Langley Showcases New Stage

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Strong First Quarter in McLean and Great Falls

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Real Estate Results

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‘Ready for All Emergencies’

By Tim Peterson
The Connection

Technician Ryland Chapman and Lieutenant Lawrence Mullin with the Fairfax County Fire and Rescue Department were preparing to return home from a deployment with Virginia Task Force 1 to earthquake-rocked Kathmandu, Nepal when another quake sent them back out for duty.

Task Force 1 is an international urban search and rescue outfit sponsored by Fairfax County Fire and Rescue. Chapman and Mullin were part of a team assisting in Nepal in May 2015.

Because most of their equipment had already been loaded for transport, they were only able to bring minimal tools for a 72-hour mission, including small axes and sledgehammers. A helicopter took Chapman and Mullin to search for survivors that might be trapped in collapsed buildings. In one structure, they found a woman who was wedged on the ground floor with another part of the building collapsed on top of her.

After more than three hours of the rescue operation, Chapman and Mullin were able to free the woman and save themselves from continuing aftershocks and landslides.

“It was an extraordinary effort in a disastrous situation,” said Fairfax County Fire and Rescue Chief Richard Bowers Jr. “It was one of the most dangerous situations I’ve ever seen in my 40 years of experience. They could’ve been crushed at any minute.”

For their efforts, Chapman and Mullin were recognized with the Gold Medal of Honor at the 38th annual Valor Awards held March 30 at the Westfields Marriott in Chantilly.

Officers, deputies and other first responders from the Fairfax County Police Department, Sheriff’s Office, Fire and Rescue Department, as well as Police Departments of the Towns of Vienna and Herndon, received the Lifesaving Certificate, Certificate of Valor and Bronze, Silver and Gold Medals of Valor.

In many cases, the responders were cited for acting “without regard to their personal safety under extremely hazardous conditions.”

“In a situation where they have to save a life,” Bowers said, “that means the motivation to do anything to maintain and preserve that life.”

For Chapman, a Fairfax resident based at Fire Station 29 in Tysons Corner, he didn’t see his actions in Kathmandu as anything out of the ordinary.

“We just have to be ready for all emergencies,” he said. “I just did what’s within my job description, what was expected of me to do.”

Chapman’s wife Taylor said the communication to families from Nepal was good, but not great, and that it was “intense” waiting for updates. What’s more, with the extra mission Chapman was called on, he nearly missed his wedding while Mullin nearly missed his while Mullin was deployed in Nepal.

Going from being a community firefighter to launching into collapsed buildings on the other side of the planet was “strange,” Chapman said, but despite being far away, still gave him “good feeling” of helping people in emergency situations.

Leon Harris, News Anchor for ABC7/WJLA-TV and emcee for the awards, thanked all the first responders present for being the ones who are always there on the ground level for the various emergencies he reports on the news.

“You’re there to make sure every one of those has a possibility of a happy ending,” Harris said.

First responders honored at 38th annual Valor Awards.

From left: Fairfax County Fire and Rescue Chief Richard Bowers, Jr. (left) presents the Silver Medal of Valor to members of the USA-1/Virginia Task Force 1 Urban Search and Rescue Team that was deployed to Nepal after the April 25, 2015 earthquake.

Fairfax County Fire and Rescue Department Chief Richard Bowers, Jr presents the Certificate of Valor to Lieutenant Scott F. Primrose.

Taylor and Fairfax County Fire and Rescue Department Technician Ryland W. Chapman of Fairfax nearly missed their wedding while Mullin was deployed in Nepal as part of the Virginia Task Force 1 Urban Search and Rescue Team.

Fairfax County Sheriff Stacy Kincaid (center) presents the Lifesaving Certificate to Sergeant Leslie Sheehan (left).

Certificate of Valor recipient Master Police Officer Damien C. Cichocki (left) of the Fairfax County Police Department presents his canine partner Enzo with the Meritorious Award.
REAL ESTATE

Strong First Quarter in McLean and Great Falls

BY KAREN BRISCOE

First quarter 2016 real estate market did not disappoint in McLean and Great Falls. The numbers are up over 12 percent year over year. Further the levels are what was seen ten years ago in the robust 2006 market. This is excellent news for the market area as we enter into the more traditional spring selling season. It indicates an environment for the potential for price appreciation, provided demand remains strong relative to supply.

The best performing segment for these zip codes was the upper brackets, considered to be over $1.25 million. Most of the price points experienced greater sales year over year and higher than at 2006 levels as well.

The price points below $1.25 million held its own in the first quarter 2016 over 2015 and close yet not quite at 2006 levels. This market niche according to economists is made up of predominately the Millennial Generation now entering the market to purchase their first home. Quite a few are still weighed down with student loan debt which challenges their ability to qualify for a mortgage and save for a down payment. Further as prices recover and begin to appreciate, many are being priced out of the market.

The best performing price point was the $1.25 to $2 million price range. Delving deeper into the data it is due to the considerable number of in-fill new home builders tearing down an older existing home for the land value. Many lots are being purchased off market which could be skewing the numbers for the lower price points. There is very little available land remaining for development in McLean and Great Falls, so hard to know how long the trend will last. As builders compete for lots, there is less available for end-user owners that would buy the homes to live in. Although this scenario can be a healthy sign of recovery these situations can make it challenging for a first time home buyer to purchase.

The current market represents “best of times” for many home sellers in McLean and Great Falls. Homes priced correctly for the current market and in top condition sell quickly for strong prices. These are all excellent indicators for the balance of 2016 market conditions.

Karen Briscoe and Lizzy Conroy and their team HBC Group at Keller Williams are active and experienced Realtors in the Northern Virginia, suburban Maryland and Washington, D.C. market place. Contact: www.HBCRealtyGroup.com, 703-734-0192, Homes@HBCRealtyGroup.com.

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Kathryn J. Sowerwine, MD

Dr. Kathryn J. Sowerwine is a board certified Allergist and Immunologist with a special interest in dermatological diseases linked to allergy. She completed a residency in Internal Medicine at Georgetown University Hospital and her clinical and research fellowship in allergy and immunology at the National Institutes of Health in Bethesda, MD.

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Fairfax County’s free Family Caregiver Telephone Support Group meets by phone on Tuesday, April 12, 7-8 p.m. Learn techniques for effective communication and holding family meetings that will help keep communication open and more productive. Register beforehand at www.fairfaxcounty.gov/dfs/olderadultservices and click on Caregiver Support. Call 703-324-5444, TTY 711.

Fairfax County and partners are sponsoring the Living Well, Aging Well Summit on Saturday, April 16, 9 a.m.-3 p.m. at the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. This free event explores multiple ways to age well and features a transportation/mobility expo, technology fair, volunteer opportunities, a CarFit program, health screenings, presentations and more. Register at www.livingwellfairfax.org or call 703-324-7647, TTY 711.

Meet dozens of job recruiters at the 50+ Employment Expo on Monday, April 18, 10 a.m.-2 p.m. Attend seminars on changing careers, online job searching, continuing education, starting your own business, job training, and job interviewing. Chief Meteorologist Doug Hill from ABC 7/WJLA-TV News is the keynote speaker. This free event is sponsored by Fairfax County, Jewish Council for the Aging of Greater Washington, D.C. and partners. It takes place at Sheraton Tysons Hotel at Tysons Corner, 8661 Leesburg Pike, Vienna. Find out more at www.accessjca.org/50plusjobexpo or call Micki Gordon at 301-255-4209, TTY 711.

Meet dozens of job recruiters at the 50+ Employment Expo on Monday, April 18, 10 a.m.-2 p.m. Attend seminars on changing careers, online job searching, continuing education, starting your own business, job training, and job interviewing. Chief Meteorologist Doug Hill from ABC 7/WJLA-TV News is the keynote speaker. This free event is sponsored by Fairfax County, Jewish Council for the Aging of Greater Washington, D.C. and partners. It takes place at Sheraton Tysons Hotel at Tysons Corner, 8661 Leesburg Pike, Vienna. Find out more at www.accessjca.org/50plusjobexpo or call Micki Gordon at 301-255-4209, TTY 711.

Fairfax County is offering the following Free Seminars for Family Caregivers of Older Adults:

- Making Life Easier: Gadgets, Gizmos and Home Modifications, Tuesday, April 5, 7-8:30 p.m. Learn about technology, home modifications, and inexpensive devices that can help you or your loved one maintain independence at home. George Mason Regional Library, 7001 Little River Turnpike, Annandale. Find out more at www.fairfaxcounty.gov/dfs/olderadultservices and click on Register Now: Spring 2016 Caregiver Seminars.

- Caregiving 101 – WEBINAR, Wednesday, April 6, Noon-1 p.m. Learn helpful information and strategies to help you manage your important caregiver role. Find out more at www.fairfaxcounty.gov/dfs/olderadultservices and click on Register Now: Spring 2016 Caregiver Seminars.

- Prepare to Care, Wednesday, April 20, 1-3 p.m. Learn the five steps every caregiver should take. Insight Memory Care Center, 3953 Pender Drive, Suite 100, Fairfax. Find out more at www.fairfaxcounty.gov/dfs/olderadultservices and click on Register Now: Spring 2016 Caregiver Seminars.

The Fairfax Commission on Aging meets on Wednesday, April 20 at noon at the Burke Regional Library, 5935 Freds Oak Road, Burke. A public comment period begins each session. Find out more at www.fairfaxcounty.gov/dfs/olderadultservices/coa.htm. Call 703-324-5403, TTY 711 for meeting access needs.

Fairfax County is offering the following Free Seminars for Family Caregivers of Older Adults:

- Making Life Easier: Gadgets, Gizmos and Home Modifications, Tuesday, April 5, 7-8:30 p.m. Learn about technology, home modifications, and inexpensive devices that can help you or your loved one maintain independence at home. George Mason Regional Library, 7001 Little River Turnpike, Annandale. Find out more at www.fairfaxcounty.gov/dfs/olderadultservices and click on Register Now: Spring 2016 Caregiver Seminars.

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Three Potomac School Seniors Honored for Science Research

Spencer Perkins, Madeline Dubelier and Matt Spencer, seniors in The Potomac School’s Science and Engineering Research Center program, were awarded first, third and fourth place respectively at the Junior Science and Humanities Symposium regional finals, held at Georgetown University in March. All three students will present their research at the JSHS National Symposium, in Dayton, Ohio, during the last week of April.

For more than two years, Perkins, Dubelier and Spencer have been conducting independent, college-level research projects in conjunction with Potomac faculty and outside experts.

Spencer was the competition’s top finisher for his work developing a new coating for nanowires used in photovoltaic chemical fuel cells, which are solar cells that produce electrical energy and generate clean water in the process of electrolysis. His approach will help to stabilize the nanowires and maintain efficiency of the solar cells and has the potential to greatly reduce the overall cost of solar energy systems.

Meanwhile, Dubelier earned third place for her work on a robotic hand with touch sensors and double flex technology that allows the user to form a pinch grip. The Massachusetts Institute of Technology’s MIT THINK Scholars Program helped fund the project, enabling her to acquire many of the components for her prototype.

With the funding, she was able to incorporate sensory feedback and remote control into her design, which has potential applications in the surgical field and the defense industry.

Finally, Spencer finished fourth for his research on bioremediation, a waste-management technique that involves the use of organisms to remove or neutralize pollutants. Spencer was able to show that specific types of fungi can break down polyurethane particles while producing neither carbon dioxide nor methane; thus, the process has the potential to bioremediate plastic waste without producing byproducts that are harmful to the environment.

Three Potomac School Seniors Honored for Science Research
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April 14, 7:30–9 p.m.
Kings Park Library
9000 Burke Lake Rd. • Burke, VA

An online survey will be available soon.
www.fairfaxcounty.gov/library
OPINION

Move Forward with Independent Oversight

While FCPD has embraced many critical changes, supervisors need to move forward with oversight.

Last week, the Fairfax County Police Department posted a list and progress report of 202 recommendations made by the Ad Hoc Police Practices Review Commission, each currently labeled as one of: implemented, in progress or under review.

Recommendations that are under review “require more review or approval from the Board of Supervisors,” according to the update.

Two landmark recommendations on independent oversight await further review and approval. One is the establishment of the Office of the Independent Auditor to review investigations of death or serious injury cases involving the FCPD; the other is to establish a Civilian Review Panel.

The delay in moving forward with these two recommendations is a missed opportunity as the trial date for Adam Torres in the murder of John Geer approaches later this month, as the county will be under public scrutiny during coverage of the trial.

Chairman Sharon Bulova established the police commission in response to public outcry over the shooting death of Geer by a Fairfax County police officer, later revealed to be Torres, and the delay and stonewalling in release of any information about the incident. Geer was killed in August 2013. It took 17 months, much agitation and a court order in response to a lawsuit on behalf of Geer’s family before the most basic information was released. In August 2015, Torres was charged with murder and ordered held without bond.

The Public Safety Committee for the Board of Supervisors will meet in July to discuss all recommendations related to independent oversight. The next meeting of the Public Safety Committee is May 10 when they will take up commission recommendations related to use of force.

Strategically, the establishment of Office of the Independent Auditor should have been one of the first actions as a result of the recommendations. The Civilian Review Panel should also be an early priority. Contact Bulova, Supervisor John Cook who is chairman of the Public Safety Committee, and your own supervisor, and ask them to move forward.

Several pieces of good news: Fairfax County police leadership have embraced significant changes as a result of the commission recommendations and an independent report on use of force, changes that have already had major benefits in how police respond in crisis situations. Diversion First, a plan to provide treatment rather than jail for certain people in mental health crisis who come into contact with law enforcement is up and running, a remarkable achievement. Money has been allocated in the current budget to implement changes.

The progress report is available here: http://www.fairfaxcounty.gov/policecommission/progressreport.htm

Send in Mother’s Day Photos

Mother’s Day is May 8 this year and as usual every year at this time, this newspaper calls for submissions to our Mother’s Day photo gallery.

Send photos of mothers, grandmothers, great-grandmothers, with children or without children in the photos. Please name everyone in the photo, the approximate date, describe what is happening in the photo and include your name, address, email address and phone number. (We will not print your full address or contact information.) You can upload photos and information directly to www.connectionnewspapers.com/mothersday/ or email to north@connectionnewspapers.com.

Letters to the Editor

Cooper Middle Students Learn Coding

By Christy Gao

Cooper Middle School Student

As the use of technology rises across the globe, so does the use for computer programming. However, as evidenced by the lack of young programmers, this fundamental skill is not being taught to the people who need it the most: students. In the 2016 State of the Union, President Obama said, “In the coming years, we should build on that progress, by providing Pre-K for all and offering every student the hands-on computer science and math classes that make them job-ready on day one.” In the spring of 2015, Cooper Middle School announced that they will have an Intro to Coding course available as an elective for the 2015-2016 school year. As expected, the new elective gained lots of popularity and many students chose it as their elective. The course, taught by teacher Lisa Walsh, is currently the first and only coding class offered to FCPS middle-schoolers. As one student taking the class said, “You learn how to code games that can help you in life for other opportunities.” Another student in the new class said, “You can creatively express yourself through the programs you make.” These are just a few of the many things that Cooper students have said about the first FCPS middle school computer programming class. The actions of Cooper Middle School and teacher Lisa Walsh show that FCPS is taking initiative in order to solve the lack of student programmers in the United States by giving middle schoolers an opportunity to learn a valuable skill: coding.

Inappropriate Use of FEMA Relief Funds

To the Editor

Your recent article “Fairfax County Schools to Apply for FEMA Relief Funds” is another example of attempting to exploit the American taxpayers.

I visualize the typical American taxpayer as a middle class couple living in the heartland of our country. They have two children. They go to church every week. They don’t smoke, don’t use illegal drugs, and use alcohol in moderation. Their children go to school each school day. They vote in every election. They must struggle financially even when the economy is strong, but they pay their bills, and they pay their taxes. They pay for their children’s education, and they save for their retirement.

I don’t feel that it is appropriate for the Federal government, which consists of millions of such middle class families, to pay for the removal of snow at Fairfax County Public Schools.

Dave Elmore

Great Falls

Cooper Middle.

Coding class at Cooper Middle.

Photo contributed

By Jeanne Theismann

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jtheismann@connectionnewspapers.com

McLean Connection

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McLean Community Center
2016 Governing Board Election

The Governing Board and Staff of the McLean Community Center strongly encourage all qualified residents to vote for members of the McLean Community Center 2016-2017 Governing Board. Your vote means a very important message of your support for the Center’s programs and services.

When & Where:
Vote between the hours of 10:30 am and 5 pm at the McLean Day 2016 festival on Saturday, May 21, at Lewinsville Park, 1659 Chain Bridge Road.

Meet The Candidates (In Alphabetical Order)

Adult Candidates—Three Positions Open

Nadia Ayoubi-Ahluwalia

Having successfully served 15 years in business and executive management, as an immigrant of Indian decent born in England, Nadia grew up in McLean. A true believer in volunteering and giving back to the community at every turn. Citizenship is her priority as she provided both political assistance and volunteerism. Having founded numerous retail businesses in the DMV and always a staunch volunteer on capitol hill. Nadia is currently running into the03rd Congressional District.

Lauren Kigivghan

I want to be able to lend my abilities to help the McLean Community Center. I am a business owner, a parishioner of St. Luke’s Catholic Church and a longtime resident of McLean. I am a huge supporter of the McLean Community Center.

Email: lauren@deanahomes.com

Shahna Maguire

I was born and raised in George Mason University and have lived in Northern Virginia for four decades. My husband and I have owned our home, worked, and raised our two children in this community. Having been a volunteer and a small business owner, and the president of a small consulting firm. I’ve been serving as a parent volunteer at the McLean Community Center for many years. I believe MCC should be a good citizen of the community within an affordable budget. If elected to the Board, I hope to bring fresh ideas for the continued success of the McLean community email: maguire.shahnah@gmail.com

Gerri Swarn

I have worked for a national association for 35 years as an administrator and certified writing professional, overseeing a $1 million annual budget. I bring my strength to the Governing Board and I believe it will be a beneficial match. My husband and I have lived in McLean for 22 years and have two children. I served on the PTA board, actively involved in our children’s activities through high school, including volunteering and sports in McLean. I ask for your vote and thank you for your support.

Email: gerriswarn@gmail.com

Kat Kehoe

My name is Kat Kehoe, past vice president of the McLean Community Center. I have been a member of the Governing Board since 2013. I currently serve on the Executive and Development Committees. I have served on the Board of Directors for local organizations. I applaud the MCC Board for keeping the upcoming new additions while reserves funds and I will stay within budget. My background: MS and BBA – DEAUVILLE, France. Currently, I work as an assistant vice president at the Federal Home Loan Bank, Fairfax County Community Services Board. Email: kat@kehoekat.com

Paul Kollenger

I’m delighted to seek re-election to the Governing Board. As current Board Chair and member of the Finance & Facilities committees, I have worked to strengthen the Center’s financial position and advance programs on our agenda. I’m committed to the mission of the Center, and to ensuring that our board is diverse and engaged. My background: international and community service, and our shared cultural and civic heritage. Thank you for your support. Email: paulkollenger@gmail.com

Jill Roth

I’m running for another term, which I believe is an important position for the community. As a parent of McLean for many years, I believe MCC should be a good citizen of the community within an affordable budget. If elected to the Board, I hope to bring fresh ideas for the continued success of the McLean community email: jillroth@jillroth@gmail.com

Vickie Trunnell

I am an alumni of Finlandia University and currently a resident of Akhneth-Owen coaching youth basketball, serving on the MVHS board, being a class parent or team mom. I have been active in our town for 30 years. Together with the service and dedication I am proud of having provided for the community, I have been a member of the community for 11 years. My daughter’s involvement in MCC’s programs and services has taught me the importance of giving back.

Vicky Trunnell

https://facebook.com/VickTrunnell

https://www.instagram.com/vicktrunnell/

Teen Candidates—Two Positions Open

Kathryn (Kate) Leong

Kate is a 16-year-old sophomore at Langley High School and is very involved in the McLean Community Center. Through her work for MCC on the Youth Advisory Committee, Kate has been able to develop strong organizational skills while working effectively in a committee or team. Kate can make a difference and benefit the governing board.

Email: kateh2002@gmail.com

Priyanka Susarla

I am a 16-year-old sophomore at Langley High School, and I’m a member of the Youth Advisory Committee. Through my work for MCC, I have been able to develop strong organizational skills while working effectively in a committee or team. I can make a difference and benefit the governing board.

Email: priyankasusarla@gmail.com

Qualifications to Vote:
1. You must be a resident of the McLean Community Center tax district (Dranesville Small District 1A), however, you need not be registered to vote in the general election.
2. You must be at least 18 years old to vote for an adult candidate.
3. You must be 15 through 17 years old to vote for youth candidates.
4. You must bring identification and proof of residency, such as a driver’s license or student ID. If you do not have identification, you may sign a sworn statement.

The McLean Community Center
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Meet the Candidates
A forum sponsored by the Friends of McLean Community Center
Sunday, May 1, 2–4 P.M. at the Center

Absenteec Voting
Firehouse (1440 Chain Bridge Rd., McLean, VA 22101) and pick up an absentee ballot package, which will be available beginning Monday, April 11. Completed Absentee ballot applications and ballots must be received by 5 p.m. on Wednesday, May 18, to be counted.
Meet Brendan.
The small town values of Vienna are what drew Brendan to raise his family here. Those same values are also what drew Brendan to Schwab because he understands that values like straight talk and accountability have a place in wealth management. And he knows that trust anchors any good relationship. If you find this modern approach to wealth management compelling, stop by the Schwab Tysons Corner branch or give Brendan a call.

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Bell Nursery, a nationally recognized grower/vendor is looking for hardworking people to stock our products at a garden center near you.

**Come get your hands dirty, enjoy the summer weather and, earn a paycheck!**

If you spend TOO much time hanging out in the garden department of your local home improvement retailer, we have the summer job for you!

Bell Nursery is one of the nation’s largest live good vendors, supplying the Home Depot with its beautiful flowers!

Our Seasonal Merchandisers work in the garden departments, unloading and displaying product while providing customer service.

- Flexible seasonal work schedule
- Minimum base pay of $10.00 an hour PLUS OVERTIME!
- Additional incentives/consideration for:
  - Being bilingual (Spanish/English)
  - Relevant work experience
  - Extensive knowledge of plants/growing

For job descriptions & locations go to: [www.bellnursery.com/careers](http://www.bellnursery.com/careers)

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[www.beatsonlaw.com](http://www.beatsonlaw.com)

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**St. Francis Episcopal Church, 9220 Georgetown Pike in Great Falls, offers musical, educational, outreach and fellowship ministries in addition to worship services, including a 7:45 a.m. worship service without music; 9 a.m. worship service, children's chapel and children's choir; 10 a.m. Sunday school and adult forum; and 11 a.m. worship service with adult choir. 703-759-2082.**

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**St. Dunstan’s Episcopal Church, 1830 Kirby Road in McLean, holds a third Sunday service every month at 10:15 a.m. which allows children to play active roles in the music and as greeters and ushers. Traditional services are every Sunday at 8:15 and 10:15 a.m.**

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**St. Ann Catholic Church**

**SUNDAY LITURGY SCHEDULE:**

- **Saturday Vigil:** 5:30 PM
- **Sunday:** 7:30, 9:00, and 11:00 AM
- 1:30 PM Spanish Liturgy

5312 North 10th Street, Arlington, Virginia 22205

Parish Office: 703-528-6276

PARISH WEBSITE: [www.stannchurch.org](http://www.stannchurch.org)

All Are Welcome!

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**Adopt/Donate/Volunteer**

[www.lostdogandcatrescue.org](http://www.lostdogandcatrescue.org)

[www.tysonscharity5k.com](http://www.tysonscharity5k.com)

**TYSONS CHAMBER CHARITY 5K**

**SUNDAY, APRIL 24, 2016**

**RAIN OR SHINE**

Tysons Corner Center
1961 Chain Bridge Road, McLean, VA 22102

Parking will be in Garage “C” located across from Nordstrom

Course will be 2 loops around the mall. Starting and Finish Line will be in the Bloomingdale’s parking lot at Tysons Corner Center.

~ Prizes, Premium SWAG BAG, Raffles ~

- Prizes to the Top 3 Women:
  - 1st Place = $100
  - 2nd Place = $75
  - 3rd Place = $50

- Prizes to the Top 3 Men:
  - 1st Place = $100
  - 2nd Place = $75
  - 3rd Place = $50

[www.tysonscharity5k.com](http://www.tysonscharity5k.com)

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**Photo Gallery!**

**“Me and My Mom”**

To honor Mom on Mother’s Day, send us your favorite snapshots of you with your Mom and The Connection will publish them in our Mother’s Day issue. Be sure to include some information about what’s going on in the photo, plus your name and phone number and town of residence. To e-mail digital photos, send to:

editors@connectionnewspapers.com

Or to mail photo prints, send to:

The McLean Connection, “Me and My Mom Photo Gallery,” 1606 King St., Alexandria, VA 22314

Photo prints will be returned to you if you include a stamped, self-addressed envelope, but please don’t send us anything irreplaceable.

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**Great Falls United Methodist Church, 10100 Georgetown Pike, Great Falls, will host annual yard sale/flea market on Saturday, May 7, 2016 from 7 a.m.-2 p.m. You can now reserve a 10x10’ space ($25) to sell your own treasures or donate items to the church (they would pick up). Come shop, donate and/or sell your own things. 703-582-1640.**

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**McLean Bible Church**

Fitness Class at Body and Soul Fitness. Gain balance, energy and strength at 9:45 a.m. Mondays and Fridays. Free childcare for registered students. bodyandsoul@mcleanbible.org

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**McLean Connection** • April 6-12, 2016 • 13

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

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**To highlight your Faith Community, call Karen at 703-778-9422**

DAILY EUCHARIST:

- **Weekdays**
  - Monday-Friday, 8:30 AM
- **Saturday,** 8:30 AM

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- **Sunday:** 7:30, 9:00, and 11:00 AM
- 1:30 PM Spanish Liturgy

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McLean's Jamie Goodson has performed on a lot of stages. But starting on Thursday, April 14, Goodson's grandparents and parents finally get to see their Langley High School junior perform on her school's stage.

Langley's theater students learned Friday, April 1, no joke, that they will showcase the musical "Chicago" on the newly constructed Langley High School stage, part of the overall $68 million renovation of the school.

"We all lost it. Tears of joy, we were so happy," said Goodson. "Just to open the new theater with this awesome show is going to be so much fun. We couldn't be happier; the stage is huge, we can fit this show."

More students and people from the community will get to see the show, said junior Camila Maric, than if it was performed at The Langley School, a private school nearby, which had accommodated Langley's performances during the renovations.

"You don't know how many times people have come up to me and said, 'I was going to see the show but Langley doesn't have an auditorium. Where is it going to be?'" said Maric.

Richie Follin, of Great Falls, stars in Langley High School's production of "Chicago," starting April 14 in Langley's newly renovated auditorium.

Great Falls resident Richie Follin, a senior, started performing with the theater department at Langley his junior year.

"We thought we were going to perform at 'Little Langley' again," said Follin. "It's really exciting because we get to be the first to use the new auditorium."

Mark Bosset is in his first year at Langley, but he still felt the excitement of his friends in the theater department who have performed productions the last few years at The Langley School and McLean Bible Church while rehearsing everywhere from the choir classroom at school, the McLean Community Center, Adrenaline Studio and more.

"It's awesome that we're going to be the very first show on the stage. It's fantastic," said Bosset. "It's going to be a great stage, we're going to have a huge audience, huge, lots of seats, and overall, it's going to be a better experience."

IT'S HER LAST SEMESTER, and Brittany Lund auditioned on a whim.

"I didn't realize how kind of complicated acting was. I have always been into singing and I've always been into dancing but acting is a whole different thing that I'm having to explore. I now watch movies in a new way," said Lund. "I still think it's kind of a fluke, I'm so surprised I got it."

Camila Maric, junior

"We've got an amazing cast. Everybody in the show definitely deserves to be here. I think everybody should come see it because of the talent, there's a lot in this show."

By Ken Moore
The Connection

Langley's production of the musical "Chicago" debuts the recently finished renovation of the school auditorium.

Viewpoints

Brittany Lund, senior

"She goes through waves of emotions throughout the whole production. She starts out as this innocent sweet girl who is kind of in over her head when she ends up murdering someone and she doesn't understand the repercussions of it. And then she transforms into this girl who is so self-obsessed and obsessed with getting attention. It's been difficult to play that, especially since it's my first production, but it's been interesting to explore her as a person and as a character."

Mark Bosset, freshman

"Everyone kind of walks all over him and it's interesting to see how that interaction takes place. I think like he would think, so I put myself in a position where I have no power over anybody else and just conform to how other people would treat me. ... I just love acting. I love putting myself in a place where I would think exactly like a completely different person and take on situations like that person. I find that interesting."

Richie Follin, senior

"The whole show is all about how with publicity, fame and a pretty smile, you can get away with anything you want because people just want to watch you for entertainment not for how good a person you are. It's going to show off everyone really well. It's something a lot of us are passionate about at Langley, the arts departments are all huge."

Camila Maric, junior

"We've got an amazing cast. Everybody in the show definitely deserves to be here. I think everybody should come see it because of the talent, there's a lot in this show."
ONGOING

Tue. Drive to Abstraction. April 1–30. Great Falls Library, 9839 Georgetown Pike, Great Falls, Virginia. Featured are over 20 works. 703-757-8560.


Spring Delights. Tuesday-Saturday, 10 a.m.–4 p.m. April 4-May 2. Vienna Art Center, 115 Pleasant St. NW, Vienna. Exhibition of Vienna Arts Society members. viennartsociety.org. 703-319-3971.

Time Traveler Tuesdays. 4:30 p.m. March 20-May 7. Colt’s Run Mill, 10017 Colt’s Run Road, Great Falls. This weekly notes will take participants on an interactive journey through time, focusing on a different period in Virginia history each week. Register at http://www.fairfaxcounty.gov/parks/colvinrunmill/events.html.


Gentle Yoga. Thursday, 6:30 p.m. Emmaus United Church of Christ, 800 E Maple Ave. E, Vienna. Saturdays, 9:30 a.m. Linarian Universal Congregation of Fairfax, 2709 Hummel Road, Oakton. Gentle Kundalini Yoga, one free introductory session, senior discounts. Increase your flexibility, improve your breathing and health, reduce your stress. Ran Kaur has 15 years expertise teaching yoga. $15 per session. www.edimprovement.org. 703-213-1992.


THURSDAY-SATURDAY/APRIL 7-9 Spring Book Sale. Thursday, 1-4 p.m. Friday, 10 a.m.-6 p.m. Saturday, 10 a.m.–3 p.m. Oakton Community Library, 10804 Lynnhaven Place, Oakton. cdowd2000@verizon.net. 703-852-8582.

FRIDAY/APRIL 8 Fairfax Volunteer Awards. 8 a.m. The Waterford, 6715 Commerce St., Springfield. Joins Volunteer Fairfax, Chairman Sharon Buleva and the Fairfax County Board of Supervisors, and other community leaders to celebrate the work of volunteers. Purchase tickets by April 4. $50. For information and tickets go to www.volunteerfairfax.org.

FRIDAY/SATURDAY/APRIL 8-9 Used Book Sale. Friday, 9 a.m.–9 p.m. Saturday, 9 a.m.–4 p.m. Falls Church Community Center, 223 Little Falls St., Falls Church. More than 40,000 books for browsing and buying. Huge selection. Most books priced at $3 or less. Profits benefit scholarships and grants for women and girls. Buy a book, send a gift to college. Sponsored by the Falls Church AAUW. 703-941-5643.

In Living Sound. 6 p.m. Flame Room, Vienna Volunteer Fire Department, 400 Center St. S., Vienna. An evening of food, fun and theatre. Entertaining radio shows from the 1940s “Adventures of the Thin Man. The Case of the Goody Groom” and “The Big Story: Manhunt in Manhattan.” $25/$30 includes dinner, drinks, dessert. www.viennatheatrecompany.org.


Paint It. 12:30 p.m. Great Falls Library, 9839 Georgetown Pike, Great Falls. Artists will paint for 15 minutes, in their own style, on a common large square canvas. The finished work will be auctioned, the proceeds going to the Arts of Great Falls School and the Friends of the Library. frank@barnako.com.

McLean Little League Parade and Opening. 7:30–9:30 p.m. McLean High School, 1633 Davidson Drive, McLean. Officials and dignitaries present. mcleanll.com.

SUNDAY/APRIL 10 Wolftrap Elementary 5K. 8 a.m. Wolftrap Elementary School, 1903 Bealshab Road, Vienna. Jazz Celebration Concert. 3:30-5:30 p.m. Vienna Presbyterian Church, 524 Park St., NE, Vienna. The Cathedral Brass of Vienna Presbyterian Church, will perform a free concert of jazz favorites with guest artist Robert Wyatt and Graham Breidvo. cathedralbrass.org. 703-851-4709.

Camellia Society Plant Sale. Noon-4 p.m. McLean Community Center, 1234 Ingleside Ave., McLean. Sponsored by the Camellia Society of the Potomac Valley (CSPV). Members will be on hand with tips on growing camellias. 703-356-6978.

Callidore String Quartet. 4 p.m. Saint Francis Episcopal Church, 9220 Wolftrap Elementary 5K.

SMARTS
March 29-June 7. Colvin Run Mill, 9 a.m.–3 p.m. Oakton Community Library, 9830 Georgetown Pike, Oakton. Spring Book Sale. Thursday, 1-8 p.m. Friday, 10 a.m.-6 p.m. Saturday, 10 a.m.–3 p.m. Oakton Community Library, 10804 Lynnhaven Place, Oakton. cdowd2000@verizon.net. 703-852-8582.

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SATURDAY/APRIL 9


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Visit our website: www.twopoorteachers.com

McLean Connection  ❖ April 9-12, 2016  ❖ 15
Grammes drives in winning run with walk-off single.

By Jon Roetman  
The Connection

McLean pitcher Jon Clines shut out rival Langley for six innings on April 1, limiting the Saxons to just one hit. After the senior left-hander ran into trouble in the top of the seventh inning, the Highlander lineup came through in the bottom half, ensuring Clines’ performance resulted in a win.

Senior shortstop Conor Grammes delivered a walk-off RBI single in the bottom of the seventh and the McLean baseball team defeated Langley 2-1 on Friday at McLean High School.

With the score tied at 1, McLean pinch hitter Jack Slade led off the bottom of seventh with a single. Trevor Schleppenbach re-entered as a baserunner, stole second and advanced to third on a wild pitch. After two intentional walks loaded the bases with no outs, Grammes, who play college baseball at Xavier, hit a fly ball to deep left that fell for a hit and drove in the winning run.

“Conor’s our 3 hitter for a reason,” McLean head coach John Dowling said. “Conor has an exceptional ability to put the barrel of the bat on the ball. If you give me him up with the winning run at third base, I’ve got a good feeling about him putting the barrel on it somewhere and doing the job.”

CLINES, who will play at VMI, threw a complete game and earned the win. He allowed one earned run and two hits while walking two and striking out 10.

After surrendering just one hit and no walks through six innings, Clines allowed a leadoff single to Langley catcher Danny Hosley and walked two Saxons during the top of the seventh. With the bases loaded and one out, designated hitter Josh McQuag hit a ground ball to third that turned into a fielder’s choice and an RBI, but nearly resulted in a game-ending 5-3 double play.

Clines avoided further damage with his 10th strikeout of the evening.

“Jon pitched his tail off,” Dowling said. “We believe that he gives us a chance to win every night out and he did a very, very good job for us tonight. I can’t say one bad thing. I think he’s had days where he’s had better stuff, but he did not allow that to impact his confidence to go out and execute a pitch.”

How does a pitcher get the job done when he doesn’t have his best stuff?

“Competing — that’s a word that we use every minute of every day,” Dowling said. “Jon has been on varsity for three years, playing serious, serious innings for three years and has taken that to heart and he competed for seven innings today.”

Clines said he needs to do a better job of incorporating his legs when he pitches.

“That game, for some reason, I just felt like my top half was just working the whole game,” Clines said. “By the time I got to the seventh inning, the top half was dead. I’ve just got to get more lower half in there so I can breeze through the seven innings that I get each game.”

Clines drove in McLean’s first run with a fielder’s choice in the bottom of the first. He went 1-for-3 at the plate.

Third baseman Tom Shue and designated hitter Will French each had a hit for McLean. Dowling praised catcher Grant Williams for his performance behind the plate. Williams saved a run in the top of the second by retrieving a wild pitch and throwing out a Langley runner trying to score from third.

Langley starting pitcher Jake Trautwein suffered the tough-luck loss. The senior right-hander threw a complete game, allowing two earned runs and five hits in 6-plus innings. He hit two batters, walked five — two intentional — and struck out four.

“Jake pitched his tail off,” Langley head coach Kevin Healy said. “He did it for us at South Lakes (on March 16) when we got that win. He hits it on spring break and we kind of kicked a few balls around. We told him after the game, all you can do is what you can do and he’s doing a great job.”

THE VICTORY was McLean’s third in a row and improved its record to 6-3 overall and 3-1 in Conference 6.

“I think we’re starting to finally figure out what we are as a team, starting to figure out what works for us, what doesn’t work,” Grammes said, “and I’m just really excited to see what we have in store for us in the future.”

McLean was scheduled to face Yorktown on Tuesday, after The Connection’s deadline. The Highlanders will travel to take on Fairfax at 6:30 p.m. on Friday, April 8. After the loss to McLean, which dropped Langley’s conference record to 2-2, the Saxons played two games on Saturday. Langley lost to Grove City (Ohio) 15-10 and beat George Mason 13-2, moving its record to 4-5.

The Saxons were scheduled to face Fairfax on Tuesday, after The Connection’s deadline. Langley will travel to face Madison at 6:30 p.m. on Friday, April 8.
Senior Brittany Lund said she tried out on a whim.

From Page 14

Now she says she’s excited that she “got the chance to be involved.”

Follin understands; he first performed at Langley his junior year.

“Tried being a choir student all four years and I’ve always loved being on stage and performing, but that was always more the music aspect,” said Follin.

“I have some friends in the theater department and I always saw them acting,” he said. “I’ve been to a few of their shows, and I thought, ‘That looks like a lot of fun. So junior year, I tried it and loved it, and I was like, ‘Man, I got involved too late.’”

Follin will attend Virginia Commonwealth University next year to study acting.

TUESDAY/APRIL 12

Spanish Storytime with CommuniKids

11 a.m. Barnes and Noble Tysons, 7851 L. Tysons Corner Center, McLean. Internet entrepreneur Case will speak, take questions and sign copies of “The Third Wave.”

entertainment

Langley to Present ‘Chicago’

“Chicago,” the Langley Choir room, the McLean Community Center, the Adrenaline Dance Studios.

Often times, they have to change locations day to day.

They’ve had to design and build sets in parking lots.

“When a place that’s devoted for rehearsals makes a big difference,” said Follin. “We’re here rehearsing in a dance studio so we actually haven’t rehearsed on stage at all so we have no idea what’s it’s going to be like. We just have to get on stage and adapt.”

Marie said it is the first time they will perform with a full pit orchestra.

During renovations, performances have been with a sound track; in rehearsals this year, they’ve even brought in a karaoke machine.

“You have more freedom of expression with your songs because you’re working with people so you can make each piece more of your own,” said Marie.

“When you’re working with a pre-recorded track you have to work with what they give you.”

“It’s a lot more authentic, and it frees up a lot of what you can do with the music,” said Follin. “Instead of having to adjust the way you’re singing and dancing to a set time, you can work with a conductor and they’ll watch you and you can do things live that you wouldn’t be able to do with a recording.”

Theron Masters, a senior, plans to attend the University of Michigan to study piano performance. He will play the piano during the show.

“I like this kind of stuff,” he said. “Getting the notes down by myself is easy, but putting it together with other people is the challenge.”

He has two conductors, the pit conductor and the actors on stage. “As a musician, our job is to help the performers on stage sound good.”

Goodson likes the enormity of the production of “Chicago.”

“I think I’m more of a musical girl, I really like to sing and dance,” she said. “Literally, the whole theater department is involved in this show.”

The duet featuring her and Lund is just one highlight of the show.

“She has such an amazing voice and she’s so talented that it’s intimidating. But she’s been helping me a lot and encouraging me to do my best,” said Lund.

Goodson gave credit to her teachers.

“They handed us the golden egg here and paved the way for us to have a good show,” she said. “I think it has a really awesome message with what is going on with politics right now.”

The show is set in Chicago during the 1920s.

“This show is a little raunchy, so it’s going to be interesting when my grandparents come to see it,” she said. “When my friends come to see it, it’s going to be really really, really fun just to see their faces.”

“This SPRING, the cast of “Chicago” has rehearsed in the Langley Choir room, the McLean Community Center.”

Computer software and Internet searches can make each piece more of your own,” said Maric.

“You have more freedom of expression with your songs because you’re working with people so you can make each piece more of your own,” said Marie.

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Carnival Ride of Entertainment

New York Neo Futurists Cast at the Alden

Headlined by Mike Puckett, a 2008 Centreville High School graduate, the New York Neo Futurists return to the Alden by audience demand. Armed with a clothesline and a menu of titles, the “Neo’s” create an exhilarating one-of-a-kind theater experience in collaboration with the Alden patrons. It is 60 minutes of “Too Much Light Makes the Baby Go Blind.”

“The audience is crucial to the success of the evening’s entertainment. The audience is our key and are equals,” said Puckett. “They help decide how the evening will progress from scene to scene.”

If you have not seen the Neo’s before; here is how it works. The audience gets to shout out play titles from a menu they are provided. The titles are from a playlists of some 4000 different scenarios the Neo’s have amassed. On stage, the performers try to beat the clock ticking away so they successfully complete their task of performing 30 very different rapid plays chosen by total strangers in an allotted 60 minutes.

The Neo’s perform plays that can be topical, personal, and political or based upon absurd scenarios the Neo’s have amassed. On stage, the performers try to beat the clock ticking away so they successfully complete their task of performing 30 very different rapid plays chosen by total strangers in an allotted 60 minutes.

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By David Siegel


Where and When

New York Neo Futurists perform “Too Much Light Makes the Baby Go Blind” at the Alden Theatre, McLean Community Center, 1234 Ingleside Ave. McLean. Perfor-
mance: Saturday, April 16, at 8 p.m. Tickets: $25/$15 MCC tax district residents. Call 703-790-123 or visit: www.mcleancenter.org.

There is also audience participation as the theatre troupe will invite Alden patrons onto the stage or bound off the stage into the aisles and perhaps into the sets to tease and cavort with the on-lookers. “It is all in good fun, of course,” noted Puckett.

Sarah Schaller, director, performing arts, Alden Theatre, McLean Community Center, invited audiences to the joy of joining the New York Neo Futurists community of devotees, whether for the first time or a returnee. “This is theatre for people who want to be part of the action, love a rush of adrenaline, take a little of everything from the buffet,” said Schaller with a sly grin in a recent interview.

Alden staff will be at the Neo’s performance to obtain feedback from patrons. This provides an opportunity to offer reactions to the Neo Futurist’s performance. Now that is personal, on-the-spot customer service which can have impact on the Alden’s next season of performances.

Join the party, take part and enjoy in the cozy confines of the Alden Theatre. It is right in the nearby neighborhood—an evening of one-of-a-kind theatre.
It’s me who seems to benefit.

Companionship which in itself prevents resistance to follow, but I will attribute some of the impact and benefits are likely the same: ability to live, work, play; at home or on the road, with some kind of companionship. Moreover, not being stuck/focused on your own disease, especially if you’re a cancer patient. Just plain, everyday, garden-variety boredom. And because I’m aware of all this activity/time somehow, waiting for five o’clock dinner.

And though the context had to do with Radar’s widowed mother dating again, not her spending time alone after receiving a cancer diagnosis, a widow, a dog owner, a cancer patient, a reader of the Potomac Almanac & The Connection Newspapers.

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Unusual opportunity to learn many aspects of the newspaper business. Internships available in reporting, photography, research, graphics, editing. Opportunities for students, and for adults considering change of career. Unpaid. E-mail internship@connectionnewspapers.com

by Kennen B. Lourie

Although I am often left to my own devices (not a continuation of last week’s column), I am rarely left to my own thoughts. Five indoor cats will do that, and the thought of it can be very important sometimes, though I know they are always, wherever I go in our house, I’m likely to find a cat. And in so doing, there’s always a connection to be had, and/or a gesture to be made. And even though the specific behaviors are a bit one-sided, typically, there is ample vocalization on their part to reward my initiative.

As “Hawkeye” Pierce advised Cpl. Radar O’Reilly on a long-ago M*A*S*H* episode: “Loneliness is everything it’s cracked up to be.” And though the context had to do with Radar’s widowed mother dating again, not her spending time alone after receiving a cancer diagnosis, the impact and benefits are likely the same: being able to live, work, play; at home or on the road, with some kind of companionship. Moreover, not being stuck/focused on your own disease, especially if you’re a cancer patient. Just plain, everyday, garden-variety boredom. And because I’m aware of all this activity/time somehow, waiting for five o’clock dinner.

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**Announcements**

**Traffic Updates**

The Springfield Connection, 5499 Old Lee Highway, Fairfax, VA 22032. The Springfield Connection is now closed for the season. Hours are Mon-Thu 9 a.m.-9 p.m., Fri 9 a.m.-8 p.m., Sat 9 a.m.-8 p.m., Sun 10 a.m.-6 p.m. www.springfieldconnection.com or 703-356-2666.

The Reston Connection, 19101 Gateway Center Blvd, Suite A, Herndon, VA 20171. Hours are Mon-Thu 9 a.m.-8 p.m., Fri 9 a.m.-5 p.m., Sat 9 a.m.-5 p.m., Sun 10 a.m.-5 p.m. www.restonconnection.com or 703-432-3888.

The Arlington Connection, 5683 Lee Hwy, Falls Church, VA 22041. Hours are Mon-Thu 9 a.m.-8 p.m., Fri 9 a.m.-5 p.m., Sat 9 a.m.-5 p.m., Sun 10 a.m.-5 p.m. www.arlingtonconnection.com or 703-542-3030.

The Fairfax Station/Clifton/Zone 5:

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The Alexandria

Zones 2, 3, 4.....Tues @ noon

Zones 1, 5, 6.....Mon @ noon

**Contact Information**

For more information, contact the Circulation Department at 703-356-2666 or www.springfieldconnection.com.

**Legal Notices**

**Public Notice**

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Pancho Villa LLC trading as Pancho Villa Mexican Cuisine, 1803 E St, S. Arlington, VA 22209. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) to sell and/or transport alcoholic beverages. Philip Hobson, President. NOTE: Objectives to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objectives should be submitted at www.abc.virginia.gov or 800-552-3200.

ABC LICENSE

Robinsons, LLC trading as Empress Restaurant, 549 2nd St, S. Arlington, VA 22202. 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 and/or manufacture alcoholic beverages. Philip Hobson, President. NOTE: Objectives to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objectives should be submitted at www.abc.virginia.gov or 800-552-3200.

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**BASIS.edu Alumni Reunion at Tysons Sheraton Premiere**

Alumni of BASIS.ed reunited last week at Tysons Sheraton Premiere to meet and greet potential students of Tysons Corner’s first prek-12th school, BASIS Independent McLean. BASIS.edu alumni students came from Yale University, Princeton University, Cornell University, Brown University, Duke University and more. For more information, go to http://mclean.basisindependent.com or call 703-854-1253.

School registration is underway for Tysons Corner’s new school, BASIS Independent McLean. The school will be located at 8000 Jones Branch Drive in McLean.

“It was exciting to see so many of our alumni, and their graduates, and hear about their successful experiences at college,” said Sean Aiken, head of school of BASIS Independent McLean.

To have community events listed in the Connection, send to north@connectionnewspapers.com. The deadline for submissions is the Friday prior to publication.

**Wednesday/April 6**

**Advisory Committee for Students with Disabilities**

7:30 p.m. Gatehouse Administrative Center Room 1600, 8115 Gatehouse Road, Falls Church. Guests are welcome to observe and provide public comment at any meeting. 703-204-3941 or TY7 703-204-3956. fcps.edu/dss/ACSD.

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**Thursday/APRIL 7**

**ESL Registration**

7:30 p.m. St. Mark Catholic Church, Christian Formation Center, 9972 Vale Road Vienna. $25 for classes. $10 for conversation. Cash only. Classes from April 12-June 9, Tuesdays and Thursdays from 8-9:30 p.m. 703-502-3200.

**Saturday/APRIL 9**

**Bereavement Volunteer Training**

9 a.m.-3 p.m. St. Mark Catholic Church, 9770 Vale Road, Vienna. Education regarding childhood grief, and prepares volunteers to take part in our camp programs. Comfort Zone Camp is a nonprofit organization that provides free therapeutic grief programs for young people ages 5-25 who have experienced the death of a parent, guardian, or sibling. www.comfortzonecamp.org. jenny@comfortzonecamp.org.

Open House, Brinker Toastmasters: 9-11 a.m. 8601 Willow Road, Vienna. Introduction of speech, communications and leadership Toastmasters club, an established group of beginner to advanced level speakers. Mock meeting with Q&A session. Food and refreshments. Free. brinkner.word Press.com. 703-282-1450.

**TUESDAY/APRIL 12**

**Library Forum**

7-8:30 p.m. Chantilly Regional Library, 4000 Stringfellow Road, Chantilly. Help plan the library’s future by sharing your input. Fairfaxcounty.gov/library. 703-324-3319.

**Post-Secondary Education and Employment Workshops**

7-9 p.m. Woodrow Wilson High School Cafeteria, 9525 Main St, Fairfax. For students with IEPs and their parents. Register at 703-204-3941.

**THURSDAY/APRIL 14**

**Library Forum**

7-9:30 p.m. Kings Park Library, 9000 Burke Lake Road, Burke. Help plan the libraries’ future by sharing your input. Fairfaxcounty.gov/library. 703-324-8319.
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Best Washingtonian 2015
Taking the Long View

BY JOHN BYRD  
THE CONNECTION

hen they decided not to move-on after retirement, seniors Mike and Sandy Nusbaum slowly began enlarging their long-term residence with several goals in mind.

Ten years and four improvements later, the couple’s Alexandria home is ideal for extended visits with children and grandchildren and all sorts of everyday pleasures.

Home improvements can come in many sizes: life-changing or simply necessary; comprehensive, or something to please the grandkids.

The real problem is practical: how to conveniently and affordably implement a list of desired improvements — especially when experience tells you that securing a satisfactory outcome for even a basic household repair can be challenging.

In this context, it’s heartening to talk with Mike and Sandy Nusbaum, retired empty-nesters who have executed mid- to large-scale renovations to their thirty-year-old south Alexandria residence in phases, about once every two years and for more than a decade.

Plainly, the Nusbaums like their house, a circa-1980s Colonial-style home where they raised three children. While somewhat space-constrained at its original 2,100 square feet, the structure’s location adjacent to woodland and minutes from historic Old Town made it hard to beat.

As retirement neared, however, the couple began cautiously reassessing their home’s basic assets, even briefly considering a move to a bigger place.

“You have to ask yourself whether the next house will actually improve your quality of life,” Sandy Nusbaum says, recounting her thoughts of twelve years back. “When we looked at the alternatives … we realized there were only a few things about our house that we didn’t like.”

AND SO IT BEGAN. Plans for incremental changes. Kitchen and screened porch.

New family room and deck. Lower level. Enlarged Garage … Facilitated by a new relationship, with 30-year veteran remodeler David Foster, principal of Foster Remodeling Solutions.

“We met some homeowners at a local home show who raved about David,” Sandy recalls. “David has a low-key style, and a strong service orientation that helps us make informed decisions.”

Looking back, while the remodeler’s fresh design ideas were critical, the couple also appreciated his clearly-stated, always-reliable cost projections.

“WE WERE ON THE CUSP of retirement and didn’t want debt,” Mike Nusbaum says. “Our first thought was to make targeted improvements to the kitchen while keeping our options open for the larger family entertainment suite we might undertake as we assessed the budget issue.”

Foster was not only supportive of such thinking, but, as the Nusbaums learned, considers “phased remodeling” an integral part of his company’s service.

“I grew up in Fairfax County and have learned my business by helping homeowners find a process that will work for them as they think ahead,” he says. “Once work began, the Nusbaums particularly noted the foresight Foster brought to each improvement.

“Ten years ago, we wanted the rooms extending from the kitchen to function better as a place for entertainment. We had a small dining room that wasn’t being used much. The back rooms were too dark,” Sandy Nusbaum recalls.

In short order, the wall between the kitchen and dining room disappeared, replaced by a three-stool Silestone counter that has become the couple’s primary kitchen gathering area. That counter surface was also positioned as a serving station for the new elevated 16-by16-foot screened porch that is now a much-used fair-weather dining spot.

A new window over the kitchen sink adds natural light and a lovely view of the backyard. "When you walk from the kitchen to the screen porch, it feels like you’re walking in the air through the trees," Sandy says. "This gave us a wonderful re-discovery of our own backyard."

From there, it wasn’t long before the Nusbaums began planning an extension of the rear family room, an open-air grilling deck and a pathway that permits children, grandchildren and guests to circulate freely through a wide-ranging suite of rooms used for social gatherings.

"It was at this point that we started having holiday gatherings for up to thirty," Sandy says. "Such fun!"

WHICH LED TO THE THIRD PHASE: Transform the 800-square-foot lower level into an exercise room that doubles as a guest suite. Here a comfortable Murphy bed folds out of a discrete closet. There’s a full bath, and built-in serving station with refrigerator and microwave. The Nusbaums refer to it as “the family suite.” On holidays, it can be occupied for days at a stretch.

Then, just last year, Foster created a second bay for the garage by building a wing off of the lower level. The new construction is supplemented by a garden shed accessed from the yard. The contents, pruning tools, mower, freed up floor space in the garage, which now (for the first time) has room for something special: two cars.

“What we really appreciate about David Foster is there are no bad surprises, and frequently there are good ones,” Mike Nusbaum said. “Last year, for instance, he repaired a window that was out of warranty and didn’t charge us. That kind of service encourages you to think ahead.”

Mike and Sandy Nusbaum have enlarged their home four times in the past ten years. Each phase has improved the home’s overall functionality, which has transformed it into a preferred gathering place for children, grandchildren and extended family.

Budgeted, incremental improvements are the key to effective planning, aging in place.
Senior Living

Luxury Condos are a Growth Market for Seniors

Active retirees seek options for independent living, including condos in Alexandria, Arlington, Tysons, Reston, McLean, Bethesda and Chevy Chase, among others.

By Marilyn Campbell

The Connection

When Joyce and Don Lipman decided to move out of their Potomac, Md. home, they opted for a high-end townhouse instead of a retirement community. They gained a cosmopolitan environment and lost the burdensome maintenance of a large home. “My husband always hated taking care of the grounds and he didn’t want to pay someone to do it, and we weren’t ready for a retirement community,” said Joyce Lipman, who is 71. “Now I can walk to the shopping center and to my doctor’s office. I couldn’t believe it the first time I was able to go without my car. It was like a new lease on life.”

When another active retired couple decided to downsize and move out of their home, they opted for a high-end condominium instead of moving to a retirement community. They enjoy traveling and own a beach home where they often spend time. When it came time to design their new living space, they sought the help of Kelley Proxmire of Kelley Interior Design in Bethesda, Md.

“Condominiums and townhouses are growing in popularity for midlife couples because unlike large homes, they don’t require a lot of maintenance, and they offer opportunities for living independently. “In the next three to five years, luxury condominiums are going to be extremely popular with … those who feel the colonial home is too big and they want the freedom of locking and leaving their home.” — Debbie Miller, McEnearney Associates Inc. who specializes in the 55 and over real estate market. “Luxury condominiums provide a great option.”

Miller says that in addition to proximity to shopping, dining and public transportation, amenities such as a 24-hour concierge service that can handle requests such as meal delivery and grocery shopping make high-end buildings sought after among well-heeled retirees.

“The buyers Miller works with are looking for condos “that provide a ‘lock-and-leave’ advantage for residents who … like to travel or who spend six months here and six months elsewhere.”

Such condominiums are prized and often hard to obtain. “There are some that are very exclusive and [others that] don’t come on the market very often,” she said. “I sold a unit in the Rotonda [in McLean] a year ago and had multiple offers that were all cash.”

ONE REASON THAT retirees opt for condominiums over retirement communities is freedom without restrictions, such as the frequency or length of stay for overnight guests. “In a retirement community, your grandchildren might only be able to visit for two weeks. Condos provide more of an independent feel,” said Miller. “Owning a condo allows them the opportunity to pay the condo fee and come and go as they please and someone else takes care of the maintenance.”

Another reason is proximity, with a condominium community more likely than a retirement community to be in an urban environment like Arlington, Reston or Tysons.

Among the most favored luxury condominium properties in Northern Virginia, says Miller, are The Palladium of McLean, Midtown at Reston, the Porto Vecchio in Old Town Alexandria, and the Turnberry Tower in Arlington.

“There are many other high-rises that appeal to the 55 and older crowd due to convenience and lots of amenities and that are walkable,” she said.

Gerontology experts offer perspective for retirees who are looking to buy a new home. “The main thing is to consider safety,” said Beverly Middle, BSN RN, Assistant Professor of the College of Health and Human Services in the School of Nursing at George Mason University. “Communities where there are other older adults tend to have services in place to support them.”

Middle recommends using evidence-based design when creating dwellings suitable for seniors. “It’s a new science that’s geared toward older adults and is very specific to their needs,” she said.

Addressing retirees’ desire to live a vibrant and active life that takes freedom and safety into consideration, some retirement communities are working to broaden their appeal to a wider group of seniors. For example, Sunrise Senior Living, based in McLean, created a Live With Purpose program which offers residents structured programs that include activities for volunteering and learning.

“No matter your age, each of us has interests, desires and activities that make us feel whole and help contribute to a meaningful, healthy life,” said Rita Altman, senior vice president of Memory Care & Program Services for Sunrise.

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