. to 4 P.M.

Visitors to the McLean portion of the Virginia Historic Garden Week will explore five picturesque gardens and four private homes spanning four centuries.

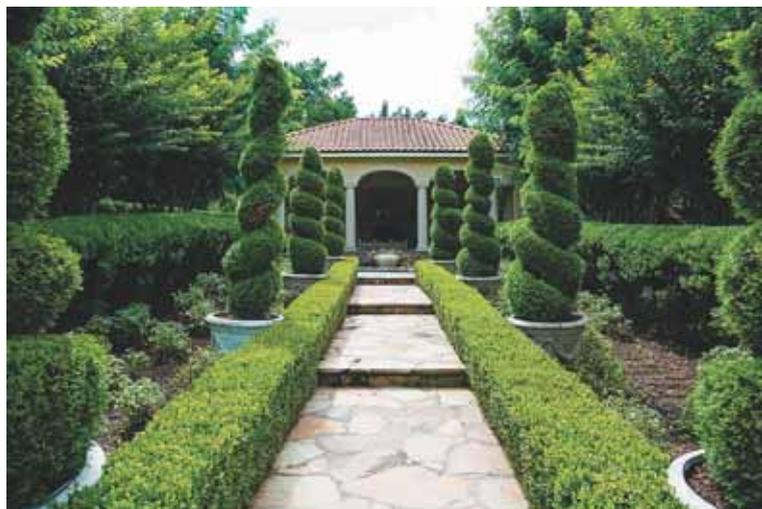
- ❖ Headquarters – Trinity United Methodist Church, 1205 Dolley Madison Boulevard, McLean. Complimentary refreshments served from 10 a.m. to 3 p.m.
- ❖ Tickets: Advance tickets - \$40 online at [www.vagardenweek.org](http://www.vagardenweek.org), or by mail, until April 20, 2019. Tickets Day of Tour - \$50 at Headquarters or Tour Homes
- ❖ Questions? Google Garden Club of Fairfax or email [fairfax@vagardenweek.org](mailto:fairfax@vagardenweek.org). For more information on this tour or to see the Historic Garden Week statewide schedule of tours, go to [www.vagardenweek.org](http://www.vagardenweek.org).

PHOTOS BY DONNA MOULTON

ptured gardens with boxwood parterres, three arched doorways, balconies and veranda. Two fountains greet guests as they enter the front property. The home's gallery-like foyer features marble floors, a 20-foot ceiling and walls displaying large scale paintings, Belgian tapestries and a metallic finish bas-relief. From the pavilion, a wide Tennessee buff flagstone path lined on both sides with carefully maintained topiaries in Tuscan style pots leads to a large bronze fountain. Extensive hardscaping with mature evergreens, roses, hydrangeas, crepe myrtles and other plantings creates multiple garden rooms surrounding the home.

**DAVISWOOD DRIVE**, McLean. (Garden only) More than 40 mature 'Green Giant' arborvitae provide the background, shading and privacy for this garden oasis. This formal garden features multiple garden rooms showcasing crepe myrtles, hostas, hollies, boxwood, hydrangeas, rhododendrons and ninebarks with water features, statuary, travertine walkways and a hidden putting green. The garden's centerpiece is the saltwater swimming pool.

*Historic Garden Week in McLean is Tuesday, April 30, 10 a.m. to 4 p.m. with headquarters at Trinity United Methodist Church, 1205 Dolley Madison Boulevard, McLean. Advance tickets are \$40 per person online at [www.vagardenweek.org](http://www.vagardenweek.org), or by mail, until April 20. Tickets on the day of tour are \$50 at headquarters or tour homes.*



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## Springfield Man Dies After Pedestrian Crash in Alexandria

An 82-year-old man died on March 28 after he was hit by a car on Tuesday. John Bright, of Springfield, was crossing Richmond Highway at the intersection of Fairhaven Avenue around 8 a.m. The driver of a 2000 Toyota Echo was making a left turn from Fairhaven Avenue to Richmond Highway and struck Bright while he was in the crosswalk. Bright was taken to the hospital where he died two days later. The driver, of Florida, remained at the scene and is cooperating with detectives. The driver was charged with failing to pay full time and attention to driving. Neither speed nor alcohol appear to be factors.

Anyone with information about this crash is asked to contact our Crash Reconstruction Unit at 703-280-0543.

### 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.

#### FRIDAY/APRIL 5

**Sibshops.** 9 a.m.-noon at Providence Community Center, 3001 Vaden Drive, Fairfax. The Sibshop workshops are for children in grades 2-5 who have siblings with special needs enrolled in Fairfax County Public Schools. Meet other siblings in a fun, recreational setting; celebrate siblings; share sibling experiences and receive peer support; play games and more. A snack will be provided. Registration is free, donations will be accepted to support the cost of materials and food. Visit [www.fcps.edu/resources/family-](http://www.fcps.edu/resources/family-engagement/parent-resource-center)

## St. Mark's Lutheran Church Announces Easter Week Services

St. Mark's Lutheran Church, 5800 Backlick Road, Springfield, announced the following Palm-Passion Sunday, April 14, services:

8:30 a.m. and 10 a.m. (English) and 12 noon (Spanish)

Holy Wednesday Prayer Service 7 p.m. (Spanish) with soup to follow

Holy Thursday services 10:30 a.m. and 7:30 p.m. (English)

Good Friday services 12 noon and 7:30 p.m. (English) and 6:30 p.m. (Spanish)

Easter Sunday, April 21, services:

6:30 a.m. (Spanish); 8:30 a.m. (English); 10:30 a.m. (English)

Potluck Easter breakfasts served between services.

engagement/parent-resource-center or call the FCPS Parent Resource Center at 703-204-3941 to register.

#### SATURDAY/APRIL 6

**2019 Special Education Conference.** 7:45 a.m.-1:30 p.m. at Lake Braddock Secondary School, 9200 Burke Lake Road, Burke. FCPS will hold its 14th Annual Special Education Conference with a focus on building inclusive and post-secondary practices to support the

SEE BULLETIN, PAGE 15



Join us for coffee & conversation.  
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**Date:** Saturday, April 13, 2019  
Saturday, June 8, 2019

**Time:** 9:00-9:30a.m.-Registration  
9:30-1:00 p.m.-Workshop

**Place:** Duff & Kronfeld, P.C.  
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Please join us for coffee at our Second Saturday Divorce Workshop and get the information and support from professionals: a family law attorney, a financial adviser, a family therapist, a private investigator, an estate planning attorney and other professionals who will help guide you through the divorce process. Speakers vary for each workshop.

Registration at the door; however, pre-registration is recommended as space is limited.

Online Registration: [www.secondsaturdaynova.com](http://www.secondsaturdaynova.com)

Email: [nancy@secondsaturdaynova.com](mailto:nancy@secondsaturdaynova.com)

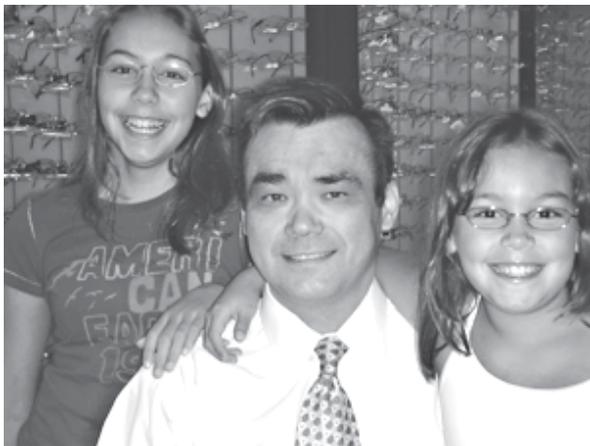
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Submit entertainment announcements at [www.connectionnewspapers.com/Calendar/](http://www.connectionnewspapers.com/Calendar/). The deadline is noon on Friday. Photos/artwork encouraged.

## FRIDAY/APRIL 5

**GAMEmason.** 11:15 a.m.-9:30 p.m. in the Center for the Arts Concert Hall and throughout the Music Theater building on GMU's Fairfax Campus. GAMEmason (Gaming, Appearances, Meet and Greets and Experiences) is an all-day gaming convention. GAMEmason features educational panels, appearances, and meet-and-greets with major power players in the gaming community. Two Esports competitions will be held on the Concert Hall stage \$20-\$40. Find tickets and information at [si.gmu.edu/gamemason](http://si.gmu.edu/gamemason).

**B-I-N-G-O.** 7 p.m. Fridays at Fire Station 3, 4081 University Drive, Fairfax. Enjoy free coffee, entertaining callers, a friendly atmosphere, \$1,000 guaranteed jackpot, treasure chest progressive raffles, and good food available for purchase. All proceeds go to purchasing fire and rescue equipment. Visit [www.fairfaxvfd.com](http://www.fairfaxvfd.com) or call 703-273-3638 for more.

## FRIDAY-SATURDAY/APRIL 5-6

**Genealogy Conference/Expo.** Friday, 9 a.m.-8 p.m.; Saturday, 9 a.m.-3:45 p.m. at Sheraton Reston Hotel, 11810 Sunrise Valley Drive, Reston. Fairfax Genealogical Society's two-day spring conference and expo. FxGS member, \$100; non-member, \$120. Details at [www.fxgs.org](http://www.fxgs.org).

## FRIDAY-SUNDAY/APRIL 5-7

**Library Book Sale.** Friday, 10 a.m.-5 p.m.; Saturday, 10 a.m.-4 p.m.; Sunday, 1-3 p.m. at City of Fairfax Regional Library, 10360 North St., Fairfax. Thousands of gently read books organized in many categories. Big selection of DVDs, CDs, and audio books. Sunday is fill a shopping bag day, \$5. Cash or check only. Free parking in library garage. Friends of Fairfax City Library @ gmail.com.

## SATURDAY/APRIL 6

**Spring Art Lessons for Youth Classes.** 9:30-10:30 a.m. at Woods Community Centre, 10100 Wards Grove Circle, Burke. Instructor Carol Zeitlin, drawing and watercolor for students 8 and older. Visit [www.czartlessons.com](http://www.czartlessons.com) or call 703-250-6930.

**Spring Art Workshop.** 10:30 a.m.-12:30 p.m. at Woods Community Centre, 10100 Wards Grove Circle, Burke. Instructor Carol Zeitlin, drawing, watercolor, Chinese Brush, portfolio development for teens and adults. Visit [www.czartlessons.com](http://www.czartlessons.com) or call 703-250-6930.

**Women's History Jazz and Awards Luncheon.** 11 a.m.-2 p.m. at the Country Club of Fairfax, 5110 Ox Road, Fairfax. The Northern Virginia Business and Professional Women's Club, of the National Association of Negro Business and Professional Women's Club, Inc. will host their second annual Women's History Jazz and Awards Luncheon. The theme this year is "Celebrating Visionary Women: Empowered and Engaged." Professional achievement awards will be given to women who have made a significant impact in the community and business arena. \$75 at [novabpwwhp2019.eventbrite.com](http://novabpwwhp2019.eventbrite.com).

**Ballet Performance: Cinderella.** 2 and 7:30 p.m. at NOVA Community College, Annandale Campus, 8333 Little River Turnpike, Annandale. Performers from Classical Ballet Theatre \$15. Visit [www.cbtnva.org/cinderella](http://www.cbtnva.org/cinderella) or call 703-573-0182.

**Fundraiser: Wine Dinner.** 5:30-10 p.m. at Westwood Country Club, 800 Maple Ave. East, Vienna. Bite Me Cancer, presents its annual Wine

# 'Music in the Life of Eisenhower' on Local Stage

## Musical commemoration of upcoming 75<sup>th</sup> anniversary of D-Day by Virginia Chamber Orchestra and special guest performers.

BY DAVID SIEGEL  
THE CONNECTION

Next up for Northern Virginia's Virginia Chamber Orchestra is a major concert to commemorate D-Day, actions that helped begin the end of WWII in Europe some 75 years ago. Under the baton of music director David Grandis, the Virginia Chamber Orchestra, along with the U.S. Air Force Airmen of Note and the Alexandria Choral Society Pro Coro Singers will perform "Music in the Life of Eisenhower."

Special guest narrator and host, WETA's Robert Aubry Davis will provide insights about Eisenhower's musical favorites and will share what they reveal about the Supreme Commander of the Allied Expeditionary Forces in Europe during World War II and later President of the United States.

"The approaching 75<sup>th</sup> Anniversary of D-Day inspired the VCO to present 'Music in the Life of Eisenhower.' It will follow Washington, Jefferson and Lincoln in our Music of the



PHOTO COURTESY ALEXANDRIA CHORAL SOCIETY PRO CORO SINGERS

**Pro Coro singers will perform with Virginia Chamber Orchestra in presentation of "Music in the Life of Eisenhower."**

## Where and when

Virginia Chamber Orchestra presents "Music in the Life of Eisenhower" at the Ernst Community Theatre, 8333 Little River Turnpike, Annandale. Performance on April 7, 2019 at 4 p.m. For free tickets and detailed information about the musical program go to <https://www.vco.events/music-in-the-life-of-eisenhower/>

Note: Register in advance, to be guaranteed a seat, unless informed that seats are no longer available. A complementary reception follows the concert. Concert parking is also free.

Presidents series concerts and will become the sixth educational video overall," said Doug Lovejoy, Virginia Chamber Orchestra.

"Music in the time of Eisenhower" will include selec-

tions composed by Irving Berlin such as "God Bless America," Glenn Miller's "Moonlight Serenade" as well as personal favorites and music performed at White House events hosted by President

Eisenhower and his wife Mamie Eisenhower such as selections from "Oklahoma," and Mendelssohn's "Fantasia on Greensleeves."

The Airmen of Note is the premier jazz ensemble of the United States Air Force. Stationed at Joint Base Anacostia-Bolling in Washington, D.C., the group was created in 1950 to continue the tradition of Major Glenn Miller's Army Air Forces dance band. The current band consists of 18 active duty Airmen musicians including one vocalist.

Pro Coro is a select group of singers drawn from the Alexandria Choral Society. Both organizations are conducted by Brian Isaac. The Society aspires to enhance the cultural life of the city of Alexandria and surrounding communities by presenting diverse and engaging musical programs at the highest artistic level.

Of note to patrons, the special Virginia Chamber Orchestra concert, "Music in the time of Eisenhower" will be presented free of charge on a first come, first served basis.

Dinner fundraiser. All proceeds from the event will benefit Teen Cancer Support Bags and other programs to help teenage patients in more than 115 hospitals, \$150. Visit [bitemecancer.networkforgood.com/events/9464-6th-annual-bite-mecancer-wine-dinner](http://bitemecancer.networkforgood.com/events/9464-6th-annual-bite-mecancer-wine-dinner).

**Russian National Ballet: Giselle.** 8 p.m. at the Center for the Arts, Concert Hall, on GMU's Fairfax Campus. In this tale of love, betrayal, forgiveness, and redemption, a heartbroken peasant girl dies after discovering her lover is betrothed to another. She wakes in a supernatural realm. Discussion with a member of the company begins 45 minutes prior to the performance. \$56, \$48, \$34. Family friendly. Visit [cfa.calendar.gmu.edu/russian-national-ballet-giselle](http://cfa.calendar.gmu.edu/russian-national-ballet-giselle) for tickets.

## SUNDAY/APRIL 7

**Author Event: Missy Sheldrake.** Noon-2 p.m. at Barnes and Noble in Fair Lakes. Missy Sheldrake, of Centreville, is the author/illustrator of the "Keepers of the Wellsprings" young adult fantasy series and will be signing books. Visit [www.missysheldrake.com](http://www.missysheldrake.com) for more.

**A Turning Point in Women's History.** 1-3 p.m. at Temple B'nai Shalom, 7612 Old Ox Road, Fairfax Station. Come hear Pat Wirth, of the Turning Point Suffragist Memorial Association, give an in-depth look at a critical time in the history of women in our country. Organized by the Sisterhoods of Temple B'nai Shalom, Congregation Ner Shalom, and Temple Rodef Shalom, this event is open to all. Free. Suggested

contribution of \$10. Get tickets at [www.eventbrite.com/e/a-turning-point-in-womens-history-wrj-mid-atlantic-district-area-day-tickets-57807894970](http://www.eventbrite.com/e/a-turning-point-in-womens-history-wrj-mid-atlantic-district-area-day-tickets-57807894970).

**Russian National Ballet: The Sleeping Beauty.** 2 p.m. at the Center for the Arts, Concert Hall, on GMU's Fairfax Campus. *The Sleeping Beauty* performed in grand Russian style by the Russian National Ballet. Discussion with a member of the company begins 45 minutes prior to the performance. \$56, \$48, \$34. Family friendly. Visit [cfa.calendar.gmu.edu/russian-national-ballet-the-sleeping-beauty](http://cfa.calendar.gmu.edu/russian-national-ballet-the-sleeping-beauty)

**Burke Historical Society April Meeting.** 3:30-5 p.m. at Pohick Regional Library, 6540 Sydenstricker Road, Burke. Dr. Cindy Gueli speaks on her book *Lipstick Brigade*, telling the stories of the 100,000+ women from across the country who worked in Washington during WWII. Free. [www.burkehistoricalsociety.org](http://www.burkehistoricalsociety.org).

**Nature Book Talk.** 3:30-6 p.m. at Historic Blenheim, 3610 Old Lee Highway, Fairfax. Nature Play at Home author Nancy Striniste will discuss the importance of children experiencing time in nature and provide how-tos on creating natural playspaces. Proceeds benefit NOVA Outside's work to connect children to nature. Talk and reception. \$25-35. Email [nancy@earllyspace.com](mailto:nancy@earllyspace.com) or visit [bit.ly/NaturePlayAtHomeLaunch](http://bit.ly/NaturePlayAtHomeLaunch).

**Raising Voices.** 4 p.m. at Hylton Performing Arts Center, 10960 George Mason Circle, Manassas. George Mason University's College of Visual and Performing Arts (CVPA) in collaboration with the Washington

National Opera (WNO) announce Raising Voices, combined talent of Domingo-Cafritz Young Artist and Mason Opera and Vocal Studies students. \$20 or free with student I.D.; call 703-993-7759 or visit [hylton.calendar.gmu.edu/raising-voices](http://hylton.calendar.gmu.edu/raising-voices).

**Vocal Pops Concert.** 6 p.m. in the deLaski Performing Arts Building, 3001, de Laski Rehearsal Room, on GMU's Fairfax Campus. Under the direction of Dr. Stan Engebretson. Come for an evening of vocal pop music presented by Mason a cappella groups. Visit [cfa.calendar.gmu.edu/vocal-pops-concert](http://cfa.calendar.gmu.edu/vocal-pops-concert).

## MONDAY/APRIL 8

**Northern Virginia Positive Aging and Wellness Fair.** 8:45 a.m.-4 p.m. at Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Workshops, exhibits and information to educate and inspire adults to achieve a fulfilling and healthy lifestyle as they age. Pat Collins, an award-winning NBC News4 reporter, will be the keynote speaker. Free and open to the public. To register and for more, visit [positiveagingfair.com](http://positiveagingfair.com). County services for older adults and caregivers, go to [www.fairfaxcounty.gov/OlderAdults](http://www.fairfaxcounty.gov/OlderAdults).

## WEDNESDAY/APRIL 10

**Jazz Combos/Steel Pan Ensemble Concert.** 8 p.m. at deLaski Performing Arts Building, 3001, de Laski Rehearsal Room, on GMU's Fairfax Campus. Performance by the Mason Jazz Combos, under the

direction of jazz pianist, Wade Beach. Visit Mason Jazz at [music.gmu.edu/jazz-studies/](http://music.gmu.edu/jazz-studies/). Get details at [cfa.calendar.gmu.edu/jazz-combos-steel-pan-ensemble-concert](http://cfa.calendar.gmu.edu/jazz-combos-steel-pan-ensemble-concert).

## THURS-SATURDAY/APRIL 11-13

**August: Osage County.** Thursday-Saturday, 7:30 p.m. at James Lee Community Center, 2855 Annandale Road, Falls Church. When the large Weston family unexpectedly reunites after Dad disappears, their Oklahoma homestead explodes in a maelstrom of repressed truths and mysteries. Adult content. \$17-\$20. Email [tickets@providenceplayers.org](mailto:tickets@providenceplayers.org), call 703-425-6782 or visit [www.providenceplayers.org](http://www.providenceplayers.org).

**Spring New Dances.** 8 p.m. in the Harris Theatre on GMU's Fairfax Campus. Next generation of contemporary choreographers. \$15 adults/\$10 seniors. Get tickets at [cfa.calendar.gmu.edu/spring-new-dances](http://cfa.calendar.gmu.edu/spring-new-dances).

## FRIDAY/APRIL 12

**Gardening with Herbs.** 1-2 p.m. at Pohick Regional Library, 6450 Sydenstricker Road, Burke. Planning an herb garden, selecting plants, and caring for a garden. This presentation has lots of photographs for ideas. Free. [sonal.gosai@fairfaxcounty.gov](mailto:sonal.gosai@fairfaxcounty.gov) or call 703-447-7333 for more.

**Pablo Sáinz Villegas.** 8 p.m. at the Center for the Arts, Concert Hall, on GMU's Fairfax Campus. Praised as "the soul of the Spanish guitar." Family-friendly. \$46, \$39, \$28. Visit [cfa.calendar.gmu.edu/pablo-s-225-inz-villegas](http://cfa.calendar.gmu.edu/pablo-s-225-inz-villegas) for tickets.

# SPORTS



Special Olympics USA team athlete, Karen Dickerson of Springfield shows off her gold after she swept the half-marathon with a time of 01:50:12.



Special Olympics USA team athlete, swimmer Victoria "Tori" Martin of Woodbridge poses with her silver and gold medals.

PHOTOS COURTESY OF SPECIAL OLYMPICS VIRGINIA

## It's Gold and Silver! Local athletes return from Special Olympic World Games Abu Dhabi 2019.

By MERCIA HOBSON  
THE CONNECTION

“Local Special Olympics athletes have proudly returned home from Abu Dhabi with an impressive amount of hardware to show off and even more memories to share,” announced Special Olympics Virginia.

Four athletes from Northern Virginia competed in the Special Olympics World Games Abu Dhabi 2019 held March 14–25.

Together the athletes picked up a total of eight medals, three golds and five silvers.

Two days after a crushing technical disqualification in the 200m freestyle, Joey Roney of Herndon earned a silver medal in the 100m freestyle finishing with a time of 00:01:20.72. “I appreciate the silver medal from the World Games more than my gold from the USA games because I competed against the best in the world. It was the experience of a lifetime,” said

Roney.

Jennifer Mitchell of Alexandria set her sights high and dominated the 1500m Open Water Swimming competition capturing gold with a time of 00:41:27.00.

Victoria Martin of Woodbridge took two silvers, one in the 100m individual medley and another in the 200m freestyle. Martin ultimately captured gold during her last day of competition as she blazed through the water in the 100m breaststroke with a winning time of 01:35.99.

Runner, Karen Dickerson of Springfield took home gold in her first of three events with a time of 1:50:12 in the half marathon. Dickerson also earned silver in the 10,000m run. “I’m just doing my best to represent the USA and doing it for a long hard run ... Al-

ways start strong, finish strong, because that is what counts,” said Dickerson.

The USA Special Olympics delegation included 215 athletes, 65 coaches and 34 delegation mem-

bers who supported team operations. More than 7,000 athletes from 170 countries competed in the event held across the seven Emirates. Special Olympics described it as “the world’s largest

humanitarian sporting event and a global movement which focuses on the empowerment of People of Determination with intellectual disabilities through the power of sport.”



Special Olympics USA team athlete Jennifer Mitchell of Alexandria learns she takes the gold in the 1500m Open Water Swimming competition with a time 00:41:27.00.



Special Olympics USA team athlete, swimmer Dylan Joseph “Joey” Roney of Herndon after he earns a silver medal for his win in the 100m freestyle.

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## Announcements

# NEWS

## Breathe body & mind Appeals to 45-plus Crowd

FROM PAGE 4

tor and ACE-certified personal trainer now completing her 200 Registered Yoga Teacher hours. She also teaches Strength, Sculpt and Tone, and a Balance and Stretch class.

"A lot of people describe it as a cozy little cove. We limit the size. People have to sign up online so we don't get too crowded. We max it out so people have room to breathe, so they're not on top of each other," said Maloney, a former Jazzercise instructor for 15 years.

As far as membership, Maloney offers flex options, including an introductory one month of unlimited classes for \$30. There's also an annual membership that charges monthly. Or eight times or four times in a month, based on agreeing to a year's commitment. They also offer five-class, 10-class, and 20-class passes. They have discounts for Fairfax County school employees, active duty and retired military, first responders and age 65-plus.

Maloney said she was hoping to establish a welcoming place where people can look forward to coming to take care of themselves,

body, mind and spirit. "The majority of our members are over 45. There are people who come who are in their 60s and 70s. We also have college kids who come back during breaks. We've run the gamut of age ranges," she said.

She added: "We're not a big corporation or chain. This is not a franchise. This is a locally owned studio. We communicate with individuals where they are in a very personal way. I think we have a more relaxed vibe than other studios."

According to Sylvia Lamb of Annandale: "Lynne's positive energy and attitude were immediately on display when I met her about two years ago. I felt I needed to make a change and wanted to get in shape and lose about 30 pounds. My friend, Barbra, had been doing personal training with Lynne. I joined her at Breathe Body and Mind once a week in small group (just us) training and we quickly added a second day. Lynne pushed us to get better without judging and constantly mixed it up and made it fun. Today, I am indeed 30 pounds lighter and in much better shape."

**BARBRA GOLUB** of Annandale

added: "I started working out with Lynne about four years ago at a different studio and immediately felt comfortable with her. When she opened up Breathe Body and Mind, there was no question that I would follow her there. I do personal training with Lynne, and she is a great trainer; pushing me to do things she knows I can do, but knowing when to offer modifications if I complain about aches and pains. The studio itself is great. It is low key and feels more like a community of friends working out together."

John Michetti of Springfield said, "I have taken a number of Lynne's classes and I enjoy her energetic, motivating, and fun style of instructing. I love the small class size and the studio is welcoming and relaxed. The team of instructors are all outstanding and I love the time I spend in the studio. They are caring, enlightening, and truly inspiring. They are all able to adapt and offer alternate movements for individuals that have physical limitations."

For more information, visit the website: [www.breathebodymind.com](http://www.breathebodymind.com) or email Lynne Maloney at [Info@breathebodymind.com](mailto:Info@breathebodymind.com).

## Legals

### NOTICE OF PENDENCY OF CIVIL ACTION REGARDING REAL PROPERTY RALEIGH COUNTY, WEST VIRGINIA

To: CHARLES R. PACK and AUDRE F. PACK, J.A. PACK and EMILY M. PACK, GROVER S. PACK and CAROLYN S. PACK, MILDRED L. PAUL and LLOYD H. PAUL, HUBERT E. PACK and DOROTHY A. PACK, PAUL C. CLARK and VIRGINIA A. CLARK and for all the above, and any unknown heirs and/or devisees addresses unknown of the above stated individuals.

You will take notice that Corley Property Management, LLC, a West Virginia Limited Liability Company, the purchaser of a certain tract of land in Shady Spring Tax District, Raleigh County, West Virginia, consisting of 9.6 acres more or less, by Deed of conveyance from Terry Lilly and Ruth Lilly of record in the Office of the Clerk of the County Commission of Raleigh County, West Virginia in Deed Book 5041 Page 4128, has filed a Quiet Title Petition in the Circuit Court of Raleigh County, West Virginia, Civil Action 19-C-97 naming the above stated parties as Respondents.

The Circuit Court of Raleigh County, West Virginia, Honorable Judge Andrew G. Dimlich, entered an Order March 8, 2019 authorizing this publication. Notice is hereby given to the above styled individuals of the pendency of said Civil Action in said Court.

You may respond to the above referenced Petition by contacting the undersigned counsel for Petitioner or the Office of the Circuit Clerk of Raleigh County, West Virginia at: Circuit Clerk of Raleigh County, Raleigh County Judicial center, 222 Main Street, Beckley, WV 25801.

Given under my hand this the 26th, day of March, 2019, James R. Sheatsley, GORMAN, SHEATSLEY & COMPANY, PO Box 5518, Beckley, West Virginia 25801, Phone (304) 252-5321, counsel for Petitioner, Corley Property Management, LLC.

## Legals

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## Legals

### ABANDONED WATERCRAFT

Notice is hereby given that the following watercraft has been abandoned for more than 60 DAYS on the property of: Doug Murphy, 5821 Brookview Dr, Alexandria, VA 22310 - 202-439-3122.

Description of watercraft:

Bayliner, 20', 2004, Blue/White, Hull ID USHD42CTE404, Boat# VA2530BF.

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## Employment

## Employment

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FROM PAGE 11

development of 21st Century skills and Portrait of a Graduate (POG) attributes. Visit [www.fcps.edu/spedconference2019](http://www.fcps.edu/spedconference2019) for details, a list of workshops, exhibitor information

**Caregiver Bootcamp.** 9:30 a.m.-3 p.m. at Insight Memory Care Center, 3953 Pender Drive, #100, Fairfax. Join IMCC for a day-long training event covering many essential caregiving topics. A continental breakfast and lunch will be provided free of charge. Sessions include: Dementia 101 & Clinical Trials; Understanding Veterans Benefits; Practical Tools for Caregivers; and A Person-Centered Approach. Register online at [www.insightmcc.org](http://www.insightmcc.org), or contact Lindsey Vajpeyi at 703-204-4664 or [lindsey.vajpeyi@insightmcc.org](mailto:lindsey.vajpeyi@insightmcc.org).

**Teen Job Fair and Resume Building Workshop.** 10 a.m.-noon at South County High School. These events will focus on student job seekers (approximately ages 16-18) looking for full time employment, after-school employment, seasonal positions, internship opportunities, or volunteer experiences. It is open to all teens in Fairfax County looking for employment or wanting tips to build their resume. Visit [www.fairfaxcounty.gov/springfield/teen-job-fair-student-registration](http://www.fairfaxcounty.gov/springfield/teen-job-fair-student-registration)

**Animal Legislation Panel.** 1-3 p.m. at West Springfield Government Center, 6140 Rolling Road, Springfield. Panel discussion with State Sen. Dave Marsden; Del. Kaye Kory; and Humane Society of the United States State Director, Matthew Gray. A post 2019 VA General Assembly session discussion of animal welfare bills: What went wrong? What went right? What can be done better next time? Free. Visit [www.novaca.org/more](http://www.novaca.org/more).

**SUNDAY/APRIL 7**

**Low Cost Rabies Vaccine Clinic.** 9-11 a.m. at Fairfax County Animal Shelter, 4500 West Ox Road, Fairfax. Cost is \$15 per pet, cash and check only. Dogs, cats, and ferrets may be vaccinated at the clinic. Dogs must be on leashes; cats and ferrets must be in carriers. All pets will receive a 1-year rabies vaccination. To obtain a 3-year vaccine, bring pet's rabies certificate (not tag) showing the current rabies vaccination expiration date. 2019 county dog licenses will be sold for an additional \$10 per license. Visit [www.fairfaxcounty.gov/animalshelter/communityassistance/rabiesclinics](http://www.fairfaxcounty.gov/animalshelter/communityassistance/rabiesclinics) for more.

**TUESDAY/APRIL 9**

**NARFE Fairfax 737 Luncheon Meeting.** 11:30 a.m.-1:30 p.m., at American Legion Post 177, 3939 Oak St., Fairfax. Meetings are held on the second Tuesday of each month from September through June, and opened to all active and retired Federal employees, spouses and guests. Fairfax Officer Sabrina Ruck will speak on "Keeping Aware & Safe from Scams." For April meeting only, call 703-631-5869 or email [charles.fleming@bho.com](mailto:charles.fleming@bho.com), by Friday, April 5 to register for luncheon or meeting.

**Park Authority Summer Jobs.** 5-8 p.m. at Fairhill Elementary School, 3001 Chichester Lane, Fairfax. This year the Fairfax County Park Authority's Rec-PAC summer camp program will operate at 45 elementary school locations around Fairfax County on weekdays from July 1-Aug. 8, 8:15 a.m.-3:45 p.m. Applicants are required to bring an original Social Security Card and a DMV photo ID. Only those who are 18 years of age and older will be considered. Visit [www.fairfaxcounty.gov/parks/rec-pac/jobs](http://www.fairfaxcounty.gov/parks/rec-pac/jobs) or email [Recpac@fairfaxcounty.gov](mailto:Recpac@fairfaxcounty.gov).

**WEDNESDAY/APRIL 10**

**Christian Women's Luncheon.** 11:30 a.m.-1:30 p.m. at Springfield Golf & Country Club, 8301 Old Keene Mill Road, Springfield. The Springfield Christian Women's Christian Women's Connection monthly luncheon will feature a discussion of latest fashion trends and inspirational speaker Emily Roten: Tales From the Pink Backpack. \$20 per person. Reservations are required; email [SpringWmConn@yahoo.com](mailto:SpringWmConn@yahoo.com) or call 703-876-4780.

**Fairfax County Park Authority Board Meeting.** 7:30 p.m. in the Herrity Building, 12055 Government Center Parkway, Suite 941, Fairfax. The Park Authority Board is a 12-member board appointed by the Fairfax County Board of Supervisors to set policy and establish strategic policy and direction for the Park Authority. Open to the public. For information regarding meeting agendas, Park Board members, opportunities for public comment, or to view meeting materials, board minutes and archival materials, visit [www.fairfaxcounty.gov/parks/boardagn2.htm](http://www.fairfaxcounty.gov/parks/boardagn2.htm) or call 703-324-8662.

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**It's Not As If My Life Depends On It**



By KENNETH B. LOURIE

Being totally honest with my oncologist, that is. I mean, it's not as if being diagnosed with non small cell lung cancer, stage IV isn't a "terminal" disease.

Oh wait, it is. As my oncologist said to me at the initial Team Lourie meeting: "I can treat you, but I can't cure you."

Huh? Followed fairly soon after by the equally distressing prognosis: "13 months to two years." Wait. WHAT!? (As Curly Howard of The Three Stooges said years ago while looking into a mirror: "I'm too young to die, too handsome, well, too young anyway.")

That prognosis - as you regular readers know - is old news, as I recently passed my 10-year anniversary; my oncologist's "third miracle," as he characterizes me. And as life goes on, so too do the studies and research and clinical trials.

As much progress as has been realized, still there are few guarantees for lung cancer patients. Although there are many more of us living beyond the years our respective oncologists initially gave us (our wildest dreams, I often say).

Living as a cancer patient/survivor, especially one still undergoing treatment, requires regular sit-downs with one's oncologist to discuss and/or assess lab work, results from diagnostic scans and side effects - or as I refer to them: "straight-on effects." At these sit-downs, the oncologist will sit down behind his computer and review my past and inquire about the present, typing away as I respond.

The questions are all too familiar. My answers, maybe familiar as well. Because if they're not, they may catch the attention of the doctor. And if they do catch his attention, he likely will probe further into their occurrence; their frequency, their location, their pain, their intensity, etc. And in so doing, he may learn things that could possibly alter/maybe even stop your treatment.

The doctor may become so worried about the symptoms you're describing, he may focus on the symptom, not the cause. And that's my fear in being honest: he may stop the treatment. I realize it might be counter-intuitive, but cancer scares the hell out of me. As a direct consequence, dishonesty sometimes becomes one's best policy.

Granted, being dishonest, or rather not totally forthcoming, with the person entrusted in extending your life, doesn't exactly win one the patient-of-the-year award. But when that same one is diagnosed with a "terminal" disease at age 54 and a half, there's a certain amount of clear thinking that quickly dissipates.

And if that same one is "ambalanced" to the hospital (in August 2013) for a week long stay in SICU (surgical intensive care), the fear of God is officially invoked which further clouds your judgment.

If you live long enough, your judgment improves but so too does your chance of dying. As I find myself saying: "I just can't keep on living with this thing, can I? I mean, I was diagnosed with a 'terminal' disease. They don't call it 'terminal' for nothing." But here I am, 10 years, post diagnosis, and living the dream, so to speak.

So how do I answer the doctor's questions when doing so honestly might lead to a gruesome outcome: hospitalization, and then, well, you know.

Let me be clear then about my answers. Maybe I'm not so certain about the "straight-on" effects? Maybe, they're not that bad and continuing the treatment will moderate the effects somehow while continuing to keep the cancer in its current place - without growing or moving?

I don't mean to understate my condition, but neither do I want to overrate it. Perhaps this mental anguish I'm describing makes no sense. But that's what cancer seems to do.

Nevertheless, I realize being honest with one's doctors is kind of important. Still, I may be too afraid of the consequences to be so inclined.

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



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