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McLean  
CONNECTION

Aria Petry, 3, of McLean gives a wave from the Kiddie Carousel ride during McLean Day on Saturday. About 10,000 people attended the 104th annual celebration of the community held Saturday, May 18, 2019, at Lewinsville Park.

# McLean Day Celebrated

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PHOTO BY STEVE HIBBARD/THE CONNECTION

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## Some Workers Hurt by Shutdown Were Not Paid

Connolly, Beyer, Wexton hold field hearing on government shutdown's impact on federal contractors.

BY ANDREA WORKER  
THE CONNECTION

**T**housands of furloughed government employees suffered during the shutdown. Many were forced to seek public and/or private assistance to meet basic needs and financial obligations. But during their ordeals, those government employees knew that when they returned to work they would eventually receive back pay.

The same is not true for the businesses and employees who contract their services to the federal government. There is no provision for lost personal compensation or company revenues from projects that came to a grinding halt on Dec. 22. For many of them, the shutdown hasn't really ended, as they continue to struggle with late payment notices, loss of revenue, negative impacts to future business, the risk to security clearance statuses, and in some more severe cases, the loss of health benefits, means of transportation, and even their homes.

U.S. Rep. Gerry Connolly (D-VA 11) took his US House of Representatives Committee on Oversight and Reform Subcommittee on Government Operations for a road trip on May 6. Connolly and colleagues Rep. Eleanor Holmes Norton (D-D.C. at-large), Jamie Raskin (D-MD 8), Jennifer Wexton (D-VA 10), and Don Beyer (D-VA 8) convened the session in a meeting room at George Mason University in Fairfax to hear testimony from area federal contract business leaders, and individuals who had been personally affected by the latest – and longest – partial government shutdown.

**TO GET THE “REAL PICTURE”** of the shutdown's effect on the government contracting world is what brought Connolly and the other subcommittee members out of their House Chambers and into the virtual streets.

“Virginia's 11<sup>th</sup> District is home to about 55,000 federal employees ... for every federal employee in my district, we estimate there are roughly about 1.5 contractors,” Connolly said in his opening statement. That means an additional 82,000+ residents of just this one area were not performing the work of government in cybersecurity, general security, technology, analytics, communications, maintenance, and much more – and not getting paid – during the shutdown, or compensated for wages lost after government resumed on Jan. 25, 2019.

“Contractors serve important roles alongside federal employees, they respond to citizens in need by answering phones in call centers, they analyze classified intelligence information, and they help maintain agency information technology (IT) systems, secure federal buildings, and provide the federal



Members of the US House of Representatives Committee on Oversight and Reform Subcommittee on Government Operations, chaired by Gerry Connolly (D-11) held hearings at George Mason University to investigate the impact of the recent partial government shutdown on federal contractors.

government and American taxpayers with goods and services. They are laboratory technicians, machinists, janitors, cafeteria workers, cybersecurity experts, and engineers. Our government would not function without them,” Connolly said.

Government employees received their back pay. Federal contractors did not.

“This disparity is wrong,” declared Connolly.

On the first panel to provide testimony were Ed Grabowski, Pres. Local 2016, International Association of Machinists and Aerospace Workers; Roger Krone, CEO, Leidos; David Berteau, President and CEO, Professional Services Council; Alba Aleman, Founder and CEO, Citizant; and Michael Niggel, CEO, Advanced Concepts & Technologies.

Grabowski's Local 2016 represents about 700 workers in aerospace, including lab technicians, crane operators, helicopter pilots, propellant mechanics and other highly-skilled and difficult-to-replace and quickly train employees. A large percentage of Local 2016's membership, including Grabowski himself, are veterans of the armed services. The shutdown and the lack of “make-whole compensation” has had a profoundly negative impact on them. “We must remember that the financial loss experienced by these workers ripples through the communities they live in, ... not to mention the deep financial impacts ... that will affect retirement investment, education funding, and general savings for emergencies,” said Grabowski.

Reston-based Fortune 500 giant Leidos, with 32,000 employees in more than 30 locations may have fared better than smaller government contractors, but CEO Krone reported that they still lost an estimated \$14million in revenue.

“But more importantly,” said Krone, “we saw work on 22 programs of significant importance to our country stall or come to a screeching halt.”

Company financials and concerns for country aside, Krone said the focus of his testimony would be “on the people side.”

Leidos used an Employee Redeployment Team to transfer some impacted employees, assisted others financially through the Leidos Relief Foundation, and collected donated paid-time-off from other Leidos employees to help offset the financial burdens of employees who would not be paid otherwise.

David Berteau of the Professional Services Council had a similar story to tell about the shutdown's effect.

Berteau highlighted how, in addition to the direct negative financial impact on furloughed employees, the uncertainty of employment also makes recruiting and retention of employees more difficult in a time of low unemployment. Competition for employees includes employers like Amazon and Google whose workforce is generally immune to the instabilities of government work.

Berteau and Alba Aleman of Chantilly-based Citizant, both testified about the difficulties of keeping small and mid-sized

government contract business afloat when invoices from before the shutdown remain unpaid. Agency contract officers are so buried from work left to pile up during the shutdown that even future contracts and payments are in jeopardy they said.

Twenty years in business, Aleman's Citizant has weathered other shutdowns and events like 9/11 and Y2k. and the CEO thought they had done everything possible to shield company and employees from the “next one.” But as invoices went unpaid even into March – even effecting payment for projects not shutdown and which Citizant was contractually obligated to continue to support – the company found itself more than \$4 million in debt, maxed out of its borrowing capacity, having to postpone paying their own vendors and with Aleman looking at using her own retirement and savings funds to meet payroll for her 180 employees.

“I can't begin to tell you the level of stress and panic that strikes at the heart of a business owner,” said Aleman.

**AFTER A BRIEF RECESS**, the second panel included more personal stories of hardship because of the shutdown.

Wesley Ford, the owner of TKI Coffee Shop, described the continuing struggle to bring his business back to the profitable state it had enjoyed prior to the shutdown. The business employs several ex-felons, “because people deserve a second chance,”

SEE SHUTDOWN, PAGE 8



The Lolly Pop Swing at McLean Day on Saturday.



Pharaoh's Fury ride at McLean Day.

PHOTOS BY STEVE HIBBARD/THE CONNECTION

# McLean Day Celebrated

About 10,000 people attend 104<sup>th</sup> annual community get-together.

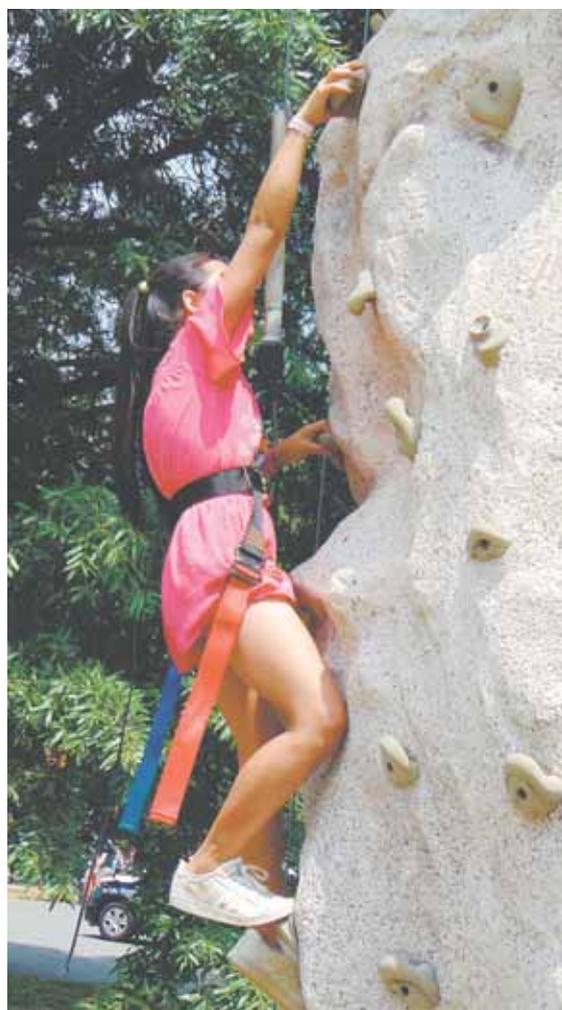
About 10,000 people attended the 104<sup>th</sup> annual McLean Day held Saturday, May 18, 2019, at Lewinsville Park in McLean. The main attraction was large carnival rides provided by Reithoffer Shows on Friday and Saturday. There were 101 vendors and crafters, and 11 food trucks including the McLean Rotary Club. On the Main Stage, the Joy of Dance and Big Bang Boom performed, and the Teen Character Awards were presented by the McLean Citizens Association. The festivities also included voting for the MCC Governing Board elections and the field games had children playing Bubble Ball and Laser Tag. There was even a Petting Zoo.

According to George Sachs, Executive Director of the McLean

Community Center: "This is an annual come together of McLean. It is specific to the McLean community. The McLean Community Center is the center of it all in McLean; they do a lot of programs and activities and things for this community — this being one of them as an annual come-together with your friends and neighbors. Also, we get to see all the different businesses in our community and the different organizations that work around this community."

The event sponsors included: State Farm Insurance Agent Lynn Heinrichs, Wheat's Landscapes, Giant Food, Washington Fine Properties, McLean Properties, Squeals on Wheels, and Burke & Herbert Bank.

— STEVE HIBBARD



Mumu Toussaint, 9, of McLean goes rock climbing at McLean Day.



The water race game at McLean Day.



The Merry Go Round ride at McLean Day.



William Reed, 2, of McLean goes fishing for a prize at McLean Day on Saturday at Lewinsville Park in McLean.

# NEWS

Children go for a ride on the Speedway at McLean Day.



PHOTOS BY STEVE HIBBARD/THE CONNECTION

People wait in line for the concession stand.



Valeria Espinoza, a naturalist at Riverbend Park, shows children an Eastern Rat Snake at McLean Day.



The Choo Choo Charlie train ride at McLean Day.

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## Vote June 11, It's Fairfax County's Election Day

Most local races in Fairfax County are likely to be decided in June, don't wait for November.

**M**ake a plan to vote in the Fairfax County Democratic primary by June 11. Otherwise count yourself out. Most of the path for the future of governance in Fairfax County will be decided when the votes are counted that day.

All polling places will be open on June 11, polls are open from 6 a.m. until 7 p.m.

At least four members of the 10-member Board of Supervisors will be new. The chairman will be new, although possibly a former district member.

The two at-large vacancies in the county have the power to change the political and social climate of the county, and to set priorities for reform. Every ballot in Fairfax County will have at least these two races for the Democratic primary, and it is so important to turn out and vote for them:

- ❖ Commonwealth's Attorney

- ❖ Chairman, Board of Supervisors Races that will be on the ballot depending on location:

- ❖ Member Virginia Senate, 31st, 33rd or 35th Districts

- ❖ Member House of Delegates, 38th or 49th Districts

- ❖ Member Board of Supervisors, Braddock District

- ❖ Member Board of Supervisors, Hunter Mill District

### EDITORIAL

- ❖ Member Board of Supervisors, Lee District

- ❖ Member Board of Supervisors, Providence District

Sample ballots can be seen at [www.fairfaxcounty.gov/elections/upcoming](http://www.fairfaxcounty.gov/elections/upcoming).

You can vote absentee in person at the Fairfax County Government Center until June 8.

- ❖ Monday, Tuesday, Wednesday, and Friday, 8 a.m. to 4:30 p.m.

- ❖ Thursday, 8 a.m. to 7 p.m.

### UPCOMING VOTER PHOTO ID EVENTS

- ❖ The Office of Elections is open during normal business hours to provide the opportunity to register to vote or obtain a free voter photo ID if needed. 12000 Government Center Parkway Suite 323 Fairfax, VA 22035 703-222-0776

- ❖ Sherwood Regional Library June 1, July 6, Aug. 3, Sept. 7, and Oct. 5 10 a.m. until 2 p.m. 2501 Sherwood Hall Lane Alexandria, VA 22306

- ❖ Saturday June 1, June 8, 9 a.m. to 5 p.m.

Satellite locations listed are open one day only, Saturday, June 8, from 9 a.m. to 5 p.m.

- ❖ Franconia Governmental Center
- ❖ Herndon Fortnightly Library
- ❖ Lorton Library

- ❖ Mason Governmental Center

- ❖ McLean Governmental Center

- ❖ Mount Vernon Governmental Center

- ❖ North County Governmental Center

- ❖ Providence Community Center

- ❖ Sully Governmental Center

- ❖ West Springfield Governmental Center

[www.fairfaxcounty.gov/elections/absentee](http://www.fairfaxcounty.gov/elections/absentee).

### LETTERS TO THE EDITOR

## Serving a Need Swept Under Rugs

To the Editor:

As a long time resident of McLean, McLean High School (MHS) Alumnus and parent of current MHS students I feel I need to share my opinion on the recent heated debate surrounding Newport Academy. I see both sides. While I don't condone Newport Academy, I see the need for and benefit of residential treatment facilities. Whether the cluster of three Newport Academy homes or even Newport Academy's operation should be afforded the by right protection of a Group Home is ultimately not up to me and in my opinion does not address the root cause. Why are residential treatment facilities run by for-profit companies (Newport Academy is not the only one out there) popping up everywhere in residential neighborhoods?

Regardless of the outcome with Newport, the big elephant in the room remains the answer to this question. Well, this didn't happen overnight. This all started decades ago with the de-institutionalization and privatization of mental health care which included stripped funding for mental health care as a result of lower taxes.

Then after an investigation of mental health facilities in Virginia and other states, the Department

of Justice (DOJ) filed a complaint against Virginia and other states. In February 2011, the DOJ submitted a findings letter to Virginia, concluding that Virginia failed to provide services to individuals with intellectual and developmental disabilities in the most integrated setting appropriate to their needs. The "most integrated setting" interpreted to mean single-family residential communities.

Then in 2015 Virginia was called out by the DOJ for not trying hard enough to comply. Meanwhile, teen mental illness remains the least discussed topic among parents — the stigma of mental illness is real ... the unfounded fear of those with mental illness is real. Anxiety, depression, anorexia and ADD/ADHD...these are all mental health disorders. Not all teens need residential treatment for these mental health disorders but some do.

The mental health crisis (especially for teens) should be everyone's concern and finding a solution (i.e., greater oversight and regulation but not necessarily exclusion of residential treatment facilities) will require collaboration and likely compromise. We need to work together to find a solution that serves not only our community but the mentally ill teens in need of our support as well.

Let's take the opportunity to work together to de-stigmatize mental illness too (remember, the brain is an organ and treating mental illness is just like treating

heart disease).

We do need better mental healthcare for teens...but I don't think this should be something where we only seek to "treat" mental illness after the fact. Shouldn't it be instead something that we also seek to "prevent" as well?

I mean...we take our kids as early as 3 years old to the dentist just to make sure they have perfect teeth and to prevent cavities and gingivitis; we continue to do annual preventative care visits to the dentist. Our kids have annual physicals ("well" visits) with the pediatrician to ensure they are physically healthy.

Why shouldn't every child also have annual mental health visit to ensure they are mentally healthy too? If we work to prevent mental illness (just like we work to prevent any other illness) and/or treat it before it gets to the point where they require residential treatment facilities, then we wouldn't be where we are today.

Private equity firms have seen the lucrative business potential and are investing big money to enable the likes of Newport Academy to purchase multi-million dollar homes in McLean and surrounding Vienna/Great Falls.

Let's face it, these for-profit residential treatment facilities are here because they are serving a need that got swept under the rugs by everyone.

**Christiane Lourenco**  
McLean

## Protecting Minors from Predator Political Groups

To the Editor:

It is undeniable that a conservative resurgence is currently active in America and concentrating efforts on a women's right to privacy and abortion. Although media focus is on Georgia and Alabama, the recent protest activity by D.C. Area Anti-Abortion Advocacy (a.k.a. DC4A) occurring outside of D.C. area middle and high schools, including James Madison High School, is a prime example of how quasi-political interest groups are affecting our community.

Pro-Life activism is protected through civil rights and liberties within the United States and public high schools; students can organize clubs, write academic and newspaper arguments, invite speakers, and hold discussions to convey their beliefs on abortion. The Equal Access Act, a federal law compelling secondary schools with federal funding to allow non-curricular student organizations, ensures these entitlements. But, the protestors from DC4A are different; the adult volunteers shout through bull-horns at students exiting school, hold up photos of sev-

SEE LETTERS, PAGE 7



## OPINION

# When Cooking Can Kill

BY ROHAN MANI  
RISING SENIOR, MCLEAN HIGH SCHOOL

**A**ir pollution to many might conjure images of the famous London Fog or smoggy Los Angeles of 1970s. But I get to experience it firsthand during my periodic trips to Delhi (India) to visit my grandparents. Sometimes the pollution levels increase to high enough levels that a brown haze forms around the entire city for days at a stretch. According to medical experts, a person in Delhi could be smoking up to 20 cigarettes — without even touching one — on a bad day. It therefore came as a shock to me when I recently discovered that cooking dinner in our home in McLean could generate indoor air pollution as unhealthy as outdoor air in the world's dirtiest cities.

The root cause is found in frying, grilling, or toasting foods with gas and electric appliances as they generate pollution particles such as, nitrogen dioxide, carbon monoxide, carbon dioxide, and other volatile organic compounds.

Researchers at the Lawrence Berkeley National Laboratory (Berkeley Lab) have conducted studies demonstrating that cooking could generate particle concentrations four times higher than major haze events in Beijing.

This news piqued my interest to test and understand my levels of exposure to pollution particles both inside my home and outdoors in the McLean community. How bad could it be? With the availability of portable devices in the market that measure personal air pollution exposures across various microenvironments, I was able to test this very question.

I conducted this research for my high school project, where I collaborated with the researchers at the Johns Hopkins University's School of Public Health to experiment, analyze, and compare my exposure to particle concentrations in various indoor and outdoor environments in and around McLean.

What makes air pollution one of the biggest global concerns today? Air pollution generates airborne particles and exposure to these fine particles (particles usually less than 2.5 m in diameter) and ultrafine particles (particles less than 0.1 m in diameter) present in our immediate environments can cause significant health damage. These tiny particles are often able to travel deeply into the respiratory

tract, reaching and depositing in the alveolar region of the lungs. Exposures over a period of time could lead to asthma, lung cancer and other respiratory diseases, as well as heart diseases. In addition, recent studies have correlated air pollution with increased incidences of diabetes and childhood stunting.

According to a recent Lancet Commission report, air pollution is the largest environmental cause of disease and death in the world, responsible for an estimated 9 million premature deaths and 16 percent of all deaths worldwide annually. This is almost 15 times more than deaths from all war and other forms of violence. Surprisingly, recent research indicates that indoor air pollution should be as much of a concern if not more compared to exposure outdoors.

My experiments indeed corroborate the recent research findings. I found that my exposure to pollution particles was almost three times higher indoors than in outdoor locations in McLean. As expected, the largest concentration of pollution particles was found in the kitchen. Also, I found that particle exposure was particularly high during cooking times. In terms of outdoors, the McLean Commercial District and the McLean High School parking area during school drop-off had high concentration of pollution particles, but the particle numbers were still far less than the indoor levels at home. However, with adequate ventilation, there was a considerable improvement in measured indoor pollution levels.

Understanding such personal exposure has significant value in terms of raising awareness of people's activities and habits and the resulting potential exposures to air pollution. This also shows that we need not be in Delhi or Beijing but can be inhaling bad air even when cooking our favorite food inside our homes in McLean.

But what could be done to reduce our exposure? Experts at the Berkeley Lab suggest that we should ventilate when we cook and ventilate more, the more we cook. A range hood is the most effective ways to do this, especially if it moves air out of the kitchen. Other effective means for reducing indoor pollution levels are use of kitchen fans and open windows. On a cautionary note, both young children and seniors should be particularly careful as they are the ones spending most time indoors.

nature is intended to traumatize adolescents into believing that their immorality is the source of the perceived problem, causing them to distrust and silence their own opinions. However, most prominently, DC4A negatively exhibits the students' identities to a radical viewership — creating a major safety concern.

The state and local legislatures need to do more to protect minors from predator political groups; although it is legal for minors to be recorded without their consent, it is permissible for states and municipalities to make laws regulating photographing minors on school grounds. The legislature of the Commonwealth of Virginia needs to act quickly to protect students' well-being and identities from groups who are willing to le-

verage them for a political following. I call upon the Virginia General Assembly to make it illegal for non-school entities to share identity - exposing videos of minors on school grounds without their consent, even if the video camera itself is not on campus grounds.

**Grace Kugler**  
Vienna

**Write** The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Send to:

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## LETTERS TO THE EDITOR

FROM PAGE 6

ered fetuses, and approach students to video their responses on why they want to "kill babies." Then, to satisfy their extremist internet following, DC4A posts these videos onto their Facebook and Youtube to rile members by saying that the students "insult the murdered babies."

Ultimately, I think what this DC4A does is horrendous. Through means of intimidation, DC4A preys on the young members of our community when they are unaccompanied and most vulnerable, overwhelms them with their political agenda, and finishes them off by malforming and exposing their identities on the internet. Furthermore, DC4A's line of questioning and confrontational

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### Route 123 over Route 7 Bridge Rehabilitation Fairfax County

Public Information Meeting

Thursday, May 30, 2019

6:30 p.m. to 8:30 p.m.

Presentation begins at 7 p.m.

Freedom Hill Elementary School

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**Find out** about plans to rehabilitate the northbound and southbound Route 123 (Chain Bridge Road) bridges over Route 7 (Leesburg Pike) in order to improve safety for drivers, bicyclists and pedestrians and extend the overall life of the bridges. The bridges were built in 1965.

The planned improvements include repairing and resurfacing the concrete bridge decks, repairing bridge piers, abutments and bearings, painting steel bridge beams and repaving Route 123 adjacent to the bridges.

**Stop by** between 6:30 p.m. and 8:30 p.m. to view displays and learn more about the project and its preliminary design. A presentation will begin at 7 p.m. Project staff will be available to answer your questions.

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State Project: 0123-029-385, P101, B640; 0123-029-384, P101, B641 UPC: 111685, 111686, Federal: STP-BR0-9 (297)



The first panel to testify before the committee.



The second panel of witnesses brought even more personal experiences to the proceedings, describing their own hardships and those of workers in lower-paid positions or who work through programs for the disabled.

# Shutdown Effect: Up Close and Personal

FROM PAGE 3

says Ford, but he had to lay off 40 percent of his workforce. “It will be especially hard for them with their backgrounds.” Ford was “terminating a good employee for their own good – so they could qualify for unemployment.”

Ford’s landlord is the Federal Government, and he asked for a rent abatement. His request was denied. “I came to understand that my landlord has no real understanding of what it’s like to operate a small business.”

“Coffee and such are non-essentials when people are uncertain about the next paycheck.” Ford’s business slowed even before the actual shutdown and is only now start-

ing to recover.

Tamela Worthen, a security officer with the Smithsonian Institute, experienced a health crisis during the shutdown when she was unable to pay for necessary medication. After years of working to build good credit, buy a car and a home, the shutdown and no back pay are putting her efforts at risk.

“Yes, we are back at work and getting paid, but I am still far behind now with no way to make it up. At least getting the back pay would get me closer to where I was.”

ServiSource is an affiliate of a group of nonprofits whose work includes the AbilityOne Program, the largest source of employment for people with disabilities across the United States. Mark Hall, of ServiSource, described the plight of their

79 AbilityOne employees who were furloughed “and just couldn’t understand why and wanted to get back to their jobs.”

Mail clerks, dining room attendants, facilities workers and administrative support personnel, the AbilityOne employees earn an average of over \$13 per hour with an additional \$4.27 in hourly health and welfare benefits. With the cost of living what it is in this area, these workers often live paycheck-to-paycheck.

**BOTH PANELS** offered suggestions and recommendations for avoiding similar circumstances in the future. The repeats included:

- ❖ Legislation that guarantees back pay to contractor employees

- ❖ Mandate processing and paying of invoices as essential activities that must continue during any future shutdown

- ❖ Expand the agencies and functions considered essential to the security and stability of the country

“Like everyone else in the room today,” said Connolly, “I hope that we never experience another government shutdown. However, we do not know what the future holds. Therefore, Congress must take action to lessen the impact on contractors, work with agencies to improve their communication with contractors ahead of a shutdown, and most importantly, ensure that contractor employees are able to receive back pay.”

## 2019 Police Unity Tour - Raising Awareness and Funds

**McLean officer, Herndon resident rides for those who died.**

BY MERCIA HOBSON  
THE CONNECTION

**L**t. Tim Field, Fairfax County Police, McLean District Station who resides in the Town of Herndon, participated in the 2019 Police Unity Tour. He did so, as did all other riders in the 250-mile ride, to raise awareness about law enforcement officers who died in the line of duty and to raise money for the National Law Enforcement Officers Memorial.

According to the Police Unity Tour, participants, both riders and support, raised a minimum of \$2000 each for the Police Unity Tour. The ride began in Portsmouth, Va. and ended at the National Law Enforcement Officers Memorial in Washington D.C.

Lt. Field trained to prepare for the ride throughout the year and persevered through rainy conditions on Sunday, May 12. After the tour, Lt. Field said that at times, in the cold and rain, he thought about quitting but then thought of those who died. “And I kept going,” said Lt. Field.



PHOTO CONTRIBUTED

**Lt. Tim Field, Fairfax County Police, McLean District Station, in the 2019 Police Unity Tour at the National Law Enforcement Officers Memorial in Washington D.C.**



**Great Falls, Vienna Girl Scouts Earn Bronze Award**

The Bronze Award is the highest achievement earned by Junior Level Girl Scouts and Troop 3027 of Great Falls/Vienna successfully completed their community work with advertising, collecting and donating to the Wolf Trap Animal Rescue to provide essential items to assist in the rescue efforts of puppies and kittens to find forever homes. The girls in the photo, from left, are: Isabella Anastas, Julia Wang, Roya Bowers, Kai Ocloo, Gauri Pillai, Jade Woosley, Aarohi Singh, and Alexis Woosley.



**Bita Motesharrei MD, FACOG**  
 » Fellow of the American College of Obstetricians and Gynecologists  
 » Diplomate of American Board of Obstetrics and Gynecology  
 » Clinical professor of OBGYN at George Washington University School of Medicine

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# Langley High Sophomore Receives STEM Award

Hana Abouelenein, a sophomore at Langley High School, has been selected as the 2019 recipient of the AAUW McLean Area Branch's STEM Excellence Award. The STEM (Science, Technology, Engineering, and Math) Excellence Award is given to a female student or team from a high school in the McLean area with an outstanding project in the field of Engineering presented at the Fairfax County Regional Science Fair. Hana received a certificate, a \$100 award, and recognition at the Branch's 50<sup>th</sup> Anniversary Dinner held on May 11, 2019, at the McLean Community Center.

This year's award recognized the work done by Hana on the project, "Creating a Neural Network that Differentiates Between Cancerous and Non-Cancerous Epithelial Cells." Hana created a neural network, which is a set of algorithms designed to recognize patterns,



**Hana Abouelenein, a sophomore at Langley High School, was presented with the AAUW McLean Area Branch 2019 STEM Excellence Award at its 50<sup>th</sup> Anniversary Dinner on May 11. Shown, from left, are Myrtle Hendricks-Corrales, Branch Co-President; Mohamed Abouelenein, Hana's father; Hana Abouelenein; Judy Page, Branch STEM Chair; and Betsy Schroeder, Branch Co-President.**

that used data about a skin cell's characteristics, including its width, height, circumference, and color to predict if it was cancerous or not. Her goal was to have an accuracy rate for predicting cancerous and non-cancerous cells of over 80 percent and in fact with her work she was able to achieve 84 percent accuracy.

At the Regional Science Fair held in March, Hana received a Third Place award for her project in the category of Robotics & Intelligent Machines and a second place award in STEM from the American Association of Engineers of Indian Origin, in addition to receiving the AAUW STEM Excellence Award.

For more information on the American Association of University Women and the McLean Area Branch, visit the AAUW McLean Area website at <http://mcleanva.aauw.net>.

## OBITUARY

# A Death in the Share Family

## Elizabeth 'Betsy' McAlpine dies.

We are saddened to pass along the news that Alice Elizabeth "Betsy" McAlpine died peacefully at Virginia Hospital Center on Friday, May 10, 2019 — Share announced. "We all remember Betsy as Harry's partner in hospitality for the annual Share kickoff meeting at St. John's Episcopal each September and many other Share activities. The McAlpines are a vital part of our heritage and the entire Share community will greatly miss Betsy. We share our friend Harry's loss and look forward to walking with him in these days of pain. Our prayers and blessings for Betsy, Harry, their son Kenneth and Kenneth's wife, Kathy, and their two sons, Cullen and Graham.

A celebration of Betsy's life was planned for Tuesday, May 21, at St. John's Episcopal Church, 6715 Georgetown Pike, McLean.

May her memory be a blessing to us all.

Born on July 11, 1929, in Frederick, Md., Betsy was the only child of the late Russell and Elizabeth McCain. She grew up in Frederick and attended Frederick High School for two years, after which she spent three years at the Northfield School for Girls, now located in Mount Hermon, Mass. After graduation she returned to Frederick to attend Hood College, where her grandfather, Joseph Henry Apple, had been the president and founder for forty years. Betsy was an active undergraduate at Hood, and upon graduation she was named the White Blazer Girl for her athletic achievements and all-around campus activities. She subsequently joined the admissions staff at Hood, during which time she traveled throughout the eastern part of the U.S. interviewing applicants to Hood and generating interest in the college.

In December 1955, Betsy married Harry McAlpine, also of Frederick, after which, for the next 30 years, Harry's assignments with the U.S. government took them to Taipei (Taiwan), Hong Kong (where their son Kenneth was born), Singapore, Vientiane (Laos), Jakarta (Indonesia), and Canberra, Australia. In each of these assignments, Betsy threw herself into local activities: teaching in the American School in Taiwan, president of the PTA in Singapore, working with the American School's swimming team in Laos, and playing tennis on the diplomatic circuit, which she enjoyed. In Canberra, the U.S. Embassy created a special award for her, in recognition of her many achievements there.

Upon retirement, Betsy and Harry settled in McLean, where she again involved herself in the community: the altar guild at St. John's Episcopal Church, Welcome to Washington International Club, Share Inc., a local charity, and part-time teaching at Dolly Madison Preschool in McLean. Her association with Hood College continued. She was chair of Hood's Board of Associates and subsequently a member of Hood's Board of Trustees. In recognition of her virtual lifelong involvement with Hood, she was awarded an honorary Doctorate of Humane Letters in 2017. In retirement, Betsy and Harry continued their interest in travel, visiting parts of the world they had not seen before.

In addition to her husband, Betsy is survived by their son Kenneth, his wife Kathy, and their two sons: Cullen, of Los Angeles, Calif, and Graham, currently in the U.S. Air Force.

In lieu of flowers, donations may be sent to Hood College, c/o Alumnae House, 410 Rosemont Avenue, Frederick, MD 21701.

## WEEK IN MCLEAN

### Flags to Honor Heroes

The Rotary Clubs of McLean and Tysons Corner will be erecting US Flags at Sharon Masonic Lodge, the McLean American Legion Post and adjacent to McLean Medical Building in commemoration of Memorial Day. The flags will remain at least through July Fourth. Sponsorships of the flags are \$60, and the honorees will receive a certificate. Honorees can be any hero, military, first responder, public servant or educator. Please contact Paul Kohlenberger at [pkohlenberger@mcleanchamber.org](mailto:pkohlenberger@mcleanchamber.org) or [Vance.Zavela@fairfaxcounty.org](mailto:Vance.Zavela@fairfaxcounty.org).

## CRIME REPORT

The following incidents were reported by the McLean District Police Station.

May 13  
**BURGLARY:** 2200 block of Casemont Drive, 5/12/19, 6:27 a.m. Someone entered a garage and took three bicycles.  
**LARCENIES:**  
 9200 block of Bailey Lane, property from residence  
 1800 block of Briar Ridge Court, packages from residence  
 2200 block of Casemont Drive, cell phone from location  
 1500 block of Cornerside Boulevard, wallet from location  
 2000 block of International Drive, merchandise from business  
 8300 block of Leesburg Pike, merchandise from business  
 8200 block of Peridot Drive, laptop computer from location

MAY 15  
**LARCENIES:**  
 3000 block of Nutley Street, purse from location

MAY 16  
**LARCENIES:**  
 1700 block of Baldwin Drive, cell phone from residence  
 7100 block of Lee Highway, property from residence

MAY 17  
**LARCENIES:**  
 8200 block of Crestwood Heights Drive, wallet from location  
 1800 block of Elgin Drive, jewelry from location  
 2900 block of Monticello Drive, purse from vehicle

MAY 20  
**PRESCRIPTION FRAUD/CONCEALED WEAPON:** 1452 Chain Bridge Road (CVS), 5/19/19, 11:10 a.m. A pharmacist received a fraudulent prescription and notified officers. The man arrived to pick up his medicine and was arrested. A loaded handgun with an extended magazine was found concealed in his backpack. Maryland man, 18,, was charged with obtaining drugs by fraud, carrying a concealed weapon, carrying a loaded firearm in certain specified localities and possession of marijuana with the intent to distribute.  
**LARCENIES:** 1900 block of Chain Bridge Road, merchandise from business  
 8200 block of Greensboro Drive, wallet from location  
 6700 block of Pine Creek Court, wallet from residence  
 8100 block of Tysons Corner, sunglasses from business  
**STOLEN VEHICLES:** 6800 block of Dean Drive, 2006 Honda Fit

# Skincare after 55

Adjusting the regimen for senior skin as one ages.

BY MARILYN CAMPBELL

From fine lines to age spots, normal changes in the skin are inevitable as it matures. Skincare after 50 doesn't need to involve plastic surgery or products with a high price tag. There are simple options for treating the conditions that appear as one ages.

"Everyone ages differently, but you may notice your skin is drier and thinner and starting to look like paper," said dermatologist Shelly Hall, M.D. "You may notice that you're developing more age spots wrinkles and creases. Your skin might be blotchier and irritated easily. You also might notice that your skins heals more slowly."

One of the top recommendations for aging skincare is sunscreen. "For most of us, skin gets more fragile as we age. That's why it's essential for seniors to take extra care and protect themselves from the sun," said Susan Yohe, gerontology nurse for the Fairfax County Health Department. "In addition to using a high-SPF sunscreen, we also recommend long, loose fitting clothing that covers the skin, and a wide-brimmed hat when outside. This will help keep you safe and preserve your skin."

"Wear sunglasses to reduce lines around eyes," added Hall. "Slather on sunscreen that offers broad-spectrum protection and stay out of the sun between 10 a.m. and 2 p.m. It's so important because the sun can age your skin prematurely. Indoor tanning and sun lamps expose your skins to UV rays which can also make your skin age faster."

Watch for skin cancer that can occur because of too much exposure to the sun, warns Hall. "Everyone should see a dermatologist for a skin care exam at some point."

Wash your face twice a day, but avoid using soap, suggest Hall. "Use warm water and a mild cleaner, but don't scrub."

"Vitamin A cream can reduce fine wrinkles," said Hall. "It also helps with rough skin and hyperpigmentation or discoloration that comes with aging and overexposure to the sun. Products that contain Vitamin C can lead to healthy skin and may reverse the negative effects of aging."

Getting adequate sleep promotes healthy skin, says Hall. "It gives our body and skin time to refresh and renew."

Diet and lifestyle also play a role in the way one's



PHOTO BY MARILYN CAMPBELL

**Berries of all types are rich in antioxidants.**

**"Berries are great for the skin because they help keep inflammation down. Green, leafy vegetables especially parsley and lettuces offer tremendous nutrition."**

— Sara Ducey, Professor of Nutrition, Montgomery College

skin ages. Eliminating smoking, decreasing alcohol consumption and eating fresh fruits and vegetables and foods rich in Omega-3 offer the nutrients necessary for healthy, glowing skin, says Sara Ducey, professor of Nutrition at Montgomery College.

"Water is especially important for keeping skin hydrated," she said. "Fish is particularly important, especially fatty fish that are rich in Omega-3 fatty acids like salmon and tuna. Berries are great for the skin because they help keep inflammation down."

Green, leafy vegetables especially parsley and lettuces offer tremendous nutrition."

A simple and holistic approach is the foundation of skincare, advises Hall.

"The bottom line is maintaining a healthy lifestyle, eating a healthy diet and practicing sun protection," she said.

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

### Presented by The Alden



**Midday Movies:**  
Foreign-Language Films  
Wednesday, May 22, 1 p.m.  
Free admission

### The Old Firehouse



**After 7 Dance Party**  
Friday, May 24, 7-10 p.m.  
1440 Chain Bridge Rd.  
\$5 admission  
Preregistration is recommended

### MCC Governing Board



**Monthly Meeting**  
Wednesday, May 29, 7:30 p.m.  
Open to the public

### The Old Firehouse



**Family Movie Night**  
Friday, May 31, 7-9 p.m.  
1440 Chain Bridge Rd.  
\$3 admission  
Preregistration is recommended

### MCC Governing Board



**Monthly Meeting**  
Wednesday, June 5, 7:30 p.m.  
Open to the public

### Presented by The Alden



**John Eaton in Concert**  
Saturday, June 8, 2 p.m.  
\$30/\$20 MCC district residents

### Coming Soon!

Presented by The Alden  
**Summer Sunday Concerts in the Park**  
Sundays, June 16-July 28, 5 p.m.  
McLean Central Park  
Free admission



The McLean Community Center  
[www.mcleancenter.org](http://www.mcleancenter.org)  
Home of the Alden Theatre  
[www.aldentheatre.org](http://www.aldentheatre.org)  
703-790-0123, TTY: 711

1234 Ingleside Ave., McLean, VA 22101

# CALENDAR

Submit entertainment announcements at [www.connectionnewspapers.com/Calendar/](http://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 [www.mpaart.org](http://www.mpaart.org) for more.

**The Member of the Wedding.** Through June 2 at 1st Stage Theater, 1524 Spring Hill Road, Tysons. Adapted from the beloved novel of the same name, this evocative, poetic coming of age drama explores the pains of youth and the meaning of family. The Member of the Wedding will run Thursdays, 7:30 p.m.; Fridays, 8 p.m.; Saturdays at 2 and 8 p.m.; and Sundays at 2 p.m. The run time is approximately 2 hours with one 15-minute intermission. Captions and audio description will be offered for select performances. \$15-\$39. Visit [www.1ststage.org](http://www.1ststage.org) or call 703-854-1856 for tickets.

**Oak Marr Farmers' Market.** 8 a.m.-noon at Oak Marr RECenter, 3200 Jermantown Road, Oakton. Every Wednesday through Nov. 13, rain or shine. Vendors include produce, meats, eggs, cheeses, pies, cured and smoked meats, popsicles, sorbet, bread, croissants, falafel sandwiches, humus, and pesto. Call 703-281-6501 or visit [www.fairfaxcounty.gov/parks/farmersmarkets/oak-marr](http://www.fairfaxcounty.gov/parks/farmersmarkets/oak-marr) for more.

**McLean Farmers Market.** Fridays, through Nov. 15, 8 a.m.-noon at Lewinsville Park, 1659 Chain Bridge Road, McLean. Sixteen local farmers and producers will sell fresh produce and fruits; meats; breads and pastries; jams; dairy products and eggs; herbs; flowers, coffee, and more. Visit [www.fairfaxcounty.gov/parks/farmersmarkets/mclean](http://www.fairfaxcounty.gov/parks/farmersmarkets/mclean).

**Great Falls Farmers Market.** Saturdays, 9 a.m. to 1 p.m. 778 Walker Road, Great Falls.

## FRIDAY/MAY 24

**The Old Firehouse – After 7 Dance Party.** 7-10 p.m. at the Old Firehouse, 1440 Chain Bridge Road, McLean. The Old Firehouse presents After 7, a reimagined take on the Old Firehouse's Friday Night Dances of the past. Catered food and drinks, raffles, plus a DJ playing your requests and the latest hip-hop and pop hits, makes this event one can't miss. \$5 admission. Preregistration is recommended. Call 703-448-8336 or visit [mcleancenter.org](http://mcleancenter.org) for more.

## SATURDAY-SUNDAY/MAY 25-26

**Model Railroaders Open House.** 1-5 p.m. at the Vienna Depot, 231 Dominion Road NE. Northern Virginia Model Railroaders hold an open house at the Vienna Depot each month and on Vienna celebration days, including Viva! Vienna and the Vienna Holiday Stroll. Free admission. Call 703-938-5157 or visit [www.nvmr.org](http://www.nvmr.org).

## SUNDAY/MAY 26

**Build Bee-utiful Housing.** 9-10:30 a.m. at Riverbend Park, 8700 Potomac Hills St., Great Falls. Have fun learning about local pollinators while using invasive plants to build homes for these natives. The bees this house attracts are mason bees, pollinators and solitary bees that rarely sting. Designed for participants 3-adult. \$8 per person. Call 703-759-9018 or visit [www.fairfaxcounty.gov/parks/riverbend](http://www.fairfaxcounty.gov/parks/riverbend).

**Cathedral Brass Concert.** 1-2:30 p.m. at Trinity Episcopal Church, 9108 John S. Mosby Highway, Upperville, Va. The Cathedral Brass of Vienna Presbyterian Church will perform a free concert of classical, jazz, and popular favorites with guest artist Phil Franke, as part of the annual Hunt Country Stable Tour in Upperville. Free. Call 540-592-3343 or visit [trinityuppsville.org](http://trinityuppsville.org).

## MONDAY/MAY 27

**Park Authority Salutes Military with Free Admission Day.** The Fairfax County Park Authority will honor those who serve and have served in the U.S. Armed Forces with a free day for military families at RECenters and lakefront parks on Memorial Day. Families can enjoy such



PHOTO COURTESY OF THE CATHEDRAL BRASS

Phil Franke performs with the Cathedral Brass.

## Cathedral Brass Concert

The Cathedral Brass of Vienna Presbyterian Church will perform a free concert of classical, jazz, and popular favorites with guest artist Phil Franke, as part of the annual Hunt Country Stable Tour in Upperville. Franke (USMC, ret.) will be featured on two works, Bob Curnow's Rhapsody for Euphonium, and John Hartmann's La Belle Americaine. Franke served for more than 30 years as the principal euphonium player for the USMC Band, "The President's Own." Sunday, May 26, 1-2:30 p.m. at Trinity Episcopal Church, 9108 John S. Mosby Highway, Upperville, Va. Free. Call 540-592-3343 or visit [trinityuppsville.org](http://trinityuppsville.org).



## Piano Concert

Thomas Pandolfi, nationally and internationally renowned piano virtuoso, performs in a fundraiser concert sponsored by the Great Falls UMC United Methodist Women. Meet and greet reception to follow. Sunday, June 2, 2-3:30 p.m. at Great Falls United Methodist Church, 10100 Georgetown Pike, Great Falls. \$40 Purchase tickets at [www.greatfallsumc.org](http://www.greatfallsumc.org).

amenities as pools, fitness rooms, drop-in fitness classes, gyms and mini-golf. The lakefront parks offer amusements such as carousel rides, boat rides, train rides, mini-golf and camping. Amenities vary by location. Excludes the Water Mine, regulation golf and food vendors. Visit [www.fairfaxcounty.gov/parks/honoring-americas-veterans-memorial-day](http://www.fairfaxcounty.gov/parks/honoring-americas-veterans-memorial-day) for details.

## THURSDAY/MAY 30

**Mah Jongg Lessons.** 2-5 p.m. at Temple Rodef

Shalom, 2100 Westmoreland St., Falls Church. Mah Jongg classes. \$85, includes needed Mah Jongg Card. Call Renee Andrews, 703-532-2217, for more.

## FRIDAY/MAY 31

**Film Screening: Plastic Paradise.** 6:30 p.m. at Unitarian Universalist Congregation of Fairfax (UUCF) Chapel in the Program Building, 2709 Hunter Mill Road, Oakton. Join the Climate Action Group of (UUCF) and Faith Alliance For

Climate Solutions (FACS) for Plastic Paradise — every single piece of plastic that has ever been created since the 19th century is still somewhere on our planet. Visit [www.unityoffairfax.org](http://www.unityoffairfax.org) for more.

**Family Movie Night.** 7-9 p.m. at The Old Firehouse, 1440 Chain Bridge Road, McLean. Gather the whole family and bring your blankets, pillows and camp chairs for our indoor, picnic-style family movie night. Participants will enjoy unlimited free popcorn, watch the movie on our huge projection screen and have a chance to win a door prize. \$3 per person; pre-registration recommended. Call 703-448-8336 or visit [www.mcleancenter.org](http://www.mcleancenter.org).

## FRIDAY/MAY 31-SUNDAY/JUNE 2

**Tysons Library Book Sale.** Friday, 11 a.m.-5 p.m.; Saturday, 10 a.m.-4 p.m.; Sunday, 1-4 p.m. at Tysons Pimmit Regional Library, 7585 Leesburg Pike, Falls Church. Tysons Library Friends hosts their Quarterly Book Sale with a large selection of books and media for all ages and interests. Sunday: half price or \$10 per bag sale. Email [tysonslibraryfriends@gmail.com](mailto:tysonslibraryfriends@gmail.com) or call 703-790-4031 or 703-338-3307 for more.

## SATURDAY/JUNE 1

**Dead Run Stream Restoration Ribbon Cutting.** Noon near the tennis courts behind the McLean Community Center at 1234 Ingleside Avenue, McLean. The Dead Run stream restoration project includes approximately 3,200 linear feet of stream within McLean Central Park and the Dead Run Stream Valley Park between Old Dominion and Churchill Roads. Invasive and nonnative plants were removed, and native plants were installed to enhance stream bank stability and improve water quality and wildlife habitat within the floodplain adjacent to the stream. Open to the public.

## SUNDAY/JUNE 2

**Piano Concert.** 2-3:30 p.m. at Great Falls United Methodist Church, 10100 Georgetown Pike, Great Falls. Thomas Pandolfi, nationally and internationally renowned piano virtuoso, performs in a fundraiser concert sponsored by the Great Falls UMC United Methodist Women. Meet and greet reception to follow. \$40 Purchase tickets at [www.greatfallsumc.org](http://www.greatfallsumc.org).

## FRIDAY-SUNDAY/JUNE 7-9

**Celebrate Fairfax! Festival.** Northern Virginia's largest community-wide event, the 38th annual Celebrate Fairfax! Festival, is set to take place on the grounds of the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. The Celebrate Fairfax! Festival features 25 acres of concerts, family programs, exhibits, carnival rides and nightly fireworks. Among the festival's highlights are more than 120 performances on seven stages, including Better Than Ezra and Smash Mouth. Call 703-324-3247 or visit [www.celebratefairfax.com](http://www.celebratefairfax.com).

## SATURDAY/JUNE 8

**Tinner Hill Music Festival.** 11 a.m.-9 p.m. in Cherry Hill Park in the City of Falls Church. The 26th Annual Tinner Hill Music Festival will have Northern Virginia rocking with music and fun festivities. Festival-goers will be treated to an array of "villages" throughout the park, including the Artist Village showcasing painters, photographers and jewelers selling their works. Family fun is assured in the Kids' Village, with water play, a musical petting zoo, face painting, puppy petting party, and more. Find tickets and information at [www.tinnerhill.org](http://www.tinnerhill.org).

## SUNDAY/JUNE 9

**Live Music: Matt Andersen.** 7 p.m. at Jammin' Java, 227 Maple Ave. E., Vienna. Canadian Soul Bluesman Matt Andersen has released a new album called Halfway Home by Morning and has embarked on a solo acoustic international tour. He will also appear as an opening act for the Steve Miller Band/Marty Stuart tour this Summer. Erin Costello will open at Jammin' Java. \$15. Call 703-255-1566 or visit [www.jamminjava.com](http://www.jamminjava.com).

SEE CALENDAR, PAGE 13

[WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)



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The picture is one of the HO gauge steam engines stopping at the Salisbury station. This is an award winning model of the real station in Salisbury, NC.

## Open House

Northern Virginia Model Railroaders hold an open house at the Vienna Depot each month and on Vienna celebration days, including Viva! Vienna and the Vienna Holiday Stroll. Free admission. Saturday, May 25, 1-5 p.m. at the Vienna Depot, 231 Dominion Road NE. Call 703-938-5157 or visit [www.nvmr.org](http://www.nvmr.org).

## CALENDAR

FROM PAGE 12

### WEDNESDAY/JUNE 12

**Movie Series: New Disney Classics.** 12:30 p.m. at The Alden Community Hall, McLean Community Center, 1234 Ingleside Ave., McLean. The Alden is kicking off a new film series with "new Disney Classics" – those that were loved during the 1990s. The films will be shown at 12:30 p.m. on the 2nd Wednesday of the month through June. Free admission. Visit [mcleancenter.org/performing-arts](http://mcleancenter.org/performing-arts) for more.

### FRIDAY/JUNE 15

**Dining with Dorothy.** 12:30 p.m. at Olive Garden, 8133 Leesburg Pike, Vienna. – A program of the Shepherd's Center of Oakton-Vienna. Join with friends or make new ones. Newcomers are always welcome. To reserve a space contact event chair, Dorothy Flood at [dflood1706@gmail.com](mailto:dflood1706@gmail.com).

### SATURDAY/JULY 13

**Model Railroaders Open House.** 1-5 p.m. at the Vienna Depot, 231 Dominion Road NE. Northern Virginia Model Railroaders hold an open house at the Vienna Depot each month and on Vienna celebration days, including Viva! Vienna and the Vienna Holiday Stroll. Free admission. Call 703-938-5157 or visit [www.nvmr.org](http://www.nvmr.org).

### ONGOING

**Camp Grow Registration Open.** Camp Grow at Meadowlark Botanical Gardens, in Vienna, invites children to explore nature through hands-on activities, gardening, discovery walks, crafts, music, storytelling, and animal programs. Camp Grow is designed to engage, challenge, educate and encourage a sense of community. Camp Grow values and encourages inclusion of all campers in every activity. Visit [www.novaparks.com/things-to-do/camps/](http://www.novaparks.com/things-to-do/camps/) for more.

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

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

**Trivia Night.** Tuesdays, 7 p.m. at Lost Dog Cafe - McLean, 1690 Anderson Road, McLean. Trivia featuring multiple winners and fun door prizes. Free to play. Visit [www.facebook.com/EarthTriviaDc/](http://www.facebook.com/EarthTriviaDc/) for more.

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

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

**Free Tai Chi.** Saturdays through March 30, from 7:55-9 a.m., Introduction and Beginners' Practice, meet in the Langley Hall at Trinity United Methodist Church, 1205 Dolley Madison Blvd., McLean. All are welcome. Call 703-759-9141 or visit [www.FreeTaiChi.org](http://www.FreeTaiChi.org) for more.

**The Freeman Store & Museum** Wednesday through Sunday noon-4 p.m. 131 Church St. NE, Vienna. The Freeman Store & Museum is dedicated to Preserving and promoting Vienna's heritage through the identification, preservation, and interpretation of history significant places, events, and persons. [Historicviennainc.org](http://Historicviennainc.org)

**Bingo Night.** Sundays. 4 p.m. Flame Room, Vienna Volunteer Fire Department, 400 Center St. S, Vienna. \$10. [www.vvfd.org/bingo.html](http://www.vvfd.org/bingo.html).

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

**Colvin Run Mill** open 11-4 p.m. daily, closed Tuesday. 10017 Colvin Run Road, Great Falls. Fairfax County's operational 19th century water powered gristmill, offers recreational and educational activities for all ages through daily tours, school programs and special events. Fees: \$7/adult, \$6 students 16+ with ID, \$5 children & seniors. Admission to park is free except for some special events.

# Quilters Unlimited

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# Stop Shaking and Start Living



Bill Espinosa was virtually paralyzed by Parkinson's disease. "I couldn't move, swallow, or even blink an eye," he recalls. Deep brain stimulation (DBS) unlocked Bill's muscles right away. Thanks to the physicians at MedStar Georgetown University Hospital—and DBS—his motor symptoms improved immediately and he stood up and walked. Bill is now back to enjoying his full, active life.

To learn if you might be a candidate for DBS, call **855-546-1890** or visit [MedStarGeorgetown.org/StartLiving](http://MedStarGeorgetown.org/StartLiving).



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### SUNDAY/MAY 26

**Taizé Contemplative Worship.** 5 p.m. in St. Mary's Chapel at Church of the Holy Comforter, 543 Beulah Road, NE, Vienna. From September through May, Holy Comforter's Music Ministry sponsors evening services in a contemplative style, offering an opportunity to decompress and prepare for the week ahead. The service occurs on the last Sunday of the month. Visit [www.holycomforter.com](http://www.holycomforter.com) for more.

### MONDAY/MAY 27

**Memorial Day Ceremony.** 11 a.m. at The Freedom Memorial, behind Great Falls Library, 9830 Georgetown Pike, Great Falls. The annual Memorial Day ceremony will be held at the Great Falls Freedom Memorial to honor those who gave "the last full measure of devotion" in service of freedom. The event will feature patriotic songs, a color guard and raising of the flags by Boy Scout Troop 55, a wreath laying, and a bell-ringing and name-reading for natives of Great Falls killed in battle. The ceremony is open to all. Limited seating and shelter will be provided. Attendees are encouraged but not required to bring portable chairs. Visit [www.gffreedom.org](http://www.gffreedom.org).

### WEDNESDAY/MAY 29

**Bullied, Broken, Redeemed.** 7 p.m. at McLean Bible Church, 8925 Leesburg Pike, Vienna. Intensive anti-bullying training from International author, speaker and trainer Paul Coughlin, founder of The Protectors. Certificate of Completion is available. Groups encouraged to attend (email [Candice@bulliedbrokenredeemed.com](mailto:Candice@bulliedbrokenredeemed.com) for group discounts). \$15. Register at [www.bulliedbrokenredeemed.com/forms](http://www.bulliedbrokenredeemed.com/forms).

### THURSDAY/MAY 30

**Interfaith Ramadan Dinner.** 7:30 p.m. (registration); 8 p.m. (program starts) at Fairfax County Government Center - Cafeteria, 12000 Government Center Parkway, Fairfax. Join for an Interfaith Ramadan Dinner hosted by Fairfax County Chairwoman Sharon Bulova. Call to prayer and dinner are at 8:30 p.m. Register at [bit.ly/fxcounty2019](http://bit.ly/fxcounty2019).

**Forum for Democratic Candidates for Chairman of the Board of Supervisors.** 7:30-9 p.m. at Alden Theatre, McLean Community Center, 1234 Ingleside Ave., McLean. The Greater McLean Chamber of Commerce will host a forum for the Democratic candidates. Peggy Fox, of CBS News affiliate WUSA9, will serve as moderator. Each candidate will have the opportunity to make a three-minute opening statement and a two-minute closing statement. Questions will come from the Chamber's Legislative Committee and from among those submitted by attendees. Visit [www.mcleanchamber.org](http://www.mcleanchamber.org) for more.

### SATURDAY/JUNE 1

**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](http://www.dcpnsupport.org) for more.

### SUNDAY/JUNE 2

**Jefferson Obama Dinner.** VIP reception, 5:30-6:30 p.m.; silent auction, 6-7:15 p.m.; dinner, 7-9 p.m. at Hilton McLean Tysons Corner, 7920 Jones Branch Drive,

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## BULLETIN BOARD

McLean. Confirmed speakers include former Gov. Terry McAuliffe; U.S. Rep. Don Beyer; and U.S. Rep. Jennifer Wexton. Fairfax Democrats will be presenting their award winners and honoring elected officials who are retiring. Visit [rfaxdemocrats.org/2019/02/19/2019-jefferson-obama-dinner](http://rfaxdemocrats.org/2019/02/19/2019-jefferson-obama-dinner).

### TUESDAY/JUNE 4

**Park Authority Summer Jobs.** 5-8 p.m. at Oakton Elementary School, 3000 Chain Bridge Road, Oakton. This year the Fairfax County Park Authority's Rec-PAC summer camp program will operate at 45 elementary school locations around Fairfax County on weekdays from July 1-Aug. 8, 8:15 a.m.-3:45 p.m. Applicants are required to bring an original Social Security Card and a DMV photo ID. Only those who are 18 years of age and older will be considered. Visit [www.fairfaxcounty.gov/parks-rec-pac/jobs](http://www.fairfaxcounty.gov/parks-rec-pac/jobs) or email [Recpac@fairfaxcounty.gov](mailto:Recpac@fairfaxcounty.gov).

**Climate Change in Virginia.** 6:30-7:30 p.m. at Oakton Library, 10304 Lynnhaven Place, Oakton. Dr. Jim Kinter from GMU will describe research about where, when, and by how much climate will change in Virginia in the future. No registration required. Free. Email [michelle.biwer@fairfaxcounty.gov](mailto:michelle.biwer@fairfaxcounty.gov) or call 703-242-4020 for more.

**Annual Meeting.** 7 p.m. The Safe Community Coalition of McLean will review the past year, discuss plans for next year, and welcome new members to the Board. Email [info@mcleanscc.org](mailto:info@mcleanscc.org).

### WEDNESDAY/JUNE 5

**Design Updates for Nutley Street Interchange.** 6:30-8:30 p.m. at James Madison High School, 2500 James Madison Drive, Vienna. The I-66 design-build team has developed a new design concept for the Nutley Street interchange. This new concept improves traffic flow on Nutley Street compared to the previously proposed diverging diamond design concept. This alternative design would reduce impacts to surrounding properties and eliminate the need to build a second Nutley Street bridge span over I-66. Visit [transform66.org](http://transform66.org) for more.

### THURSDAY/JUNE 20

**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](http://scov.org). Contact facilitator Jack Tarr at 703-821-6838 or [jtarr5@verizon.net](mailto: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](mailto:lovriver@aol.com) or call at 571-236-6933.

### SATURDAY/JUNE 8

**Caregiver Workshop.** 11 a.m.-3 p.m. at Hollin Hall Senior Center, 1500 Shenandoah Road, Alexandria. Join this Caregiver Workshop with Pete Shrock, nationally known grief and crisis responder, focusing on building resilience through caregiving challenges. This is a free event, and all caregivers and family members are invited to attend. Lunch will be provided. Visit [insightmcc.org](http://insightmcc.org), to register or contact Lindsey Vajpeyi at 703-204-4664 or [lindsey.vajpeyi@insightmcc.org](mailto:lindsey.vajpeyi@insightmcc.org).

### SUNDAY/JUNE 9

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

### TUESDAY/JUNE 11

**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@sunriseseniorliving.com](mailto:mcLean.DOS@sunriseseniorliving.com).

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## The Weak After



By KENNETH B. LOURIE

And now the fun begins. Not! For some reason, I can't get the Journey song, "Lovin', Touchin', Squeezin'" out of my head, except that my lyrics are "Waitin', Wonderin', Hopin'." I'll know the results of last week's diagnostic scans soon enough, on Tuesday in fact, the day before this column publishes, when we have our next usual and customary post-scan, face-to-face appointment with my oncologist.

As it is presently scheduled, what having a Tuesday appointment after the preceding Wednesday scan means is, we won't have received the results prior to our appointment. The interval of time is too short.

When the post-scan appointment had been on Friday, nine days out, as it has been on many occasions, my oncologist felt compelled (maybe because we 'compelled' him) to email the us scan's results rather than make us wait so long. But six days is not quite so long enough before he'll be seeing us, so I am humming a Journey song in the interim.

And let me tell you, going in cold (not knowing the results beforehand) "is all it's cracked up to be" -- to invoke a quote by "Hawkeye" from M\*A\*S\*H when talking to Radar about his widowed mother being alone.

But I won't be alone on Tuesday; my wife, Dina, will be along for the ride. A ride she has made many times, especially during the early years of heavy-duty chemotherapy when infusion days, start to finish could last upwards of 10 hours, door to door.

The process for these post-scan appointments is somewhat different, 45 minutes or so.

It begins in an examining room with yours truly being examined/questioned by a nurse ("Are you in any pain?") followed by her checking my vitals: oxygen level, pulse and blood pressure ("Mr. Lourie, you're blood pressure is high." "You bet it is.")

After she enters the information on the computer, she'll excuse herself and as she exits the examining room she advises us that the doctor will be in shortly.

Typically, with 15 minutes or so, depending on his schedule, we'll hear a knock on the door and my oncologist's voice asking if it's OK for him to enter. "Yes, of course," we say.

The way the examining room is configured, the examining chair, where I'm sitting, is on his immediate left, partially blocked from his view as he opens the door. Dina is sitting in a chair directly ahead of him and in clear sight as he enters the room. This means she'll see his face before I do and instinctively she'll try to read his expression and body language for a hint of what's to be said.

Occasionally, he breaks the ice immediately and says something like "scans look good, very pleased," knowing that we as patients are hanging on his every word. Other times, he says very little as he sits at his computer and begins asking the standard questions with which we are all too familiar.

This exchange will last about five to 10 minutes, depending on my interruptions. Generally, within the context of this exchange, the subject of my scan results will be mentioned.

This is the moment of truth.

I can't really say it's worth waiting for, good news or bad. It's more about enduring.

Unfortunately, we can't change much about this process. I have a "terminal" disease and scanning is the process by which the doctor can assess my health. Waiting for this assessment is the absolute bane of my existence.

And now with a more frequent scanning schedule, every two months, I am "bane-ing" more than ever before. I can't say it's a perfect set of circumstances, but it's my journey and I'm stuck with it.

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



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