

# Fashion Show to Benefit Local Charities

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# Directly from the Board

Bulova calls the budget a “booster shot.”

BY KEN MOORE  
THE CONNECTION

**W**hen 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.

MCLEAN CONNECTION ❖ MAY 4-10, 2016 ❖ 3



# MOTHER'S DAY PHOTO GALLERY

**Four generations: Congresswoman Barbara Comstock, right, with her mother Sally Burns, her daughter Caity Comstock Roller, and granddaughter Hailey.**



**Fairfax Board of Supervisor Chairman Sharon Bulova with daughter Karin in 1976.**

**Princess Aliyah & Kashmir Rose, 4, celebrate Mother's Day surrounded by picturesque Alaskan Glaciers in 2015. Princess Kashmir says, Alaska is the most beautiful and favorite place compared to the 24 countries she has visited.**



**Melodee and Rose Boos at 5 Guys on the cold, snowy Saturday, April 9, 2016.**

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## WEEK IN MCLEAN

### Presentation on the Life of Mottrom Dulany Ball

The McLean Historical Society will welcome William Page Johnson II at its May 10 meeting at 7:30 p.m. at the McLean Community Center. Johnson will present his research into the life of Mottrom Dulany Ball. A native of McLean, Mottrom Dulany Ball had a colorful Civil War career, was lawyer and newspaper editor in Fairfax Court-house and ultimately served as the first territorial governor of Alaska. Johnson, the elected Commissioner of the Revenue of the City of Fairfax, is a prominent local historian who has served on the boards of Historic Fairfax City, Inc. and the Historical Society of Fairfax County. The community is invited. For more information, contact Paul Kohlenberger at 703-980-0885 or paulkohl@msn.com.

### Public Meetings Set on Bus Rapid Transit for Route 7

Recommendations to run bus rapid transit (BRT) to connect the Spring Hill Metrorail Station in Tysons to Mark Center in Alexandria will be the focus of three public meetings in June. BRT is proposed to run 11 miles along Route 7

SEE WEEK, 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://sustainablenova.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

McLean  
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# WEEK IN MCLEAN

FROM PAGE 5

in mostly dedicated lanes, leaving the state road briefly to connect to the East Falls Church Metrorail Station.

Northern Virginia Transportation Commission has organized public meetings on the following dates at different locations:

**Monday, June 6, 7-9 p.m.** The Pavilion at the Apartments at the Mark Center, 5708 Merton Court, Alexandria

**Wednesday, June 8, 7-9 p.m.** Glen Forest Elementary School, Ground Floor Cafeteria, 5829 Glen Forest Drive, Falls Church

**Thursday, June 9, 7-9 p.m.** Mary

Ellen Henderson Middle School, Ground Floor Cafeteria, 7130 Leesburg Pike, Falls Church

The Route 7 Corridor study considered three transit modes – BRT, light rail and enhanced bus service – and several alignments, with and without a connection at East Falls Church Metro and terminating at Mark Center or the King Street or Van Dorn Street Metrorail stations. Construction and operating costs for BRT on Route 7 are, respectively, 70 and 40 percent lower than light rail. BRT is expected to attract 9,500 new transit riders to Route 7 each day. To learn more about the Route 7 Corridor study, call 703-524-3322 or visit [EnvisionRoute7.com](http://EnvisionRoute7.com).

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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.

# Working to End the Longest Day

BY MARILYN CAMPBELL  
THE CONNECTION

## The Longest Day: June 20

To learn more and to start or join a team, visit [alz.org/thelongestday](http://alz.org/thelongestday) or call 800-272-3900.

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, pas-

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

"My daughters were 8 and 11 when my mother died. They never really knew because she was in the advanced stages of Alzheimer's," she said. "When I was a child, my grandmother had Alzheimer's so I never knew her either. I'm doing the Longest Day because research is important to finding a cure or viable treatment."

Yuen De Anda, whose father has Alzheimer's, is participating in The Longest Day and is the captain of Springfield's Team Bridge Heroes United. The team, which is based out of a retirement community in Springfield, is intergenerational. There are high school students who play alongside seniors.

This June will be their fourth year participating in the event. In the last three years, the team has raised more than \$58,000 for the Alzheimer's Association. In 2013, 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.

**"Caring for someone with Alzheimer's is really like one never-ending day."**

— Emily Rusch

"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](http://alz.org/thelongestday) or call 800-272-3900.



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.

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## COMMUNITY

# George Washington Parkway Classic: 'Moving' Experience

Runners came from near and far to support causes and each other.

BY EDEN BROWN  
THE CONNECTION

**T**hey came from as far away as Cali, Colombia and Bristol, England. They were from Arlington, Burke, Alexandria, Lorton, Reston, Falls Church, and from Colorado and Canada. They were old — 88 — and they were young — 12-year-olds and babies in strollers. One woman from Silver Spring was running at 7 months pregnant. One runner was blind.

The Star Spangled Banner resonated across a crowd of 5,330 runners in the sunlight near George Washington's home; American flags snapped in the breeze. People had goosebumps, and not just from the cold air at 7 a.m. because the most moving thing about the George Washington Parkway Classic, now in its 32nd year, was the number of runners who came out to support veterans, the poor, the sick, and the homeless.

The race was supported by an army of volunteers, some of whom have been coming for 20 years. They handed out water and gatorade. The moving company "Two Men and a Truck" took runners' belongings and transported them. Starbucks served coffee. And all along the track, residents came out to cheer on moms and dad, grandmothers and grandfathers, neighbors and team members.

Sometimes called the "Prettiest run this side of the Potomac," the annual George Washington Parkway Classic 10-Mile and 5K races are for serious runners, new runners, and runners with a cause. The 10-mile race starts in Mount Vernon, and passes through Riverside Park, Fort Hunt Park, Collingwood Park, the Dyke Marsh Wildlife Preserve, on past Windmill Hill Park and Founders Park before coming along the fin-



PHOTO BY EDEN BROWN/THE CONNECTION

**Beth Eckert and Barbara Overstreet, both from McLean, were running in the George Washington Parkway Classic to support the Leukemia and Lymphoma Society. See [www.LLS.org](http://www.LLS.org).**

ish line at Oronoco Bay Park in Old Town, Alexandria.

And that's when the party began. The runners drank water and ate snacks handed out at the finish line. They took pictures with their teams, and listened to the live band, The Joe Chiocca Band, which did some great "rootsy rock" numbers, and were given a free brew by the Port City Brewing Company. And they met up with other runners, comparing times and causes. One local Alexandria resident was just glad to finish: Donald Trilling, 88, who has been running the race since 1987, and who was honored with running bib number 1— didn't come in last.

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Fleming's Prime Steakhouse in the Courtyard Marriott at Tysons Corner served as the venue for the NDWC Spring Fling Fashion Show.



The models gather at the end of the Spring Fling Fashion Show sponsored by the New Dominion Women's Club.

## Spring Fling Fashion Show to Benefit Local Charities

**Fundraising event held at Fleming's Prime Steakhouse in Tysons Corner.**

BY STEVE HIBBARD  
THE CONNECTION

**T**he New Dominion Women's Club (NDWC) held its Seventh Annual Spring Fling Fashion Show, Luncheon and Raffle on Sunday, May 1 at Fleming's Prime Steakhouse in the Courtyard Marriott at Tysons Corner to support four local charities. The event featured fashions from Bloomingdale's.

"It's always a great way to bring together the community in an effort to help four key local groups," said Carol Brunner, past president of NDWC. "Fleming's was recently remodeled and we're thrilled with our new venue; it's set up perfectly for a fashion show."

NDWC President Alena Lemay added, "This is our seventh annual fashion show; it's our signature event. We are thankful to Bloomingdale's for providing the outfits for our models and for working with NDWC every year."

This year's four local charity beneficiaries were Share, Inc., McLean/Falls Church Children's Center, Safe Community Coalition, and McLean Project for the Arts.

Joan Green, co-chair of the Share Food Room, one of the charity beneficiaries, said: "We rely strictly on donations and because of organizations like this, we are able to feed many more of our clients."

**THE FASHION SHOW** included community leaders as models, such as state Sen. Barbara Favola; Del. Marcus Simon who is Chairman of the Board of the Greater McLean Chamber of Commerce; Peggy Fox, reporter and anchor at WUSA9; Marcia Twomey, executive director of the Medical Care Children's Partnership Foundation;



NDWC member Anne Deger with Alena Lemay, president of NDWC.



Peggy Fox, reporter and anchor with WUSA9, models one of the Bloomingdale's fashions.

George Sachs, executive director, McLean Community Center; Bill DuBose, managing director, District Financial Advisors; Christina Girardi, director, Educational Programs at McLean Project for the Arts; and Derrick Swaak, COO/partner, TTR Sotheby's International Realty. John Foust, Fairfax County supervisor for Dranesville, made the opening remarks.

"I'm really pleased to support the NDWC to help sell some tickets. They do a lot of good work in the community," said Del.



Dranesville District Supervisor John Foust with his wife Marilyn.



Delegate Marcus Simon (D-53) of Falls Church models clothes from Bloomingdale's.

Marcus Simon (D-53) of Falls Church, who modeled for the event. "It's always been on my bucket list to be a model one day."

State Sen. Barbara Favola, who was also a model, added: "This fashion show is a fun event that helps build community and raise money for some very worthwhile causes...This is a grassroots organization and it really reflects how neighbors can help neighbors, and I'm really proud to be part of this event."

Peggy Fox, reporter and anchor with

WUSA9 and one of the models, said: "This group gives women a great sense of community; it's also a way to raise money for wonderful nonprofits so we can give back to the community."

Christina Girardi, education director with the McLean Project for the Arts (MPA), said: "The NDWC has been an awesome partner with us. We are a nonprofit contemporary visual arts gallery; we exhibit emerging and established artists from the mid-Atlantic region. We offer educational programs throughout the year for children, teens and adults, and our ArtReach Program has Title I schools come into the galleries and we have workshops with them."

The fashion show committee included: Alina LeMay, Carol Brunner, Elizabeth Bertholon, Anne Deger, Kitty Gonzalez, Jennifer Salopek, Ignacia Moreno, Mary Ann Miller, Joan Murray and Desi Woltman. Flowers were donated by NDWC member Sherri Heile along with Flowers & Plants, Etc.

The NDWC was founded in 1968 when eight women met with the intention of forming the Junior Women's Club of McLean. In 1975, the club was restructured and in 1991, the club voted to become a general club under the Virginia Federation of Women's Clubs and was renamed The New Dominion Women's Club.

**NDWC** coordinates the Children's ArtWalk featuring artwork at MPA's festival. It showcases art from elementary age children from schools in McLean on the first Sunday in October. Members participate in Adopt-a-Highway on Westmoreland Street on McLean, and Reading is Fundamental at Falls Church/ McLean Children's Center. Members also donate time and financial support to help with the holiday party and backpack program and food pantry at Share, Inc. Among other things, over the past years, the NDWC has held a Spring Fashion Show, whiskey tasting evening and Arts Night Out Gallery Silent Auction at MPA. Members are also encouraged to join in other activities and social events, such as our monthly meetings on the third Monday of each month, coffee mornings and more.



# CALENDAR

Send announcements to [www.connectionnewspapers.com/Calendar/](http://www.connectionnewspapers.com/Calendar/). Deadline is Friday at noon for the following week's paper. Photos/art-work 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](http://www.mcleanplayers.org). 866-811-4111.

**"Proof."** March 31-May 8. 1st Stage, 1524 Spring Hill Road, Tysons. Pulitzer Prize-winning play. \$30/\$26/\$15. [1ststage.com](http://1ststage.com). 703-854-1856.

## FRIDAY/MAY 6

**Spring Fling.** 7-9 p.m. The Old Firehouse, 1440 Chain Bridge Road, McLean. P, always sold-out 5th and 6th-grader parties that include music, dancing, games, snacks, videos and more! Advance registration is required; walk-ins will not be admitted. \$35/\$25. [mcleancenter.org](http://mcleancenter.org).

## 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



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.**

**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.

## 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 for a lively talk. Free. Register at <http://bit.ly/1XJAhC> 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](http://mcleancenter.org).

## SATURDAY/MAY 14

**"Chicken Dance."** 2 p.m. The Alden, 1234 Ingleside Ave., McLean. ArtsPower's newest musical portrays the colorful story of Marge and Lola, two barnyard chickens on a mission to win the barnyard talent contest first prize of two tickets to see the great Elvis Poultry in concert. Ages 4

SEE CALENDAR, PAGE 13

### Saint Ann Catholic Church

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

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Virginia Department of Transportation

### Transform 66 Outside the Beltway Fairfax County and Prince William County Public Hearings

All hearing times are 6:30 – 8:30 p.m.  
A brief presentation at each hearing will begin at 7:00 p.m.

**Monday, May 23, 2016**  
Oakton High School Cafeteria (Entrance #1 or #14)  
2900 Sutton Road, Vienna, VA 22181

**\*Tuesday, May 24, 2016**  
VDOT Northern Virginia District Office  
4975 Alliance Drive, Fairfax, VA 22030

*\*Visit [Transform66.org](http://Transform66.org) to view a live stream of this hearing at 7:00 p.m.*

**Wednesday, May 25, 2016**  
Piney Branch Elementary School Cafeteria/Gym (Entrance #1)  
8301 Linton Hall Road, Bristow, VA 20136

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](http://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](mailto: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.

VDOT ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you need more information or special assistance for persons with disabilities or limited English proficiency, contact VDOT's Civil Rights at 703-259-1775 or TTY/TDD 711.

State Project: 0066-96A-297, P101 Federal Project: NH-066-1(300) UPC: 105500

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# Undefeated, Unfinished

**Coach Maggie Kovacs leads Langley to a perfect 14-0 regular season.**

**I**t seemed fitting that the Langley girls' lacrosse team finished a perfect regular season on senior night playing the McLean Highlanders.

Langley defeated rival McLean 19-7 on April 29, finished the regular season with a 14-0 record and will be the No. 1 seed in the Conference 6 tournament. The Saxons beat defending champion Madison 14-10 on April 26 to take over sole possession of first place.

Langley head coach Maggie Kovacs has coached these seniors since they were girls in the early Great Falls Lacrosse little lax program. Group hugs at the end of the game were the visual queues of the team's love for each other and a celebration of an undefeated season, but the feelings go much deeper than that.

Kovacs, a former Oregon lacrosse star and Langley standout herself, has spent the season developing a team-first attitude with the girls. Many feel that the Langley teams Kovacs played on from 2006 to 2009 were some of the best of all time.

What separates the current team from those teams?

"The question in itself is the answer!" Kovacs said. "I would've killed to have as much talent as Langley's had in the past few years. But, I think the difference in why my freshman and sophomore year teams dominated was simply because we were the better team. We also had some incredible talent, but not nearly the depth Langley has now. They (the current team) just needed to see beyond themselves and all of their personal successes to realize that everyone has a role to play and together they could finally achieve their goals. We had a breakthrough a few weeks ago against Washington-Lee, so now not only do they have so much more talent than my teams ever had,



PHOTO CONTRIBUTED

**The Langley girls' lacrosse team finished the regular season with a 14-0 record.**



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

**Morgan Kuligowski, seen against South Lakes on April 15, and the Langley girls' lacrosse team will be the No. 1 seed in the Conference 6 tournament.**

but they're on their way to having the heart and teamwork that we did. It's not an easy process, but the girls are peaking at just the right time. This team is definitely one for the record books."

Kovacs also recruited support as a first-

year coach when taking over the team.

"I wasn't going to take this position unless I had help," said Kovacs. "Before applying, I convinced Annie Swanson to be my associate head coach. She's a friend and former Langley teammate of mine, and I

knew she'd make an amazing coach and would be fun for me to pal around with at practices and games. Coach Bucky Morris was a bit trickier sell. I knew if I got him out to a practice he'd be hooked, that he'd eat up how much talent this team had. He was my first true lacrosse coach and taught me everything I know.

"In Halle Duenkel's senior night write up, she mentioned that I made her brush her teeth and eat left handed even though she's a righty, to strengthen her left hand up so anything on her left side would feel more natural. I loved the shout out, but I can't take the credit. That's all Bucky! He told my team the same thing in seventh grade."

Keeping the team motivated and a competitive fire burning is something Kovacs is thinking about so that the Saxons do not have a lapse going into the playoffs.

"We have inner squad teams and competition days that keep them fired up," she said. "I have a few surprises up my sleeve that I don't want to reveal yet. But you can be sure more unconventional ideas will be coming their way ASAP."

Langley averaged nearly 17 goals per game during the regular season while allowing fewer than seven per contest.

The Conference 6 tournament will begin Thursday, May 5.

## SPORTS ROUNDUPS

### Langley Boys' Tennis Edges Madison

The Langley boys' tennis team won its ninth consecutive match, edging Madison for the second time this season, 5-4, on April 29.

The Saxons won the No. 2 doubles match via tiebreaker, 8-6, which decided the match.

In singles action, Langley winners included: No. 1 Hammy Abuhamda; No. 3 Nick Frankenberg; and No. 4 Michael Ning. Madison winners included: No. 2 Luke Sablik; No. 5 Aryan Ossareh; and No. 6 Conner Castellaw.

In doubles action, Langley's No. 1 (Abuhamda/Kevin Shen) and No. 2 (Frankenberg/Ning) teams won. Madison's No. 3 team of Castellaw and Connor Williams was victorious.

Langley improved to 11-1. Madison fell to 9-4.

### McLean's Kutz Selected to All-American Softball Team

Katie Kutz, daughter of Greg and Cathy Kutz of McLean, made the 10-year-old USA Elite Select Futures All-American Fastpitch Softball team. She was picked as a Direct Selection player from the April 8 tryouts in Leesburg, which earned her a roster posi-

tion on the team.

Notable results from the tryout for Kutz include a 54 mile-per-hour fastball, 56 m.p.h. overhand throw, and 65 m.p.h. ball exit speed on batted ball.

Kutz will be traveling to the ESPN Wide World of Sports complex in Orlando, Fla., during the first week in August to compete in the Futures All American Games. Kutz is a fifth grade student at Churchill Road Elementary School and plays for the Vienna Stars 04 travel softball team. She played in McLean Little League for six years starting in T-Ball at the age of 5.



## ENTERTAINMENT

# A Family Musical Starring Poultry

**'Chicken Dance' comes to the Alden Theater, McLean Community Center.**

BY DAVID SIEGEL  
THE CONNECTION



PHOTO COURTESY ARTSPower NATIONAL TOURING THEATRE  
**Cast of ArtsPower "Chicken Dance" performed at McLean Community Center.**

**L**ight-hearted musical silliness from colorful family fare will soon arrive at the McLean Community Center. The show is "Chicken Dance" a musical aimed at the younger set and their parents with a valuable message to be shared.

"Chicken Dance" began life as an award-winning children's picture book by Tammi Sauler with illustrations by Dan Santat. Then the nationally recognized ArtsPower turned the words on a page and the illustrations into a fast moving one-hour, seven number musical portraying the story of two feisty chickens named Marge and Lola on a personal quest.

Children and families will get to know Marge and Lola who want to win tickets for an "Elvis Poultry Show." Winning requires Marge and Lola to compete against other barnyard animals, such as some unkind ducks who think they have the contest locked-up. After all, the ducks tend to sneer that chickens can't possibly win; chickens have no talents. "All a chicken can do is bawk, flap, and shake."

Audiences of all ages become involved with Marge and Lola with their quest to not only show up risking humiliation, but to find their natural talents in time to compete.

Kathleen Herr, director, youth programs, McLean Community Center spoke highly of the ArtsPower production. "Chicken Dance" is really funny and wonderful. We have used ArtsPower before and their productions are wonderful."

In an interview, Gary Blackman, ArtsPower, founding co-director said that ArtsPower has been produc-

## Where and When

McLean Community Center presents ArtsPower's "Chicken Dance" at the Alden Theatre, McLean Community Center, 1234 Ingleside Ave., McLean. Performance: Saturday, May 14, 2016 at 2 p.m. Tickets: Adult or Child \$15.00, Resident tax district 1A \$10. Call Ovation Tickets at 866-811-4111 or visit [www.mcleancenter.org](http://www.mcleancenter.org). **Note:** Ages 4+

ing live shows for children and families for over 30 years. "Our productions are professional, literature based theater for children and families." According to Blackman, "Chicken Dance" will be "best suited for children between kindergarten and second grade."

The "Chicken Dance" cast includes "very talented actors, great singing, energetic dancing and plenty of poultry characters" according to Blackman. For parents, the essence of the show is that "everyone has a talent, even if hidden away deep inside. Talent is just waiting to be found and come out."

Without giving away how Lola and Marge finally fare, there is lesson for the audience; "never give up," said Blackman.

So, with summer not too far away and school ending before too long, "Chicken Dance" at the McLean Community Center offers a great opportunity to spend some quality time as a family. There will be plenty of laughter and learning. But, hurry, according to Kerr, tickets are already flying off into the hands of an eager audience.

## CALENDAR

FROM PAGE 11

and up. \$15/\$10. [mcleancenter.org](http://mcleancenter.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](http://relayforlife.org).

### FRIDAY/MAY 20

**McLean Art Society Meeting.** 10 a.m.-noon. McLean Community Center, 1234 Ingleside Ave., McLean. Nancy Still, an artist specializing and teaching the painting of miniatures will be the featured presenter. Guests welcome. 703-790-0123.



## Northern Virginia Transportation Commission Open House And Public Hearing On Transform 66 Inside The Beltway Multimodal Components

Wednesday, May 18, 2016  
4:30 P.m. Open House, 6:00 P.m. Public Hearing  
Reston Station, 1904 Reston Metro Plaza, Reston, Va 20190  
(near The Wiehle-reston East Metro Station)

The Northern Virginia Transportation Commission (nvtc) Is Seeking Public Input On The Multimodal Components Submitted For Fy 2017 Funding Consideration As Part Of The Virginia Department Of Transportation's (vdot's) Transform 66 Inside The Beltway Project.

Nvtc Will Select Multimodal Components For Presentation To The Commonwealth Transportation Board For Funding Using Toll Revenues From Vdot's Transform 66 Inside The Beltway Project. The Principal Objective Of The Transform 66 Inside The Beltway Project Is To Select And Fund Multimodal Components That Meet The Improvement Goals, Which Are To (1) Move More People, (2) Enhance Transportation Connectivity, (3) Improve Transit Service, (4) Reduce Roadway Congestion And (5) Increase Travel Options. The Improvement Goals Will Benefit The Users Of The Portion Of I-66 Between I-495 (the Capital Beltway) And U.S. Route 29 In The Rosslyn Area Of Arlington County.

Nvtc Urges The Public To Get Involved By Learning About And Commenting On The Proposed Multimodal Components During The Open House And Public Hearing On May 18, 2016. The Hearing Will Be Held At Reston Station, 1904 Reston Metro Plaza, Reston, Va 20190. The Open House Will Begin At 4:30 P.m. The Public Hearing Will Start At 6:00 P.m. A Hearing Officer Will Preside At The Public Hearing. Members Of The Northern Virginia Transportation Commission May Be In Attendance As Well.

The List Of Submitted Multimodal Components For The Transform 66 Inside The Beltway Project Is Too Extensive For Publication In This Advertisement. The List May Be Accessed By Visiting [www.novatransit.org/i66multimodal](http://www.novatransit.org/i66multimodal); Calling Nvtc At 703-nvtc-321 (703-688-2321); E-mailing [i66multimodal@nvtcd.org](mailto:i66multimodal@nvtcd.org); Or Visiting Nvtc's Offices At 2300 Wilson Blvd., Ste. 620, Arlington, Va 22201, Monday Through Friday, 9:00 A.m. - 4:30 P.m.

Comments May Be Submitted By Mail To Nvtc At 2300 Wilson Blvd., Ste. 620, Arlington, Va 22201; E-mail To [i66multimodal@nvtcd.org](mailto:i66multimodal@nvtcd.org); Or Phone At 703-nvtc-321 (703-688-2321). The Public Comment Period Has Been Extended Through Close Of Business On Monday, May 23, 2016. For Additional Information On The Open House And Public Hearing On May 18, 2016, Contact Nvtc At 703-nvtc-321 (703-688-2321).

You May Pre-register To Speak By:

- E-mailing Nvtc At: [i66multimodal@nvtcd.org](mailto:i66multimodal@nvtcd.org) Or
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Accessibility For Persons With Disabilities Or Non-english Language Speakers: The Hearing Is Located At A Facility Believed To Be Accessible To Persons With Disabilities. Any Person With Questions About The Accessibility Of The Facility Should Contact Nvtc At 703-nvtc-321 (703-688-2321) Or [i66multimodal@nvtcd.org](mailto:i66multimodal@nvtcd.org). Persons Requiring Special Assistance Or A Foreign Language Translator Must Notify Nvtc At 703-nvtc-321 (703-688-2321). Those Requiring Interpreter Services For The Deaf Must Call Nvtc At 703-nvtc-321 (703-688-2321) Or Via Virginia Relay By Dialing 7-1-1. All Requests For Special Services On May 18 Must Be Received No Later Than May 11, 2016.

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# 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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