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Several hundred people attended the Easter Egg Hunt in Great Falls at the Village Centre.



OPINION, PAGE 6 ♦ ENTERTAINMENT, PAGE 10 ♦ CLASSIFIEDS, PAGE 14

PHOTO BY STEVE HIBBARD/THE CONNECTION



Hundreds Hunt for Easter Eggs in Great Falls

NEWS, PAGE 3

Managing Stormwarer In Great Falls

NEWS, PAGE 4

Relocation Buyer Makes a Comeback

REAL ESTATE, PAGE 13

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Several hundred people attended the Easter Egg Hunt in Great Falls at the Village Centre.



The Gonzalez family of Fairfax: Adrian and Martha with their kids Rebecca, 6, Andrea, 4, and David, 2.

Hundreds Hunt for Easter Eggs in Great Falls

Village Centre event sponsored by Adeler Jewelers and Great Falls Optimist Club.

For the 35th year, Adeler Jewelers held its annual Easter Egg Hunt on Sunday, April 14, 2019, at the Great Falls Village Centre in Great Falls.

The place was packed with 500-800 enthusiastic children and their families, and the event featured 9,000 eggs, of which 900 contained chocolate and gems — ranging from amethyst, citrine, garnets, pearls, and opals. Guests paid \$10 to attend, with proceeds benefiting the Great Falls Optimists Club. There was also a spring festival on the Green with inflatable rides, games, food, and, of course, the Easter Bunny.

According to Jorge Adeler of Adeler Jewelers: “This is intended to open up human interaction. We have entertained probably 20,000 children over the years. It’s a lot of work but it’s amazingly reward-

ing when in a minute and a half, if you time it from the moment the kids run until the moment you don’t see an egg in the field — It takes two months of work, hundreds of hours, and it’s all gone in a minute and a half. It’s an incredible event,” he said.

Added Wendy Adeler Hall, Vice President of Business Development at Adeler Jewelers: “We’ve been here in Great Falls since 1980. And we have been doing this festival for 35 years. We partnered with the Great Falls Optimist Club for over 20 years now and 100 percent of the proceeds benefits them. Through the course of 35 years, the community has been incredibly involved. We had 25 community sponsors this year. It’s become a full community event that’s supported by the community.”

— STEVE HIBBARD



Lowell Sapp, 3 of Great Falls, displays her Easter basket at the Great Falls Easter Egg Hunt at the Village Centre on Sunday, April 14, 2019.



The start of the Great Falls Easter Egg Hunt at the Village Centre on Sunday, April 14, 2019.

PHOTOS BY STEVE HIBBARD/
THE CONNECTION



Branden Beets, Tennis Director at Great Falls Swim and Tennis, hits the ball.



Children jump in the Ninja Warrior Inflatable ride.

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NEWS

Managing Stormwater in Great Falls

PHOTO BY ANDREA WORKER/THE CONNECTION

Great Falls Citizens meet with county on stormwater issues.

BY ANDREA WORKER
THE CONNECTION



Fairfax County staff were on hand at the Environment and Parks Committee of the Great Falls Citizens Association's April meeting at the Great Falls Library.

Committee co-chairs William Denk and Karen Keegan welcomed Bruce McGranahan, Director, Site Development and Inspections Division and Camylyn Lewis, Senior Engineer III, to discuss stormwater ministration.

The officials used a case-study approach to demonstrate how the county reviews and oversees stormwater quality treatment and quantity management.

McGranahan and Lewis presented slides showing the application designs submitted by Verity Commercial and IntegraCare, partners in the project seeking to build a senior assisted living complex on Walker Road, across from Dante's Italian restaurant.

McGranahan said that using a real-life example was a better way to explain what can be "very complex," even to an audience filled with well-informed individuals, several of whom have backgrounds related to land use and environmental management. "With

Great Falls Citizens Association Environment and Parks Committee co-chair Karen Keegan listens to a presentation by county staff on local stormwater management. Later in the meeting, Keegan reported on the outcomes of related legislation that had gone before the Virginia General Assembly.

all of the regulations, from both the state and the county, it can be hard to satisfy all of the issues."

Lewis ran the slideshow, pointing out the changes in the developers' applications to better address stormwater runoff.

AS IT STANDS, the proposed Residences at Colvin Run have suggested an underground water treatment

SEE STORMWATER, PAGE 13



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Practical Advice on Dealing with Youth Anxiety

Lynn Lyons discusses youth anxiety in Safe Community Coalition annual event.

BY GINA MANNING
BOARD MEMBER, SAFE COMMUNITY COALITION

Speaking to a crowd of more than 250 at the McLean Community Center Alden Theater on April 1, Lynn Lyons, LICSW and author of “Anxious Kids Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous and Independent Children” gave the audience a delightful insight into the inner workings of anxiety and steps to prevent it from taking over families.

“Anxiety’s agenda is just two things: certainty and comfort. That’s it,” said Lyons. “It’s not that complicated.”

Lyons says knowing the specific type or root cause of anxiety ultimately doesn’t matter.

“All anxiety will tell you the same thing,” she said, “Blah, blah, blah...and you can’t handle it.” The “blah, blah, blah” could be anything – a substitute teacher, an unleashed dog, a fire drill, taking the SAT, trying a new food, fear of getting sick, etc.

Lyons stressed that anxiety has a genetic component, with anxious parents up to seven times more likely to have an anxious child. But because there’s no anxiety gene,

how parents model behaviors around anxiety sets the tone. “Basically, if it’s nature it’s you. If it’s nurture it’s you,” she said to a laughing crowd of parents and students from across McLean and the surrounding area.

Research shows that anxious children can learn patterns of worry from parents. Parents want the worry to go away, so we reassure and arrange for things to run smoothly. Yet the more we try to accommodate and provide certainty, the more we inadvertently reinforce the fear and avoidance. “Reassurance is a bottomless pit,” she stressed, but by embracing new strategies we can alter the pattern.

In the beginning of treatment, she explains how worry operates in the brain and body. A trigger event causes the worried thoughts that activate the brain’s “fight or flight” response. Chemicals are then secreted that cause physical discomfort – nausea, sweating, headaches, shaking – which



PHOTO BY MARION MEAKEM PHOTOGRAPHY

More than 250 people turned out at the Alden Theater Monday, April 1 to hear Lynn Lyons discuss youth anxiety.

makes us more worried and intensifies the physical reactions, and the cycle repeats. When kids understand what’s happening inside their brains and bodies, they are less overwhelmed by their thoughts and physical sensations.

Parents can also help by sharing their personal experiences to show children how they manage their own anxiety or when they have had to go to Plan B. These simple conversations can signal to anxious

children that adults are human too. “I had to give a big presentation today. I was so nervous, but I...” models the process of managing “normal” worry.

For families that need therapy, Lyons says effective treatment has a few key components – getting parents involved, having homework between sessions, and knowing the goals.

For more about Lyons’ steps for managing anxiety, visit the Safe Community Coalition website at mcleanscc.org.

Lyons’s visit to McLean was the highlight of the Safe Community Coalition’s yearlong focus on anxiety in families. The SCC’s vision is a community where youth learn to make responsible decisions and where they are safe, mentally and physically healthy, and free from alcohol and drug use. The SCC offers programs for youth, parents, and the community in collaboration with other community sectors concerned about our youth: schools, parent/teacher associations, faith organizations, businesses, public safety organizations, the medical community, and civic organizations.

The SCC is a tax-exempt non-profit organization that is 100 percent funded by donations. See mcleanscc.org for more details on how you can donate and get involved.

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OPINION

Supporting Immigrant Families, Community

Comprehensive change — not one-time funding — needed to support Fairfax County immigrant families and community members.

BY MARY SUPLEY
FAIRFAX FOR ALL

Fairfax County residents in deportation proceedings are not guaranteed access to free legal counsel. According to Department of Justice data, such legal representation dramatically increases the likelihood that an individual will have a hearing, be released from detention, and be granted relief from deportation.

The Fairfax County Board of Supervisors is considering limited, temporary, one-time funding for legal representation for county residents in deportation proceedings. Without also enacting a policy that ends the county's voluntary collaboration with ICE (U.S. Immigration and Customs Enforcement), this proposal is merely a band-aid that would offer assistance to fewer than 1 percent of the people who need it. A band-aid on a wound that the Board of Supervisors and Sheriff Stacey Kincaid deepen every day as they put more people into the

arrest-to-deportation pipeline.

Currently, more than 11,500 county residents are in deportation proceedings. This is because Fairfax County voluntarily collaborates with ICE in the detention and deportation of its residents and visitors. This collaboration harms migrants residing in Fairfax County and weakens our community. Every day that county leadership fails to act, more people live in fear and more residents are detained. Data from Syracuse University's TRAC program show that Fairfax County ranks 13th in the country for its compliance with voluntary detainer requests issued by ICE (view data directly at bit.ly/detainer-compliance-rates).

While funding for legal representation would be commendable, it's not enough. By itself, this proposal alone offers more comfort to the politicians who want to appear to stand with our immigrant neighbors than it does to people vulnerable to those politicians' policies. Real and lasting change will only come by ending the county's voluntary collaboration with ICE.

In late 2017, attorneys working in concert with the Fairfax for All coalition drafted the Ordinance to Protect Equal Justice for All. This countywide policy, which would end this racist collaboration and create some equity for our immigrant neighbors, will:

1. Prohibit the county from being involved in civil immigration enforcement;
2. Limit the collecting and sharing of information with ICE;
3. Expand the list of documents that are acceptable as proof of identity; and
4. Establish permanent funding for legal representation for county residents in deportation proceedings.

The complete ordinance can be read at fairfaxforall.org/pledge.

It is long past time for Board Chairman Sharon Bulova, the Board of Supervisors, Sheriff Stacey Kincaid, and other officials to end the county's voluntary collaboration with ICE. A collaboration that furthers the criminalization, incarceration, and deportation of valued Fairfax County families and community members.

Fairfax for All is a coalition of grassroots, civil rights, immigrant rights, and faith-based organizations dedicated to building sanctuary in Fairfax County. Visit fairfaxforall.org.

Fully Fund the MRA to Support Our Community

BY TARRENCE TAYLOR
FAIRFAX COUNTY RESIDENT AND
EMPLOYEE

Frontline Fairfax County employees work hard every day to make our community a better place for all people.

We are nurses, educators, librarians, first responders, parks staff, sanitation workers, engineers and more. We are your friends, family and neighbors. And we want what everyone wants: the ability to make a difference, financial security, and a better life for our kids.

Unfortunately, the proposed Fairfax budget breaks the county's promise to workers like me by not funding the agreed-upon Market Rate Adjustment.

The Market Rate Adjustment is similar to a cost-of-living adjustment (COLA), and it is intended to help employees keep up with the high cost of living in this area, as well as to keep up with our neighboring counties. That's why the Board of Supervisors voted to adopt a pay plan which includes a yearly Market Rate Adjustment.

The agreed-upon formula says the MRA should be 2.51 percent this year, but the proposed budget only offers 1 percent. That is simply not enough.

The Market Rate Adjustment is not just a number to me. I'm the father of seven wonderful children, and I've made a promise that nothing will get in the way of them achieving a college education. That's why I've worked hard my entire life.

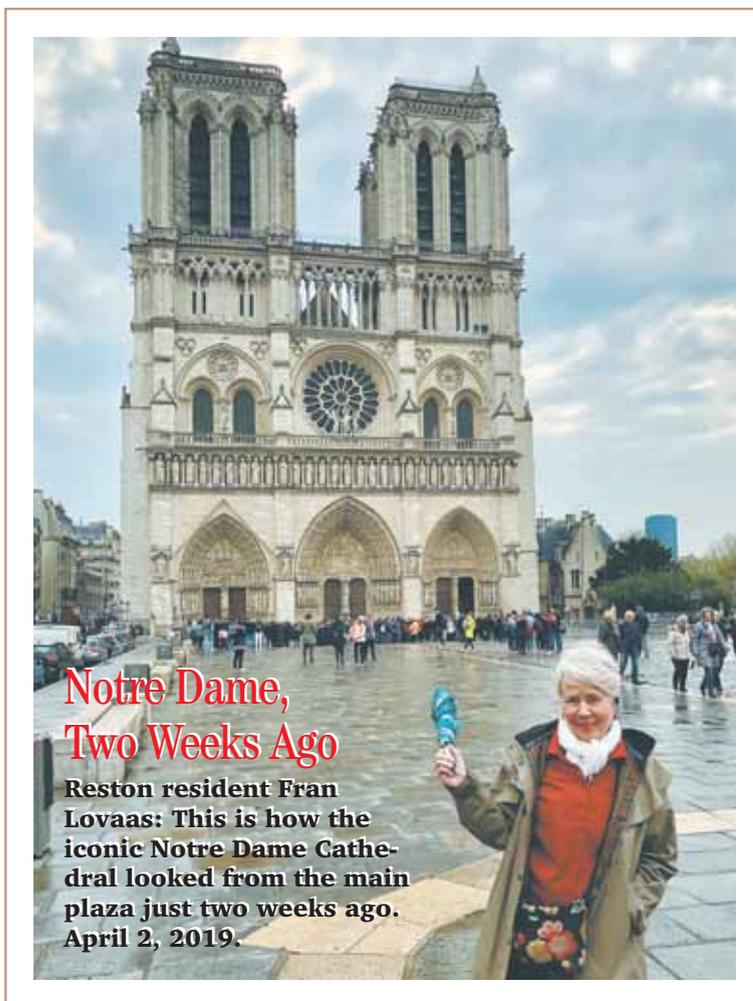
However, if the county does not keep its promise and fully fund the Market Rate Adjustment, then I may not be able to keep my promise to my kids.

Not fully funding the Market Rate Adjustment also hurts the local families who use our services to get ahead, because it keeps us from recruiting and retaining the quality workforce we need.

We are losing good employees every day. Employees gain experience and training here in Fairfax, and then leave for the surrounding counties that pay more. That costs us money and time, as we are forced to constantly train new employees.

Fully funding the Market Rate Adjustment will help keep the experienced employees that we work hard to train, right here in Fairfax County, helping Fairfax County families.

The Board of Supervisors has an opportunity to do something about this. It is their job to make changes



**Notre Dame,
Two Weeks Ago**

Reston resident Fran Lovaas: This is how the iconic Notre Dame Cathedral looked from the main plaza just two weeks ago. April 2, 2019.

to the budget to ensure it meets the needs of our community.

Please join us in calling on Chairman Sharon Bulova and the Fairfax Board of Supervisors to fully fund the Market Rate Adjustment so that our community can

continue to be a wonderful place to live, work and play.

Tarrence Taylor is a Fairfax County employee, resident and taxpayer, and a proud union member of SEIU Virginia 512.

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Welcome to the Great Outdoors

Sharing the experience with First Time Campers.

BY ANDREA WORKER
THE CONNECTION

When you think of Wolf Trap Park, the first things that come to mind are concerts, accompanied by a pleasant picnic on the hillside lawn. Not everyone remembers that the key word in its name is park, but 66 young people got to experience that side of the facility at the tenth edition of the Wolf Trap First Time Campers Program, enjoying an over-nighter by special permit, in the otherwise no-camping, no campfires park.

From Friday, April 5 until the afternoon of April 6, the youngsters were joined by 55 youth and adult volunteers, who showed the camping newbies how to pitch tents, set up a camp, and cook their own meals with camp stoves and dutch ovens.

The First Time Campers outing was launched in 2014, combining the efforts of the Friends of Wolf Trap Park, Wolf Trap National Park for the Performing Arts and local Scouts BSA volunteers from Troop 55 and Venture Crew 364 of Great Falls. Twice a year, the goal is to offer local youngsters, some from Title 1 schools and lower income families, a fun-filled adventure practically in their own backyard – all while developing new skills, new friendships, and gain-



PHOTO COURTESY OF GARY PAN

Scoutmaster and Camp Director Gary Pan is all smiles with the gang from the Spring edition of the Wolf Trap First Time Campers Program. The campers had to deal with a bit of rain, but that didn't keep newbies and veterans alike from enjoying an activity-packed outdoor adventure.

ing a boost in self-confidence.

Gary Pan is the program's director. He also heads Troop 55 as their Scoutmaster. Pan says that the 30-plus hour event is not strictly for first-timers only. He's happy to report that several of the attendees are returning campers, having joined in one – or more – of past campouts. "They have had so much fun at previous camps, they want to come back again."

Pan may carry the title of camp director during these outings, but he is the first to tell you that it's his youth volunteers, like Langley High-schooler JP Diaz, who are the backbone of the event and who are "really in charge of the action."

Diaz has been volunteering with the first-timers for several years.

"This a great experience," said Diaz. "Most of the volunteers here spend a lot of time

in the outdoors and it's really great when we can share that with these campers and give them a fun experience."

Melinda Hauda of Great Falls, another Langley student and also a veteran of the program, heads the female campers' section.

"We're all pretty tired at the end of camp," said Hauda. "But it's really worth it. I love seeing so many new faces and then a few kids who were here before because they had such a great time."

Pan feels that seeing other young people confidently running the show and keeping things on track with that famous Scout preparedness and their impressive organization skills, provides the rookie campers with relatable role models.

The mixed-generational volunteer army also guided the campers in a variety of activities. There was fishing, hiking, bird-watching, archery, a nature program, orienteering and even a backstage tour of the Filene Center.

"More than performances around here," reminded Ted Reuss, a Friends of Wolf Trap Board member and one of the organizers of the Camp Out. "There are acres of accessible outdoor resources, too."

SEE GREAT OUTDOORS, PAGE 11

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PHOTO COURTESY SSSAS

Opportunities for community service and/or religious education are some of the reasons that parents might consider switching a child from public to private school.

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Making the Leap from Public to Private School

Signs that a public school isn't meeting your child's needs.

BY MARILYN CAMPBELL
THE CONNECTION

Elizabeth and Kent Hillegass noticed that their 6th grade son's grades began to drop while the number of times they received notices from the school regarding his misbehavior had increased. He was also having challenges socially.

"He was really unhappy, the other kids made fun of him, he didn't have any friends and to top it off his grades were awful," said Elizabeth. "I would lie awake at night crying because I felt helpless."

After a series of neuropsychological tests, the Hillegasses learned that their son had ADHD. The testing psychologist advised them to see an education consultant who helped them determine that a quiet school environment with small class sizes would best suit their son's needs. The Hillegasses ultimately decided to send their son to a private school with a student-teacher ratio of 10 to 1.

"We've always been supporters of public education, but the class sizes and noisy environment were too overwhelming for him," said Kent. "It was like he was lost and unable to focus when he was at school. He couldn't sit still and pay attention in classes and was always getting into trouble, which made him feel ostracized, like he was the bad kid in school."

A parent's decision to move a child from public to private school can be based on factors that run the gamut from smaller class sizes to tuition that can cost as much as \$50,000 annually. Although it's a choice that should not be taken lightly, there are signs that it might be time to make the change if it's possible, say education consultants.

"I suggest to parents that they focus on the needs of their child, not on the prestige that they think a private school holds or the sticker on the back of your car that lets everyone know that your child attends a certain school," said Kim Hardy who was the education consultant to the Hillegass family. "There's a range of factors that parents should take into consideration."

The first, advises Hardy, is whether their child is

happy and well adjusted. "If a child is bored or frustrated at school, not just because their grades aren't good and they've given up, but there are also cases where students are making straight As without much effort and are bored because they aren't being challenged."

When the accommodations that a school can offer don't meet the needs of one's child, that's another clue that a change is necessary, suggests Arlington-based education consultant Rita Fetters.

"Some children need to be in a classroom with a low student teacher ratio so that teachers have time to redirect students who have trouble staying focused," she said. "Other students need a lot of exercise and outdoor activity to release energy so that they can focus better in class. Public schools may not be able to offer that."

The Heights in Potomac, Md. builds activity and exercise into each school day including outdoor recess and a challenging physical education program that not only releases energy, but teaches important life skills.

Fetters says some parents make the change because they want specialized opportunities that a public school might not offer.

"If religious education is important to a family, that is certainly one reason to leave a public school," she said. "If a family wants their child to be involved in public service beyond what is required to graduate, they might choose a private school that has community service built in to the curriculum."

One such school is St. Stephen's and St. Agnes School (SSSAS) in Alexandria, Va. "Our school offers religion classes and weekly chapels," said Mandi Sapp of SSSAS. "We also have a ton of service-learning opportunities that students ... do throughout the year, including global service trips offered in Middle and Upper School. We have done a lot of work with ALIVE (ALexandrians InVolved Ecumenically) in Alexandria."

If a child is unhappy and asks repeatedly to change schools, Fetters believes that is a reason to give serious consideration to academic switch.

"At the end of the day, parents have to take a long, hard look at their child and their family," Fetters said. "They have to find the best school for their family, not the one that's most prestigious or most popular. Does what the school offers as a whole align with your family's values and your child's needs. Whether it's public or private, that's what a parent must determine."

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EASTER

Children play in the Moon Bounce.



More photos from the Great Falls Easter Egg Hunt at the Village Centre on Sunday, April 14, 2019.



Lauren and Emily Marinak of Alexandria pose with the Easter Bunny.

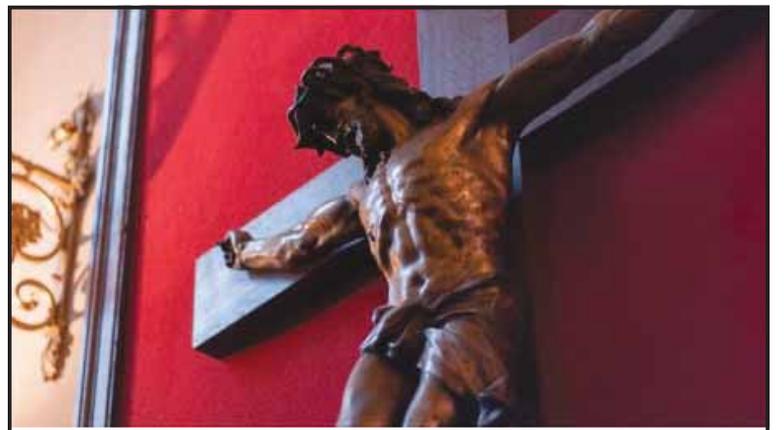
PHOTOS BY STEVE HIBBARD/
THE CONNECTION



Ivanka Abela, 7 of Ashburn, hits the levitating ball.



Catherine Hong, 3 of McLean, displays her Easter basket at the Great Falls Easter Egg Hunt at the Village Centre on Sunday, April 14, 2019.



Good Friday Service: The Seven Last Words of Christ from the Cross

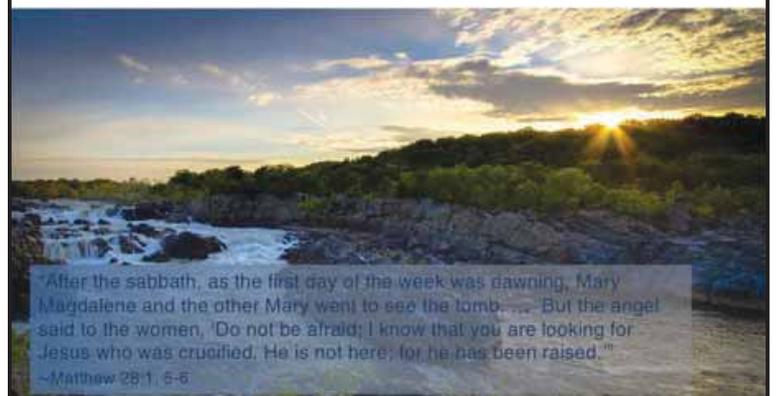
Friday, April 19th, Noon-2:30 pm*
St. Francis Episcopal Church
9220 Georgetown Pike, Great Falls, VA 22066

The Seven Last Words from the Cross are seven sayings biblically attributed to Jesus during his crucifixion. Come hear reflections on these seven sayings offered by the clergy of Great Falls.

brought to you by the Great Falls Area Ministries
Andrew Chapel United Methodist • Christ the King Lutheran • Dranesville Church
Of the Brethren • Great Falls United Methodist • St. Francis Episcopal
Salem Baptist • Smith Chapel United Methodist

Feel free to arrive late and leave early during the service. All are welcome. Dress is casual. For more information contact: St. Francis Episcopal Church, 703-759-2082
Photo credit: Tracey Kelly

Sunrise Easter Service



Sunday, April 21st @ 6:30 am
Great Falls Park
9200 Old Dominion Drive
McLean, VA 22102

Gates open at 6:00 am.
Entrance to the park is free for this event.

brought to you by the Great Falls Area Ministries
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Dress is casual. For more information contact:
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Photo credit: "Exposure Fusion Sunrise at Great Falls, VA 4/28/2012"
by Mark Taylor under CCW20

CALENDAR

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

ONGOING

Art Exhibit: "Taking Territory."

Through June 1, gallery hours at MPA@ChainBridge, 1446 Chain Bridge Road, McLean. Taking Territory: New Works by Susan Goldman, Barbara Kerne, Eve Stockton and Patricia Underwood, features pieces that mine many of the techniques employed by artists working in printmaking today. An opening reception is set for April 11, 7-9 p.m. Visit mpaart.org for more.

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.

Spring Fest. 10 a.m.-noon at McLean Community Center, 1234 Ingleside Ave., McLean. For ages 3-8. Celebrate the changing of seasons with self-guided arts and crafts, entertainment, and the opportunity for children to get a photo with Bunny (bring a camera or smartphone for photos). Bring an Easter basket for the Parent/Child Easter Egg Hunt (10 eggs per child). Activity No. 4501.319. \$5 per person; children under 36 months are free. Registration in advance is required for all participants. Visit www.mcleancenter.org.

SUNDAY/APRIL 21

Breakfast Buffet. 8 a.m.-noon at Vienna American Legion Post 180, 330 Center St., N. Vienna. Get omelets, scrambled eggs, blueberry pancakes, bacon, sausage, biscuits and gravy and more. Adults \$10, children 12 and under \$4. Call 703-938-6580.

MONDAY/APRIL 22

Ayr Hill Garden Club. 12:45- 3 p.m. at Emmanuel Lutheran Church, 2589 Chain Bridge Road, Vienna. The Ayr Hill Garden Club welcomes all to its monthly gathering, featuring botany professor and past National Science Foundation Director Carl Taylor, Ph.D., presenting Ferns In The Landscape. Free and open to the public. Email emilielarson@rcn.com.

TUES-WEDNESDAY/APRIL 23-24

Omara Portuondo's "Last Kiss" Tour. 8 p.m. at The Barns at Wolf Trap, 1635 Trap Road, Vienna. Omara Portuondo, legendary Cuban diva and original member of the famed Buena Vista Social Club, comes to North America as part of



Nottoway Park Egg Hunt

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. Saturday, April 20, 9:30 a.m.-12:30 p.m. at 9537 Courthouse Rd, Vienna. 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.

her worldwide "Last Kiss" farewell tour. \$50-\$65. Visit www.wolfrap.org for tickets.

WEDNESDAY/APRIL 24

"Dining with Dorothy." 12:30 p.m. at Culinaria Cooking School, 110 Pleasant St NW, Vienna. Join with friends or make new ones. Newcomers are always welcome. Limited space available. \$30 per person in advance. Reserve space with event chair, Dorothy Flood at dflood1706@gmail.com.

Holy Happy Hour Recital Series. 6:15 p.m. at Lewinsville Presbyterian Church, 1724 Chain Bridge Road, McLean. Featuring Michael Lodico, Director of Music at St. John's Lafayette Square Episcopal Church in Washington, D.C., the 30-minute musical offering will be followed by wine, hor d'oeuvres and fellowship. Free and open to the public; a good will offering to support the music department will be taken. Visit www.Lewinsville.org or call 703-356-7200.

THURSDAY/APRIL 25

20 Years in the Secret Service. 7:30-9 p.m. at Patrick Henry Library, 101 Maple Ave. E., Vienna. Meet Rebecca Vaughn, former Vienna resident and the daughter of the author, Rufus Youngblood, as she talks about his story, a personalized journey through history from the unique perspective of a Secret Service agent who protected five US presidents. Books available for sale and signing. Free. Call 703-938-0405 ibrarycalendar.fairfaxcounty.gov/event/4808596.

FRIDAY/APRIL 26

McLean Art Society Meeting. 10 a.m.-noon at the Mclean Community Center, 1234 Ingleside Ave. Featuring local artist Gavin Glakas who will bring his own model and demonstrate portraiture. Guests are welcome. Call 703 790-0123.

Longfellow Trivia Night. 6-8 p.m. at Longfellow Middle School Lecture Hall, 2000 Westmoreland St., Falls Church. Relay For Life of Langley-McLean will be hosting a trivia night with all proceeds going to the American Cancer Society. Food and drinks will be available for purchase. Parents and children are both welcome. \$5. Email relaylangleymclean@gmail.com.

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. Tickets are \$14 at viennava.gov/webtrac or in person at the Vienna Community Center.

SATURDAY/APRIL 27

Plant Sale. 8 a.m.-noon on the lawn of Freeman House, Vienna. Hosted by Five Hills Garden Club, there will be a variety of plants for sale and each will be labeled as to its requirements for care. The labels will include whether they are deer or other critters resistant. There will also be gardening items for sale.

Outdoor Classroom Ribbon Cutting. 10 a.m. at Riverbend Park, 8700 Potomac Hills St., Great Falls. A new outdoor education shelter is coming to Riverbend Park. The outdoor classroom/picnic shelter measures 22 x 44 feet and can be reserved by the public. Visit www.fairfaxcounty.gov/parks/riverbend.

Live Music: Justin Roberts & the Not Ready For Naptime Players. 10:30 a.m. and 12:30 p.m. at Jammin' Java, 227 Maple Ave. E., Vienna. Three-time GRAMMY Nominated Justin Roberts has been crafting songs for kids and parents that navigate the joys and sorrows of growing up. All ages. \$12-\$15. Call

703-255-1566 or visit www.jamminjava.com for more.

Blake Lane Park Awareness Celebration. 11 a.m.-3 p.m. at Blake Lane Park, 10033 Blake Lane, Oakton. A fun-filled day for friends and family with games, nature walk (at noon), theater games and art, face painting and information to help save Blake Lane Park. Bring a snack or baked goods to share (optional). Free. RSVP at www.eventbrite.com/e/blake-lane-park-awareness-celebration-tickets-59287038127.

8th Annual Taste of Vienna. 11 a.m.-8 p.m. at the Vienna Fire House, 400 Center St. S., Vienna. Presented by the Vienna Volunteer Fire Department. Admission is free; buy food directly from individual vendors. Beer and wine tickets are available online. Proceeds from Taste of Vienna directly benefit the Vienna Volunteer Fire Department. Visit www.TasteOfVienna.com.

Gala to Support Local Youth. 6-11 p.m. at Hilton McLean, 7920 Jones Branch Drive, Tysons Corner. Chefs Tobias Dorzon, Nicholas Pine, and Kaimana Chee and Food Stylist Lisa Cherkasky are ready to demonstrate their cooking skills with students during PHILLIPS Programs for Children and Families' annual Spring Forward Savoring Success Gala. The gala includes live and silent auctions, raffles, dinner, and dancing. Cooking demos from 6-7:45 p.m. Tickets start at \$200 (and \$175 for young professionals). Visit www.phillipsprograms.org/events.

"Enchanted Forest" Joy Prom. 6:30-8:30 p.m. at Centreville Baptist Church, 15100 Lee Hwy, Centreville. Similar to Tim Tebow's "Night to Shine," this is a free event for all who register and intended to be a night of fun for the special needs community as well as a time of respite for families and caregivers. Local youth are volunteering to be coupled with participants as "buddies" throughout the night's activities. Registration is open to all ages 13 and up, but not limited to high school students. Visit www.cbvva.org/joyprom.

Salute Local Superheroes. 7:30 p.m. at the Vienna Volunteer Fire Department, 400 Center St. S., Vienna. Area residents nominated their Vienna superhero – someone who goes out of their way to serve the community or is simply a good neighbor – to receive recognition for his or her good deeds at Mayor Laurie DiRocco's Volunteer Reception. The Town Business Liaison Committee will present the Carole Wolfand Award to a business that consistently shines by providing support and service to the community. Visit viennava.gov/volunteers.

SUNDAY/APRIL 28

Blood Drive. 7:45 a.m.-12:15 p.m. at Lewinsville Presbyterian Church, 1724 Chain Bridge Road, McLean. Sponsored by Inova Fairfax Hospital. Preference is for participants to sign up at www.lewinsville.org/event-items/blood-drive/. Walk-ins will also be welcome. Bring a photo ID. Free. Visit www.lewinsville.org or call 703-356-7200.

Spring Tea Charity Fundraiser. 1-3 p.m. at River Bend Golf & Country Club. The Great Falls Friends & Neighbors Scholarship Fund Board hosts their Spring Tea Charity fundraiser. Wear Sunday best and hats. Open to the public. 12 and older, \$40; children 0-11, \$20. \$10 from each ticket is tax-deductible. Visit www.gffnsf.org for raffle and event tickets.

Walk on the Hill. 2-5 p.m. in the Windover Heights' neighborhood of Vienna. Hosted by residents in the historic Windover Heights District and Historic Vienna, Inc., visitors are invited to stroll through many of the district's gardens. This year marks the 40th anniversary of the Windover Heights Historic District, which was established April 2, 1979. The Ayr Hill Garden Club is celebrating its 90th anniversary, and the Vienna Arts Society will mark its 50th anniversary. Walk on the Hill is free and open to the public. Windover residents will provide punch and cookies. Rain or shine. viennava.gov/hillmap.

Ayr Hill Garden Club. 2-5 p.m. at Walk on the Hill, 307 Windover Ave., NW, Vienna. The Ayr Hill Garden Club's photography show during the 2019 Walk on the Hill, celebrating their 90th Anniversary, will feature flora and fauna photos from club members as well as guest exhibitions submitted by students from Madison High School. Free and open to the public. Email emilielarson@rcn.com.

TUESDAY/APRIL 30

Historic House & Garden Tour in McLean. 10 a.m.-4 p.m. with headquarters at Trinity United Methodist Church, 1205 Dolley Madison Blvd., McLean. Tour five private properties: a 1754 home with ties to the Revolution, an 1842 home, a contemporary Japanese influenced home with terraced gardens, and a Tuscan inspired villa. Visit gardencluboffairfax.blogspot.com or www.vagardenweek.org. Advance tickets \$40 online; \$50 day of tour.

FRIDAY-SUNDAY/MAY 3-5

"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. Tickets are \$14 at viennava.gov/webtrac or in person at the Vienna Community Center.

NEWS

Fly-fishing was one of the activities on the First Time Campers Program itinerary. It looks like Jean Luca Serrano Ramos, a fifth grader from Mason Crest Elementary in Annandale, has mastered the techniques taught by Friends of Wolf Trap Board member Ted Reuss and Ryan McCarron from retailer Orvis.



PHOTO COURTESY OF GARY PAN

Welcome to the Great Outdoors

FROM PAGE 7

Reuss puts his angling and outdoor knowledge to use by co-leading the campers in the fly-fishing activity along with Ryan McCarron, a volunteer from Orvis, the sporting goods, accessories and clothing retailer.

It does take a lot of help to organize and safely operate a First Time Camp. In addition to the efforts of Troop 55 and Venture Crew 364, The Friends of Wolf Trap, Wolf Trap Park and the Park Service and the Potomac Appalachian Trail Club, Pan says a shout-out is definitely due to the Great Falls Rotary Club, Orvis of Tysons, Paxton Companies, Panacea Con-

sulting, BOWA, Meadowlark Gardens Master Gardeners and the Audubon Society of Northern Virginia.

"They not only make this adventure possible, they make it a true learning experience all while having fun."

Thinking about pitching (or learning to pitch) your tent at the next First Time Campers outing at Wolf Trap Park? It is scheduled for Oct. 4-5, 2019. Check out the website at www.firsttimecampers.org or send an inquiry to firsttimecampers@gmail.com

Scouting experience is definitely not required, nor is there any obligation to join scouting after the event.

"We just want to give some kids a great time and a great experience," is all that Pan and his troops are aiming for.

LETTERS TO THE EDITOR

Tax Money Confiscated?

To the Editor:

If you are opposed to Fairfax County using your taxes to pay for the legal defense of illegal aliens you must register your thoughts with your Fairfax County Supervisor before the budget is approved in May. Contact Dranesville District Supervisor John Foust at 703-356-0551 or email Dranesville@fairfaxcounty.gov as starting point.

US citizens of the Commonwealth of Virginia are not entitled to use this fund. It is yet another confiscation of tax

money that demonstrates a complete lack of focus and care for the basic needs and interests of County residents.

Every new program that the Supervisors contrive and approve equates to an increase in your property taxes or other fees. Is this how you want your tax dollars spent? Fairfax County appears to be more interested in creating an empire that you and I are paying to maintain whether we like it or not. Property taxes are reaching a breaking point and it is not about finding new sources of revenue so the County Government can keep

expanding. Supervisor Foust says it is about priorities out of one side of his mouth and out of the other side he adamantly supports this voracious appetite to spend. Don't let the Board of Supervisors take advantage of our own lack of interest in reading the County Budget.

Time to go on the record and get aligned around what really matters and to conduct a zero-based budget review and rebuild from there.

Ethel Pascal
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REAL ESTATE

Relocation Buyer Makes a Comeback

First quarter update for McLean, Great Falls Real Estate Market.

BY KAREN BRISCOE



First quarter 2019 went out like a lion on March 31 with breezy weather in Northern Virginia. The real estate market behaved similarly at the end of the first three months of the new year. The numbers have been tallied for real estate sales in McLean and Great Falls and indicate down year over year by 14 percent, 183 compared to 214. The good news is the market has considerably improved over 2009, a decade ago, which totaled only 108. The market shifts are likely due to several factors.

In many price segments inventory levels are low relative to demand. This is particularly the case at the lower price points. In these market dynamics, buyers are faced with several options: raise their purchase price range, make concessions, or wait until more choices became available. There are those that sit on the sidelines, putting their move on hold in hopes that prices will soon be in line with their purchasing power and/or for more homes to become available.

Interest rates have remained steady and in some cases are back to historic lows. As interest rates rise, buyer's purchasing power is affected. There can be

a positive market impact as buyers have urgency to purchase and lock in their interest rate.

All brackets have improved considerably in comparison to the 2009 market a decade ago. The communities inside the beltway continue to remain the strongest due to the most housing type options and proximity to DC metro center. Outside the beltway McLean zip code of 22102 offers both condos in the Tysons market as well as estate style houses on large lots. That area has experienced either flat demand and in some cases is a bit down year over year. The 22066 Great Falls zip code remains generally steady year over year.

As we move into the spring real estate selling season of 2019, there are strong indications that homes priced well and in good condition will settle for solid prices. As demand continues to remain strong relative to supply, some market segments may experience price appreciation.

The relocation buyer is making a comeback to the Northern Virginia market area. McLean and Great Falls are top choices of communities in the metro region for schools, restaurants, culture, shopping, parks and other amenities.

Home buyers in the area can still purchase with the confidence that purchasing in an up market cycle frequently proves advantageous over time. For home sellers — now is the time to work with professional agent if 2019 is your year to make a move.

Karen Briscoe with HBC Group at Keller Williams is an active and experienced Realtor® in the Northern Virginia market place. Karen, alongside her partner Lizzy Conroy and team, works with sellers, buyers, investors and builders in all price ranges. www.HBCGroupKW.com, 703-734-0192, Homes@HBCGroupKW.com.

McLean & Great Falls Annual Market Analysis of Home Sales (Based on List Price):

1 st Qtr. 2019 compared to 2018 and 2009						
2019 Total Sales: 183						
Zip Code	>\$3 Mil	\$2-3 Mil	\$1.25-2 Mil	\$1-\$1.25 Mil	\$750k-\$1 Mil	<\$750k
22101	3	8	16	11	30	10
22102	0	2	6	8	11	40
22066	0	2	16	7	6	7
Total:	3	12	38	26	47	57
Combined Total Upper Brackets:			Combined Total Lower Brackets:			
53			130			
1 st Qtr 2018 Total Sales: 214						
Zip Code	>\$3 Mil	\$2-3 Mil	\$1.25-2 Mil	\$1-\$1.25 Mil	\$750k-\$1 Mil	<\$750k
22101	4	8	17	15	28	16
22102	3	2	3	8	12	59
22066	0	0	8	11	13	7
Total:	7	10	28	34	53	82
Combined Total Upper Brackets:			Combined Total Lower Brackets:			
45			169			
1 st Qtr 2009 Total Sales: 108						
Zip Code	>\$3 Mil	\$2-3 Mil	\$1.25-2 Mil	\$1-\$1.25 Mil	\$750k-\$1 Mil	<\$750k
22101	0	2	8	7	5	23
22102	0	2	3	1	2	31
22066	0	2	11	3	4	4
Total:	0	6	22	11	11	58
Combined Total Upper Brackets:			Combined Total Lower Brackets:			
28			80			

Stormwater Issues Revisited

FROM PAGE 4

best management practice. The plan includes a two-step filtering process.

"This [rather than dry ponds or other stormwater mitigation systems] allows treatment of more water for quality, and more control over water release – quantity," Lewis said.

Lewis also noted that the developers were working to limit runoff to 10 percent less than if the site were to remain in its original, forested state. The underground water system also allows for landscaping and space to plant barrier trees between the complex and neighboring residences and commercial properties.

The duo from the county fielded questions a-plenty, particularly over the county's average rainfall measurement standards for stormwater works, which raised concerns among several committee members. Using a 1 inch of water standard for their calculations, when averages in the last 15 years have risen to 2.8 inches, "seems like we're working from a false premise," was one member's observation.

Lewis and McGranahan acknowledged that there was work to be done. "We are aware [of the discrepancies and need to update data], but we are still working on what to do," said Lewis. The relevant



At the table – Bruce McGranahan, Director, Site Development and Inspections Division for Fairfax County, and Camylyn Lewis, Senior Engineer III discuss stormwater management, using case-study with a current development application in Great Falls.

manuals are being updated by the county, and officials are working on plans to hold individual residences more accountable for water flow, as well.

Any assistance would be welcomed, stated Great Falls Citizens Association president, Bill Canis, who brought up the frequent, hazardous flooding from ponds near major roadways. "Georgetown Pike experiences these conditions in several places," Canis said. "Whose responsibility is this? Who do we go to?"

After some discussion and more consideration, McGranahan suggested that residents contact the Virginia Department of Transportation to address the roadway flooding.

PHOTO BY ANDREA WORKER/THE CONNECTION

vidual localities authority to pass their own regulations on fertilizer usage did not fare as well, getting hung up in committee in the House of Delegates.

"We learned some hard lessons," acknowledged Keegan, "a lot about the legislative process in Richmond. We have a plan for next year," she said, which includes building a collaborate coalition of experts and stakeholders to draft their own proposed legislation and then working to shepherd the measure through the political process.

"That's better than someone who doesn't know the issues or the local impact just throwing it out there."

There were updates given on the Turner Farm curator's property – "There are horses in the paddock once again there!" – and some discussion about the prospects of the Dranesville Tavern historic property on Route 7 as it has moved up a bit in the curator program queue.

The planned discussion on the environmental perspective on noise from Dulles Airport and county consideration of development in the "noise zone" was postponed, but before the meeting concluded, residents were reminded about the May 18 Town Hall meeting on wildlife management in the area, and another Town Hall planned for June 11, with state Sen. Barbara Favola (D-31) and Del. Murphy.

Keegan was able to give the attendees an update on the recently concluded session of the Virginia General Assembly in regards to the fate of environment-related legislation of particular interest to Great Falls citizens.

"There is some good news to report," said Keegan. Legislation supported by Del. Kathleen Murphy (D-34) was passed, mandating that property sellers have to put potential buyers on notice about stormwater systems and issues on a site for sale.

"It's a good start and a win for consumer rights."

KEAGAN AND COLLEAGUES were disappointed, however, that a bill to give indi-

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NEWS

Carole Herrick to Speak at GFSC Event

The Great Falls Senior Center speaker for May 21 will be Carole Herrick, Historian for McLean. Herrick is involved in many community groups and has been past president of the McLean Historical Society, McLean Chapter of AARP and Friends of the McLean Community Center. She has served nine years on the governing board of McLean Community Center and also co-chaired the McLean and Great Falls Celebrate Virginia. She has authored seven books focusing on the history of McLean. Herrick was also a nationally ranked tennis player and played at Wimbledon twice. In addition, Herrick holds national age group records in running and is a Dolly Madison re-enactor. Herrick has received the Heartbeat of Rotary Award and



Friends of the McLean Community Center award.

Her topic will be "The Sleeping Sentinel," a Vermont private who fell asleep while guarding Chain Bridge during the Civil War.

The May 21 event will be held at the Great Falls United Methodist Church, 10100 Georgetown Pike, Great Falls from 11 a.m. to 2 p.m. and includes lunch to be provided by the Great Falls United Methodist Women; a donation of \$10.00 per lunch will be welcomed and appreciated. Reservations are required; email

Polly Fitzgerald at pollyfitz1@verizon.net or call 703-759-4345. Celebrate Great Falls is the sponsor and is committed to keeping the spirit and traditions alive that make Great Falls such a special place to live .

McLean Students Win State, Head to National Competition

The BASIS Independent McLean (BIM) MATHCOUNTS team placed first in the MATHCOUNTS state championships in Richmond recently; this is BIM's third time participating and winning in the annual statewide MATHCOUNTS competition. BASIS Independent McLean MATHCOUNTS winners include Sam Wang (grade 8) in first place and Ethan Zhou (grade 8) in second place. Brian Lai (grade 8) and Max Yan (grade 7) also competed with the BIM MATHCOUNTS team. The team is trained by Coach Tyler Sullivan. MATHCOUNTS state champions head to the 2019 Raytheon MATHCOUNTS National Competition in Orlando, Fla. on May 11 to May 14, 2019. For more information on BASIS Independent McLean, go to <http://mclean.basisindependent.com>.

The Virginia State MATHCOUNTS team heading to the National MATHCOUNTS Competition in Orlando, Fla. will be composed of the top four state individual winners and will be coached by BIM's Tyler Sullivan.



BIM Mathcounts Coach Tyler Sullivan and his daughter with BIM students: Sam Wang, Brian Lai, Max Yang, Ethan Zhou.

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BULLETIN BOARD

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

THROUGH SUNDAY/APRIL 21

- Holy Week and Easter Worship.** St. John's Episcopal Church, 6715 Georgetown Pike, McLean. Visit www.stjohnsmclean.org or call 703-356-4902.
- ❖ **Maundy Thursday**, April 18: noon and 6:30 p.m. Holy Eucharist
 - ❖ **Good Friday**, April 19: noon-3 p.m. The Three-Hour Service and 6:30 p.m. Good Friday Liturgy
 - ❖ **Holy Saturday**, April 20: 10 a.m. Prayers for Holy Saturday
 - ❖ **Easter Day**, April 21: 6 a.m. Sunrise Service, 7:30, 9, and 11:15 a.m. Holy Eucharist, and 5:00 p.m. Holy Eucharist
- Holy Week and Easter.** Holy Comforter, 543 Beulah Road NE, Vienna. Visit www.holycomforter.com or call 703-938-6521.
- ❖ **Maundy Thursday**, April 18 - 7:30 p.m. The "Mandatum" and Holy Eucharist
 - ❖ **Good Friday**, April 19 - 12:10 p.m. The Way of the Cross; 7:30 p.m. The Liturgy of Good Friday
 - ❖ **Holy Saturday**, April 20 - 9:30 a.m. Holy Saturday Prayers
 - ❖ **Easter Sunday**, April 21 - 7:30, 9, and 11:15 a.m. Holy Eucharist; 10:10 a.m. Easter Egg Hunt

THURSDAY/APRIL 18

- 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.

THURSDAY-SATURDAY/APRIL 18-20

- Holy Week Services.** At Lewinsville Presbyterian Church, 1724 Chain Bridge Road, McLean. Lewinsville Presbyterian Church invites the surrounding community to mark Holy Week with worship services. Free and open to the public. Visit www.lewinsville.org for more.
- ❖ **Maundy Thursday**, April 18, 7:30 p.m. with the Rev. Scott Ramsey preaching.
 - ❖ **Good Friday**, April 19, noon and 7:30 p.m.
 - ❖ **Easter Vigil**, April 20, 7:30 p.m. The Rev. Annamarie Groenenboom will preach at both Good Friday and Easter Vigil services.

FRIDAY/APRIL 19

- Good Friday Service.** Noon-2:30 p.m. at 9220 Georgetown Pike, Great Falls. Great Falls Area Ministries celebrates Good Friday Service: The Seven Last Words of Christ from the Cross. Visit facebook.com/pages/category/Organization/Great-Falls-Area-Ministries-399361921208/.
- Application Deadline.** Leadership Fairfax is now accepting applications for its premier professional leadership development programs - Leadership Fairfax Institute and Emerging Leaders Institute. The 10-month programs begin September 2019. Classes meet once a month and participants work outside of class with a cohort to plan and implement projects. The programs build participant knowledge of community topics, legislative processes, leadership assessments, and strategic interactions. Limited scholarships available. Applications are due April 19. Call 703-752-7555 or visit leadershipfairfax.org.

SATURDAY/APRIL 20

- Holy Meditation Retreat.** 9 a.m.-3 p.m. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. Holy Saturday Meditation Retreat: Spend the day in noble silence, meditating and creating a space to be still and listen. Donations accepted. Register at unityoffairfax.org/events.

SATURDAY-SUNDAY/APRIL 20-21

- Easter Mass.** Saturday - 8 p.m.; Sunday - 7 a.m., 8, 9:30 (Church), 9:45 (Chapel), 11:15 (Church), 11:30 (Chapel); and 1 p.m. (Spanish) at Our Lady of Good Counsel Catholic Church, 8601 Wolftrap Road, Vienna. All are welcome. Call 703-896-7412 or visit www.olgcva.org.

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As It Is Happening



By KENNETH B. LOURIE

Thankfully I woke up today (duh!) – without the crushing, incapacitating fatigue that I woke up with two weeks ago, post-my-last-immunotherapy infusion.

As I have written previously, I did not alert my oncologist to my bedridden status then or since as I have been trying not to worry that I had crossed some Rubicon-type line concerning my treatment and its side/straight-on effects. Apparently, and I will continue to believe (cling to this belief) that my inability to get out of bed two Saturdays ago was indeed an aberration rather than an actualization, of life in this new Kenny lane.

So here I sit at my desk writing away, fully dressed, teeth-brushed and clean-shaven, all by 8:15 am, pill-popping as I go.

As I recall two weeks ago, when I finally summoned the strength to extricate myself from under the covers to get dressed and attempt to walk downstairs and restart my day (I had gotten up earlier to feed our cats breakfast and give Chino his insulin shot), "The clock on the wall" (clock radio, actually), to quote George Thorogood, said 3:53 p.m. (And other than bathroom breaks, that was all I could muster in the nine hours since I woke up at 7 a.m.)

No pain, just zero energy. It was almost as if I was paralyzed.

Writing back to the present, anticipating this morning, I've been a bit apprehensive the last few days – fearful that when I awoke today, I would once again be fighting that terrible fatigue and considering a new reality in my cancer existence.

When my eyes popped open at 6:30 this morning, I was grateful (as my father used to say: "Any day that I wake up is a good day") and relieved that when I raised my right arm to roll back the covers, I did so with relative normalcy; and even more relieved when I was able to swing my legs out from underneath the covers and onto the bedroom floor where I had no difficulty getting my bearings. Before too long (maybe 30 seconds or so), and after a few deep breaths, I stood up and officially began my day without any further adieu. Although I hadn't taken any Roloids: "Oh, what a relief it is!"

Dare I say then it will be a normal day, up and at 'em with nary a hint of fatigue in the forecast.

Rain, however, is in the forecast and given the date on the calendar: April 13, 2019, I have to face an even greater challenge than the fatigue I experienced two weeks ago: clothes shopping.

More specifically, I have to buy a suit, as well as some upgraded good-looking casual attire which my wife, Dina will approve and that Kenny's budget will tolerate, as I'll be attending a family wedding and rehearsal dinner beginning May 3, 2019.

One more concern: my weight. It's not good. It's the talking-scale-joke-will-one-of-you-please-get-off, bad. But I have no choice. Today's the day (for availability reasons) or it will be "Good night, Irene." Is there a tent sale going on anywhere?

You know, now that I think about it – and feel it, I may be feeling a little fatigue.

Maybe it's not the best day to be trying on ill-fitting clothes ALL DAY. What if I don't have the manual dexterity to be in and out of dressing rooms, up and down while in them and back and forth to the clothing racks with shoes, slacks, shirts and suits?

What if today is another day in my life – which seemingly began at birth, where I spent hours in the "Husky"/"Portly" departments at Jordan Marsh, Filene's Basement and Kennedy's in downtown Boston, trying to find Kenny some "school clothes" that fit, that is excruciating AGAIN? Granted, it wasn't cancer then as it is now, but for an overweight young boy, it was torture personified and the experience imprinted me for life as a serial-clothes-shopping-hater.

Got to go. Wish me luck. I'll need it.

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

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