

Delaney Connolly
and the Oakton girls'
basketball team won
the 6A North region
championship on
Feb. 27.

Region Champs

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Police Arrest 20 for Heroin Use in One Day

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SPORTS, PAGE 10

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PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

- ATTENTION -

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CRIME

Vienna Crime Reports

Notable incidents from the Town of Vienna Police Department from Feb. 19-25.

Incidents

Embezzlement - Noodles and Company, 201 Maple Ave., East. Between Dec. 1, 2015 at 12:01 a.m. and Feb. 19, 2016 at 12:01 a.m. An employee reported another employee had embezzled an undisclosed amount of money. He stated he confronted the employee who promised to repay what she had taken by a mutually agreed upon date. When the date came the employee did not show up. This case is being investigated.

Telephone Case - 1000 Block Mountfort Court, SW. Between Feb. 14 at 3 p.m. and Feb. 22 at 9:30 p.m. A resident reported he had been receiving prank telephone calls from an international telephone number by an individual who goes by the name "Ryan Hiding." He stated on two separate occasions he received pizzas from two different pizza businesses. After he rejected the delivery of the pizzas, "Ryan" called to ask how the resident liked the pizzas. This case is being investigated.

Fraud - 800 Block Marjorie Lane, SE. Feb. 15, 5:15 a.m. A resident reported he discovered a charge had been made to his Kohl's Credit Card without his knowledge. He contacted Kohl's and the charge was cancelled as well as the credit card.

Fraud - 300 Block Moorefield Road, SW. Between Feb. 16 at 7 a.m. and Feb. 22 at 6 p.m. A resident reported an individual claiming to be with "Care.Com" attempted to scam her. She stated the individual contacted her regarding caring for his children. He stated he would send her a check for an undisclosed amount of money to cover supplies and her salary. The resident contacted Care.Com and was informed the individual was a scammer and the check was fraudulent. This case is being investigated.

Forgery - 400 Block Colin Lane, NW. Between Feb. 16 at noon and Feb. 22 at noon. A resident reported someone had forged several personal checks for an undisclosed amount of money. This case is being investigated.

Animal Case - Quarantine - The Hope Center, 140 Park St., SE. Feb. 17, 3:30 p.m. An employee reported she had been bitten on the hand by a cat while attempting to perform a medical procedure. By the time the officer received the report the cat had been released to her owner who lives in Arlington, Va. This case will be turned over to the Arlington Animal Welfare League.

Juvenile Case - Hillcrest Drive, SW. Feb. 18, 11:39 p.m. A resident reported her son was in need of medical services. Fairfax County Fire and Rescue personnel were summoned to the residence and transported her son to an area hospital.

Grand Larceny - Giant Food Store, 359 Maple Ave., West. Feb. 19, 3:15 p.m. An employee reported a customer purchased three gift cards with a credit card that had been altered. When the employee requested to see the credit card to verify the account number, the customer grabbed the gift cards and fled the store. This case is being investigated.

Arrest - Narcotics Violation - 400 Block Maple Ave., East. Feb. 19, 10:25 p.m. An officer was on patrol when he observed a vehicle with defective equipment. As a result of the defect he conducted a traffic stop. Upon speaking with the driver he detected the odor of marijuana emanating from the vehicle. After further interaction with the driver he located a measurable amount of marijuana. The 23-year-old man from Winding Woods Court in Centreville, Va. was issued summonses for the defective equipment and Possession of Marijuana.

Arrest - Drunk in Public - 800 Block Marjorie Lane, SE. Feb. 20, 4:58 a.m. A resident reported two suspicious men were knocking on his door. An officer responded and spoke with the resident and

two men. The resident informed him they had been at the residence earlier and were asked to leave after an altercation. An officer determined one of the men was under the age of 21 and intoxicated. Due to his intoxication he arrested the 18-year-old man from Rosemoore Lane in Fairfax for Underage Possession of Alcohol and Drunk in Public. He was transported to the Fairfax County Adult Detention Center where he was held on a \$1,000 bond.

Open Door - Manhattan Bagel - 310 Maple Ave., West. Feb. 20, 6:25 p.m. An officer responded to Manhattan Bagel for the report of an open door. Upon arrival he searched the business and found nothing appeared suspicious. The door was secured prior to leaving.

Narcotics Violation - Berry Street at Hine Street, SE. Feb. 20, 11:25 p.m. Officer Herrera was on patrol when he observed the driver of a vehicle commit a traffic offense. As a result of that offense he conducted a traffic stop. Upon his interaction with the driver and passenger, both juveniles, he detected the odor of marijuana emanating from the vehicle. After further interaction with the juveniles, the passenger was found to be in possession of a measurable amount of marijuana. The passenger was transported to the Vienna Police Station where his father was contacted and responded to take his son home. This case is being investigated.

Arrest - Noise Violation - The Bey Lounge, 303 Mill Street, NE. Feb. 20, 11:35 p.m. An officer responded to the area after a resident reported excessively loud music radiating from the business. Upon his arrival he determined the music was in violation of the Town of Vienna Noise Ordinance. As a result the employee, a 24-year-old man from Leesburg Pike in Vienna, was issued a summons for Violation of the Noise Ordinance. He was released after signing the summons and agreed to turn the music down.

Arrest - Driving While Intoxicated - Center Street at Locust Street, SW. Feb. 21, 1:05 a.m. An officer was on patrol when he observed the driver of a vehicle stopped along the curb, with the engine running and the driver asleep in the driver's seat. After awaking the driver he determined he may have been impaired. After failing to complete a series of field sobriety tests he arrested the 33-year-old man from Manassas Forge Drive in Manassas, for Possession of Marijuana and Driving While Intoxicated. During the search incident to his arrest the officer located a measurable amount of marijuana. The man was transported to the Fairfax County Adult Detention Center where, due to the marijuana found, a sample of his blood was drawn to determine if he was under the influence of both marijuana and alcohol. After the blood draw he was charged with Possession of Marijuana and Driving While Intoxicated. He was to be held until he was sober.

Arrest - Narcotics Violation - East Street at Hine Street, SE. Feb. 22, 4:13 a.m. Sgt. Farhan was on patrol when he observed the driver of a vehicle commit a traffic offense. As a result of the offense he conducted a traffic stop. Upon his approach to the vehicle he detected the distinct odor of marijuana emerging from the vehicle. After speaking with the driver he located a measurable amount of marijuana. The officer issued the 34-year-old man from Crittenden Street in Washington, D.C. a summons for Possession of Marijuana. He was released after signing the summons.

Animal Case - 1000 Block Cottage Street, SW. Feb. 22, 1:30 p.m. An officer responded to a residence for the report of two chickens running at large. He was able to capture both of the Rhode Island Red Roosters. ACO Barker was unsuccessfully able to obtain their identity and therefore, given no other choice, they were transported to the Fairfax County Animal Shelter until their lost owners can



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Police Arrest 20 for Heroin Use in One Day

Operation Save-a-Life offered low-level offenders the chance at recovery treatment rather than jail time.

BY TIM PETERSON
THE CONNECTION

On Wednesday, Feb. 24, Fairfax County Police served 20 arrest warrants, all for possession and or distribution of heroin. They had obtained 37 warrants, but with severe thunderstorms that rolled in quickly during the evening rush hour, the operation had to be cut short.

Of those 20 who qualified as low-level users, they were given the choice while appearing before a magistrate at the Adult Detention Center to be taken to the Merrifield Crisis Center and evaluated for treatment services, or continue being processed at the jail.

Twelve individuals took the offer and rode a donated Fastran bus to the Crisis Center off Gallows Road in Fairfax, a facility of the Fairfax Falls Church Community Services Board. Those 12 were evaluated and five began rehabilitation treatment immediately.

The massive arrest operation, dubbed Save-a-Life through CAST (Chiefs and Sheriffs together), was a multi-jurisdiction affair, including Sheriff and Police Departments in Loudoun and Prince William counties, the city of Alexandria, Manassas and the Virginia State Police.

Overdose deaths from heroin and opioid prescription medication have been on the rise around the United States; the two have been linked as people who develop addictions to prescription pain medicine such as oxycodone often move on to cheaper and more readily available heroin to continue chasing their chemical high.

Representatives from several of the law enforcement agencies gathered at the Merrifield Crisis Response Center the day after the operation to brief members of the media.

Loudoun County Sheriff Mike Chapman said, "There's no one solution to this, but a lot of different solutions we're trying to pull together."

Virginia State Police Captain Greg Kincaid said troopers made three arrests on the day of the event, also pulling from ongoing investigations. Two of those were distributors bringing heroin into Fairfax County.

THOSE ARRESTED ranged in age from early twenties to mid-thirties, according to Fairfax County Police Department Commander of the Organized Crime and Narcotics Unit Captain Jack Hardin, who supervised the operation.

Hardin said more than half of the individuals were men and the rest women, and



From left, Peer support specialist supervisor and senior recovery coach with Substance Abuse Addiction and Recovery (SAARA) Nick Yacoub, Supervisor Pat Herrity (R-Springfield), Loudoun County Sheriff Mike Chapman and Fairfax County Police Department Commander of the Organized Crime and Narcotics Unit Captain Jack Hardin discuss the use of heroin and other opioid drugs in Fairfax County.



Fairfax-Falls Church Community Services Board assistant deputy director Lyn Tomlinson said many addicts start with the use of prescription medication.

were spread out, nearly evenly, across all magisterial districts in Fairfax County, except McLean.

Once the individuals were taken to the Fairfax County Adult Detention Center, most went before a magistrate or judge and were given the choice to either be transported to the Merrifield Crisis Response Center and submit to being evaluated for services, or remain at the jail.

Fairfax-Falls Church Community Services Board assistant deputy director Lyn Tomlinson said the vast collaborative event falls under the "Diversion First" program intended to keep certain offenders out of jail.

For those who could benefit from treatment at the CSB, Tomlinson said they "would be better served with services than incarceration."

"Recovery is truly possible," she continued. "We're proud of the individuals who decided to take a chance on treatment. It's not an easy decision, I appreciate their courage."

Supervisor Pat Herrity (R-Springfield) brought a board matter before the Fairfax



Peer support specialist supervisor and senior recovery coach with Substance Abuse Addiction and Recovery (SAARA) Nick Yacoub said he has been sober and completely substance-free for eight years.

County Board of Supervisors in October 2014, explaining there had been a 163 percent rise in heroin overdoses in northern Virginia between 2011 and 2013, and asking the Board to have the County Executive investigate the problem further.

"It starts with awareness," Herrity said at the press event. Deaths from overdose "exceed car deaths in Virginia," he said. "It's underreported, and bigger than we think."

Thirty-year-old Nick Yacoub of Great Falls added a human element to the discussion, sharing his story of substance abuse that dates back 20 years when he began using prescription medicine that was not his. Prescription drugs were eventually replaced by heroin and other substances, Yacoub said, but regardless, "Addiction is addiction."

At his worst, or at the greatest extent of his addiction, Yacoub said he had a \$3,000 per week habit that he financed in part by selling drugs, as well. "I considered it as still partying and having fun," what he had been doing at ages 19-21.

Yacoub entered a 28-day recovery program after being arrested for Driving Under the Influence. He himself had been

We're proud of the individuals who decided to take a chance on treatment. It's not an easy decision, I appreciate their courage."

—Lyn Tomlinson

evaluated at the CSB, and credits the services he received, as well as a strong support networks of friends and family for helping him turn his life around.

Yacoub is now a peer support specialist supervisor and senior recovery coach with Substance Abuse Addiction and Recovery (SAARA). He also spends a lot of time speaking in public settings about his story.

"I'm comfortable in my own skin today," Yacoub said. "I don't hate what's looking back, I'm not a chameleon, I'm consistent."

Yacoub wanted to emphasize that people struggling with addiction are facing a disease. "It doesn't turn them all into liars, cheats and thieves," he said. "They're not bad people trying to be good, they're sick people."

Though the Diversion First program was not instituted in its current form when he was arrested, Yacoub said he believes it would have helped him.

Captain Hardin acknowledged the importance of a smooth handoff between police and the CSB, for helping more individuals like Yacoub get the recovery services they need. "Enforcement alone is not going to solve this problem," he said.

FOR MORE INFORMATION about heroin use in Fairfax County, and what the government is working on to reign it in, visit www.fairfaxcounty.gov/news2/confronting-heroin-in-our-community.

Uncovering the Roots of Slavery

Local student creates slave index to help descendants trace family history.

BY MARILYN CAMPBELL
THE CONNECTION

A local college student is spending much of her senior year scouring the last wills and testaments of residents of Northern Virginia. While many of the documents contain antebellum treasures like silver serveware, rifles and horses, Georgia Brown is looking for more haunting line items: slaves.

"Nobody had ever combed through all 120 years of will books line by line before, so we had no idea what I would find," said Brown, a George Mason University student. "It is pretty exciting seeing George Washington's and George Mason's wills and inventories as it gives me a peek into their households... It is fascinating to see what people considered important enough to pass on to a specific person once they were gone. Some people were very worried about their riding horses or slaves, while others cared more about their...silver spoons with their monogram."

BROWN, who is a veteran of the United States Navy and a senior majoring in history at George Mason University, began an internship at the Fairfax County Circuit Court Historic Records Center as part of her degree program.

After expressing an interest in the Civil War and slavery, Brown was asked to comb through the probate records index. The index includes wills, inventories, and estate accounts from 1742, the year Fairfax County was founded, to 1865, when the Civil War ended. Each time a slave was mentioned in an estate, she recorded the slave's name, age, the owner's name and other details.

"We didn't know if the slaves would be listed with names, first or last, if there would be family groups, or if they would be mentioned in wills, just like livestock," said Brown.

Brown was surprised to find not only the names of slaves, but birthdates, emancipations, descriptions of character, sales and bequeathments showing trails of ownership. "After constantly showing my exciting findings to the archivists and [Maddy McCoy] a historian who specializes in African American genealogy, we started working on ideas for a way to capture this information in a database that would make the data searchable to the public," said Brown. "I would say that after reading the first few documents mentioning slaves we knew we would need to capture all the information I was finding in the will books."

Heather Bollinger, assistant archivist at



George Mason University student Georgia Brown organizes the Fairfax Court Slavery Index by searching more than 10,000 references to slaves in the Fairfax Circuit Court Historic Records Center will and deed books that date from 1742 to 1870.

"We didn't know if the slaves would be listed with names...or if they would be mentioned in wills, just like livestock."

— Georgia Brown

Fairfax Circuit Court Historic Records Center, supervises Brown and other interns and helped formulate the idea of a slavery database. "To determine which of the people own slaves – we realized an abundance of information that needed to be captured," she said.

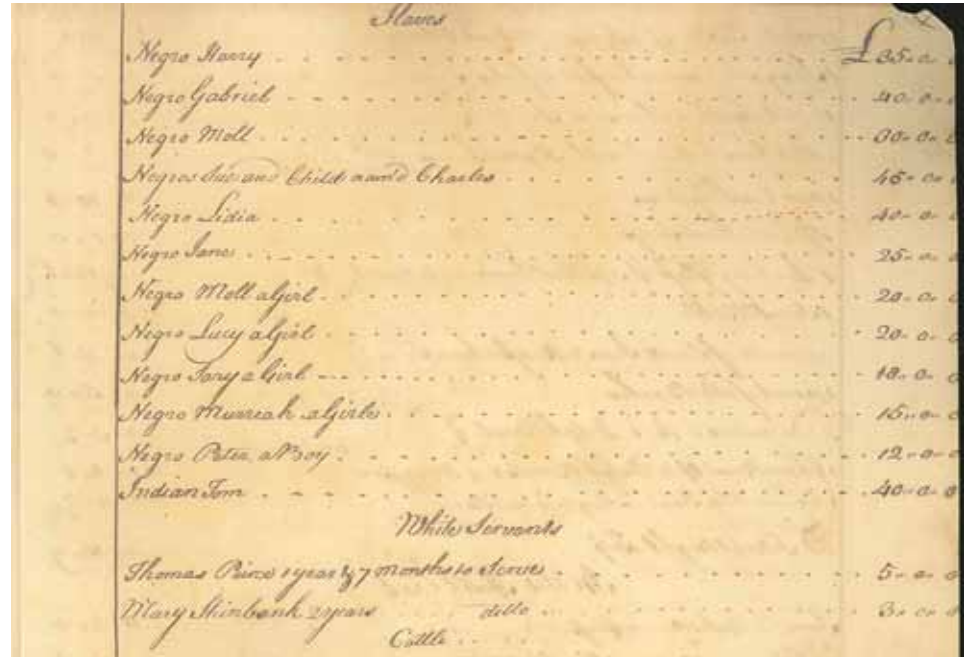
An index card is created for each slave and owner, creating a slavery database that is searchable by the names of both the slave and owner.

While the slavery index is still in its infancy, Brown hopes that, when complete, it will provide answers for those who have questions about their ancestry, answers that, for the descendants of slaves, are often hard to find.

"Our database currently is a 3x5" card catalog so it is very low tech," said Brown. "This project is a bit of a trial run."

When the project is complete, "it will be helpful to people living not only in Fairfax County, but Arlington and Alexandria, too in tracing ancestral family lines and understanding slave economy as it functioned in Fairfax county," said Bollinger.

Brown adds, "It will also be useful to historians doing research in African American history or history on early Virginia."



PHOTOS COURTESY OF GEORGIA BROWN

This is one of the documents that contained data for the Fairfax Court Slavery Index.

ONE SUCH HISTORIAN is Maddy McCoy who had been researching slavery in Fairfax County for the last decade. "Once the index is complete, I will utilize that data to interpret slavery in this county in a way that has never been able to be done before," said McCoy who is serving as a consultant on the Fairfax County Slavery Index project "This is an amazing project and they are doing a great job."

Originally from Oregon, Brown says she was surprised that some of her beliefs about slavery and the south were unfounded. "From the limited education I have on slavery, I predicted that most of the slave owners would treat their slaves as chattel, or worse," she said.

By combing through documents, Brown concluded that the relationships between slaves and masters were more complicated than she originally imagined. "It seems that because Fairfax County was made of smaller farms, the relationships between slaves and their masters, for better or for worse, were more intimate," said Brown. "It was actually quite rare to see a will where the slave owner was indifferent or wanted his slaves sold. Unless a sale was absolutely necessary to provide for their families, most owners would do anything to keep their slaves."

For More Information

Anyone interested in searching the Fairfax Court Slavery Index should contact the Fairfax Circuit Court Historic Records Center at 703-246-4168 or historicalrecords@fairfaxcounty.gov

THE MOST FASCINATING wills, says Brown, were those that included emancipations. "Every time I saw 'to be freed' my heart would skip a little," she said. "Some emancipations were straight to the point, while others were almost a love letter to their former slaves. I will admit that some of the words of respect made me tear up a little."

Brown hopes that her project will serve as a model for counties in other parts of the south. "A project such as this is very doable," she said. "The process can be grueling, but it is definitely a labor of love when we see all the people who are no longer lost in the archives."

Bollinger and others in the research group say they haven't had anyone find an ancestor from the database compiled so far, and they estimate that it will be more than one year before the project is complete. Anyone interested in searching the records should contact the Fairfax Circuit Court Historic Records Center at 703-246-4168 or historicalrecords@fairfaxcounty.gov.

"Saturday Night in the Suburbs" for Parents

Do you want to know what really goes on with teens on Saturday nights? The Unified Prevention Coalition of Fairfax County (UPC) will host two "Saturday Night in the Suburbs" programs in March: at Woodson High School on Tuesday, March 15, and at Westfield High School on Thursday, March 17. The program is open to adults in the community and begins at 7 p.m. at each school.

The program features a panel of high school seniors who talk openly about alcohol and drug use, teen parties, social media, parent supervision and enabling, and communication with parents. Middle school and high school parents

are encouraged to attend.

"Parents find this to be somewhat eye-opening," said UPC's Jennifer Lewis-Cooper, who will facilitate the events. "We will not ask the panel specific names, dates, places of events or put them on the spot — their job is not to 'snitch' on others but to educate parents to understand what teens are dealing with and help parents to set better limits."

Only adults will be admitted to the presentations.

For more information, visit www.unifiedpreventioncoalition.org or www.facebook.com/unifiedpreventioncoalition.

Garza to Speak at Madison High

Superintendent Karen Garza, accompanied by the regional assistant superintendents, will provide an update on the budget, Strategic Plan, classroom initiatives, and other happenings in FCPS and listen to ideas, comments, and questions from the audience on Tuesday, March 29 at Madison High School. The meeting will begin at 6:30 p.m.

Those planning to attend are asked to register in advance online at <https://www.surveymonkey.com/r/2016ListeningTour6YZ7PCY> and indicate if an interpreter is needed.

For more information, go to <http://www.fcps.edu/news/listening.shtml>.

POLICE REPORTS

FROM PAGE 2

be located.

Stolen Auto - 200 Block Cedar Lane, SE. Between Feb. 22 at 2:00 p.m. and Feb. 23 at 1:30 a.m. A resident reported he parked his vehicle in the parking lot, directly in front of his apartment. He stated when he returned to the vehicle he discovered it was gone. He informed MPO Nelson he has the only keys to the vehicle but was unsure if it was locked. This case is being investigated.

Stolen Auto - 200 Block Locust Street, SE. Between Feb. 22 at 7:30 p.m. and Feb. 23 at 7:30 a.m. A resident reported he parked his vehicle in the parking lot at his apartment complex. He stated when he returned to the vehicle he discovered it was gone. He informed MPO Lyons the vehicle was locked and he has the only keys to the vehicle. This case is being investigated.
Case Update: On Feb. 25, an officer was on patrol in the area of the Cedar Lane Apartments when he located the vehicle that had been reported stolen. The vehicle was taken to the Vienna Police Station to be processed for evidence and will then be returned to the owner.

Juvenile Case - Runaway - 200 Block Cedar Lane, SE. Feb. 24, 6:03 p.m. A resident reported his step-daughter had not returned home from school. He stated she may be with her boyfriend, whose name is unknown to her step-father. This case is being investigated.

Arrest - Warrant Service - 200 Block Cedar Lane, SE. Feb. 25, 6:57 p.m. PFC Tracy received information from the Prince William County Police Department that an outstanding warrant had been issued for an individual who may be in town visiting his sister. Two officers responded to the address and located the individual, a 25-year-old man from Marginella Drive in Reston. They informed him he was being arrested for Failure to Pay Child Support. During the search incident to his arrest they located two white pills on his person, believed to be Oxycodone. The individual was transported to the Fairfax County Adult Detention Center where he was charged with the Failure to Pay Child Support warrant from Prince William County and Possession of a Schedule I/II Controlled Substance. He was held on a \$1,000 bond for each charge.

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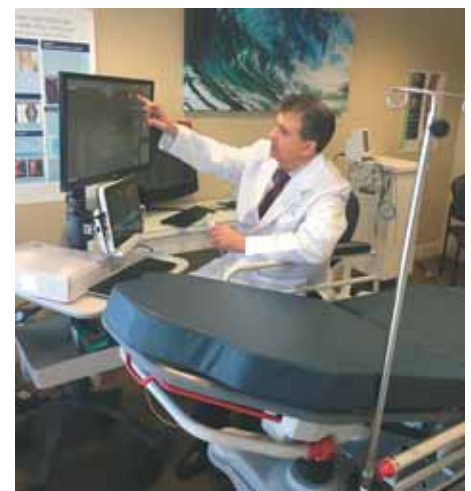
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OPINION

Bills and More Bills

BY KENNETH R. "KEN" PLUM
STATE DELEGATE (D-36)



COMMENTARY

If past history provides any indication, the 2016 session of the General Assembly will have considered nearly 3,000 bills and resolutions before its 60-day session adjourns in early March. While the figure is impressive, it can be deceiving without a breakdown of the total number. For example, in 2014 which was also a 60-day "long" session, the 100 members of the House of Delegates introduced 1,950 bills and resolutions, and the 40 members of the Senate introduced 938 bills and resolutions. Of the 2,888 total bills and resolutions, resolutions accounted for 942. Most resolutions are memorial in that they recognize someone noteworthy in a delegate's district who had died the previous year or they commend in offering praise to a person, sports team, organization, or entity for a noteworthy accomplishment or event. It is seldom that memorial or commending resolutions do not pass.

Other resolutions may propose to express the sense of the General Assembly on an issue or provide guidance to another branch or level of government. Some of these resolutions can be very controversial especially when members propose to send a message to the big bad federal government. No resolution carries the force of law.

In 2014, 1,946 bills that propose new laws were introduced by the House and Senate members. By the end of the session that year 825 bills or 42 percent passed the House and Senate with only 10 of these not being signed by the governor. If more than 800 new laws seems like a big number, a further analysis will put it in perspective. Many bills are double-counted in that they have been introduced in both houses and passed by both houses. About two-thirds of the legislation passed are duplicates of other bills. Some bills are local in that they apply to only a single jurisdiction. As a Dillon Rule state—meaning that local governments have only the power

granted to them by the state—local governments must come to the state for enabling legislation to take on a new power or activity if it is not granted by the locality's existing charter or general law. These bills are generally not controversial unless the locality is asking for power not ever given to another local government. Agency bills are introduced by members on behalf of the governor and state agencies related to the functions of state government. Housekeeping bills are introduced to correct or clarify legislation that has been introduced in the past. A high percentage of bills relate to crime and punishment and civil actions.

When these clarifications distill down the total number, you get to the couple of dozen bills about which you read in the newspapers and by which you might be directly impacted. They are the bills that are controversial and sometimes partisan. Little legislation will threaten the stability of the Commonwealth. When change is needed, however, we need to be willing to make that change. I will address the most significant pieces of legislation from this session in future columns.

LETTERS TO THE EDITOR

Cooper Students Support Students in Afghanistan

About two years ago I attended an event in Washington, D.C. where the First Lady of Afghanistan, Ms. Ashraf Ghani, spoke on behalf of the Aschiana Foundation. She passionately voiced the importance of educating Afghan children displaced from their homes due to war. She said that it is through education that these children will earn a better life. That evening I personally made a promise to Ms. Ghani that I would share with the students of Cooper Middle School what I had learned about the Aschiana Foundation.

This year I challenged the students of Cooper to collect paper, pencils and other supplies for the

Aschiana School.

They even created fillable storybooks for the students of Aschiana to express their interests mathematically through words, equations, tables and graphs—"Rule of 4!" These same students created their own "Rule of 4" storybooks. They are aware of the importance of pencil and paper for all students to learn globally. We hope the students of Aschiana enjoy composing their own storybooks as much as the students of Cooper.

Mary Jacobs

Seventh grade Math teacher
Cooper Middle School



Cooper Middle students collected paper, pencils and other supplies for the Aschiana School.

PHOTO CONTRIBUTED

Overzealous Spenders

To the Editor:

In your editorial ("Limiting Local Authority," The Connection, February 10-16, 2016) you write that the Virginia General Assembly is "rushing to restrict profers..." For decades the incessant grab for increasing revenues by local jurisdictions has been evidenced by larger and larger, more creative grabs by localities, some even illegal. There is no rush, simply a patient, prudent reply to those overzealous spenders of other people's money.

Steve Barto
Vienna

Arguing for Childfree Restaurants

To the Editor:

Childfree restaurants need to exist in today's society. Why? Because it appears that parents have forgot to be – well, parents! I do not blame the child for crying and screaming. I blame the parents for taking their child to a nice restaurant in the first place. I understand that babies scream or a child throws a temper tantrum, but the parent should rectify the situation and inconvenience themselves by having to go outside to calm the child down. I should not have to make a sacrifice so you can go out to eat with your kid. Under no circumstances will I ever be empathetic in that situation. Another issue? When parents allow their children to run wild in a restaurant.

Reena Desai
Herndon

Doing this at Chuck E. Cheese is one thing, but in a "real" restaurant it is absolutely unacceptable! You shouldn't have had a kid if you weren't ready to make sacrifices.

I was searching for childfree restaurants in the NoVA area the other day and could not find one. There needs to be some restaurants with a strict rule of not allowing kids into their establishment. Until parents learn that the world does not rotate around their kid and not everyone thinks their kid is cute, there will always be a need for childfree restaurants in this local area.

Write

The Connection welcomes views on any public issue.

The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers.

Letters are routinely edited for libel, grammar, good taste and factual errors.

Send to:

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Call: 703-917-6444.
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north@connectionnewspapers.com

Vienna & Oakton
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PHOTO CONTRIBUTED

Marshall High School team takes top honors in Virginia LifeSmarts competition.

Marshall High School Students Win Virginia LifeSmarts Competition

Jessica Lewis, of Great Falls, along with Marshall High School classmates Ethan Epstein, Sam Hassett, Thea Prevalsky and Quiana Dang took top honors in the Virginia LifeSmarts competition, held in Richmond.

The team competed in individual and collaborative tests and quiz bowl-type rounds against other teams in preliminary contests, ultimately defeating the former state champions in the final round. Two of the team members placed first in the state in their individual categories: Prevalsky in the environmental category, and Lewis in the consumer rights and

responsibilities category.

LifeSmarts is an educational program of the National Consumers League for students in grades 6-12 that prepares them to enter the real world as smart adult consumers. Participants focus on five areas: consumer rights and responsibilities, the environment, health and safety, personal finance, and technology. Content is revised to keep up with current developments in these areas and complements the curriculum in middle and high schools.

The Marshall team advances to the Life Smarts National competition in Denver in April, where it will represent Virginia.

Northern Virginia Senior Softball League Seeks Players

The Northern Virginia Senior Softball League (NVSS) is looking for softball players for the 2016 spring/summer and fall seasons starting April 5 and ending in late October. Women age 40 and up and men age 50 and up are eligible to play. Games are played on Tuesday and Thursday mornings starting at 9:30 a.m. at various playing fields in Fairfax County. The league has over 500 members and fields teams at three separate competitive levels of play so there is a place for players regardless of skill level, of age, when you last played,

or if you never played. If you played baseball in the past, you can play softball. The League holds skill assessments to determine competitive level placement.

The league has many players in their 70s and 80s so do not let age stop you from joining. So come join us, get great exercise, have fun, and make many new friends. You can join anytime and play only one day a week if you cannot play both days. See <https://www.facebook.com/NorthernVirginiaSeniorSoftball> and <http://www.nvss.org> for more information and application form.

FAITH NOTES

Faith Notes are for announcements and events in the faith community. Send to vienna@connectionnewspapers.com. Deadline is Friday.

Vienna Presbyterian Church, 124 Park St., NE, Vienna, offers Passages DivorceCare. If you are experiencing the pain of separation

and divorce, this program offers a path toward healing. Fourteen-week series held Tuesdays from 7 to 9 p.m. beginning Feb. 23. \$20. Scholarships available.

For registration or information call 703-938-9050 or go to www.viennapres.org, or email Passages@ViennaPres.org. (Editor's note: Delete entry after April 11).

MAIN-LEVEL REMODELED HOME TOUR

Saturday, March 12th, 12pm-4pm

7990 Oak Bridge Lane, Fairfax Station, VA 22039

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1 and 2
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FCPS Superintendent Dr. Karen Garza awards Kilmer Middle School teacher Outstanding Teacher of the Year.



PHOTO CONTRIBUTED

Outstanding Teacher

Corey Thornblad of Kilmer Middle School honored by FCPS.

Corey Thornblad, social studies teacher at Kilmer Middle School, has been named the Fairfax County Public Schools 2016 Outstanding Teacher. Thornblad will represent FCPS in Virginia's Teacher of the Year competition; the winner will be announced in fall 2016.

Thornblad receives a \$3,000 prize from FCPS for being named 2016 Outstanding Teacher. She is also a finalist for the Washington Post's Teacher of the Year Award, which recognizes excellence in teaching, encourages creative and quality instruction, and contributes to improving education in the Washington area.

"Having a rich knowledge of the subject matter is not enough," says Thornblad. "What counts is how you share that knowledge with students because it isn't about me, it's about them." Thornblad takes this philosophy into the classroom with her honors history students, those who are English language learners, and those with disabilities. Her golden classroom rule—no putdowns—makes her classroom a safe, caring place where everyone feels accepted.

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shop, structured to help students understand how to construct a thesis and analyze sources by using Lego stations, iPads and fairy tales. "The workshop was so popular that Corey encouraged her colleagues to use the developed material for other content areas," adds Compton. "As a result of her advocacy, over 1,000 students at Kilmer were exposed to the workshop, learning in an unconventional way how to write a more detailed narrative essay." Thornblad and Hazlin then created the Bubble Up Classroom website, an online community offering strategies that promote critical thinking and writing in social studies that includes the ThesisAlive! Workshop and a thesis generator, enabling FCPS colleagues and teachers across the country to access their tools.

"She has made a reputation for herself as a tireless advocate for our special education population and our general education students, going to great lengths to show every student that he or she can succeed, especially in a population of kids that is often underserved and unaware of their own potential as human beings," says nominator and colleague Rob Paine.

With an understanding that emotional and physical needs also need to be met, Thornblad integrates "brain breaks" into her class every 10 to 15 minutes. Students stand and share, do jumping jacks, or head outdoors for a quick game, returning to class refreshed and refocused.

Thornblad served as social studies department chair and civics collaborative team leader at Kilmer. She has taken on the informal role of an instructional leader as well as a technology leader, encouraging other teachers to use technology and developing professional learning opportunities for hands-on experience with Google Classroom. She has also served on a FCPS social studies technology cohort to foster the use of technology in social studies classrooms.

Thornblad earned her bachelor of arts in history and theater at the University of the South and her master of arts in education from George Washington University. Prior to joining FCPS in 2004, she worked for two members of the U.S. Congress and at the Environmental Protection Agency.

WELLBEING

Managing Medication Can Be Challenging

"Let's Talk about RxSM" helps seniors avoid prescription drug mishaps.

BY MARILYN CAMPBELL
THE CONNECTION

It was around 2 a.m. on a frigid winter night when Janet Russell was awakened from her sleep by the sound of woman calling for help. The cries were coming from the front lawn of her Arlington home. She ventured out into the cold to find her 84-year-old neighbor lying on the ground, believing that dozens of bugs were crawling on her skin.

"She was having bad hallucinations, and it turns out that she'd taken the wrong combination of medicines," said Russell. "She was on about 11 different medications, some for her blood pressure, and she was administering them to herself."

MEDICATION ERRORS are not uncommon, according to a recent survey by Home Instead Senior Care. Their survey showed that 20 percent of seniors who take more than five medications had problems taking them as prescribed. Unintentional medication misuse, such as forgetting to take a dose or taking more or less than the required dose, can have devastating results. Home Instead is encouraging families to talk with their loved ones about medication management and are offering suggestions on how to approach such conversations.

"If you notice a change in personality or thinking, or if they're having a mobility issue or if they seem sluggish, those are signs of medication mismanagement," said Ian Lovejoy, director of operations of Home Instead Senior Care in Fairfax County.

Home Instead has created a program



PHOTO COURTESY OF HOME INSTEAD SENIOR CARE

A new study shows that that 20 percent of seniors who take more than five medications had problems taking their prescription drugs as directed by their doctor.

called "Let's Talk about RxSM" (prescription self medication). This program is designed to inform seniors' families about the dangers of medication mismanagement as well as offer tips for minimizing the risks and suggestions for starting a dialogue about taking medication as prescribed.

"Our goal is to keep seniors at home and safe," said Lovejoy. "We want the daughter and the son not have to focus on the pill bottle."

Discovering that an elderly patient is taking more than five medications could be a warning sign that they may lose track or get confused about the timing and dosage for each prescription.

"If an adult child sees that their parent is on many medications, I would suggest what I call brown bagging: putting all of the medications in a brown paper bag and taking them with you to the next doctor visit," said Omobola Oyeleye, an assistant professor of

nursing at Northern Virginia Community College who teaches a class in drug dosage calculations.

"They can go through each medication with the doctor and find out what it's for. Sometimes, for example, someone might be taking a medication that was prescribed six months ago for a condition that has already cleared up."

Oyeleye suggests a conducting what she calls a medication reconciliation in order to determine whether someone is taking multiple medications for the same condition. "What you might find is that one medication exacerbates or even negates the other," she said.

Trisha Brechling Miller, 57 of McLean, has managed the medications for both her 85-year old husband, Larry, and her 84-year old mother. After Larry fell, broke his hip and became immobile, Muller began using a calendar to keep his medication schedule in

For More Information

<http://www.caregiverstress.com/senior-safety/lets-talk-about-rx/risk-solutions-guide/>

order. "I have a calendar that helps keep me organized as to what he needs to take and when," she said. "If it changes, I update it." Miller, a Home Instead Senior Care client, is also assisting her mother in creating a medications calendar.

CONVERSATION ABOUT MEDICATION can be fraught with tension. A perceived loss of freedom is one factor that can make getting involved in managing family members' medication complicated, says Lovejoy.

"It's just one more thing that they're losing control over," he said. "Along with the car and their mobility, their medication is something that people generally like to have control over."

Clear lines of communication are necessary, as families often play a critical role in intervening and preventing a possible negative outcome.

"My husband is on 10 different medications, and we're able to manage his medications, but there are people who can't do that. Those people tend to rely on family," said Sheila Moldover of the Potomac Community Village in Potomac, Md. "They need children or close friends who handle it for them." The Potomac Community Village offers programs and services designed to help seniors lead healthy lives and remain in their homes as long as possible.

Gaining empathy from a parent and making it about the child's feelings is one way to open communication, so Lovejoy suggests that caregivers start by finding a common ground. "It's important to communicate the emotional stress that potential medication mistakes can cause for a loved one," he said. "Let your parent know that you are concerned. Your parents don't want you to be upset."



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Boys & Girls Clubs of Greater Washington, Fairfax County Region

3rd Annual Casino Night

Saturday, March 12, 2016
7:00 - 11:00 pm
The Ritz-Carlton, Tysons Corner

Tickets
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SPORTS

Oakton Girls' Basketball Repeats as Region Champion

Cougars will face Woodbridge in state quarterfinals.

BY JON ROETMAN
THE CONNECTION

The Oakton girls' basketball team suffered through a scoreless stretch of more than 10 minutes during the 6A North region tournament final on Feb. 27, standout forward Maddie Royle picked up her fourth foul with 5:18 remaining in the third quarter and head coach Fred Priester questioned the Cougars as they trailed entering the fourth.

"I told them at the end of the third quarter, 'Look, I'm looking out here and looking at a bunch of kids that aren't going to come back,'" Priester said. "Is that who you are?"

The Cougars told their coach that wasn't the case. Then they went back on the court and proved it.

Oakton outscored Fairfax 26-13 during the fourth quarter and repeated as region champion with a 46-36 victory on Saturday at Robinson Secondary School. The Cougars also remained undefeated, improving their record to 28-0.

"We're not satisfied with this," Royle said. "We're going to go farther."

Royle led all scorers with 20 points and received tournament MVP honors. After sitting out more than half of the third quarter in foul trouble, the junior forward returned in the fourth and knocked down a 3-pointer that gave Oakton a 27-26 lead with 6:34 remaining. The Cougars held the lead for the remainder of the contest.

"I consider that to be a guts win for these kids," Priester said. "They gutted it out."

Junior guard Kailyn Fee knocked down a 3-pointer with less than 3 minutes remaining in the first half, giving the Cougars a 20-11 lead. It would be the last time Oakton scored until a Delaney Connolly jumper 15 seconds into the fourth quarter — a drought of nearly 11 minutes.



The Oakton girls' basketball team on Feb. 27 won its second straight 6A North region championship.



Oakton guard Kailyn Fee made a trio of 3-pointers and scored 10 points against Fairfax on Feb. 27.

Fairfax failed to pull away, however, managing just 12 points during Oakton's stretch of offensive futility. The Rebels outscored the Cougars 7-0 during the third quarter, taking a 23-20 lead on a Noe'll Taylor free throw with 2 minutes left in the period.

"Once we finally settled down, once we came to the realization we spent the whole quarter without scoring a point [and] we were only down three, we said ... we

by Connolly.

Fee finished with 10 points for Oakton, including a trio of 3-pointers. "I'm feeling more confident in my shot nowadays," Fee said, "and I just let it fly when I get it and my teammates trust me to do so."

Fee and Connolly were named to the all-tournament team.

Oakton will face Woodbridge, the No. 4 seed from the 6A South region, in the state quarterfinals at 7 p.m. on Saturday, March 5 at Robinson Secondary School.

The winner will face the winner of Landstown and Langley in the semifinals at 1:30 p.m. on Tuesday, March 8 at VCU in Richmond.

The state final is scheduled for 7:15 p.m. on March 9 at VCU.

Last year, Oakton entered the state tournament on a 26-game win streak but lost to Bethel in the semifinals.

"We think about how bad it felt to lose," Royle said, "and we don't want to feel that way ever again."

can do this," Priester said. "... All we've got to do is get a couple buckets."

Connolly scored eight of her 12 points in the fourth quarter, including a 3-pointer with 2 minutes remaining that extended the Cougar lead to 39-32.

Oakton made nine 3-pointers, including four by Royle and two



PHOTOS CONTRIBUTED

Juvenile Skaters, from left: Piper Williams of Vienna, Nina Sebastien of McLean, Elaine Zhang, of Vienna and Taylor Olson of Falls Church.

Area Skaters Go National

Vienna, McLean skaters participate in 2016 U.S. Synchronized Skating Championships.

Piper Williams of Vienna, Nina Sebastien of McLean, Elaine Zhang of Vienna, and Taylor Olson of Falls Church represented our area at the 2016 U.S. Synchronized Skating Championships in Kalamazoo, Mich. last week. They are four of the 22 members of the DC EDGE Juvenile team, now ranked seventh in the nation after their performance at the national championship event. The team, which practices at Kettler Capitals Iceplex, Cabin John Ice Rink, and Wheaton Ice Arena, has been training since May 2015 in hopes of qualifying for Nationals. They secured their spot by winning the silver medal at the Eastern Sectional Championship in Richmond, Va. on Jan. 28, 2016.

Nicole Berry of McLean on the Novice team.

Synchronized skating is an up-and-coming discipline which brings teams of skaters together to perform a synchronized program on ice. For more information about "synchro" or the DC EDGE Synchronized Skating Teams, visit dcedgesynchro.org.



DC EDGE sent four teams to Nationals with two coming home National Champions: Adult and Masters. Their Juvenile team placed seventh and Novice placed 11th. Other Fairfax County skaters include: Ashley Morris of Vienna and

Vienna residents, Piper Williams (front left) and Elaine Zhang (center front), skate in a block formation at the 2016 U.S. Synchronized Skating Championships on February 25



DC EDGE Juvenile team performs a pyramid formation at the 2016 U.S. Synchronized Skating Championships on February 25



Joan Brady of Great Falls



Piper Kurtz of Great Falls



PHOTOS BY JOAN BRADY

Jonluke, Joshua, Chiquita and Caleb O’Cain of Great Falls

‘Hair in Air’

Local dogs raising their ears in the air to help increase awareness of foster care adoption.

All over the country, people are raising their hair in the air to help increase awareness of the roughly 108,000 children in foster care who are currently available for adoption. This month, some local dogs joined in to show their support.

If you are interested in learning more about foster care adoption, go to the Adoption Exchange Association’s website adoptea.org or call 410-636-

7030. To learn about specific children waiting and hoping for adoptive families visit adoptuskids.org or call 888 200-4005.

If you would like to join the awareness effort, take your own “hair in air” pic and post it on Facebook, Instagram and Twitter with #hairinair. Learn more about the effort on Facebook, “Hair in Air.”

This project is the brainchild of Great Falls resident and photographer Joan Brady.



Oreo Angles of Vienna



Cocoa Piper of Vienna



Laura Koeppen of McLean



Hank Brady of Great Falls



Lucy of Great Falls



Abby Piper

CALENDAR



Rescheduled performance of "The Importance of Being Earnest" will be at The Alden Theatre on Wednesday, March 30.

Send announcements to north@connectionnewspapers.com. Deadline is Friday for the following week's paper. Photos/artwork encouraged.

ONGOING

Scholarship. Deadline April 1. The Bull Run Civil War Round Table in Centreville is offering a \$1,500 scholarship to a high school senior who resides in Fairfax or Prince William counties and will attend college or community college in fall 2016. Information and application instructions can be found at <http://bullrunwrt.org>.

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

"Wishes and Dreams" Exhibit. March 1-April 2. Vienna Art Center, 115 Pleasant St., NW, Vienna. Free. viennaartsociety.org. 703-319-3971.

WEDNESDAY/MARCH 2

Imagine Dragons in Concert: Smoke+Mirrors. 7:30 p.m. Tyson's Corner 16, 7850 Tysons Corner Center, McLean. Watch the concert as it is broadcast live on the big screen. <http://www.fathomevents.com/event/imagine-dragons-in-concert>.

THURSDAY/MARCH 3

Game Night: King of Tokyo. 7 p.m. Barnes and Noble Tysons, 7851 L. Tysons Corner Center, McLean. Bring friends, grab a snack from the Cafe and get ready for some board game fun. Free. 703-506-6756. <http://stores.barnesandnoble.com/store/2238>.

FRIDAY-SATURDAY/MARCH 4-5

Scrapbooking. Friday, 6 p.m.-midnight. Saturday, 9 a.m.-7 p.m. Vienna Volunteer Fire Department, 400 Center St., South, Vienna. Proceeds benefit fire department. \$50/\$60. Dinner available for purchase. Contact Lisa Emerson at lisaemerson3@verizon.net or 703-981-4504.

SATURDAY/MARCH 5

"Wishes and Dreams" Reception. 4-6 p.m. Vienna Art Center, 115 Pleasant St., NW, Vienna. Free. viennaartsociety.org. 703-319-3971.

Author Reading and Signing. 1 p.m. Barnes and Noble Tysons, 7851 L. Tysons Corner Center, McLean. Local children's author Alison Grace Johansen will read and sign copies of her

picture book "HumFree the Bee Has a Food Allergy." 703-506-6756. <http://stores.barnesandnoble.com/store/2238>.

Making Justice Work. 2-4 p.m. United Christian Parish, 11508 North Shore Drive, Reston. Second of two forums on Criminal Justice in the U.S. Subtitled "Police Practices" and will have local orientation. Free. Open to all. ucpreston.org.

TUESDAY/MARCH 8

NARFE Meeting. 1 p.m. American Legion Post 180, 330 North Center St., Vienna. Lia Veliz Hutsun, director of Operations at Liberty Tax Service will be the guest speaker. Free. 703-938-9757.

THURSDAY/MARCH 10

Vienna Art Society Meeting. 10:30 a.m.-12:30 p.m. Speaker will be Davi D'Agostino who will discuss and demonstration her paintings in oils and acrylics and how she plans subject matter for her own works and also for the classes she teaches. Free. viennaartsociety.org. 703-319-3971.

Game Night: Sheriff of Nottingham. 7 p.m. Barnes and Noble Tysons, 7851 L. Tysons Corner Center, McLean. Bring friends, grab a snack from the Cafe and get ready for some board game fun. Free. 703-506-6756. <http://stores.barnesandnoble.com/store/2238>.

SATURDAY/MARCH 12

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. Donations accepted. www.nvmr.org. 703-938-5157.

Look to the Rainbow. 6-10 p.m. Charles Wesley United Methodist Church, 6817 Dean Drive, McLean. Come celebrate with the World Children's Choir with songs, dance, drumming and activities. Featuring songs with a Celtic spirit in honor of St. Patrick's Day. \$10-\$30. worldchildrenschoir.org. 571-344-2206.

TUESDAY/MARCH 15

Whiskey Classics Dinner. 7-9 p.m. Ruth's Chris Steak House-Tysons Corner, 8521 Leesburg Pike, Vienna. Ruth's Chris Tyson's Corner and Macallan Highland Single Malt Scotch Whisky presents a five-course "Whiskey Classics Dinner" prepared by Executive Chef Jean Bosch. \$99.99. <http://www.ruthschris.com/restaurant-locations/tysons-corner>. 703-848-4290.

Perennial Personalities. 10 a.m. Vienna Presbyterian Church, 124 Park St., Vienna.

SEE CALENDAR, PAGE 13



Vienna Rotary Hosts Casino Night

Vienna Rotary Club hosted its annual Casino Night on Friday, Feb. 26, at Westwood Country Club. Pictured, Michele Wright, president of Rotary, Dealing Black Jack.



From left, Reyes Guiterrez, Robin Bernhard, James Cudney and Elaine Cudney.

Casino Night chairman AJ Oskuie.

PHOTOS CONTRIBUTED



From left, Doug Zimmerman, Jessie Clark, Linda Colbert and James Cudney.

Wolf Trap Has New Superintendent

George Liffert, a national park manager with 28 years' experience, will lead Wolf Trap National Park for the Performing Arts. He has served as acting superintendent since June 2015. He will assume his role as superintendent immediately.

"George brings proven experience in developing and growing partnerships to his position as superintendent at Wolf Trap," National Capital Regional director Bob Vogel said. "His background in resource management will help the park continue to promote its world class performances and children's programs while also highlighting it as a natural treasure, home to native plants and animals, and hiking, picnicking and outdoor recreation destination."

Liffert served since 2005 as the deputy superintendent at Prince William Forest Park, which is where he began his career as a temporary park ranger in 1988. He has worked in resource protection and served 14 years as a commissioned law enforcement ranger, including as chief ranger at Prince William Forest Park. In addition to Wolf Trap, he completed assignments as acting superintendent at National Capital Parks – East and Prince William Forest Park.



PHOTO CONTRIBUTED

George Liffert is the new superintendent of Wolf Trap National Park for the Performing Arts.

He was instrumental in forging a partnership with NatureBridge to establish its first East Coast environmental education campus at Prince William Forest Park and implemented the Rangers Against Drugs program for sixth graders. Liffert worked with the Potomac Appalachian Trail Club to maintain park trails and assisted in resolving a longstanding land use issue with the Department of Navy and Marine Corps Base Quantico.

"It is an honor to be selected as the superintendent of Wolf Trap. I'm excited to continue working with our partners, the Wolf Trap Foundation and Friends of Wolf Trap, to bring cultural and performing arts to people," Liffert said. "And, if you've never visited

Wolf Trap, I want to extend a special invitation to visit during 2016, the National Park Service's centennial year."

Liffert holds a bachelor degree in recreation from Virginia Commonwealth University. He and his wife, Kimberly, live in Woodbridge with their children, Kathryn, a graduate student at George Mason University; Nicholas, a sophomore at Northern Virginia Community College; and Noah, a homeschooled student.

CALENDAR

FROM PAGE 12

Karen Rexrod, plant expert and former owner of Windy Hill nursery, will present her favorite perennial personalities. Karen's expertise and knowledge of perennial plants and their habits. Free. lmc323@aol.com.

WEDNESDAY/MARCH 16

McLean Newcomers and Neighbors Monthly Luncheon. 11:30 a.m. Peking Gourmet Inn, 6029 Leesburg Pike, Falls Church. Cabi clothing stylist, Allison Bateman, will speak, providing us with all the latest spring trends for 2016. \$24. RSVP by March 11 to Susie Osser at sossier@verizon.net. McLeanNewcomers.org.

FRIDAY/MARCH 18

Flashlight Egg Hunt. 7 p.m. Glyndon Park, 300 Glyndon St., NE, Vienna. Enjoy a family evening searching for eggs and prizes in the dark! Please

bring a flashlight so you can find the eggs. Jump like a bunny in the moon bounce and visit the Easter Bunny. 703-255-6360.

SATURDAY/MARCH 19

Old-Fashioned Egg Hunt and Roll. 10:30-11:30 a.m. Freeman House, 131 Church St., NE, Vienna. Children 12 and under and their parents are welcome to participate in an egg roll and visit with Easter Bunny, hosted by Historic Vienna, Inc. 703-938-5187.

Mr. Jon and Friends. 10:30 a.m. Jammin Java, 227 Maple Ave., Vienna. This energetic family music is all about fun, movement, and laughter. Mr. Jon & Friends makes music for kids and their families that inspire fun, laughter, and dancing. \$25. Family pack available. http://jamminjava.com/event/1032603.

THURSDAY/MARCH 24

Game Night: Codenames. 7 p.m.

Barnes and Noble Tysons, 7851 L. Tysons Corner Center, McLean. Bring friends, grab a snack from the Cafe and get ready for some board game fun. Free. 703-506-6756. http://stores.barnesandnoble.com/store/2238.

SATURDAY/MARCH 26

Meet Biscuit. 2 p.m. Barnes and Noble Tysons, 7851 L. Tysons Corner Center, McLean. Special Storytime with one of the most beloved children's book characters of all time - Biscuit! A brief Meet and Greet with Biscuit will follow Storytime. Free. http://stores.barnesandnoble.com/store/2238.

Easter Egg Hunt. Starts 9:30 a.m. Nottoway Park, 9537 Courthouse Road, Vienna. Special appearance by the Easter Bunny. Bring own basket and hunt for candy and eggs filled with treats. Ages 1-9. \$10 per child. Cash only. Information call 703-324-8566.

SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

MARCH

3/16/2016.....A+ Camps & Schools
3/23/2016..Spring Fun, Food, Arts & Entertainment
FCPS Spring Break 3/21-3/25

APRIL

4/6/2016.....Wellbeing – Senior Living Pullout
Easter Sunday is March 27
4/13/2016.....Real Estate Pullout – New Homes
4/20/2016.....A+ Camps & Schools
4/27/2016.....A+ Camps & Schools Pullout
4/27/2016.....Mother's Day Celebrations, Dining & Gifts I
4/27/2016.....Spring Outlook 2016

MAY

5/4/2016.....McLean Day Pullout
5/4/2016.....Mother's Day Dining & Gifts II
5/4/2016.....Wellbeing
Mother's Day is May 8
5/11/2016.....HomeLifeStyle

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It Just So Happens...



By KENNETH B. LOURIE

That as I sit and attempt to write next week's column, I am doing so on the exact date, February 27th, seven years ago when I met the oncologist who delivered to me, my wife, Dina and my brother, Richard (a.k.a. "Team Lourie") the devastating news that would change my life/life expectancy forever. A phone call from my internal medicine doctor the previous week had confirmed that the biopsy indicated a malignancy in my lungs and an appointment with an oncologist to discuss the details was recommended. A week later, "Team Lourie" met the oncologist who advised us that the tumors were in fact non-small cell lung cancer (NSCLC), stage IV; "inoperable, incurable," and with a "13-month to two-year" prognosis. After reviewing the recent medical history that led up to this appointment, and then discussing with the doctor the various alternatives/treatment protocols – and likely outcomes, we all agreed that I should begin every-three-week chemotherapy as soon as possible. And so, six days later, on the following Wednesday, it began. The rest, as you regular readers know, is history, and "history" which I'm proud to say is still being made.

However, as much as this date is about me – and as a cancer patient, you're often told: "it's all about you" – I can't appreciate my life (and amazing good fortune) without expressing my condolences generally to all the newfound friends, acquaintances, a few relatives and the miscellaneous names; some famous and noteworthy, many not, whom I have heard about and read about, who have succumbed to this terrible disease. A disease which, at least when I was originally diagnosed, offered patients very little hope of surviving even beyond two years; I'm living into my eighth year now. My oncologist refers to me as his "third miracle," a moniker I am happy to embrace and incredibly fortunate to have earned with a disproportionate amount of luck, perseverance and a positive, self-effacing, find-humor/make-humor, take-the-good-with-bad and the-bad-with-the-good approach that if I believe any of what I've been told by numerous medical professionals, has likely contributed to my overall good health. And though there are no guarantees offered or given in oncology, I am at least one example of a grim tale that turned out not to be a fairy tale.

Let me be clear: I am not in remission. I am still under the regular and recurring care of my oncologist. I still receive chemotherapy infusions every four weeks. I still go for diagnostic scans every three months, and a follow-up appointment with my oncologist a week or so later for evaluation and assessment. I still live every day knowing there remains no cure for what ails me. And as written about in last week's column, "A Further Explanation," the experience has changed me forever, no doubt reflecting the ongoing demands of being diagnosed with a terminal form of cancer, a diagnosis which is all it's cracked up to be.

But dwelling on this reality serves no purpose. And living as if today is my last day doesn't resonate with me either. I prefer to live my life as much as possible, anyway, as how I would otherwise live it: no bucket lists to fill or must-haves or must-dos. Instead, I'd rather do what I must and live as I have: consistent with who I am and who I've become: a seven-plus year cancer survivor amazed to still be alive and appreciative of all the help and encouragement I've received along the way.

One might think being diagnosed with cancer/living with cancer is a solitary pursuit, and in many ways, I suppose it is; but in my sharing, I've found caring, and I believe there's strength in those numbers. Happy Anniversary to me and to all my fellow cancer patients who claim this date as a significant milestone; be it one day, one week, one month, one year or multiple years. Congratulations to us all. We deserve it!

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

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Pamplona, LLC trading as Pamplona, 3100 Clarendon Blvd. Arlington, VA 22201. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On Premises; Mixed Beverage license to sell or manufacture alcoholic beverages. Naeem Mohd, President
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 dates from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200

21 Announcements

ABC LICENSE
Basic Burger, LLC trading as Basic Burger, 2024 Wilson Blvd, Arlington, VA 22201. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On Premises license to sell or manufacture alcoholic beverages. Dave Diamond, Operations Director
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 dates from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200

21 Announcements

LEGAL NOTICE
Edward Koch, M.D., a gynecologist, announces the closure of his clinical practice located at 6707 Old Dominion Drive in McLean Virginia as of April 30, 2016. Dr. Koch can be reached at 703-288-0794 or by email at egkmdpc@hotmail.com. Information about medication refills and medical records can be obtained using the telephone number or the email noted above. Dr. Koch will remain in McLean as a medical consultant.

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21 Announcements

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NOTICE OF DISSOLUTION & NOTICE TO CLAIMANTS OF PROCEDURE TO FILE CLAIMS PURSUANT TO Code of VA. § 13.1-746.1(b.)

Inge's Properties Inc. (the "Corporation"), a Virginian corporation organized under the laws of the Commonwealth of Virginia, has dissolved under the laws of the Commonwealth of Virginia as of February 10, 2016. Pursuant to the filing of the certificate of dissolution, the Corporation hereby gives notice to all persons having a claim against the Corporation, other than a claim against the Corporation in a pending action, suit or proceeding to which the Corporation is a party, to present their claims against the Corporation in the manner prescribed below:

1. All claims must be presented to the Corporation in writing and must contain sufficient information reasonably to inform the Corporation or successor entity of the identity of the claimant and the substance of the claim.
2. The mailing address to which such a claim must be sent is: Inge's Properties Inc. c/o Robert B. Nealon, Esq., 119 N. Henry Street, Alexandria, Virginia 22314.
3. The date by which such a claim must be received by the Corporation or its successor entity is May 1, 2016.
4. Any claim that is not received by May 1, 2016 will not be evaluated for payment at this time.
5. The Corporation may make distributions to other claimants or persons interested without further notice to the claimant.
6. Further, any claim will be barred unless a proceeding to enforce such claim is commenced by the earlier of the expiration of the statute of limitations, or three years after the date of publication of this notice.

Robert B. Nealon, Secretary Pro Tempore, Inge's Properties, Inc.

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-Thomas A. Edison

21 Announcements

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21 Announcements

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OBITUARY NOTICE
Thomas (Tom) B. Bonner, 84, of Bristow, Virginia and formerly long time resident of Vienna, Virginia passed away peacefully on February 27, 2016.

Tom was born in Altoona, Pennsylvania, the only son of the late Thomas A. and Jessie A. (Miller) Bonner, and was raised in Arlington, Virginia. Tom married his wife, Marie, in 1953, and they made their home in Vienna, Virginia, where they resided happily for 58 years, raising their family of four children. Tom was employed as an illustrator for the U.S. Department of Defense for 37 years until he retired in 1988.

Tom loved living in the town of Vienna, Virginia and was active in the community for most of his life, with a passion for service in the Vienna Volunteer Fire Department. Tom joined the department in 1961 as a volunteer fireman, and throughout the rest of his life he proudly contributed in many different capacities there, with his most recent efforts focused on the fire department's historical preservation. In 2012, after 50 years of volunteer service, he was recognized as a Life Member of the VVFD and also the VVFD Auxiliary. Tom loved baseball and enjoyed coaching in the Vienna Little League for many years, where he was inducted as a member of the Vienna Little League Honor Roll in 1985. He was also a member of the Vienna American Legion Post and was actively involved in the Knights of Columbus organization.

Tom is survived by his beloved wife, Marie, of 62 years, his four children Thomas, Jr. (Lyndee) of Centerville, VA, Terry Maddox of Warrenton, VA, John (Anne) of Centerville, VA, and Donald (Lale) of Cornelius, NC. He leaves behind nine grandchildren, Justin, Matt, Nicolle, Michelle, Jennifer, Mike, Chris, Danny, and Ben, and great grandson, Gavin. He was preceded in death by his son-in-law Ken Maddox. Tom was a loving husband, father, and grandfather and will be deeply missed by all his family and friends.

Visitation will occur from 6:00 to 8:00 pm on Tuesday, March 1, 2016 at Pierce Funeral Home in Manassas, VA. The funeral mass will be held on Wednesday, March 2, 2016 at Holy Trinity Catholic Church, in Bristow, VA, at 10:30 a.m. with interment to follow at Fairfax Memorial Park Cemetery, in Fairfax, VA. Donations in his name can be made to the Vienna Volunteer Fire Department. www.vvfd.org

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The Great Falls Connection

21 Announcements

ABC LICENSE
P&M Group, LLC trading as Red Galanga, 144 Church St, NW, Vienna, VA 22180. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On Premises; Mixed Beverage Restaurant license to sell or manufacture alcoholic beverages. Perawat Pradawong, member
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 dates from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200

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