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and Oakton Vienna CONNECTION

From left -- Brett Cassidy, Alex Reeves, Thais Menendez, Rocky Nunzio, Joe Mucciolo, and Patrick Joy in "columbinus" at 1st Stage. The show runs through April 20 in Tysons Corner.



Confronting Evil

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PHOTO BY TERESA CASTRACANE/COURTESY 1ST STAGE OPINION, PAGE 6 ENTERTAINMENT, PAGE 12 CLASSIFIEDS, PAGE 14

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

THURSDAY/APRIL 4

Caregivers Support Group. 10-11:30 a.m. at UUCF Unitarian Universalist Congregation of Fairfax - Program Building, 2709 Hunter Mill Road, Oakton. For caregivers to adult family members with dementia. First and third Thursdays of every month. Hosted by Shepherd's Center of Oakton-Vienna, scov.org. Contact facilitator Jack Tarr at 703-821-6838 or jtarr5@verizon.net.

Memory Cafe. 2-4 p.m. at Andrew Chapel United Methodist Church, 1301 Trap Road, Vienna. Connect with others living with loved ones with dementia. Helping those with dementia and their caregivers find fun, resources and "family." Email Carol Blackwell at lovriver@aol.com or call at 571-236-6933.

Paving and Restriping Meeting. 6:30 p.m. at Vienna Elementary School, 128 Center St. S., Vienna. The Fairfax County Department of Transportation is planning to host community meetings in every district of the county this spring with the Virginia Department of Transportation to discuss proposed 2019 paving and restriping projects. State and county agencies coordinate restriping efforts to address safety issues for motorists, bicyclists and pedestrians through the creation of bike lanes, parking lanes, crosswalks and more. Visit www.fairfaxcounty.gov/transportation/2019-paving-and-restriping.

FRIDAY/APRIL 5

Kindergarten Orientation. 9-10:30 a.m. at Franklin Sherman Elementary School, 6633 Brawner St., McLean. Call the school at 703-506-7900 to be added to the sign up list for the orientation and to receive a registration forms packet.

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

AARP Smart Drivers Classes. 9 a.m.-1 p.m. at Oakton United Methodist Church, 2951 Chain Bridge Road, Oakton. A refresher course for drivers age 50 and older. \$15 AARP members, \$20 for non-members payable on the first day of class. Call instructor David Young at 703-591-1847 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 development of 21st Century skills and Portrait of a Graduate (POG) attributes. Visit www.fcps.edu/spedconference2019 for details, a list of workshops, exhibitor information and to register.

Spring into Cleaning Season. 9 a.m. at the Vienna Town Green. Resident-volunteers are encouraged to engage in some spring cleaning during the Town of Vienna's next Clean-Up Day, which runs 9 a.m.-noon Saturday, April 6. All volunteers, including students, Boy and Girl Scouts, and anyone willing to lend a hand, are welcome. Wear clothing to be comfortable getting down in the muck. Contact john.king@viennava.gov to sign up.

Caregiver Bootcamp. 9:30 a.m.-3 p.m. at Insight Memory Care Center, 3953 Pender Drive, #100,

SEE BULLETIN, PAGE 15

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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

It'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 Herry (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 Herry.

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 Herry (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)

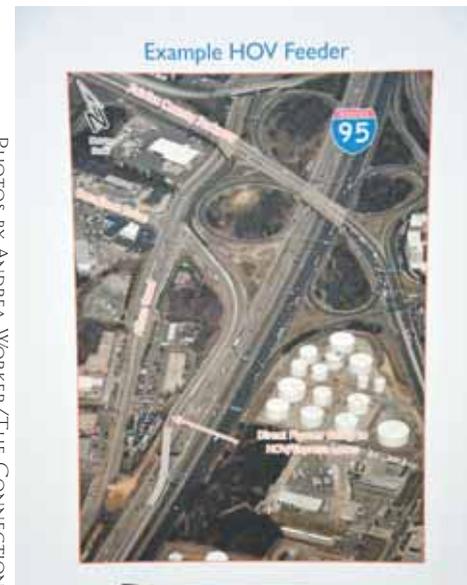
Franklin Farm to Route 123 – this section includes the VDOT projects widening projects

- ❖ 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.

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.

PEOPLE

Inspired by Grandma's Battle

Madison High graduate studies the quality of life of the homebound.

Being homebound may mess with your positive outlook on life. This is one of the conclusions University of Virginia student Joyce Cheng has drawn from her research on the quality of life of the homebound, funded by a 2018 Harrison Undergraduate Research Award.

Cheng, Madison High graduate and Springfield resident — a third-year student in the human biology distinguished majors program — became interested in the topic through personal experience.

"I watched my grandmother deteriorate emotionally and physically as she battled and eventually succumbed to pancreatic cancer," she said. "This motivates me to want to determine which factors are most imperative in influencing elderly people's quality of life, so their condition can be improved."

Cheng's research indicated that it was possible for homebound people to maintain a positive outlook.

"Those who do engage in more personal relationships and hobbies seem to possess a more positive outlook on life," Cheng said. "However, most patients were only able to leave their homes around one to three times per week, typically to go to the grocery store or doctor's appointments. Transportation barriers also posed a larger problem for rural patients."

Cheng, who plans to become a doctor, also cited the medical care available to older patients.

"Outings were especially tiring or painful for those with physical disabilities, and these feelings are exacerbated by long wait times in clinics and hospitals," she said. "Increased accessibility to comprehensive, home-based medical care may benefit homebound patients by removing barriers to health care access and allowing them to feel more comfortable in their own homes. These observations are crucial for those working toward improving geriatric care."

CHENG conducted her research near the University.

"This past summer, I conducted interviews with homebound elderly individuals in Charlottesville and surrounding counties," Cheng said. "I had the remarkable privilege of listening to them honestly describe their transitions to becoming homebound, and the challenges they faced in regard to their quality of life, social relationships, physical mobility and health care experiences."

Cheng said that elder care is going to be even more important in the future than it is today.

"The proportion of elderly individuals is increasing globally, and even first-rate health care services may fail to address issues of personhood and deteriorating quality of life," she said. "My work may help both researchers and physicians better understand the health care experiences and personal priorities of elderly homebound patients, informing the development of effective and empathetic home-based care."

And it also remains personal to her.



PHOTO BY DAN ADDISON/UNIVERSITY COMMUNICATIONS
Joyce Cheng

"Through time spent with my grandparents, as well as through volunteering at nursing homes and assisted living facilities, I have developed close connections with elderly people and have a personal interest in their wellbeing," Cheng said. "They have such interesting backgrounds, captivating stories to tell and invaluable wisdom to impart. Although health care is central to the lives of older individuals, I have realized that they are often underserved in our health care system in regard to their quality of life, mental health and happiness."

Aaron Yao, assistant professor of public health sciences administration and Cheng's mentor on her project, said she is a very proactive student who reached out to him after reading about his research in home-centered care and elderly care.

"She is gifted with many exceptional qualities that give her the ability to successfully conduct research, regardless of setbacks," Yao said. "The ability to think forward is one of her qualities. She is driven by her strong vision and research mission."

AN ECHOLS SCHOLAR and a College Science Scholar, Cheng also received the 2018 George C. and Carroll E.M. Seward Scholarship (a College of Arts & Sciences Deans' Scholarship), a College of Arts & Sciences Small Research and Travel Grant and the Laurie Lee Woolen Memorial Scholarship. A dean's list student and recipient of Intermediate Honors, she chairs the College Science Scholars Council; is a program director for the Madison House Adopt-a-Grandparent Program; is vice president of Kinetic Sound, an instrumental music performance group; and a member of the Virginia Student Environmental Coalition. She volunteers as a classroom consultant with the Volunteers with International Students, Staff and Scholars Program and is a teaching assistant for organic chemistry. A graduate of James Madison High School in Vienna, she plans to become a physician and continue with clinical research.

"I would especially like to have a career that focuses on assisting and empowering disadvantaged and marginalized communities that do not receive adequate health care, such as minority groups, elderly populations, impoverished people or communities affected by environmental injustice," Cheng said.



Christian Aliferis

PHOTO CONTRIBUTED

Madison High Saxophonist to Solo with City of Fairfax Band

Saxophonist, Christian Aliferis, a senior at James Madison High School, has won the City of Fairfax Band Association's annual Young Artist Competition and will solo with the City of Fairfax Band in their May 4 concert.

On winning the competition he said, "I'm thrilled to be performing with the band. This is my first time ever performing a concerto with an ensemble, and I'm super excited." Then he recalls, with a laugh, his first solo, as a young performer: "My first solo was in sixth grade when I played the 'Mario Brothers Theme' with the band."

Evidence of his talent, this young musician has played tenor sax in the All-Virginia Symphonic Band for two years and either tenor or baritone sax in his District Honor Band over four years. At Madison, not only did he play in the Wind Symphony, jazz and marching ensembles, and pit orchestra, he organized the pit orchestras for the school musicals. On top of his sax endeavors, he studies clarinet and recorder, played a year of violin, and founded and is president of a student recorder club.

He explains why he chose sax: "I loved the sound of the alto sax. Then I wanted to play tenor and realized that I love the different saxophone voices." Aliferis has developed his saxophone skills under the tutelage of Steve Temme, a member of the United States Marine Band, the President's Own. Next year he plans to study Saxophone performance in college.

Academically, Aliferis is a National Merit Semifinalist and an AP Scholar with Honor with a better than 4.0 GPA. When not immersed in music and studying, Christian plays serious competitive chess, having scored near the top in the Virginia Scholastic Chess Champi-

More Details

"AMERICAN VISTAS"

City of Fairfax Band
7:30 p.m., Saturday, May 4
Conductor: Robert Pouliot
Guest Artist: Christian Aliferis,
Alto Saxophone, James Madison
High School
Ernst Cultural Center, Northern
Virginia Community College, 8333
Little River Turnpike, Annandale
\$15 Adult; \$10 Senior; Students
Free | [https://
www.fairfaxband.org/](https://www.fairfaxband.org/)

onship, competed in numerous tournaments, and participated in the Madison Chess Club, and he teaches chess to young students.

This is the 24th year that the City of Fairfax Band Association has sponsored the Young Artist Competition to encourage the development of stand-out high school musicians who plan to pursue a musical career.

Three finalists competed in the Finalist Recital in March, and the winner was selected by a panel of judges, from the band, who are experts on the competing instruments. More information about the competition is available at [https://
www.fairfaxband.org/young-
artist-competition/](https://www.fairfaxband.org/young-artist-competition/).

At the Fairfax Band's May 4 concert, Aliferis will play "Tableaux de Provence" by Paule Maurice, on his Alto Saxophone. In the program, "American Vistas," the band continues with an aural feast of music that conjures up visions of America from the Shenandoah River of Virginia to the Sonoran Desert of Arizona and of both ends of the Mississippi River from the glacial lakes of Minnesota to the Cajun culture of southern Louisiana.

The concert begins at 7:30 p.m. in Ernst Cultural Center, 8333 Little River Turnpike, Annandale. Tickets are available at the door or online at <https://www.fairfaxband.org/>.

Oakcrest Wins Awards at Virginia Science Olympiad

Oakcrest made history as the first and only all-girls team to compete at the Virginia State Science Olympiad on March 23 at the University of Virginia. Coach and teacher Dr. Kat Hussmann received the Virginia Science Olympiad (VASO) Committee's Coach of the Year Award and sophomores Annaliese Anderson and Katiebelle Thompson finished fifth in the state in the science-caching event.

Although this is the fourth year Oakcrest has participated in Science Olympiad, it's the first time the school has sent a team to the state level. Oakcrest's Upper School team competed in 23 events covering everything from engineering to geology to genetics. Of the 24 high school teams who were at the state tournament, Oakcrest finished in the top ten in the categories of Designer Genes, Fossils, and Protein Modeling. Annaliese and Katiebelle grabbed the fifth-place medal in science-caching by traveling around the UVA campus to collect the most QR codes in the course of 50 minutes. Dr. Hussmann's award recognized her leadership and con-

tributions to promoting STEM education over the years—not only has she headed up Oakcrest's Science Olympiad team and led the first all-girls team to states, but she also has done important volunteer work for Science Olympiad.

Karen Emmons, VASO State Director, says, "Virginia Science Olympiad was delighted to welcome the team from Oakcrest School, our first all-girl school, to the State tournament. We are proud that 48 percent of the participants in Science Olympiad are girls and glad that Oakcrest School is an active part of the movement to inspire young women in STEM fields. Dr. Hussmann founded and has grown the program considerably at Oakcrest, as well as being a valuable test writer and judge for VASO, and is a worthy recipient of our 2019 Coach of the Year award. Congratulations to both Oakcrest and Dr. Hussmann!"

"It was a wonderful weekend, and we are grateful for all of the support for Science Olympiad throughout the year," Dr. Hussmann says.

Learn more at Oakcrest.org.



PHOTOS CONTRIBUTED

Virginia Science Olympiad Coach of the Year Dr. Kat Hussmann.



Sophomores Annaliese Anderson and Katiebelle Thompson placed fifth in science-caching.

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OPINION

Back in Richmond

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



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.

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-

Bald Eagle Over Lake Newport

Bald eagle spotted over Lake Newport in Reston at around 5 p.m. on Friday, March 29, 2019.



SUBMITTED BY LOGAN KLEINWAKS

LETTERS TO THE EDITOR

Our Founders' Wisdom

To the Editor:

Our Democracy is being tested. Will we be strong enough to stand up to protect it? Our Founders advised us:

At the close of the Constitutional Convention of 1787 a lady asked Benjamin Franklin, "Well, Doctor, what have we got—a Republic or a Monarchy?" Franklin responded, "A Republic, if you can keep it."

George Washington, in his 1796 farewell address, warned us about the dangers of animosity between political parties, despotism and foreign influence. He

said: "The alternate domination of one faction over another, sharpened by the spirit of revenge, natural to party dissension, which in different ages and countries has perpetrated the most horrid enormities, is itself a frightful despotism. But this leads at length to a more formal and permanent despotism. The disorders and miseries which result gradually incline the minds of men to seek security and repose in the absolute power of an individual; and sooner or later the chief of some prevailing faction,

more able or more fortunate than his competitors, turns this disposition to the purposes of his own elevation, on the ruins of public liberty. It serves always to distract the public councils and enfeeble the public administration. It agitates the community with ill-founded jealousies and false alarms, kindles the animosity of one part against another, [and] foments occasionally riot and insurrection. It opens the door to foreign influence and corruption, which finds a facilitated access to the

government itself through the channels of party passions."

In 1838 Abraham Lincoln counseled us that America will never be destroyed from the outside but if we lose our freedoms it will be because we destroyed ourselves. He said, "If destruction be our lot, we must ourselves be its author and finisher. As a nation of freemen, we must live through all time or die by suicide."

Barbara Glakas
Herndon

Vienna & Oakton
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Senior Living

SPRING 2019

PHOTOS BY DONNA MOULTON/FAIRFAX GARDEN CLUB

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CONNECTION

Historic Garden Week in McLean

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

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THE CONNECTION
NEWSPAPERS

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.

"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.

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."



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Senior Living

Greenspring Opens New Continuing Care Building

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

Greenspring, 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.



CAREGIVER CONNECT

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Join us each month to share time connecting with other caregivers and discussing common challenges. Guest facilitators offer information, advice and support in a welcoming, private setting. Dr. Aleksandra (Anya) Parpura, an expert in aging and dementia, leads our Caregiver Connect program and brings to us vast knowledge, helpful tips and a kind heart.

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Kensington Park, another Kensington community located nearby in Kensington, MD



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 sculp-

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.

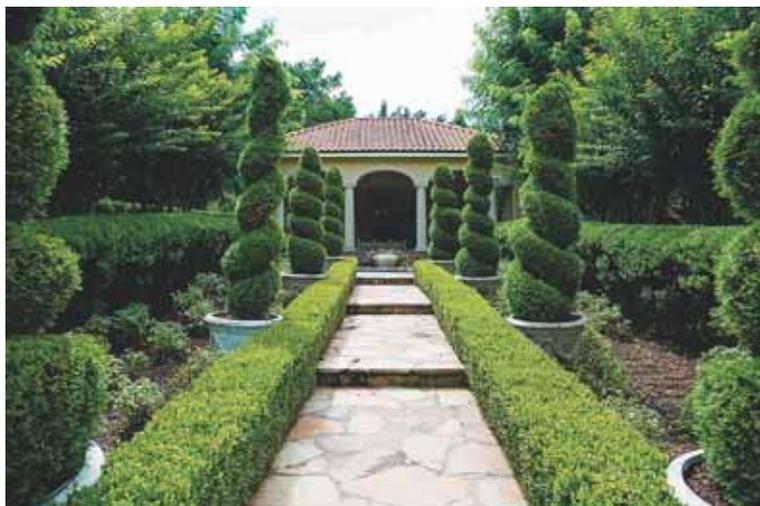
- ❖ Headquarters – Trinity United Methodist Church, 1205 Dolley Madison Boulevard, McLean. Complimentary refreshments served from 10 a.m. to 3 p.m.
- ❖ Tickets: Advance tickets - \$40 online at www.vagardenweek.org, or by mail, until April 20, 2019. Tickets Day of Tour - \$50 at Headquarters or Tour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

PHOTOS BY DONNA MOULTON

tured 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, or by mail, until April 20. Tickets on the day of tour are \$50 at headquarters or tour homes.



Home on Woodlea Mill Road includes European sculptured gardens.



Old Langley Ordinary built just before the Civil War.

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NEWS

Virginia Tire & Auto Opens in Vienna

Virginia Tire & Auto (www.vatire.com), the Fairfax-based, provider of automotive maintenance, repair and tire services, announces the opening of its flagship Vienna store at 141 Maple Avenue W, Vienna. This opening marks Virginia Tire & Auto's 15th store in Virginia.

Virginia Tire & Auto has been a family-owned and operated business for more than 40 years and takes pride in having deep roots in Vienna.

CEO of Virginia Tire & Auto, Mike Holmes, first arrived in 1986 when his Navy pilot father was stationed here. Mike graduated from James Madison High School, and his parents still reside in the Town of Vienna.

Mike currently lives in Vienna with his wife Julie, president of Virginia Tire & Auto, and their five children, and says, "It was only natural that our next step was to open up a flagship store in the city that we love so much."

"Bringing Virginia Tire & Auto to Vienna has been many years in the making," Julie said. "Previously, we operated James Madison Shell in Vienna for about 20 years and made the difficult de-



Virginia Tire & Auto (www.vatire.com) store is located at 141 Maple Avenue W, Vienna.

cision to sell in 2015, so we could focus on our core business—taking the stress out of car care through our larger format facilities. We're thrilled to do our part to beautify Maple Avenue by opening a modern, new car care

facility in the heart of our community."

For more information about Virginia Tire & Auto, visit www.vatire.com or www.facebook.com/VATIREANDAUTO.

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CALENDAR

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

THURSDAY-SATURDAY/APRIL 4-6

Oakton Library Sale. Thursday, 1-8 p.m.; Friday, 10 a.m.-5:30 p.m.; Saturday, 10 a.m.-3 p.m. at Oakton Public Library, 10304 Lynnhaven Place, Oakton. The Friends of Oakton Library Spring Book Sale – purchase gently used books, CDs, DVDs, audiobooks, and more. The Friends member pre-sale is Wednesday, April 3, 2-5:30 p.m.; join at the door. Free admission. Email FriendsofOaktonLibrary@gmail.com or visit www.fairfaxcounty.gov/library/branches/friends-of-oakton for more.

FRIDAY/APRIL 5

Vinson Hall Community Talent Show. 7 p.m. in the Kathy Martin Community Building Ballroom, on the Vinson Hall Retirement Community campus, 1735 Kirby Road, McLean. The Talent Show will feature acts performed by VHRC residents and staff, ranging from piano performances to song and dance numbers to a yodeler. Open to the public. Admission is \$10, which will support Navy Marine Coast Guard Resident Foundation's Innovation and Enhancement Fund. Following the performance there will be a coffee and dessert bar available and a chance to talk with the stars of the show.

FRIDAY-SUNDAY/APRIL 5-7

50th Anniversary Treasury of Art. Friday-Saturday, 10 a.m.-9 p.m.; Sunday, noon-4 p.m. at the Vienna Community Center, 120 Cherry St. SE, Vienna. The Vienna Arts Society showcases hundreds of original artworks from around the nation selected by juror Leigh Culver. Saturday night, April 6, features music by the Difficult Run String Band. The Awards Reception, Saturday, April 7 from 7-9 p.m., is an opportunity to meet the artists while enjoying light refreshments and music by the Fascination Strings. Free and open to the public. Visit viennaartsociety.org for more.

FRIDAY/APRIL 5-27

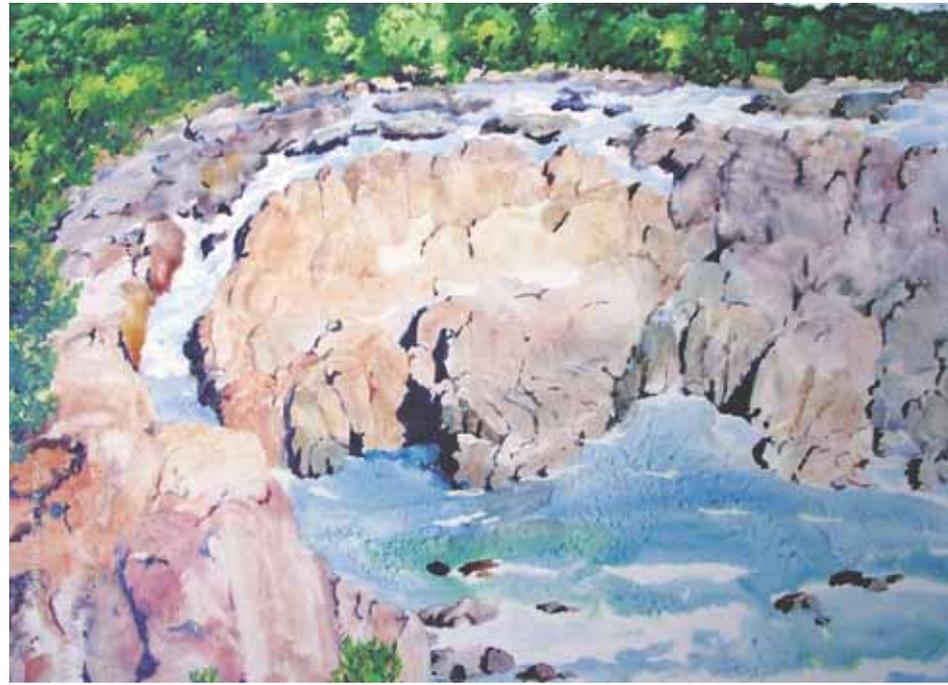
Spring Cleaning Local Waterways. 9-11:30 a.m. unless noted. The Fairfax County Park Authority and The Nature Conservancy are looking for 1,000 volunteers to lend a hand at 21 parks to clean up local waterways. Watershed Clean-up events bring the community together to clear the earth's arteries by removing tires, bottles, cans and other debris that has been carelessly dumped in our streams, rivers and lakes. This is a great community service project for individuals, families, service groups and students. To sign-up as a volunteer, see The Nature Conservancy link bit.ly/2PkL5Tu.

SATURDAY/APRIL 6

Explore Lake Fairfax Park with a Naturalist. 10-11:30 a.m. at Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. Learn about the flora and fauna that give Lake Fairfax Park its character. Designed for participants 3-adult. \$8 per person. Dress for the weather. Call 703-471-5414 or visit www.fairfaxcounty.gov/parks/lake-fairfax.
Scrapbook for a Cause. At the Vienna Volunteer Fire Dept, 400 Center St. S., Vienna. All proceeds benefit Colleen McGroder's Kidney transplant fund. Registration fee includes cropping space, lunch on Saturday, coffee, tea, lemonade and a raffle ticket. Dinner will be available for purchase for \$8. Registration is \$40; \$45 at the door. Learn more at www.gofundme.com/colleen-mcgroder-kidney-transplant-fund. For information contact Mary Kubisch at mary.kubisch@gmail.com or 703-314-5438.

SUNDAY/APRIL 7

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 at the door. Get tickets at www.eventbrite.com/e/a-turning-point-in-womens-history-wrj-mid-atlantic



“Great Falls” watercolor by Jeff Gorrell.

50th Anniversary Treasury of Art

The Vienna Arts Society showcases hundreds of original artworks from around the nation selected by juror Leigh Culver. Saturday night, April 6, features music by the Difficult Run String Band. Friday-Saturday, April 5-7, 10 a.m.-9 p.m.; Sunday, noon-4 p.m. at the Vienna Community Center, 120 Cherry St. SE, Vienna. The Awards Reception, Saturday, April 7 from 7-9 p.m., is an opportunity to meet the artists while enjoying light refreshments and music by the Fascination Strings. Friday-Saturday, 10 a.m.-9 p.m.; Sunday, noon-4 p.m. at the Vienna Community Center, 120 Cherry St. SE, Vienna. Free and open to the public. Visit viennaartsociety.org for more.

district-area-day-tickets-57807894970.
Camp Open House. 1-4 at The Madeira School's Chapel Auditorium, 8328 Georgetown Pike, McLean. Find out about Traveling Players Ensemble's summer theatre camp for grades 3-12. Get a tour and meet the staff. The whole family is welcome. Rain or shine. Free. Call 703-987-1712 or visit www.travelingplayers.org.
Fairfax Choral Society with Amadeus Orchestra. 4 p.m. at Saint Luke Catholic Church, 7001 Georgetown Pike, McLean. Features “The Armed Man: A Mass for Peace” by composer Karl Jenkins. The work fuses several religious and musical traditions into a one-of-a-kind composition of surpassing beauty. A pre-concert lecture by Music Director A. Scott Wood will begin at 3:15. A reception will follow the concert, at which attendees may meet and chat with the performers and fellow music lovers. Tickets are \$40 and may be purchased at the door or at www.amadeusconcerts.com. Students 17 and under and active military are admitted free of charge.

McLean Symphony Performance. 7 p.m. at Lewinsville Presbyterian Church, 1724 Chain Bridge Road, McLean. The McLean Symphony presents its spring concert, “Appealing! Surprising!” featuring Luke Ratcliffe, pianist. The concert will be conducted by Dr. Igor Sarmientos. This is the third concert of the Symphony's 47th season, “Symphonic Adventures.” Visit www.mclean-symphony.org or call 703-831-7165.

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. In collaboration with Fairfax County and community partners, the Northern Virginia Positive Aging and Wellness Fair will offer tools, 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 information, visit positiveagingfair.com. For county services for older adults and caregivers, go to www.fairfaxcounty.gov/OlderAdults.

TUESDAY/APRIL 9

McLean Historical Society Meeting. 7:30 p.m. in the McLean Community Center, 1234 Ingleside Avenue, McLean. The program will feature Clyde Clark who will discuss “The History of the McLean Volunteer Fire Department.” Everyone is welcome. Contact Carole Herrick at 703-356-8223.

Gala: Rio Carnival. Silent auction and reception, 6 p.m.; dinner and dancing, 7 p.m. at Fogo de Chao in Tysons Corner. Support the Tysons-McLean Orchestra at the 48th Annual Patron's Gala, Rio Carnival. The Annual Patron's Gala is the annual fundraiser for the Tysons McLean Orchestra. Visit tysonsmcleanorchestra.org.

SUNDAY/APRIL 14

Palm Sunday Concert. 6:30 p.m. at Vienna Presbyterian Church, 124 Park St., NE, Vienna. The program will include Gabriel Faure's Requiem and his Cantique de Jean Racine, along with Mozart's Coronation Mass. The VPC Sanctuary Choir will be accompanied by pianist Kristina Schenck and harpist Kate Hazzard Rogers. Featured soloists will be sopranos Julianne Kim & Leah Inger, alto Ali Coburn, tenor Patrick Sobolik, baritone Spencer Adamson, and bass Joshua Hong. All will be under the baton of Director Lance Vining. Free will offering will be taken to commission a choral anthem to honor Linda Hannah. Childcare by reservation only: 703-938-9050, ext 160.

MONDAY/APRIL 15

Film Screening: Straws. 6:30-9 p.m. at Oakton Library, 10304 Lynnhaven Place, Oakton. Straws is a powerful documentary about plastic straws and other forms of plastic pollution that inundate our waterways and oceans. Sponsored by Sierra Club Great Falls Group. Free. RSVP at act.sierraclub.org/events/details?formcampaignid=7010Z0000027XRIQA2. Email ccarver37@gmail.com or call 703-655-5069.

TUESDAY/APRIL 16

Neil Young Tribute. 7:30-9 p.m. at Jammin Java, 227 Maple Ave. E, Vienna. Sugar Mountain brings together an ensemble of veteran musicians from the New Jersey music scene who faithfully replicate the songs of one of the most prolific and beloved singer/songwriters, Neil Young. \$20. Visit www.jamminjava.com or www.sugarmountaintribute.com for more.

WEDNESDAY/APRIL 17

McLean Newcomers and Neighbors Luncheon. 11:30 a.m. at Eddie V's, 7900 Tysons One Place, McLean. The speaker is Joan Nathan, cookbook author. \$50 per person. To attend, pay at squareup.com/market/mclean-newcomers-club. Prospective members are invited. No reservations will be accepted after Friday, April 12. Visit www.McLeanNewcomers.org.

FRIDAY-SATURDAY/APRIL 19-20

“Ripcord.” Friday-Saturday, 8 p.m. at the Vienna Community Center, 120 Cherry St., SE, Vienna. The Vienna Theatre Company's production of Ripcord centers on retirement home roommates, Abby and Marilyn, who mix together about as well as oil and water, getting into Odd Couple-esque situations. Tickets are \$14 at viennava.gov/webtrac or in person at the Vienna Community Center.

SATURDAY/APRIL 20

Nottoway Park Egg Hunt. 9:30 a.m.-12:30 p.m. at 9537 Courthouse Rd, Vienna. BYOB (bring your own basket) for the annual family Egg Hunt. Children ages 1-9 will hunt for candy and eggs filled with treats, win door prizes and greet the Easter bunny. Separate hunts and door prizes by age group. Egg Hunt Schedule: ages 1-2, 10:30 a.m.; ages 3-4, 11 a.m.; ages 5-6, 11:30 a.m.; ages 7-9, 12 p.m. \$10 per child (cash only). Registration from 9:30-11:45 a.m. in the Hunter House parking lot. Call 703-324-8569 or visit www.fairfaxcounty.gov/parks/nottoway-park/egg-hunt/042019.

FRIDAY-SUNDAY/APRIL 26-28

“Ripcord.” Friday-Saturday, 8 p.m.; Sunday, 2 p.m. at the Vienna Community Center, 120 Cherry St., SE, Vienna. The Vienna Theatre Company's production of Ripcord centers on retirement home roommates, Abby and Marilyn, who mix together about as well as oil and water, getting into Odd Couple-esque situations. Tickets are \$14 at viennava.gov/webtrac or in person at the Vienna Community Center.

ENTERTAINMENT

From left — Brett Cassidy, Alex Reeves, Thais Menendez, Rocky Nunzio, Joe Mucciolo, and Patrick Joy in “columbinus” at 1st Stage. The show runs through April 20 in Tysons Corner.



PHOTO BY TERESA CASTRACANE/ COURTESY 1ST STAGE

Confronting Evil

A brilliant stage production of “columbinus” at 1st Stage.

BY DAVID SIEGEL
THE CONNECTION

There is palpable rage in the all too disquieting, yet mesmerizing, 1st Stage docudrama production of “columbinus” written by Stephen Karam and PJ Paparelli. First staged in 2005, “columbinus” combines fact and fiction into unforgiving dramatic theatrical imagination that slowly recounts the 1999 mass shooting at Columbine High School in Littleton, Colo. The 1st Stage production coincides with the 20th anniversary of the 1999 events.

Playwrights Karam and Paparelli stitched together excerpts from real interviews with parents, survivors and community leaders as well as personal diaries and other relevant items to explore the Columbine shootings. Before focusing on the Columbine events, the playwrights provide a more general sense of contemporary teen life and cliques in any American high school in the first act. In act two, the play pivots into the Columbine shootings that took the lives of twelve student, one teacher and wounded more than 20 others before the two perpetrators, Dylan Klebold and Eric Harris committed suicide. The production has a coda in which the cast members become survivors and townspeople who reflect on the events.

The outstanding cast includes a believably cold-eyed, intimidating, easily irritated Rocky Nunzio as the Alpha-male Eric Harris and an edgy, nervous, moody Patrick Joy as Dylan Klebold. They are joined by Jennie

Where and When

1st Stage presents “columbinus” at 1524 Spring Hill Rd, Tysons. Performances to April 20, 2019. Thursdays: 7:30 p.m., Fridays: 8 p.m., Saturdays: 2 p.m. & 8 p.m. and Sundays at 2 p.m. Tickets: General Admission \$39, Senior (65+) \$36, Student \$15, Military \$15. Call 703-865-1856 or visit www.1stStageTysons.org
Note: 1st Stage provides general admission for all productions. Wheelchair accessible

Bissell, Brett Cassidy, Thais Menendez, Joe Mucciolo, Jonathan Del Palmer, and Alex Reeves who give bravura performances as high school students in a situation they could never have expected when they woke up in the morning to go to school.

The 1st State design team includes a masterful scenic design by Kathryn Kawecky that is never static as the cast members move pieces of furniture into any number of configurations. The sound design by Kenny Neal is a wonder of percussive music, but of sounds that accompany the thinking of character. Projection design by Robbie Hayes left me speechless at the show’s conclusion.

“columbinus” is not an easy show to watch given its utterly realistic feel and the production’s ensemble of actors who dare the audience to look away. Don’t turn away from the opportunity to see it and react to it. “columbinus” offers no easy answers to gun violence in schools or anywhere. Rather the 1st Stage production directed by Juan Francisco Villa and Alex Levy provides the chance to have conversations about that particular shooting and those that have followed to this very day.



PHOTO CONTRIBUTED

The James Madison High Robotics team, The Warbots

Madison Warbots Garner Finalist Award at Robotics Tournament

The James Madison High School Robotics team, the Warbots, earned Finalist status at the FIRST Robotics Competition (FRC) Chesapeake District tournament held at Oxon Hill, Md. The FRC competition is an international high school robotics competition. Each year, teams of high school students and mentors work during a six-week period to build robots that weigh up to 125 pounds and perform specific tasks on a field to earn points.

The Warbots started the FRC season by brainstorming ideas for each major part of their robot. Also, they split into

sub-teams, including mechanical, programming, build, and electronics. After much work, the Warbots integrated all the components to form their working robot.

At the recent FRC tournament, the Warbots became one of the Alliance team captains based on their robot’s stellar performances. So they scouted other teams and formed an Alliance with two FRC teams from Woodbridge, Va. and Severn, Md. After several hard-fought matches, the Warbots Alliance advanced to the inals. Ultimately, the Warbot Alliance attained second place overall.

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NEWS

Egg hunts will be hatching at parks throughout Fairfax County in the month of April.



COURTESY PHOTO

Hunting for Eggs in County Parks

Grab a basket and hunt for eggs at parks throughout Fairfax County.

Egg hunts will be hatching at parks throughout Fairfax County in the month of April, and the Easter Bunny will be making some appearances, too. Contact the sites directly or visit Eggcellent Events for a full list of egg hunts and programs.

Things kick off on Sunday, April 7, with the "Easter Eggstravaganza" at the Frying Pan Farm Park Visitor Center. Children ages one to six can hunt for eggs filled with treats and prizes and visit animals outdoors. Hunts are scheduled by age from 10 a.m. to 3 p.m. The cost is \$8 per child.

On that same afternoon Hidden Oaks Nature Center hosts a "Woodland Wildlife Egg Hunt" for children age three to eight. Enjoy an easy walk to meet costumed woodland characters and collect 10 eggs with non-candy treats. See live frog eggs and meet some spring critters. Programs begin at 1 and 1:30 p.m., and the cost is \$9 per child.

On five days in April, go on a "Dinosaur Egg Hunt" at Hidden Oaks. Enjoy a dinosaur-themed program and outdoor egg hunt and make a dino craft. The program for children ages two to eight runs on April 13, 14, 19, 20 and 21 at various times. The cost is \$10 per child.

The "Easter Egg Hunt at Sully" takes place the weekend of April 13 through 14. Children ages one to eight can bring baskets and go on an egg hunt like the Noltings had at Sully in the early 1950s and participate in an egg roll and egg carry. The Easter

Bunny will be there, too. The cost is \$8 per child. Children age two to nine can join the Easter Egg Hunt at Colvin Run Mill on Saturday, April 13. Hunt for eggs and make crafts to take home. Hunts are scheduled by age from 10 a.m. to 12:15 p.m., and the cost is \$8 per child.

On Sunday, April 14, register for the Easter Egg Hunt at Lake Fairfax Park for children age one to four and hunt for eggs filled with treats and treasures. Hunts are scheduled by age from 11 a.m. to 2 p.m., and the cost is \$8 per child.

Saturday, April 20, is also a big day for egg-citing events.

Burke Lake Park hosts its annual "Baskets & Bunnies" celebration featuring egg hunts, rides, mini-golf, vendors and other activities from 10 a.m. to 5 p.m. Purchase a pass in advance for \$12 to save money. This event is for family members of all ages.

The Easter Egg Hunt at Clemjontri Park gives children ages one to nine a chance to enjoy egg hunts, crafts, photo opportunities with the Easter Bunny and more. Egg hunts are split by age and run every 30 minutes from 10 a.m. to 3:30 p.m. The cost is \$7 per child. Carousel rides are available for \$3 per child.

Bring your own basket and hunt for candy and eggs filled with treats at the Easter Egg Hunt at Nottoway Park for children ages one to nine. Hunts are scheduled by age from 10:30 a.m. to noon. The cost is \$10 per child (cash only).

For the science-minded, don't miss The Egg Challenge at Riverbend Park. All ages are invited to join a classic STEM design challenge — the Egg Drop. Build a structure that will protect your egg in a 10-foot-plus drop, then participate in a fun egg hunt for children age one to nine by the Potomac River. The program runs from 1 to 3 p.m., and the cost is \$10 per person.

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BULLETIN

FROM PAGE 2

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, or contact Lindsey Vajpeyi at 703-204-4664 or lindsey.vajpeyi@insightmcc.org.

Peripheral Neuropathy Support Group. 2-4 p.m. at Mason District Governmental Center, 6507 Columbia Pike, Annandale. The Peripheral Neuropathy Support Group for greater Washington meets the first Saturday of the month. All are welcome. RSVP for available seating. Call 301-263-0616 or visit www.dcpnsupport.org for 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 for more.

Traveling Players Ensemble Auditions.

Traveling Players Ensemble will hold auditions for high schoolers to enroll in its pre-professional summer theatre camps at The Madeira School in McLean. Auditions are open to the public and require registration. Visit www.travelingplayers.org or call 703-987-1712.

MONDAY/APRIL 8

Fempreneur Workshop and Mastermind. 3-6:30 p.m. at Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. An interactive workshop and mastermind focusing on how to "Stop Wasting Time and Money on Routine Tasks. Automate for Freedom, Flexibility & Focus." Learn to identify automation opportunities and stop wasting time and energy on tasks. Learn the five essential elements to automate and scale a business to reduce workload without incurring major hiring costs. Free. Visit dcfempreneur.com or call 703-945-0058.

Public Safety Information Program. 7:30 p.m. at McLean Community Center, 1234 Ingleside Ave., McLean. The April McLean Citizens Association Public Safety Information Program will focus on the Two Chiefs of Fairfax County: Fairfax County Police Department Chief Edwin Roessler; and Fire and Rescue Department Chief John Butler. Visit mcleancitizens.org for more.

TUESDAY/APRIL 9

Professional Networking Breakfast. 8-10 a.m. at Sunrise of McLean, 8315 Turning Leaf Lane, McLean. Held the second Tuesday of every month to network and hear more about key health topics for seniors. RSVP at 703-734-1600 or at mclean.DOS@sunriseelderliving.com.

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 or email Recpac@fairfaxcounty.gov.

Public Information Meeting. 7-8:30 p.m. at Marshall Road Elementary School (cafeteria), 730 Marshall Road SW, Vienna. Fairfax County Department of Transportation (FCDOT) will hold a public information meeting on the planning and implementation of the off-corridor portions of the I-66 Outside the Beltway Bicycle/Pedestrian Trail. Attendees will be asked to submit names and weigh in on a sampling of names that have been suggested. FCDOT will narrow the list and host an online survey of names and invite the public to vote for their choices. Visit outsidebeltway66.org/default.asp for more.

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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 "ambulance" 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.



Fr. John Dolan OSFS, Parochial Vicar at OLGC Church, spoke about Bannerghatta National Park, India



NPS Ranger Will Rifenburg from Wolf Trap National Park.

PHOTOS CONTRIBUTED

International Day Celebrates National Parks Around the World

Our Lady of Good Counsel School held their annual International Day on Friday, March 8. This year's theme was "National Parks Around the World." 5th Grade students worked in groups to research the national parks of 16 different countries, and focused on two or three to study in depth and highlight in videos presented to the school on Friday. International Day also featured several guest speakers from the community. NPS Ranger Will Rifenburg from Wolf Trap National Park for the Performing Arts spoke with the students about the history of the United States National Parks Service and Wolf Trap National

Park through the years.

Fr. John Dolan OSFS, Parochial Vicar at OLGC Church, spoke to the students about Bannerghatta National Park, India and what life is like in Bangalore, Karnataka, India. The day concluded with the annual OLGC Parade of Nations, where more than 60 students walked in traditional clothing representing 23 nations around the globe.

In addition to the festivities, the School's Lenten Service Project to raise money to donate a tree to the Town of Vienna was introduced to the school community.



Countries represented at International Day included Mexico and South Korea.

Adventures in Learning to Hold Open House

The Shepherd's Center of Oakton-Vienna (SCOV) is set with its Adventures in Learning (AIL) line up of classes for their Spring 2019 semester schedule that includes more than 40 classes with a wide range of subjects - from their Health and Wellness series to their Potpourri and World Affairs series. In addition, there are T'ai Chi classes (twice a week), Advanced Beginning & Intermediate Bridge.

Students may attend one or all of the AIL Spring 2019 classes for one \$45 fee and are encouraged to create their own schedule - attend classes all day or attend only one class. Not sure? Students are welcome to sample one class for free.

To register or learn more about Adventures in Learning or the Shepherd's Center of Oakton - Vienna, students are encouraged to attend an Open House on Thursday April 11, from 10 a.m. - Noon at the Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton. Golf cart transportation will be provided to assist those in need of help traveling from the parking lot to open house and classes. Light refreshments, sponsored by Sunrise at Hunter Mill, will be provided at the Open House.

The following classes are but a sample of the classes to choose from.

- ❖ T'ai Chi classes
- ❖ Intermediate/Advanced Bridge
- ❖ Potpourri Series includes, Television's Greatest Hits; Your Landscape as Habitat; Budapest, Vienna and Prague - Travel & Food, etc.
- ❖ The Health Series includes



PHOTO COURTESY OF SCOV

The Shepherd's Center of Oakton-Vienna will hold Adventures in Learning Open House/Registration on April 11, 10 a.m. - Noon.

Protect Yourself from Fraud and Identity Theft; Fitness Tips for On the Road/Travel; Exercise Physiology for Active Agers, etc.

❖ The World Affairs Series includes Vietnam War in Retrospect; the Importance of Allies/Alliances Especially as it Relates to NATO; An Introduction to the U.S. Intelligence Community; etc.

For details call the office at 703-281-0538 or visit <http://www.scov.org/ail-open-house> for your application and class schedule.

To volunteer, donate or learn more about how you can help, visit SCOV website at www.scov.org or contact the office at 703-281-0538, office@scov.org.

Oakcrest Prepares for First International Mission Trip

Oakcrest has announced its first overseas mission trip, which will take place in Jamaica from Aug. 10-17. More than a dozen Upper School students, accompanied by Oakcrest chaperones, will work with Mustard Seed Communities. Mustard Seed is a nonprofit organization dedicated to caring for the most vulnerable populations in society, particularly children and adults with a range of developmental and physical disabilities.

Susan Driscoll, Director of Mission Programs at Mustard Seed, explains the mission trip experience: "Communities' mission trips are carefully structured service experiences rooted in meaningful interaction with the program's residents. Residents are children and adults with a range of disabilities, children affected by HIV/AIDS, and teen mothers and their babies. Core aspects of an MSC mission trip include tangible work projects to contribute to the residential care program and the

opportunity to explore a different country and culture."

Oakcrest history teacher, Cecilia Escobar, is spearheading the trip. "The goal of this international service trip is to experience a country and culture vastly different from our own, by serving the needs of the marginalized," she says. "Through these rich but simple encounters, we hope that students gain an appreciation for all of the blessings we have personally and in this country. Students will give of their time and talents and in doing so develop a better understanding of the worth of the human person."

The students on the mission trip team look forward to a week of service and learning. "I hope that those that I am serving will teach me to be grateful for all the blessings in my life that they might not have been blessed with, and to see that many of the things that I think of as necessary are really not that important," says sophomore Rose Ferguson.



PHOTO CONTRIBUTED

Student Team for Jamaica Mission.