

Vienna and Oakton CONNECTION

WELLBEING

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Directly from the Board: County Budget Approved

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Mother's Day Photo Gallery

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A Career-High Performance

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Madison pitcher Katie Vannicola struck out 21 batters in 10 innings during a 2-1 victory over South Lakes on Friday.

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Directly from the Board

Bulova calls the budget a “booster shot.”

BY KEN MOORE
THE CONNECTION

When the Board of Supervisors approved the budget on Tuesday, April 26, they increased taxes by about \$300 for the average homeowner and increased funding for schools by 5 percent.

The property tax rate will increase four cents from \$1.09 to \$1.13, per \$100 of the assessed value of a home.

Board members had a chance to explain their reactions to the budget and in some cases, their vision for the future at the budget markup on April 19.

For most the budget was a successful and important step, but others found much to worry about, now and in the future.

“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. Our board heard from thousands of residents advocating for an increase in taxes to address our community’s needs,” said Chairman Sharon Bulova.

She appointed Lee District Supervisor Jeff McKay to spearhead the board’s budget process.

“This was not an easy budget,” said McKay, chairman of the budget committee. “It funds schools and puts an investment in the county-side, and parks and libraries and human services and public safety that was vitally needed.”

“I will repeat what I always remind folks,” he said. “The Commonwealth of Virginia is in the top 10 states in income and the bottom 10 in education funding. ...

“The one disappointing thing for me in the discussion of the school budget that we didn’t hear about was our special needs, ESOL, and Title I schools and our challenged academic schools and students who are living in poverty,” said McKay.

“It is my hope that we will continue to see academic improvements for kids who are struggling in our system and schools that are at risk of losing accreditation and that we are making proper investments in our Title I schools and that we are making a proper investment in all kids’ education.”

NOT ALL SUPERVISORS supported the budget. Supervisors Pat Herrity and John Cook, the board’s two Republican members, voted against the budget, which passed 7-2.

“I was dismayed at the pre-budget markup meeting,” said Herrity, “to hear some of my colleagues congratulating themselves on tackling a difficult budget with a six percent tax increase on our residents.

“I’m certain most Fairfax County residents won’t be jumping up for joy or congratulating you when they receive their tax bill next year. As most of you know, their salaries aren’t going up by six percent,” he said.

“My biggest disappointment is this year’s budget does absolutely nothing to address long-term budget issues,” said Herrity,



“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. Our board heard from thousands of residents advocating for an increase in taxes to address our community’s needs.”

— Sharon Bulova, Chairman, Board of Supervisors



COURTESY PHOTO

Board of Supervisors approved the county budget on Tuesday, April 26

Tax Dollar Breakdown

Here’s how the newly approved budget allocates each dollar:

- ❖ 53 cents for Fairfax County Public Schools
- ❖ 17 cents for Public Safety and Courts
- ❖ 13 cents for Health and Welfare
- ❖ 7 cents for Debt Service, Capital and Transfers
- ❖ 4 cents for General Government, which includes operations, elections, IT
- ❖ 2 cents for Public Works
- ❖ 2 cents for Community Development
- ❖ 2 cents for Libraries, Parks and Recreation

Springfield District Supervisor.

Herrity has advocated for the board and the school board to meet on the budget throughout the year, something a few supervisors voiced agreement with on April 19.

“A year ago, we were sitting in the same place we were today. I moved budget guidance that we begin to address the budget shortfall in the summer. Well, those meetings never happened,” Herrity said.

Braddock Supervisor John Cook said he couldn’t reconcile the burden the budget places on homeowners with the obligations the county has to pay for needed and important services.

“It’s not just education, it’s human services. We are in the bottom 10 in state funding for education, but we are in the bottom five in state funding for human services,”

he said.

“I can’t close that gap between an unsustainable burden on residential taxpayers and a lot of legitimate government functions that we are trying to fund,” he said.

“So I reached the conclusion, reluctantly, but properly so, that we need another source of revenue in this county to fund our services,” said Cook.

He said his preference is for increases in an alcohol and cigarette tax.

“Remember we have to either convince the General Assembly or the taxpayer,” he said. “We have to convince someone that we cannot continue to increase the property tax any longer.”

DRANESVILLE SUPERVISOR John Foust supported the budget.

“I believe it advances many of this board’s

priorities and more importantly, I believe it advances the priorities we heard from our constituents,” said Foust. “I think it represents the board’s commitment to our county employees who have made tremendous sacrifices over the past eight years. It reflects our commitment to preserving essential services and the things that make Fairfax county great, from parks and libraries to mental health and transit and housing.”

He said the budget shows the board’s commitment to good fiscal responsibility that will preserve its Triple-A Bond rating.

But Foust also called the residential tax increase unsustainable in the long-term.

“We must find ways to fund the programs and services that residents both need and expect without being so dependent on residential property taxes. It’s especially important to find ways to mitigate the impact of property taxes on seniors, many of whom were on fixed incomes,” he said.

“We’re also too dependent on property taxes to fund county and school operations. I’m pleased the board will be looking at ways to allow county residents to vote on whether they want to diversify our revenue stream and provide some relief to homeowners,” said Foust.

“Truly, there are people that are finding taxes that are becoming less and less affordable in our county and they are not just people who are seniors, they are younger folks, they are people with kids in the schools,” said Providence Supervisor Linda Smyth. “It’s getting to be more of a widespread problem than we have seen in past years.”

“I certainly understand the penny going to the schools, but I truly would have liked to have seen our taxpayers acknowledged as well in terms of their concerns and their problems,” she said.

PRE-K EDUCATION and funding was stressed by Supervisor Cathy Hudgins and McKay.

“We have to make that investment and get serious about providing that. If we want to talk about equity in our school system it starts with making sure that every kid has an opportunity,” said McKay.

Hudgins said, “I bet we can’t find anything else” that provides as good a return on the investment as pre-K.

Hudgins remembers the board looking at the meals tax in 1992, and it is time again. “We need to look at other revenue sources,” she said.

“We are at a crossroads where we have to make tough decisions,” said Mount Vernon Supervisor Dan Storck. “Are going to remain on the best school systems in the county, and yes, we are, but we are fraying around the edges,” he said.

“As a business person, sometimes you have to make critical investments and although those investments have some short-term pain, if you will, for what I believe will be long-term gain,” he said.

“This budget is an essential investment in our future, schools are our future,” said Storck.

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MOTHER'S DAY PHOTO GALLERY

Celebrating spring: Soheila and Mom Shokouh in a ceremony for the first day of spring season.



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Kyle and his mom, Barbara, are celebrating his 13th birthday at Sakura Restaurant in Vienna.



Marie Lewandowski with her two daughters, Diane and Barbara, celebrating New Year's Eve together at the Atlanta Athletic Club in 2015.



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Charlotte Wineland, 96, a Great Great Grandmother, lives in Oakton and is a member of the Oakton Women's Club and Oakton Methodist Church.



Bridget, 9, and her mom, Barbara, with their goldendoodle, Oso (age 2), are enjoying time together at home in Vienna.

P.J. and Patrick Paradis take mom (Mary) for a day of boating, tubing, wakeboarding and fishing on Lake Anna, Va.



VIENNA CRIME REPORTS

Notable incidents from the Town of Vienna Police Department from April 22-28.

Incidents

Juvenile Case - 100 Block East St., SE. April 15, 10:23 p.m. Two officers observed two female juveniles behind the dumpster of a commercial office building. As they approached the juveniles they detected an odor of marijuana. Upon further interaction with the two juveniles the officers found they were in possession of marijuana and alcohol. One of the juveniles was also in possession of cigarettes. The officers transported the juveniles back to the Vienna Police Station where their parents responded to retrieve them. Both juveniles were issued summons for Possession of Marijuana and Underage Possession of Alcohol. One was also issued a summons for Underage Possession of Tobacco. They were both verbally counselled for trespassing. The juveniles were then released to the custody of their parents.

Prescription Fraud - Walgreens, 225 Maple Ave., East.

April 16, 3 p.m. An employee reported an individual who attempted to fill a fraudulent prescription.

Suspicious Event - 500 Block Stephen Circle, SW. Between April 21 at 8 p.m. and April 25 at 10:15 a.m. A resident reported that his juvenile son's email account was being fraudulently used to send vulgar email to his classmate.

Police Service - Vienna Police Station, 215 Center St., South. Between April 22 at 1 p.m. and April 24 at 6 p.m. A resident came to the Vienna Police Station to report fraudulent activity on his credit card account that occurred in Montgomery County, Md.

Domestic Dispute - 900 Block Maple Ave., East. April 22, 4:50 p.m. Officers responded to a domestic dispute on the roadway. A citizen advised he and his ex-girlfriend had gotten into an argu

SEE CRIME, PAGE 7

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OPINION

Breaking the Cycle of Crime with Treatment Instead of Jail

Fairfax County Budget Invests \$3.89 Million in "Diversion First"

BY SHARON BULOVA
CHAIRMAN, FAIRFAX COUNTY BOARD OF SUPERVISORS

One in five adults in the U.S. experience mental illness, and more than half did not receive treatment within the past year. Across the country, more people with mental illness are in jail than in psychiatric hospitals, with 2 million people with mental illness brought to jail every year. The criminalization of mental illness is a social, health and justice issue that Fairfax County has tackled head-on in this year's FY2017 Adopted Budget.

Diversion First, a new Fairfax County initiative, aims to reduce the number of people with mental illness in our jail. When people with mental illness have a non-violent or low-level encounter with the law, police officers can take them to the Fairfax-Falls Church Community Services Board's (CSB) Merrifield Crisis Response Center for treatment rather than jail. During this January alone, 265 mental health investigations were conducted by Fairfax County police officers in the field, and 40 percent of those investigations involved the CSB Merrifield Crisis Response Center.

Fully implementing Diversion First was a recommendation of Fairfax County's Ad Hoc Police Practices Review Commission. In the county's FY2017 Budget, officially adopted on April 26, 2016, the Board of Supervisors invested \$7.5 million to implement many of these recommendations, including \$3.89 million and a number of new staff positions for Diversion First.

Diversion First is a priority for the Board of Supervisors because the benefits of diverting people to treatment are enormous. First, people can recover from a mental health episode or become stabilized if they receive treatment. If brought to jail, chances of recovery are less likely and reentry back into the community adds even more challenges. With a record of jail time, applying for jobs and housing becomes extremely difficult, if not impossible. Guiding people to treatment instead of incarceration helps prevent a cycle of crime before it even starts, giving residents a better shot at managing and living successfully with mental illness, which benefits the entire community.

Diversion First not only saves lives, it also saves money. It is extremely expensive to the taxpayer to house people in jail who could be better served elsewhere. On average, people with mental illness remain incarcerated four to eight times longer than those without mental illness for the same charge and can cost up to seven times more. In Fairfax County, it costs an average of \$66,000 per year to hold one inmate in jail. Compare that to about \$8,000 for one year of the most intensive CSB care for

an individual, which does not include housing. A jail diversion program in Bexar County, Texas (Fairfax County's model for Diversion First) saved taxpayers \$50 million in the past five years. We are aiming for a similar outcome here in Fairfax County that promotes a safer, healthier and less expensive way of helping people with mental illness.

As part of Diversion First, Fairfax County police officers and deputy sheriffs are receiving 40 hours of state-certified Crisis Intervention Team (CIT) training to learn about the challenges of living with a mental illness and how to de-escalate crisis situations, both in the community and in the jail. CIT training is also aimed at changing the way law enforcement and the judicial system interact with people who have substance use disorders or intellectual and developmental disabilities.

After completing the training, CIT officers and deputies are better equipped to identify individuals who are experiencing an episode related to mental illness. They can make an informed decision to take persons to the Merrifield Crisis Response Center for assessment rather than arresting them and bringing them to the Adult Detention Center. Or, CIT officers may be able to de-escalate the crisis and resolve the situation on the spot.

If you call 9-1-1 for a mental health crisis or emergency, you can request a CIT-trained officer to respond. In a crisis that is not life threatening or when involving law enforcement is not necessary, you can call CSB Emergency Services 24/7 at 703-573-5679.

LETTERS TO THE EDITOR

Ten Tips for Culturally Aware Children

To the Editor:

Many children start to show an interest in different cultures at a young age, whether through ethnic food, friends at school, unique clothes, or hearing a foreign language spoken for the first time. Here are 10 ways to encourage your child's curiosity and teach them about a variety of cultures in fun and interactive ways.

1. Read bedtime stories that take place in another country or include some foreign words, so you can practice pronunciation.

2. Host an international au pair as your childcare solution. You can use matching agencies like AuPairCare, which have au pairs from more than 40 countries.

3. Enroll your child in a cultural dance or martial arts class, such as Bollywood, Flamenco or Capoeira.

4. Enroll your child in foreign

language classes for kids.

5. Plan art activities for your child based on different cultures such as Japanese calligraphy, Chinese paper cut outs, and Puerto Rican Ponce Carnival Masks.

6. Cook and try new foods inspired by other cultures with your children, or enroll them in cooking classes like Cooking Up Culture.

7. Plan a heritage party for your children and their friends, and encourage each child to bring food and games from their family's heritage.

8. Watch family-friendly movies that take place in another country.

9. Listen to popular music from different cultures while in the car, or teach your kids a simple song in a foreign language.

10. Attend local festivals and parades that celebrate different cultures such as Cinco de Mayo, Carnival, Chinese New Year and Bastille Day.

"Children are little sponges, taking in the world around them with eagle eyes and curious minds,"

said Sarah McNamara, vice president of AuPairCare and a mother of two. "This curiosity is a great thing and should be cultivated through as many avenues as possible, in an effort to raise a globally and culturally aware next generation."

Kim Chenen
Vienna

Taking Care of Our Mother Earth

To the Editor:

There are many of us, so many that our yards can no longer be dominated by grass and plants that do not feed us or our local population of insects. Landscaping services that will plant a vegetable garden are growing and why not plant blueberries in your yard instead of a sterile non-native shrub?

(<http://sustainable-nova.com/vegetable-gardening-in-northern-virginia/>).

At a minimum we need less grass and to use plants whose leaves and nectar are food for the insects that are part of the web of life that

sustains us all. So called "native plants" are easy to grow because they are suited to our environment

(<https://www.nps.gov/plants/pubs/chesapeake/pdf/chesapeakenatives.pdf>).

They may look different, be not as showy or have more leaves, but we as gardeners must re-learn to appreciate that these plants are what we should plant and they are beautiful. Our obsession with grass only and perfectly manicured lawns have spurred an entire industry of herbicides, pesticides and mowing and the need for vast quantities of water.

(<http://yalebooks.com/book/9780300054019/redesigning-american-lawn>).

Let's take care of "Mother Earth" so she can continue to take care of us.

Kay Fowler
Herndon

Vienna & Oakton CONNECTION

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CRIME

FROM PAGE 5

ment earlier in the day. The citizen drove away from his ex-girlfriend to avoid the argument, but she followed him. Once on Maple Avenue she stopped her vehicle on the roadway in front of him, then approached his vehicle and continued to argue, climbing on the hood of his vehicle and banging on the windshield.

The citizen did not wish to pursue charges against his ex-girlfriend. An officer issued a traffic summons to the woman for Improperly Stopping a Vehicle on a Roadway.

Narcotics Violation - 400 Block Maple Ave., West. April 23, 12:54 a.m. An officer observed a vehicle being operated with defective equipment and conducted a traffic stop. Upon his interaction with the juvenile driver he found the driver was in possession of a very minimal amount of marijuana. The officer transported the juvenile to his home where he was verbally counselled and released to the custody of his parent.

Suspicious Event - 1300 Block Ware St., SW. April 22, 6:58 p.m. A resident reported an ongoing problem with several occupants of a vehicle parking near the entrance of Southside Park, littering and urinating in public. She also believes the group may be trespassing in the park after dark.

Domestic Dispute - Kelley Street, SW. April 23, 11:36 a.m. Officers responded to the report of a verbal dispute between husband and wife. The couple agreed to stay away from each other for the day to calm down.

Suspicious Event - 400 Block Windover Ave., NW, April 24, 1:03 a.m. A resident reported four young males pounding on the door of the home. Officers were unable to locate the males.

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The Virginia Department of Transportation (VDOT), in partnership with the Virginia Department of Rail and Public Transportation (DRPT), will host hearings, pursuant to § 33.2-1820(B) of the Code of Virginia, to present the complete set of draft Request for Proposals (RFP) documents for the Transform 66 Outside the Beltway project and provide an opportunity for public comment on the draft comprehensive agreement. In addition, VDOT will provide information and receive comments from the public regarding its intent to change the existing High Occupancy Vehicle (HOV) designation on Interstate 66 from HOV-2 to HOT-3 (High Occupancy Toll or Express Lanes, where vehicles with three or more occupants travel for free) when the Express Lanes on I-66 Outside the Beltway open to traffic in late 2020.

Stop by to learn more about the project, discuss your questions with VDOT staff, and attend the formal presentation.

Review the latest project information and schedule at www.Transform66.org or at the hearings.

Give your written or oral comments at the hearings or submit them to Susan Shaw, Megaprojects Director, at the VDOT District Office address above. You may also e-mail comments at any time to Transform66@VDOT.Virginia.gov. Please reference "Transform 66 Outside the Beltway" in the subject line. Comments must be postmarked, emailed or delivered to VDOT by June 10, 2016 to be included in the public hearing record.

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WELLBEING



PHOTO COURTESY OF YUEN DE ANDA

Emily Rusch and her SAPT team will join with teams around the world to raise money for the Alzheimer's Association.



PHOTO COURTESY OF ALZHEIMER'S ASSOCIATION.

Teams work to raise money for the Alzheimer's Association during the annual Longest Day event.

Event to raise awareness and funds for research programs of Alzheimer's Association.

Working to End the Longest Day

BY MARILYN CAMPBELL
THE CONNECTION

Emily Rusch says her mother died a slow and heartbreaking death from Alzheimer's Disease. The experience felt continuous and excruciating.

"Caring for someone with Alzheimer's is really like one never-ending day," said Rusch, office manager for Strength & Performance Training, Inc. (SAPT) in Fairfax.

This June, she and her team of SAPT colleagues will join with teams of people around the world to participate in The Longest Day, a sunrise-to-sunset challenge to raise awareness and funds for research programs of the Alzheimer's Association. The name of the event honors the strength, passion and endurance of those facing Alzheimer's.

Held annually on the summer solstice, The Longest Day symbolizes the challenging journey of

those living with the disease and their caregivers. Teams are encouraged to create their own experience as they fundraise and participate in an activity they love to honor someone facing the disease.

SAPT will hold a fundraising event on June 18 by offering free workouts and classes for 16 continuous hours. "We're open for all of the daylight hours on the 18th, and in return, we're asking for donations that will go to support the Alzheimer's Association's mission," said Rusch.

The SAPT team is also taking donations in advance and has raised nearly \$1,000 of their \$5,000 goal. Rusch hopes to do her part to halt the



PHOTO COURTESY OF YUEN DE ANDA

Cindy Schelhorn and Stephanie Fewsmith of the Alzheimer's Association encourage community participation in the Longest Day for Alzheimer's research.

disease's cycle which she has experienced first-hand.

"My daughters were 8 and 11



PHOTO COURTESY OF EMILY RUSCH

Emily Rusch, pictured here with her mother and infant daughter, was inspired to raise money for the Alzheimer's Association by her mother's battle with the disease.

the team's first year, they finished in the top 20 teams in the nation. In 2014 and 2015, they finished in the Top 10.

"The [seniors] need exposure to different people to stay engaged and alert. The kids light up the room when they are there," said De Anda. "Some kids have brought their grandparents to play."

The bridge club helps seniors in two ways. Club members raise money for Alzheimer's research by playing the game, and the game itself is an activity that keeps seniors engaged.

"You're forced to interact with other people and that helps you keep your sanity," said De

Anda. "Social connection is huge."

While June 20 is the official date for The Longest Day event, the Alzheimer's Association encourages activities and fundraising around this date. Cindy Schelhorn of the Alzheimer's Association says that teams across the nation develop creative ways to raise money. "We've seen ... Rocking Chair Marathon ... writing letters to loved ones, yard sales [and] yoga."

For information, visit alz.org/thelongestday or call 800-272-3900.

**The Longest Day:
June 20**

To learn more and to start or join a team, visit alz.org/thelongestday or call 800-272-3900.

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Start of the 5K race.



PHOTOS CONTRIBUTED

Charity 5k Race Winners Announced

The Tysons Regional Chamber of Commerce has announced the results for the 3rd Annual Tysons Chamber Charity 5K that was held Sunday, April 24, at Tysons Corner Center.

Male Open winners:

1. Caleb Hymans - Annandale;
2. Ted Poulos - McLean;
3. Grant Kuhnsman - Tysons.

Female Open winners:

1. Mithra Mohtasham - McLean;
2. Rachel Wu - Vienna;
3. Heather Wilcox - Vienna.

A portion of the proceeds from this race benefited the Organization for Autism Research whose programs help improve the lives of individuals with autism and their families in Fairfax County. The Charity 5K was a fun way to bring out those living in the Tysons area and the business community for a morning promoting good health while bringing awareness to Organization for Autism Research (OAR).

It is not too late to make a donation to OAR. To make a donation or for more information on the Tysons Chamber, visit www.tysonscharity5k.com, or call 703-281-1333.

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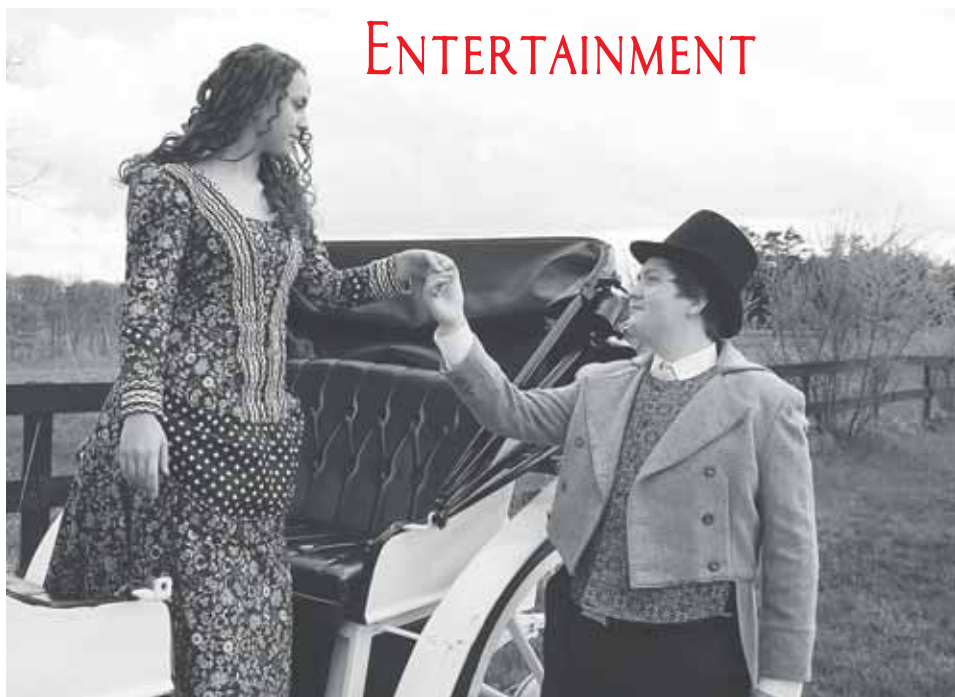
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ENTERTAINMENT



PHOTOS BY HUNTER CARRICO



PHOTOS BY HUNTER CARRICO

Oakton High School is presenting Andrew Lloyd Webber's musical, "Phantom of the Opera," May 12-14 at 7 p.m. at Oakton High School, 2900 Sutton Road, Vienna.

Oakton High School is presenting Andrew Lloyd Webber's musical, "Phantom of the Opera," May 12-14 at 7 p.m. at Oakton High School, 2900 Sutton Road, Vienna.

Oakton High Stages "Phantom of the Opera"

75 students in cast and crew work for May 12-14 production.

BY STEVE HIBBARD
THE CONNECTION

Oakton High School is presenting Andrew Lloyd Webber's famous musical, "Phantom of the Opera," May 12-14 at 7 p.m. at Oakton High School, 2900 Sutton Road, Vienna. Tickets are \$12 for presale and \$15 at the door.

The play with 75 students in the cast and crew centers around the phantom who lives in the sewers under the Paris Opera House. He falls in love with the obscure chorus singer named Christine and privately tutors her while terrorizing the cast members of the Paris Opera, most famously by bringing down their crystal chandelier.

"It's such an iconic, famous piece of musical theater, and I'm still surprised how many people have never seen it, so this is an opportunity to finally put physicality to the famous musical score," said theater director Vanessa Gelinias.

She added: "I think the most exciting part, after the months of hard work in figuring out how to surmount the obstacles — especially in a show like this, which has many special effects — is seeing it all come together and how much fun the kids are having on the stage. They finally realize all of their hard work has paid off."

The students started rehearsals in February and because there's very little spoken dialogue, and it's a mostly music-heavy show, they will rehearse by singing for about four months with the choral director, Tiffany Powell.

Sophomore Parker Waters, 16, of Fairfax plays one of the lead roles of Raoul, a very passionate and loving character. "He is always looking out for Christine, trying to be a protector and guardian from the Phan-



Oakton High School is presenting Andrew Lloyd Webber's musical, "Phantom of the Opera," May 12-14 at 7 p.m. at Oakton High School, 2900 Sutton Road, Vienna.

PHOTO BY HUNTER CARRICO



PHOTO BY VANESSA GELINAS/THE CONNECTION

Oakton High School is presenting Andrew Lloyd Webber's musical, "Phantom of the Opera," May 12-14 at 7 p.m. at Oakton High School, 2900 Sutton Road, Vienna. Pictured is the "Masquerade" dance.

tom. Raoul and Christine spent their summers together; they sing songs to each other, but then they were separated. When the musical begins, they have found each other," he said.

As far as challenges, he added: "This is my first leading role and it's difficult because there's so much music to learn and so many lines; it was quite overwhelming to begin with. I'm on the stage most of the show."

Lindsey Jacobson, 16, of Herndon plays the role of Christine who at the start of the musical, is a ballerina in the ensemble. "She's not the best ballerina. She has her struggles and she's been taking voice lessons from an unknown teacher who turns out to be the Phantom," she said. "When the leading soprano of the opera leaves, I'm given the opportunity to sing, and the Phantom and I are able to come forward and show the voice that he's been creating. He's been coaching it and pushing it to levels that she didn't know she had."

She said her biggest challenge is that Christine is supposed to be a ballerina but she's had very little dance training in ballet. "We were expected to dance to the levels as the real ballerinas in our ensemble," she said.

Miranda McBride, 17, of Fairfax is the choreographer for the show. To help her prepare, she watched a lot of YouTube videos and saw 'Phantom' for the first time as a freshman.

"I wanted to make it as authentic as possible. I wanted 'Masquerade' to be the grand number of what people should remember from the show. I wanted to engage the audience and get them ready. I wanted to captivate them again and bring them back into the world of the Phantom," she said.

As far as challenges, she said: "For one thing, you have varying levels of talent, and everyone is amazing. I wanted to find choreography that looks good but also showed off all the talent that our cast has to offer. That would be anything from the Phantom with candle sticks to 'Masquerade,' which is a full cast doing things."

WWW.CONNECTIONNEWSPAPERS.COM

CALENDAR

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

ONGOING

"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.

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.

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.

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.

Jammin'Juniors Concert. 12:30 p.m. McLean Central Park Gazebo, 1468 Dolley Madison Blvd., McLean. Bring your lunch and listen to some tunes. Roger Day will perform. Free. mcleancenter.org.

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.

FRIDAY-SATURDAY/MAY 6-7

Claude Moore Colonial Farm Spring Plant Sale. 10 a.m.-5 p.m. Claude Moore Colonial Farm, 6310 Georgetown Pike, McLean. Browse varied selection of heirloom tomatoes, eggplant and peppers, as well as other vegetables. Also perennials. Free admission and parking. 1771.org. 703-231-3545.

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.

Yard Sale/Flea Market. 7 a.m.-2 p.m. Great Falls United Methodist Church, 10100 Georgetown Pike, Great Falls. To reserve a space to sell or for more information call 703-582-1640.

Social Justice Yard Sale. 7 a.m.-1 p.m. Unitarian Universalist Church of Fairfax, 2709 Hunter Mill Road,



IRISH EYES PHOTOGRAPHY BY TOBY/COURTESY OF MCLEAN COMMUNITY PLAYERS

In one room two cops (from left — Scott Landsman and Lynley Peoples) watch the video of what's happening in the next room with the security agent (Stephen T. Wheeler) and the accountant (Brianna Goode) in rehearsal for the McLean Community Players "Unnecessary Farce," playing at the Alden Theater through May 14.

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.

Colvin Elementary Fun Run. 8:15 a.m. Shouse Village, 1400 Trap Road, Vienna (behind the school). Objective this year is to collect new or gently used sports equipment for our local sister school, Hybla Valley ES, to help promote their family and student lifelong health and fitness goals. <http://www.crespto.org/home.html>.

TUESDAY/MAY 10

Fantasy Sports with Matthew Berry. 7:30 p.m. The Alden McLean Community Center, 1234 Ingleside Ave., McLean. Join Matthew Berry, ESPN fantasy sports analyst and author of "Fantasy Life: The Outrageous, Uplifting, and Heartbreaking World of Fantasy Sports from the Guy Who's Lived It" for a lively talk featuring stories and tips from the "front lines" of fantasy sports. Free. Register at <http://bit.ly/1XIJAhC> or call 703-324-8428.

WEDNESDAY/MAY 11

Jammin' Juniors Concert. 12:30 p.m. McLean Central Park Gazebo, 1468 Dolley Madison Blvd., McLean. Bring your lunch and listen to some tunes! Join us for a free lunchtime concert for children ages two to five and their families. Steve Roslonek of SteveSongs is one of the most engaging performers on the national children's music scene. Free. mcleancenter.org.

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.

SATURDAY-SUNDAY/MAY 14-15

Pull-Ups for Life. Noon. Cooper Middle School Tennis Court, 977 Balls Hill Road, McLean. Andrew Shapiro will be attempting the world records for most pull ups in six hours, 12 hours, and 24 hours. The record attempts will be video-taped and verified by the judges at Guinness World Records. \$5 donation, \$200 corporate sponsor. Search for the

event at relayforlife.org.

THURSDAY/MAY 19

Radney Foster. 6-7:30 p.m. Jammin Java, 227 Maple Ave. East, Vienna. Considered an elder statesman of Texas singer-songwriters, Foster has been a friend and mentor to many younger artists on the Texas scene. \$20-\$22. jamminjava.com.

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.

FRIDAY-SATURDAY/MAY 20-21

Enlightened Living - The Path of Inner Yoga. 6-8 p.m. Unity of Fairfax, 2854 Hunter Mill Road, Oakton. Led by Swami Nirvisheshananda Tirtha, the focus of the talk and Q&A will be how to walk the path of Inner Yoga (samatva) and transform lives spiritually. Program followed by dinner. Free. <http://cirdna.org/EL2016>. 703-861-4230.

SATURDAY/MAY 21

Beneficial Insects. 10:30-11:30 a.m. Meadowlark Botanical Gardens, 9750 Meadowlark Gardens Court, Vienna. Find out how to keep pest from eating your plants, while still caring for the environment. Preregistration required. \$5. NOVAparks.com.

SUNDAY/MAY 22

Specimen Plant Walk. 4-5:15 p.m. Meadowlark Botanical Gardens, 9750 Meadowlark Gardens Court, Vienna. One-mile walk through Meadowlark introducing participants to plants that can add interest to home gardens. \$2.50-\$5. Register at NOVAparks.com.

FRIDAY/JUNE 3

SpringFest Opening. 6-9 p.m. Great Falls Village Green, corner of Walker Road and Georgetown Pike. greatfallsstudios.com.

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

SATURDAY/JUNE 4

Cactus/Succulent Sale. 10 a.m.-2 p.m. Meadowlark Botanical Gardens, 9750 Meadowlark Gardens Court, Vienna. Hosted by the National Capital Cactus and Succulent Society, will be held in front of the Meadowlark Visitor Center. Cash only sale. novaparks.com.

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SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

MAY

Mother's Day is May 8

*5/18/2016..A+ Camps & Schools, Proms, Summer Planning
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JUNE

6/1/2016.....Wellbeing

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Madison's Vannicola Out-Duels South Lakes' Rayle in 10 Innings

Warhawks hurler strikes out 21 in 2-1 victory over Seahawks.

BY JON ROETMAN
THE CONNECTION

Madison senior Katie Vannicola praised South Lakes sophomore Aly Rayle for her improvement in the circle after the two engaged in a 10-inning pitcher's duel on Friday.

Vannicola's performance on the field, however, wasn't as kind toward the Seahawks.

The future Georgetown University pitcher struck out a career-high 21 batters and worked her way out of a bases-loaded jam in the bottom of the 10th inning, helping the Madison softball team defeat South Lakes 2-1 on April 29 in Reston.

South Lakes, down 2-1, loaded the bases with one out in the bottom of the 10th, but Vannicola recorded her 21st strikeout of the evening before inducing a game-ending groundout.

"I've been in that situation quite a few times, actually, especially in travel ball, like [at] nationals," Vannicola said. "It's really important that you keep your mind clear and don't worry about what could go wrong and just kind of go pitch by pitch."

Madison took a 2-1 lead in the top of the 10th inning when a South Lakes infielder dropped a one-out pop up, allowing what proved to be the winning run to score from third base.

Vannicola allowed one run on six hits while walking two in 10 innings. She did not allow a run until the ninth inning, when international tiebreaker rules give teams a runner at second base to start each half-inning for the remainder of the game.

Vannicola threw 157 pitches, including 119 strikes. She threw a first-pitch strike to 26 of 38 batters faced.

Vannicola's career high for strikeouts in a seven-inning game is 19. She had 18 through seven innings on Friday.

"Katie's such a good pitcher," Madison senior catcher Julia Hoy said. "I've known her for so long, I've been catching her for so long ... her pitching as well as she did today is something I'm just used to, but we really appreciated it tonight."

HEAD COACH Jim Adkins said Vannicola was dealing with pain in the index finger on her pitching hand during the game. Hoy praised her teammate for the performance.

"I'm so insanely proud of Katie," Hoy said. "She hurt her finger and it's been bothering her, so the fact that she was able to push through that and deliver for the team, that was amazing."

At one point, Vannicola struck out seven consecutive batters between the third and fifth innings.

"I thought she did great," Adkins said. "I



Katie Vannicola and the Madison softball team are in first place in Conference 6.



South Lakes sophomore Aly Rayle shut out Madison for eight innings before the Seahawks suffered a 2-1, 10-inning loss to the Warhawks on Friday.



Senior catcher Julia Hoy and the Madison softball team improved to 16-2 with a 2-1 win over South Lakes on Friday.



South Lakes designated player Natalie Pritz had one of six hits off of Madison pitcher Katie Vannicola on Friday.

thought she had command of all her pitches and I thought she did a great job of keeping the hitters off balance. It was probably one of the better games she's pitched all year and we knew that we would need that

kind of performance from her against South Lakes, which is a great team.

"With Aly Rayle pitching, you know you're not going to score a lot of runs. We knew that we just had to kind of keep it close and

hope we got a couple breaks and fortunately we did."

Rayle suffered the tough-luck loss on Friday. The sophomore allowed two runs — one earned — on four hits while walking three, hitting one batter and striking out six in 10 innings. She did not allow a run until the ninth inning.

After sharing time in the circle as a freshman last season, Rayle has emerged as a standout pitcher.

"It's really interesting to watch her because I remember her when she was [a freshman]," Vannicola said. "... I know that her speed has gotten better. I know, from hitting off of her, that her spin has definitely gotten a lot better. She's probably been working really hard, so I applaud her for that."

Rayle threw 131 pitches, including 93 strikes. She tossed a first-pitch strike to 29 of the 40 batters she faced.

"It was a lot of pressure, but I tried to just not let it get to me," Rayle said. "Rather than feeling the pressure on myself, I think about the situation that the batter's in and how much pressure they feel and I try to take it off myself."

Madison scored the game's first run in the top of the ninth when bunt by shortstop Cameron Pistilli plated Alex Echazarreta. South Lakes tied the score at 1 in the bottom of the ninth on an RBI single by third baseman Jazmyn Stokes.

Madison sophomore leadoff hitter Cat Arase went 2-for-4 with a pair of singles. Third baseman Echazarreta and right fielder Kristen Williams each had a hit for the Warhawks.

Stokes finished 2-for-4 with two singles and an RBI for South Lakes. Designated player Natalie Pritz, catcher Danielle Barr, second baseman Calista Somer and Kaylin Tang each had one hit for the Seahawks.

MADISON improved to 16-2 overall and sits atop the Conference 6 standings at 11-1. South Lakes, which snapped a lengthy regional tournament drought last season, fell to 12-6 overall and 8-4 in the conference.

Madison was scheduled to face Langley on Tuesday, after The Connection's deadline. The Warhawks will conclude the regular season with a home game against McLean at 6:30 p.m. on Friday, May 6.

South Lakes was scheduled to face Washington-Lee on Tuesday. The Seahawks will travel to take on Hayfield at 6 p.m. on Friday, May 6.

"I'm not upset at all," second-year South Lakes head coach Carlos Soto said. "I really think that the girls battled so hard. Madison is such a good team. They're so composed, they have so much experience. Vannicola up there, she's a rock. It doesn't look like anything fazes her. No matter what the situation, she just kept going at it. ... I'm nothing but impressed by both teams and how they both played and how they composed themselves. In some ways, I wish I was watching. I was just glad I was here."

American Legion Honors Officer Tremont

On Wednesday, April 6, the American Legion Post 180 in Vienna held its annual ceremony and banquet dinner to honor the 2015 Town of Vienna Police Officer of the Year. This year's recipient was Police Officer First Class Blake Tremont. PFC Tremont has been with the Vienna Police Department since 2011. In a letter of nomination, Sgt. James Sheeran described PFC Tremont as an officer who displays excellence in several areas. PFC Tremont maintains high levels of performance as evidenced by his routinely high numbers in both traffic and criminal enforcement. In addition to his quantifiably high levels of activity on the street, PFC Tremont easily builds rapport with citizens and coworkers alike. Sgt. Sheeran also cited PFC Tremont's ability to remain calm during stressful



PHOTO CONTRIBUTED
PFC Blake C. Tremont and Chief James A. Morris

situations. In 2015, PFC Tremont successfully defused a potentially deadly situation that involved an agitated subject who was in need of mental health attention. In addition, PFC Tremont assisted with a complex spousal assault call that required the dispatching of numerous resources and a calm demeanor to bring the case to a successful conclusion. PFC Tremont also maintains certification in the Patrol Rifle program. Outside of his regular duties, PFC Tremont recognized that the Town's deferred compensation program could be revamped. He took it upon himself to become educated on the issues and presented the issues to the Town management. Through his efforts, the deferred compensation program is in the process of being reviewed in hopes of better serving the Town's employees.

Vienna Police Officer Graduates from Academy

On April 15, Officer Emmanuel W. Bulti graduated from the 66th Session of the Fairfax County Criminal Justice Academy. The graduation ceremony was held at the Centreville Baptist Church. The graduation marks the culmination of a six month training session in which newly hired police recruits receive training in all aspects of police procedures. The six-month basic recruit session is a non-residential training program consisting of over 920 hours of instruction. The training includes academic studies in crisis intervention, assisting individuals



PHOTO CONTRIBUTED
Officer Emmanuel Bulti and Chief James Morris

with mental illness, de-escalation techniques and first aid. It also includes firearms training, emergency vehicles operation, physical training and defensive tactics. Officer Bulti is now assigned to a Field Training Instructor (FTI) for the next 10 weeks. Under the guidance of the FTI, Officer Bulti will become more familiar with the Town and all aspects of his law enforcement duties. In 2015 Officer Bulti graduated from George Mason University with a Bachelor's Degree in Criminal Justice. He enjoys biking and outdoor activities.

Delight to Watch

Madison High School's production of "The 25th Annual Putnam County Spelling Bee."

BY ALINE DOLINH
OAKTON HIGH SCHOOL

How do you spell H-I-L-A-R-I-O-U-S? It's an adjective, meaning "arousing great merriment; extremely funny" - and it exactly describes James Madison High School's production of "The 25th Annual Putnam County Spelling Bee." Thanks to sharp comic timing and idiosyncratic character choices, this show sweetly captured all the awkwardness and oddity of early adolescence.

Originally conceived by Rebecca Feldman, with music and lyrics by William Finn and a book by Rachel Sheinkin, the musical follows six eccentric elementary schoolers competing at the titular Bee, along with the three equally odd adults supervising them. It earned six Tony nominations when it made its Broadway debut in 2005 and has been performed worldwide since, being especially notable for its usage of audience participation and ad-libbing.

As enthusiastic bee moderator Rona Lisa Peretti, Julia Mann's full-bodied, mature voice brought new dimension to the role. Her fellow judge, Douglas Panch (Mitch Coomer) earned countless laughs thanks to his deadpan delivery of increasingly outlandish words, and his eventual second-act breakdown was side-splittingly histrionic. As for the competitors themselves, the initially insecure yet earnest Leaf Coneybear (Neal Going) won the audience's hearts thanks to his charming, genuine performance and ability to rapidly shift into his spelling "trances." Ultra-competitive William Barfee also underwent a transformation from high-strung to heartfelt thanks to Jack Herrin's performance, marked by the exaggerated physicality of his "magic foot," the alleged secret to his spell-

ing success. The overachieving and initially opaque Marcy Park (Paige Cilluffo) also shone in the second act thanks to her strong vocals in "I Speak Six Languages," a number marked by an energetic ensemble and adroit use of props representing Marcy's multiple talents.

The entire ensemble, including those seated in the audience, remained in character throughout the show, an inspired move that further immersed the spectators into the whimsical world of the bee. The cast's commitment to their roles, even when not the main focus onstage, helped make each speller a unique and clearly-defined character. Two unexpected standouts among the company, despite their meager stage time, were Logainne Schwartzandgruenier's hilariously overbearing fathers (Patrick Selent and Sam Ressin).

CAPPIES REVIEW

Group choreography shone especially in "Magic Foot," a number characterized by intricate tap dancing moves, as well as in the acrobatics of the aforementioned "I Speak Six Languages." Ensemble dancer Anna Henderson, who was in both, showcased especially deft flexibility in her leaps.

Despite occasionally flat sound, the orchestra was impressively able to pick up cues quickly even from backstage, and interesting choices such as showcasing a xylophone during a slow-motion section paid off. The simple set, mainly consisting of a pair of high, oversized bleachers, subtly reinforced the immaturity of the characters by making them appear diminutive in comparison.

Overall, the cast's consistent commitment and quirky character-based comedy made this musical a rollicking delight to watch. James Madison High School definitely gave us a champion-worthy performance and stirred the inner child inside all of us.

SCHOOL NOTES

Send school notes to vienna@connectionnewspapers.com by noon on Friday.

Kelsey Waddill, of Vienna, was named to the dean's list for academic excellence for the fall 2015 semester at Johns Hopkins University. Waddill is the daughter of Charles and Deborah Waddill and attended James Madison High School.

Phoebe Natale of Vienna has been named to the dean's list in the University of Notre Dame's College of Arts and Letters in Indiana for outstanding scholarship during the fall 2015 semester.

Robert A. Williams of Vienna was named to the Dean's list for the fall 2015 semester at Radford University. Robert is a graduate of Marshall High School. He is majoring in Business.

WEEK IN VIENNA

Summer STEM Camps at Three Area Schools

Fairfax County Public Schools (FCPS) is partnering with SySTEMic Solutions, Northern Virginia Community College's regional K-16 STEM (science, technology, engineering, and math) outreach initiative, to host STEM camps at three schools this summer. The camps will be held in July and August from 9 a.m. to 4 p.m. as follows:

- ❖ VEX IQ Robotics, for grades 4-8, at Edison High, July 11-15; South Lakes High, July 18-22 and July 25-29; Marshall High, Aug. 1-5.
 - ❖ VEX EDR Robotics 1.0, for grades 8-12, at Edison High, July 11-15; South Lakes High, July 18-22 and July 25-29, and Marshall High, Aug. 1-5.
 - ❖ Cybersecurity (Basic and Advanced), for grades 9-12, at Marshall High, Aug. 1-5.
- The camps are designed to provide rising fourth through twelfth grade students with knowledge and hands-on experience in STEM programs, and introduce them to the many career opportunities in the growing field. Additional information and registration instructions are available at <http://www.nvcc.edu/systemic/camps.html>.

Vietnam Veterans To Honor Student Art Talent

Chapter 227, Vietnam Veterans of America Inc., invites all veterans, friends, and the general public to attend the May 19 chapter meeting at Neighbor's Restaurant, 262D Cedar Lane, Cedar Lane Shopping Center, Vienna, at 7:30 p.m. The program features the presentation of awards to the winners of the 16th Annual Vince Kaspar Awards for Excellence in the Arts. The chapter's community program recognizes art and poetry talents of local high school students. The general public and all veterans are invited. Admission is free. For information, call Len Ignatowski at 703-255-0353 or visit the web page at www.vva227.org.

The membership serves as a "Fire Support Base" for veterans who are seeking closure on their Tour of Duty and a renewal of their Vietnam camaraderie. The chapter supports veteran's activities and non-veteran community projects.

Straight-on Effects

By KENNETH B. LOURIE



As a seven-plus year chemotherapy "infusee," I believe I'm fairly well qualified to address some of the side effects of the treatment. Side effects my a--! The effects are hardly indirect or on the side. They are direct and to the point. Whether it's hair loss, memory loss, nausea, vomiting, diarrhea, risk of infection due to low white blood cell count, low energy/high fatigue due to low red blood cell count, loss of appetite/lack of taste; and on and on and on – and I'm not even addressing the psychological, emotional and spiritual issues which themselves are nearly overwhelming – the results: "Danger, Will Robinson." Because it seems as if you're lost in your own space. Wishing and hoping and praying may mitigate some of the suffering. Unfortunately, there's still plenty to go 'round.

Is there relief in sight for those cancer patients so regularly affected? Yes. There is medication. Although, generally speaking, my oncologist has been hesitant to prescribe additional medication to treat the effects of treatment/previously prescribed medication, regardless of its effectiveness. It's not exactly akin to a cat chasing its tail, but prescribing medication to treat the "side" effects of an already prescribed medication – which in turn may have been prescribed to treat the effects of yet another previously prescribed medication, seemed somewhere between redundant (sort of), ridiculous and irresponsible somehow. If solving one problem/symptom simply caused a new and different symptom/problem that required medication, then all we were accomplishing was whacking a mole, so to speak. And as a cancer patient, compounding the underlying problem didn't seem to make sense; so rarely, if ever – and my oncologist and I talked about this – did we decide to throw good money after bad, if you know what I mean. Mostly we decided to leave well enough alone – within reason, even though I might not have been all that well.

Please don't infer from this rationalization that I've suffered unnecessarily. I don't think I have. Although I certainly don't know for sure. But in reviewing today decisions made in the past, I still think, to quote my deceased father, that "The idea had merit." No second-guessing here. The decision seemed logical and prudent then and it still does today, even in arrears. Perhaps managing my "straight-on effects" as I've discussed has contributed to my overall good health/unexpected survival. Who's to say? Obviously, prescription and/or over-the-counter medication is a reasonable course of action/treatment, all things considered. But sometimes, too much of a good thing may simply be too much. The human body does have its limits. Specifically, I refer to the Immune System, our internal fighter. Though it works in many strange and mysterious ways, many more of those ways are understood now after years of research. Unleashing it rather than medicating/obfuscating it might very well be the missing link in treating not only cancer but other dreaded diseases. In fact, Immunotherapy is an entirely new field/class of drugs created/ designed to harness the power of one's own Immune System. Now that's a "straight-on" effect I would embrace.

Fortunately, or not, my non-Immunotherapy chemotherapy is keeping my tumors "stable" (my heretofore favorite word), so rather than stop what's working – despite the eating/taste issue I experience during my post-chemo week – we're going to stay the course, but remain open to course corrections. It may not be ideal, because the "straight-on" effects can be difficult. Nevertheless, even though it's not exactly my idea, I do think much of it.

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

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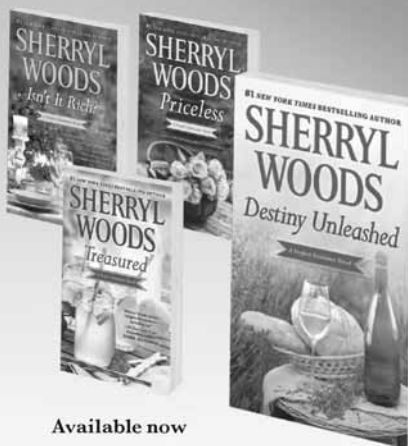
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