

WELLBEING

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and Oakton
Vienna
CONNECTION

U.S. Rep. Gerry Connolly (D-11) addresses the crowd protesting the Executive Order at the Dulles International Airport.

Connolly Fights 'Illegal Order'

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Learning How to Change the World

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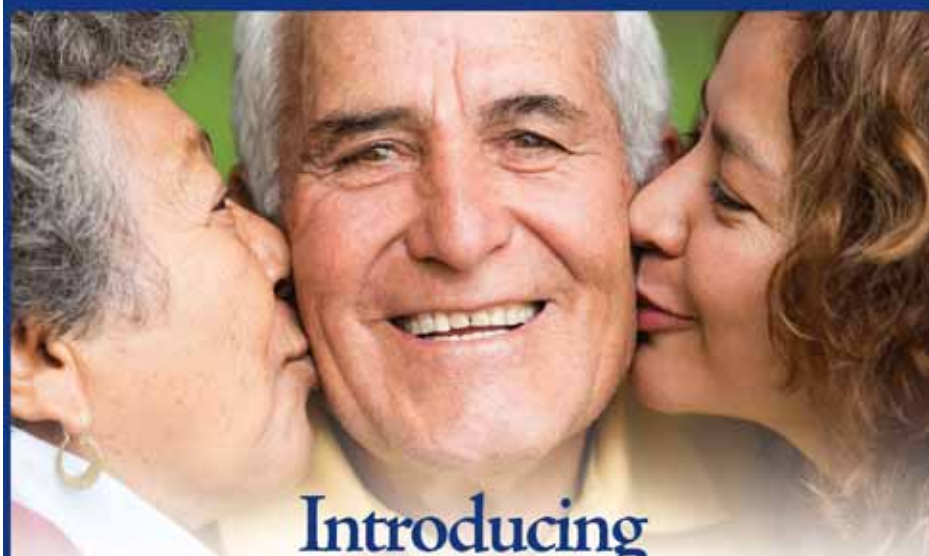
Protest Rallies Held at Dulles

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PHOTO CONTRIBUTED

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Introducing CaregiverConnect at The Kensington Falls Church

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Learning How to Change the World

Civitan Conference teaches skills that will last a lifetime, sponsored by local clubs.

Ever wondered about the blue sign on North Quincy Street near the Washington-Lee High School in Arlington which says "I-66 Civitan Garage Sale"? There is a story behind that sign which was told, in part, by local high school students who attended a conference at the Piankatank Camp and Conference Center in Hartfield, Va. over the weekend of Jan. 6, and two of their mentors, Patricia Koepsel of McLean/Tysons and Brian "Pat" Robson of Richmond.

Why is the Middle East so complex? What makes a good leader? Am I a leader? Why is the U.S. Constitution so important? These were questions wrestled by young men and women from area high schools at the annual Civitan Leaders in Freedom Conference. The Arlington Civitan Club sent six students, at a cost of over two thousand dollars: Joseph Andres from Bishop O'Connell High School, Youssef T.C. Thomas from Yorktown High School, Alistar J. Watson from Wakefield High School, and Bethlhem Dumtie from Washington-Lee High School. The Tysons Civitan Club sent six more: Caroline Brunner from McLean High School, Fabian E. Gonzalez and Orah Cecile Smith from Oakton High School, Anusha Ashrat from Langley High School and Claire Julia Troy, Zachary Holden, Jong Eun Jung, Emily Ann Serviss, and Jackson Thomas from Madison High School. Those students made up almost half of the 39 students who attended the Conference, picked for having already demonstrated leadership skills in their schools or other organizations.

"We bring them in on Friday, on several smaller buses, from Northern Virginia, from Roanoke and Charlottesville, from out in the Tidewater area," said Brian "Pat" Robson, who has led the conference for 18 years. "We get them all on one bigger bus. None of them have ever met each other, and when they get on the bus they don't want to know each other - but then they start to warm up. Everyone gets to ride the bus for sixty miles, and at the end of that sixty miles they have had time to look at each other and ask themselves: 'Do I want to know you?' Two days later they are so busy hugging each other and saying goodbye we can't get them back on the buses. They get together afterwards. Convene their own meetings. They establish a real camaraderie."

Nationally renowned professors of political science and law moderated exercises at the conference to teach students how to apply the principles of the First and Fourth



PHOTO CONTRIBUTED

Students from all over Virginia attended the conference. From left, Jong Eun Jung, Emily Serviss, Jasmine Nguyen, Jackson Thomas, Ethan Johnson, Zack Holden, and Claire Julia Troy.



PHOTO BY MANUEL ANDRADE

Students work together to play games and solve problems at the Civitan conference. Zack Holden leads the group here.

Amendments of the U.S. Constitution as they role-play. Motivational speakers challenged everyone to embrace individual differences instead of allowing them to be plat-forms for division.

"I learned about how to make a positive difference in the world and made close friendships that will last a lifetime," said Caroline Brunner of McLean High School. "I learned a lot through this great leadership experience," said Will Wallace, from southwest Virginia. "I truly feel like my leadership skills were strengthened through a series of leadership and team building exercises along with world-class speakers from across the nation. This event has truly changed my life and I cannot wait to apply

the skills I learned to help change the world."

CIVITAN INTERNATIONAL was founded in 1921 in Birmingham, Ala. It is an association of community service clubs. The organization aims to build good citizenship by providing a volunteer organization of clubs dedicated to serving individual and community needs with an emphasis on helping people with developmental disabilities. There are about 30,000 members (referred to as *Civitans*) in nearly 1,000 clubs around the world, located in 50 countries.

The conference is sponsored by the Chesapeake Division of the Civitan International. Robson said, "The theme is 'Leaders in Freedom'; no political ideology is espoused, and

we tell the speakers, 'at the end we shouldn't know whether you lean to the right or the left' - just focus on topics near to Americans and our constitution. Derius Swinton - a principal of the SOAR group, and an amazing leadership trainer and great enthusiastic motivator, speaks first, then break them for dinner, then comes Tina Ramirez, the president of **HARDWIRED**, Inc. who talks about freedom of religion. The whole basis of her organization is to promote religious freedom on a worldwide basis, and she's been in some of the most dangerous countries in the world doing that; she gets an hour."

"Then Aaron Arnold, Junior Achievement of Hampton Roads, speaks on the free enterprise system, he's from Colorado, almost like a tree hugger, and he relates well to this age group. Saturday morning, we were scheduled to have Andrew Meyer, constitutional attorney in private practice in Richmond, who has argued some significant cases, but he got snowed out. Normally the presenter takes one of several really thorny issues involving the Constitution and the kids are supposed to come out with a stronger understanding of how it works. You want them to understand that the politically correct answer is not always the constitutional answer, and the constitutional one will always win out."

"Our last speaker is Aram Hessami, a professor at Montgomery College, he presents a session on the Middle East. He is stellar. Aram only works from a flip chart, keeps them mesmerized, and will answer any question you have about the Middle East; he immigrated here from Iran in 1979, and you don't know where he stands but you have a really good understanding why the region is the way it is and what you can do to fix it," Robson said.

What does Civitan want out of the kids who attend the conference? "We hope those who aren't already members of a Civitan Junior Club will start one or will join one when they become adults. Sure, it's nice if they do something for Civitan, but what we really want is for them to see things differently as a result. Of 30-45 kids who are at the conference, the light will really go on for about 4 or 5 of them. You will see an intellectual change. Those are the ones that are going to change the world, somehow. If they never do anything for Civitan, but as long they do something for our country, we've done what we set out to do."

PAT ROBSON says this is his last conference. He doesn't want something with an intellectual baseline like this to become stale. He's confident it will continue as long as they don't change the structure. After 24 years of service in the U.S. Navy, this was his way of keeping on doing something for his country, and the Civitans. Anyone interested in joining Civitan or donating to its causes can visit the website: www.civitan.org.

OPINION

So Much Happening, Don't Blink

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

There 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

EDITORIAL

happens to legislation they support. This headline, which ran last week on 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

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).

Email editors@connectionnewspapers.com or submit online at www.connectionnewspapers.com/pets.

For advertising information, email sales@connectionnewspapers.com or call 703-778-9431.

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:

Letters to the Editor

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Call: 703-917-6444.

By e-mail: mclean@connectionnewspapers.com

Vienna & Oakton
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PHOTOS CONTRIBUTED

U.S. Rep. Gerry Connolly (D-11) questioning Dulles Airport officers, requesting information on any potential detainees.

Connolly Fights 'Illegal Order'

U.S. Rep. Gerry Connolly (D-11) and his office were able to get a Fairfax County green card resident, who was detained Saturday evening, released. Ahmed Mohedian and his wife were detained after returning from Iran, where Mr Mohedian was receiving medical treatment. Ahmed Mohedian is 71 and has a heart condition. Connolly's office was able to connect him with immigration attorneys who helped secure his release around 10:30 p.m. Saturday.

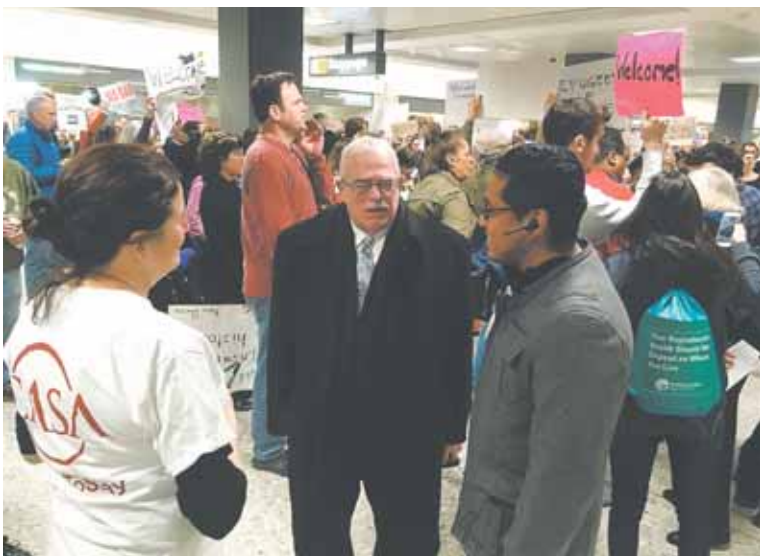
Connolly issued the following statement regarding President Trump's Executive Order banning immigrants from 7 predominantly Muslim countries:

"America has always stood for being a beacon of hope. Donald Trump would paint over Emma Lazarus's words on the Statue of Liberty. There are millions of us



Gerry Connolly addresses the crowd protesting the Executive Order at the Dulles International Airport.

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."



Gerry Connolly with CASA organizers, representing an immigrants rights group in Northern Virginia.

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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 pub-

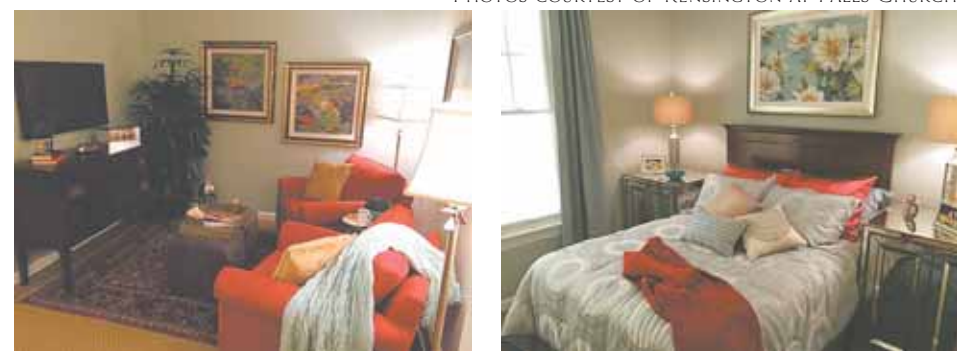
lished in the Journal of Gerontology shows that seniors living in assisted living facilities have fewer unmet needs such as companionship, help with cooking, bathing and doing laundry than those who live independently. However, the survey of more than 4,000 people over the age of 65 shows that even in 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

SEE WELLBEING, PAGE 7



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.

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WELLBEING

To Move Or Not To Move

FROM PAGE 6

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 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. “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

“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

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.”

Rd., Vienna). For more information and seminar registration go to 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.

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- ♦ 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

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

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NEWS

Anti-Immigration Ban Rallies Held at Dulles

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

BY TIM PETERSON
THE CONNECTION

Del. 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 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 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



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

PHOTOS CONTRIBUTED



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.

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

SEE RALLIES, PAGE 11

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CHRISTIAN LEARNING ACADEMY (SUN.) 9:00AM-9:45AM
MIDWEEK SERVICES, WED. 7:00 PM**

CALENDAR

Send announcements to 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. 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 <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. bettie@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

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. Cost: Free. 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

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



Jammin Java will host an evening with The Nighthawks on Friday Feb. 3 at 7:30 p.m. For over three decades The Nighthawks have earned a reputation as one of the best and hardest-working bands around. Founded in the Washington, D.C. area in 1972, the 'Hawks' were a roots band before anyone had come up with the term. Their mix of blues, rock, soul and swing appeal to a widely diverse audience. Doors open at 6 p.m. located at 227 Maple Avenue East, Vienna. Tickets: \$20



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 703-237-0358 www.lewinsville.org/event-items/6207

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

The Freeman Store & Museum Wednesday through Sunday noon - 4 p.m. 131 Church Street NE Vienna. The Freeman Store & Museum is dedicated to Preserving and promoting Vienna's heritage through the identification, preservation, and interpretation of history significant places, events, and persons. Historicviennainc.org

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

Bingo Night. Sundays. 4 p.m. Flame Room, Vienna Volunteer Fire Department, 400 Center St. S, Vienna. \$10. www.vvfd.org/bingo.html.

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 flexibility, improve breathing and health, reduce stress. Ravi Kaur has 15 years experience teaching yoga. \$15 per session. www.edimprovement.org. 571-213-3192.

"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

SEE CALENDAR, PAGE 12



McLean Community Center
The Center of It All



Here's What's Happening at MCC

James C. Macdonald Fine Arts Scholarship Competition

For young performing artists who reside or attend school in the MCC tax district
Application Deadline has been extended to
Monday, Feb. 6



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Saturday, Feb. 4, 2 p.m.

\$15/\$10 MCC district residents



Old Firehouse School Break Trips Ski & Snowboard

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

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Old Firehouse Friday Night Trips Washington Wizards vs Indiana Pacers

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

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Wednesday, March 15

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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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21 Announcements

ABC NOTICE
Maru, Inc trading as Maru Korean Cuisine & Sushi, 128 Maple Ave West, Vienna, VA 22180. 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.
Chun Ki Lee, President/Owner
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
Mediterranean Deli, Inc trading as Simply Fresh, 6811 Elm St, McLean, VA 22101. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine & Beer On Premises license to sell or manufacture alcoholic beverages.
Rana Sersy, 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.

21 Announcements

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 or Jason Beck, C.P.G., Senior Environmental Project Manager, ECS Mid-Atlantic, LLC, 703-471-8400, 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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21 Announcements

ABC LICENSE
AU Enterprise, LLC trading as Carlton Mini Mart, 4600 S. Four Mile Run Dr. Ste C1, Arlington, VA 22204. 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.
Allan Urcia, Owner
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.

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THE CONNECTION
NEWSPAPERS

Rallies at Dulles

FROM PAGE 8

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 information."

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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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.

Now hiring qualified full-time (starting at 30 hours/week) and part-time team members

(Health and dental insurances, life insurance, paid time off and paid holidays for full-time positions. One free meal per day. 401k plan for team members who wish to contribute.)

Care Managers (CNAs)	Prep Cooks
Care Supervisors (CNAs)	Utility Staff
Licensed Professional Nurses (LPNs)	Servers
Wellness Nurses (LPNs and RNs)	Maintenance Assistant
Activities Coordinators	Housekeepers
Concierges	Porters
Dining Coordinators	Drivers
Cooks	Laundry Attendants



THE KENSINGTON
An Assisted Living Community
FALLS CHURCH

703.992.9868

www.TheKensingtonFallsChurch.com

700 West Broad Street, Falls Church, VA 22046



**For immediate consideration or more details,
email FallsChurchCareers@KensingtonSL.com
or call 703-992-9868.**



PHOTOS BY CECE XUE

Participants were able to bring their own device to work on, or use a device provided by the school.

Madison High Students Support Girls Learn in Zambia

The Girls United and DECA clubs at Madison High School joined forces to host the Madison Give-Back-a-Thon. Participants registered for the event to learn basic computer coding, working towards building a website or app by the end of the day. Seventeen different groups of students worked with local business members and teachers during the

12 hour event. Both lunch and dinner were free for the participants, as Willard's BBQ and Annie Minkler donated the funds to cover the food for the event. Garai Orthodontics, Teoco and Stemree Education also sponsored the event. More than \$3,000 was raised at this one day event and will be donated directly to Girls Learn in Zambia.



Each student paid \$20 to participate in the event.

CALENDAR

FROM PAGE 9

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 or 703-273-8829

Georgetown Pike Great Falls, VA 22066. This fellowship 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/>

Plan Ahead Vienna

SUNDAY/FEB. 19

Concert: The Daraja Ensemble 4 - 6 p.m. at Saint Francis Episcopal Church 9220

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.

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