

Vienna and Oakton CONNECTION

HomeLifeStyle

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Vienna's Finest
enjoying Crazy
Shakes from Kiln &
Co's latest venture,
Kustard & Co!
during this year's
Taste of Vienna on
April 30.

Community Enjoys Taste of Vienna

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Studying Opera in France

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MAY 11-17, 2016

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Vienna Mayor, Laurie DiRocco with VBA Chairman, Mary Kay Claus, and husband (and VBA member) James Sweeney, pouring beer for VVFD tips.



Community Enjoys Taste of Vienna

The Fifth annual Taste of Vienna was held on April 30, in the parking lot of the Vienna Volunteer Fire Department. This year's event hosted more than 25 local restaurants, loads of great bands, activities for children and beer and wine sponsored by the Vienna Business Association. Despite the looming clouds and potential rain, the Vienna community came out in great force to celebrate the wonderful eateries and beverages, and raise money for the Vienna Volunteer Fire Department.

PHOTOS BY PEGGY JAMES



Vienna Mayor, Laurie DiRocco, serving the suds for the Fire Department



VBA members Roy Baldwin, Michelle Wright and Town Council Woman Carey Sienicki serving the suds for the VBA.



VBA Director Peggy James with Delegate Mark Keam and his daughter, enjoying a day at Taste of Vienna.



Family owned, Viet Aroma, serving up delicious food and a friendly face at Taste of Vienna.

Vienna Student Receives UVA Grant for Opera Training in France

Wesley Diener of Vienna, a second-year music major with a drama minor, is one of the five University of Virginia students who have received grants from the University Award for Projects in the Arts program, allowing them to follow their artistic muses this summer. Diener will attend an intense opera training program in France, where he will sing a full role in a major opera.

"Musical and theatrical performances have always been central to my identity and expression, so opera has truly served as a marriage of these two passions," he said. "This is an invaluable experience toward acquiring professional skills and forming connections."

Diener was a member and former fundraising chairman of the First Year Players; tour manager of the University Singers; and a member of the Chamber Singers, Music Arts Board, Student Council Student Arts Committee, Spectrum Theatre, Art Scholars, Drama Department Production and the Virginia Players Reading Series.

Outside UVA, he was music director of DMR Adventures, which specializes in performing arts classes and productions; and a member of the Ash Lawn Opera and the Bethesda Music Festival. A 2014 graduate of James Madison High School, he plans to pursue a graduate degree in vocal performance for an opera performance career.

Modeled on the University's successful Harrison Undergraduate Research Awards, the arts awards give selected students up to \$3,000 for projects that expand their creative expression and showcase artistic accomplishments.

"These project proposals demonstrate the creativity and talent of our students in the arts," said Brian Cullaty, director of undergraduate research



PHOTO CONTRIBUTED

Wesley Diener

opportunities at UVA's Center for Undergraduate Excellence. "The funding provides them with an outlet to pursue their artistic goals on a larger scale."

This year's projects are funded by the Vice Provost for the Arts and the Atlantic Coast Conference International Academic Collaborative Fellows Program in Creativity.

"The arts are at the very core of the residential experience for our students," Jody Kielbasa, UVA's vice provost for the arts, said. "They offer a rich and dynamic tapestry of expression and creativity that fosters cross-cultural understanding and celebrates our differences and our shared experiences."

Arts projects also give the students a different point of view.

"They provide an entirely different perspective through which to experience, engage and research other disciplines of study," Kielbasa said. "The arts awards help to support the exceptional research and creative work that is being done by our students in the field."

This year's awarded projects include filmmaking, podcasting, opera singing, documenting daily life in Paris and producing a circus show.

SCHOOL NOTES

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

Mary R. Brown of Oakton graduated from Embry-Riddle Aeronautical University, Daytona Beach, FL with a Bachelor of Science in Meteorology and a

Bachelor of Science in Computational Mathematics, cum laude. She will be continuing with graduate work at East Carolina University.

Kelsey Waddill, of Vienna, was named to the dean's list for academic excellence for the fall 2015 semester at Johns Hopkins University.

OPINION

America's Anti-Trafficking Efforts...

... Hollow victories for public accolade.

BY DR. KIMBERLY MEHLMAN-OROZCO

Each day there is more media on the human trafficking scourge in America with heart-wrenching stories about women, men, and children who are forced, defrauded, or coerced into exploitation. Whether it is the pimped child, the indentured migrant laborer, or the domestic slave, the headlines are always the same “victim saved” and “offender arrested,” but this narrative masks the reality of the situation. Despite being arrested, few traffickers are ever convicted of human trafficking offenses and those who are typically receive “slap on the hand” sentences. All the while, the majority of trafficking survivors are re-victimized and criminalized through arrest, prosecution, detention, and/or deportation. These victims are rarely “saved” as the media stories suggest, but rather remain “disposable people” in the shadows of heartland America.

I first became aware of this reality gap while sitting in an audience of anti-trafficking policy makers, law enforcement officials, and service providers, listening to Frank Wolf (R), mem-

ber of the U.S. House of Representatives from Virginia's 10th district. There were multiple news agencies recording his speech and taking down notes. He was touting the human trafficking prosecution of Peach Therapy, an erotic massage parlor located in my hometown, midway between my mother's home and my high school. Unbeknown to most in the community that surrounded it, the business was a front for a full service brothel. According to the official Department of Justice press release, the massage parlor proprietor, Susan Lee Gross, was bringing girls from South Korea to New York, and trafficking them down I-95 to my Virginian suburb, for the purpose of commercial sexual exploitation.

Representative Wolf portrayed the conviction as a prime example of the efficacy of his federally-funded efforts to combat human trafficking locally. However, prosecuting erotic massage parlors engaged in human trafficking is often described as “playing a game of whack-a-mole;” shut one down and another will pop right back up, sometimes in the same location or under a different name. Victims are often afraid to cooperate with law enforcement and legal representation for offenders will exploit their credibility gaps, such as undocumented foreign national status, drug use, or coerced co-offending. If law enforcement gets too close, offenders will strategically “sell” the business and change the name in order to evade arrest

and prosecution, bringing investigators back to square one.

Not for a lack of trying from law enforcement, but less than .01 percent of human traffickers are ever convicted for their crimes.

The need to combat human trafficking is one of the few issues that all politicians, Republican or Democrat, can agree on. For example, in the race for presidency, Bernie Sanders, Hillary Clinton, Marco Rubio, and Carly Fiorina (to name a few) have all discussed the need to address the human trafficking scourge in the United States. However, legislators, law enforcement, and victim service providers need to be forthcoming regarding the lack of efficacy of current anti-trafficking efforts. Without an evidence base of support, passing new pieces of costly legislation may not be the answer. America needs to understand that behind the politicians touting arrests for public accolade and the click-worthy headlines on federal prosecutions, human trafficking enterprises continue to flourish in plain sight.

With human trafficking especially, law on the books has yet to translate to law in action.

Author Dr. Kimberly Mehlman-Orozco holds a Ph.D. in criminology, law and society from George Mason University, with an expertise in human trafficking. She currently serves as a human trafficking expert witness for criminal cases and her book, “Hidden in Plain Sight: America's Slaves of the New Millennium,” is contracted for publication with Praeger/ABC-Clío.

Who Is My Neighbor?

BY CHRISTOPHER FAY

A recent public meeting concerning Fairfax County's plan to build a temporary shelter for the homeless in Lincolnia brought forth a flood of complaints to the effect of, “yes, we need a shelter, we care about the homeless, but we don't want a shelter anywhere near us.” Some people likened homeless people to criminals.

But who are the homeless? For many people, “homeless” conjures an image of a single man or woman camping in a park with makeshift materials, begging on a corner, or asleep on the Metro for want of a place to lay their heads. In fact, the average age of a homeless person in America is only nine. Of the 3.5 million homeless people in our nation, 1.35 are children. Forty-two percent of children in homeless families are under the age of six. Similarly, 49 percent of the homeless families with children in the Fairfax-Falls Church community are experiencing homelessness due to domestic violence. A homeless person is more likely to be a victim of crime than a perpetrator.

Yet the misconceptions persist. As the Executive Director of Homestretch, a program for homeless families, I see homeless people every day. Homestretch provides housing and comprehensive services designed to propel homeless families out of poverty and crisis. Given the opportunity to develop skills, restore their health, acquire an education, extinguish

debts and increase their income, most families flourish. You might be amazed to learn who around you was once homeless. It could be the person cleaning your teeth at the dentists' office. Or the barista making your skinny latte. It might be your third grader's beloved teacher, the accountant doing your taxes, or the chef at your favorite lunch spot. It might be your cosmetologist or bus driver. It might be the plumber who just fixed that pesky leak in your kitchen. It could be your phlebotomist, your gardener, or your personal trainer. Graduates of Homestretch have entered each of these fields. One recent Homestretch graduate just earned her pharmacist's license. She came into Homestretch homeless and in crisis, fleeing domestic violence, with a young daughter. Given an opportunity to start a new life, she seized the chance. From homelessness to a pharmacist in four years – who among us could do that? What homeless people need is what we all need when crisis strikes – compassion, support, love. And a safe place to sleep, cer-

tainly.

In a political season when we are closing our hearts to the homeless and to refugees, we might want to remember that Joseph, Mary and the infant Jesus were virtually homeless, and certainly refugees, when they fled Judea for Egypt to avoid the violence of Herod. Dr. Martin Luther King, Jr. said, “The ultimate measure of a man is not where he stands in times of comfort and convenience, but where he stands in times of challenge and controversy.”

Together, as a humane community, let's welcome even the “least of these our brethren”, the homeless, into our midst. Surely, giving them a shelter in our neighborhood is the least we can do.

Christopher Fay is Executive Director of Homestretch, which has earned many honors including the Governor's Best Housing Program in Virginia Award, the Blue Diamond Award from the Fairfax County Chamber of Commerce for Outstanding NonProfit, and awards from Leadership Fairfax and Volunteer Fairfax.

CAREGIVING AND HEALTH SEMINARS

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

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

❖ Five Questions to Consider About Paying for

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

The **Fairfax Commission on Aging** meets on **Wednesday, May 18 at noon** at Burke Regional Library, 5935 Freds Oak Rd., Burke. Find out more at www.fairfaxcounty.gov/OlderAdults and click on Commission on Aging. Call **703-324-5403**.

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VIENNA CRIME REPORTS

Notable incidents from the Vienna Police Department from April 29-May 5.

INCIDENTS

Burglary - 1200 Block Cottage St., SW. April 20 between 10 a.m. and 2:30 p.m. A resident advised he allowed three acquaintances to stay at his residence. When he returned home today he found property missing and the three acquaintances had left the home.

Police Service - Giant Food, 359 Maple Ave., East. April 30, 2:33 a.m. A citizen expressed concern for a juvenile who is staying with her while the juvenile's mother is out of town. Initially the juvenile did not want to return to the home of the family friend, but after discussing the matter with an officer decided she would return.

Found Property - 300 Block Locust Street, SE. April 30, 3 p.m. A citizen turned in a wallet that he had found in the area. The wallet will be held at the Vienna Police Station for the owner to retrieve.

Found Property - Vienna Volunteer Firehouse, 400 Center St., South. April 30, 1:07 p.m. During the Taste of Vienna event a citizen turned over US currency to PFC Kiley that they had found on the ground. The money will be held at the Vienna Police Station to see if an owner is identified.

Lost Property - 100 Block Maple Avenue, East. May 1 between 10 a.m. and noon. A citizen advised she lost her iPhone

Arrest - Narcotics Violation - Nutley Street and Princeton Terrace, SW. May 1, 11:03 p.m. Officers observed a traffic violation and initiated a traffic stop on the vehicle. Upon his interaction with the driver the officer detected an odor of marijuana emanating from the vehicle. The occupants of the vehicle were found to be in possession of drug paraphernalia, marijuana and other narcotics. The officer issued a summons to the driver, a 41-year-old man from Seminary Road in Alexandria, charging him with Possession of Marijuana. He was released on his signature. He issued two summonses to one of the passengers, a 38-year-old man from Westway Lane in Woodbridge for Possession of a Controlled Substance. The passenger was also released on his signature.

Suspicious Event - 100 Block Patrick Street, SE. May 2, 8 a.m. A resident reported his prescription medication was missing from his residence and that he believes his brother may have stolen it.

Suspicious Event - 400 Block Church Street, NE. April 30, 9:22 p.m. An employee advised she has recently received suspicious email at her office. She is concerned that the email may be from an estranged relative trying to reconnect with her.

Police Service - 600 Block Valley Drive, SE. May 2, 3 p.m. A resident brought a compound bow and arrows to the Vienna Police Station for destruction.



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Yellow was the main theme on this Bethesda, Md. porch designed by Kelley Proxmire, principal of Kelley Interior Design. She added complementary accents such as the plates displayed on the wall.



PHOTO COURTESY OF KELLEY INTERIOR DESIGN



PHOTO COURTESY OF WINN DESIGN + BUILD

Doors, such as a quad-panel gliding door or full-swing French door, create a large opening for joining interior and exterior spaces, a feature of this McLean deck by Michael Winn of Winn Design + Build.

Creating Space for Family Oasis or Outdoor Entertaining

Local designers unveil recent projects and offer tips.

BY MARILYN CAMPBELL
THE CONNECTION

Lured outside by rising temperatures and blue skies, homeowners are deciding that it's time to spruce up patios, gardens and other outdoor living spaces. Local tastemakers are hard at work transforming winter-worn al fresco spaces into lively oases in time for a season of warm-weather entertaining.

"I have already been extremely active this season working with various clients in the region to focus on their outdoor spaces so that they may entertain outdoors as much as possible, for as long as possible this season," said Philip Smith, design consultant for Offenbachers, an outdoor furniture and accessories company with showrooms in Springfield and Fairfax. "I have looked to fresh, light and natural palettes, making an effort to mix materials whenever possible."

"Outside living areas should be an extension of your indoor space and style, so focus your energy on quality products," said Smith. "Consider accessorizing with throw pillows, rugs, lighting and potted plants,



Philip Smith, design consultant for Offenbachers, recommends Kingsley Bate outdoor furniture. He advises clients to invest in quality pieces.

PHOTO CREDIT
COURTESY OF
OFFENBACHERS

and leverage bright colors to be even more playful and on trend each season."

Smith points to a recent project in which he anchored the client's covered porch with four of their existing white Adirondack chairs, adding fresh pops of color with teal and yellow cushions. "It created a great transition from their kitchen, making it a

natural extension of where they say most of their guests gather," he said.

Color is the anchor on a Bethesda, Md. porch that Kelley Proxmire, principal of Kelley Interior Design completely recently. "We used yellow as the main theme and added complementary elements such as plates displayed on the wall," she said. "Add-

"I have looked to fresh, light and natural palettes, making an effort to mix materials whenever possible."

— Philip Smith, Design Consultant for Offenbachers

ing mirrors to an outside or seasonal space [also] gives it dimension and interest."

Families with luxurious outdoor living spaces are eager to use them often throughout the warm weather months, that's why it's a good idea for homeowners to "invest [and] choose quality pieces that are easy to maintain and can withstand weather, but easily be updated for style as needed over the years," Smith said.

When shopping for outdoor furniture, look for materials that can stand up to longer use and weather elements. High quality fabrics, says Smith, will not retain moisture and attract mosquitoes.

A longer season also means the need to factor in aesthetically appeal

SEE OUTDOOR, PAGE 7

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Outdoor Design

FROM PAGE 6

ing heat solutions, such as a fireplace or fire pit. "They serve as a great focal point and can aid in deterrence of mosquitoes," said Smith.

Creating a seamless transition from a home's interior to an outside living area is a trend that Smith recommends. "For another client whose dining space is closest to the patio entry, I actually brought in a new outdoor bench cushion to use in their dining room to tie in the new grey Lloyd Flanders Mackinac seating just outside on their patio," said Smith. "Since they experience a great deal of direct sunlight, then early shading due to their trees overhead, we [added] an underlit umbrella to give the most shade during peak times and offer ambience once the sun sets."

Foliage is another weapon in the war on mosquitoes. "Think succulent plant options to minimize water consumption and excess moisture [and] keep mosquitoes away," said Smith. "Feel free to mix

materials and pieces to suit what looks and feels good to you to refresh what you already have."

Michael Winn, principal/owner of Winn Design + Build, transformed the deck of a McLean deck home. He advises those considering adding such a space to design an outdoor area which can accommodate larger groups of people when entertaining. For example, he suggests "selecting doors, such as a quad-panel gliding door or full-swing French door, to create a large opening for joining the interior and exterior spaces."

Using a variety of levels for decks and patios is a trend that Winn advises homeowners to avoid. "They may look good, but they often limit the functionality of the spaces and can be tripping hazards for unaware guests," he said.

The guidelines for lighting an outdoor space are the same as interior spaces: ambient, task and accent. "All three should be considered for a layered effect," said Winn.

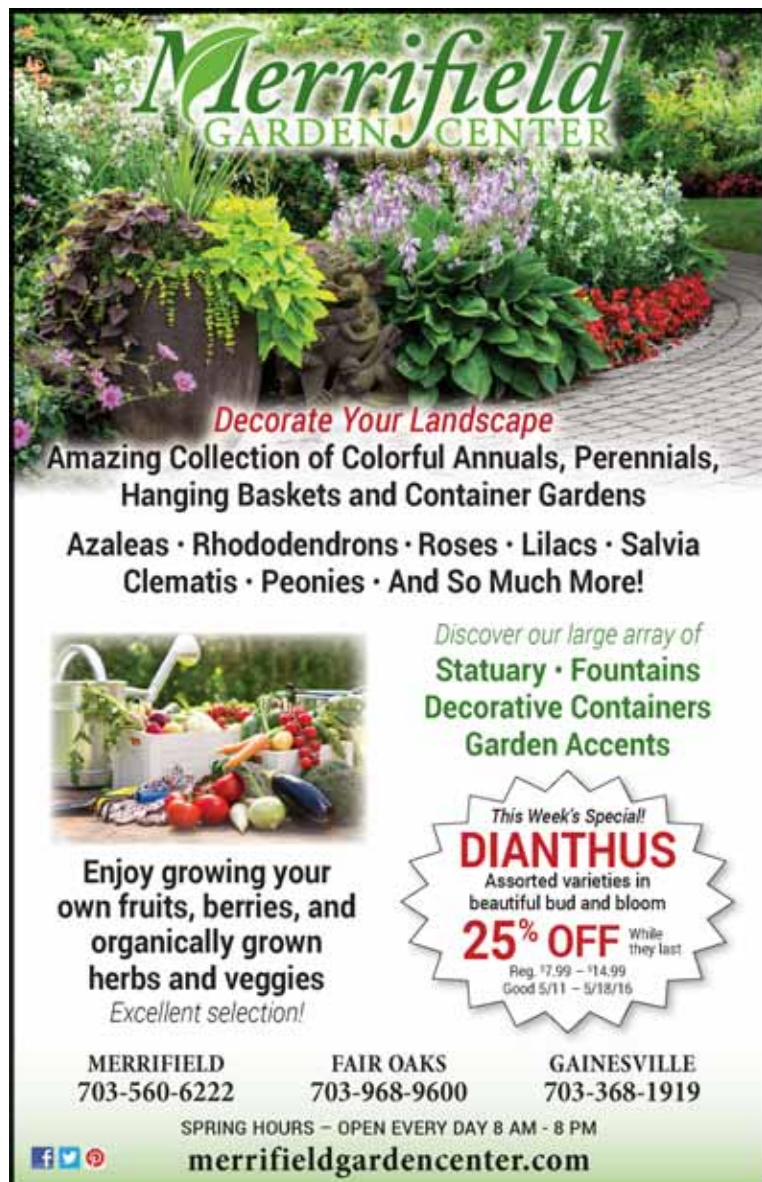


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PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

Jordan Ebersole and the Madison baseball team earned a region tournament berth by finishing first in Conference 6 regular-season standings.

Madison Baseball Enters Conference Tourney as No. 1 Seed

The Madison baseball team will be the No. 1 seed in the Conference 6 tournament, which comes with a first-round bye and an automatic berth in the 6A North region tournament.

The defending state champion Warhawks defeated Langley 8-1 on Monday, improving their record to 16-3 overall and 12-1 in the conference. Madison's only conference loss was a 4-2 home defeat against Washington-Lee on April 26.

The Warhawks wrapped up the regular season on Tuesday against McLean, after The Connection's deadline.

The conference tournament semifinals are scheduled for Tuesday, May 17.

Madison Softball Secures Top Seed

The Madison softball team defeated Langley 8-3 on Monday and wrapped up the No. 1 seed in the Conference 6 tournament.

The Warhawks improved to 17-2 overall and 12-1 in the conference. Madison's only conference loss came against Hayfield (3-0) on April 15.

The Warhawks finished regular-season play against McLean on Tuesday, after The Connection's deadline.

Madison Boys', Girls' Lax Advance

The Madison boys' and girls' lacrosse teams each qualified for regionals with wins in their respective Conference 6 tournaments.

The boys defeated Fairfax 20-5 on May 5 and will face Yorktown in the semifinals at 7:30 p.m. on Wednesday, May 11 at Langley High School.

The girls beat Fairfax 21-3 on May 5 and will face McLean in the semifinals at 7:30 p.m. on Wednesday, May 11 at Hayfield Secondary School.



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

Katie Vannicola and the Madison softball team earned the No. 1 seed in the Conference 6 tournament.

Oakton Girls' Lax Qualifies for Regionals

The Oakton girls' lacrosse team defeated Chantilly 12-11 on May 6 during the opening round of the Conference 5 tournament at Chantilly High School.

The Cougars earned a berth in the 6A North region tournament and will face undefeated Robinson in the conference semifinals at 5:30 p.m. on Wednesday, May 11.



PHOTO CREDIT

From left: Samantha Wallace, Assistant Coach Cheryl Wu, Abby McCarthy, Isabella Soon, Keira McCloskey, Ava Wu, Head Coach Alan Wang, Avery Griepentrog. Front row: Simone Pendleton, Hannah Wakefield, Keira Scott. Not pictured: Brooke Bundy, Milly Garvert, Finley Tarr.

Basketball Champs Head to Florida in July

The Vogues 4th grade National team went undefeated and won the Potomac Valley AAU District Qualifier Tournament. They will compete in the AAU National Championships in Florida this July.



PHOTO CONTRIBUTED

Karate Champ

Omeed Mossadeghi, 15, a Langley High School freshman, wins the Annual East Coast Shotokan Karate Championship held in Elverson, Pa.

CALENDAR

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

ONGOING

Meadowlark Magic at Meadowlark Botanical Gardens. May 2-Through June 20. 9750 Meadowlark Gardens Court, Vienna. Vienna Arts Society members exhibit their work. 703-255-3631.

"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. viennaartsociety.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.

FRIDAY/MAY 13

Later Later Late Show. 10:30 p.m.-midnight. Jammin Java, 227 Maple Ave., E, Vienna. Six of D.C.'s best stand-up comedians on one show. \$8/\$10. coacomedym@gmail.com. 571-230-9177.

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.

"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 and up. \$15/\$10. mcleancenter.org.

Annual Mum Plant Sale. 9 a.m.-3 p.m. Green Spring Gardens Park, 4603 Green Springs Road, Alexandria. Complete range of Mum

101st McLean Day, May 21

Food, fun, rides at McLean Day in Lewinsville Park.

Rides and More Amusements - In addition to popular large amusement and children's rides, there will also be balloon artists, costumed characters and free laser tag.

Festival Foods and More - Lobsters, crepes, barbecue. But leave room for dessert, as there will also be lots of sweet treats.

Stage Entertainment - Local bands and other notable performers fill the air with music. This year there is a children's stage with engaging performers sure to hold young McLean Day goers' attentions.



KEN MOORE/THE CONNECTION
Equestrian Kingsley Muller, 6, enjoys a trip on the carousel at the McLean Day festival 2015.

For festival updates, driving directions, shuttle bus stop locations and a festival area map, visit www.mcleancenter.org/special-events.

colors and classes. 703-560-8776. odcsmums.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.

SUNDAY/MAY 15

Big Jam 2016. 7-8:30 p.m. James Madison High School, 2500 James Madison Drive, Vienna. Eight- to 15-year-olds from the area who use a combination of traditional and non-traditional instruments. \$10/\$15. viennajammers.org.

MONDAY/MAY 16

Reading and Signing with Morgan Matson. 7 p.m. Barnes and Noble Tysons Corner, 7851 L Tysons Corner Center, McLean. From bestselling YA

author of "Since You've Been Gone" comes a feel-good story of friendship, finding yourself, and all the joys in life that happen while you're busy making other plans. 703-506-6756.

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.

Penny University Event. 7 p.m. Caffe Amouri, 107 Church St. NE, Vienna. "Blooming into Mindfulness" book discussion with author Martha Brettschneider. Free. Nicki@caffeamouri.com.

Public Works Day. 2-6 p.m. Northside Property Yard, 600 Mill St., NE. Vienna residents, school and scout groups, and others are invited to tour the property yard; get an up-close look at the heavy machinery, vehicles, and equipment used by public works; and meet the employees who provide these essential services. Police and fire equipment also will be on site. 703-255-6380.

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BULLETIN BOARD

To have community events listed in the Connection, send to connectionnewspapers.com/Calendar/. The deadline for submissions is at noon on the Friday prior to publication.

SATURDAY/MAY 21

Used Book Collection. 9 a.m.-1:30 p.m. SunTrust Bank, 515 Maple Ave., East, Vienna. Sponsored by the AAUW McLean Branch. Also, bring your CDs, DVDs, software, children's book, records, and recent textbooks, all in good condition. Proceeds benefit scholarships for women. aauwbookfair@gmail.com. (703) 527-4206.

THURSDAY/MAY 26

Home/Investment/Discussion. 8-9 a.m. The Old Brogue Back Porch, 760 Walker Road, Suite C., Great Falls. Informal conversation with experts offers homeowners a fresh perspective on investment and alternative ways to save through property development. 703-865-5065. AVArchitectsbuild.com.

SUNDAY/JUNE 11

Disability Resource Fair. 10 a.m.-2 p.m. ServiceSource Disability Resource Center, 10467 White Grante Drive, Oakton. The fair will provide personal access to experts in the disability field. We will have resources, nonprofit partners, and vendors covering a range of disability topics including children, autism, aging, and veterans. communications@servicesource.org. 703-461-6000.

ONGOING

Computer Classes for Seniors. 11 a.m.-noon. Wednesdays. April 6-May 4. Tysons Corner Microsoft Store, 1961 Chain Bridge Road, McLean. Free. Register by calling Shepherds Center of Oakton/Vienna at 703-281-0538.

The **Northern Virginia Long Term Care Ombudsman Program** needs volunteer advocates for residents in nursing homes and assisted living facilities. Contact Lisa Callahan at 703-324-5861, TTY 711 or email Lisa.Callahan@fairfaxcounty.gov. Also visit www.fairfaxcounty.gov/dfs/olderadultservices/lcumbudsman/.

Fairfax County needs volunteers to **drive older adults to medical appointments and wellness programs**. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Respite Care volunteers give family caregivers of a frail older adult a well-deserved break so they can go shopping, attend a doctor's appointment or just have coffee with a friend. Volunteers visit and oversee the safety of the older adult for a few hours each month. Support and training are provided. Contact 703-324-7577, TTY 711, or Kristin.Martin@fairfaxcounty.gov.

FAITH NOTES

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

The **Church of the Holy Comforter in Vienna**, 543 Beulah Road, is offering the course "Your Faith, Your Life: An Invitation to the Episcopal Church." Classes will be April 17; May 1, 15, 22; June 5 from 12:30-1:30 p.m. Light lunch and childcare provided. Visit <https://ttsu.me/1tg> to sign up for a book and

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

The **Antioch Christian Church** offers a time of Prayer and Healing on Wednesday evenings at 6:30 p.m. for anyone wanting encouragement and healing through prayers. People are available to pray with you or for you. Antioch Christian Church is located at 1860 Beulah Road in Vienna. www.antiochdoc.org

The **Jewish Social Services Agency (JSSA)** offers a wide variety of support groups for those with emotional, social, and physical challenges. www.jssa.org/growth-learning.

HAVEN of Northern Virginia offers a variety of free bereavement support groups, meeting on a weekly basis. 703-941-7000 or www.havenofnova.org.

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

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

Vienna Christian Healing Rooms are open, every Saturday, 1-5 p.m., at 8200 Bell Lane. A team of Christians is available to anyone requesting prayer. Free and open to the public. 703-698-9779 or www.viennachristianhealingrooms.com.

Chesterbrook United Methodist Church is at 1711 Kirby Road, McLean. Worship service is at 11 a.m. Sunday school is at 9:30 a.m. for adults and children. 703-356-7100 or www.ChesterbrookUMC.org.

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Zone 4: Centre View North
Centre View South
Zone 5: The Potomac Almanac
Zone 6: The Arlington Connection
The Vienna/Oakton Connection
The McLean Connection
The Great Falls Connection

21 Announcements

ABC LICENSE

ATOP RS, Inc trading as Towers Foods, 1600 S Eads St, Arlington, VA 22202. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine & Beer off Premises; license to sell or manufacture alcoholic beverages. Chong Choe, Director

NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

ABC LICENSE

BBGG Concepts, LLC trading as Big Buns, 4401 Wilson Blvd #104, Arlington, VA 22203. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On & Off Premises license to sell or manufacture alcoholic beverages. Craig Carey, CEO & Founder

NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

21 Announcements

ABC LICENSE

Dudleys Sport & Ale, LLC trading as Dudleys Sport & Ale, 2766 S Arlington Mill Dr, Arlington, VA 22206. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On Premises and Mixed Beverage Restaurant license to sell or manufacture alcoholic beverages. Reese Gardner Member

NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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**THE
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Selling When I Should Be Buying



By KENNETH B. LOURIE

There's a familiar sales expression/advisory that says: "It worked so well I stopped doing it." As a long-time (seven-plus years) cancer survivor, I can relate. There are some nutritional and lifestyle changes I've made over the years that have worked so well - presumably, that I've stopped doing them: ingesting three teaspoons of pureed asparagus twice daily, drinking 12 ounces of water mixed with baking soda at least once a day, starting mornings with a fruit and vegetable smoothie, swimming laps in my local pool three times a week, and in general, making fruits and vegetables ("eat the rainbow") more of a priority in my diet and less of a happenstance.

Granted, I've added (I wouldn't say replaced) a few supplements along the way and have continued to do so as a means not to a premature end, but overall, I'm hoping that less is indeed more; rationalizing along the way that maintaining my sunny disposition, positive attitude and sense of humor was more important in this battle royal than being miserable, while adhering to a stricter schedule of non-Western, anti-cancer alternatives.

If anything has been true in my cancer experience, it has been that I've remained true to myself. To invoke a classic Clint Eastwood quote from the movie, "Magnum Force": "A man's got to know his limitations," and I definitely know mine. I've always wanted to know the truth from my oncologist, however discouraging on occasion it has been; and as concerns my nutrition/behavior/lifestyle choices, I might as well be Popeye the Sailor Man, because "I yam what I yam." Certainly, change in general can be good - and necessary quite frankly, but if it makes one miserable in the interim, and in the aftermath too; constantly stressing about how to manage and how to get from point "A" to point "B" and even to point "C," - then what have I really accomplished?

As much as I've tried to assimilate all the information concerning cancer and living with/surviving cancer, I've tried to balance it (after all, I am a Libra) with what I can and cannot absorb/do. Obviously, I don't want to die due to my own neglect/stubbornness/stupidity, but neither can I afford (figuratively speaking) to self-impose unhappiness and anxiety. It's difficult and challenging enough to endure the physical, emotional and spiritual effects a diagnosis of "terminal" cancer can cause; but piling on with external demands, albeit demands that potentially could impede the cancer, are still demands nonetheless. And another thing I've learned from my cancer career (some career), is that my capacity to manage additional demands has been somewhat (I wouldn't say totally) diminished. It's as if my tolerance gene has mutated somehow, just like the healthy genes which have likewise mutated and now become malignant.

However, remaining close-minded to the evolution in lung cancer research and treatment (Immunotherapy, as an example) which has finally happened recently (six new drugs approved by the F.D.A. in 2015 alone; as many as had been approved in the last decade), and considering as well the no-longer-presumptive relationship between nutrition and one's overall health, seems even to me to be penny wise and pound foolish. Moreover, it just doesn't make sense. I suppose that if I want to stay in the game, I have to get back into the game. It will only be too late when the game is over.

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



McLean Community Center
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Here's What's Happening at MCC

Onstage @ The Alden
ArtsPower's
"Chicken Dance"
Saturday,
May 14, 2 p.m.
\$15/\$10 MCC
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McLean Day 2016

Saturday, May 21 • 11 a.m.-5 p.m.
Lewinsville Park,
1659 Chain Bridge Rd.
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Elections:
10:30 a.m.-5 p.m.



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Friday, June 10, 7-9 p.m.
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Onstage @ The Alden
"Gut Churn"
from Radiolab's **Jad Abumrad**
Saturday, June 11, 8 p.m.
\$30/\$15 MCC district residents

Onstage @ The Alden **Morgan Taylor's**
"Gustafer
Yellowgold's Show"
Sunday, June 12, 2 p.m.
\$15/\$10 MCC district residents

Onstage @ The Alden
"The Magic of Bill Blagg Live!"
Saturday, June 18, 8 p.m.
\$20/\$15 MCC district residents

Insider Knowledge Series
"Jazz Masters with John Eaton"
Cole Porter
Saturday, June 25, 1 p.m.

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WEEK IN VIENNA

Used Book Collection to Benefit Scholarships for Women

American Association of University Women (AAUW) McLean Branch will host a Used Book Collection. Also, bring your CDs, DVDs, software, children's book, records, and recent textbooks, all in good condition. Proceeds benefit scholarships for women. Saturday, May 21, 9 a.m. to 1:30 p.m. SunTrust Bank, 515 Maple Ave. East, Vienna. aauwbookfair@gmail.com. Tel: 703-527-4206.

Oakton High School Student Receives Bankers Scholarship

Matt Wohlleben, a student at Oakton High School, received college scholarship of \$2,500 for writing about his experience shadowing at United Bank. He will now be entered in a statewide essay contest for a chance to compete for an additional \$5,000.

The experience is through the Virginia Bankers Association Education Foundation's Bank Day. It The purpose of the day is to expose students to the banking industry and provide an opportunity for the students to learn about banking, financial services and the vital role banks play in their communities.

Visit www.vabankers.org to learn more about the VBA Bank Day Scholarship Program and other efforts to promote economic and financial education for Virginia's students.

A Breakfast Buffet at American Legion Post 180

A Breakfast Buffet will be offered Sunday, May 15 from 8 a.m. to noon, by the Vienna American Legion Post 180, 330 Center St., N. in Vienna. Adults \$9, children 12 and under \$3. Get omelets, scrambled eggs, blueberry pancakes, bacon, etc. For more information call 703-938-6580.