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ASSOCIATION  
Annual Meeting  
Huntington

# McLean CONNECTION

## WELLBEING

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PHOTO BY FALLON FORBUSH/THE CONNECTION

Police were still on the scene of family tragedy in McLean on Sunday, Jan. 29. The investigation is ongoing.

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Police were still on the scene in McLean on Sunday, Jan. 29. The investigation is ongoing.



By Sunday, Jan. 29, flowers started to pile up in front of the family's McLean home on Windy Hill Road.

## Family Tragedy Hits McLean

Langley High students pay tribute to slain classmate who sings no more.

BY FALLON FORBUSH  
THE CONNECTION

**T**he sudden death of sophomore James Wenjie Chen, 16, and his parents ripped through Langley High School and the McLean community on Friday, Jan. 27.

"I was shocked and I didn't know how to feel," says Bryanna Washington, 15. She has been a classmate of Chen's since they were both in fourth grade and were both sophomores at Langley High School.

"So full of sorrow, rest easy James," she posted in a tweet on Saturday, Jan. 28. In that post, she included a video tribute to her friend of her singing "Not About Angels" by the artist Birdy, which is on "The Fault In Our Stars" movie soundtrack.

"We rode the bus together and we would always be singing," she says.

The lyrics she sang were:

"We know full well there's just time, so is it wrong to dance this line,

If your heart was full of love, could you give it up?

'Coz what about, what about angels, they will come, they will go make us special."

"He loved to sing and I also love to sing, so I just thought that I should just do what I love in tribute to him," she says.

**LANGLEY SOPHOMORE** Mark Bosset, 15, also knew Chen since they were both in fourth grade and went to the same elementary, middle and high schools together.

"We had a lot of common interests," he says. "Him and I— from fifth grade to eighth grade— were both in choir. He loved to sing."

He was sitting down with his girlfriend on a staircase at the school when he was given the news of his friend's death via text.

"It was so weird ... it was unbelievable," he said. "I stood up, I went down a couple of steps and I just dropped my phone and sat down on a step and was just breathing. It was shock. I couldn't process it."

**"Him and I— from fifth grade to eighth grade— were both in choir. He loved to sing."**

**—Langley High  
Sophomore  
Mark Bosset**

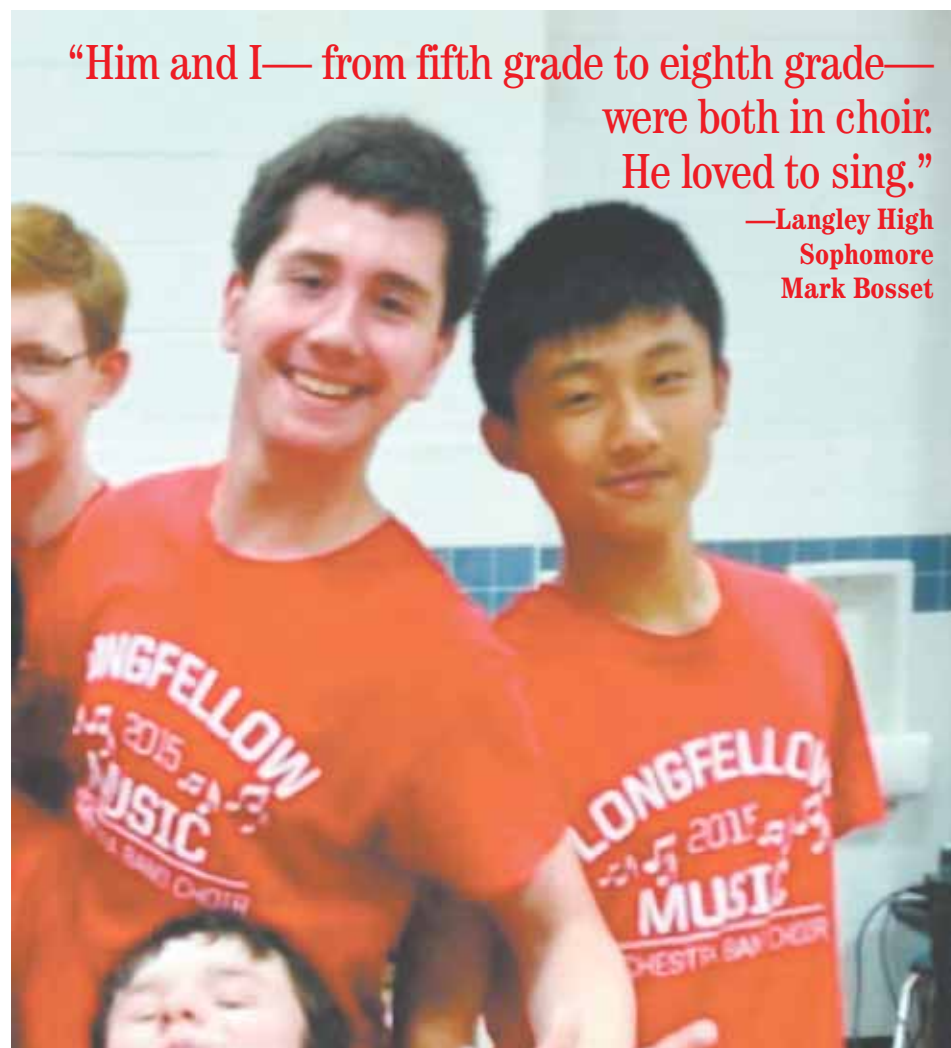


PHOTO COURTESY OF MARK BOSSET

**Friends Mark Bosset, left, and James Chen, right, sang together in middle school and were classmates at Langley High School. The day this photo was taken, Chen sang a solo to Billy Joel's "Uptown Girl," which Bosset says will always remind him of his friend because it was done so well. "All of us miss him and will never forget singing along with him," he says.**

The news sank in hours later.

"One of my best friends is gone," he says. "I broke down."

Around 12:30 p.m. on Friday, Jan. 27, a relative of the Chen family called 911 and

told police that a body could be seen through a window at the family's McLean home at 1339 Windy Hill Road. When police arrived, Chen and his parents— Shirley Shou, 48, and Hong Chen, 52 —were pro-

nounced dead at the scene.

Fairfax County Police Department homicide detectives have preliminarily determined the deaths to be a domestic-related double murder-suicide and said Hong Chen fatally shot his wife and son before killing himself.

An investigation is ongoing and autopsies will determine the exact cause and manner of death, according to police.

That evening, the community began bringing dozens and dozens of flower bouquets, which are piled together in front of the mailbox of the home as police detectives continue their work.

While Bosset and his friends still wonder what caused the tragedy, they pulled together to remember their friend the following day.

**A LARGE GROUP** of people attended a vigil for James Chen at the high school. Chen's sister, who is a student at the University of Virginia, attended, says Bosset.

Bosset spoke to the crowd, who were experiencing a mixture of emotions that made them cry and smile as they reflected on memories of their friend, he says.

A story he told was a recent memory he had from their freshmen year. They both attended a choir concert at their old middle school, Longfellow Middle in Falls Church.

Chen's mother was supposed to pick them up afterwards, but there was a miscommunication. They were left waiting outside at night in the rain because no one showed up to drive them home.

"We just started singing all of our old choir songs in the rain," he says. "Afterwards, we both got sick but he didn't care. That's what he was all about. Even though it was raining, he just kept singing."

He says that's a motto that he will remember his friend by: "Even though it's raining, keep singing."

"All of us miss him and will never forget singing along with him," he says.



# Citizens Debate Proposed Assisted Living Facility

BY FALLON FORBUSH  
THE CONNECTION

**N**early 200 people crowded into three rooms of the McLean Community Center on Tuesday, Jan. 24, to voice their opposition or support for the proposed Sunrise Senior Living development on land at the northwest corner of Kirby Road and Westmoreland Street.

There were far more opponents than proponents at the meeting.

The proposal would build a 73-unit assisted living facility that could accommodate up to 90 residents and would also provide a memory care unit for residents with Alzheimer's disease and dementia.

This was the second time the McLean Citizens Association invited the public to discuss the proposed development. The meeting was organized by the group's Planning and Zoning Committee.

The developer is seeking what is known as a special exception from the county to build the facility in the residential area. This is because the county requires such facilities in residential areas to be built on parcels that are a minimum of five acres. The proposed location is only 3.7 acres.

Sunrise Attorney Stu Mendelsohn says that Fairfax County has waived the five-acre rule every time an assisted living facility has been proposed.

"They've acknowledged that you don't need five acres for this kind of facility," he said. "The bottom line is, we meet the requirements of the zoning ordinance," says Mendelsohn.

**ONE COMMUNITY MEMBER** spoke in favor of the proposal at the meeting.

"I'm feeling lonely," Bill Corbett, who lives in the adjacent Crosswoods community, said during the meeting. He and most of his neighbors whose homes are along the property line next to the proposed facility support Sunrise.

"We would rather have their building 100 feet away from their fence than a mansion



**Abutting homeowner Bill Corbett, who lives in the adjacent Crosswoods community, says that he and most of his neighbors along the property line support the Sunrise proposal.**

PHOTOS BY FALLON FORBUSH/THE CONNECTION



**Mike Weatherbee, who does not support the proposal, asked Corbett if he received financial incentive or landscaping deals in exchange for his support of the proposal. Corbett answered by saying, "No, that would be illegal."**

25 feet away," he said.

According to Mendelsohn, abutting homeowners like Corbett are supporting the proposal because there will be a 100-foot buffer between the properties. By right construction could be much closer.

"The people who are most impacted are the ones who are supporting us," Mendelsohn says.

But homeowners in other surrounding communities and other homeowner groups voiced concerns during the meeting. Their primary concern is the traffic at the intersection, which community members say already experiences severe congestion.

Due to these traffic concerns, Sunrise moved the proposed entrance to the facility from Kirby Road to Westmoreland Street. The company also committed to providing a shuttle to and from the metrorail for its employees.

Community members had also objected to the facility's proposed three-story height. With this feedback, Sunrise lowered the height of the building to 35 feet. It did this by moving one of the building's proposed floors underground. The newest version of the proposal also moved 33 of its 55 parking spaces to an underground parking garage.

"We heard very loud and clear that they didn't like the height," says Mendelsohn.

In July 2016, the MCA approved a resolution that opposed Sunrise's proposal, but that was before the organization made all these revisions to its application.

Throughout the process, Sunrise has advocated that there is a need for its facility in the area.

In May 2016, the Fairfax County Health Care Advisory Board sent a memo to the Board of Supervisors stating that Sunrise had demonstrated a need for the development of an assisted living and memory care facility in the McLean community.

This letter cited Sunrise's own analysis, which found that four nearby facilities were experiencing high occupancy levels:

SEE SUNRISE, PAGE 5

## Students Meet McLean Firefighters

**On Thursday, Jan. 26, firefighters from Fire Station 1 in McLean showed high school students how they respond to car crashes where drivers are trapped. The students learned how they use the "jaws of life" and other tools to remove trapped occupants in a demonstration at the Fairfax County Fire and Rescue Academy in Fairfax. The students are part of the county's new High School Firefighter Program, which is a partnership between the Fairfax County Fire and Rescue Department and the Fairfax County Public Schools. The program is for high school seniors who are interested in becoming firefighters.**

PHOTO COURTESY OF THE FAIRFAX COUNTY  
FIRE AND RESCUE DEPARTMENT





# Sunrise Proposal Debated

FROM PAGE 4

- ❖ Chesterbrook Residences Inc.: 95 percent occupancy
- ❖ Vinson Hall, LLC: 94 percent occupancy
- ❖ Sunrise of Falls Church: 90 percent occupancy
- ❖ Sunrise of McLean: 97 percent occupancy

At the HCAB's May 2016 meeting, Sunrise also told the board that as of February 2016, the memory care units at nearby facilities were at full occupancy and other assisted living services were at or near full capacity. Sunrise also said demand would continue to grow.

**NEARLY 19 PERCENT** of McLean's total population is aged 65 or older, according to the 2015 American Community Survey by the U.S. Census Bureau.

Still, this is Sunrise's second attempt to build the facility. After receiving significant push back from the community for its first design years ago, Sunrise withdrew the application, according to Mendelsohn.

"Every time we've had community meetings ... we've refined the application," says Mendelsohn.

He says the company's latest revisions have addressed the community's concerns, but some opponents cannot be satisfied

because they just don't want the Sunrise community at the location.

The MCA Board of Directors will be voting on a follow-up resolution at its next meeting on Tuesday, Feb. 1, after deadline for this paper.

"We wouldn't be having this conversation if Sunrise could simply build on that property by right," says MCA President Jeff Barnett. "The question is whether that modification would be appropriate. We're going to be taking the law and community values into consideration."

The draft of the resolution, which was circulated to the community on Sunday, Jan. 29, resolves to remain opposed to the project and urges the Board of Supervisors to deny the application.

"Historically, the MCA has supported citizens," Mendelsohn says. "The ultimate decider is going to be the Board of Supervisors and they're going to be faced with a decision that could have ramifications on whether our seniors can continue to live in this community."

The Fairfax County Planning Commission is scheduled to consider the application on March 8. The county's Planning and Zoning Department will publish a staff report some time in February.

A hearing with the Board of Supervisors has not been scheduled yet.



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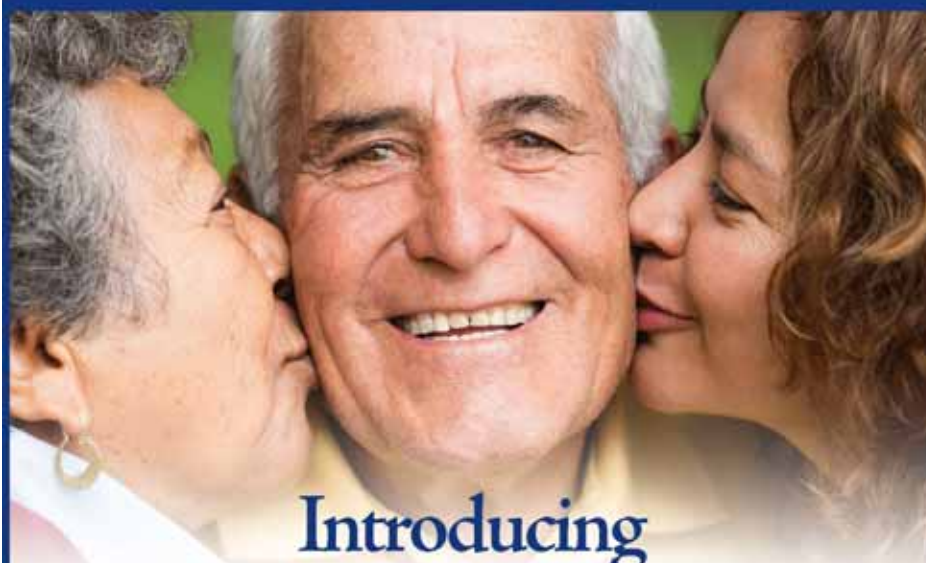
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# OPINION

## So Much Happening, Don't Blink

**Demonstrations at Dulles in reaction to travel ban; fast moving General Assembly lacks transparency; other key issues.**

**T**here is so much going on this week: Locally, the effects of a travel ban at odds with American values played out at Dulles International Airport, but stimulated a heartening response, with volunteer attorneys offering help, local, state and federal elected officials demanding accountability and peaceful demonstrators protesting the un-American assault on travel from particular Muslim-majority countries.

"I was just amazed at the number of people, the energy, the spirit, the spontaneity," said Del. Marcus Simon, who used FaceBook Live to share the scene over several days. "In some ways, it was heartening, to see so many Northern Virginians reacting."

See reporter Tim Peterson's story in this paper.

**CROSSOVER** is Feb. 7; that's when only bills that have passed either the House of Delegates or the Virginia Senate can move forward.

As this date approaches, the General Assembly has a serious transparency issue, as it continues to kill most proposed legislation with unrecorded voice votes in subcommittee, with no accountability or record of how members voted.

This was raised to new heights earlier this week, when a House of Delegates subcommittee killed proposed constitutional amendments including non-partisan redistricting and restoring voting rights of felons, along with more than 20 proposed amendments, in a single vote.

John Horejsi of Vienna, who heads the organization Social Action Linking Together, notes that his organization is unable to track what

happens to legislation they support. This headline, which ran last week on [www.roanoke.com](http://www.roanoke.com), says it all: "Bill to require recorded votes dies on an unrecorded vote, again."

State Sen. Creigh Deeds continues important work on mental health reform, citing three priorities this year, requiring most of Community Services Boards around the state to provide same-day service and certain outpatient services; to assess and provide care for inmates who have mental health needs; and long-term supportive housing to help avoid repeated mental health crises.

About 200,000 people in Virginia have had their motor vehicle licenses suspended for a legal infraction that has nothing to do with a driving offense. And 650,000 people in Virginia have a suspended license for failing to pay court costs. This is an obstacle to holding a job and being able to meet other obligations, and legislation to stop this counter-productive practice is still alive in the Virginia Senate.

The sale of high-proof grain alcohol in Virginia Alcoholic Beverage Control stores passed the House of Delegates earlier in the session, and is just foolish.

**EFFORTS** by state Sen. Adam P. Ebbin and others, supporting repeal of the Virginia constitutional amendment approved by voters in 2006 forbidding gay marriage should move forward. The 2006 amendment is no longer valid because the U.S. Supreme Court in 2015 legalized same-sex marriage.

State Sen. Chap Petersen introduced a doomed bill to ban contributions from public utilities. "Monopolies like Dominion or Appa-

lachian Power have an undue influence on the political process. That leads to legislation which has a direct cost to Virginia consumers, both residents and small businesses," Petersen said.

It looks like the felony threshold will increase to \$500 from \$200, an important distinction championed by Petersen and state Sen. Scott Surovell.

While the constitutional amendment to address voting rights for felons who have served their sentences died in the above action, Gov. Terry McAuliffe should be commended for restoring the civic rights of more than 128,000 Virginians, and his plans to restore rights for any remaining Virginia citizens who lost their rights. This has been a laborious and worthy process, adapted as needed to meet legal challenges and court rulings.

— MARY KIMM,

[MKIMM@CONNECTIONNEWSPAPERS.COM](mailto:MKIMM@CONNECTIONNEWSPAPERS.COM)

## Submit Photos to Pet Connection

The Pet Connection, a twice-yearly special edition, will publish the last week of February, and photos and stories of your pets with you and your family should be submitted by Feb. 15.

Please tell us a little bit about your creature, identify everyone in the photo, give a brief description what is happening in the photo, and include address and phone number (we will not publish your address or phone number, just your town name).

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## Evil and Selfish

To the Editor:

Re: "Protesting Vote Suppression", Letter to the Editor, Jan. 25-31. Congratulations to Nancy Blethen, for her accurate description, concerning the fallacies, of Gerrymandering. The process is evil and selfish, primarily for personal gain, and should be illegal. Thank you Nancy.

**Arnold Goldsmith**  
McLean

**Gerry Rosenthal**  
Great Falls

## Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Send to:

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## LETTERS TO THE EDITOR

### Comstock Divided Loyalties Reappear

To the Editor:

I read with interest the editorial concerning the federal hiring freeze ("Not Helping the Local Economy," The Connection, January 25-31, 2017). All of our Northern Virginia delegation to the Congress oppose the freeze. That is not surprising since we have so many federal employees in Northern Virginia. Even Republican Barbara Comstock has spoken out against a "foolish" freeze.

But one wonders the motives of Comstock. Just a few weeks ago she voted to support the Holman rule which gives Congress the right to cut personnel and programs.

Congressmen Beyer and Connolly and Senators Kaine and Warner opposed resurrecting the Holman rule.

While Comstock has touted her opposition to the freeze, she has voted with her party on 8 key votes during the first week of this congress. These votes included Republican drafted rules that make it easier to reduce the federal workforce and cut civil servants' salaries.

It is clear that the Republican controlled House and Senate along with President Trump are hostile to government spending and in many areas are seeking to reduce staff and programs themselves. Comstock has voted with her party in Congress over 90 percent of the time since she took office.

Don't expect Comstock to abandon her party. With the House majority the Republicans have now, she has come out on the issue of the freeze without jeopardizing the Republican objectives.

Northern Virginia needs a Representative that supports our federal workforce full time, not only when a visible piece of legislation gets in the news.



## NEWS

**Construction of the \$58 million Jones Branch Connector in Tysons began on Thursday, Jan. 26.**



PHOTO COURTESY OF THE VIRGINIA DEPARTMENT OF TRANSPORTATION

## Connector Construction Begins in Tysons

Construction of the \$58 million Jones Branch Connector in Tysons began on Thursday, Jan. 26, according to the Virginia Department of Transportation. The connector will provide a new link to Route 123 over the Capital Beltway and is expected to relieve traffic along congested intersections, carrying more than 32,000 vehicles per day by 2040. The half-mile project includes a new roadway from the interchange of the I-495 Express Lanes and Jones Branch Drive to Scotts Crossing Road. Bike lanes, sidewalks and landscaping improvements will also be made along the access road from Jones Branch Drive to the express lanes, as well as along Scotts Crossing Road. A

raised median will also be added for the future Tysons Circulator bus. Most construction work will be completed at night, but lane closures on the beltway and the 495 Express Lanes will be required in the future. One lane of traffic in each direction is expected to open in late 2018, with the entire project scheduled for completion by late 2019. Representatives from the Fairfax County Board of Supervisors, VDOT and the Fairfax County Department of Transportation, Transurban, Tysons Partnership and Archer Western Construction, LLC, which was awarded the construction contract in December 2016, broke ground near the site with golden shovels.

## Wireless Whac-a-Pole?

BY KEN MOORE  
THE CONNECTION

**D**ranesville Planning Commissioner John Ulfelder wanted Verizon Wireless to understand McLean's efforts to eliminate utility poles in McLean's Business District.

Verizon Wireless proposed two panel antennas in a "stealth canister" flush-mounted to a 52-foot monopole at 1451 Chain Bridge Road.

"Is Verizon aware that perhaps within a year, they'll have to tear it down?" said Ulfelder at the Planning Commission's public hearing on Thursday, Jan. 26.

"We just finished a 13-year effort to underground the utilities on Old Dominion Drive and on Chain Bridge Road. We don't want another pole, it's not part of our Comprehensive Plan. We're trying to underground them as fast as we can," said Maya Huber, a McLean resident and former at-large Planning Commissioner.

"If you approve this power pole tonight, it becomes a game of 'Whac-a-Mole' for McLean," Huber told the 12 members of Fairfax County's Planning Commission. "We bury the utility pole on Old Dominion Drive, we bury them on Chain Bridge Road, and they pop-up here, much higher and taller than what was here before."

Huber called utility poles "streetscape clutter" that McLean doesn't want and doesn't need. "We are working diligently to remove it."

Ulfelder deferred the Planning Commission's decision only hearing until Feb. 1, 2017.

"I think this hearing has given me, anyway, some – lots of food for thought in connection with this application," said Ulfelder. "And I think that we could take a week and we would still be within the – the drop-dead date for approval or action on the application."

Ulfelder made sure Verizon understood that the pole, if approved, would be "strictly interim."

"In other words, Dominion has control over the pole. When the decision is made to go underground with the utility pole that Verizon has no choice, no right to object," he said.

A representative from Verizon Wireless said she understands the parameters.

"Data growth has exploded over the last few years, as you are aware," said engineer Mike Fischer, a consultant to Verizon Wireless.

"Capacity has become a significant issue," said the Verizon representative. "There is a very very high density of subscribers in this area."

But "more data, faster data," is not what is needed, testified a McLean psychologist. She cited some of her cases, where McLean teenagers have threatened their parents with knives and drills over having their use of devices like tablets and phones restricted.

She asked the Planning Commission why it is up to citizens to bring research on human health concerns and physical impacts of technology to the table.

According to Planning Commission documents: The replacement wooden pole will reach a height of 52 feet from grade. The maximum extent of the antenna enclosure on the top of the pole will be 55 feet from grade. The existing distribution pole has a height of 39 feet from grade.

"The McLean CBC is a large community shopping, service and residential area approximately 230 acres in size centered at the intersection of Chain Bridge Road and Old Dominion Drive," according to Planning documents.

Huber referenced letters from McLean Citizens Association, McLean Planning Committee and the McLean Revitalization Corporation.

"They all say the same thing. They say, 'Look, our design standards do not call for streetscape with antennas mounted on power poles,'" she said.



**Learn as if you  
were to live  
forever; live as if  
you were going to  
die tomorrow.**

—John Wooden



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**Ukulele Phil performs in the Children's game room while children dance along.**



**Fluffy Thoughts of McLean, (from left): Jordan Schneier and LaFayette Alston.**  
PHOTOS BY STEVE HIBBARD/THE CONNECTION

# Chocolate Festival in McLean

A few thousand people attend the Rotary Club of McLean fundraiser.

A few thousand people attended the Sixth Annual Chocolate Festival on Sunday, Jan. 29, 2017, which was sponsored by the Rotary Club of McLean at the McLean Community Center. The rotary club fundraiser earned about \$10,000 and had about 20 vendors selling chocolate — from Cameron's Chocolates to Fluffy Thoughts to Sweetbites Cafe.

American Heritage Chocolate, from the Mars Company of McLean, gave a demonstration and slide presentation on the history of chocolate, which came to Colonial America in 1670, and was formerly drank as a beverage, according to Dave Borghesani, chocolate history research manager for Mars.

In addition to the booths, there was a children's activity room manned by students from the McLean High Interact Club with face painting and coloring as well as musi-

cal performances. The rotary club also had a raffle table with prizes as well.

"The Rotary Club of McLean is delighted to sponsor this annual event which provides a chance for the McLean community to enjoy wonderful chocolates, take advantage of children's activities and generally have a good time. All of the money we raise is donated to local and international charities," said Michael Arietti, president of the McLean Rotary Club, which has 55 members, all volunteers.

What the Rotarians do locally is provide scholarships to students at McLean High, and help Timber Lane Elementary School by providing books and reading to the students. They also supports the Falls Church McLean Children's Center and Langley Residential Support Services, among other things.

— STEVE HIBBARD



**Sahara Date Company of Vienna, which sells date fruit from Saudi Arabia, (from left): Maile, Hannah, and Noor Ramzi.**



**Toby Thier, 12, of McLean, tries his hand at the Chocolate Fountain sponsored by Chesterbrook Residences Assisted Living of Falls Church during the Sixth Annual Chocolate Festival on Sunday, Jan. 29, 2017. The event was sponsored by the Rotary Club of McLean at the McLean Community Center.**



**Hanadi Eljari, owner of Le Papiyon Chocolatier of Lorton, serves guests at the McLean Chocolate Festival on Sunday.**



**Cameron's Chocolates of Fairfax, (from left): Cindy Glazer, Paul Hilgartner, Cameron Graham, Maddie Leasure, and Shalini Divitotawela.**





Gov. Terry McAuliffe appeared and spoke at the airport Saturday. U.S. Sen. Tim Kaine (right) visited the ongoing demonstration Monday afternoon.



PHOTOS CONTRIBUTED

Right, U.S. Rep. Gerry Connolly (D-11) was able to get one pair of detainees released Saturday evening with the help of immigration attorneys: Fairfax County resident and green card holder Ahmed Mohedian, 71, who had been held with his wife after returning from Iran.

## Anti-Immigration Ban Rallies Held at Dulles

**Demonstrators, volunteer attorneys and elected officials welcome travelers, extend help detainees.**

BY TIM PETERSON  
THE CONNECTION

**D**el. Marcus Simon (D-53) brought his two children, 13 and 11, to Dulles International Airport Jan. 28, not to fly, but to witness and learn.

Demonstrations sprang up at airports around the United States over the weekend, following an Executive Order by President Donald Trump that blocks travelers from seven largely Muslim countries — Iraq, Iran, Syria, Yemen, Sudan, Libya and Somalia — in the interests of more significant vetting and preventing would-be terrorists from entering the country.

Simon's wasn't the only family in attendance. Many had brought their children to the demonstration.

"You show them this is what you do, how you protest, be patriotic," Simon said, "when the government does something you don't agree with. You expose them to something positive."

**THE BAN** was announced Friday and officials at airports began enforcing it immediately. Travelers from the seven countries are blocked from entering the U.S. for 90 days, and new refugee admissions from the same nations blocked for 120 days. Syrian refugees are blocked indefinitely, according to the ban.

Some individuals who hold valid visas were impacted by the ban, and others with



PHOTO COURTESY OF FAIRFAX COUNTY POLICE

Left, PFC Post and (right) PFC Gibson from the Fairfax County Police Department visit the Al Fatih Academy in Reston, as a show of support following recent attacks against Muslims and mosques.

legal status and green cards have been detained at airports. A federal judge in Brooklyn passed a ruling over the weekend that blocked part of Trump's action, and Judge Leonie M. Brinkema of the U.S. District Court for the Eastern District of Virginia issued a temporary restraining order Saturday night specifically for those detained at Dulles.

Brinkema ordered airport authorities to grant lawyers access to detainees who are permanent legal residents, and that permanent residents not be removed for seven days.

Simon was at Dulles Saturday and Sunday, as well as state Sen. Jennifer Wexton (D-33), U.S. Rep. Don Beyer (D-8) and U.S. Rep. Gerry Connolly (D-11), asking that



PHOTO CONTRIBUTED

Del. Simon's (D-53) wasn't the only family in attendance at anti-immigration ban rallies over the weekend at Dulles airport. Many had brought their children, including these constituents of Simon's.

some of the more than 20 lawyers present be given that opportunity to meet with the detainees.

The scenes were intense and a little chaotic, Simon said, but the demonstrators were nonviolent and positive.

"I was just amazed at the number of people, the energy, the spirit, the spontaneity," said Simon. "In some ways, it was heartening, to see so many Northern Virginians reacting to [the ban]."

Gov. Terry McAuliffe appeared and spoke at the airport Saturday. U.S. Sen. Tim Kaine (D) visited the ongoing demonstration Monday afternoon.

Connolly was able to get one pair of detainees released Saturday evening with the help of immigration attorneys: Fairfax

County resident and green card holder Ahmed Mohedian, 71, who had been held with his wife after returning from Iran. He was in that country receiving medical treatment, Connolly's office said.

"America has always stood for being a beacon of hope," Connolly said in a statement reacting to the ban. "Donald Trump would paint over Emma Lazarus's words on the Statue of Liberty. There are millions of us willing to stand with immigrants coming into our country. There are millions of us willing to insist that America's doors remain open to those fleeing injury, violence or persecution. This order was not thought through and must be rescinded. We will fight this illegal Executive Order."

Simon said airport security officials and border control told them they weren't allowed to say anything. One of the concerns, he said the legislators had heard, was that individuals arriving from the ban-affected countries were being met once they got off the plane and asked to sign a document that essentially forfeited their green card.

"If that's what's going to happen," Simon said, "it shouldn't be."

If he had just landed in a foreign country and was met by men with guns when getting off the plane, said Simon, "I'd sign anything that was stuck in front of me." That's why it was important for the lawyers to meet with these people and explain their rights to them, he added.

Another issue Simon raised was the apparent lack of information and clarity on the details of the ban — airport officials seemed unprepared for enforcing it.

"The rank and file employees, they were stuck between a rock and a hard place, a really difficult position," Simon said. Typically with a ban like this, he continued, "you'd expect there to be some more coordination with agencies, planning, and in

SEE RALLIES, PAGE 15



# WELLBEING

## To Move Or Not To Move

### Local family moves mother into newly opened Kensington Falls Church.

BY MARILYN CAMPBELL  
THE CONNECTION

One of the most heart-wrenching decisions that Denise Schossler, her two siblings and her 95-year-old mother had to make was whether or not to move her into an assisted living facility, leaving the home where she's lived since 1954. Physical limitations and a need for social interaction drove the decision to relocate to the newly opened Kensington Falls Church.

"My mother has managed to stay in her home all this time with the help of an aide who comes every day, but she realized that it just couldn't continue. One of the main things is the isolation and the loneliness," said Schossler. "She needs more social interaction than she gets alone in her home. She's someone who's had an active social life, but now it's just television and books."

A dearth of social interaction is one of the factors that can lead seniors into assisted living facilities. In fact, a recent study published in the Journal of Gerontology shows that seniors living in assisted living facilities have fewer unmet needs such as companionship, help with cooking, bathing and doing laundry than those who live independently. However, the survey of more than 4,000 people over the age of 65 shows that even in such retirement communities, unmet needs still exist. To address this challenge, local gerontology experts say that families must determine whether a loved one's needs meet the criteria for assisted living candidacy and once placed, work to ensure that those needs are being met.

"In counseling families making this difficult decision, I focus on safety factors for the patient and other family members," said Maureen Moriarty, D.N.P., assistant professor of nursing at Marymount University in Arlington. "Often cognitive impairment is the reason for assisted living. Perhaps memory is affected so the patient can no longer safely drive or remember the steps in carrying out activities of daily living such



PHOTOS COURTESY OF KENSINGTON AT FALLS CHURCH



Denise Schossler's 95-year-old mother will move into the newly opened Kensington Falls Church assisted living facility later this month.



as cooking, bathing or management of finances."

In making this decision, an evaluation by an objective gerontology expert can be necessary, says Patrice Winter, DPT, assistant professor at George Mason University in the Department of Global and Community Health. "They come out and evaluate the house and the person as well," she said. "You have an objective, unemotional person instead of an adult child going, 'Mom you can't live here anymore.' and the mom saying, 'Stay out of my business.'"

Such an evaluation will show that there are times when a lifestyle adjustment is all that is needed. "Sometimes they can offer simple solutions that can make huge changes," said Winter. "Could it be that they need their eyesight and hearing checked? Or the washing machine moved upstairs? so they can do laundry more frequently?"

When seeking an evaluation, Winter recommends local social service agencies such as the Fairfax County Area Agency on Aging. "The issue may not be cognitive, but the need for a living environment with more

"She needs more social interaction than she gets alone in her home. She's someone who's had an active social life, but now it's just television and books."

— Denise Schossler

support may be triggered by physical limitations," added Moriarty. "Perhaps a chronic degenerative illness such as Parkinson's Disease has left the patient with physical care needs beyond the scope of family members."

Safety can become an issue when family members' physical limitations restrict the quality of care they are able to offer. "This opens issues not only to patient safety but also the family member may be frail or have their own physical limitations that limit their capacity to assist someone who, for instance, has balance loss," said Moriarty.

### Local Resources

- ❖ Alexandria Area Agency on Aging  
<https://www.alexandriava.gov/Aging>
- ❖ Fairfax County Area Agency on Aging  
<http://www.fairfaxcounty.gov/dfs/olderadultservices/>
- ❖ Arlington Aging and Disability Services Division  
<https://aging-disability.arlingtonva.us/>
- ❖ Kensington Falls Church Open House  
Feb. 1, 5 and 22, 4:30 to 7 p.m.  
700 West Broad St., Falls Church

"The key assessment as a clinician for me is that the family no longer has the resources to care safely for this individual in a home environment."

"If there is any question at all, the person should have a medical evaluation," added Winter. "There could be an imbalance in the system that could cause changes so a really good physical by a geriatric internist would be paramount before any drastic actions are taken."

Once a senior has moved into an assisted living facility, they often need someone to advocate on their behalf. Regular visits and telephone calls to both the family member and the staff are necessary. "You need to make sure you know what's going on," said Thompson, who recently moved her own mother into an assisted living facility. "It's OK to be a pest. I communicate with the staff at my mother's facility. She complains to me about things that she won't complain to the staff about so I have to complain on her behalf."

Even in the best of facilities, a person's needs can be inadvertently overlooked, says Thompson, so a family member's presence is necessary. "Walk around, pay attention to how other residents seem," she said. "Are they happy and engaged or are there signs of neglect?"

"Establish a relationship with those providers who will be involved in the care of your family member," added Moriarty. "Become part of the team by attending regular team meetings. Make them aware of your loved one's special needs. For example, if your family member always had tea in the morning, request that this continues."

Schossler says that her proximity to the Kensington Falls Church will allow her to be in regular contact with both her mother and the staff.

"My mother has grandchildren and great-grandchildren and we can visit her because the Kensington is just a few minutes away from where I live," she said. "My mother has already made connections with three people who will be there, so she's looking forward to moving. We happened to find the right fit at the right time."

### WELLBEING NOTES

#### THROUGHOUT MARCH 2017

**Free Public Service Seminars.** March 1, 8, 15, 21, 29, at 7 p.m. on Selling Your Home, Aging in Place, Downsizing, Retirement Communities Seminars. Free public service seminars on "Selling Your Home" (March 1, McLean High School, 1633 Davidson Rd., McLean), "Working With Builders" (March 8, Falls Church HS, 7521 Jaguar Trail, Falls Church), "Financing Your Retirement" (March 15, Marshall HS, 7731 Leesburg Pike, Falls Church), "Tax & Estate Planning" (March 21,

Madison HS, 2500 James Madison Dr., Vienna), and "Decluttering & Organizing" (March 29, Oakton HS, 2900 Sutton Rd., Vienna). For more information and seminar registration go to [RetireeRealEstate.org](http://RetireeRealEstate.org), or call 703-772-3033.

#### ONGOING

**Are You A Caregiver? Shepherd's Center of Oakton Vienna Caregivers' Support Group** takes place first & third Thursday of each month. Feb. 2nd and 16th, 2017 from 10

a.m. to 11:30 a.m. Join us at the Unitarian Universalist Congregation of Fairfax (UUCF) - Program Building, 2709 Hunter Mill Rd, Oakton, VA. For more info contact facilitator, Jack Tarr, 703-821-6838 [jtarr5@verizon.net](mailto:jtarr5@verizon.net).

**Volunteers Needed.** PRS is looking for empathetic and caring volunteers to make phone calls to older adults who may be feeling socially isolated. The commitment is one 3-hour shift per week for one year. Located in Arlington. Ages 21 & up. Intensive training provided. Learn more

and apply: <https://prsinc.org/caring-volunteering/>. Questions? Email [lpadgett@prsinc.org](mailto:lpadgett@prsinc.org).

#### 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](mailto:Lisa.Callahan@fairfaxcounty.gov). Also visit [www.fairfaxcounty.gov/dfs/olderadultservices/ltombudsman/](http://www.fairfaxcounty.gov/dfs/olderadultservices/ltombudsman/).



# CALENDAR

Send announcements to [connectionnewspapers.com/Calendar/](mailto:connectionnewspapers.com/Calendar/). Deadline is Friday at noon for the following week's paper. Photos/artwork encouraged.

## THURSDAY/FEB. 2

**Penny University Event** 7 - 8 p.m. Caffe Amouri 107 Church St. NE, Vienna. Free event! "Why Are We Here?" A community discussion led by experienced moderator and leader of the Northern Virginia Ethical Society Randy Best. To RSVP email [nicki@caffeamouri.com](mailto:nicki@caffeamouri.com). [www.caffeamouri.com](http://www.caffeamouri.com)

## FRIDAY/FEB. 3

**Daddy-Daughter Valentine Dance** 6 - 8:30 p.m. Marshall Road Elementary School 730 Marshall Road SW, Vienna. Girls (ages 3—6th grade) and dads dress to impress. Girls celebrate Valentine's Day with your dads, granddads, big brothers, godfathers and family members. There will be lots of dancing, prizes, good food and a special guest! This is a fundraiser hosted by the Vienna Woman's Club and tickets must be purchased in advance. cost: \$30 per couple, \$10 for additional daughter. [carmodygaba@aol.com](mailto:carmodygaba@aol.com) <https://www.eventbrite.com/e/2017-daddy-daughter-valentine-dance-tickets-28914732744>

## SATURDAY/FEB. 4

**Faith & Public Policy Breakfast** 8:30 - 11 a.m. Lewinsville Presbyterian Church 1724 Chain Bridge Road, McLean. In the aftermath of a particularly acrimonious political campaign season, the Faith and Public Policy Committee has invited the Chaplin of the US House of Representatives to address the prospects of faith guiding public policy discussion, debate, and formulation in the near future. [betty@mcelroyassoc.com](mailto:betty@mcelroyassoc.com) 703-237-0358 <http://www.lewinsville.org/event-items/6207/>

**Survival with Author Tim MacWelch** 2 - 3:30 Patrick Henry Library 101 Maple Ave, E, Vienna. Learn "How to Survive Anything" with New York Times best-selling author and survival expert

Tim MacWelch, founder of Advanced Survival Training school in Fauquier County. Books available for sale and signing. 703-938-0405 [www.fairfaxcounty.gov/library](http://www.fairfaxcounty.gov/library)

## WEDNESDAY/FEB. 8

**Penny University Event** 7 - 8 p.m. Caffe Amouri 107 Church St. NE, Vienna. "Why Are We Here?" "Heart-Opening Meditation" with Mental Health Counselor and Professor Cathy Trenary. Space is limited. To RSVP email [nicki@caffeamouri.com](mailto:nicki@caffeamouri.com). Cost: Free. [www.caffeamouri.com](http://www.caffeamouri.com)

## THURSDAY/FEB. 9

**"Adjust the Heat"** 10:30 a.m. Vienna Arts Society, 115 Pleasant Street, NW, Vienna. Nationally acclaimed watercolorist Catherine Hillis will explain the importance of observation in art and, particularly, the need to develop the warm and cool colors in a painting. Hillis will demonstrate how artists can bring their paintings to a new level by creating color temperature in their work. Cost: Free and open to the public. 703-319-3971 [www.ViennaArtsSociety.org](http://www.ViennaArtsSociety.org)

## FRIDAY/FEB. 10

**Valentine's Day Arts & Crafts Hour** 11 - noon Once Upon A Dream, 527 Maple Ave E #200, Vienna. There will be arts & crafts to celebrate Valentine's Day. Additional \$5 per child.

## ONGOING

### FRIDAYS-SUNDAYS/FEB. 3-19

**McLean Community Players "Company."** 8 p.m. Fridays and Saturdays, 2 p.m. Sundays. Alden Theatre, 1234 Ingleside Ave. McLean, VA 22101. A 1970 musical comedy based on a book by George Furth with music and lyrics by Stephen Sondheim. The original production was

SEE CALENDAR, PAGE 12



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\*Valid through October 24, 2017. Limited number of rooms available for this promotion. Offer does not apply to groups of 10 or more rooms. Offer cannot be combined with any other promotion. Limit One (1) \$100 resort credit per night. Transportation included as part of the daily resort fee. See website for complete terms and conditions.



## Announcing Group Interviews for The Kensington Falls Church

Interview with Us at  
700 West Broad Street in Falls Church  
Thursdays from January 19-March 2 at 11am & 4pm  
Saturdays from January 21-March 4 at 11am

Have you been searching for an organization with heart? Where you can make a difference in many lives? Where you can grow professionally and personally? Kensington Senior Living has been built upon two key values: a Love for Seniors and a Spirit to Serve. We are looking for individuals who share these values and would like to join our team in Falls Church, where we will love and care for our residents as we do our own families.

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Care Supervisors (CNAs)

Licensed Professional Nurses (LPNs)

Wellness Nurses (LPNs and RNs)

Activities Coordinators

Concierges

Dining Coordinators

Cooks

Prep Cooks

Utility Staff

Servers

Maintenance Assistant

Housekeepers

Porters

Drivers

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

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For immediate consideration or more details, email [FallsChurchCareers@KensingtonSL.com](mailto:FallsChurchCareers@KensingtonSL.com) or call 703-992-9868.





# CALENDAR

## 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

5312 North 10th Street,  
Arlington, Virginia 22205  
Parish Office: 703-528-6276

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

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

**All Are Welcome!**



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

## MCC is on the MOVE!

Due to the scheduled renovation of the Ingleside facility, on April 3, 2017, the McLean Community Center will temporarily relocate to the McLean Square Shopping Center.

**Administrative Offices**  
6631 Old Dominion Drive, McLean, Va. 22101

**Class Programs/Registration Office**  
6645 Old Dominion Drive, McLean, Va. 22101

**Special Events and performances offered by The Alden will be held at select community venues.**

**ON THE MOVE**

Please check our website, [www.mcleancenter.org](http://www.mcleancenter.org), or call the Center at 703-790-0123, TTY: 711, for updates.

FROM PAGE 11

nominated for a record-setting fourteen Tony Awards and won seven. \$25/\$23 MCC tax district residents. Visit <http://www.mcleanplayers.org/>.

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

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

**"Thrifty Thursdays" Basic Budgeting Classes** in Annandale, Chantilly and Alexandria 7-9 p.m. Heritage Building 7611 Little River Turnpike, East Wing 1st Floor Conference Room D Annandale. Thursday, January 19, 2017 & Thursday, April 20, 2017. South County Government Center 7-9 p.m. 8350 Richmond Highway, Alexandria. Thursday, February 16, 2017 (Room 220) & Thursday, May 18, 2017 (Room 220) Chantilly High School 7-9 p.m. 4201 Stringfellow Road, Chantilly. Thursday, March 16, 2017 (Room 253) & Thursday, June 15, 2017 (Room 253) For All Sessions, RSVP to: Carole Rogers at [crogers@britepaths.org](mailto:crogers@britepaths.org) or 703-273-8829

## Plan Ahead McLean

SUNDAY/FEB. 19

**Concert: The Daraja Ensemble 4 - 6 p.m.** at Saint Francis Episcopal Church 9220 Georgetown Pike Great Falls, VA 22066. This fellowship



**A Faith & Public Policy Breakfast will be held on Saturday Feb. 4 from 8:30 - 11 a.m. at Lewinsville Presbyterian Church located on 1724 Chain Bridge Road, McLean. In the aftermath of a particularly acrimonious political campaign season, the Faith and Public Policy Committee has invited the Chaplin of the US House of Representatives to address the prospects of faith guiding public policy discussion, debate, and formulation in the near future. [bettie@mcelroyassoc.com](mailto:bettie@mcelroyassoc.com) 703-237-0358 <http://www.lewinsville.org/event-items/6207/>**

woodwind quintet from the University of Maryland takes its name from the Swahili word for "bridge." Coming together from around the country and abroad, their wide-ranging performances include ongoing outreach to Tanzania. Cost: Season pass \$150 or \$30 at the door. Visit: <http://amadeusconcerts.com/>

SUNDAY/MARCH 12

**Chantilly Egg Hunt.** Saturdays and Sundays. 26469 Ticonderoga Road, Chantilly. Join the Easter Bunny and search for candy and toy-filled eggs. Visit [www.ticonderoga.com/about](http://www.ticonderoga.com/about).

SATURDAY/MARCH 19

**Old-Fashioned Egg Hunt & Roll** 10:30-11:30 a.m. at Freeman House, 131 Church Street NE, Vienna. Children 12 and under and their parents are welcome to participate in an egg roll and visit with Easter Bunny, hosted by Historic Vienna, Inc. Visit <http://www.viennava.gov>.

SATURDAY/MARCH 4

**Wine Tasting River Bend Country Club** 7 - 10 p.m. There will be a delicious selection of Hors d'oeuvres, cheeses and fine wines and mingling with long-time and new Great Falls neighbors.

## BULLETIN BOARD

FEBRUARY

**Free public service seminars -**

- Decluttering: Feb. 2, McLean High School, 1633 Davidson Rd., McLean.
- Aging in Place: Feb. 8, Falls Church H.S., 7521 Jaguar Trail, Falls Church.
- Downsizing: Feb. 14, Marshall H.S. 7731 Leesburg Pk., Falls Church.
- Retirement Communities Feb. 22, Madison H.S., 2500 James Madison Dr., Vienna.

For more information and seminar registration go to [RetireeRealEstate.org](http://RetireeRealEstate.org), or call 703-772-3033.

**Fairfax-based non-profit Britepaths offers free**

To have community events listed in the Connection, send to [connectionnewspapers.com/Calendar/](mailto:connectionnewspapers.com/Calendar/). The deadline for submissions is noon on Friday.

**Financial Education classes** and sessions at various locations in the Fairfax County area to low- and middle-income adults who reside throughout Northern Virginia. The offerings are free and open to the public, but reservations are required. Below is a listing of our Winter/Spring offerings. A graphic with information is also available at: <https://britepaths.org/news/get-financially-fit-new-year>

THROUGHOUT MARCH 2017

**Free Public Service Seminars.** March 1, 8, 15, 21, 29, at 7 p.m. on Selling Your Home, Aging in Place, Downsizing, Retirement

Communities Seminars. Free public service seminars on Selling Your Home (March 1, McLean High School, 1633 Davidson Rd., McLean), Working With Builders (March 8, Falls Church HS, 7521 Jaguar Trail, Falls Church), Financing Your Retirement (March 15, Marshall HS, 7731 Leesburg Pike, Falls Church), Tax & Estate Planning (March 21, Madison HS, 2500 James Madison Dr., Vienna), and Decluttering & Organizing (March 29, Oakton HS, 2900 Sutton Rd., Vienna). For more information and seminar registration go to [RetireeRealEstate.org](http://RetireeRealEstate.org), or call 703-772-3033.

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# CALENDAR

## McLean Community Center to Host Jewelry, Fashion and Accessories Show

More than 30 carefully selected designers and artisans will offer a wide variety of women's fashion, fine and artisan jewelry, and fashion accessories at the McLean Community Center's Better Than Bling Jewelry & Fashion Accessories Show. The show will be held from 10 a.m. to 5 p.m. on Saturday, Feb. 4, at the Center, which is located at 1234 Ingleside Avenue. Admission is \$5 for adults; free for active military (with a military ID) and children up to 12 years old.

This year, Better than Bling is offering something new. Julie Van Blarcom, a fashion stylist for a national woman's retail chain, will be available for free, 15-minute consultations. Blarcom has been every size from 2 to 18 and back again. She knows the best designs and designers whose clothes translate beautifully for women with nontraditional body types. She uses accessories as a simple, and sometimes more affordable way to create a personal fashion statement. Blarcom is especially welcoming women veterans who are transitioning to civilian life and others who are returning to work or making a career change. Patrons may sign up for a limited number of appointment times at the event.

Also new at this year's show will be Linda Cassell, the founder of Quantum Leap Coaching and Training. A certified executive coach specializing in personal and leadership development, Cassell will hold



PHOTOS COURTESY OF MCC

**Fashion and accessories include independent designers of handbags, scarves, belts, tunics, dresses, skirts, tops, other fashion apparel and outerwear and more.**

strategy sessions to review resumes for women in transition. She uses mindfulness techniques and brain-based strategies to help clients create the conditions for their continued happiness and success. Her website is [www.quantumleapcoachingandtraining.com](http://www.quantumleapcoachingandtraining.com). Patrons may sign up for a limited number of appointment times at the event.

Jewelry is artisan-designed and created by hand in the United States, and includes diamonds, gold and silver, gemstones, pearls, mixed metals or playful polymer clay. Fashion and accessories include independent designers of handbags, scarves, belts, tunics, dresses, skirts, tops, other fashion apparel and outerwear and more.

Lunch and dinner fare will be provided by Sweet Stuff of McLean in the café.

Check the Center's Facebook page for updates. For more information, call 703-790-0123, TTY: 711.

## McLEAN COMMUNITY PLAYERS Present Stephen Sondheim's Ground-Breaking Musical! Opens Friday, Feb 3!



Book by  
George Furth

Music and Lyrics by  
Stephen Sondheim

Originally produced and directed on Broadway by Harold Prince  
Orchestrations by Jonathan Tunick

Directed by Sharon Veselic  
Produced by Jerry Gideon and Claire Tse

Alden Theatre • McLean Community Center

### February 3-19

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The McLean Community Players, Inc. is funded in part by the Arts Council of Fairfax County.

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COMPANY is presented through special arrangement with Music Theatre International (MTI). All authorized performance materials are also supplied by MTI. [www.MTIShows.com](http://www.MTIShows.com)

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Saturday, Feb. 4, 10 a.m.-5 p.m.

Admission: \$5; Free, military (with I.D.) and children age 12 or younger

### Onstage @ The Alden The Amazing Max

Saturday, Feb. 4, 2 p.m.

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Monday, Feb. 6, 8 a.m.-6 p.m.

\$140/\$120 MCC district residents

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Friday, Feb. 10, 4:30-11:30 p.m.

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Wednesday, March 15

6:45 a.m.-8 p.m.

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The McLean Community Center  
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Home of the Alden Theatre  
[www.aldentheatre.org](http://www.aldentheatre.org)



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## And So It Begins — Again



By KENNETH B. LOURIE

Thank God! Another three months, (13 weeks actually) of wedded-type bliss until my next scan scheduled for mid April. Save for four weeks of pre- and post-chemotherapy-infusion non-bliss in the interim when the effects of the before, during, after treatment will make me feel less like the person I will otherwise be — for the nine or so other weeks, I am indeed lucky to be “stable” and looking forward.

However, I will be off to a bit of a bumpy start as a result of the timing of my most recent chemotherapy infusion and its negative side effects coming so soon on the heels of the previous week’s positive scan news. Not that the negative overwhelms the positive in the slightest, it’s more that it slows down my progression from feeling abnormal to feeling normal; well, as much as one diagnosed and living with a “terminal” disease, non-small cell lung cancer, stage IV, can. Which, as you regular readers know, I’m generally able to do, except when there a blips, and for the next week, I’ll be “blipped.” Having considered the inevitable taste and eating issues I typically face post infusion, I spoke with a nutritionist this past week to see if I’ve been missing a boat somewhere. Unfortunately, other than remaining well-hydrated, it seems there’s very little I can do other than to endure the post-chemotherapy weak.

But of course, it’s the big picture (no tumor progression, no fluid build up) that matters most, not the small picture (the pre- and post-scan anxiety and the post-chemotherapy eating issues). And of course, it’s nothing new. I’ve been through variations of this routine going on nearly eight years now, since the diagnostic process began on Jan. 1, 2009, when I first visited the Emergency Room. Pain in my rib cage had migrated from one side to the other and simultaneously I was having difficulty catching my breath. Then, even I knew, I needed some medical attention. Two and a half months later after the usual schedule of tests, interpretations and more tests, I received my diagnosis with which you are all so familiar.

Amazingly, life has gone on and fallen into a sort of routine. The most recent one, going back approximately three and a half years, began with my first and only hospitalization followed up a month or so later with the beginning of my Alimta infusion. For the most part, the infusion/experience has been quite manageable, and according to my oncologist, “great.” So “great,” in fact, that we have been extending the interval of my infusions from three weeks originally to four weeks to four/five weeks to now infusing forward, every five weeks. This will give my body more time to recuperate between chemotherapy and give me more quality-weeks of life (always a concern of my oncologist); minimizing eating and anxiety issues.

For the moment, we’re keeping the scan schedule to every three months. As to our concern about trying to limit the exposure to radiation — per scan; as my oncologist sort of joked, it’s the toxins from the chemotherapy that are more harmful (it’s akin to the line from the movie “Butch Cassidy and The Sundance Kid” when Paul Newman snickered at Robert Redford’s concern about not being able to swim — should they in fact jump off the cliff into the raging river below, to escape Joe Lefors and the Indian tracker, Lord Baltimore: “Swim? Are you crazy? The fall will probably kill you.”)

So by the time you all are reading this column, Thursday-ish, I’ll be mostly back to eating normally — well, normal for me. It’s a routine I’ve become accustomed to and one with which I can live, live being the operable word. Certainly not a life without some hardships and difficulties, but still a life worth living; with some weeks harder than others; this week certainly being one of them. It won’t be pretty but soon enough it will have passed with clear sailing ahead for the next four weeks until you-know-what.

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

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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](http://www.abc.virginia.gov) or 800-552-3200.

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#### Public Notice: Proposal to Voluntarily Remediate a Property

There is contamination from Petroleum impacted soil on site at Gilliam Place, 3507 Columbia Pike, Arlington, VA 22204

The Department of Environmental Quality (DEQ) is working with Gilliam Place LLC c/o Arlington Partnership for Affordable Housing (APAH) to develop a Remedial Action Plan to address cleanup of petroleum hydrocarbons at the site. If you have any questions regarding the cleanup please contact Vincent Maiden, P.G., Virginia Department of Environmental Quality, Northern Regional Office, 629 East Main Street, Richmond, VA 23218, [Vincent.Maiden@deq.virginia.gov](mailto:Vincent.Maiden@deq.virginia.gov) or Jason Beck, C.P.G., Senior Environmental Project Manager, ECS Mid-Atlantic, LLC, 703-471-8400, [jbeck@ecslimited.com](mailto:jbeck@ecslimited.com)

As part of the remedial action process a Remedial Action Plan (RAP) was submitted to the Northern Regional Office of DEQ on January 10, 2017, which allows for corrective action at the property to begin immediately. If you would like to review or discuss the proposed RAP with the staff of DEQ, please feel free to contact the Corrective Action Project Manager, Vincent Maiden, whose contact information is listed above. You may also contact Jason Beck, the environmental consultant for Arlington Partnership for Affordable Housing, whose contact information is listed above. DEQ will consider written comments regarding the proposed Remedial Action Plan until February 24, 2017 and may decide to hold a public meeting if there is a significant public interest. Written comments should be sent to DEQ at the address listed above. DEQ requests that all written comments reference the tracking number for this case; VRP Case # 00664.

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Allan Urcia, Owner  
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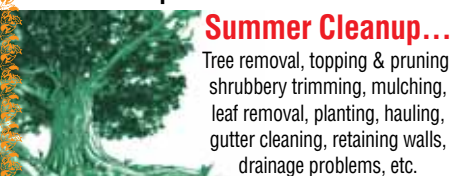
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Left, Simon was at Dulles airport Saturday and Sunday, as well as (center) state Sen. Jennifer Wexton (D-33), and (right) U.S. Rep. Gerry Connolly (D-11), asking that some of the more than 20 lawyers present be given the opportunity to meet with the detainees.



PHOTO CONTRIBUTED

## Rallies at Dulles

FROM PAGE 9

formation.”

In the press conference Saturday, Beyer referenced his Freedom of Religion Act he introduced in 2016, which stated that no one would be denied entry to the United States based on their religion.

“It’s so ironic that President Trump came out and said that we’re going to give special preference to Christians who are refugees because so many of them are being killed,” Beyer said. “Well I’m a Christian, but I respect that there are many more Muslims being killed right now, many more who are refugees.”

IN A STATEMENT released through her Twitter account on Jan. 29, U.S. Rep. Barbara Comstock (R-10) said she supports increased vetting based on national security concerns. However, Comstock said she has consistently asserted: “I don’t believe it is constitutional to ban people from our country on the basis of religion.”

“The President’s Executive Order issued yesterday went beyond the increased vetting actions that Congress has supported on a bipartisan basis and inexplicably applied to green card holders,” Comstock continued, “people who are legally within our country who have followed the rules.”

## Other Local leaders Weigh In

On her Facebook page Monday, Fairfax County Board of Supervisors chairman Sharon Bulova said:

“The Executive Order issued on Friday is offensive and counter to what defines this country. We are a nation of immigrants committed to religious freedom. I am committed to keeping Fairfax County a safe and welcoming place. When I was sworn in as chairman, I swore to support the Constitution. I believe this ban on travel is unconstitutional and I urge the judiciary to continue to exercise its role in preventing further damage to our country’s values and our reputation around the world.”

U.S. Sen. Mark R. Warner (D), released a statement Friday, the same day as the Executive Order was announced. Warner is vice chairman of the Senate Select Committee on Intelligence:

“The Trump Administration Executive Order that indefinitely suspends the Syrian refugee program and pauses visas from Muslim countries runs counter to our American values. While I have always been open to a pause on our refugee program to ensure appropriate time for intelligence and law enforcement experts to ensure we protect our national security, these actions by the President presume the solution before the review is complete. It is a policy targeting Muslims that national security experts have testified would harm, not help, our national security interests. I join the inter-

faith community in Virginia and around the country in objecting to these moves, and I will work in Congress to block an effort which trades dubious increases in U.S. security for certain alienation of partners with whom we must cooperate to address terrorism.”

The Most Reverend Michael F. Burbidge, Bishop of Arlington, released a statement as well, expressing solidarity with refugees:

“In his statement on the Executive Order halting refugee admissions, Bishop Joe Vasquez, chair of the Committee of Migration and Bishop of the Diocese of Austin, highlighted our nation’s long and proud tradition of welcoming newcomers and refugees in a humane manner, even as we have pursued a strong vetting system to ensure our safety and security. Together with Bishop Vasquez and my brother bishops, I encourage Catholics to contact our elected officials to make our voices heard: Our communities have been and will continue to be hospitable to refugees, in keeping with our legacy of welcoming the stranger. Together, we also pray for comprehensive immigration reform and for peace, safety and harmony within our nation and throughout the world.”

The full text of the Jan. 27 Executive Order is available online here:

<https://www.whitehouse.gov/the-press-office/2017/01/27/executive-order-protecting-nation-foreign-terrorist-entry-united-states>.





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