

## Convention Done, Primary Ahead

NEWS, PAGE 3

## Call for School Board Member's Resignation Fosters Heated Conversation

NEWS, PAGE 4

## Orchestral Greetings And Farewells

NEWS, PAGE 6

Cellists Ulaina Ahn, Nick Loria, and Kevin Farnsworth perform on stage at Wolf Trap's Meadow Pavilion with the Langley High School Orchestra, in their first performance since live concerts shut down last year. Langley Orchestra presented "Sounds of Hope," sharing an evening of uplifting music with a live audience after a year of virtual learning and performing.



PHOTO BY RANIA RAZEK  
CALENDAR, PAGE 8 ♦ CLASSIFIEDS, PAGE 10

## SENIOR LIVING

PAGE 8

POSTAL CUSTOMER  
EASTON, MD  
PERMIT #322  
U.S. POSTAGE  
PAID  
PRSRRT STD

POSTAL CUSTOMER  
EASTON, MD  
PERMIT #322

U.S. POSTAGE  
PAID  
EASTON, MD  
PERMIT #322

ATTENTION POSTMASTER:  
TIME SENSITIVE MATERIAL.  
REQUESTED IN HOME 5-27-21

# McLean High Presents ‘Vocal Work’

BY LILA YORK  
CHANTILLY HIGH SCHOOL



PHOTO CONTRIBUTED

From left -- Top: Michael Aten, Emilia Ermanoski, Bottom: Ben Cudmore, Chloe Lahr, Will Chapman, Anna Potocki in McLean High School's production of 'Vocal Work.'

Picture this: you're driving down a long road with the wind in your hair. In front of you, you see a beautiful landscape filled with vibrant wildflowers and you can hear the birds chirping and...a radio ad about diarrhea? Following the hectic day of Annie in a sound studio, McLean High School's performance of Vocal Work was filled with jokes, slogans, and the strangest ads.

Vocal Work, written by Ed Monk, reveals just how busy a sound studio can get with a messed-up schedule. When Annie doesn't have her business partner and husband to help her, she struggles to cast a mattress ad, add the finishing touches to an interesting diarrhea ad, and listen to an awkward teenage girl attempt to sound sexy during a car commercial.

Waltzing through the door in a flurry of stress is Annie (Chloe Lahr). Either pacing across the room or leaning on her desk tensed up, Lahr gracefully depicted a frazzled boss. Lahr's crescendoed frustration throughout the performance added tension in the scene, eventually leading to her character's catharsis when she finally realizes that, while her job can be stressful, she loves fulfilling her passion. Contrasting with Annie's ball of stress well was Phil (Will Chapman).

Remaining in the booth the majority of the performance, Chapman's depiction of the relaxed sound engineer added bits of comedy to the play. Moreover, Chapman always remained present in the scene, fiddling with items in the sound booth and truly placing the audience into the room of a studio.

Starting off the play with the stand-out word "diarrhea" was Peter (Graham Cole). Such an iconic line perfectly foreshadowed

how Annie's day would go. Then, Annie gets a surprise visit from Alex (Lyssa Bass). When first reading the script, her blasé tone added to the hilarity of Annie's awful day. Then, Bass' awkwardness when attempting to sound sexy when stating basic car facts was hysterical. When Katie (Sanjna Kaul), Emily (Kaitlyn Whitsitt), and Meg (Avery Versaw) enter the room to audition for a mattress commercial, the actress' relation-

ships shine through. Versaw's depiction of a new and naive voice actress contrasted nicely to Kaul's and Whitsitt's dynamic of experienced performers. All in all, each performer brought to life just how chaotic one workday can get.

However, such an amazing performance would have been incomplete if it were not for the phenomenal technical aspects. The set, designed and created by Vivian Kreeb, perfectly encapsulated a sound studio. Completed with colorful panels for the walls, with some overlapping from one set piece to the next to continue gracefully, as well as a sound booth for Phil to sit in, the set was excellently executed. Moreover, the small details in the set such as a hand sanitizer bottle and paper towels allowed the set and performance to feel more relatable. Another notable technical aspect was costumes, designed by Zara Kidwell. Throughout the play, each character wore a costume that captured their character's personality: with Annie wearing professional clothing and Alex wearing a sweater that came off as soon as she learned how to act for the car commercial, revealing her confidence boost.

All together, the cast and crew of Vocal Work reminded one of an important lesson: if you are following your passion the trials will always be worth it, no matter how chaotic your day is...or how strange the radio ads you hear are.



After the upheaval and disruption of the pandemic, we're here to get you back to school, back to work, and back on track.

At Envision Counseling, we understand the post-pandemic fears and anxieties you may have as we resume our lives.

Through the convenience of teletherapy, you can speak with a therapist one-on-one or join us for a group session.

Our experienced therapists are here to help with a variety of issues, including:

- ✓ Depression
- ✓ Anxiety
- ✓ Substance Abuse

We also offer tools for parents to develop positive parenting techniques to help your children become successful. Learn to set limitations, boundaries, and expectations, listen without judgement, support them through mistakes, and acknowledge their achievements.



Helping people find their vision and providing expert care in Northern Virginia since 1993. *Your CARE starts now!*

NCgEnvision.com  
1-888-416-0910

# Convention Done, Primary Ahead

Republicans get a head start in the general election; Democrats still fighting each other.

BY MICHAEL LEE POPE  
THE CONNECTION

The way Democrats talk about Donald Trump, you'd think he was on the ballot in 2021. And in many ways, he is.

The former president may be out of the White House and kicked off of social media, but he's still eager to see himself as a kingmaker. Shortly after wealthy businessman Glenn Youngkin secured the Republican nomination in a multi-location convention, Trump endorsed Youngkin and reinserted himself in the conversation. Democrats did not miss a beat, launching a tour of the commonwealth they call the "Where Trump Leads, Glenn Follows" Tour.

"He is just like Donald Trump," said House Speaker Eileen Filler-Corn this week when the tour arrived in Old Town Alexandria. "He will stand for the same policies and same initiatives that Donald Trump has stood for."

The contours of a fall campaign season are starting to come into focus as Republicans and Democrats stake out positions on everything from criminal-justice reform and abortion rights to voting access and preventing gun violence. Republicans get a one-month head start, giving them the ability to move from a divisive convention into a general election strategy for the fall campaign season. Democrats, meanwhile, are still attacking each other as the June 8 primary approaches.

"We're running in every corner of the commonwealth, in more seats than we've contested in a half century," said House Republican Leader Todd Gilbert. "I'm more confident than ever that voters will return a Republican majority to the House of Delegates in November."



REPUBLICAN PARTY OF VIRGINIA  
The Republican stateside ticket, from left: Jason Miyares for attorney general, Glenn Youngkin for governor and Winsome Sears for lieutenant governor.

27 percent of the undecideds broke for one candidate, McAuliffe would still be in the lead with \$8.5 million cash on hand.

"This gubernatorial field is the most diverse in the history of the commonwealth, and that has drawn a great deal of interest in the race," said Rebecca Bromley-Trujillo, research director for the Judy Ford Wason Center at Christopher Newport University. "So we're seeing that in the field but we're not seeing that in the leaders in these races, at least for governor and attorney general."

Despite the lopsided nature of the polling and the fundraising, the primary has not lacked for drama. During a televised debate, Fairfax said when he was accused of sexual assault, McAuliffe treated him like Emmet Till or George Floyd.

businesses, who are struggling, and who want to provide the leave to their employees, sick leave, paid family medical leave, and they need our help to do it."

THE JOB OF lieutenant governor is often overlooked, although it plays a key role in breaking ties in the Senate. That responsibility is more important now than it's been in recent memory because Democrats have such a thin majority and the body has a handful of conservative Democrats. Republicans have chosen firebrand conservative former Del. Winsome Sears (R-90), who appears in campaign photos with an assault rifle to show her support for gun rights. She pulled ahead of the pack of other candidates after Sen. Amanda Chase (R-11) and former lieutenant governor candidate E.W. Jackson endorsed her. As an immigrant from Jamaica, she's made opposition to critical race theory a cornerstone of her campaign.

"The Democrats, they're not helping us," said Sears at a candidates forum. "They're pitting the races against each other. You've heard the constant Black, white. Now it's Asian, they're speaking against Thomas Jefferson kids and their successes. They want quotas."

The Democratic primary for lieutenant governor is the most wide open. Polling has Del. Sam Rasoul (D-11) slightly ahead, and he's raised more money than any of the other candidates.

But Del. Hala Ayala (D-51) has the endorsement of Gov. Ralph Northam, who is attempting to play the role of kingmaker on his way out the door of the Executive Mansion. The crowded field of candidates also includes Norfolk City Councilwoman Andria McClellan, Fairfax NAACP president Sean Perryman, NFL player agent Xavier Warren and Del. Mark Levine (D-45). Levine is in the awkward position of trying to defend his House seat from a primary challenger while also competing statewide.

SEE CONVENTION, PAGE 11

## Democrats On the Ballot June 8

In order as they appear on the ballot  
Some voters will also have a delegate race on their ballots.

### Governor



Terry McAuliffe



Jennifer McClellan



Jennifer Carroll Foy



Lee Carter



Justin Fairfax

AT THE TOP of the ticket, voters will be choosing between Youngkin and the nominee Democrats pick as their nominee for governor on June 8. Public polling and campaign finance records show former Gov. Terry McAuliffe has a decisive lead heading into the election in an extremely strong position. Other candidates in the race for governor are Lt. Gov. Justin Fairfax, Sen. Jennifer McClellan (D-9), former Del. Jennifer Carroll Foy (D-2) and Del. Lee Carter (D-50). A Wason Center poll last month showed McAuliffe with 47 percent support while all the other candidates were in single digits. Even if all

Carroll Foy has been all over the airwaves, thanks in part to \$600,000 from Clean Virginia Fund. And Carter has moved the field of candidates to the left by talking about issues like using tax revenue from marijuana sales to create a fund for reparations to account for the slave trade. McClellan has repeatedly pointed out that she has more state government experience than anyone else in the race.

"Unlike past recessions, we cannot simply focus on luring other companies here to Virginia," said McClellan. "We have got to stabilize and grow the small businesses, particularly our women and minority owned

### Lieutenant Governor



Hala Ayala



Sam Rasoul



Andria McClellan



Elizabeth Guzman



Sean Perryman



Mark Levine



Xavier Warren

# Call for School Board Member's Resignation Fosters Heated Conversation

Amid division, voices seek to be heard.

BY MERCIA HOBSON  
THE CONNECTION

With Ramadan's ending on May 13 and on May 14, Fairfax County School Board (FCPS) Member At Large Abrar Omeish posted what some considered controversial statements on her personal Twitter and Facebook accounts. The Twitter page qualified posts were her views. Omeish is a Libyan American Muslim. The timing of her posts coincided with airstrikes and rocket attacks. Civilian casualties mounted on the Gaza Strip, and Hamas launched barrages of rockets overwhelming Israel's Iron Dome of defense system.

On May 13, Omeish posted: "Eid Mubarak! Congrats on 30 days of worship! Hurts my heart to celebrate while Israel kills Palestinians & desecrates the Holy Land right now. Apartheid & colonization were wrong yesterday and will be today, here and there. May justice + truth prevail. #EidWith Palestine," - Twitter-Abrar Omeish@Abrar.

The following day, Omeish posted: "War is terrible for everyone. I hear those hurting. I continue to be here for each of you. People of all faiths deserve Holy Land peace. All forms of hate are unacceptable. Ensuring justice & honoring the humanity of everyone remains as urgent as ever. I look ahead to robust & empathetic engagement with Jewish leaders and all allies. Let's build together." - May 14, Abrar Omeish [Facebook].

What followed in the eight days after Omeish's posts were death threats to her, calls for her resignation, emails, and demonstrations. Events came full circle on May 20 during the FCPS School Board Hybrid Meeting held at Jackson Middle School. 3020 Gallows Road in Falls Church. It publicly convened shortly after 7:30 p.m.

**SCHOOL BOARD CHAIR** Dr. Ricardy Anderson (Mason District) opened by reading a statement, "...The School Board understands that the increased violence in the Middle East over the past weeks causes a range of emotions, including grief, anger, and fear... The Fairfax County School Board does not have a role in resolving geopolitical conflicts. However, we recognize that our students and families are hurting and are fearful of what is happening abroad and locally with increased acts of aggression against our Jewish and Muslim communities... In this, and every moment, it is important that we reject Islamophobia, anti-Semitism, and xenophobia."

Omeish is one of the 12 School Board members elected for the four-year term 2020-2024. Out of the 12 members, she is one of three elected county-wide who serve at large, representing all 1.2 million residents of the County rather than the popula-



Abrar Omeish Fairfax County School Board Member At Large speaks without notes during the FCPS School Board Meeting on May 20, 2021, saying, "I want to listen...because that is how we move forward, and that is how we grow."



Chairman Dr. Ricardy Anderson (Mason District) Fairfax County School Board says, "Our students and families are hurting and are fearful of what is happening abroad and locally with increased acts of aggression against our Jewish and Muslim communities."



PHOTO BY MERCIA HOBSON /THE CONNECTION

Demonstrators in support and those against Abrar Omeish, FCBS School Board Member At Large.



MERCIA HOBSON /THE CONNECTION

Omar Elbaba, 15, of Vienna said, "The Fairfax GOP is trying to remove her [Omeish] from office. That is affecting the entire community and not just her."



MERCIA HOBSON /THE CONNECTION

Leslie Sandler of Fairfax Station says that Fairfax County Public Schools is not the place to have political rhetoric.

tion of one of the nine magisterial districts. She is an FCPS 2013 graduate, Yale 2017 graduate, Georgetown Law Juris Doctorate/Master of Public Policy candidate, and Blume fellow.

Omeish's social media posts resulted in a barrage of daily reactionary posts, live media interviews, and press releases by individuals and organizations who called for her to apologize, resign from her position as a school board member, or be recalled. Re-posting these statements occurred, including speakers' interpretations and perspectives of Omeish's views, ultimately resulting in death threats against her.

May 14, fellow school board member Melanie Meren (D-Hunter Mill) @HunterMillFCPS, posted: "As a S.B. Member I'm aghast at the alienation @AbrarOmeish's sentiment has cast on many in our community, including myself, & am appalled at the setback this puts in @FCPSEquity work. Rebuilding of relationships will need to happen. JCRCgw @VOICEVirginia ADAMS (not on Twitter),"

May 15, "Blasting the 'hateful screeds' of Abrar Omeish — and calling for the school board member's resignation," stated Press Release, Fairfax GOP Blasts "Israel Hater" on County School Board - Fairfax County Republican Committee issued by Fairfax Republicans. "Fomenting hatred and division," said Fairfax GOP Chairman Steve Knotts in the Press Release.

May 17, "I don't necessarily support recall efforts unless there's something egregious, and I think in this case there is ...and I will share it publicly," said Fairfax County Board Supervisor Pat Herry (R- Springfield), in the interview on The Larry O'Connor Show.

May 18, "Anti-Semitism and religious intolerance," said Gary Aiken, 2019 Republican candidate for Fairfax County Board of Supervisors Mason District, in a WMAL interview.

May 19, "The JCRC [The Jewish Community Relations Council of Greater Washington] has cancelled its decision to honor at its annual meeting to be held tomorrow, May 20, ... She has not taken down her tweet, she has not taken affirmative steps to try to stem the vitriolic, hateful rhetoric on social media triggered by her remarks," said Ronald A. Paul, MD President, JCRC and Ron Halber Executive Director, JCRC, in their joint statement.

Underpinning a selection of the posts and statements against Omeish was the call for FCPS to focus on core education. "The focus seems to be on everything but...You know, anti-racism, equity agenda...We need to take them [Fairfax County Public Schools] back and get them going in the right direction," said Herry in his interview on The Larry O'Connor Show.

While posts and media attention resulted in calls for Omeish to resign, they also triggered support on multiple fronts and for various reasons, including the May 20 demon-

## Amna Imran Wins STEM Excellence Award

Amna Imran, a senior at George Marshall High School, has been selected as the 2021 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 entered in the Fairfax County Regional Science and Engineering Fair. This year the students participated in a Virtual Science Fair by submitting six-minute videos for the judges to review.

The AAUW award recognizes the work done by Amna on the project, "The Relationship Between External Temperature and the Useful Power Output of a Small Electric Motor Lifting a Constant Mass to a Constant Height." Amna was motivated to investigate this issue based on her experiences living in Pakistan until the age of 15. She plans to study bioengineering at the University of Pittsburgh starting this Fall. For the award, Amna received a Certificate of Merit and a check for \$100. She was also recognized by branch members at their May 8 end-of-year program on Zoom.

In addition to receiving the AAUW STEM Excellence Award, Amna received five other awards for her project at the Regional Science and Engineering Fair, including one from the DC chapter of the American Society of Mechanical Engineers.



PHOTO CONTRIBUTED

Amna Imran

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



Longfellow Middle School sent two teams to the 2021 Championship.

## Longfellow Middle Wins Second Place at Quiz Bowl National Championship

On the weekend of Saturday, May 1, Longfellow Middle School joined 110 of the top middle school quiz bowl teams for the 2021 Middle School National Championship Tournament to determine who was the best. This year's MSNCT was held online through Zoom calls.

Quiz bowl is a competitive, academic, interscholastic activity for teams of four students. Quiz bowl teams use buzzers to answer questions about science, math, history, literature, mythology, geography, social science, current events, sports, and popular culture. The matches feature a blend of individual competition and team collaboration, since no individual player is likely to be an expert in all subject areas. Participation in quiz bowl both reinforces lessons from the classroom and encourages players to develop new intellectual interests.

Longfellow Middle School sent two teams to the 2021 MSNCT. The A team consisted of Deven Hagen, Abigail Lee, Ryan McKenzie, and Anthony Zhao. The B team consisted of Aarushi Kanigicherla, Hudson Keeler, Edward Lin, and Sarah Trainer. The teams were coached by Eugene Huang.

Longfellow entered two of the five Virginia teams competing at the national championship.

Longfellow A began the preliminary rounds with a five-game winning streak, in which they defeated

Harvest Park B from Pleasanton, Calif.; White Station from Memphis, Tenn.; Seoul Foreign from Seoul, South Korea; Monrovia from Huntsville, Ala.; and Howard A from Atlanta, Ga. They finished the preliminary rounds with a 6-2 record, which qualified them for the playoffs. Longfellow B began the preliminary rounds with a three-game winning streak, in which they defeated Coppell East from Texas; Beckendorff A from Katy, Texas; and Greenhill A from Addison, Texas. They finished the preliminary rounds with a 6-2 record, which qualified them for the playoffs.

There were some tense moments. The B team defeated Meyzeek A from Louisville, Ky. by a narrow margin of 295-270 during round 6 and defeated University School of Nashville A from Tennessee 270-255 during round 12.

Longfellow A's shot at the title ended when they lost to the eventual champions, Churchill A from Carmichael, Calif. in round 20.

Deven Hagen of the A team was honored as an All-Star for correctly answering 71 tossup questions -- 42 of them for "power," that is, so early as to earn extra points -- in the preliminary rounds.

The A team finished in second place, the best performance by any team from Virginia at the 2021 Middle School National Championship Tournament. The B team finished in tenth place.

Osher Lifelong Learning Institute at George Mason University  
**Educational, Cultural & Social Opportunities**  
 Stay Healthy During The Covid19 Pandemic With OLLI Mason

Enjoy over 600 courses, clubs & special events ONLINE via Zoom, synchronous, interactive, and recorded.  
 NEW MEMBER SPECIAL: \$300 all-inclusive annual fee (normally \$450).

Summer Term 2021 • 703-503-3384 • [olli@gmu.edu](mailto:olli@gmu.edu)  
 Join today! [olli.gmu.edu](http://olli.gmu.edu)

Sign up for  
**FREE DIGITAL SUBSCRIPTION**  
 to all of our papers

[www.connectionnewspapers.com/subscribe](http://www.connectionnewspapers.com/subscribe)

**Advertising options to reach your local market.**

Call 703.778.9431 or Email [advertising@connectionnewspapers.com](mailto:advertising@connectionnewspapers.com)

**PRINT & DIGITAL**

OPEN

OPENING HOURS  
 MON-FRI am-3pm  
 SAT-SUN 8am-4pm

THE CONNECTION Alexandria Gazette Packet Mount Vernon Gazette Potomac ALMANAC



PHOTO BY JEN DZWONCZYK

Concert Orchestra sophomore violinists Faris Madani and Michael Mill play “Don’t Stop Believin’” by Journey.



PHOTO BY JEN DZWONCZYK

Violinists Cate Poliquin, Claire Fulton, Olivia Lin, and Alyssa Kim of the Senior Orchestra perform “I Will Survive” by Gloria Gaynor.

# Orchestral Greetings and Farewells

BY ERIKA LI  
JUNIOR, LANGLEY HS

For many Langley High School Orchestra students, adjusting to a year of online rehearsals and virtual concerts has been difficult. In regular years, concerts have been the highlight of the school year, with the culmination of months of practice ending in putting on a performance for the whole community to enjoy, not only as a musical experience but as a social gathering: a chance to connect with friends and family.

With the Wolf Trap National Park for the Performing Arts generously opening its venues to local high schools and with social gathering restrictions lifting, Langley Orchestra was able to perform in front of a live audience for the first time since March of 2020, in a venue where they had never played before.

As one of the first local high schools to resume in-person musical performances, Langley Orchestra aimed to present a meaningful and memorable concert for their audience. The theme of the evening was “Sounds



PHOTO BY JEN DZWONCZYK

Langley Orchestra director Dr. McCormick conducts the Philharmonic Orchestra in person for the first time since March of 2020.

of Hope,” a resounding reminder that even through adversity, music will prevail. With an audience of student family members and former orchestra students, the performance

was truly a testament to the unity that music can create, even after a year of separation.

LANGLEY ORCHESTRA had been practicing

## Langley High School Orchestra returns to the big stage.

almost entirely virtually before the performance, meaning that for many students, this was their first time playing the pieces side by side with other Langley Orchestra members. But after a few short rehearsals, the orchestras were able to overcome this barrier and put on memorable performances.

For Langley Orchestra’s director, Dr. Scott McCormick, the performance represented something bigger than a typical concert. “After spending an entire year talking to my students over a computer screen, to actually see them live, to see them interacting with each other and the energy that results, and the improvement from taking just a brief rehearsal, meant the world.”

Keeping with the Langley Orchestra tradition of playing popular music pieces at end-of-school year concerts, the performance exuded a casual and welcoming atmosphere, celebrating the beginning of a return to normalcy.

SEE LANGLEY ORCHESTRA, PAGE 7



PHOTO BY JEN DZWONCZYK

Symphonic Orchestra freshman Claire Kim and sophomore Nicolas Kristensen perform “Dream On” by Aerosmith.



PHOTO BY RANIA RAZEK

In a Langley Orchestra first, students were able to perform at Wolf Trap’s Meadow Pavilion, playing a slate of both celebratory and comforting pieces for a live audience.

# Great Falls Rotary Announces Music Winners

BY EILEEN CURTIS

Rotary District 7610, which serves the top half of Virginia, made a daring decision during this year of the pandemic: it decided to start a music contest for high school students. Rigorous safety measures were invoked. Students had to present a five-minute video without accompaniment on a private YouTube channel. Then the organizers waited to see if anyone would take on the challenge.

Amazingly, they did, especially Langley High School. The school's music department recognized the special opportunity the contest provided for students sharing their music in a too-silent world. Langley produced half of the entire District's applicants, sending in a wide variety of talent spanning strings, woodwinds, brass, percussion and voice. The Great Falls Rotary then put together a team of independent judges. They evaluated the students on tonal quality, rhythm, style, creativity, and difficulty of the music.

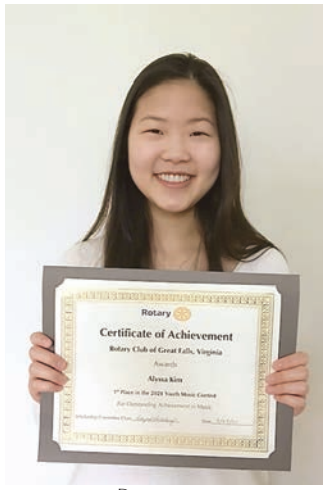


PHOTO CONTRIBUTED

First place went to Langley High senior Alyssa Kim

Three top winners emerged. In third place was Lily Chopus, a sophomore. She sang "Burn" from Miranda's Broadway megahit Hamilton. Second place went to another sophomore, Sankrith Ramani. He offered up Rachmaninoff's Melodie in E for piano. First place went to senior Alyssa Kim, performing the opening movement from Tchaikovsky's Violin Concerto.

Kim began violin in third grade and has studied with DC teacher Lya Stern for the past seven years. She is a member of the American Youth Philharmonic, currently serving as co-concertmaster of their most advanced group. Kim ranked #1 in the 2021 All-Virginia State Orchestra. She went on to win third place in the Rotary District's competition.

Rotary District 7610 started the music contest, joining it to their high school speech contest and middle school essay contest, as another vehicle for reaching and celebrating the achievements of our youth.

## Langley Orchestra Spreads 'Sounds of Hope'

FROM PAGE 6

Opening the performance was Langley's Concert Orchestra, performing a rendition of "Don't Stop Believin'" by Journey (arr. Moore). The classic 80s rock hit reflects a message of finding meaning and hope within darkness.

The Symphonic Orchestra then took the stage, performing an orchestral version of the rock ballad "Dream On" by Aerosmith (arr. Ryan). The iconic guitar riffs of the original were replaced by violin playing, giving the piece a melancholy yet intense feel.

Next, the Philharmonic Orchestra performed "Difficult Year" by British rock band Keane (arr. Hunter). While the song was released back in 2019, the lyrics seemed most fitting for the past tumultuous year, with the lyrics of the original song closing off with the words "it's been a difficult year, I just wish we'd been together to face it." The orchestral version of the song carried similar tones, with a comforting and uplifting feel.

Afterwards, Langley's Senior Orchestra performed "I Will Survive" by Gloria Gaynor (arr. Reed). Senior musicians celebrated their determination and perseverance after a year of virtual learning and missing out on typical senior year experiences. It was a bittersweet performance, as it marked both the

first and last live concert that seniors would play in for the year. For many seniors however, the concert ended the school year on a high note. "It was great to have the opportunity to perform in person one last time" noted Chris Ross, a senior violist in the Philharmonic Orchestra.

**FOLLOWING** the Senior Orchestra's performance, as a surprise for Dr. McCormick, the senior class performed an original piece as part of their senior gift. Composed and arranged by senior cellists Keon Parastaran and Misha Somogyi, the senior class performed "A Tribute to Doc" with the surprise appearance of Mr. Adam Willett, Langley Orchestra's former Assistant Director, who conducted the piece. For seniors, the piece was both reminiscent and comforting, bringing back fond memories of their time in Langley Orchestra.

The whole slate of performances projected a message of hope, perseverance, and unity.

The performance was a welcome breath of fresh air for student musicians, after being cooped up at home for so long. "It was so much fun to have a concert and see my orchestra friends after the past year of virtual

SEE LAHGLE Y ORCHESTRA, PAGE 9



Kathleen J. Murphy, Candidate for the 2021 Democratic Primary, Member of the House of Delegates District 34, resides in McLean.



Jennifer Adeli, Candidate for the 2021 Democratic Primary, Member of the House of Delegates District 34 resides in Great Falls.

## Candidates in the 2021 Democratic Primary for HD34

### Meet Jennifer Adeli and Kathleen J. Murphy (Incumbent).

BY MERCIA HOBSON  
THE CONNECTION

Voting began for the 2021 Democratic Primary on June 8. That includes candidates for Member of the Virginia House of Delegates District 34 that encompasses McLean, Great Falls, and parts of Vienna and Loudoun County covering 22 precincts.

Incumbent Kathleen J. Murphy and Jennifer Adeli are running in the Democratic primary for Virginia House of Delegates District 34 on June 8, 2021.

In a request for comment by the Connection, Murphy said that she had been the Delegate representing the 34th District for the past seven years. "I'm not doing this to or for myself. I am committed to representing the issues important to the people who live here, and I am proud of my record of achievement," she said.

According to Murphy, she has been involved in politics almost her whole life. She was married to a member of Congress and fought for passage of the Equal Rights Amendment. She worked on local and presidential campaigns as well as working on Capitol Hill for Congressman Charlie Wilson.

She handled legislative affairs at The United States Agency for International Development, an independent agency of the United States federal government primarily responsible for administering civilian foreign aid and development assistance.

**MURPHY** served as a Senior Advisor on international trade issues at Commerce during the Clinton Administration. She is the Vice Chair of the House Democratic Caucus.

Discussing the top three issues of importance Murphy hears from District 34 constituents, she said, "Transportation, gun safety and education. I have been a leader in the House on all three issues. For me, this is a full-time job. I make it my business to be out in the communi-

ty talking to the people who live and do business here."

According to Murphy, her brother was murdered, so she started the Gun Violence Prevention Caucus. She said, "I will continue to be a leader on gun violence prevention measures.

Murphy added that she would continue to focus on transportation issues, support the business community as they recover, and "make sure we deal with the challenges our schools and children face as we fight to recover from COVID."

To learn more about Kathleen Murphy, including all bills she sponsored, visit Kathleen J. Murphy (Virginia) - Ballotpedia.

**JENNIFER ADELI** in a request for comment by the Connection, said she is a small business owner and government consultant. Supervisor John Foust appointed her to Fairfax County-Falls Church Community Services Board, and she is serving in her second term. She chairs the Fiscal Subcommittee overseeing the department's \$200M+ budget.

Adeli started her career on Capitol Hill for the late Congressman Bob Matsui (D-Sacramento). She developed a passion for constituent services, focusing on education and student loan legislation. After obtaining her MBA from Georgetown University, Jennifer returned to government service and worked for Arthur Andersen and Booz Allen Hamilton. She consulted with federal agencies such as the Centers for Medicare & Medicaid Services, delivering high-quality customer service to Medicare recipients.

Adeli is the immediate past Chair of the Dranesville District Democratic Committee. There she spearheaded the modernization of fundraising and communications.

Discussing the top three issues of importance she hears from District 34 constituents, Adeli said, "Criminal justice

SEE CANDIDATES, PAGE 9

# Just Can't Wait to Get Back on the Road Again

**Vaccinated Seniors plan vacations, trips to reunite with family.**

BY MARILYN CAMPBELL  
THE CONNECTION

Shifting through photos of rafting trips through Labyrinth Canyon on the tranquil waters of the Green River and hiking in the Needles district of Utah's Canyonlands National Park, Arlene Richter recalls her past travels as she begins planning for new adventures. The adventure-loving Bethesda mother of two adult children is fully vaccinated and ready for her next trip.

"Travel is a great way to explore," said Richter. "I'm always curious and love to learn about the world and people."

Now that nearly 85 percent of those 65 and older in Montgomery County and almost 70 percent in Fairfax County, Arlington County and Alexandria are fully vaccinated against COVID-19, seniors such as Richter have less trepidation about resuming their travels. From trips to visit children and grandchildren to hiking in national parks, after a one year or more of near confinement because of their high risk due to the pandemic, seniors are ready to travel.

Travel advisors and tour companies have seen a dramatic uptick in requests of seniors who are planning to travel.

"When vaccines became available, the number of calls to our call center doubled from February to March. Nearly all of the programs we're operating this summer are filled to capacity," said Chris Heppner, spokesperson for Road Scholar [www.roadsscholar.org](http://www.roadsscholar.org), a not-for-profit educational travel organization for adults. "We require people to be fully vaccinated to participate. We have surveyed our participants and nearly 100 percent either have been vaccinated or plan to be."

One of those seniors is 76-year-old Tanya Levine, a widow from Arlington. She's heading to Chicago in June to visit her daughter and grandchildren.

"It's been so hard not seeing my family in person and missing certain milestones," she said. "We're going to celebrate all of the birthday parties, baptisms and graduations that we missed during the pandemic. The thought of it all is so overwhelming. I'm beyond elated. I know that tears of joy will be flowing the entire trip."

Most vacation requests have tended to be stateside and popular destinations are those that offer outdoor adventure.

"While we wait for the international world to fully open, senior travelers are looking toward domestic



PHOTO COURTESY OF ARLENE RICHTER

Travel enthusiast Arlene Richter, pictured here in the Needles district of Utah's Canyonlands National Park, is fully vaccinated and ready to resume her travels.

**"The National Parks are, without doubt, incredibly popular. Seniors are incredibly excited and just want to get back out there and make up for lost time."**

— Frank Marini

travel and exploration of the West in areas like Utah, Colorado, and Wyoming," said Adrienne Saxton, a Falls Church-based travel advisor and curator. "Domestic river cruises exploring the Mississippi, the Pacific Northwest and wine cruises are also high on the requests. These areas have been booking fast and furiously."

"The National Parks are, without doubt, incredibly popular for us," added Frank Marini, president of Amtrak Vacations. "Seniors are incredibly excited and just want to get back out there and make up for

lost time."

Vienna couple Barrie and Jane Taylor became fully vaccinated in March and are heading to San Diego to visit their son, daughter-in-law and granddaughter who was born last November. Their family visit will be followed by a trip to Glacier National Park.

"This will be the first time meeting our granddaughter. Zoom calls can in no way make up for being able to hold her in our arms," said Jane. "My husband and I usually take four big trips a year and at least two of those are international. We won't leave the country this year and we'll still wear masks and practice social distancing."

The freedom to travel is one of the best rewards of being vaccinated, said Richter. "I've been all over the place and hope to continue going to new places."

## CALENDAR

### NOW THRU MAY 31

Dinosaur Drive-Thru Experience. The Dinosaurs are ready to return from extinction. The drive-thru dinosaur exhibit is the first of its kind at the Bull Run Events Center in Centreville. The Museum quality exhibit, with more than 75+ animatronic and static dinosaurs, runs May 14 through May 31. Tours are available Wednesday through Sunday, 9 a.m. to 9 p.m. daily. Visit [www.drivethrudinos.com](http://www.drivethrudinos.com) or call 800-830-3976.

### THURSDAY/MAY 27

Asian American Pacific Islander Celebration. 7 p.m. May is Asian American Pacific Islander (AAPI) Heritage Month, and The Alden in McLean is celebrating these rich cultures through the art of words. AAPI poets Regie Cabico, Gowri Koneswaran and Jenny C. Lares will be featured in a virtual performance, "Celebrating AAPI Heritage Month through Poetry." The poets will share their work, take audience questions and host an open mic segment for anyone who identifies as AAPI. The event is free, and preregistration is required. Those who wish to participate in the open mic segment may indicate so when they register. To register or for more information, visit [www.aldentheatre.org](http://www.aldentheatre.org).

### SUNDAY/MAY 30

Cowboy and Western Music. 7:30 p.m. Online. Hear authentic, heartfelt singing about the vanishing American West in a free, online concert. After the concert, join in a sing-around with the performers. Free; Suggested donation: \$20 per listener. (If you feel generous, a higher amount will help support the performers.) Contact Charlie Baum, [cbaum@fsgw.org](mailto:cbaum@fsgw.org). Register at <https://www.fsgw.org/Concerts>, to get the concert link.

### STARTING JUNE 1

"Duck Harbor" Web Series. 8 p.m. Sponsored by 1st Stage in Tysons Corner. Duck Harbor is a web series about a long-distance love in later life. The piece is brought to audiences through a creative series of short scenes in which the actors, just like the characters, are meeting for the first time. Audiences will get to experience the magic of the theater and the excitement of new love between these two lonely hearts reaching out from charming small towns on opposite sides of the country. Every week, each of the two actors, who live on opposite coasts, will be given only their half of the script and will experience the other side of the story with a sincere and genuine freshness,

"on stage," in front of our audience. Performances will take place every Tuesday, beginning on June 1 and ending on August 17. Get your tickets today at [www.1ststage.org](http://www.1ststage.org).

### SUNDAY/JUNE 6

U-2: Still Essential. 2-3 p.m. On Zoom. Sponsored by the Cold War Museum, 1734 Farm Station Road, Warrenton. You Need to See What's Happening in That Hot Spot. But the Bad Guys Know When the Satellites Are Coming Over. Who You Going to Call? It's still the U-2. Visit the website: <https://www.eventbrite.com/e/still-essential-the-enduring-legacy-of-the-u-2-tickets-146513940139>

### JUNE 8 TO JULY 4

Paintings by Rich Moore. At the Loft Gallery, 33 Mill Street, Second Floor, Occoquan. "The skies proclaim the work of His hands." Psalm 19:1 showcases the artistry of versatile landscape oil painter, Rich Moore as he endeavors to reveal a unique glimpse into the magnificence and wonder of the "handiwork of God." Gallery Hours: Tuesday-Friday, 11 a.m.-4 p.m.; Saturday, 11 a.m.-5 p.m.; and Sunday, Noon-5 p.m. Online Facebook Live Artist's Reception: Friday, June 11, 2021 7:00 pm <https://www.facebook.com/loftgalleryoccoquan>.

### SUMMERFEST AT TYSONS CORNER CENTER

Tysons Corner Center announced its line-up of this season's socially distant happenings. 'SummerFest 2021,' which kicked off this month and will run through October 2021, is filled with six months of activations and events, such as live music, art, fitness, festivals, and more.

Movie Nights, in partnership with AMC Theatre Tysons Corner

First Saturday, Monthly at Sundown

Bingo Night - presented by DC Fray and Barrel and Bushel Third Thursday Monthly, 6:00 - 8:00 p.m.

Art on the Plaza

Final Thursday, Monthly -- Join Tysons Corner Center, Barrel & Bushel, and AR Workshop for a monthly crafting event. Each event will feature seasonal art projects along with applicable retailer pop-ups and an extended happy hour.

The Plaza Live

Thursday-Sunday Weekly starting May 6; 4:00-7:00 p.m., Thursday & Friday;

2:00-7:00 p.m. Saturday & Sunday. Each week on The Plaza the center will welcome local musicians to perform as well as other live entertainment such as caricature and balloon artists, face painters, etc.





**TRANSFORM YOUR BATH OR SHOWER  
IN AS LITTLE AS ONE DAY**



**CALL NOW**

**FOR \$500 Off**  
OR  
**NO PAYMENTS &  
NO INTEREST  
UNTIL 2022**  
Offer Expires 6.30.2021

**BCI BATH & SHOWER** Military & Senior Discounts Available  
*"We make bathing safer"*

**844-945-1631**

\*Includes product and labor, bathtub, shower or walk-in tub and wall surround. This promotion cannot be combined with any other offer. Other restrictions may apply. This offer expires June 30, 2021. Each dealership is independently owned and operated. \*\*Third party financing is available for those customers who qualify. See your dealer for details. ©2021 BCI Acrylic Inc.

**Leaf Filter**  
GUTTER PROTECTION

**BACKED BY A  
YEAR-ROUND  
CLOG-FREE  
GUARANTEE**

EXCLUSIVE LIMITED TIME OFFER!

**15% OFF** & **10% OFF**  
YOUR ENTIRE PURCHASE\*  
**+ 5% OFF** TO THE FIRST 50 CALLERS ONLY!\*\*  
SENIORS & MILITARY!  
WE INSTALL YEAR-ROUND!

**FINANCING THAT FITS YOUR BUDGET!**

Promo Code: 285

\*Subject to credit approval. Call for details.

CALL US TODAY FOR  
A FREE ESTIMATE

**1-877-614-6667**

Mon-Thurs: 8am-11pm, Fri-Sat: 8am-5pm, Sun: 2pm-8pm EST

\*For those who qualify. One coupon per household. No obligation estimate valid for 1 year. \*\*Offer valid at time of estimate only. The leading consumer reporting agency conducted a 16 month outdoor test of gutter guards in 2010 and recognized LeafFilter as the #1 rated professionally installed gutter guard system in America. Manufactured in Plainville, Michigan and processed at LMT Mercer Group in Ohio. See Representative for full warranty details. CSLB# 1035795 DOPL #10783658-5501 License# 7656 License# 50145 License# 41354 License# 59338 License# 128344 License# 218254 WA UBI# 603 233 977 License# 2102212586 License# 2106212946 License# 2205162195A License# LEAF/NW52212 License# W055912 License# WC-29988-1117 Massau H.C. License# H01097000 Registrations# 769497 Registrations# HIC-0649925 Registrations# C127225 Registrations# C127230 Registrations# 366920918 Registrations# PC6475 Registrations# H0731804 Registrations# 13NH09953900 Registrations# PA069882 Suffolk H.C. License# 52229-H License# 2205169445 License# 202000022 License# 262000403 License# 0085990 Registrations# H-19114

**CLASSIFIED**

WWW.CONNECTIONNEWSPAPERS.COM

To ADVERTISE IN THIS PAPER, CALL BY MONDAY 11:00 AM 703-778-9411

Services

**PRESSURE WASHING PROS**

In Business for 25 Years



- Soft Wash
- Deck Cleaning/Staining
- Fences
- Driveways

**pwashingpros.com**

**(703) 378-8645**

Call the licensed and bonded pros with the best pricing in the NoVA area today.

CALENDAR

			1	2	3
4	5	6	7	8	9
10	11	12	13	14	15
16	17	18	19	20	21
22	23	24	25	26	27
28	29	30	31		

Let us know about an upcoming event

connectionnewspapers.com/Calendar

Prepare for unexpected power outages with a Generac home standby generator

REQUEST A FREE QUOTE!  
**844-947-1479**

**FREE** 7-Year Extended Warranty\*  
A \$695 Value!

Offer valid February 15 - June 6, 2021

Special Financing Available  
Subject to Credit Approval

\*To qualify, consumers must request a quote, purchase, install and activate the generator with a participating dealer. Call for a full list of terms and conditions.

A Smarter Way to Power Your Home.

REQUEST A FREE QUOTE!

ACT NOW TO RECEIVE  
A \$300 SPECIAL OFFER!\*

1 (833) 688-1378

\*Offer value when purchased at retail. Solar panels sold separately.

**AN ORGANIZED HOME  
IS A HAPPY HOME**

Add space to your kitchen and time to your busy schedule with ShelfGenie's custom pull-out shelves installed in your existing cabinets



**ShelfGenie**  
EVERYTHING WITHIN REACH™  
a neighborly company

**50% OFF  
INSTALLATION\***

\*Limit one offer per household. Must purchase 5+ Classic/Designer Shelves. EXP 6/30/21



Schedule Your FREE Design Consultation:

**(866) 982-2260**

Hours: Mon - Fri 9am-9pm, Sat 10am - 4pm EST

**ESTATE SALE - LOG HOMES  
PAY THE BALANCE OWED ONLY!!!**

AMERICAN LOG HOMES IS ASSISTING JUST RELEASED OF ESTATE & ACCOUNT SETTLEMENT ON HOUSES.

4 Log Home kits selling for BALANCE OWED, FREE DELIVERY

- 1) Model # 101 Carolina \$40,840...BALANCE OWED \$17,000
- 2) Model # 203 Georgia \$49,500...BALANCE OWED \$19,950
- 3) Model # 305 Biloxi \$36,825...BALANCE OWED \$14,500
- 4) Model # 403 Augusta \$42,450...BALANCE OWED \$16,500

BEFORE CALLING: VIEW at [www.loghomedream.com](http://www.loghomedream.com)  
Click on House Plans

NEW - HOMES HAVE NOT BEEN MANUFACTURED

- Make any plan design changes you desire!
- Comes with Complete Building Blueprints & Construction Manual
- Windows, Doors, and Roofing not included
- NO TIME LIMIT FOR DELIVERY!

BBB  
A+ Rating

\*OFFER NOT AVAILABLE TO AMERICAN LOG HOME DEALERS\*

**SERIOUS ONLY REPLY. Call (704) 602-3035 ask for Accounting Dept.**

**CONNECTION**

www.ConnectionNewspapers.com

An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by  
**Local Media Connection LLC**

**1606 King Street  
Alexandria, Virginia 22314**

Free digital edition delivered to your email box. Go to [connectionnewspapers.com/subscribe](http://connectionnewspapers.com/subscribe)

NEWS DEPARTMENT:  
[vienna@connectionnewspapers.com](mailto:vienna@connectionnewspapers.com)

**Kemal Kurspahic**  
Editor ♦ 703-778-9414  
[kemal@connectionnewspapers.com](mailto:kemal@connectionnewspapers.com)

**Mercia Hobson**  
Community Reporter  
[mhobson@connectionnewspapers.com](mailto:mhobson@connectionnewspapers.com)

**Ken Moore**  
Contributing Writer  
[kmoore@connectionnewspapers.com](mailto:kmoore@connectionnewspapers.com)

ADVERTISING:  
For advertising information  
[sales@connectionnewspapers.com](mailto:sales@connectionnewspapers.com)  
703-778-9431

**Debbie Funk**  
Display Advertising/National Sales  
703-778-9444  
[debfunk@connectionnewspapers.com](mailto:debfunk@connectionnewspapers.com)

**David Griffin**  
Marketing Assistant  
703-778-9431  
[dgriffin@connectionnewspapers.com](mailto:dgriffin@connectionnewspapers.com)

Classified & Employment  
Advertising  
703-778-9431

Editor & Publisher  
Mary Kimm  
[mkimm@connectionnewspapers.com](mailto:mkimm@connectionnewspapers.com)  
@MaryKimm

Executive Vice President  
Jerry Vernon  
703-549-0004  
[jvernon@connectionnewspapers.com](mailto:jvernon@connectionnewspapers.com)

Managing Editor  
Kemal Kurspahic  
Art/Design:  
Laurence Foong, John Heinly,  
Ali Khaligh  
Production Manager:  
Geovani Flores

CIRCULATION  
[circulation@connectionnewspapers.com](mailto:circulation@connectionnewspapers.com)

Virginia  
**PRESS**  
Association  
Award Winning  
Newspaper

# Convention Done, Primary Ahead

FROM PAGE 3

## Attorney General

“When a candidate runs for two offices at the same time, they’re sending two messages,” said Stephen Farnsworth, political science professor at the University of Mary Washington. “One, I want something better than what I have, and two, I’m not sure I’m going to be able to get it.”

**VOTERS WILL ALSO** be choosing between Del. Jason Miyares (R-82) and the winner of the Democratic primary, which features incumbent Attorney General Mark Herring and challenger Del. Jay Jones (D-89). Herring was first elected in 2013, and he’s seeking a third term in office. During his time in office, he’s created a new Office of Civil Rights as well as a new conviction integrity unit and a new worker protection unit while also reorganizing the consumer protection section. Jones has criticized Herring for waiting until election season before making some of those changes, and he attacked Herring for wearing blackface at a college party in the 1980s.

“I sat in the room two years ago with the Black Caucus when you disclosed that you wore blackface just days after you called on Governor Northam to resign,” Jones said during a televised debate. “I was there when you took that paper out of your jacket, smoothed it out on the table and read us a



Jay Jones



Mark Herring

statement with no empathy, no compassion.”

Herring hasn’t been shy about criticizing Jones either. During a televised debate earlier this month, Herring brought up a bill Jones introduced that could have created a loophole for predatory lenders. The bill would have allowed for loans of 36 percent plus a daily fee that could amount to 320 percent a year. Jones never withdrew the bill, although it was left in committee. Jones ended up voting in favor of a different bill, one that Herring made a rare personal appearance to support in committee.

“When I was working to crack down on dangerous predatory lenders, Delegate Jones was actually supporting the predatory lenders and authored a bill that would have allowed them to charge 350 percent interest,” said Herring. “These are hard-working, struggling Virginians just trying to get by.”

### BULLETIN BOARD

Submit civic/community announcements at [ConnectionNewspapers.com/Calendar](http://ConnectionNewspapers.com/Calendar). Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before the event.

#### WEDNESDAY/MAY 26

**Holy Happy Hour.** 6 p.m. Virtual at Lewinsville Presbyterian Church, 1724 Chain Bridge Road, McLean. This concert will feature LeeLee Hunter on classical guitar. Currently in doctoral studies at the University of Arizona, Ms. Hunter holds degrees from the Peabody Conservatory. She has participated in several international competitions and in masterclasses with distinguished artists. She will perform music of South American composers. A recommended wine pairing for the post concert reception is an Argentinian Malbec which can be purchased at any local wine store. If you wish to be added to this list, send an email to [LPCCommunications1724@gmail.com](mailto:LPCCommunications1724@gmail.com).

#### JUNE 1 AND 15

**Caregivers Support Group.** Tuesdays. Virtual via Zoom. Sponsored by the Shepherd’s Center of Northern Virginia (SCNOVA). SC hosts a support group for caregivers of adult family members with dementia the first and third Tuesdays of each month. Their virtual, facilitated meetings are from 10:00 to 11:30 am. Contact facilitator, Jack Tarr, at [jtarr5@verizon.net](mailto:jtarr5@verizon.net) for details on joining the meeting via zoom or to see the SC web site flyer: [https://www.scno-](https://www.scno-va.org/caregivers-support-group)

[va.org/caregivers-support-group](http://va.org/caregivers-support-group).

#### NOW THRU JUNE 10

**Adventures in Learning Mini Semester** - a Program of the Shepherd’s Center of Northern Virginia. Thursday Virtual via Zoom. Shepherd’s Center is launching a new mini version of their Adventures in Learning Spring semester. Cost for this 4-week semester is \$30. Upcoming topics include How to Successfully Age in Place, Screening for Diseases, Hiking in Switzerland, Retirement Wellness Checkup, The Unraveling of Syria, and Balancing Federal Labor Relations and Efficient Government. To learn more, please visit <https://www.scnova.org/ail>. Or, call 703-281-0601 to register and provide credit card information.

#### NOW THRU JUNE 23, WEDNESDAYS

**Virtual Active Aging Exercise Classes.** (Virtual via Zoom). Sponsored by Shepherd’s Center of Northern Virginia (SCNOVA) 10:45 a.m. - 11:45 a.m. Exercise classes for older adults focusing on offering balance coordination, stretching and improved mobility. Class meets for 1 hour, once a week, for eight weeks.

Cost: \$50 for 8 week session - payable to Sun Fitness LLC. To register or for more info, contact Casey Tarr at 703-821-6838 or [eileentarr1@verizon.net](mailto:eileentarr1@verizon.net). After registering, you will be contacted with payment instructions and will be provided with an invitation link to connect to the Zoom virtual class.

## BUSINESS DIRECTORY

WWW.CONNECTIONNEWSPAPERS.COM

CALL 703-549-0004

FOR ADVERTISING INFORMATION

ELECTRICAL ELECTRICAL

### K & D ELECTRIC

COMMERCIAL / RESIDENTIAL SERVICE  
Family Owned & Operated

Recessed Lighting  
Ceiling Fans  
Phone/CATV  
Computer Network Cabling  
Service Upgrades  
Hot Tubs, etc...

Licensed/Bonded/Insured  
Office 703-335-0654  
Mobile 703-499-0522  
[lektrkman28@gmail.com](mailto:lektrkman28@gmail.com)

LANDSCAPING LANDSCAPING

### Quality Tree Service & Landscaping

Reasonable prices. Licensed & insured.

**Summer Cleanup...**  
Tree removal, topping & pruning, shrubbery trimming, mulching, leaf removal, planting, hauling, gutter cleaning, retaining walls, drainage problems, etc.

25 years of experience - Free estimates

703-868-5358

24 Hour Emergency Tree Service

Landscape Drainage Landscape Drainage

**ProDrainage**  
A JES Services, Inc Company  
Eco-Friendly Landscape Drainage Experts  
Drainage, Erosion, Landscaping, Hardscaping, Patios, Retaining Walls & More  
Your Neighborhood Company since 1987!  
703-772-0500 [www.ProDrainage.com](http://www.ProDrainage.com)  
VA. Licensed Class A Contractor

Sign up for  
**FREE DIGITAL SUBSCRIPTION**  
to any or all of our 15 papers  
[WWW.CONNECTIONNEWSPAPERS.COM/SUBSCRIBE](http://WWW.CONNECTIONNEWSPAPERS.COM/SUBSCRIBE)

## Philosophically Meandering



By KENNETH B. LOURIE

As I discussed a few weeks back, having all this time off/apart from cancer-related activities is unsettling in a peculiar way. I’m not in remission. I’m certainly not cured, and I’m still receiving regular treatment: a bone-strengthening shot every four weeks at the Infusion Center and of course, my daily lenvima pill. Given the nature of what symptoms/side effects I experience, it’s only after my quarterly CT scan and recently added, a bone scan, followed-up by a post-scan video visit with my oncologist and endocrinologist (combined with my semi annual brain MRI) that I have an accurate/real-time sense of whether I’m coming or going, if you know what I mean?

The result of these intervals and intermittent visits is that I, not the doctors, have my best sense of self. Though I can - and am encouraged to do so, email my doctors and/or call an advice nurse at all hours to discuss whatever ails me, realistically, on a daily, hourly and/or minute-by-minute existence, I’m the one that I have to talk to, and most likely, listen to. And though I think I know myself pretty well, a cancer diagnosis creates a prism through which all of our thoughts are filtered. Sometimes, what initially passes through is not identical to what comes out. Cancer is in control, sort of like the producers of “The Outer Limits” said they were in control of your television during the two years: 1963 and ‘64, when “The Outer Limits” was nearly must-watch television. They controlled more than just the horizontal on your television. They controlled the information going into your head. What you did with that information was entirely up to you. Only then, you were in control.

Much has changed in the almost 60 years since “The Outer Limits” was controlling television sets. And so too, much has changed for those diagnosed with cancer. However positive and hopeful, and effective the evolution of a cancer diagnosis and treatment has become, when “The cancer” (as “Forrest, Forrest Gump” called it) appears on your scan or marks your blood, you are no longer “the master of your domain.” In fact, your domain has shrunk considerably and quite precipitously. Whatever you thought was going to be happening in your life now takes a back seat to everything your oncologist says needs to happen. Integrating into your life all the unexpected, life-changing advisories will be a task unlike any you’ve previously ever undertaken. Pondering your cancer-patient future will not result in one gulp, it will result in a series of gulps. As a consequence of your diagnosis/prognosis, you’ll become an expert in gulps, morning, noon and night, when you’re alone or with others.

And as you are gulping, you are forever trying to find your place in the universe. As a diagnosee, you join an immense club, the kind of club Grouch Marx said he “wouldn’t join, if they would have me as a member.” Ignoring your new reality seems totally irresponsible, but focusing 24-7 on your less-than-ideal circumstances seems like overkill (pardon the double entendre). This focus likely emboldens the cancer while weakening your resolve. I mean, your situation is bad enough, you don’t need to make it worse by having it for breakfast, lunch and dinner. Having it once and a while, like a snack is more than enough. The weight of a premature death (any death is premature, right?) is simply too great a burden to bear without making it heavier. I’m not suggesting one ever acquiesce and give into their cancer. Instead, I’m suggesting, find a place for it in your life where it’s sort of along for the ride, rather than it being the driver.

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



**Weichert**  
REALTORS

# JD CALLANDER

Direct: (703) 606-7901  
Office: (703) 821-1025  
JDCallander@gmail.com  
www.newNOVAhome.com

#1 Agent Companywide  
Top 1% Realtors Nationwide  
NVAR 90+ Million Dollar Sales Club

#1 Virginia Agent 2020 - NEWSWEEK



**WISHING YOU A HAPPY and HEALTHY MEMORIAL DAY!**



**\*OPEN\*  
SAT. 1-3pm  
\*and\* SUN.  
2-4pm!**

**\*JUST LISTED\* in Walden of McLean!**

## 6293 Columbus Hall Court, McLean

**\*STUNNING\* 7BR/5.5 BA stone-front colonial on 4 finished levels features gorgeously renovated kitchen with island, breakfast bar, Sub Zero refrigerator and 2 dishwashers with eat-in space and walkout to screened-in porch; inviting family room off kitchen w/ fireplace; main level office with built-ins and bay window; expansive owner's suite w/ cathedral ceiling, sitting room & luxury bathroom; LL includes huge rec room; bedroom & full bath plus tons of storage and walkout. *Chesterbrook, Longfellow & McLean schools!***

## 6604 Jerry Place, McLean

**\*GORGEOUS\* 4BR/3.5 BA brick Cape on 3 levels with fabulous family room addition on beautiful landscaped lot in cul-de-sac location! Meticulously maintained - this lovely home includes remodeled kitchen, basement and primary BR/BA + upstairs bath. Updated HVAC, roof, washer/dryer, hot water heater, gutter helmet and newer exterior paint! Wonderful kitchen and sep. dining room with bay window; living room with fireplace; walkout LL with LVP flooring and half bath; 1-car carport; *McLean HS pyramid!***

## 1600 Holly Court, McLean

**\*ABSOLUTELY BEAUTIFUL\* 4BR/3 full BA home in convenient location! Main level features the elegant living room & formal dining room plus inviting kitchen with skylight, stainless steel appliances and eat-in space; hardwood floors on the main and upper levels; big deck off the rear; upstairs includes owner's suite, 2 bedrooms and full bath; downstairs is the office plus bedroom and full bath; walkout to the carport; plus step down into the big rec room with kitchenette, frpl & walkout to the backyard! *McLean HS pyramid!***

**BEST  
WASHINGTONIAN  
2020**



**JUST LISTED!**

**Offered for...\$925,000**



**UNDER CONTRACT  
in 6 days!**

**Offered for...\$925,000**



**Under Contract!**

**1437 Brookhaven Drive  
McLean, 22101  
\$1,099,000**



**Under Contract!**

**2226 Great Falls Street  
Falls Church, 22046  
\$1,297,000**



**SOLD!**

**405 Park Avenue  
Falls Church City, 22046  
\$1,625,000**



**Under Contract!**

**1819 6th Street, NW  
Washington, DC 20001  
\$849,000**



**Under Contract!**

**2411 Holt Street  
Vienna, 22180  
\$819,000**



**Langley HS  
pyramid!**

**6904 Lupine Lane  
McLean, 22101  
\$2,599,000**



**Under Contract!**

**1566 Great Falls Street  
McLean, 22101  
\$1,234,000**

**We're seeing multiple contracts with escalations! Call to chat with JD today!**