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# Springtime Events Popping Up in Vienna

SPRING FUN, PAGE 8

## National Youth Orchestra Includes Vienna Talent

NEWS, PAGE 4

## Close Your Eyes and Go to Sleep

NEWS, PAGE 16





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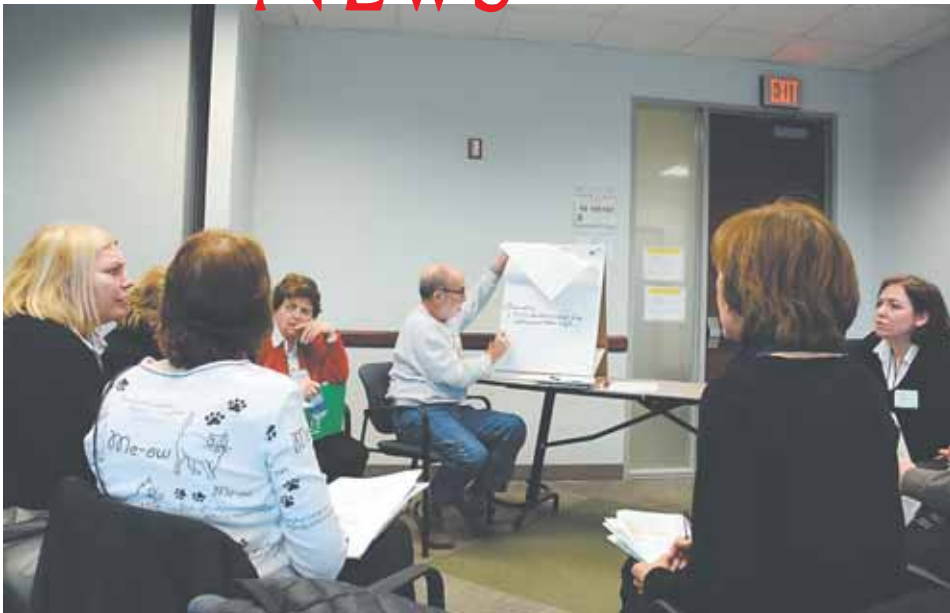
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Members of the community discussed county government services they found more or less valuable during a budget dialogue meeting at the South County Government Center.



Board of Supervisors Chairman Sharon Bulova (rear) listens to a community discussion on county services, as part of a dialogue on the proposed FY2016 budget.

PHOTOS BY TIM PETERSON/THE CONNECTION

## Bulova Hosts Community Dialogues on Proposed Budget

**Citizen ideas on budget and services sought.**

BY TIM PETERSON  
THE CONNECTION

**D**espite a damp dreary Saturday morning, several dozen people turned out at the South County Government Center for the first of two community dialogues on the proposed budgets for Fairfax County government and schools. The meeting along Route 1 began in the morning, followed by a similar event at the Fairfax County Government Center in the afternoon. Both were hosted by Board of Supervisors Chairman Sharon Bulova.

"When we adopt the budget, we are investing in the priorities of our community," Bulova said in her opening remarks. The format for the event included explanatory presentations of both budgets by county officials, a question-and-answer session, and small group brainstorming.

The breakout groups were a chance for individuals from the community to have a discussion with county representatives about which government services they felt were more or less valuable, as well as long-term ideas for reducing county costs.

Fairfax County's Chief Financial Officer Susan Datta gave an overview of the FY2016 budget, highlighting the county's heavy reliance on real estate taxes and underperforming local economy and housing market as factors contributing to the projected budget shortfall.

"Fairfax County is clearly seeing the impact of the Sequester and problems going on at the federal level," said Datta.

"This is a stalled recovery," Bulova said. "It's important to look at all services; are there different ways for us to grow and proceed into the future?"

Bulova and Datta explained the county conducts its own "lines of business review,"



Alex Van Veen (center) was joined by (clockwise from right) Fairfax County School Board Vice Chairman Ted Velkoff and Chairman Tammy Derenak Kaufax, and Supervisor Gerry Hyland (D-Mount Vernon) at the county budget community dialogue held at the South County Government Center.



Susan Datta, Fairfax County chief financial officer, gives an overview of the proposed FY2016 county budget at a community dialogue meeting on March 14.

an evaluation of all county programs and staff that began in January to attempt to identify "right-sizing" for future revenue growth.

The proposed county budget already includes a reduction package of \$26.9 million.

"We've reduced effectively nearly every agency in Fairfax County," said Datta.



Kristen Michael, Fairfax County Public Schools assistant superintendent for financial services, answers questions at a community dialogue meeting held at the South County Government Center.

Even with the reductions, Fairfax County is still forecast to undercut what the Fairfax County Public Schools board has asked for in its proposed budget: a projected transfer shortfall of \$14 million.

Kristen Michael, assistant superintendent for financial services with FCPS, explained

the school system has managed to cut over \$55 million from its FY2015 approved budget expenditures, as reflected in the FY2016 advertised budget.

However, some of the unfunded, identified needs include lower class size, a family and early childhood education program, and student technology and connectivity.

Community member Alex Van Veen asked if there were more ways the county could "get more bang for its buck," maybe by consolidating excess properties.

Bulova and Mount Vernon school board member Dan Storck, also in attendance, answered by describing collaborative efforts already taken between the supervisors and school board to eliminate duplicated services. The Smart Savings Task Force and budget development project task force, groups with members from each board, have looked at consolidating legal services, insurance and transportation services.

But they haven't thought of everything, which is why Datta acknowledged the small group discussions as "a really important exercise" to involve community members and brainstorm.

The school board is scheduled to present its budget to the Board of Supervisors April 7, with public hearings on that budget as well as the county's to be held April 7-9. April 28 is the proposed for the county to adopt its budget, followed by the school board adopting its budget May 21.

For more information on the proposed county budget, visit [www.fairfaxcounty.gov/budget](http://www.fairfaxcounty.gov/budget). More information on the Fairfax County Public Schools budget can be found at [www.fcps.edu/news/fy2016.shtml](http://www.fcps.edu/news/fy2016.shtml).

Citizens are encouraged to participate and speak in the public hearings. To sign up, call the Clerk to the Board's Office at 703-324-3151 or 703-324-2391, or go online to [www.fairfaxcounty.gov/bosclerk/speaker\\_bos.htm](http://www.fairfaxcounty.gov/bosclerk/speaker_bos.htm). If a resident can't attend in person but would still like to participate, email written testimony to the Clerk's office at [clerktothebos@fairfaxcounty.gov](mailto:clerktothebos@fairfaxcounty.gov).



# National Youth Orchestra Includes Vienna Talent

Percussionist from Vienna receives chance to perform under conductor Charles Dutoit and with pianist Yundi Li.

**T** Tyler Cunningham, 18-year-old senior and percussionist at Langley High School, will join 113 other young musicians from around the country selected to form the 2015 National Youth Orchestra of the United States of America (NYO-USA). NYO-USA was created in 2013 by Carnegie Hall's Weill Music Institute for musicians ages 16-19. Students are selected based on technical ability, emotional and social maturity, and personal statements among other criteria.

This year, NYO-USA will be led by renowned Swiss conductor Charles Dutoit, Conductor Laureate of The Philadelphia Orchestra and Artistic Director of London's Royal Philharmonic Orchestra. The Orchestra will also be joined onstage by internationally acclaimed pianist Yundi Li, who has been praised as "one of the pioneers of musical education in China." The Orchestra will also have the chance to perform a new work by sought-after Chinese classical composer, Tan Dun, who composed the music for the 2008 Beijing Olympics. They will perform at the Performing Arts Center in Purchase, New York, and at Carnegie Hall, followed by a seven-city tour throughout China where NYO-USA will make its Asia debut.

A talented musician, Cunningham will be



PHOTO COURTESY OF CHRIS LEE

**Last year's National Youth Orchestra of United States of America: July 22, 2014 performance at Carnegie Hall.**

joining NYO-USA for the second time, an accomplishment he does not take lightly.

"Last year I was completely shocked and also overwhelmed with joy," he said. "I heard so much about orchestra in the inaugural year because the program started in 2013. And this year I really wanted to get accepted because I already knew what I was getting into last year." Cunningham began playing the drums in the fifth grade at Colvin Run Elementary School.

**THREE YEARS LATER** he added private lessons to his schedule. The secret to his success is simply motivation.

"I never want to settle for okay. I have extraordinary experiences like NYO [and] have been surrounded by fantastic players and that inspires me to be better than my very best," he said.

In late June, he will travel to New York along with other members of the orchestra for a two-week training residency at Pur-

chase College. The musicians will be housed in Purchase College's newest dorm, "Fort Awesome," where they will have a chance to get to know each other during those two weeks. These two weeks are critical for Cunningham and for the Orchestra as a whole.

"A big challenge, especially for ensembles that are only together for a short amount of time, is getting used to the ensemble," said Cunningham. "When you're with an orchestra for a certain number of years, you get to understand the ebb and flow of the orchestra. But with a group like this, which is very temporary, the most difficult part is finding stability very quickly between the orchestra and finding your place more quickly." Carnegie Hall recognizes these musicians as some of the finest players in the country.

"I've listened to so many of the works and Yundi is just such a phenomenal player that getting to work with this artist is going to



COURTESY OF TYLER CUNNINGHAM

**Tyler Cunningham, 18, from Vienna, will join the National Youth Orchestra of the United States of America in summer 2015 as one of the percussionists.**

**"I never want to settle for okay."**

— Tyler Cunningham

also help influence my own playing and mold me into a more mature musician," said Cunningham. This will be his first trip to China.

**AS A PERCUSSIONIST** in the orchestra, he will also have the chance to work with principal percussionist player and timpani player of The Philadelphia Orchestra, Christopher Deviney and Don S. Liuzzi, respectively. "I hope to one day teach percussion privately, play in an orchestra, and stay active in chamber music," said Cunningham. In the future he plans to attend college for percussion performance.

The National Youth Orchestra's 2015 musical repertoire will include Beethoven's Piano Concerto No. 5 in E-flat Major, "Emperor," and Berlioz's Symphonie fantastique.

## FCPS Students Win 17 First Place Awards at Virginia DECA Conference

A total of 385 students from 20 Fairfax County Public Schools (FCPS) high schools and the Fair Oaks Classroom on the Mall were recognized at the Virginia DECA State Leadership Conference held Feb. 27-March 1 in Virginia Beach. FCPS students placed first in 17 events, and 285 students earned the right to attend the DECA International Career Development Conference, scheduled for April 25-28 in Orlando.

Two state officers were elected from FCPS: Alexandra Patrick of Fairfax High School was elected secretary; and Claire Heiden of Marshall High School was elected Region 2 vice president. First place winners from FCPS are:

- ❖ Tyler Buchholz and Jackson Romero of South County High School, Business Law and Ethics Team Decision Making.
- ❖ Alison Willebeek-Lemair, Gavin Brown, and Virginia Bulger of South Lakes High School, Business Services Operations Research.
- ❖ Cameron Lane of South County High School, Business Services Marketing.
- ❖ Gillian McIntyre and Isabelle Sexton of Marshall High School, Buying and Merchandising Team Decision Making.
- ❖ Alana Clark of Robinson Secondary School, Entrepreneurship Participating Event-Franchise.
- ❖ Matt Godin of Oakton High School, Financial Consulting Event.

- ❖ Jordan Beeker and Nilaani Kayamboo of Chantilly High School, Fashion Merchandising Promotion Project.
- ❖ Conor Orlando, Erika Rodgers, and Harlee Pattarozzi of Fairfax High School, Finance Operations Research.
- ❖ Lithe Abushaikh of Marshall High School, Human Resource Management.
- ❖ Michael Deleon and Andrew Deleon of Chantilly High School, Hospitality Services Team Decision Making.
- ❖ Anya Heijst and Makenzie Brooks of Oakton High School, Hospitality and Tourism Operations Research Event.
- ❖ Brandon White and Ethan Moran of Lake Braddock Secondary School, International Business Plan.
- ❖ Ahmed Mohamed and Tg Mussie of Edison High School, Marketing Communications Team Decision Making.
- ❖ Noah Daniel of Marshall High School, Principles of Business Management and Operations.
- ❖ Brenda Henriquez of Marshall High School, Principles of Hospitality and Tourism.
- ❖ Olivia McAuliffe of McLean High School, Principles of Marketing.
- ❖ Anika Rahman and Lindsey Grooms of South County High School, Travel and Tourism Team Decision Making.

## Amy's Army Holds Zumba Fundraiser

**On March 8, Amy's Army, a Vienna, Oakton nonprofit organization that supports women affected by cancer, held its 3rd annual Zumba Fundraiser that raised over**

**\$2,000. Amy's Army raises awareness, supports medical research, and provides financial support by providing direct grants to women applicants in the Northern Virginia community who are impacted by a cancer diagnosis – either themselves personally or as family member or caregiver. Del. Mark Keam (D-35) attended to show his support for Amy's Army and for women affected by cancer. Pictured (top row— from left) Tammy DiBlasi, Del. Mark Keam, Kelly Koback, Helen Bath, Angie Paolozzi, Amy Thomas. Bottom Row: Kelly Felippo, Jane Woods, Kathy Lippman, Cathy Jaquette and Rachel Lippman.**





## NEWS

# I-66 Inside the Beltway Plans

Officials present transformation plans for the eastbound section from I-495 to Route 29 in Rosslyn.

BY ANDREA WORKER  
THE CONNECTION

Virginia Secretary of Transportation Aubrey Layne headlined the “I-66 Inside the Beltway Transformation Project Kick-Off” briefing on Thursday, March 12 at the Virginia Department of Transportation’s (VDOT) Northern Virginia District office. The audience included officials and staff from VDOT, the I-66 Project Team, the Virginia Department of Rail and Public Transportation (DRPT), Fairfax County Board Chairman Sharon Bulova, other Board Supervisors, delegates Jim LeMunyon and Rich Anderson, representatives from the offices of U.S. Representatives Connolly and Comstock, as well as representation from Arlington County, Prince William County, the

SEE I-66, PAGE 13



PHOTO BY ANDREA WORKER/THE CONNECTION

Virginia Secretary of Transportation Aubrey Layne launches the I-66 Inside the Beltway Multimodal Improvements Plan Kick-Off at the Northern Virginia District VDOT offices to a full house, of staff members, other transportation experts and administrators, elected officials and the media on March 12.

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# OPINION

## Housing and Health

BY DAVID LEVINE  
EXECUTIVE DIRECTOR, GOOD SHEPHERD  
HOUSING AND FAMILY SERVICES, INC.

Many homeless people experience an episode of homelessness because of a chronic physical or mental illness, a disabling injury, or other health issues. Several years ago, the National Alliance to End Homelessness estimated that people living in homeless shelters were more than twice as likely to suffer from an acute medical condition. Many have fallen into homelessness because of repeated failures in their health. The medical bills mount, they can't pay rent, and they end up evicted from their housing.

The link between health and homelessness is no mystery. Recognizing that link, the 100,000 Homes Campaign was a national movement to focus on permanently housing those homeless Americans who face the highest risk of death from living homeless on the streets. In June 2014, the four-year 100,000

### COMMENTARY

Homes Campaign had successfully moved 101,628 homeless individuals into permanent housing. As the Campaign reported: "That number represents an estimated annual taxpayer savings of \$1.3 billion and reflects the collective work of 238 U.S. communities who have joined the Campaign ...."

The Campaign proved that homelessness can be ended. But it also showed that housing is itself a life-saving tool.

Housing provides the supports that many chronically ill and disabled homeless people require for their conditions. With a stable address these homeless people can call home, they can plan their treatments and doctor visits. They can transit from home to treatment centers and back home again without any fear. The neighbor next door will be there to drive them. Their prescription medicines will be available to them in a medicine cabinet in their bathrooms. They have a bed where they can rest after a painful treatment or hospital stay.

So much depends on having a home.

The other link between housing and health comes from the housing itself. According to the Environmental Health Watch (EHW), nearly six million households "live with moderate to severe home health and safety hazards." People living in such housing may experience higher risks of illnesses and injuries from greater exposure to asthma triggers, lead hazards, excess moisture, pest infestations, and toxins.

The financial savings are significant from a basic healthy home. In other words, these savings come from homes that are dry, well-ventilated, pest- and contaminant-free. Healthy homes lead to improved health results. Asthma-related healthcare costs are lower and labor force productivity is greater from such homes. According to EHW estimates, billions are saved from healthy homes in reduced healthcare expenditures.

When anyone considers the link between housing and health, it really comes down to this idea: housing matters for life. It is that critical.

### LETTERS TO THE EDITOR

## A Cornerstone in Danger

To the Editor:

We are a community that values education. We're known nationwide for our world-class education system. And for good reason: with outstanding teachers, motivated students, and active leadership, we have every right to take pride in the top-tier education that our community has asked for. But it scares me, as a student, to think that this cornerstone of our county may be in danger.

For years now, we have been cutting back on our investment in education. Since 2008, Fairfax County Public Schools have lost nearly \$500 million in funding while growing by nearly 22,000 students. With enrollment growing faster than our resources can keep up, this means real cuts in real classrooms are affecting me and my 188,000 colleagues.

It is not just on paper. It touches every one of us, from kindergarten to adult education. I spent a fair amount of my childhood in a temporary building barely passing as a classroom. I have had to wait in line to get access to a set of four textbooks in a class of nearly 30. I have seen great teachers, the kind who inspire real change and passion for learning in their students, come and go because of the fact that we are no longer competitive for teacher salary. If we settle for less than the best, then we have compromised our community values.

Half of my teachers work mul-

tiples jobs. Two years ago, I ran into an old teacher of mine at a restaurant. As I was sitting at the table, she approached me, beaming with joy to see a past student. After a pleasant nostalgic conversation, there was a pause. She produced a pad and pen, and said "By the way, I'll be your server tonight."

It does not have to be this way. By becoming competitive in teacher pay, investing in capital improvement, and allocating meaningful materials to classrooms, we can make strides to improve our system. But this annual battle of the Boards is not sustainable. We need to create a shared partnership and build meaningful progress on the common ground we share. And as community members, it is up to you to bring that message to your supervisors.

**Ben Press**  
Vienna

*The writer, age 16, is a junior James Madison High School in Vienna.*

## There is No 'Away'

To the Editor:

I am dismayed by what my neighbors' put out for "trash." Yes, we all know about Goodwill, Purple Heart, various organizations that collect clothing, kitchen gadgets and other items. We are all pretty good about recycling paper, glass, plastic, and cardboard. But much is put on the curb

that is not trash. Below are just a few of what I have seen on the curb side for trash pick-up this past trash day.

A bike; this is one of the worst items to put out with trash. Bikes of the World collects "any serviceable complete (or nearly-complete) bicycle, adult or children's," - See more at: <http://bikesfortheworld.org>.

Wall-to-wall carpet. Here is a link to how the wall-to-wall carpet industry is recycling their products and keeping carpet out of landfills. <http://carpetswalltowall.com/carpet-recycling-process/>.

A child's dresser. Was it useable?

Could wood glue on a drawer or two make it whole? Habitat for Humanity Restore takes would take that dresser, other old furniture, kitchen sinks, bookshelves, old bath tubs, they are easy to call and ask what they take and don't take.

<http://www.habitat.org/restores>

So, as spring "cleaning" arrives and de-cluttering our houses happens, and we "throw away" we need to think first about how to keep items out of the landfill, because there is no away.

**Kay Fowler**  
Herndon

### EVENTS FOR OLDER ADULTS

**Boomers and Older Adults: Venture Into Volunteering Fair,** Thursday, April 2, 10 a.m. to noon, McLean Community Center, 1234 Ingleside Avenue, McLean. Learn about the many opportunities to make a difference in your community. Find out more at [www.fairfaxcounty.gov/OlderAdults](http://www.fairfaxcounty.gov/OlderAdults) or contact Jeannine Purdy at 703-704-6075, TTY 711 or [Jeannine.Purdy@fairfaxcounty.gov](mailto:Jeannine.Purdy@fairfaxcounty.gov).

**Spring 2015 Free Seminars for Family Caregivers in Fairfax County:**

**Strategies for Difficult Conversations,** Wednesday, April 15, 7 p.m. - 8:30 p.m. Conversations with an older family member about issues like driving, accepting help in the home or moving to a safer environment are often difficult. Using driving as a tough example, we'll explore strategies to identify the roadblocks to successful conversations and offer tools to overcome them. Chantilly Regional Library, 4000 Stringfellow Road, Chantilly. Register at

[www.fairfaxcounty.gov/OlderAdults](http://www.fairfaxcounty.gov/OlderAdults) or call 703-324-5205, TTY 711.

**Communication is the Best Medicine,** Tuesday, April 21, 7-8 p.m. As a caregiver you may have an active role in your loved one's health care. Get tips on preparing for a visit to the doctor or pharmacist and learn what questions to ask so you can make wise choices for the best possible care of your loved one. Sherwood Regional Library, 2501 Sherwood Hall Lane, Alexandria, Va. Register at [www.fairfaxcounty.gov/OlderAdults](http://www.fairfaxcounty.gov/OlderAdults) or call 703-324-5205, TTY 711.

**Understanding and Caring for a Person with Dementia,** Saturday, April 25, 10-11:30 a.m. This class will discuss the different types of dementia, common behaviors, troubling behaviors, communication techniques, and services. Insight Memory Care Center, 3953 Pender Drive, Suite 100, Fairfax, Va. Register at [www.fairfaxcounty.gov/OlderAdults](http://www.fairfaxcounty.gov/OlderAdults) or call 703-324-5205, TTY 711.

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PHOTOS BY RYAN DUNN/THE CONNECTION



Both Fairfax County School Board members and school principals attended the award ceremony held on Sunday, March 22 for the 60<sup>th</sup> Annual Fairfax County Regional Science and Engineering Fair at Robinson Secondary School.



Tim Harazin, science specialist at Fairfax County Public Schools, announced the winners at the 60<sup>th</sup> Annual Fairfax County Regional Science and Engineering Fair. Also attending the event were Fairfax County School Board member Ryan McElveen and Langley High School senior Harris LaTeef in addition to school principals and regional assistant superintendents.

## Area Students Win Science Awards

Students from across the county recognized at 60<sup>th</sup> Annual Fairfax County Regional Science and Engineering Fair.

BY RYAN DUNN  
THE CONNECTION

High school students from Fairfax County schools attended the annual regional science fair held at Robinson Secondary School in Fairfax, March 20-22, to compete for prizes and recognition. "This is the 60<sup>th</sup> Fairfax County Public Schools science fair, and I think that deserves a round of applause," said fair director, Myra Thayer.

"We are all proud of the job our students did at the regional science fair," said Tim Harazin, Fairfax County Public Schools Elementary science specialist. "We also appreciate all of the volunteers that it takes to make a successful event like this. There were almost 400 judges between the category judges and the organization judges that volunteered time yesterday morning and afternoon to interview the students and provide encouragement. There were also many volunteers from teachers and other county staff that worked together to have the event come off so well." The event was an opportunity to showcase and promote the science, technology, engineering and math (STEM) skills of Fairfax County schools.

More than 40 corporate and professional organizations helped support this year's event, with patron support coming from Northrop Grumman. Presentation of special awards was conducted by Captain Dan Kelly with the Naval Science Awards Program and Northrop Grumman Corporation's Dwight Yamada. Helping present awards were Fairfax County School Board member Ryan McElveen and Langley High School senior Harris LaTeef. Also attending the event were members of the Fairfax County School



Fair director Myra Thayer welcomed everyone to the 60<sup>th</sup> Annual Fairfax County Regional Science and Engineering Fair held at Robinson Secondary School in Fairfax. An awards ceremony was held on Sunday, March 22.

Board and regional assistant superintendents.

**THERE WERE 600** students participating in the Fairfax County Public Schools (FCPS) regional science fair. Ten Fairfax County students will continue on to the May international science and engineering (ISEF) fair in Pittsburgh, Pa. Individual grand prize winners for the 2015 fair included Langley High School's Kendy Li, Thomas Jefferson's Prathik Naidu, Richard Oh, and Jung Yoon Kim, Oakton High School's Stephanie Mui, Chantilly High School's Aishwarya Nugooru and Neal Agarwal, and West Potomac High School's William Makinen. Team Grand

Prize Winners for the fair were John Han, Jake Cui, and Lil Li from Madison High School for their biochemistry project titled "Development of a Novel Near-Infrared Fluorescent Theranostic Anti-Cancer Agent." Thomas Jefferson (TJ) HS had a team grand prize winner for a project done on systems software. The TJ HS team winners consisted of Rohan Suri and Clarissa Scogins, and their project was titled "A Contact Tracing System Utilizing Intercellular Proximities."

"The thing I love about the science fair is that it gives kids a chance to talk about something that they have created with a really authentic audience, our fantastic

judges," said Charley Sabatier, High School science specialist with Fairfax County Public Schools. Sabatier worked with Myra Thayer and volunteers to make the event possible. "We are so thankful for the support that we receive for the FCPS regional science fair from the school board, the leadership team, and our amazing school principals. The science fair is a wonderful example of a truly authentic STEM event."

**SOME OF THE PARTICIPANTS** won several awards for their scholastic work at the science fair. This included Chantilly HS student Aishwarya Nugooru, who in addition to being a grand prize winner for the ISEF fair, won awards including the Youth Inspire Award<sup>o</sup> 1st Place Award and American Statistics Association, Honorable Recognition. Nugooru's project entails a novel therapy for HIV, an infection that does not currently have a cure. "I basically took seronegative (HIV-negative) blood from donors at blood banks and genetically engineered T lymphocytes from the blood and made it resistant to HIV," said Nugooru. "My approach is a safe, accessible and targeted therapeutic for HIV... Many have discouraged me from continuing my research and they described a cure for HIV to be "impossible" but I always thought: 'Shoot for the stars and you never know where you'll end up.' In this case, my perseverance as a researcher has led me to discovering a potential cure and paradigm shift in HIV/AIDS research."

"I'm always amazed by the ingenuity and creativity of our student researchers and I was very glad to be a part of this year's fair. Many of my classmates presented their projects ranging from cancer research to electrical engineering and I am sure the next generation of scientific pioneers are among those who participated in our Fairfax County Regional Fair," said Harris LaTeef, Langley High School senior and student representative to the Fairfax School Board.







# CALENDAR

Send announcements to [north@connectionnewspapers.com](mailto:north@connectionnewspapers.com). Deadline is Friday for the following week's paper. Photos/artwork encouraged.

## WEDNESDAY-MONDAY/ MARCH 25-30

### Northern Virginia Restaurant

**Week.** The 2nd Annual Northern Virginia Restaurant Week, being held from March 25-30, is a week-long, value priced dining experience taking place at a variety of establishments, ranging from fine dining to fast casual. [restonchamber.org/northern\\_virginia\\_restaurant\\_week.aspx](http://restonchamber.org/northern_virginia_restaurant_week.aspx).

## WEDNESDAY/MARCH 25

**Karla Bonoff.** Wolf Trap, 1551 Trap Road, Vienna. A velvety-voiced, folk-pop singer/songwriter whose heartfelt ballads have been covered by Linda Ronstadt, Bonnie Raitt and Wynonna Judd. Tickets: \$27.

**New Moms Meet & Greet.** 12:30 p.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. Join other new moms & babies (newborn to 6 mos.) and discover what the library and the town of Vienna has to offer your growing family. Adults. <http://www.fairfaxcounty.gov/library/branches/ph/>.

**Printmaking Workshop for Kids.** 4 p.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. Discover your inner artist! Come explore the art of printmaking with local experts from the Vienna Arts Society. You can learn about different techniques and take home your own prints. Ages 7-12. More information at <http://www.fairfaxcounty.gov/library/branches/ph/>.

## THURSDAY/MARCH 26

**Patrick Henry Book Club.** 1 p.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. Book of the month is Charming Billy by Alice McDermott. Adults. <http://www.fairfaxcounty.gov/library/branches/ph/>.

[www.fairfaxcounty.gov/library/branches/ph/](http://www.fairfaxcounty.gov/library/branches/ph/).

## FRIDAY/MARCH 27

**Pokemon League.** 3 p.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. Learn and play Pokemon. Age 5-18. <http://www.fairfaxcounty.gov/library/branches/ph/>.

## FRIDAY/MARCH 27

**Cantus.** 8 p.m. The Barns at Wolf Trap, 1635 Trap Road, Vienna. Men's chorus makes their Barns debut in this program which explores when and why people sing together. \$35. 703-255-1900.

## SUNDAY/MARCH 29

**Concerts at the Alden.** 3 p.m. The Alden, McLean Community Center, 1234 Ingleside Ave., McLean. Free chamber music concerts cosponsored by the Music Friends of the Fairfax County Public Library and The Alden. Free. Tickets are not required.

**31st Annual Children's Spring Festival.** 1:30-4:30 p.m. Great Falls Village Centre, 776 Walker Road, Great Falls. Adeler Jewelers and Great Falls Optimist Club join forces with the Great Falls community to host the spring festival.

## SUNDAY/MARCH 29 - SATURDAY/MARCH 30

**Art Garfunkel.** 8 p.m. The Barns at Wolf Trap, 1635 Trap Road, Vienna. Catch this folk-rock legend as he delivers solo hits and Simon & Garfunkel favorites. \$75. 703-255-1900.

## MONDAY/MARCH 30

**Spring Break Comedy Boot Camp.**

10 a.m.-3 p.m. The Old Firehouse Teen Center, 1440 Chain Bridge Road, McLean. Groundlings-trained Capitol Step Tracey Stephens will be your (adorable) drill sergeant for an intensive day of comedy training. \$75/\$50 MCC district residents. Pre-registration by March 25 is required. Call 703-448-8336.

**Treasured Threes to Fives.** 10:30 a.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. Join us for stories and songs. Ages 3-5 with adult. To register visit <http://www.fairfaxcounty.gov/library/branches/ph/>.

## FRIDAY/APRIL 3

**Jam Session.** 7-9 p.m. 115 Pleasant St. NW, Vienna Acoustic musicians and fans are invited to join a jam session at the Vienna Art Center, playing acoustic instruments and singing in an environment featuring wood floors and surrounded by original art. Free and open to the public. 703-319-3971.

**Tom Paxton.** 8 p.m. The Barns at Wolf Trap, 1635 Trap Road, Vienna. Timeless folk icon. \$24-28. 703-255-1900.

## SATURDAY/APRIL 4

**Spring Fest.** 10 a.m. - Noon. McLean Community Center, 1234 Ingleside Avenue, McLean. Spring Fest is a special event that includes self-guided arts and crafts projects, an egg hunt, entertainment and the opportunity for children to get a professional photo with Bunny. In addition, The Amazing Kevin will perform his magic show. Admission is \$5 per person; infants to 36-month-olds will be admitted free of charge. Advance registration is required;

walk-ins will not be admitted. To register, visit the Center's website, [www.mcleancenter.org](http://www.mcleancenter.org), and use Activity No. 4501.315. For more information, call the Center at 703-790-0123, TTY-711.

## Easter Egg Hunt at Nottoway Park.

Nottoway Park, 9537 Courthouse Road, Vienna. The Fairfax County Park Foundation and the Friends of Nottoway will host an Easter egg hunt on April 4. Visit with the Easter bunny and hunt for candy, toys and eggs filled with treats. Bring your own basket. Egg hunt start times: 10:30 a.m. (1-2 yrs.); 11 a.m. (3-4 yrs.); 11:30 a.m. (5-6 yrs.); 12 p.m. (7-9 yrs.). Walk-in registration starts 9:30 a.m. (\$9 per child—cash only). Call 703-324-8566 for information.

## BandHouse Gigs' Tribute to Steve

**Winwood & Traffic.** 7:30 p.m. The Barns at Wolf Trap, 1635 Trap Road, Vienna. Featuring Patty Reese, Eric Scott, Tommy Lepson and Brian Simms. The District's most talented artists recreate the powerful sound of legendary Rock and Roll Hall of Famer Steve Winwood and Traffic. \$25-27. 703-255-1900.

## THURSDAY/APRIL 9

**Jane Monheit.** 8 p.m. The Barns at Wolf Trap, 1635 Trap Road, Vienna. Watch the spirit of cabaret and the swagger of jazz, this talented songstress takes audiences on journeys from Brazil to Beatles-era Britain. \$30-35. 703-255-1900.

## FRIDAY/APRIL 10

**Poulenc Trio.** 8 p.m. The Barns at Wolf Trap, 1635 Trap Road, Vienna. This intriguing oboe, bassoon and piano trio performs a virtuosic evening of French music. \$35. 703-255-1900.

## SATURDAY/APRIL 11

**Spring's Spring.** Tuesdays – Saturdays, 10 a.m. - 4 p.m. April 7 – May 2. Vienna Art Center, 115 Pleasant St. NW, Vienna. Members of the Vienna Arts Society present their annual spring show, judged by Brenda Barthell. Meet the artists at the awards reception, Saturday, April 11, 4–6 p.m. Free and open to the public. 703-319-3971. [www.ViennaArtsSociety.org](http://www.ViennaArtsSociety.org)

## FRIDAY/APRIL 17

**Pilobolus.** 8 p.m. McLean Community Center, 1234 Ingleside Avenue, McLean. Award-winning, internationally recognized Pilobolus Dance Company will perform innovative, energetic and gravity-defying works. Acclaimed for its mix of humor, invention and drama and for the quickness and athleticism of its dancers, the company continually breaks down barriers and challenges the way people think about dance. Tickets are \$50 for the general public and \$40 for McLean tax district residents.

**"Other Desert Cities."** 8 p.m. Vienna Community Center, 120 Cherry St. SE, Vienna. "Other Desert Cities" tells the story of the fictional Wyeth family — a clan led at the top by a mother and father highly regarded in old Hollywood circles and admired by Republicans for their service to and friendship with the Reagans in their heyday. The play explores the dark family secrets that threaten to destroy external and internal perceptions about the life the family members lead.

**Eileen Ivers.** 8 p.m. The Barns at Wolf

SEE CALENDAR, PAGE 11



## ST. JOHN'S EPISCOPAL CHURCH

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<p><b>April 3 - Good Friday</b> Noon-3:00 pm MEDITATIONS AND MUSIC Meditations by the Rector on the Seven Last Words of Christ <i>The Seven Last Words of Christ at the Cross</i> by César Franck sung by the St. John's Choir</p> <p><b>7:30 pm GOOD FRIDAY LITURGY AND MUSIC</b> Section 2 of <i>Messiah</i> by George Frideric Handel sung by the St. John's Choir with instrumental accompaniment</p>	<p><b>April 4 - Easter Vigil</b> 8:00 pm THE FIRST EUCHARIST OF EASTER</p> <p><b>April 5 - Easter Day</b> 7:30, 9:00, 11:15 am HOLY EUCHARIST Music with brass and timpani accompaniment</p> <p><b>5:30 pm - HOLY EUCHARIST</b></p> <p>For more information: <a href="http://www.stjohnsmclean.org">www.stjohnsmclean.org</a> or 703-356-4902</p>
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All are welcome. No tickets are required.

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# CALENDAR

FROM PAGE 10

Trap, 1635 Trap Road, Vienna. This virtuoso's award-winning skill and Irish-inspired playing prove she is "the Jimi Hendrix of the violin," according to The New York Times. \$27-30. 703-255-1900.

## SATURDAY/APRIL 18

**Model Trains and Thomas at Open House.** 1-5 p.m. Historic Vienna Train Station, 231 Dominion Road NE, Vienna. See and hear model trolleys and steam and diesel trains plus Thomas and some of his friends. The layout reflects the mountainous terrain and towns of Western North Carolina with award winning structures. Free admission. 703-938-5157. [www.nvmr.org](http://www.nvmr.org).

## SUNDAY/APRIL 19

"Call Me William: The Life and Loves of Willa Cather." 2 p.m. McLean Community Center, 1234 Ingleside Avenue. The life and times of Pulitzer Prize-winning author Willa Cather are explored in the show, by Prudence Wright Holmes. Tickets are \$20 for the general public and \$15 for McLean tax district residents.

## TUESDAY/APRIL 21

**Table Panache for Festive Celebrations.** 10 a.m. Vienna Presbyterian Church, 124 Park Street, NE, Vienna. The program will feature eight tables designed by Five Hills Garden Club Members and will be held on in the Great Hall. Arrive at 9:30 a.m. to browse the boutique of unique vendors. The program will begin at 10 a.m. Tea and a light lunch will follow. For ticket information call Marian Sanders 703-988-9324 or email: [mariansanders@cox.net](mailto:mariansanders@cox.net).

## THURSDAY/APRIL 23

**John McCutcheon.** 8 p.m. The Barns at Wolf Trap, 1635 Trap Road, Vienna. Folk expert with a vital, narrative voice performs classics like "Christmas in the Trenches" and "Hail to the Chief." \$25-28. 703-255-1900.

## FRIDAY/APRIL 24

**Sybarite5.** 8 p.m. The Barns at Wolf Trap, 1635 Trap Road, Vienna. String quintet blurs boundaries with exacting musicianship and adventurous programming for a transfixing result. \$35. 703-255-1900.

## SATURDAY/APRIL 25

**Hawaiian Slack Key Guitar Festival.** 7:30 p.m. The Barns at Wolf Trap, 1635 Trap Road, Vienna. Melodic island music with uncommon tunings and finger picking by Hawaii's finest players. \$25-27. 703-255-1900.

## ONGOING

### Tai Chi Beginners' Practice.

Through March 21. Free Tai Chi beginners' practice. Open to all. Every Saturday, 8-9 a.m. St. Luke's Catholic School Gymnasium, 7005 Georgetown Pike, McLean.

### Free Comedy Showcase.

Thursdays 8:30 p.m., at Kalypso's Sports Tavern, 1617 Washington Plaza N., Lake Anne Village Center, Reston. Kalypso's hosts weekly comedy shows that feature some of the best national touring and local comedians in the area. Free of charge.

### Family Fun Entertainment Series.

Saturdays 10-10:45 a.m., at Reston Town Square Park, 11990 Market St., Reston. Every Saturday enjoy live shows, children's music and other child-friendly entertainment. 703-476-4500.



## What to Look Forward to This Spring

**April 4: McLean Community Center will host Spring Fest, a spring-themed event for young children, from 10 a.m. to noon on Saturday, April 4. Spring Fest is a special event that includes self-guided arts and crafts projects, an egg hunt, entertainment and the opportunity for children to get a professional photo with Bunny. In addition, The Amazing Kevin will perform his magic show.**

**April 11: Members of the Vienna Arts Society present their annual spring show, judged by Brenda Barthell. Meet the artists at the awards reception, Saturday, April 11, 4-6 p.m. Vienna Art Center, 115 Pleasant St., NW, Vienna.**



**April 17: Catch a performance of the Pilobolus Dance Company, acclaimed for its mix of humor, invention and drama and for the quickness and athleticism of its dancers, the company continually breaks down barriers and challenges the way people think about dance. For more information, visit [www.aldentheatre.org](http://www.aldentheatre.org).**

**Movies and Mimosas.** Saturday and Sunday 11 a.m., at Reston Town Center, 11940 Market St., Reston. Showings in the morning; look up showings online. [www.bowtiecinemas.com](http://www.bowtiecinemas.com).

**Smart Markets.** Wednesdays 3-7 p.m., Smart Markets at 12001 Sunrise Valley Drive, Reston. Smart Markets is a producer-only farmers' market that offers food and live music from local jazz group, devoted to

supporting local economy and a healthier environment. For more information visit, [facebook.com/smartmarketsreston](http://facebook.com/smartmarketsreston), [twitter.com/smartmarkets](http://twitter.com/smartmarkets) and [www.smartmarkets.org](http://www.smartmarkets.org).

**Open Mic Night.** Wednesdays 9:30 p.m.-1:30 a.m. Jimmy's Old Town Tavern, 697 Spring St., Herndon. Register your band at [BluesSlide@aol.com](mailto:BluesSlide@aol.com) or 703-593-5206. [www.jimmystavern.com](http://www.jimmystavern.com).

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# SPORTS



**Langley boys' lacrosse coach Earl Brewer has led the Saxons to the state championship game in five of the last six seasons.**

**Langley senior Weston Simonides scored four goals during a 12-4 victory over Yorktown on March 21.**

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

## Langley Boys' Lax Bounces Back From Historic Loss

### Saxons beat Yorktown in home opener.

BY JON ROETMAN  
THE CONNECTION



**Langley senior Gunnar Okeson scored a goal against Yorktown on March 21.**

**T**he Langley boys' lacrosse program ended the 2014 season with a loss to Robinson in the 6A state championship game.

Nine months later, the Saxons opened the 2015 campaign in equally painful fashion — at least to one prominent Langley goal-scorer.

Langley lost to McLean 9-4 on March 17 in the Saxons' season opener. While the schools are rivals, it was the McLean boys' lacrosse team's first victory over Langley in program history.

"It was probably right up there with losing a state championship — the worst feeling I've ever felt in my sports career," Langley senior attackman Weston Simonides said. "We [had] never lost in school history to them, so that meant a lot to us."

Four days later, Langley, one of the most decorated programs in the state, returned to its winning ways.

The Saxons jumped out to a 4-0 lead and scored the final six goals of the afternoon during a 12-4 win over Yorktown in the Saxons' home opener on March 21.

**LANGLEY LED** 6-4 in the third quarter before a goal by junior attackman Jon-Michael Duley sparked a 6-0 run for the Saxons and helped Langley win the rematch of last year's Conference 6 championship game, which the Saxons won 10-9.

Langley has reached the state final in five of the last six seasons and won four consecutive state titles from 2009-2012.

"Everything was just clicking today, offensively," Simonides said. "The chemistry that we had last year is finally showing again. ... It felt right again."

Simonides tied a career high with four goals and added two assists against Yorktown. His final goal extended the Saxons' lead to 10-4 with 5:16 remaining in the fourth quarter.

"We needed that from Weston," Langley head coach Earl Brewer said. "His two running mates last year — Billy Orme (Wagner College) and J.T. Meyer (Kenyon) — those two guys are playing in college right now and Weston has had to assume a bigger role. Sometimes he tries to do too much. When he plays his game, he's a great player. When he tries to

do too much, he's just a regular, average player. And he's not a regular, average player. He's a very good lacrosse player."

Sophomore midfielder Joseph Ulepich and Duley each scored two goals for Langley.

Brewer said senior midfielder Michael Carswell, who is relatively new to the sport of lacrosse, could be a key player for the Saxons later in the season.

"Once he gets it — and he's starting to get it — he's going to be a force," Brewer said. "He's like 6-3, 6-4 and 200 pounds and he runs like a deer. I can't wait to see what he does in May because he's going to be good."

Langley improved to 2-1 Monday with a 7-6 victory over Dominion. The Saxons will travel to face Robinson at 8 p.m. on Saturday, March 28 in a rematch of last season's 6A state final.

While the season-opening loss to McLean was painful for Simonides, Brewer, the Saxons' long-time head coach, placed little importance on the early-season contest.

"I've been here 21 years, I've been coaching 34 years, losing in March never bothers me," Brewer said. "Losing in May or June, that bothers me. ... I don't like to lose — I'm a competitor like all these other coaches are — but I forgot it as soon as it was done."

"... You can't let the kids dwell on it because they'll hang onto losses more than we will — especially when you're a senior. You realize, 'Oh, we lost to McLean; we've never lost to McLean in our history.' But, who cares?"

**SIMONIDES** gave McLean credit, but sounded confident about a potential rematch.

"They came out, they played a great game, they were the better team that night," he said, "but I'm sure we'll be able to get them in the postseason."

## Langley Girls Lacrosse Has a Strong Debut



PHOTO CONTRIBUTED

**The Langley girls' lacrosse team opened the season with a 19-11 win over McLean on March 17.**

The Langley girls' lacrosse team started strong and finished equally strong against a very talented McLean team on March 17. Ten different Langley Saxons scored in a dominating 19-11 performance over the Highlanders.

"This was a positive start to an important season for Langley," said head coach Rebecca Watkins. "We have many offensive weapons but more importantly the girls played like a team. This is a long season and we hope to be built for a long run."

Senior Nicole Lee scored three goals, while Halle Duenkel tallied four goals in the impressive debut. Aubrey Zarella (one), Morgan Kuligowski (one), Julia Byrne (two), Rebecca Bair (two), Anna Hofgard (two), Maddie Frix (two), Caroline Wilson (one), and Bethany Basco (one) scored as well.

Mackenzie Regen and Marina Smith anchored the defense. Goalies Megan O'Hara and Brittony Trumbull recorded four saves each and never let the game get close.

Two days later, Langley lost to Centreville 15-12, evening the Saxons' record at 1-1.

Langley will face South County at 11 a.m. on March 30 at Robinson Secondary School.



PHOTO CONTRIBUTED

**Senior goalkeeper Sigourney Heerink and the Madison girls' lacrosse team opened the 2015 season with a win over Marshall on March 19.**

## Madison Girls' Lax Wins Season Opener Against Marshall

The Madison girls' lacrosse beat crosstown rival Marshall 15-5 on March 19 to kick off their 2015 season.

Leading the scoring for Madison was Kierra Sweeney with four goals. Appearing in her first high school game, freshman Zoe Dyer racked up three goals. Also contributing to the effort were Katie Sciandra (three goals), Anya Saponja (two), Andie Battin (one) and Alison Krisko (one).

Madison goaltending was rock solid with senior goaltender Sigourney Heerink tallying 17 saves. Freshman

goalie Ellie Socher also saw time in the goal, making a strong debut.

Madison dominated in the field with Andie Battin and Shannon Condon winning many ground balls. All 21 players saw time on the field and contributed to the win.

Marshall saw strong play from their seniors Sophie Lex (three goals) and Mary Hagopian (one goal). Sophomore Statesman Hannah Smith also contributed a goal.

Madison hosts South Lakes at home on Thursday, March 26 at 7 p.m.



# I-66 Inside the Beltway Plans Discussed

FROM PAGE 5

City of Falls Church, the Town of Vienna and members of the media.

There have been numerous public hearings, roundtable discussions and outreach events to engage the public in the plans for improvements to I-66 from the Capital Beltway west to Haymarket, but this was the first time that information was publicly presented on the transformation plans for the traffic-clogged eastbound section from I-495 to Route 29 in Rosslyn. "Drivers traveling on I-66 inside the beltway face serious delays in both directions," said Layne. "And it's no longer just at rush hours," he added. "I got to experience it on my way here." The meeting, by the way, began at 1 p.m.

"Bus service and other transit options face connectivity challenges and are greatly impacted by this...unreliability," he said. He noted that it's obvious that more non-eligible drivers are traveling the HOV lanes during the restricted hours, further adding to the congestion. "We need to take action. This project will be expensive and require creative funding options. Improving these conditions is going to take a transformation of the entire I-66 corridor, and it's going to take more than one solution."

Layne enumerated a few of those solutions. Tolling is proposed in both directions during rush hours. Vehicles with three or more passengers would travel for free during those times, while others would pay the toll for the lane use. The lanes would remain free to all traffic outside of peak times. Charles Kilpatrick, Commissioner of VDOT, continued outlining some of the proposed changes, including the conversion of the HOV Lanes from two people per vehicle to three, dynamic toll pricing to manage demand and abolishing the clean fuel exemptions. "The goal is traffic harmonizing...taking all the pieces and creating a flow of traffic...avoiding the 'slinky' effect of traffic that speeds up and then comes to a sudden halt."

**CURRENTLY**, the schedule calls for tolling construction to begin in 2016 and be operational, along with other components of Group 1 of the multimodal solutions by late 2017. Admitted Kilpatrick, "It is still undefined as to what is part of Group 1, or 2, or 3." The parties involved are still at work on grouping the various portions of the project and will be re-evaluating the 2012 Traffic and Revenue Study as part of the process.

Kilpatrick brought up the controversial topic of roadway widening, part of the I-66 Outside the Beltway plan that has seen some backlash from citizens and businesses as it would require a number of property relocations. "There will be studies on the possible future widening of I-66 inside the Beltway, but doing that would be enormously challenging and costly," he said. The plan for now is to try and stay inside the existing right-of-ways and to evaluate the effects of the multimodal improvements put



SLIDE FROM TRANSFORM66.ORG WEBSITE

**Multimodal package, recommended solutions.**



PHOTOS BY ANDREA WORKER/THE CONNECTION

**The panel takes questions and comments from the audience. From left: Secretary of Transportation Aubrey Layne, Virginia Deputy Secretary of Transportation Nick Donohue, VDOT Commissioner Charles Kilpatrick, and Department of Rail and Public Transportation director Jennifer Mitchell.**

into place before making a decision to widen any section of the roadway.

DRPT is also deeply engaged in the project. Department director Jennifer Mitchell informed the gathering that station improvements at Ballston and East Falls Church were being studied, as was the possibility of adding additional cars on these lines. "And we have not forgotten cyclists or pedestrians," she declared. Part of any plan adopted will include consideration of improved access to Metrorail and bus stops for both types of travelers.

Renee Hamilton, Deputy Administrator of VDOT's Northern Virginia District, took a few moments to update the attendees on the current status of I-66 improvement plans outside the Beltway. Hamilton an-

nounced that the second phase of public outreach had already begun, with "kitchen table" talks held with affected residents in the Dunn Loring area the previous week-end. "The team is still working to reduce the number of residents who could be displaced by the proposed plans," she said. More public hearings are scheduled, starting on May 27 at the VDOT offices, May 28 at Oakton High School and on June 2 at a location to be announced in Haymarket.

Following Hamilton's update, Sec. Layne, Commissioner Kilpatrick, DRPT Dir. Mitchell, and Nick Donohue, Virginia Deputy Secretary of Transportation came forward as the "Q&A" panel. Coordination with the Dulles Airport toll-less road was one question raised. Sec. Layne responded,



**Supervisor Pat Herrity (R-Springfield) has a point to make before the start of the meeting.**

"We are getting all the facts. We'll do nothing to harm the benefits of our citizens going to the airport."

Del. LeMunyon said he was "thrilled to see inside the beltway being considered," but warned that the project came with considerable perils, noting that tolling on roads like the Greenway and Dulles Toll road came with the actual expansion of the roads, not before, "which I think is violating the Aubrey Lane rule of tolling," he stated. He also expressed concerns that there would be no cap on tolls and that eventually they could continue to rise, or the roads be tolled no matter what time of day. "There could be a lot of public blow back," he said. "Would the two 'halves' of I-66 be toll converted simultaneously?" was another question. "The goal is a seamless transition. Everything is being considered," replied Donohue. "But in any case, drivers would have a choice when reaching the inside section I-66. Go North. Go South. Or go straight and pay the toll, versus North, South or break the law as it stands today."

**THE FAIRFAX COUNTY REPRESENTATIVES** also weighed in on the proposals. Board of Supervisors Chairman Bulova asked if increasing the numbers required to use the HOV lanes might, in fact, decrease usage. Donohue replied that the conversion was coming in any case, since Federal laws require such a conversion by 2020 to roads that are degrading. Springfield Supervisor Herrity asked, "Have we done the numbers? Will we really get the increased capacity we need without widening the road?" Sec. Layne answered that because of the staggering costs of such an undertaking, and the challenges and disruptions that would be part of the process, it was necessary to implement the multimodal solutions first and determine what is working and what needs further adjustment before taking that possible next giant step.

All of the materials used at this presentation are available on the website [www.transform66.org](http://www.transform66.org), with marked links for Inside and Outside the Beltway proposals. The website also contains comprehensive study results, project maps, resources and information on upcoming public hearings and ways to contact I-66 Project team members.



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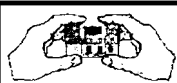
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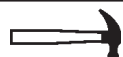
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Smitten Boutique Salon II LLC trading as Primp by Smitten: A Styling Studio, 3000 Washington Blvd. Suite F, Arlington, VA 22201. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Day Spa license to sell or manufacture alcoholic beverages. Melanie St. Clair & Lisa Rittiner/owner  
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## Health Matters More



By KENNETH B. LOURIE

I realize money doesn't buy happiness, although I wouldn't mind renting it. Still, having money rather than not having it can't be all bad. And I can definitely appreciate how not worrying about it can contribute to a potentially less stressful, above-average quality of life, generally speaking (I'm well aware that if you don't have your health, you don't have nearly as much; don't I know it!). And though there are no guarantees in life, other than death and taxes, as the old saying goes; being able to say "yes" should be easier than saying "no" when all is said and done. And when all is not yet "said and done," and there are health issues which intersect with dollars and sense, the conflict can exacerbate an already difficult situation. Unfortunately, the two are not mutually exclusive, and one can experience both – simultaneously.

Being a "terminal" cancer patient hardly improves this situation, regardless of what is said or done. Somehow, somewhere, one has to find stress-relievers and mind-occupiers. If that release involves money, I'll just have to live with the consequences of my inaction. Although having rather than having not is a much better alternative, navigating without has not been an impossible task. Hopefully, I'm mature enough to take the good and dispose of the bad and use it to strengthen my resolve, not weaken it. Because no one, as my mother was fond of saying, "gets out of this life alive," and leaving a path of inappropriate behavior in your wake is likely not the road to find out (Cat Stevens).

But I'm not, necessarily, as I live and breathe, on any sort OF road to find out. I'm more on a path of least resistance. I'm trying to accentuate the positive and minimize the negative and put stress in my rear view window (yes, I still drive; I'm fine, mostly). However, there are impediments and obstacles to such blissful ignorance; I mean, happiness. Regular appointments with an oncologist and visits (I use that word loosely) to the Infusion Center every three weeks for chemotherapy tend to muddle that happiness, naive or otherwise. In addition, when nos get in the way of yeses, the benefits are less obvious. As much as I'd like to be a sport, I have less recourse now than I ever have and fewer alternatives to compensate for a potentially abbreviated pursuit of life, liberty and happiness. It's not as if I'm unable to provide for myself and my family, however; it's more that in so doing, I feel as if I'm inadvertently giving in to the pressure and making worse an already difficult-to-manage situation: stage IV, non-small cell lung cancer, which my oncologist originally characterized as "treatable but not curable;" try processing that when you're age 54 and you've just buried your widowed mother. Still, six-plus years post-diagnosis, maybe I'm here to stay?

Who knows, really? If I had fewer "normal" things on my mind, perhaps cancer and its devastating effect would be more on my mind? Which I wouldn't see as a positive. Actually, I would: I'm positive the effect would be negative. Maybe the fact that I've tried to maintain my status quo and not impose a "bucket list"/artificial deadline on myself has enabled me to stay in the game longer than was initially "prognosed." And I am extraordinarily lucky; I just wish that sometimes, the game came with fewer expenses.

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

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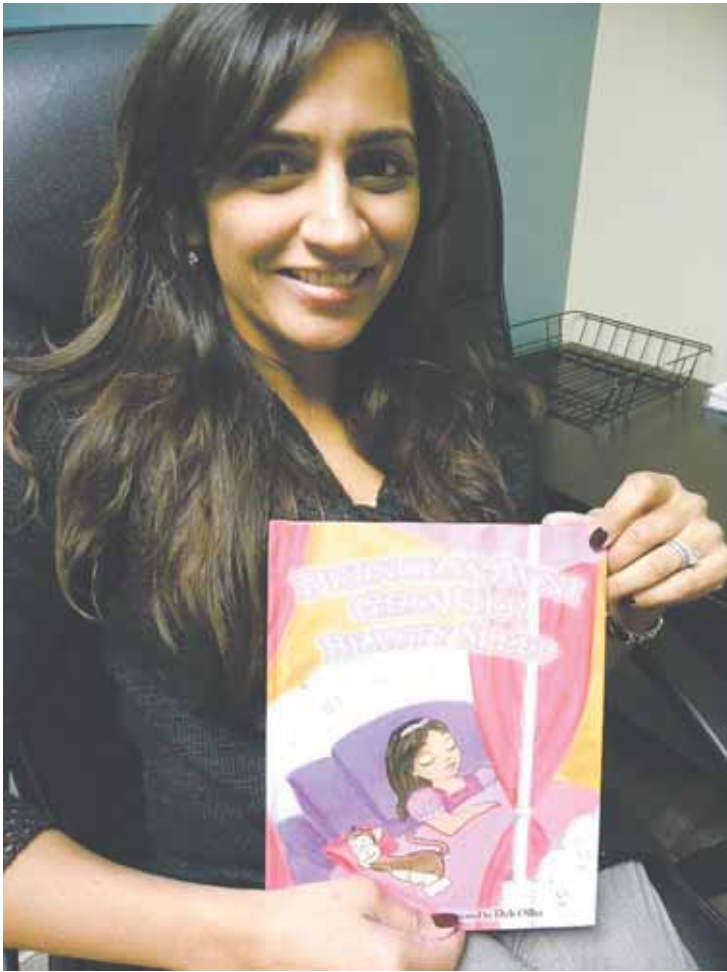
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Vienna eye doctor Nisha Patel teaches children to relax and think happy thoughts before bed in her book "Princess Avni Gets Her Beauty Sleep."

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## Close Your Eyes and Go to Sleep

Vienna eye doctor pens bedtime story about getting a goodnight's sleep.

BY ABIGAIL CONSTANTINO  
THE CONNECTION

Dr. Nisha Patel is used to telling people to open their eyes. But the Vienna ophthalmologist had trouble getting her then 3-year-old daughter, Avni, to close her eyes and go to bed. It was while waiting for her daughter to sleep one night that she wrote the story she often told Avni to get her to sleep.

"Princess Avni Gets Her Beauty Sleep" is about a South Asian princess cursed by a witch to have a fitful slumber. But her happy thoughts thwart sleeplessness and break the curse. Illustrated by Deb Oller, Patel's story takes place in an Indian village. Patel said that there were not many stories that feature South Asian children and she wanted to write something that was similar to Dora the Explorer that features a non-Western heroine and storyline. She wrote for her daughter but also for everybody. "Wouldn't it be great to see someone from a different culture?" she said.

Avni, now 7, not being able to go to sleep affected Patel's whole family. "Her



Readers can write down their own happy thoughts at the end of Vienna writer and ophthalmologist Nisha Patel's book "Princess Avni Gets Her Beauty Sleep."

lack of sleep impacted my sleep." Spending between 60 to 90 minutes to get one child to sleep meant less time for housework, relaxation and for the other children in the house.

From a medical view, inadequate sleep may also cause dry eyes, foreign body sensation, redness and twitching, said Patel.

"Princess Avni Gets Her Beauty Sleep" is published by Herndon-based Mascot Books. It is available from the publisher and Amazon. For an autograph, bring a copy of the book to Patel's office on Church Street in Vienna.



From left — Deputy Chief Daniel P. Janickey, MPO James Sheeran and Colonel James A. Morris, chief of Police.



From left — MPO Jarod Evans and Colonel James A. Morris, chief of Police.

## Officers Sheeran and Evans Graduate from the Leadership in Police Program

In 2014, Town of Vienna Police Department Master Patrol Officers (MPO) James Sheeran and Jarod Evans graduated from the Leadership in Police Organizations program. The program was held in conjunction with the Fairfax County Criminal Justice Academy.

The Leadership in Police Organizations (LPO) training program is based on a behavioral science approach to leadership. The original course material was developed and taught for many years at the U.S. Military Academy at West Point. The three-week course focuses on the systematic development of leaders at all levels of an organiza-

tion. The concept is "every officer is a leader."

The Leadership in Police Organizations program was held at the Fairfax County Criminal Justice Academy in Chantilly. The class included personnel from a total of seven Virginia area law enforcement agencies.

MPO Sheeran has been a police officer with the Vienna Police Department since 2000 and is currently assigned to the Patrol Division. MPO Evans has also been with the Vienna Police Department since 2000 and is currently assigned to the Fairfax County Criminal Justice Academy as a Recruit Instructor.

### WEEK IN VIENNA

## Vietnam Veterans to Discuss Explosive Ordnance Disposal

Chapter 227, Vietnam Veterans of America Inc., invites all veterans, friends, and the general public to attend the April 16 chapter meeting at Neighbor's Restaurant, 262D Cedar Lane, Cedar Lane Shopping Center, Vienna, at 7:30 p.m. Cdr. Stephen P. Phillips, USN, Retired, will speak on "U.S. Navy Explosive Ordnance Disposal (EOD) from WW II to the Global War on Terrorism". EOD involves the safe disposal of conventional, chemical, biological, and nuclear weapons and improvised explosives. Upon graduating from the U.S. Naval Academy in 1992, he served as a Special Operations Officer and EOD Technician in several EOD units. Admission is free. For information, call Len Ignatowski at 703-255-0353 or email grunt69@gmail.com or

visit the web page at [www.vva227.org](http://www.vva227.org).

## Vienna Area AAUW to Host Talk on Immigration Services

The Vienna Area Branch of AAUW will hold a meeting on April 14 at 7 p.m. at the Patrick Henry Library, 101 Maple Avenue E, Vienna. The public is welcome. The program for the evening will be about immigration issues and services in Northern Virginia. There will be two speakers:

Kristin Macleod-Ball, a Legal Fellow with the American Immigration Council, whose work focuses on protecting the due process rights of individuals facing removal, including by seeking to ensure access to courts and access to counsel and Dr. Courtney Gaskins, the Director of Program Services for Youth For Tomorrow. Light refreshments will be served.

### FAITH NOTES

Faith Notes are for announcements and events in the faith community. Send to [vienna@connectionnewspapers.com](mailto:vienna@connectionnewspapers.com). Deadline is Friday.

**Holy Week Services** at Antioch Christian Church, 1860 Beulah Road in Vienna:

March 29- Palm Sunday — 10 a.m. Worship Musical with the Antioch Chancel Choir;

April 2 — Seder Meal — 6:30 p.m. Participatory Reenactment of the Passover Meal, Last Supper;

April 3 — Good Friday Worship — 7:30 p.m. — Time to contemplate the meaning of the death of Christ;

April 5 — Easter Worship — 7 a.m. — Outdoor Sunrise worship in the Groves park at Antioch Christian Church — bring a chair; 8 a.m. — Easter morning breakfast; 9:30 a.m. — Contemporary/relaxed Easter worship; 11 a.m. — Traditional Easter worship.

The public is invited to all events and there is no charge. Child care is available on Palm Sunday and Easter. For more information go to [www.antiochdoc.org](http://www.antiochdoc.org) or call 703-938-6753.

**The Jewish Social Services Agency (JSSA)** offers a wide variety of support groups for those with emotional, social, and physical challenges. [www.jssa.org/growth-learning](http://www.jssa.org/growth-learning).