

Vienna and Oakton Vienna CONNECTION

Christina Trivisonno #21
scored 15 points in Marshall's
loss in overtime to Edison.



Edison Beats Marshall In State's First Round

SPORTS, PAGE 6

Farmland Catapults to Economic Engine of the County

NEWS, PAGE 3

Vienna Arsenal Robbed, 25 Firearms Taken

NEWS, PAGE 2

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MARCH 11-17, 2020

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM

Vienna Arsenal Robbed, 25 Firearms Taken

BY MIKE SALMON
THE CONNECTION

On the northeast side of town, Vienna Arsenal has an office on the second floor of a nondescript building they share with a tax accountant, diabetic supply company, a construction business and a computer repair shop. In the early morning hours of Monday, March 2, at approximately 6 a.m., the Vienna Police Department responded to a burglary report at the Vienna Arsenal gun store located at 386 Maple Ave East. Upon arrival, Vienna Police officers met with the business owner, who advised that the business had been burglarized.

Investigation revealed that the suspects forced entry into the establishment and stole approximately 25 firearms. Vienna Police Detectives and Agents from the Bureau of Alcohol, Tobacco, and Firearms (ATF) are investigating the case.

"Detectives are working on the case," said Juan Vazquez, Town

of Vienna Police Public Information Officer. There was no additional information released, and some nearby residents heard about it but didn't know much more.

"I was a little surprised that we have one in downtown Vienna," said Jane Gryder, a nearby resident who didn't have a negative outlook towards a gun store, but was surprised that there was a robbery. So was Bill Molitor of Wheat's Landscaping, a few blocks away. "A little uncommon for this area for it to be robbed," he said.

Wheat's did have a couple of trucks stolen a few years ago, Molitor said.

During a visit to the shop, there was no comment from the man behind the counter, and they turned all questions to management, who have not responded to an inquiry as of press time. One man had a gun holster on his belt.

To respond with information about this investigation, please contact Detective Leroux at 703-255-6322 or email him at Scott.Leroux@viennava.gov.



Cigars, guns and computer repairs all have an office at this location on Maple Avenue East.



PHOTOS BY MIKE SALMON/THE CONNECTION
The case is under investigation.

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Farmland Catapults to Economic Engine of the County

Tyson Partnership celebrates the 10th anniversary of the adoption of the Comprehensive Plan for Tysons.

BY MERCIA HOBSON
THE CONNECTION

By now, nearly everyone should know the name is Tysons, one word; and the new Tysons is rising to be America's next great city, a nexus of mobility conducive to cycle-friendly living and walkability. Accessed via the Dulles Toll Road, Jones Branch Connector, Beltway 495, Silver Line Metro and Rt 123. "(Tysons is) evolving from the inside out, with the construction of exciting new places to live, work and play. By 2050, Tysons will add 50M SF of new construction and will be home to more than 100,000 residents and 200,000 jobs. Three-quarters of this future growth will be concentrated within a half-mile of each of Tysons' four Metro stations. A new grid of streets, sidewalks and bike paths will connect Tysons' new neighborhoods creating a walkable urban center," according to tysonpartnership.org.

On Wednesday, March 4, Tysons Partnership, designated as the Implementation Entity for the Tysons 40-Year Comprehensive Plan and composed of more than 100 member organizations with stakeholder interests in Tysons, celebrated the 10th-anniversary of the adoption of the Comprehensive Plan for Tysons by the Fairfax County Board of Supervisors. The plan is to transform Tysons into that great American city.

STAKEHOLDERS, dignitaries, guests and others met in the heart of Tysons, at Capital One Headquarters, Washington Metropolitan area's tallest private building.

Jeff Tarae, Chair, Tysons Partnership Board of Directors and Managing Director, Newmark Knight Frank greeted those gathered and said, "Spurred on the completion of the Metro Silver Line, Tysons has transformed into a vibrant, urban center that Capital One is proud to call home. Tysons has become a hub for top talent, especially in tech, and continually provides us with a skilled workforce that we need to succeed." Tarae added what was happening at Tysons was not happening anywhere else in the region, country, and likely the world. "We're seeing tremendous commercial, residential and retail development and the implementation of numerous forms of transportation which connects Tysons to the Greater Washington region," Tarae said.

Introducing Chairman Jeffrey McKay, Fairfax County Board of Supervisors, Tarae said that Chairman McKay and his colleagues on the Fairfax County Board of Supervisors played an integral part in everything that Tysons Partnership was doing to shape the future of Tysons.

McKay opened, saying that Fairfax County residents expect certain things from the Board of Supervisors. "Good financial man-



Jeff Tarae, Chair, Tysons Partnership Board of Directors, Managing Director, Newmark Knight Frank

agement, Triple-A bond rating, predictability, high-quality public services (and) schools, low crime, human services, compassion, and a welcoming environment for people all over the world to come to Fairfax County and succeed. Those are the hallmarks of Fairfax County; that will not change," he said.

McKay said the Board had a sense of urgency to address other challenges in the County, such as affordable housing. "That is a goal I know our County Board is going to hit the accelerator on as we move forward. Climate change is another issue this Board will tackle. We will tackle it in a way that complements economic development," he said.

According to McKay, when it came to Tysons, the Board's job was to partner with the community, "to make sure we achieve the long-range goal for Tysons." McKay added that while it was essential to recognize that everyone in the County would benefit from the success of Tysons, a place he called "the economic engine of the County," it was necessary to create other economic engines in other parts of the County too.

"We have a moral obligation to lift up all parts of the County. We can have smaller economic engines throughout Fairfax that complement Tysons and aren't in competition with it," McKay said. "But as we move forward, we know Tysons is the economic engine, and this Board is cognizant of that...We will make the necessary investments."



Chairman Jeffrey McKay, Fairfax County Board of Supervisors, says, "We know Tysons is the economic engine, and this Board is cognizant of that...We will make the necessary investments."

PHOTOS BY MERCIA HOBSON/THE CONNECTION



Capital One Headquarters is a 470-foot-tall tower completed in 2018 and is the Washington Metropolitan Area's tallest private building.

McKay said the Board was at a critical junction currently with Tysons. He said, "I know there's angst out there in the community about infrastructure, keeping pace with development." McKay added that the Board had a job to do, as partners and political leaders, to remind the County "this is a long haul."

"Tysons Plan was not developed to be implemented in a year or two. It was predicated on the need that we are in this for the long haul. And that means, at some point in time, pieces of it get accelerated faster than others. But we have to maintain the vision for achieving the ultimate goal... creating a place called Tysons...where people want to live, where we continue to have job growth, but we also have the public infrastructure in place to support that growth," he said.

MCKAY cautioned that Tysons Partnership, the County and the community had to operate as a team. "And frankly, there's a lot of eyes on us. You know, not only is Fairfax County the economic driver of the Commonwealth of Virginia, we know that statistically, 22 percent of all revenue going into Virginia comes from Fairfax County. We know that Tysons Corner is the economic driver of the County, so there are a lot of eyes on us making sure that this experiment that we've entered into works. We know it will...When you make a commitment, to do what we've done in Tysons, which is huge, you can't stop midway, or you're left with

the worst-case scenario, which is scattered high density in parts of Tysons with no connectivity, no sense of place, no character, no personality," said McKay.

"We have come too far not to continue to make sure we complete this journey, and I need your help," McKay said. "We need everyone in Tysons Partnership's help. I can assure you, from my standpoint, we are going to continue to press our County staff in trying to be more responsive to the market, to send a strong message that Tysons is an innovative, outstanding place to live, work and to attract young people to come into Tysons Corner. We know that's a challenge... I need all of your voices to help us send a message out there, that this is a place where young people want to be able to come to work and where we want them to be in Fairfax County."

According to McKay, the County invests \$14,000 per student per year. Then the student goes off to college and ends up moving elsewhere because they don't think Fairfax County is "cool enough or they can't afford housing."

McKay said, "Think of the investment that we've made in the public sector and those kids, only to

lose it to other parts of the country. We have to attract those people here through affordable housing opportunities, employment opportunities, but most importantly, to make sure that Tysons is seen as a cool, innovative, state of the art, a forward-thinking place where people want to come and live. And we're halfway there."

OPINION

2020 General Assembly: 39 Surovell Bills Passed

BY SCOTT SUROVELL
STATE SENATOR (D-36)



The 2020 General Assembly finished work on all legislation this past Sunday, except we did not pass a final state budget or elect new judges to fill vacancies. We will return to Richmond on Thursday, March 13, to complete that work and adjourn for this year.

This was my most successful session in passing bills in my eleven years in the General Assembly. The legislature sent 39 of my bills to Governor Ralph Northam. We carried over nine bills and referred them to study commissions. The legislature also carried over my legislation to abolish the death penalty to be potentially considered over the summer.

I will highlight some of the other major bills we passed and discuss more bills and the budget in future columns.

I carried a bill with Norfolk Delegate Jay Jones to authorize Virginia to join 20 other states that allow community net metering for electricity. This bill, which passed both chambers with large bipartisan majorities, opens the door to solar energy for Virginians who live in communities with heavy tree cover, apartments, condominiums or for businesses that do not own their roofs. It will enable them to purchase solar power and net the energy against their home meters, while reducing car-

bon-generated energy usage and purchasing a share of the energy generated by a solar project.

Both bodies sent my bill banning hydraulic fracturing or “fracking” for natural gas east of Interstate 95 to Governor Northam for signature. Both chambers also finalized my legislation requiring each state agency to designate an energy manager and energy reduction goals to help coordinate a reduction in energy usage by state agencies. Thank you to my constituent Elizabeth Beardsley with the Green Buildings Council for the concept.

The House also passed my bill to authorize the State Corporation Commission to approve 2,700 megawatts of energy storage, enough to power 2.7 million homes. As we transition to a clean energy economy, we must also develop technology for night-time storage of energy generated during the day. This requires significant advances in energy storage. My legislation is a first step.

Virginia will become the seventeenth state plus the District of Columbia to authorize temporary driver privilege cards for undocumented immigrants. The legislation I carried with Senator Jennifer Boysko and Delegate Kathy Tran passed with a bipartisan vote in both chambers. It will pay for itself and likely generate significant long-term benefits for taxpayers, in addition to simply fostering a better quality of life for our newest Virginians and their families. This legislation is projected to help about 240,000 drivers plus their children.

The Majority Leader asked me to help negotiate the final minimum wage legislation with Mount Vernon Delegate Paul Krizek as mem-

bers of the joint, six-person conference committee. The final bill raises Virginia’s minimum wage to \$9.50 per hour effective January 1 and up to \$12.50 by January 1, 2023 in annual \$1/hr steps. The wage can rise to \$15.00 per hour in 2026 with an additional vote, narrows exemptions for disabled individuals while preserving exemptions for high school and seasonal workers. The bill also requires various agencies to conduct a study to determine whether Virginia should enact regional minimum wage rates before moving wages to \$15/hour. A \$15-per-hour wage would be nearly 90 percent of median family income in nearly two dozen Virginia localities.

My legislation to authorize Fairfax and Arlington Counties to adopt ordinances to address retailers who fail to control their shopping carts passed both bodies with bipartisan majorities. I have now removed over 230 shopping carts from Little Hunting Creek itself since 2014. Residents in Springfield and Crystal City also reached out to me about their ongoing challenges when they heard of our problems in Hybla Valley. Local governments will now be able to act.

The House approved my bill to allow people to expunge public records relating to dismissed evictions. There are over 200,000 dismissed eviction cases in Virginia each year. Since most tenant application screenings are now done by automation and most algorithms do not distinguish between dismissed evictions and actual evictions, this will help potential tenants to clear their records.

I encourage you to email me at scott@scotturovell.org with your comments.

COMMENTARY

39 of my bills to Governor Ralph Northam. We carried over nine bills and referred them to study commissions. The legislature also carried over my legislation to abolish the death penalty to be potentially considered over the summer.

LETTERS TO THE EDITOR

Supporting \$15 Minimum Wage

To the Editor:
I am writing in response to the article titled, “Opinion: We Both Deserve \$15. Why Don’t Our Senators Think So?”, published in your newspaper on February 28, 2020. I agree with that the minimum hourly wage in Virginia should be

raised to \$15/hour. Northern Virginia is an expensive area to live and the wage you receive often determines the choices you are able to make.

Oftentimes, people are constrained by their education in what job they are able to acquire. Rais-

ing the minimum wage will help those who may start out further behind everyone else due to socioeconomic status. If we take a step back from individuals, and look at our community as a whole, we will see that amongst many well-off families, there are some families

in poverty. Raising the minimum wage to \$15/hour, will allow families in lower socioeconomic statuses to “catch up” to other people in their community.

Hannah Johnson
Centreville

Deserve \$15?

Nick Riviere’s and Tony Hedgepeth’s op-ed insisting that all Virginia workers deserve a \$15/hour minimum wage, regardless of cost-of-living in their locale, fails to factor in economic reality. In high-cost locales such as ours, employers should be able to afford \$15, but in low cost ones, such a minimum wage might put too many out of business. The final minimum wage, once it is fully phased in, not only should be inflation-adjusted, but should be based on cost-of-living in the locale where the job is located. This would be a proper model for the federal government to consider.

The \$15/hour minimum wage’s advocates fail to fully understand the drawbacks. The \$15/hour

minimum wage is really a “living wage” designed to lift full-time workers out of poverty, different in concept from the traditional minimum wage which was a wage floor that put a moral limit on how little an employer could pay and still maintain a worker’s dignity. \$15/hour minimum wage advocates are engaging in a bit of deception in that they are trying to change the underlying understanding of what minimum wage means. In this respect, the \$15/hour minimum wage is a radical notion which moderate Democrats rightly would insist be phased in more carefully than advocates desire.

Even moderate Democrats are engaging in abuse of language

when they call doubling minimum wage in barely a decade “gradual” when it is really radical. That it is not radical enough for some could create a backlash even redistricting (thought to add four House of Delegate seats to blue Northern Virginia) cannot overcome. Because ten percent is sometimes

considered the limit of de minimis, smaller annual increases of 50-70 cents per year would make more sense. This would take even high-cost Northern Virginia until 2032 to reach the “living wage” threshold.

Dino Drudi
Alexandria

Write

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

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

By e-mail: north@connectionnewspapers.com

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CALENDAR

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

Editor's Note: Be aware that many events could be cancelled as precaution to the spread of COVID-19. Please check before heading to events.

ONGOING

Vienna Time Machine. At Freeman Store & Museum, 131 Church Street, NE, Vienna. Welcoming visitors to HVI's newest exhibit is a U-2 pilot suit worn by Lt. Col. Sam Crouse. Other timepieces include iconic toys from the decade such as a GI Joe, Etch A Sketch, and Easy Bake oven. Posters commemorate some of the 1960s' most pivotal films, including 2001: A Space Odyssey and Rosemary's Baby. Other posters and images nod to the issues that rocked the 1960s: Vietnam, the Civil Rights Movement, and segregation/integration. HVI encourages visitors to add a personal – and local – touch to the exhibit by sharing their story. A message board accompanying the exhibit will feature anecdotes, historical moments, and personal stories about the decade. The Freeman Store & Museum is open from 12-4 p.m. Wednesday-Sunday.

Hogwart's Vacation Bible School Registration.

At Holy Comforter Episcopal Church, 543 Beulah Road, NE, Vienna. The camp dates are June 22-26, 2020 for morning or afternoon sessions. Children 5 through 11 years old are invited to participate in this popular and unique summer camp experience which explores the Christian themes and lessons in the Harry Potter stories. Holy Comforter Episcopal Church in Vienna is magically converted into Hogwarts School where children attend "classes" taught by favorite professors including Professors McGonagall, Snape, Hooch, and Binns. Teenage prefects lead age level groups to their activities and all students share a closing snack in the Great Hall. This year's theme will be based on book 2, Harry Potter and the Chamber of Secrets. Registration forms will be in the Church Office and online. More information: http://www.holycomforter.com/Children/Vacation_Bible_School/

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. They play on Wednesday evenings and Saturday mornings in Vienna. For more information, visit the web site www.goldengirls.org

21st Lenten Devotional. Now thru April 12. At The Church of the Good Shepherd (United Methodist), 2351 Hunter Mill Road, Vienna. The church is publishing its 21st annual Devotions for Lent. The publication will be available on the church's website at www.GoodShepherdVA.com, beginning on Ash Wednesday, Feb.

26, through Easter on April 12. The church also will post each day's devotion on its Facebook page at www.Facebook.com/goodshepherdvienna. Printed copies will be mailed to neighborhoods surrounding the church, and a limited number of copies will be available at the church. Additionally, the church plans to hold weekly gatherings in members' homes to discuss the devotionals. Free. Visit the website: www.GoodShepherdVA.com

Finding God in Your Body. Now thru April 4. 9:30-10:45 a.m. At Holy Comforter Episcopal Church, 543 Beulah Road, NE, Vienna. Five Saturdays: 2/29, 3/7, 3/14, 3/28, 4/4. Lent is a season to look within, to go deeper with God. Join the Rev. Ann Gillespie for five Saturday mornings of her signature brand of Finding God in Your Body class. Through a combination of yoga, meditation, and God, we will make more space in our bodies, minds, and hearts for the divine—the better to hear God's still small voice within us. All levels of physical ability are welcome, including those who have never tried yoga. Wear comfortable clothes you can move in and bring a yoga mat and a journal to write in. Visit www.HolyComforter.com.

WEDNESDAY/MARCH 11

Preschool Storytime. 10:30 a.m. At Oakton Library, 10304 Lynnhaven Place, Oakton. Have fun with your child and build early literacy foundations for reading success. Age 3-5 with adult.

Mystery Book Club. 1 p.m. At Oakton Library, 10304 Lynnhaven Place, Oakton. Join in the monthly unraveling of a whodunit or thriller. The March selection is The Janus Stone by Elly Griffiths. Adults.

Father-Daughter Enchanted Evening Dance. 7-10 p.m. At McLean Community Center, 1234 Ingleside Ave., McLean. Spend a magical evening at the McLean Community Center's Father-Daughter dance. This new program is open to children and parents of all ages. Come dance and play games after your walk down the red carpet! Make sure you bring your camera for red carpet pictures. Light refreshments will be provided. Space is limited so register early. Each participant must register separately. Cost is \$25.

THURSDAY/MARCH 12

Dungeons and Dragons. 5 p.m. At Oakton Library, 10304 Lynnhaven Place, Oakton. Play the Dungeons and Dragons game. Beginners welcome! Age: 12-17.

FRIDAY/MARCH 13

She Suite Summit. 8:30 a.m. to 4 p.m. At The Ritz Carlton Tysons

Corner, 815 Ferncliff Dr., McLean. Experience a day of transformation and proven strategies to design a purpose-driven career and life. The 2020 theme, "We Are What's Next," is forging powerful partnerships to level up. Beyond a day of inspiration, you will leave with a Personal Brand Partnership and Promotion Action Plan to elevate your recognition in the next 90 days. Plus, automatically become a part of The She-Suite Community, where relationships built at the Summit can exist far beyond a single day. Cost: \$375. Visit the website: <https://thesesuitesummit.com/>

The Band Unity. 9:30 p.m. At Jammin' Java, 227 Maple Ave E, Vienna. It's part of the annual 311-day celebration that Unity has hosted at Jammin' Java every year since 2013. Unity will be sharing the stage with The Sonic Boom, a high-energy party band that will be covering the hardest hits from the '90s.

SATURDAY/MARCH 14

Lenten Prayer Worship. 9 a.m. to noon. At Lewinsville Presbyterian Church, 1724 Chain Bridge Road, McLean. Have you ever told anyone "I will pray for you" and then never got around to it? Does your prayer life feel stale? Then come to the Lenten Prayer Workshop to explore and experience ways to include prayer consistently in daily life, expand our hearts, and be more fully in God's presence. Led by Pastors Scott, Jen Dunfee, and Dan Thomas, prayer techniques will be shared in a series of mini workshops. Make a reservation at <https://www.lewinsville.org/events/prayer-workshop/>. Childcare will be provided. You do not need to be a member of Lewinsville to attend. Still have questions? Call 703-356-7200.

Craft Show. 10 a.m. to 3 p.m. At Park View High School, 400 W. Laurel Ave., Sterling. The show includes 75 vendors in the school's gym with a variety of jewelry, accessories, soaps, candles, wreaths, pet treats, and more. Proceeds from vendor fees benefit Park View's Project Graduation. Free. Email: ParkViewCraftandVendorShows@gmail.com. Visit the website: <https://www.facebook.com/ParkViewCraftShow/>

The ABC's of CBD and Medical Marijuana. 2 p.m. At Oakton Library, 10304 Lynnhaven Place, Oakton. Learn from Dr. Robert Posner, a medical expert about the benefits of medical marijuana, how to obtain it legally and whether it can help you or someone you know. Adults. No registration required.

Read to the Dog. 10:30 a.m. At Oakton Library, 10304 Lynnhaven Place, Oakton. Gain reading confidence by reading to one of our therapy dogs. Age 5-11.

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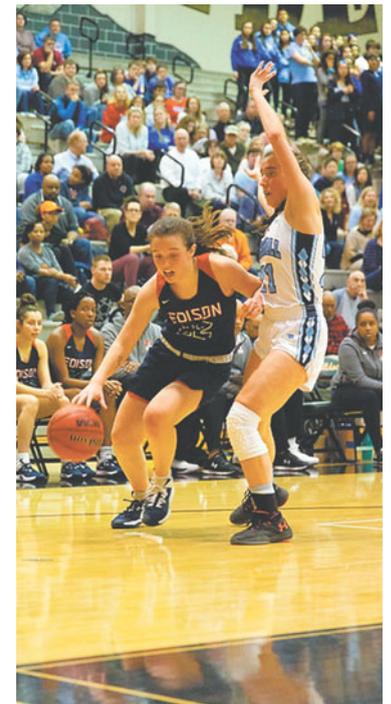


WEST VIRGINIA

SPORTS



Bri Johns #4 fires a shot over Valerie Dirkse #22



Charlotte Jewell #22 drives to the basket as she is defended by Christina Trivisonno #21.

PHOTOS BY WILL PALENSCAR/THE CONNECTION

Edison Beats Marshall in State's First Round

The Edison Eagles (16-5) girls basketball faced the Marshall Statesmen (22-6) in the 1st round of the VHSL Class 6 State Championships held at Westfield High School in Chantilly on March 6. The winner advancing to the 2nd round to face the winner of

Colgan HS and Western Branch game. The teams ended the fourth quarter deadlocked at 39-39. In overtime it was all Edison: They would hold Marshall to just two points, while scoring 10 and advancing to the next round with the 49-41 win.

Announcements

Announcements

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THURSDAY/MARCH 12

The Economic Case for Inclusivity — 2020 Shape of the Region Conference. 8-11:45 a.m. At Ernst Cultural Center, Northern Virginia Community College, 8333 Little River Turnpike, Annandale. Registration is \$65 and includes continental breakfast. Contact Tara Nadel at the Community Foundation at 703-879-7637, tara.nadel@cfnova.org.

THURSDAY/MARCH 12

VDOT Public Hearing. 7 p.m. At Langley High School, 6520 Georgetown Pike, McLean. The Virginia Department of Transportation (VDOT) will hold a Location and Design Public Hearing to present proposed design plans and findings from the 495 NEXT project's Draft Environmental Assessment. The project involves plans to extend the 495 Express Lanes by approximately three miles from the Dulles Toll Road interchange to the George Washington Memorial Parkway in the vicinity of the American Legion Bridge to reduce congestion, improve safety and travel reliability, and provide additional travel choices. The project will involve a change in limited access control. Materials and information can be accessed in advance on the project website (495NorthernExtension.org), or during business hours at VDOT's Northern Virginia District Office at 4975 Alliance Drive, Fairfax, VA 22030. Call 703-691-6715.

FRIDAY/MARCH 13

MCC Governing Board 2020 Elections. Friday, March 13, at 5 p.m. is the filing deadline for Dranesville Small Tax District 1A residents who want to run for seats on MCC's 2020 Governing Board. Residents can still enter the race. The all-volunteer Board sets policy and provides general oversight for MCC facilities, which include the Robert Ames Alden Theatre and the Old Firehouse Center. Candidates are required to obtain the signatures of 10 tax district residents in order to have their names placed on the election ballot. Nominating petition forms are available at the Center, which is located at 1234 Ingleside Ave., McLean.

FRIDAYS IN MARCH

Ethics Days are coming up Fridays in March for sixth-graders in elementary schools that feed to Langley and McLean high schools. This 19th annual event will work with over 1,100 students from eight area schools. It will take place at Holy Trinity Church, 850 Balls Hill Rd, McLean, 9:30 am - 1 p.m. each day. Sixth Grade Ethics Day is designed to help prepare students for the transition to middle school by providing strategies to help them work through ethical decisions in all aspects of their lives: socially, academically, and within their own families. The Ethics Day schedule:

- ❖ March 13 - Haycock and Chesterbrook
- ❖ March 20 - Franklin Sherman and Churchill Road
- ❖ March 27 - Timber Lane and Spring Hill

TUESDAY/MARCH 17

CNM Toastmasters "Open House." Come and observe a meeting to see how to improve communication and leadership skills, time management, impromptu speaking, and listening skills within a friendly environment. Everyone is welcome. 6:20 p.m. in Room 1611 at McClean Bible Church, Leesburg Pike. A light supper will be served. Club meets on the 1st and 3rd Tuesday of every month from 6:30 to 7:45 p.m. Call 703-509-1902 or email: cnmtoastmasters@gmail.com for more information.

WEDNESDAY/MARCH 25

Fill Us In Public Hearing. 7:30 p.m. At McLean Community Center, 1234 Ingleside Ave., McLean. The McLean Community Center is asking residents of Small District 1A-Dranesville, who pay a real estate tax surcharge to support the center, to "Fill Us In" on what kinds of new programs and services they would like to see offered and/or improved upon in the planning for FY2022 fiscal year. MCC is holding a Public Hearing on FY 2022 Programs. The hearing is the first step in planning for the FY2022 budget cycle, which begins July 1, 2021 and ends June 30, 2022. MCC's divisions include the Robert Ames Alden Theatre and The Old Firehouse Center. New this year, residents can participate in the meeting remotely using GoToWebinar, an online video conferencing app. Residents can access the meeting on their computer, tablet or smartphone, at tinyurl.com/mcc-programs-2022, then sign in with the webinar ID: 324-478-547. Call the Center at 703-790-0123, TTY: 711, or visit: www.mcleancenter.org.

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Now Where Was I Again?



By KENNETH B. LOURIE

And here I was thinking I was such a big shot, a thyroidectomy patient with nary a blemish on his body 30 days out from surgery. Metabolic balance? Ha! What metabolic balance! I was having none of it. A month into my post-surgical recovery and all I had to show for my troubles was one extra lab visit to measure/adjust my calcium and magnesium levels. Other than that, as Brooks said in "Shawshank Redemption" to Andy DuFresne about delivering library books to their fellow inmates: "Easy peasy." No fuss, with no muss whatsoever. Famous last words, or in my case, infamous first words.

It all began innocently enough with some bilateral shaking of my arms and some associated drowsies: items seemed to just slip from my grasp with no apparent reason - or awareness on my part. Then I began experiencing some "wicked," as we say in New England, pain in my lower back by my kidneys. Next came some forgetfulness and bouts of confusion. I knew who I was and I knew where I was but I definitely knew something had happened to me. I just didn't know if I was simply a victim of my own circumstances, so to speak, or had something more insidious taken root. I mean, I am a cancer patient with two types of cancer now.

I decided to email some of my doctors and share these new symptoms. My oncologist, in conjunction with my otolaryngologist responded. He arranged for me to see a neurologist which I did so the next day. The neurologist gave me the once over twice and ordered some additional lab work which I completed the next day after a 12-hour fast. Later that same day, Friday, Feb. 28, I received a call from my oncology nurse. She had received my lab results and after discussing them with my oncologist, advised me to go to Urgent Care immediately as I was at risk of a possible heart attack. My calcium levels, a previously well balanced component of a functioning thyroid gland had levels nearly off the chart, literally, 40% above normal. And since we couldn't exactly put my thyroid back in, off to Urgent care I went.

After excusing myself to the front of the waiting line, I was led back to an examining room where I was treated pending transportation - or not, to somewhere else. After spending an awkward night on site, I was eventually transported by ambulance to a local hospital where I would spend the next four and a half days trying to wean my body off its own elevated calcium. Finally, on Tuesday, I was pronounced fit enough to be released. My ordeal seemed nearly over. By late Tuesday afternoon, I arrived back home where I collapsed in my own bed for the first time in nearly a week and began to recover once again. The rest of the story consists of bits and pieces, fragments of recollections and words-to-the-wise in an attempt to prevent a recurrence.

I can't really say that I've learned my lesson because I did nothing wrong. I was simply following doctor's orders. Adjusting one's calcium and magnesium levels is a proactive part of life without a thyroid gland, though it's hardly a matter of routine, and I have no doubt there's still some tinkering yet to occur. Nevertheless, onward and upward I go, with hopes that future episodes will be met with similar vigilance.

Now, back to the previous cancer-themed column. I'm meeting with the endocrinologist on Tuesday to determine a course of action to eliminate the remaining 10% or so thyroid cancer embedded under my collarbone. Once we get that process straightened out then we can get back to treating my underlying non small cell lung cancer.

I imagine I'll live to write about it, but I'd be lying if I didn't admit to being a bit scared. When one treatment is delayed due to the treatment of another, I can't help thinking there should be penalty called for piling on. I don't mind carrying my share but two cancers is hardly share and share alike. Too much of a bad thing is just plain bad.

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



Metro's Platform Improvement Project Begins Summer 2020

3 STATIONS CLOSING MAY 23 - SEPT. 7

- Vienna
- Dunn Loring
- East Falls Church

West Falls Church will remain open throughout the summer.

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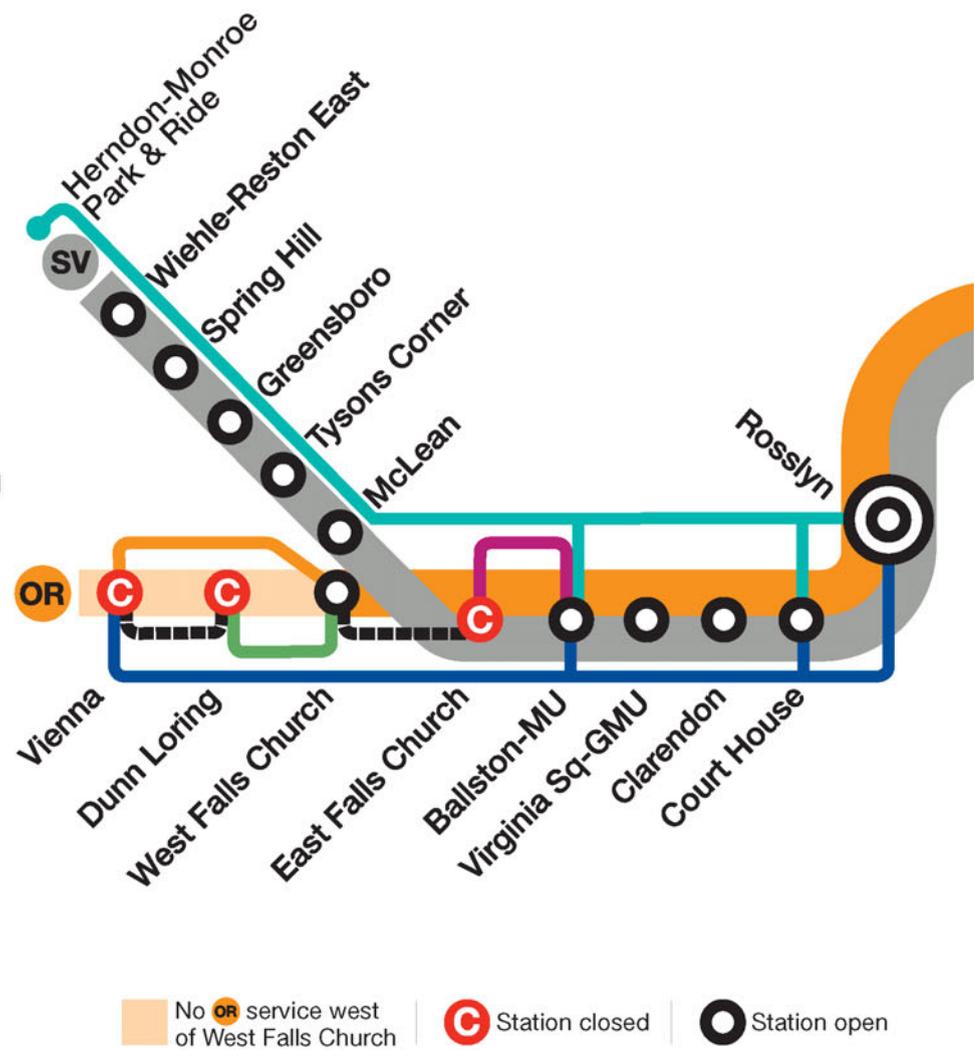
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