



Fairfax County Board of Supervisors Chairman Sharon Bulova was the first of the supervisors to “run the gauntlet” and trade “high-fives” with the Leadership Fairfax selected “Super-Fans” – just to make sure they all felt appreciated for their efforts and their attendance at the annual State of the County Breakfast.

Vienna and Oakton CONNECTION

Double Duty

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VOLUNTEER EVENTS AND OPPORTUNITIES

Fairfax County is offering free **Independent Living Project sessions, Mondays, May 2-June 27, 10 a.m.-noon.** Calvary Hill Baptist Church, 9301 Little River Turnpike, Fairfax. Find out more and register at www.fairfaxcounty.gov/olderadults and click on Independent Living Project. Call **703-324-7721**, TTY 711, (Preregistration required. There is no session on May 30.)

Fairfax County's free **Family Caregiver Telephone Support Group** meets by phone on **Tuesday, May 10, 7-8 p.m.** This will be an open discussion on caregiving. Register beforehand at www.fairfaxcounty.gov/olderadults and click on Caregiver Sup-

port/Telephone Caregiver Support Group. Call **703-324-5484**, TTY 711.

Fairfax County is offering the following free Chronic Disease Self-Management programs:

❖ **Take Control of Your Health and Your Happiness. Tuesdays, May 3-June 7, 10:30 a.m.-12:30 p.m.** Kingstowne Library, 6500 Landsdowne Centre, Alexandria. Register online at www.fairfaxcounty.gov/olderadults and click on Chronic Disease Management Program or call **703-324-5489**, TTY 711. (Preregistration required.)

❖ **Diabetes Self-Management Program. Fridays, May 6-June 10,**

10 a.m.-12:30 p.m. Hollin Hall Senior Center, 1500 Shenandoah Road, Alexandria. Register online at www.fairfaxcounty.gov/olderadults and click on Chronic Disease Management Program or call **703-324-5489**, TTY 711. (Preregistration required.)

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

❖ **Legal Tools for Caregivers – WEBINAR, Wednesday, May 4, Noon-1 p.m.** Learn about legal tools that can help you ensure your loved one's wishes are carried out. Topics include durable power of attorney, trusts, guardianship, and advanced medical directives. Find out more at www.fairfaxcounty.gov/olderadults

and click on Register Now: Spring 2016 Caregiver Seminars.

❖ **Understanding and Caring for a Person with Dementia, Thursday, May 5, 7-8:30 p.m.** This class will discuss the different types of dementia, common behaviors, the reasons for troubling behaviors, communication techniques, and services available for caregivers. Herndon Harbor Adult Day Health Care Center, 875 Grace St., Herndon. Find out more at www.fairfaxcounty.gov/olderadults and click on Register Now: Spring 2016 Caregiver Seminars.

❖ **Is it Normal Aging or Dementia –**

WEBINAR, Wednesday, May 11, Noon-1 p.m. Learn what signs and symptoms are normal in the aging process, and which may indicate dementia. Find out more at www.fairfaxcounty.gov/olderadults and click on Register Now: Spring 2016 Caregiver Seminars.

❖ **Five Questions to Consider About Paying for Long-Term Care – WEBINAR, Wednesday, May 18, Noon-1 p.m.** Get the answers that are right for your family. Learn how to use your resources wisely and avoid common money mistakes that caregivers make. Find out more at www.fairfaxcounty.gov/olderadults and click on Register Now: Spring 2016 Caregiver Seminars.



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Double Duty

BY ANDREA WORKER
THE CONNECTION

With the number and types of commitments made on their daily schedules, it takes a special occasion to gather the entire roster of the Fairfax County Board of Supervisors in one place at one time outside the walls of their meeting chambers. The annual Leadership Fairfax (LFI) Board of Supervisors Breakfast was just that, with all ten members in attendance on April 22 before a packed auditorium of other elected officials, community and business leaders and members of local law enforcement – many of them alumni of LFI programs that the nonprofit sponsors to “create and support leaders.”

Welcoming remarks by LFI President and CEO Karen Cleveland and LFI Board Chair Brian Monday of event sponsor TD Bank got things started. Before the supervisors were called to the dais, however, there was an important presentation that had first to be made – a celebration of Bill Bouie, the recipient of the 2015 Katherine K. Hanley Public Service Award. Chairman of the Fairfax County Park Authority Board, Bouie is the embodiment of the award’s objective to recognize a member of the community “who exemplifies service above self and has had a positive effect on the County,” according to award presenters Rodney Lusk with the Fairfax County Economic Development Authority and award namesake Katherine Hanley.

“Under Bill’s leadership,” said Lusk, “the Fairfax County Park system received the Gold Medal for Best Large Park System, added 786 acres of parkland,” and impressively was the “only park system in the nation to receive a perfect score during accreditation. He’s a national leader and has truly made a positive difference in the lives of Fairfax County citizens.”

In addition to his work with the Park Authority, Bouie serves on numerous boards, including Wolf Trap Center for the Performing Arts, Reston Hospital Center and Reston Community Center Board of Governors. Bouie grew up next door to a Catholic Church and a convent and came from a family that firmly believed in a “life of service.” His service record is one that anyone could be proud of, but in accepting the honor Bouie admitted that he was unable to fulfill his late father’s greatest wish – “that I became the first black Pope! He had to settle for really great altar boy!”

Once the applause for Bouie had dissipated, LFI Class of ’99 graduate Casey Veatch, principal with Veatch Commercial Real Estate, took the helm as moderator. Not content with simple introductions, Veatch made sure the audience and the supervisors were all still engaged, calling his guest speakers to the stage with organized rhythmic clapping and having each one pass through a line-up of LFI “Super Fans” for



PHOTOS BY ANDREA WORKER/THE CONNECTION

All of the Fairfax County Supervisors attended the Leadership Fairfax Breakfast with the Supervisors, even though not all could stay until the end of the event. Still standing, from left, Kathy Smith, Sully District; Jeffrey McKay, Lee District; John Cook, Braddock District; Sharon Bulova, Chairman; John Foust, Dranesville District; Cathy Hudgins, Hunter Mill District; Daniel Storck, Mt. Vernon District.

some high-fives before taking their seats. “For all they do for the county,” declared Veatch, the supervisors deserved some “positive recognition.” Veatch started them off with a “soft-ball,” asking each supervisor to name a place or an event in the area that’s high on their favorites list, as well as a favorite musical group. Answers for the former included Lake Anne Plaza (courtesy of Hunter Mill District Supervisor Cathy Hudgins), Riverbend Park (Dranesville District Supervisor Foust), Clifton (“a place that will lower your blood pressure,” declared Springfield District Supervisor Pat Herrity), and the Sully District Police Station, (“if I go by the frequency of my visits there,” said Sully District Supervisor Kathy Smith). Harry Connick, Jr. was Lee District Supervisor Jeffrey McKay’s musical pick. Kathy Smith went with Bruce Springsteen, while Braddock District Supervisor John Cook chose the group that “keeps having one last tour - The Who.”

After getting to know a bit more about our county’s elected legislators, Chairman Bulova was then called upon to deliver what she termed the “speed dating version” of the State of the County address – in *four* minutes or less.

CHAIRMAN BULOVA’S State of the County highlights:

- ❖ Progress on the Silver Line metro – the extension work beyond the Wiehle-Reston station is proceeding and the rail line is expected to begin service to Dulles Airport by 2020.

- ❖ I-66 Inside and Outside the Beltway improvements – planning, public input and decisions are on-going, but “at least we are

finally moving forward.”

- ❖ Tyson’s – so much has already been done, with many more projects well underway.

- ❖ Ad Hoc Police Practices Review Committee – a final report was delivered to the Board in October, 2015. The full report is available on www.fairfaxcounty.gov website, but includes recommendations on new training and practices that stress “the sanctity of life.”

- ❖ Implementation of Diversion First Program – The county has adopted policies and procedures and is conducting Crisis Intervention Training to “decrease the use of arrest and incarceration” for persons experiencing mental health crises, “diverting them to treatment” wherever possible and allowing them to “access treatment at many points of contact.” As of Jan. 1, 2016 the Merrifield Crisis Response Center accepted its first “transfer of custody.” Bulova cited numerous benefits to the initiative including better outcomes for the individuals in crisis, enhanced safety of officers and the public, keeping law enforcement in action instead of awaiting mental health assessments and disposition, and considerable savings in cost to the County. According to research conducted for the program, persons with mental health issues remain incarcerated 4 – 8 times longer than those being held on the same charges, and at a cost 7 times higher.

- ❖ A more than 40 percent decrease in homelessness in Fairfax County. “Since making the commitment in 2008 to end homelessness in our area within ten years, the results show that our efforts are making a big difference,” said Bulova.



Smiles from Bill Bouie, Chairman of the Fairfax County Park Authority Board and the recipient of the Katherine Hanley Award for Public Service. Kate Hanley, the award’s namesake, was on hand to help present the honor.

- ❖ Preparation of the 2017 Budget – which Bulova said was a determined effort to find the “sweet spot” balancing revenue with the county’s many needs.

Once Bulova had completed her rapid summary, moderator Veatch began posing questions of the other supervisors, sometimes in a single-person responder format, sometimes in a “point-counterpoint” method, and even tasking three supervisors to communicate on different aspects of one major issue – Metro. Supervisor Cook commented on performance of the system, Hudgins on maintenance issues, and McKay on why we need to support Metro at all.

Cook pointed out that one of the problems with Metro is that it answers to some twenty different jurisdictions. “We need to operate more like the New York Port Authority, trimming it down to Federal, District of Columbia, Maryland and Virginia. Hudgins reminded the audience Metro is forty years old and was designed as a simple two-track system. “And we are still trying to secure a dedicated funding source to address maintenance, safety and growth,” she added. In general defense of Metro, Supervisor McKay said the state would have to add at least one more lane to every interstate if there were no more Metro. He also noted that most major economic de

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State of the County Presented Over Breakfast

FROM PAGE 3

velopment is taking place near Metro rail or other transit stations. "It's not that Metro is too big to fail, it's too important."

TRANSPORTATION continued to be a theme with Supervisors Herrity and Lynda Smith providing pro and con arguments about the proposals to improve I-66, inside and outside of the Beltway. Smith expressed concern that the project would be "worse than the Beltway construction," and mean major work at artery roads and intersections like Gallows Road, Nutley and Cedar Lane, disrupting the lives of many who "are already major users of transit." Herrity countered that the congestion to I-66 could not go unchecked, citing the improvement in travel times on the Beltway since the addition of the Express Lanes. "These improvements will give people choices in transportation and actually encourage transit usage and carpooling."

Re-visiting an issue from last year's event, Veatch asked for commentary from Supervisor Kathy Smith on the controversial proposed Meals Tax. Smith allowed that it was something that needed discussion. Smith, Herrity and several other supervisors expressed concern in this regard, indicat-



PHOTO BY ANDREA WORKER/THE CONNECTION

Leadership Fairfax President and CEO Karen Cleveland, and Fairfax County Public Schools Superintendent Karen Garza listen as the Fairfax County Board of Supervisors offer their remarks on the school budget process and whether school boards should be given taxing authorities to raise funds.

ing that a diversification of the revenue stream was critical. To considerable applause, McKay spoke about "Richmond's assumption of Northern Virginia's wealth" when it comes to the state's formula on providing funding for Fairfax County schools. To keep looking to real estate taxes is "unsustainable" said McKay.

One of the final questions was to Supervisor Herrity, asking him if he agreed that drug overdoses had become a "public health crisis." "Yes," was his immediate and succinct response. "More of our citizens die from heroin overdoses than car accidents." The supervisor noted that 75 percent of heroin usage has been found to have started with the use of legitimately prescribed drugs, often for pain from sports or other injuries. Herrity announced to the assembly that he would be hosting a Town Hall event on the topic in early May.

With final thanks to attendees, LFI staff, sponsors and speakers, Veatch brought the 2016 Leadership Fairfax Breakfast with the Board of Supervisors to a close with a reminder that the new LFI class year will begin in September with programs for current leaders, emerging leaders, and those transitioning towards, or in retirement. For more details, go to www.leadershipfairfax.org.

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WEEK IN VIENNA

Ayr Hill Garden Club To Host Annual Plant Sale

The Ayr Hill Garden Club (AHGC) will host their annual plant sale on Saturday May 7, 8 a.m.–noon. Hundreds of plants, proven to grow well in Vienna will be on sale at Vienna Town Green, 131 Church St., NE, Vienna. The garden club members have themselves provided plants from their own local gardens. The May 7 event will be held rain or shine. There will also be a Garden Flea Market along with the plants for sale. Proceeds from the sale help Ayr Hill Garden Club to maintain six gardens in Vienna: W&OD Trail, Maple Avenue opposite Town Green; Children's Garden by the Town Caboose; Patrick Henry Library; The Historic Herb Garden at the Little Library by Town Green; Salisbury Spring, off Lawyers Road; and Emmanuel Lutheran Church Butterfly Garden. Established in 1929, the Ayr Hill Garden Club's (AHGC) motto is civic gardening. Meetings are held on the fourth Monday of every month, except December and May, when they hold special events for members only. Guests are welcome to many of their meetings. For more information about the Ayr Hill Garden Club visit <https://ayrhillgardenclub.shutterfly.com/>

Holy Comforter a Certified Wildlife Habitat

Just in time for Earth Day, Church of the Holy Comforter's Stewardship of Creation Committee (SOCC) has announced that the National Wildlife Federation (NWF)—America's largest wildlife conservation and education organization—has recognized that Holy Comforter has created a Certified Wildlife Habitat on its grounds. NWF recognizes that the church grounds improve habitat for birds, butterflies, bees, frogs and other wildlife by providing essential elements needed by all wildlife—water, natural food source, and cover. Holy Comforter is pleased to be part of an ongoing effort to increase wildlife habitat in homes, businesses, and institutions throughout the town of Vienna. The National Wildlife Federation's website has a variety of information on how to improve the chances for birds, bees, and butterflies by creating wildlife habitat in our yards. It's surprisingly easy! Church of the Holy Comforter is located at 543 Beulah Road NE, Vienna, 703-938-6521.

<h2>DERBY-Q FESTIVAL</h2> <h3>Saturday May 7</h3> <p>2:00 PM–7:00 PM Old Town Square Downtown Fairfax</p> 	<h2>CRAFT BEER</h2> <p>Craft Beer Tasting 2:00 PM–7:00 PM</p> <p>The Scotch Man Whisky Tasting with Dougie Wylie 2:30 PM & 5:00 PM (select one time; limited seating!!)</p>	<h2>BANDS</h2> <p>2:00 PM–4:00 PM Moonshine Society</p>  <p>4:30 PM–7:00 PM Clarence "Bluesman" Turner</p> 
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More Voters Might Not Mean Much More Voting

Governor's action brings Virginia in line with 39 other states.

Last week, Gov. Terry McAuliffe (D) restored the voting and civil rights of more than 200,000 Virginians who were convicted of felonies, served their time and completed any supervised release, parole or probation requirements.

This moves Virginia into the mainstream; only 10 states have more restrictive policies about voting for people who have been convicted of felonies. Previously, Virginia had been one of the most restrictive states in terms of restoring voting rights. Fourteen states automatically restore voting rights once the individual's term of incarceration is over, and two states allow absentee voting from prison.

While some claim partisan motivation, with most of those affected presumed to be Democrats, getting these men and women registered to vote and to the polls is unlikely to result in 100,000 new voters in November. Studies show that people who were previously convicted of felonies who are eligible to vote register and

vote at lower levels than the general population, according to the New York Times <http://nyti.ms/26kNrS2>, with a registration rate of around 30 percent and about 20 percent actually voting, although some suggest voting rates of between 10-15 percent. If, as the studies suggest, 55 percent of those would vote Democratic, then likely new Democratic voters would be around 22,000.

While that's a lot less than 200,000, it's also more than the margin of victory in quite a few statewide races. Consider that Attorney General Mark Herring (D) won his race by about 900 votes out of more than 2 million cast. These new voters could have an impact on statewide races.

Districts for members of Virginia's General Assembly are so gerrymandered, it's hard to imagine that the impact of these new voters will be huge in terms of local representation.

In a Democracy, it's better when more people vote.

McAuliffe said: "If we are going to build a stronger and more equal Virginia, we must break down barriers to participation in civic life for people who return to society seeking a second chance. We must welcome them back and offer the opportunity to build a better life by taking an active role in our democracy."

Again, this action brings Virginia into line with 39 other states, with more than 20 states

having less restrictive policies. For example, on Feb. 9, 2016, the Maryland General Assembly overrode the Governor's veto and restored the vote to all convicted felons immediately upon their release from prison. Previously, people convicted felonies in Maryland had to complete all parole and probation before they were able to vote. In Virginia, such individuals have to complete their term of incarceration and their term of probation or parole before voting rights are restored.

— MARY KIMM

EDITORIAL

Send in Mother's Day Photos

Mother's Day is May 8 this year and 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, ages of children, 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 contact information, just names and town of residence.) You can upload photos and information directly to www.connectionnewspapers.com/mothersday/ or email to north@connectionnewspapers.com.

LETTERS TO THE EDITOR

Firearms at the Convention?

To the Editor:

A Change.org Petition caught national attention recently because it sought to openly carry firearms at the Republican National Convention in Cleveland, Ohio. The argument went like this..." Ohio is an open carry state... and all three remaining Republican candidates have spoken out on the issue and are unified in their opposition to 'gun free zones'". The petition garnered so much press that the Secret Service had to weigh in and infuse some common sense. Is this the new Republican Platform - to eliminate "gun free zones" including our schools and allow guns everywhere? Will Republicans elected at the local level adopt these more extreme positions fueled by Trump and Cruz to fire up the base or will they reflect more moderate views of their constituency? What will Rep. Comstock do? It's hard to get straight answers making us rely on her past votes and positions. When it comes to guns, the position she took in March 2015 gives us a glimpse.

Early last year the Federal Government through the Bureau of Alcohol, Tobacco, and Firearms (ATF) proposed a ban on armor-piercing bullets to protect law en-

forcement. House lawmakers wrote a letter directing the ATF to abandon the proposal. Although more moderate Republicans stayed off of the letter, Rep. Comstock signed on. ATF surrendered and armor-piercing bullets remain on the market today. If keeping armor-piercing bullets on the market is among Rep. Comstock's priorities it appears she just may be aligned with the Trump and Cruz ideology.

Michelle Sandler
McLean

Call to Protect Grizzly Bears

To the Editor:

Recently, several bears have been sighted in the Vienna/Oakton area. In Virginia we're fortunate to share our wild back yards with our wild neighbors. However, some states may not be as lucky, if the U.S. Fish and Wildlife Service (USFWS) has their way.

The USFWS is making decisions for wildlife management that don't bode well for the recovery of the species they're supposed to be protecting.

Their recent proposal to delist Greater Yellowstone Ecosystem (GYE) grizzly bears from the Endangered Species Act is premature

and threatens the very existence of this population. Their numbers are far too low, only around 700, and don't represent a healthy, recovered population that is large enough to be stable and to withstand trophy hunting.

If we lose grizzly bears in the Yellowstone area, we risk losing part of what makes the region so incredible. GYE grizzlies are the most famous in the world and draw in millions of tourists looking to spot the large, rare species. Not to mention the significant impact those tourist dollars have on the local communities and businesses.

The public has 60 days to provide comments to USFWS on this proposed plan to delist Yellowstone area grizzly bears. I plan to submit comments opposing this plan and encourage others to the same.

Cynthia Longo
Vienna

Selfishness, Not Altruism, Behind Tax Increases

To the Editor:

The Board of Supervisors and School Board should give the approximately 12,000 classroom teachers salary increases, but give

no raises to other school and county employees. They should hold real estate taxes constant to spare the moderately poor, who are the most hurt by real-estate tax increases, many fleeing the county when taxes are raised and others becoming welfare dependent. Politicians gain by raising taxes so they can pay their employees more, employees who will dutifully reelect them. Politicians gain also by making more people dependent on government, people who will reelect them so welfare continues. Selfishness, not altruism, makes them raise taxes. Eventually, they will suffer the consequences of selfishness.

Fred Costello
Herndon

Write

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

Letters to the Editor
The Connection
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Alexandria VA 22314
Call: 703-917-6444.
By e-mail:
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VIEWPOINTS

What Do You Enjoy the Most About Springtime in Vienna?

Lu Cousins, Vienna Arts Society

"I love poking around my garden, walking on my sidewalks and reconnecting with neighbors again."



Peggy James, executive director, Vienna Business Association

"My favorite thing about spring is all the fairs and special events that come up ... Taste of Vienna, ViVa! Vienna! ... and I really enjoy going to Eastern Market on Capitol Hill. I used to get a lot of things, crafts, for my shop there."



Tara Voigt, Town Council candidate

"My most-favorite part of springtime is the flowers, the warm weather, the return of summer. I love wearing sandals and driving with my windows open."



Pasha Majdi, Town Council candidate

"Walking in Wildwood Park with my family, Town Green concerts. One of the things I look forward to is walking in warm weather."



Craig Burns, Town Council candidate

"The colors of the flowers and the blooming trees. I love the longer days, and, the mating rituals of songbirds, listening to them sing."



Roy Baldwin, Town Council candidate

"Cherry blossoms, all the flowers, lack of constant wind ... Everything blooms here in spring and everyone gets out to enjoy the weather and activities. The streets explode with special events and festivals."



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Culinary Cultures Explored

Profile: Bertrand Chemel, executive chef, 2941 and Pizzeria Orso in Falls Church.

BY ALEXANDRA GREELEY
THE CONNECTION

Whether you crave a whole Neapolitan pizza from Pizzeria Orso or an upscale dish with house-made fresh potato gnocchi from 2941, you must thank the mastermind—and master chef—behind these very diverse Falls Church restaurants. That would be executive chef Bertrand Chemel, a native of the Auvergne region of France and now a resident of Tysons Corner. His culinary odyssey from one culture to another is the stuff of any cook's dream.

"I started cooking at the age of 16," he said, "so when I was 14 I took a summer job working in a local restaurant. I wanted the job so I could buy a motorcycle." His grandmother lived across the street from a bakery and helped him get hired to wash the floors and do the dishes. He returned again the following summer because he realized he loved the food industry.

After several years of an externship and one year in service to the army, Chemel got a lucky break, a job in Megève, France, the gourmet capital of the Alps, at the chef's fine-dining institution Restaurant Michel Gaudin. "I worked there for 4 years," he said, "There were just the two of us, and we did it all. From September to May, we worked 7 days a week."

But thanks to his boss he got to spend time at Geneva's elegant Hotel du Rhône, where Gaudin sent all of his great chefs for training. Gaudin then sent him to a two-star restaurant in Southern France, when Chemel spent two more years before going to work at the Savoy Hotel and at the Connaught in London. With such excellent training, Chemel was ready for his next big step: a move to New York City to work for Daniel Boulud. "I told my parents I was going to New York," he said. "My father laughed and my mother was scared."

In Manhattan, not only did Chemel cook at Daniel restaurant and its sister, Café Boulud, he also worked for a fellow Frenchman from his hometown, Laurent Tourondel, at his now closed Cello



Bertrand Chemel, a native of the Auvergne region of France, is now a resident of Tysons Corner.

Executive Chef Bertrand Chemel Spicy Tomato Jam

Yields about 6 cups

Chef Chemel notes that this recipe goes very well with grilled or fried fish or a chilled crab salad.

5 pounds plum tomatoes
2 pounds cherry tomatoes
5 tablespoons olive oil
3 ounces basil with stems
1/4 ounce lemon thyme
1 1/2 cups sugar
2 1/2 teaspoons chili di arbol (dried pimiento), crushed
3 tablespoons sherry vinegar

Wash all of the tomatoes. Remove the stems, and score the bottom of each plum tomato—cut a shallow X. Bring one gallon water to a boil, plunge the plum tomatoes into the boiling water for about 30 seconds. Remove the tomatoes, and place them into an ice bath. With a par-

restaurant. All that exposure to classic French cooking techniques shaped his culinary perspective, and when offered the chef's job at 2941, he became the perfect fit.

Besides, he said, he and his family love living in Northern Virginia. "I was amazed by Virginia and its schools, beauty, and restaurants," he said. "For me, it was like being back home with its rivers, former farming communities. My wife and I felt the same."

Now overseeing 2941's kitchen since 2008 and more recently, that of Pizzeria Orso, Chemel has worked hard to reshape both menus. He has transformed the former very pricy luxury 2941 restaurant into an upscale casual destination that fits the local economy. Obviously, the lakeside setting is the same, and Chemel always chooses the best local and seasonal ingredients.

"We went from high-end expensive ingredients," he said. "We still use great ingredients but the cooking is now more about the creativ-

ing knife, remove the skin, and cut the tomatoes in half, squeeze the juice and seeds out, and discard. Cut the cherry tomatoes in half. Tie the basil and lemon thyme together, and set aside.

In a deep sauce pan, heat the olive oil over medium heat. Add the plum tomatoes (seeded and skinless), cherry tomatoes, basil and lemon thyme tied together, sugar and pimento di Arbol. Cook for 8 minutes.

Drain off all of the cooking liquid from the tomatoes, and reduce the liquid to a syrup in a separate saucepan. Place the tomatoes back into the saucepan and cook them slowly at low heat until the tomatoes start to dry out (about 6 to 10 minutes). Add the tomato syrup to the tomatoes and cook over low heat for another 10 minutes. Remove the basil and lemon thyme, add the sherry vinegar, and allow the tomatoes to cool down to room temperature.

ity of the dish....We use as much local as possible, but for me local means from Pennsylvania to Georgia, the East Coast local."

He added that his meats are free of antibiotics because he has researched where the animals are raised and what the farmers feed them. "We must know where the product is from...it is always quality ingredients." And he has followed that rule with the restructured Pizzeria Orso menu.

In the end, Chemel feels that he and the staff have achieved the optimal course at 2941. "It took us 6 months to one year to find the right balance," he said. "Now we have the right balance. We are doing a lot of things to get everybody excited."

* **2941**, Fairview Park Drive, Falls Church. 703-270-1500. Hours: Monday-Friday, 11:30 a.m. to 2 p.m., 5 to 9 p.m., Happy Hour, 4 to 7 p.m.; Saturday, 5:30 to 10 p.m.

* **Pizzeria Orso**, 400 S. Maple Ave., Falls Church, VA. 703-226-3460. Hours: Lunch and dinner, Tuesday-Sunday.

It All Started in Vienna Sam Ludwig making it big on professional stage.

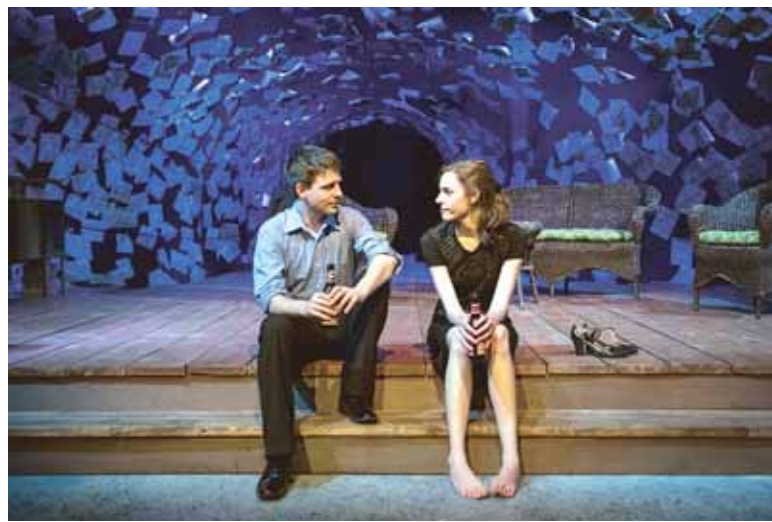
BY DAVID SIEGEL
THE CONNECTION

Sam Ludwig is an award winning professional actor who has not forgotten his Vienna, Va. roots. He is currently performing in "Proof" at 1st Stage (Tysons). In a recent interview Ludwig spoke with great fondness and gratitude for those in Northern Virginia who helped him become the performer he is becoming.

Ludwig, who graduated from James Madison High School in 2008, spoke of Natalie Safely, his influential James Madison High School drama teacher. He described her as "the classic cool teacher. She fostered a great environment for theatre kids." For Ludwig it was "an experience that really came in handy" as his career progressed.

Ludwig praised the Vienna Theatre Company (VTC) who cast him in a production of "Pippin" when he was a high school junior. "It was basically my whole conception of what theatre was as a kid. I saw Jesus Christ Superstar there when I was like ten and was absolutely blown away."

In performing in "Pippin" at VTC at 17, "I was really proud



Sam Ludwig and Katrina Clark in "Proof" at 1st Stage in Tysons Corner.

Where and When

1st Stage presents "Proof" performed at 1524 Spring Hill Road, Tysons. Performances through May 8, 2016. Fridays at 8 p.m., Saturdays at 2 p.m. and 8 p.m. and Sundays at 2 p.m. and 7 p.m. Tickets \$30 (adults), \$26 (seniors) and \$15 (students and military). Call 703-854-1856 or visit www.1stStageTysons.org. **Note:** Free Parking. Wheelchair accessible.

to be treated as an adult and peer, especially by my director Lorraine Magee." Magee is currently the casting director at Herndon's NextStop Theater. "She helped me to realize the difference between doing a school play to have fun with your friends and working to create an actually entertaining, semi-realistic theatrical experi-



PHOTO COURTESY OF 1ST STAGE
Sam Ludwig

into a professional musical theater performer."

Ludwig is now a regular performer with Northern Virginia professional theater companies. In the past few years he has had featured roles at Arlington's Signature Theatre, Alexandria's MetroStage and Falls Church's Creative Cauldron. During the interview, he made clear that his success came with the assistance of mentors he had earlier in his life. Also, his acting talents were well-recognized last year. Ludwig received the D.C.'s area prestigious Helen Hayes Award for theater excellence for his performance in the musical "How to Succeed in Business Without Really Trying" at the Olney Theatre in Maryland. And it all started in Vienna.

Sgt. Farhan Receives M. Jane Seeman 'Service Above Self' Award

On April 13, 2016 Sergeant Tu Farhan received the 2015 Rotary Club of Vienna, Rotarian M. Jane Seeman "Service Above Self" Award. He was presented with the award at a banquet which was held at the Westwood Country Club to honor public servants of the Town of Vienna. The award is given annually to a member of the Vienna Police Department whose motivation, commitment and service to the community exemplifies the Rotary Club's motto of "Service Above Self." Sgt. Farhan has been an accomplished Officer, Detective and Supervisor. He has volunteered for many additional duties to ensure that the citizens of Vienna are provided with an excellent level of service. Sgt. Farhan is fluent in five foreign languages and he routinely uses his linguistic skills to assist

officers with translation which helps to bridge the gap when language is a barrier. This skill set allows the police department to better serve its diverse community. Sgt. Farhan has also helped to solve numerous local, state and federal cases within the National Capital Region by using his extensive investigative abilities. Sgt. Farhan continually challenges himself and others to improve performance by researching best practices and making training a priority.

Sergeant Tu Farhan and Chief James A. Morris.

PHOTO
CONTRIBUTED

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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 send digital photos, go to:

www.connectionnewspapers.com/mothersday

Or to mail photo prints, send to:

The Vienna/Oakton 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. ~Reminder: Father's Day is June 19~

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News



Celebrate Memorial Day and the Vienna spirit at ViVa! Vienna! from May 28-30 at the heart of Historic Vienna.

Spring Fun Abounds in Area

ONGOING

Concerts on the Green. Sundays in June, July, August. Great Falls Village Centre Green. A Great Falls summer tradition. Check the website for updated information on performers. <http://www.greatfallsvillagecentre.com/events/>.

Summer on the Green Concert Series. 6:30 p.m. Wednesdays, Fridays, Sundays. Vienna Town Green, 144 Maple Ave. E., Vienna. A series of free performances presented by the Town of Vienna and its sponsors. Please bring chairs and/or blankets. No alcoholic beverages are permitted. They recommend leaving pets at home. 703-255-7842. viennava.gov.

FRIDAY/APRIL 29

Tree Planting. 4:30 p.m. Glyndon Park, 300 Glyndon St., NE, Vienna. Join the town in celebrating the newest tree in Vienna in honor of Arbor Day. 703-255-6300.

SATURDAY/APRIL 30

Taste of Vienna. 11 a.m.-8 p.m. 400 Center St., South, Vienna. Showcases the many restaurants of Vienna. Rain or shine. Admission is free. tasteofvienna.org.

SUNDAY/MAY 1

Sunrise Garden Opening. 6-10 a.m. Meadowlark Botanical Gardens, 9750 Meadowlark Gardens Court, Vienna. Photographers, birders, strollers, and anyone who enjoys a peaceful morning walk are invited to visit during special hours. \$2.50-\$5. Novaparks.com.

NDWC Spring Fling Fashion Show. Noon. Flemings Restaurant, 1960-A Chain Bridge Road, McLean. New Dominion Women's Club event features fashions from Bloomingdale's. Tickets at www.ndwc.org.

SATURDAY/MAY 21

McLean Day. 11 a.m.-5 p.m. Lewinsville Park, 1659 Chain Bridge Road, McLean. Enjoy live entertainment, great food, a petting zoo, exhibitor booths, balloon animals, games, tennis clinic, a magician, parking at free shuttle sites and more. Large and small carnival



PHOTOS BY DONNA MANZ/THE CONNECTION

Summer on the Green Concerts at the Town Green of Vienna begin May 20. There will be performances on Wednesday, Friday and Sunday nights from May to August.



rides—tickets sold on-site. Free. mcleancenter.org.

vivavienna.org/.

SUNDAY/JUNE 5

Israel Fest. Noon-4 p.m. Lerner Town Square at Tysons II, 8025 Galleria Drive, Tysons. Engaging events and interactive activities will run throughout the day. Celebrate Israel and her people. Free. jccnv.org.

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CALENDAR

Send announcements to www.connectionnewspapers.com/Calendar/. Deadline is Friday at noon for the following week's paper. Photos/artwork encouraged.

THURSDAY/APRIL 28

Penny University Event. 7 p.m. Caffe Amouri, 107 Church St. NE, Vienna. Basis Independent School wants to hear your thoughts on "Creating A Positive School Culture." With Head of School Sean Aiken. Free. To sign-up, nicki@caffeamouri.com.

FRIDAY-SUNDAY/APRIL 29-MAY 1

"Kaleidoscope" Vale Arts Spring Art Show. Friday, 10 a.m.-9 p.m. Saturday and Sunday, 10 a.m.-6 p.m. Vale Schoolhouse, 3124 Fox Mill Road, Oakton. Nine Local artists exhibit more than 150 fine art paintings and collages. info@valearts.com. 703-860-1888.

SATURDAY/APRIL 30

Bad Bugs! 10:30-11:30 a.m. Meadowlark Botanical Gardens, 9750 Meadowlark Gardens Court, Vienna. Discover how to find and destroy bugs that are bad news for your plants. Preregistration required. \$2.50-\$5. Register at NOVAparks.com.

Planet Art for Kids. 10 a.m.-2 p.m. Vienna Art Center, 114 Pleasant St., NW, Vienna. Children will create mobiles from these items, and funds raised for this event will be shared with NIH Children's Inn. 5-8-years old, 10-11 a.m. 9-12 years old, 1-2 p.m. \$10. 703-319-3971.

Church Rummage Sale. 8 a.m.-1 p.m. UM Church of the Good Shepherd, 2351 Hunter Mill Road, Vienna. All proceeds donated to local charities. Sale items include clothing for women, men & kids, accessories, jewelry, linens, house wares, small appliances, furniture, books, collectibles, toys and games, sporting goods, etc. 703-281-1151.

THROUGH APRIL 30

Light It Up Blue. Kiln Co., 132 Church St. NW, Vienna. Art Show celebrating Autism Awareness Month. 703-674-7607.

SUNDAY/MAY 1

Sunrise Garden Opening. 6-10 a.m. Meadowlark Botanical Gardens, 9750 Meadowlark Gardens Court, Vienna. Photographers, birders, strollers, and anyone who enjoys a peaceful morning walk are invited to visit during special hours. \$2.50-\$5. novaparks.com.

Audubon Bird Walk. 7:30-9:30 a.m. Meadowlark Botanical Gardens, 9750 Meadowlark Gardens Court, Vienna. Join leader Ray Smith from the Audubon Society of Northern Virginia. \$2.50-\$5. novaparks.com.

TUESDAY/MAY 3

Small Standard Flower Show. 1-2:30 p.m. Vinson Hall Retirement Community, 6251 Old Dominion Drive, McLean. Presented by The Gardeners of the Junior League of Washington. Free. 703-970-3712. fredj@vinsonhall.org.

WEDNESDAY/MAY 4

"Healing Voices." 7 p.m. First Christian Church of Falls Church, 6165 Leesburg Pike, Falls Church. Documentary exploring real-life stories of individuals working to overcome the extreme effects of their illness and integrate their experiences into their lives in meaningful ways. 703-324-7006.



PHOTO COURTESY OF NOVA PARKS

See the sunrise and enjoy a peaceful walk at Meadowlark Botanical Gardens on Sunday, May 1.

Ongoing

Lashley Artist Showcase. May 2-28. Broadway Gallery and Fine Art and Framing, 1025-J Seneca Road, Great Falls. The paintings of award-winning "plein air" artist Christine Lashley. broadwaygallery.net. 703-450-8005.

Small Gems Exhibit. Through May 10. Wednesday, noon-4 p.m. Saturday, 10 a.m.-1 p.m. Village Green Center, 756 Walker Road, Great Falls. Contributed work no larger than 12 inches square. Sparkling jewelry, bronze sculpture, fiber arts, painting, print and mixed media. The exhibit hangs on the walls and is displayed in cubbies and glass cabinets. Free. greatfallsstudios.com.

"Unnecessary Farce." Fridays-Sundays. April 29-May 14. Alden Theatre, 1234 Ingleside Ave., McLean. Call for times. Classic farce with a contemporary American plot: the police procedural. \$18-\$20. www.mcleanplayers.org. 866-811-4111.

"Slice of Life" and The National Gallery of Art Copyists Exhibits.

Tuesdays-Saturdays, 10 a.m.-4 p.m. May 3-28. Vienna Art Center, 115 Pleasant St., NW, Vienna. Two exhibits by the Vienna Arts Society. Free. viennaartssociety.org.

Driven to Abstraction. April 1-30. Great Falls Library, 9830 Georgetown Pike, Great Falls. Features over 20 works. 703-757-8560.

Six Artists: What Matters Most. April 2-May 14. The Frame Factory Gallery, 212 Dominion Road NE, Vienna. An exhibition and sale of artwork by local artists. Open Monday-Saturday, 10 a.m.-5:30 p.m. theframefactory1.com. 703-281-2350.

April Artist Showcase. April 1-27. Broadway Gallery, 1025-J Seneca Road, Great Falls. Great Falls Gallery will feature the paintings of Australian artist Ken Strong. broadwaygalleries.net. 703-450-8005.

"Proof." March 31-May 8. 1st Stage, 1524 Spring Hill Road, Tysons. Pulitzer Prize-winning play. \$30/\$26/\$15. 1ststageTysons.org. 703-854-1856.

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. viennaartssociety.org. 703-319-3971.

Time Traveler Tuesdays. 4:30 p.m. March 29-June 7. Colvin Run Mill, 10017 Colvin Run Road, Great Falls. This weekly series 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.htm>.

Weekly Storytime. Wednesday and Saturday. 11 a.m. Barnes & Noble, 7851 L Tysons Corner Center, McLean. Themes and Titles vary. Free admission.

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.

Tai Chi Beginners' Practice. Saturdays, 8-9 a.m. St. Luke's Catholic School Gymnasium, 7005 Georgetown Pike, McLean. Weekly Tai Chi practice. Group has met for over 20 years. Free. FreeTaiChi.org. 703-759-9141.

THURSDAY/MAY 5

Jennifer Knapp. 7:30 p.m. Jammin' Java, 227 Maple Ave., E, Vienna. Knapp will perform songs from her new album Set Me Free. \$80. www.jamminjava.com.

SATURDAY/MAY 7

Document Shredding. 9 a.m.-noon. Long and Foster, 1355 Beverly Road, McLean. Free, secure paper shredding for the community. Here's your opportunity to clear your home or office of paper clutter! Spring clean your office and shred outdated documents. 703-903-8643.

Social Justice Yard Sale. 7 a.m.-1 p.m. Unitarian Universalist Church of Fairfax, 2709 Hunter Mill Road, Oakton. Proceeds from the sale will be shared with the Shepherd's Center of Oakton-Vienna (SCOV), The National Alliance on Mental Illness, Mosaic Harmony and Unitarian Universalist Partner Church Circle. 703-281-0538.

"Under the Gun." 7 p.m. Unitarian Universalist Church of Fairfax, 2709 Hunter Mill Road, Oakton. Documentary screening followed by a discussion on gun violence hosted by Northern Virginia Chapter of the Brady Campaign to Prevent Gun Violence. 703-281-4230.

SATURDAY/MAY 14

Plant and Yard Sale. 9 a.m.-1 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Hundreds of healthy, beautiful, well-priced plants donated by Club members will be offered for sale. There will also be Club member "Plant Experts." gfgardenclub.org.

FRIDAY/MAY 20

Preschool Nature Nuts. 10:30-11:15 a.m. Meadowlark Botanical Gardens, 9750 Meadowlark Gardens Court, Vienna. Learn about spring flowers. \$5. Register at NOVAparks.com.



Invites You to

"Meet the Candidates" in the 2016 McLean Community Center Governing Board elections.

When:
Sunday, May 1, 2-4 p.m.

Where:
Community Hall
McLean Community Center
1234 Ingleside Avenue,
McLean, VA 22101

Who:
Nine adult candidates, three teens from the McLean High School boundary area, and four teens from the Langley High School boundary area.

Format:
Informal Reception

Nine adults are vying for adult votes to fill three seats on the Governing Board. Three teens from the McLean High School boundary area and four teens from the Langley High School boundary area are vying for teen votes to fill one board seat from each high school boundary area.

Refreshments will be served.

For planning purposes, please let us know if you will attend by e-mailing paulkohlenberger@mcleancenter.org

See you there!



The McLean Community Center
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Can't Vote at McLean Day or Just Want a Head Start on Voting?

Vote by Absentee Ballot through May 18 at either:

McLean Community Center (MCC)
1234 Ingleside Avenue
McLean, VA 22101
(703) 790-0123/TTY 711
Monday-Saturday, 9 a.m. – 11 p.m.
Sunday, noon to 6 p.m.

OR

Old Firehouse Teen Center (OFTC)
1440 Chain Bridge Road
McLean, VA 22101
(703) 448-8336/TTY 711
Monday-Friday, 9 a.m. – 6 p.m.
(closed on weekends)

Requesting Absentee Ballots:

You can pick up absentee ballot packages and vote at MCC or OFTC. You can also request absentee ballot packages by e-mail at elections@mcleancenter.org or by telephone at 703-790-0123.

Returning Completed Applications and Ballots:

You can return your application and ballot to the front desk at either MCC or OFTC. Or, you can mail your application and ballot using the pre-addressed envelope enclosed in the absentee ballot package.

Absentee voting ends promptly at 5 p.m. on Wednesday, May 18.

Hand-delivered applications and ballots must be received at either MCC or OFTC by that time. Absentee applications and ballots returned by mail must be received at MCC on May 18.

If you have questions:

Please call 703-790-0123 or e-mail elections@mcleancenter.org



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SPORTS

Madison Baseball Extends Win Streak to Nine

The Madison baseball team extended its win streak to nine games with a 16-5 victory over Fairfax on April 21.

The Warhawks improved to 14-2 overall, 10-0 in Conference 6 and remained unbeaten since returning from a spring break tournament in Florida.

Madison faced Washington-Lee on Tuesday, after The Connection's deadline. The Warhawks have regular season games remaining against South Lakes (Friday), Langley (May 3) and McLean (May 6) before competing in the conference tournament, which is scheduled to begin May 12.

Madison Softball Earns Back-to-Back Shutouts

After suffering its second defeat of the season, a 3-0 loss to Hayfield on April 15, the Madison softball team responded with a pair of shutout victories.

The Warhawks defeated Yorktown 10-0 on April 19 and blanked Fairfax 3-0 on April 21, improving its record to 14-2 overall and 9-1 in Conference 6.

Madison faced Washington-Lee on Tuesday, after The Connection's deadline.

The Warhawks will travel to face South Lakes at 6:30 p.m. on Friday, April 29.

Madison Boys' Tennis Beats W-L

The Madison boys' tennis team defeated Washington-Lee 9-0 on April 25, giving the Warhawks victories over four straight opponents.

In singles, Madison No. 1 Luke Sablik, No. 2 Connor Smith, No. 3 Conner Castellaw, No. 4 Ashu Ukey, No. 5 Ben Liu and No. 6 Hugo Molina were each victorious. In doubles action, the No. 1 team of Ravi Suresh and Clark Bowden, the No. 2 team of Castellaw and Connor Williams and the No. 3 team of Ethan Godwin and Oliver Lesjak also won, contributing to the Warhawk sweep.

Madison will host South Lakes at 4 p.m. on Wednesday, April 27 and will travel to face Langley at 4 p.m. on Friday, April 29.



Carlo Alfano, seen earlier this season, and the Madison baseball team improved to 14-2 with a win over Fairfax on April 21.

PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

Marshall Boys' Lax Improves To 9-1

The Marshall boys' lacrosse team defeated Wakefield 17-2 on April 19, improving its record to 9-1, including 4-0 in Conference 13.

The Statesmen suffered their first loss of the season on April 2 — a 7-6 defeat against Langley. In the three games since, Marshall outscored Falls Church, Mount Vernon and Wakefield by a combined 54-9.

The Statesmen faced Stuart on Tuesday, after The Connection's deadline. Marshall will travel to face Potomac Falls at 7:30 p.m. on Tuesday, May 3 before closing the regular season on the road against Lee on May 9.

Marshall Baseball Blanks Falls Church

The Marshall baseball team improved to 12-1 overall and 8-0 in Conference 13 with a 4-0 win over Falls Church on April 21.

The Statesmen win streak extended to nine games.

Marshall faced Stuart on Tues-

day, after The Connection's deadline. The Statesmen will travel to face Edison at 6:30 p.m. on Friday, April 29.

Marshall Girls' Lax a Scoring Machine

The Marshall girls' lacrosse team defeated Wakefield 22-0 on April 19, improving its record to 9-2.

Through 11 games, the Statesmen averaged just under 20 goals per game. Marshall has outscored its opponents 218-37 and scored at least 20 goals in eight of 11 contests. Marshall faced Stuart on Tuesday, after The Connection's deadline. The Statesmen will host Potomac Falls at 7:30 p.m. on Tuesday, May 3.

Oakton Boys' Soccer Remains Undefeated

The Oakton boys' soccer team shut out Briar Woods 3-0 on April 20 to improve to 8-0-1.

The Cougars will wrap up Conference 5 play with a home match against Westfield Thursday, April 28, at 7:15 p.m.



PHOTO CONTRIBUTED

Langley goalkeeper Megan O'Hara and the Langley girls' lacrosse program started 12-0 this season.

Team as a Family

Goalie O'Hara helps Langley girls' lax start 12-0.

The Langley girls' lacrosse team seems to be best known as a prolific goal-scoring group. At 12-0, the team has won 11 games by a margin of at least five goals, and seven of their wins came by double digits. What is not being discussed as much is the how the differential is being held on the defensive side.

Junior goalie Megan O'Hara has quietly been leading a defensive unit that has only allowed 75 goals in 12 games. Senior Mackenzie Regen, junior Allie Leto, sophomore Lilly Byrne and freshman Charlotte Smith anchor a ferocious defensive line. Lauren Bell, Samantha Lee, Marina Carlucci and Stephanie Long round out the strong group.

O'Hara began playing in the first grade for Great Falls Lacrosse coach Michelle Buller.

"I started out playing for Great Falls Lacrosse because my older cousins played and I was sick of soccer," O'Hara said. "Coach Buller gave me an old stick bag after a practice and I was hooked."

O'Hara credits the coaching staff with creating a team-first mentality.

"Coach Maggie (Kovacs) and Annie (Swanson) have brought

so much to the team this year, well beyond their lacrosse experience," she said. "They are creative, keeping the practices challenging but also fun and they build confidence in all the players. Coach Bucky (Morris) has personally been a huge help to me. He does goalie specific drills with me and just brings such a great spirit to the team."

Her greatest memory in her three starting varsity years at Langley occurred just this year during the Fairfax game on April 19.

"It's moments like that that I play for, when we aren't 25 different girls but a single family."

—Langley goalkeeper Megan O'Hara

"We won [20-2] and even though it was not particularly close, it was the closest I've come to a shutout," O'Hara said. "After the final horn, the team stormed the field and tackled me in a huge group hug that practically brought me to the ground. They

were all screaming and yelling about how well we all played as a team. It's moments like that that I play for, when we aren't 25 different girls but a single family."

In her spare time, O'Hara loves to bake — especially rhubarb pie. The next time she makes her favorite pie, she says she'll be making at least two, so she can share the good food with the best family she knows: her team.

NEWS

Tropical Fruit Smoothie Café Opens in Dunn Loring

McLean resident Trung Tang has worked in food service since starting as a busboy for East Wind in Alexandria at age 14. The 1996 Mount Vernon High School graduate made a career out of serving and managing.

After leaving the Pinkberry frozen dessert franchise, Tang decided to have a go at the business himself and took on a Tropical Fruit Smoothie Café franchise.

Tang opened his cafe on Avenir Place in Dunn Loring in mid-March, bringing with him an established management structure that includes a kitchen manager he's worked with for 13 years. The location joins other area franchises of the same chain operating in Oakton and Seven Corners.

Situated alongside the Orange Theory Fitness studio (Tropical Fruit Smoothie Café opens at 6 a.m. right as class lets out), Tang's concept is following the trends of "fast casual" dining that's intended



(From left) Shauntel Carter, Larry Calma, owner Trung Tang, Lauren Beck and Abel Ruiz run the recently opened Tropical Fruit Smoothie Café in Dunn Loring.

to be healthy, inexpensive and rapid.

"Customer interaction is what's key," Tang said, "it's counter service but full-service feel."

Smoothie options include 25 predetermined recipes such as the popular Island Green and Chia Banana Boost, though Tang said all are customizable and can be

boosted with vitamins, caffeine or protein. In addition to smoothies, the made-to-order food menu includes toasted sandwiches, wraps and salads.

Tropical Fruit Smoothie Café in Dunn Loring is located at 2672 Avenir Place, Vienna.

—TIM PETERSON

Vienna Arts Society Hosts Debut 'Planet Art for Kids' Workshop

Participants will create mobiles from repurposed natural and manmade materials.

The Vienna Arts Society (VAS) has scheduled its first, "Planet Art for Kids" event in celebration of Earth Day, Saturday, April 30 at the VAS center on Pleasant Street, Vienna. Participating children will work with volunteer professional artists to create earth-friendly mobiles using repurposed and natural materials.

There will be two different sessions based on the ages of the children.

The first session is for 5- to 8-year-olds and runs 10 to 11 a.m.

The second session, for 9- to 12-year-olds, runs 1 to 2 p.m.

Space is limited to 20 children per session.

A \$10 donation reserves a child's spot in a session. Proceeds benefit VAS and the Children's Inn at NIH. Donations support therapeutic activities in the arts at the Children's Inn.

The "Planet Art for Kids" committee, made up of VAS members Dore Skidmore, Pat Britz, Karen Fleming, Susan Scanlon and Edda Tallard, was formed in February to address the challenge of creating an Earth Day art project for children using repurposed materials from the environment.

The VAS members are donating art supplies and recyclable materials to the VAS art center.

"Through the simple task of making a mobile from



A twig holds a mobile designed by Vienna Arts Society members, designed to inspire young participants in the Earth Day art project sponsored by VAS.

repurposed materials, it will - hopefully - bring a life-long commitment in caring for our planet now and for future generations," said VAS media representative Susan Scanlon. Make check payable to Vienna Art Society, specifying the session your child will attend, and mail to Vienna Arts Society Art Center, 115 Pleasant Street, NW, Vienna, VA, 22180.

For more information, e-mail Susan Scanlon, smlscanlon@gmail.com, or visit www.viennaartsociety.org.

—DONNA MANZ



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Weight For It, Wait...



By KENNETH B. LOURIE

"MRI looked good. CT stable. Smiley face." Words and personality from my oncologist with which I can most definitely live. And arriving via e-mail, six days prior no less, to my next regularly scheduled, post-scan appointment – when typically such results are discussed, in person, per the doctor's preference. But I can take good news electronically, especially before the weekend, when further communication is not likely. So the sound you may have heard at six pm-ish last Friday was me exhaling, and the follow-up thud was the weight of the world falling off my shoulders and hitting the floor. Not shattering, unfortunately, only repositioning until a few months hence when once again it will return to its figurative perch as I await the results of my next quarterly scan.

Such is life, and I'm happy to live it. Moreover, given my original prognosis from February, 2009: "13 months to two years," there's very little that I deem complaint-worthy SEVEN YEARS LATER. Nevertheless, there are realities that cancer patients and/or other patients similarly characterized as "terminal," as I was, must endure. And given my projected life expectancy then, I am "pleased as punch" now – to invoke a long-ago Vice President/Democratic nominee for President, Hubert H. Humphrey – to be enduring anything.

And "endure" isn't really the right word, but it's most assuredly in the running. Still, if I don't find a way to lighten the emotional load (other than receiving amazingly good scan results and equally positive e-mails from my oncologist, all of which is not exactly in my control), I will likely crack under the weight of it. I'm not exactly Atlas condemned to hold up "The Heavens," but I am holding something; maybe just my sanity. And just as "Hawkeye" Pierce joked about war in a M*A*S*H episode back in the day: "If truth is the first casualty of war, I guess sobriety is second," a cancer patient might joke (if he or she had a sense of humor): "If one's hopes and dreams are the first loss from cancer, your sanity is second." As Mark Twain "self-effaced" later in his life: "Out of all the things I have lost, I miss my mind the most."

A "terminal" cancer patient loses lots of things. Control of one's emotions has to be the first to go. Certainly you still know right from wrong, but the figurative re-wiring of your brain – which begins immediately upon hearing your cancer diagnosis/prognosis, is difficult to stop. It's as if it has a mind of its own, and it sort of does: yours. It's not as if you can't maintain any self-control or not joke at inappropriate times, you can. After all, you're still human. You're just a bit more flawed than you were before. And who's to say, maybe the change will do you good? You don't always have to say what you mean unless you're the Dowager Countess from "Downton Abbey."

Nevertheless, you are forever changed by your cancer diagnosis, whether you like it or not. The trick is, actually there is no trick, it's a mindset; somehow, you must not take yourself or your circumstances too seriously. (I know, how do you not take cancer seriously?). Either you learn to laugh or there won't be anything funny about it. You know the expression: "Funny as a heart attack," well, you can add another: "Uplifting as a cancer diagnosis." As challenging as it is (and has been), you need to find a way to navigate the slings and arrows of the outrageous misfortune you have encountered. The pressure; conscious, subconscious or even unconscious (for all I know?) has to be released really, or in your imagination. There's no doubt a cancer diagnosis and life living with cancer is less than ideal, but since those are the cards you were dealt, you better learn to play the hand.

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

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Supervisors Approve 4-Cent Tax Rate Increase

One additional penny helps close the gap for funding schools.

BY TIM PETERSON
THE CONNECTION

The gap between the Fairfax County School Board and total county budgets is a formality away from being the smallest since before Jan. 7 when FCPS Superintendent Dr. Karen Garza announced she wouldn't be making any additional cuts in her \$2.67 billion Fiscal Year 2017 budget.

In a 7 to 3 vote at an April 19 "markup" session, the Board of Supervisors approved a \$1.13 tax rate per \$100 of assessed value for FY 2017. This one-cent amendment to County Executive Edward Long's Advertised Budget would generate around an additional \$93 million in revenue for the Fairfax County, a release from Chairman Sharon Bulova said.

"This Budget provides a needed booster shot to support our excellent School System and to ensure the quality services our residents expect and rely upon," Bulova said in the statement. "Throughout these past months, our Board heard from thousands of residents advocating for an increase in taxes to address our community's needs."

FUNDS from the extra penny plus reallocated funds from the Third Quarter Review would send \$33.6 million more to Fairfax County Public Schools than initially expected from the budget Long advertised.

"This is a clear indication that we're committed to investing in what makes our County great: its schools, its employees, and its services," Supervisor Jeffrey C. McKay (D-Lee), the Board's Budget Committee Chairman said in a statement.

"Education is absolutely a top priority — and this budget reflects that," McKay's statement continues. "I'm also pleased to be able to make crucial steps forward in the areas of public safety, human services, parks, li-



Fairfax County Public Schools Superintendent Dr. Karen Garza proposed a \$2.67 billion school system budget for FY 2017 that emphasizes increasing employee compensation and decreasing class sizes — all without making any further cuts.

braries and many of our other vital County services."

Supervisor Pat Herry (R-Springfield) was among the dissenting votes.

"This Board continues to run the County on the backs of its citizens during the same year it voted to give itself a raise and ignored my pleas to address the looming budget shortfall earlier in the year," Herry said in a statement. "If the Board does not set priorities and address its fiscal issues — including pension costs and growing the commercial tax base — we will be having this same conversation all over again next year, except this tax increase does not go away."

Fairfax County Public School Board Chair-



PHOTOS BY TIM PETERSON/THE CONNECTION
Board of Supervisors Chairman Sharon Bulova reassured concerned members of the community that County Executive Ed Long's proposed budget is just "the beginning of the budget process."

man Pat Hynes responded to the new markup action with the following statement: "The increase in funding provides our schools the opportunity to make significant and critical investments in teacher compensation, reduce class sizes and retain vital student programming. I look forward to continuing to work with our community, and with the Board of Supervisors, to solve future budget challenges in the best interest of all residents of Fairfax County."

Superintendent Garza released a statement in which she thanked Bulova and McKay for their leadership, and the supervisors who voted for the markup amendment.

"I am grateful for the widespread community support we have received and thank

all parents, friends and families of FCPS who raised their voices in support of full funding for FCPS," Garza said in the statement. "The tireless commitment of these supporters was critical to #savefcps and secure the future excellence of FCPS. I am hopeful that this is reflective of a turning point in our community. This reinvestment in our community's most important asset, our schools, will provide great dividends for all the citizens of Fairfax."

Garza and Bulova both thanked the Virginia General Assembly, which was able to raise funding to FCPS by more than \$16 million.

Mount Vernon District School Board representative Karen Corbett Sanders also praised the "yeoman's work," in a phone interview, "that both our state delegation and county board worked together as a team."

"It's still within the realm where we can get there without significantly impacting our kids," she continued, "and that's what we wanted. This is a values budget that reflects the values of our community, what Fairfax County has been known for."

LESS ADVERSARIAL communication and more collaboration between the two boards, and more clarity from the School Board about how the money was being spent were key drivers in achieving the amendment, Springfield District School Board member Elizabeth Schultz said in a phone interview.

"It can't be high noon on Main Street," Schultz said. "We've tried that. All that does is cause a shootout. If we start talking about our common goals, our common mission to serve Fairfax County, ultimately the Commonwealth, now you are headed in a different direction."

"I'm happy we're finally here," Schultz continued. "I wish we'd gotten here earlier. Schultz said she is "cautiously optimistic this is the beginning of a new way of doing things between our boards."

The Board of Supervisors will formally adopt the marked up budget on April 26. For more information, visit www.fairfaxcounty.gov/dmb/fy2017/fy2017-budget-mark-up-package.pdf.

Vienna Celebrates Arbor Day, Plants Trees

The oldest tree in the Town of Vienna is believed to be a 350-year-old white oak on Marjorie Lane.

The newest tree will be a river birch to be planted at **Glyndon Park at 4:30 p.m. Friday, April 29**, in honor of Arbor Day and in celebration of Vienna being named a Tree City USA by the Arbor Day Foundation in partnership with the U.S. Forest Service and National Association of State Foresters.


This is the 15th year Vienna has received this honor. The public is invited to join the celebration.

"Vienna takes pride in its varied tree population," says Town Arborist Gary Lawrence. "The green framework of the Town adds to its warm character."

Vienna celebrates Arbor Day by planting a tree on Friday, April 29 at Glyndon Park.



PHOTO CONTRIBUTED



Summer²⁰¹⁶Camps

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CONNECTION

Academic Camps Combine Education and Fun

Local camps help students maintain school skills in a relaxed environment.

By MARILYN CAMPBELL
THE CONNECTION

One summer Ana Lado created a summer camp activity for students at her neighborhood pool. The Marymount professor set up a picnic area, and included activities and books. Her plan was to engage the students and give them the opportunity to read and build reading skills while still enjoying fun activities traditionally associated with summer.

"I got six kids who were older to read to six kindergartners. I chose kids who had potential, but who were at risk," said Ana Lado, Ph.D., professor of Education at Marymount University in Arlington. "Reading with a kindergartner or first grader for 15 minutes got the students reading and built their confidence."

This summer Lado and her colleagues at Marymount are offering "3E: Explore, Enrich, Enjoy," one of several area camps with an academic component. Their goal is to enable students to brush up on, gain or maintain academic skills in a relaxed environment.

Marymount's 3E camp enables campers to choose what they focus on at camp. In addition to traditional camp activities, the camp will include academic projects like exploring science through nature and electronic gadgets, studying math by making boats, language arts by writing their own stories and fine arts by creating plays and cartoons.

For those who want an in-depth review of a school subject and the chance to participate in hands-on summer camp activities, academic camps fill both needs.

"[Academic camps] supplement what students are getting during the school year and allow them to experience subjects and topics that they're not getting in public school," said Dan Stalcup, Associate Director for Fairfax Collegiate, a Herndon-based organization that offers summer programs for students entering third through ninth grade.

Programs at Fairfax Collegiate run the gamut from filmmaking and robotics to engineering and classic children's literature. For example, third and fourth grade students can learn to craft their own short stories during a Story Writing course in Alexandria, Chantilly and Ashburn.

Campers who enjoy reading and want to delve into award-winning novels by authors such as Madeleine L'Engle or Rebecca Stead can take "Reading Newbury Winners" with sessions in Chantilly, Ashburn, Fairfax, McLean and Reston. Students can spend two weeks reading books that have been



PHOTO COURTESY OF MARYMOUNT UNIVERSITY

Kara Dedon, a Marymount University graduate student, will be the director of the school's camp.

awarded the Newbery Medal for excellence in literature for children.

Fifth and sixth graders who love math and want to hone their analytical and logical thinking skills can spend their time engaging in chess, Stratego and

other mind-bending activities in the "Brain Games" camp, which will be offered in Chantilly, Reston, Herndon, McLean, Alexandria and Oakton.

Future detectives might enjoy taking a forensic science class in Alexandria, Chantilly, Herndon, Ashburn, Falls Church and McLean. "Students learn about the science in criminal justice, like blood-typing and fingerprinting by actually doing the experiments and seeing them in action," said Stalcup.

"Students get a lot of personal attention because the classes are small, and the instructors either have or are pursuing a degree in the topic they're teaching," said Stalcup. "They're all very passionate about the subject they're teaching."

Academic camps might be a good fit for students who are curious about a particular area of study. "Many parents want something that is both fun and educational, meaning it will help their child keep [busy] and develop skills needed during the school year," said Tina M. Morris, Child Development Programs Consultant at George Mason University. "I think both parents and



PHOTO COURTESY OF FAIRFAX COLLEGIATE

A fifth grade student learns about the structure of the human heart during a Human Biology and Anatomy at Fairfax Collegiate.

educators realize that summer vacation does not have to be a break from learning."

The decision to send a child to a camp that focuses on reading, science, math or another school subject instead of a purely recreational camp is a personal one, says Lado. "There are some kids who can visit their grandparents in Maine all summer and they come back to school in the fall and pick up where they left off," she said. "Then there are other kids who can't pick up easily. Those are the kids who would benefit from an academic program."

Students appreciate the ability to focus on one subject in a relaxed atmosphere in an academic camp. "If kids are taking a subject at a fast-clip pace, but they don't do well, they miss key skills. The next year they

"I think both parents and educators realize that summer vacation does not have to be a break from learning."

— Tina M. Morris, Child Development Programs Consultant at George Mason University.

move to a higher level class, but the same problem still exists," said Lado. "When they take a week or two during the summer and immerse themselves in a subject, they go stronger into the next school year. In camp, it's the only thing they're doing academically and they can concentrate on it."

For example, The Madeira School in McLean is offering summer programs in Trigonometry and Geometry. "These courses are intended for advancement into higher level math classes, and based on our classes taught during the academic year," said Ashley Smith, Associate Director of Communications

at Madeira. "A student who is interested in math and wishes to advance to higher levels will benefit, as well as students who need a refresher or a better understanding before moving ahead."

When choosing an academic camp, parents should look for camps that are not all work and no play. "I want to make sure it has a healthy balance of recreational and educational enrichment activities," said Morris. "If the campers are enjoying the activities and the counselors are skilled, the program should, as a natural effect, promote the building of positive relationships with their peers and their counselors."

Preparing for Summer Camp Away

BY MARILYN CAMPBELL
THE CONNECTION

A child's first residential summer camp experience can be fraught with emotions that run the gamut from excitement to terror. An American Camp Association study showed that 96 percent of children who attend sleep away camps experience homesickness at some point during their stay. While these emotions are normal, parents can help children tame the pre-camp jitters. The life-long lessons gained from such camps make it worth the effort.

"Becoming comfortable with your child being away at summer camp, perhaps the first extended separation you have had, is a matter of trust," said David Kaplan, Ph.D. of the American Counseling Association in Alexandria, Va.

"Trusting your child that they can handle themselves without your supervision. Trusting that they can handle relationships with other children. Trusting that they can get up in the morning, take a shower, wash their clothes, and change their sheets without your prodding."

Acknowledging that homesickness is normal and many campers experience it, can help children accept and cope with their emotions. "Expecting to miss home and feel somewhat anxious helps children feel less surprised and overwhelmed when it occurs," said Barbara Meehan, Ph.D. executive director, Counseling and Psychological Services, George Mason University in Fairfax, Va.

"Talking to a camp counselor and even peers can help ease the difficult feelings and often they will learn they are not alone," said Meehan.

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Summer Camps Education & Activities

From Colonial History to Future Entrepreneurs

BY MARILYN CAMPBELL
THE CONNECTION

This summer dozens of elementary school-aged children will travel back in time to the Colonial Era where, among other things, they'll learn to spin cotton into cloth for garments.

Learning how to run a lemonade stand like a Fortune 500 company and use the profits to invest in the stock market will be on the agenda for other local children. Both activities are offered by local specialty camps aimed at giving children opportunities to explore their interests in a way that they cannot during the school year.

"I think summer camps are a great way to promote thriving if it is done right," said Carolyn Lorente, Ph.D., Professor of Psychology at Northern Virginia Community College in Alexandria and a camp consultant. "During the school year, there is so much emphasis on testing that the creative and collaborative nature of children gets lost. A great camp can create space for our children to flourish."

SPECIALTY CAMPS offer young campers a chance to focus on a specific area of interest such as cooking, financial literacy and even gaming.

For example, Spark Business Academy, a Northern Virginia based organization that teaches financial literacy to young students, is offering its Future Millionaires Camp in Arlington. Students learn about money concepts that range from setting up a lemonade stand that makes a profit to understanding the stock market.



PHOTO COURTESY OF VISIT FAIRFAX

Camp Washington at Mount Vernon gives campers a glimpse of early American life.

"The name is definitely tongue in cheek," said Chuchi Arevalo, the organization's founder. "We teach personal finance, leadership and innovation. We give them life skills that they aren't learning in school and promote financial literacy that is fun even for students in first and second grade."

RISEING FIFTH- and sixth-grade students will get a chance to take a trip back in time this summer at Mount Vernon's Camp Washington. During each of the three one-week sessions, campers explore the history of George Washington's estate and learn about his legacy.

From farming and spinning fibers into cloth to making ice cream and meeting the estate's heritage breed animals, hands-on activities will give campers a glimpse of many aspects of early American

life at Mount Vernon.

"The summer camp is designed to help engage students while having fun," said Melissa Wood, spokeswoman for Mount Vernon. "[It] gives kids the opportunity to go behind the scenes and experience history in their own backyard."

YOUNG GAME DESIGN aficionados can spend the summer with Mason Game & Technology Academy's (MGTA) camps. Students take classes such as Game Design, Creation and Entrepreneurship, Minecraft and Cyber Defense.

"We run our classes at Mason in Fairfax, Loudoun, and Prince William," said Vera Lichtenberg, Director of the Mason Game & Technology Academy at George Mason University.

"We also do a great deal of community outreach to train teachers, engage underserved students, and generally, help students realize that Game Design is a STEM field that not only engages those who love technology, but also those on the artistic side: writers, music composers [and] designers."

MGTA is part of the Mason Computer Game Design Program and the Community Outreach Youth Program for the Virginia Serious Game Institute.



PHOTO COURTESY OF MASON GAME & TECHNOLOGY ACADEMY

Students in the Mason Game & Technology Academy Summer Camp take classes in Game Design, Creation and Entrepreneurship, Minecraft and Cyber Defense.