



and Oakton Vienna CONNECTION

Seven women from around Fairfax County were recognized March 22 as "Trailblazing Women in Labor and Business" by the Fairfax County Commission for Women. From left are Supervisor Cathy Hudgins (D-Hunter Mill), Siobhan Green, Ashley W. Chen, Constance "Connie" Cordovilla, Staci L. Redmon, Lovey Hammel, Patricia "Pat" Saah Bayliss, Board Chairman Sharon Bulova and Sondra Seba Hemenway.

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COMMUNITY

FREE SEMINARS

Fairfax County is offering the following **Free Seminars for Family Caregivers of Older Adults**. Register for all seminars at www.fairfaxcounty.gov/OlderAdults or call 703-324-5205, TTY 711.

❖ Five Questions to Consider About Paying for Long-Term Care — WEBINAR.

Wednesday, April 5 — Noon-1 p.m. Your computer or telephone. You will receive an email with access instructions.

❖ Medicare 101 - Wednesday, April 12 — 2-3:30 p.m. Reston Community Center — Hunters Woods, 2310 Colts Neck Road, Reston.

❖ Strategies for Difficult Conversations - Monday, April 17, 2017 — 7-8:30 p.m. City of Fairfax Regional Library, 10360 North St.

❖ Caregiver Boot Camp — Dementia 101.

Saturday, April 29, 2017 — 8:30 a.m.-3 p.m. Insight Memory Care Center, 3953 Pender Drive, Suite 100, Fairfax

Fairfax County's free Family Caregiver

Telephone Support Group meets by phone on Tuesday, April 11, 7-8 p.m. The group will discuss using the internet to help your caregiving journey. Register beforehand at www.fairfaxcounty.gov/OlderAdults and click on Telephone Caregiver Support Group. Call **703-324-5484**, TTY 711.

Fairfax County is offering a free **Chronic Disease Self-Management program** on Wednesdays, April 19-May 24 from 10 a.m.-12:30 p.m. at Bethlehem Baptist Church, 7836 Fordson Rd., Alexandria. Learn and share positive strategies to better manage overall health. Register

beforehand at www.fairfaxcounty.gov/OlderAdults or **703-324-5489**, TTY 711, or email Colleen.Turner@FairfaxCounty.gov.

The **Fairfax Commission on Aging** meets on Wednesday, April 19 at 1 p.m. at the McLean Governmental Center - Community Room, 1437 Balls Hill Rd., McLean. The public is welcome to attend and join in the comment period that begins each session. Find out more at www.fairfaxcounty.gov/dfs/olderadultservices/coa.htm. Call **703-324-5403**, TTY 711 for meeting access needs.

ElderLink Support Group for Caregivers meets on Wednesday, April 5, at 10 a.m. Calvary Hill Baptist Church, 9301 Little River Tnpk., Fairfax. For more information, call **703-324-5489**, TTY 711 or visit www.fairfaxcounty.gov/dfs/olderadultservices/elderlink.htm.

VOLUNTEER OPPORTUNITIES

The **Chronic Disease Self-Management Program** needs volunteer leaders to facilitate workshops. Call **703-324-5374**, TTY 711, or go to www.FairfaxCounty.gov/dfs/OlderAdultServices/chronic-disease.htm.

Fairfax County needs volunteers to **drive older adults to medical appointments** and wellness programs. Call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/olderadultsand click on Volunteer Solutions

Meals on Wheels needs Drivers and Coordinators for routes throughout the county. Call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions

FAITH NOTES

Send to vienna@connectionnewspapers.com.
Deadline is Friday at noon.

with six local clergy. Visit oaktonumc.org/ or call 703-938-1234 for more.

FRIDAY/APRIL 14

Good Friday Services. Noon-3 p.m. at Oakton United Methodist Church, 2951 Chain Bridge Road, Oakton. The service will be the Seven Last Words of Christ featuring six half hour services

First Baptist Church of Vienna located at 450 Orchard Street, NW Vienna. Sunday services are held at 7:45 and 10 a.m. weekly. Wednesday Night with the Family service is held at 6 p.m. followed by corporate singing at 7 p.m. Bible studies take place Tuesday's at noon.

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Students left school at 7 a.m. to drive to Virginia Beach.



PHOTOS COURTESY OF MADISON HIGH SCHOOL

CeCe Xue, a Madison student, was elected to serve on the DECA leadership team for the state of Virginia.

Madison Students Recognized At State DECA Competition

More than 30 students from James Madison High School participated in the Virginia State DECA competition in Virginia Beach this past weekend. Participating in both individual and group competitions, several of Madison High students “made it to the stage” and were recognized for their leadership and innovation. CeCe Xue, a junior, was elected as the VA DECA Region 2 Vice President. The faculty advisor of this chapter, Jen Gardner, was recognized for her outstanding leadership as an advisor.

Competition recognitions include:

- ❖ **Erika Atwood**, received a \$1,000 scholarship;
- ❖ **Rachel Jackson**, high test score and role play for Food Marketing Series. She was selected as a State Finalist.

- ❖ **Lauren Chadwick**, high test scores and role play for Apparel and Accessories Series. She was selected as a State Finalist.

- ❖ **Fatima Jerez**, top score in role play in Marketing Communication Series. She was selected as a State Finalist.

- ❖ **Harry Crafts**, top score in role play in Business Service Series.

- ❖ **Carla Azola**, top scores in her test and presentation for Hospitality and Tourism Professional Selling. She was selected as a State Finalist.

- ❖ **Helen Roades**, top test score in Principles of Hospitality and Tourism.

- ❖ **Sami Pabley** and **Sam Hasley**, top role play and test scores in Business Law and Ethics Team Decision Making. They earned 2nd place.

- ❖ **Anna Kelly** and **CeCe Xue**, top role play and test scores in Hospitality and Tourism Team Decision Making. They earned third place.

- ❖ **Will Gatchel**, top test score in Sports and Entertainment Team Decision Making

- ❖ **Jamal El-Hindi** and **Justin Shayne**, top role play and test scores in Sports and Entertainment Team Decision Making. They earned first place.

- ❖ **Erika Atwood** and **Anna Bonaquist**, top role



Anna Bonaquist and Erika Atwood will be competing at Nationals in Financial Services Decision Team Making.

play and test scores in Financial Services Team Decision Making. They earned first place.

- ❖ **Sky Zoom**, earned first place in Business Finance Series.

- ❖ **Stephanie Sternberg**, selected as State Finalist in Fashion Merchandising and Promotion Plan.

- ❖ **Nehal Jain**, **Allison Janowski** and **Ellie Socher**, earned 3rd place in Community Service Project.

- ❖ **Jack Goewey** and **Will Gatchel**, state finalists in Sports and Entertainment Team Decision Making.

- ❖ **Paige Bateman**, State finalist in Selling.

- ❖ **Vicka Heidt**, state finalist in Job Interview.



Jamal El-Hindi and Justin Shayne awarded for their innovation in Sports and Entertainment Decision Team Making.



The Kensington Falls Church Presents Energized Fitness for Parkinson's

Announcing an Introductory Orientation with Laxman Bahroo, MD and Angela Onyekanne, DPT, GCS, CEEAA Sunday, April 9, 2017 • 2:00pm-4:00pm

at The Kensington Falls Church
700 West Broad Street, Falls Church, VA

Refreshments served • RSVP to Karen Akers at 703-992-9868 or to kakers@kensingtonsl.com

The Kensington Falls Church is pleased to announce its collaboration with the Parkinson Foundation of The National Capital Area (PFNCA) and Genesis Rehab Services to offer Energized Fitness for Parkinson's. The program provides a high-energy fitness experience geared toward improving mobility and strength while participants share time with others facing Parkinson's.

Energized Fitness will be introduced by Dr. Laxman Bahroo, a neurologist who focuses on movement disorders, and Angela Onyekanne, a therapist who is trained in LSVT BIG (a therapy that involves large amplitude, exaggerated movements that lead to smoother, larger, safer movements). Dr. Bahroo and Angela are our allies in striving to maximize health and optimize independence for people with Parkinson's. Please RSVP to join us.



Dr. Laxman Bahroo is an assistant professor and co-director of the Neurology Residency Program at MedStar Georgetown University Hospital. He is a board certified neurologist and member of the Movement Disorders program. Primary areas of focus in movement disorders include the medical and surgical management of Parkinson's disease and essential tremor.



Angela Onyekanne, DPT, GCS, CEEAA has ten years of experience working exclusively with geriatric clients in a variety of settings. She is APTA Board-Certified in Geriatric PT and LSVT BIG certified for individuals with Parkinson's disease.

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PHOTO BY TIM PETERSON/THE CONNECTION

Seven women from around Fairfax County were recognized March 22 as "Trailblazing Women in Labor and Business" by the Fairfax County Commission for Women. From left are Supervisor Cathy Hudgins (D-Hunter Mill), Siobhan Green, Ashley W. Chen, Connie Constance Cordovilla, Staci L. Redmon, Lovey Hammel, Patricia "Pat" Saah Bayliss, Board Chairman Sharon Bulova and Sondra Seba Hemenway.

Women Excelling in Business and Labor

Commission for Women honors trailblazers.

BY TIM PETERSON
THE CONNECTION

Constance "Connie" Cordovilla remembers signing up for college courses in the mid-'60s and being interested in taking electrical engineering. "Nice girls go into English," her counselor told her. "What makes you think I'm a nice girl?" she said she responded.

Cordovilla is associate director, Human Rights and Community Relations, American Federation of Teachers (AFT), AFL-CIO. She was recognized as one of seven "Trailblazing Women in Labor and Business" for 2017 by the Fairfax County Commission for Women.

The recognition ceremony was rescheduled due to snow and held Wednesday, March 22 at the county government center.

Sondra Seba Hemenway, women's commission vice chair and at-large commissioner, said the evening was about recognizing how women had made significant contributions in labor and business, and had an impact on history and the lives of others.

"Women have always worked, and not always been paid the same, or at all," Seba Hemenway said. "This year we've identified seven truly remarkable women" to recognize.

This year was the first for which the commission accepted nominations for honorees.

Fairfax County Board of Supervisors chairman Sharon Bulova said her path for being elected and serving as both a supervisor and chairman — as a woman — was made easier by "strong women who came

before me." Previous chairs Jean Packard, Audrey Moore and Kate Hanley helped residents to be more comfortable with women representing them in local government.

"But there's still work to do," Bulova said.

Supervisor Cathy Hudgins (D-Hunter Mill) added they need to "work to make certain, continue to see that everyone has the opportunity to excel."

"This year, women's rights and issues are front and center," said honoree Patricia "Pat" Saah Bayliss, former executive director, office manager and secretary, American Federation of State, County and Municipal Employees (AFSCME). "These are some things we need to be more aware of."

Bulova and Hudgins helped present a Board of Supervisors proclamation naming March 2017 Virginia Women's History Month.

In addition to Cordovilla and Saah Bayliss, the other award honorees include:

❖ Dolores Trevino-Gerber, First Vice President, NOVA Labor Federation; Secretary, Tenants-Workers United

❖ Staci L. Redmon, president, CEO and owner, Strategy and Management Services, Inc.

❖ Ashley W. Chen, president and CEO, ActioNet

❖ Siobhan Green, co-owner, CEO, Lead Technology and Open Data Strategist, Sonjara, Inc.

❖ Lovey Hammel, president, Employment Enterprises, Inc.

More information about the Commission For Women's 2017 honorees is available online at www.fairfaxcounty.gov/cfw.

WWW.CONNECTIONNEWSPAPERS.COM



Comstock, Herrity at Teen Job Fair at Oakton High

U.S. Rep. Barbara Comstock (R-10) and Supervisor Pat Herrity (R-Springfield) encourage students at the Teen Job Fair at Oakton High School on Saturday, March 18.

Unattended Space Heater Causes Vienna House Fire

On Wednesday, March 22 at 5:27 a.m., units responded to a reported house fire in the 9800 block of Bridleridge Court in the Vienna section of Fairfax County.

Units arrived on the scene of a large two-story single family home with significant fire showing from a one-story sun room above the garage. In addition, crews reported that the fire had already extended into the first and second floors and attic of the main house. Crews worked aggressively on the interior and exterior of the home to contain, and limit, the fire to the areas that they encountered upon arrival.

There were two occupants at home when the fire was discovered. One of the occupants discovered the fire after hearing something fall down in the sunroom. The occupant saw smoke coming from underneath the sunroom door. A neighbor initially called 911 and reported smoke coming from the house. The occupants of the home called 911 shortly thereafter to report their house was on fire and that everyone was safely out of the home.

There was one smoke alarm located in the hallway of the home. The smoke alarm did not alert the occupants to the fire because it had been disabled.

Fire Investigators determined that the fire originated in the sunroom. The fire was accidental in nature and was caused by an unattended space heater that ignited ordinary combustibles.

nited ordinary combustibles.

A total of two occupants were displaced due to the fire. Red Cross assistance was offered and accepted. The two adult occupants were transported to an area hospital with non-life threatening injuries.

One firefighter was also transported to an area hospital for evaluation.

Damages are estimated to be approximately \$176,250, according to Fairfax County Fire & Rescue Department.

Fairfax County Fire and Rescue would like to remind all residents that working smoke alarms save lives as well as property.

In addition, Fairfax County Fire and Rescue would also like to remind all residents about the safe use of space heaters:

- ❖ Use only appliances that cut off automatically if tipped over.
- ❖ Use only models that have been approved by a nationally recognized testing agency (UL or Factory Mutual).
- ❖ Space heaters need space — keep combustible materials at least three feet away from space heaters.
- ❖ If using an electric model, make sure the cord is not frayed or worn. Never use an extension cord with a portable heater.
- ❖ Keep children and pets away from portable heaters. It only takes a second for curiosity to lead to a serious burn.
- ❖ Turn heaters off when you leave home or go to bed.

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VIENNA/OAKTON CONNECTION ❖ MARCH 29 - APRIL 4, 2017 ❖ 5

Expand Medicaid Now

Virginia has missed out on \$10 billion, 30,000 jobs and care for 400,000 citizens.

EDITORIAL Virginia's General Assembly has refused to accept one of the key provisions of the Affordable Care Act, expansion of Medicaid at almost no cost to Virginia that could have covered 400,000 uninsured Virginians and would have brought more than \$10 billion into the state. It has also cost lives.

Ironically, the failed bill to "repeal and replace" the Affordable Care Act included changes to Medicaid that would have penalized states, like Virginia, that did not expand Medicaid, permanently reducing federal funding.

On Monday, Gov. Terry McAuliffe proposed a budget amendment restoring his authority

to pursue planning for Medicaid expansion in the wake of the failed repeal effort in Congress.

Kansas and North Carolina are taking steps this week to expand Medicaid, hoping to join the 31 other states plus the District of Columbia that have already done so.

More than 140,000 residents of Fairfax County have no health insurance. More than 40,000 residents of Arlington and Alexandria have no health insurance. That's more than 12 percent of the people who live in one of the wealthiest areas in the nation.

A Harvard Medical School study determined that the decision by 25 states to reject the expansion of Medicaid coverage under the Affordable Care Act would result in between 7,115 and 17,104 more deaths than had all states opted in. In Virginia, the number of deaths due to failure to expand Medicaid: between 266 and 987.

From a practical perspective, declining federal money to provide healthcare to uninsured Virginians makes no more sense than declining federal funds for transportation or education.

In Virginia, 102,000 uninsured people with

a mental illness or substance use disorder could qualify for coverage if Medicaid were expanded under the Affordable Care Act.

As Virginia and the rest of the nation wrestles with heroin and opioid addiction, expanding Medicaid would allow for expanding treatment programs. One of the big obstacles to helping people who are fighting addiction is the availability of treatment when it is most needed.

"The time has come for us to bring our taxpayer dollars back to serve the individuals who need them the most," said McAuliffe. "With this amendment, I'm asking the General Assembly to work with me to pursue Medicaid expansion and put this funding to work for our most vulnerable Virginians."

Primaries for candidates for the House of Delegates plus governor, lieutenant governor and attorney general are in June, with all seats on the ballot in November. An important question as voters choose: What is their position on Medicaid expansion? How did incumbents vote?

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

LETTERS TO THE EDITOR

Friendly Conversations Needed

To the Editor:

Surrounded by all the dark news of hate crimes, anti-Muslim slurs, and anti-immigration racist attacks, like the ones at Tysons mall in November and against an Asian man in Reston earlier this month (www.youtube.com/watch?v=TWxKPhSTPls), we are in desperate need of positive news and shining the spotlight on efforts to spread healthy understanding and create healing bonds. I met two young people in our community, part of a small, but engaging group called #AskAMuslim, who set up a table in front of the Great Falls Library on March 18, offering conversation, over donuts and coffee, in an effort to build understanding and start a dialogue about what it is to be a Muslim and answer questions about Islam.

#AskAMuslim seeks to tell you "Everything you wanted to know about Islam and Muslims but were embarrassed to ask." You can go to the website — www.AskAMuslim.net — air your questions/concerns, and someone will respond. NPR did a segment on AskAMuslim, on March 15, answering basic questions like: "What do Muslims believe?" "What is jihad?" "Are Muslims accepting of other religions?" (Here's

the link: the1a.org/shows/2017-03-15/ask-a-muslim).

I was surprised to hear that AskAMuslim was turned away by other venues in the area. Obviously, we need more such friendly conversations to dispel some of the Islamophobia in our society, create awareness, and close the gaps in our understanding of each other. The sticker I received says: "It's all good - I asked a Muslim today!" So, go ahead, ask your questions and talk to some of these wonderful people to see that it's not "all bad."

Shaila Muralidhar
Great Falls

Disappointing Virtual Town Hall

To the Editor:

For those of us who waited for U.S. Rep. Barbara Comstock's (R-10) highly-anticipated virtual Town Hall meeting — it was a disappointment. Her teleconference center connected me and many other constituents 20 minutes after the call had already started. I attempted to get into the queue to ask a question but was unable to do so.

Logistics aside, the call was dominated by questions about the repeal and replacement of Obamacare, a topic important to the 10th District. Unfortunately,

Ms. Comstock did not provide substantive answers to any of the questions of the call participants. Her responses about the GOP "Patient-Centered" were echoes from the past eight years such as selling insurance across state lines, tort reform, wellness programs, and, get this one — curing diseases.

None of these tactics have any chance of addressing the health care needs of working class folks in the near term.

Another constituent's question was related to why Comstock voted "yes" to implement the Holman Rule which gives Congress the power to reduce the salaries of individual federal workers to \$1.

Ms. Comstock responded to the inquiry claiming that the Holman Rule implementation was temporary for one year and she "hoped" it would not get abused. This is risky business when a member of Congress is casting votes in "hope" of things working out later.

After listening to the town hall, I now understand why Comstock was a no-show at two previous constituent meetings and then used a virtual forum that insulates her from serious questions of her accountability to her constituents. We deserve better representation in the 10th District. We can start now and demand more than virtual meetings and pre-screened questions. Given all the important issues before Congress this year we

want a representative who will engage face-to-face with her constituents.

Jalmeen Soni
McLean

The Bees Are Hungry

To the Editor:

In addition to pesticides and herbicides that kill bees, this year's late hard freeze has turned brown many of the nectar laden blossoms of our flowering trees. These flowers provide early food for our pollinators, think bees. Trees that are not adapted to this type of "Virginia Freeze Surprise," mainly non-native trees such as star magnolia and Japanese cherry had their blossoms turn brown in our area.

Bradford Pear trees, also suffered the brown blossom treatment. I was cheering these lessons for the people that plant the non-native and Bradford Pear trees until I remembered that if they are not sterile, these flowers have nectar accessible to our bee population and now they are useless. So, we have choices, continue to plant trees and plants that are not adapted to our environment and will not feed our pollinators, think bees, or plant the trees and plants that will feed our pollinators and can handle our climate.

Kathryn Fowler
Herndon





PHOTO CONTRIBUTED

From left: Lieutenant Thomas Taylor, Deputy Chief Daniel P. Janickey, MPO Matthew Lyons, Officer Andrew Slebonick, Master Police Officer Patrick Shaw, Chief James A. Morris, Officer Gregory Hylinski and Councilmember Carey Sienicki.

Fairfax County Chamber of Commerce Honors Five Town of Vienna Police Officers

On March 17, the Fairfax County Chamber of Commerce honored five Town of Vienna Police Officers at the 39th Annual Valor Awards Ceremony. Retired Sergeant Michael Reeves, Master Police Officer Matthew Lyons and Officer Gregory Hylinski were awarded Lifesaving Award Certificates. Master Police Officer Patrick Shaw and Officer Andrew Slebonick were awarded a Bronze Medal

of Valor.

Reeves, Lyons and Hylinski received a Lifesaving Award for their actions when called to the scene of a suicidal person in July 2016.

Shaw and Slebonick were awarded a Bronze Medal of Valor for their actions in disarming a suicidal subject who was in the process of cutting herself with a knife in January 2016.



PHOTO CONTRIBUTED

From left: Lieutenant Thomas Taylor, Chief James Morris, Officer Graham Williams, Captain Daniel Janickey and Lieutenant Arturo Sylmar.

New Town of Vienna Police Officer Graduates from Academy

On March 16, 2017 Officer Graham Williams graduated from the 68th Session of the Fairfax County Criminal Justice Academy. The graduation ceremony was held at the Centreville Baptist Church. His graduation marks the culmination of a six-month training session in which newly hired police recruits receive training in all aspects of police procedures.

The basic recruit session is a non-residential training program consisting of more than 920 hours of instruction. The curriculum includes 320 hours of academic studies including crisis intervention, assisting individuals with mental illness, de-escalation techniques and first aid training, 94 hours of firearms training, 84 hours of emergency vehicle op-

eration, 110 hours of physical training and 130 hours of defensive tactics training. For the next 12 weeks Officer Williams will be assigned a Field Training Instructor. During those weeks the Field Training Instructor will observe and guide Williams' performance in the areas of officer safety, traffic enforcement, interaction with citizens, report writing, investigation of vehicle crashes and many other aspects of his law enforcement duties. Williams has a Bachelor's Degree in Criminal Justice. He enjoys bike riding and playing his guitar in his free time. He grew up in Scranton, Pa. and went to Liberty University in Lynchburg, Va. Williams is involved in his local church in Stafford and is passionate about being involved in the community.

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FAMILY CONNECTION



PHOTO CONTRIBUTED

Local national parks like Theodore Roosevelt Island are ideal for family staycations, says Lois Stover, Ph.D. of Marymount University.

Backyard Adventure

Ideas for a spring break family staycation.

BY MARILYN CAMPBELL
THE CONNECTION

For Katie Wendel, a spring break vacation this year won't mean loading up the car and driving several hundred miles or waiting in long lines at the airport. While the Bethesda mother of five is planning to enjoy some relaxing downtime with her family, she won't venture far from home.

"We're going to be tourists this year and visit the monuments and museums in Washington. We're also going to try to find every avenue in the city that's named after a state," said Wendel. "If you think about it, there's so much to do in this area that we all take for granted. You really don't have to leave the area to feel like you're in another city."

From museum exhibits to adventure centers, a goldmine of family getaways abounds locally. There are even activities for family bonding available without leaving home.

"Ask the kids what they would like to do. Involve them and give [them] a choice. Whatever it is they suggest, come up with a plan to document their adventure so they can share it with grandparents or siblings away at college, said Lois Stover, Ph.D., dean, School of Education and Human Ser-

vices at Marymount University. "Let them help plan the Metro route or just look at the Metro map and randomly pick a station and explore that area."

"A lot of adults assume that kids want a big trip, but a lot of times a kid will say, 'I want to blow bubbles in the back yard.' It's important for children to have a say in how the family uses its free time," said Carolyn Lorente, Ph.D., professor of psychology at Northern Virginia Community College.

Among the recommendations that Stover offers are activities at one's neighborhood library and trips to indoor public swimming pools. For animal-loving families the National Zoo offers beasts ranging from elephants and eagles to tigers and frogs.

"Get outside and take the family to one of the lesser known national parks, like Prince William, or walk the C&O Canal," said Stover.

There's also Gravelly Point Park near Reagan

Washington National Airport in Arlington, which is ideal for family picnics, games of kickball or simply watching airplanes take off and land.

"If it's warm, do a beach day in the backyard [or] set up an indoor mini-golf course with Nerf balls [or use] Wiffle balls and

SEE SPRING BREAK, PAGE 9

WWW.CONNECTIONNEWSPAPERS.COM

FAMILY CONNECTION

Spring Break Ideas

FROM PAGE 8

bats,” said Stover. “Have a dance party, a science day. Have a ‘Today is Blue, or whatever color works, Day,’ so everyone wears blue, all foods are blue, you ride the blue line Metro just to see where it goes, [for example].”

The U.S. Botanic Garden Conservatory on the National Mall is where Stephanie Kleinman is planning to take her twin daughters during spring break.

“The girls call it a museum for plants, and it’s neat to go from the desert to the jungle all within one building,” said Kleinman who lives in McLean. “We’ll probably check out some of the other museums while we’re downtown.”

There are times when a staycation can be more relaxing than travel, says Lorente. “If you look at the list of the top 100 stressors in life, taking a vacation is on the list,” she said.

“A staycation, when done with purpose, can really be good.”

Advanced planning is a key to making that time spent together meaningful, advises Lorente.

“A lot of times people say they’re taking a staycation and they end up doing chores around the house. And everybody is on their electronics,” she said. “But it’s really about family bonding and everyone coming together and creating shared experiences as a family.”



Raising Funds for Best Buddies

Tracy Crittenberger (left) and Linda Mathews (right), teachers with McLean-based Madeira School get duct taped to a wall by students to raise funds for Best Buddies, a nonprofit that helps people with intellectual and developmental disabilities. Madeira students volunteer with Best Buddies and other nonprofits throughout the year as part of their co-curriculum program which engages students in community service, career placements, and Capitol Hill internships.






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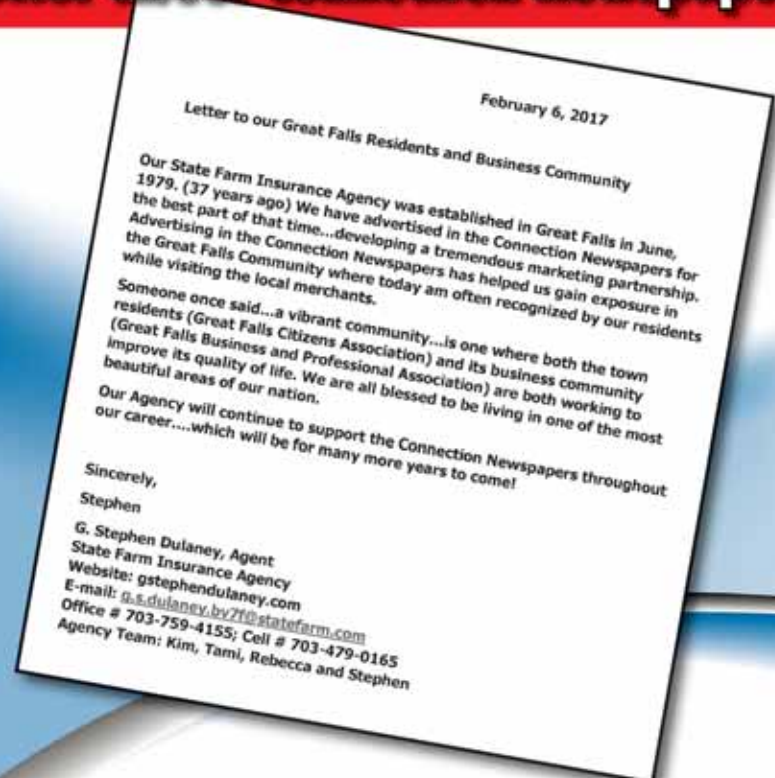
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United Airlines employees May Hester and Jeff Lattea assist Felix Reges and mom Ina Laemmerzahle of Reston to “check-in” to their “Wings for All” simulated flight travel experience at Dulles International Airport.



PHOTOS BY ANDREA WORKER/THE CONNECTION

“Captain” Julia Ferguson, a 16-year-old from Lorton, required some extra assistance to try out the Number One seat on the plane, but once in place, she was ready to go.

Wings for All Travel rehearsal offered for individuals with disabilities.

BY ANDREA WORKER
THE CONNECTION

Glenn Reges and Ina Laemmerzahle are planning on taking their 9-year-old son, Felix Reges, on a trip to Colorado. Many couples would simply book their flights, a hotel room and the rental car and when the day arrived would be off to the airport for a fun-filled family vacation, but things are a bit more complicated for this Reston family. Felix has autism and is legally blind. His parents were worried how they would manage the challenges of travel by air, and how Felix would react to an experience that has been known to cause stress even for the most prepared travellers.

The “Wings for All” program’s latest offering was one way to take a dry run at the travel adventure.

The Metropolitan Washington Airports Authority (MWAA) teamed up with non-profit The Arc, local chapter The Arc of Northern Virginia, United Airlines, Travelers Aid, MarketPlace Development, and the Transportation Security Administration (TSA) to simulate a typical airport travel experience for people with intellectual and developmental disabilities.

About 125 people — participants with differing special needs and their family members — arrived at Dulles International Airport on Saturday, March 25 and were guided through the travel process by an army of volunteers clad in neon-green t-shirts and directed by dozens of like-colored posters with directional arrows and additional instructions.

AT THE UNITED check-in kiosks, United employee May Hester helped each participant use the screens to enter their information and her colleague Jeff Lattea printed out boarding passes. Lattea, whose mother was a special education teacher, has volun-



The Frost family, grandparents Marsha and Lawrence and brother Tanner, accompanied 13-year-old Robbie from Centreville on the travel adventure. United First Officer Julie Callens lent her cap to her special passenger for the photo.

teered to work this event several times. “I love doing this,” he said. “If it helps give these families the confidence to take trips they may have avoided, it’s worth every minute.”

To gain that kind of confidence is why Lauren Gibson brought her 8-year-old son Aiden out to participate in the program. Where would Aiden take his flight if given the choice? Without hesitation, the youngster declared “Disney World!”

With boarding passes for United “Flight 2839 to Baltimore” in hand, the “passengers” then made their way to the TSA checkpoints. Some accommodations for wheelchairs had to be made. A back brace posed a momentary delay. A few of the parents and guardians looked somewhat anxious, concerned that their participant would become distressed at the on-and-off shoe ac-



Kelsi Da Re gives her “Wings for All” travel rehearsal a “thumbs up” as she boards the United plane for a simulated flight.

tion, the passing through the monitors, and in one or two cases, a wave of the wand, but the piece of the pre-flight travel puzzle that had worried many the most, went off without a hitch and it was on to the subway to Terminal C.

At Gate C12 there was the wait that seasoned travelers have come to expect, as planes are maintained and crews come aboard. Not part of the regular routine, however, was the visit of First Officer Julie Callens, who circled the gate area and introduced herself to all of her passengers, offering souvenir wing pins and a smile.

At first, Kelsi Da Re, 11, was too shy to accept Callens’ overtures and her gifts, but before long the girl, who had travelled from Haymarket to experience the travel rehearsal, was chatting with ease with the pilot, who was fresh off a flight from Frank-

furt, Germany. Callens has volunteered with “Wings for All” before and said she wouldn’t have missed this opportunity, “no matter what.”

Kelsi’s mom, Ann, was thrilled at how things were going. Up to now, she wasn’t sure how her daughter would react to the noises, the lines, and the typical whirlwind of humanity that can be found at the airport. “There have been no plane trips,” she said. She’s thought about a trip to Maine, just for the peace and the beauty, or maybe a trip to see family in Chicago. “I think we can really start thinking about those trips now.”

Robbie Frost, an 11-year-old from Centreville, didn’t seem too shy or really too bothered by the wait at the gate. Surrounded by his grandparents Marsha and Lawrence Frost, from Springfield, and accompanied by his brother Tanner, Robbie had one word for the day’s activities so far: “Awesome!”

AT LAST, the call was given to begin boarding and everyone lined up according to their boarding pass group number. The walk down the jetway did bring on a few frowns, especially from Giovanni Solis-Sosa, but for the youngster from Manassas, there were too many interesting things to check out once he and his family had found their seats, so smiles once again became the order of the day.

The all-volunteer flight crew were prepared for their special passengers. Several of the participants had to be carefully transferred from their own wheelchairs onto special “aisle chairs” that can fit in the narrow cabin space, and then transferred again into their assigned seats. At the end of the “flight,” this process had to be performed in reverse, but was accomplished with minimal fuss and discomfort for the passenger.

SEE WINGS FOR ALL. PAGE 11

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Wings for All: Practice Flight

FROM PAGE 10

Janene Shaw, the Dulles Terminal operations coordinator who was on hand throughout the event, said that the airport and many of the airlines were pleased to accept training from Kymberly DeLoatche, The Arc of Northern Virginia's travel training project coordinator. As part of her duties, DeLoatche teaches airport personnel how best to interact with special needs passengers, how to alleviate many of their fears and make the experience the best possible for all.

Once everyone was safely belted in, the crew did their checks and the "flight" was underway, courtesy of an "engine-in-operation" soundtrack that was played over the PA system. Just a few minutes after "take-off" the cabin crew offered a beverage service.

When the "We've reached our cruising altitude" announcement was made, those able and who wished to do so were allowed to move about the cabin for some exploration. Flight attendant Rosemary Koenig said that airplane bathrooms have caused anxiety for some special needs passengers being such a small space, and equipped with louder-than-normal flushing mechanisms, so the fliers are welcomed to check them out during this travel walk-through.

There was one added bonus to the "Wings for All" journey that isn't part of a typical travel experience — the chance to visit the cockpit. Many braved the close quarters for a chance to see the heart of their flying machine, and a lucky few, like 16-year-old Julia Ferguson from Lorton, even climbed into the captain's

seat and tried out the wheel.

AFTER THE ON-BOARD ADVENTURE, the newly-minted air travelers returned to the main terminal and the baggage claim area — a few of the passengers had checked bags that were awaiting their arrival near Carousel 2 — and a luncheon where they were joined by many of the staff, volunteers and the crew of Flight 2839.

MWAA media relations specialist Andrew Tull, who also joined the day's "flight" hopes to help make more people aware of programs like "Wings for All." Rizza and Erwin Lai of Fairfax only found out about the event a few days earlier, when they were researching the regulations regarding medications on flights. They want to take their 2-year-old son Ryle to visit their family in the Philippines. "It's a long flight and Ryle has a lot of medications," said Erwin Lai. "We were worried, so we looked it up and that is where we found out about this program."

The Arc of Northern Virginia's DeLoatche urges the families of anyone with intellectual and/or developmental disabilities to contact them for assistance for any of their needs, concerns or questions. A "Wings for All" event is planned for the fall at Reagan National Airport, so more special passengers can become real-life travelers. Learn more about The Arc of Northern Virginia at www.thearcova.org.

As for Felix Reges, he passed all steps of the simulated travel day with flying colors and is ready for that family trip to Colorado.

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

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ENTERTAINMENT



From left: Edward Christian, Marquis D. Gibson, Elizabeth Pierotti, Laura Artesi, and Lolita Marie in "Well" at 1st Stage in Tysons.

PHOTO BY
TERESA CASTRACANE
COURTESY 1ST STAGE

Wise, Comic Memory of Family Life

1st Stage at Tysons presents "Well."

BY DAVID SIEGEL
THE CONNECTION

In a seductive confessional of a theater production, 1st Stage embraces the audience with a warm blanket of knowing insights about growing up and getting comfortable in one's skin. The delightful production is "Well," written by Tony Award-winner Lisa Kron.

Director Michael Bloom provides a loving touch for "Well," plumbing the depths of a complicated daughter-mother relationship over time. Bloom has a gift for keeping a topsy-turvy work on course even with its unconventional structure.

"Well" is a play-within-a play, with characters moving through time fluidly. At times characters even leave the confines of acting to stop being characters so as to address one another and the audience.

The play begins before any first words are uttered. A woman is quietly napping on a recliner in a cozy room. She is surrounded by books and shelves of knick-knacks. The eye-popping detailed realistic set design is by Luciana Steconi with props by Kay Rzasa and pin-point lighting by Catherine Girardi.

Enter a young woman named Liza (winningly portrayed by Audrey Bertaux as an angst-filled, bundle

of nervous energy, out to make her points to the audience). Lisa points to the napping woman identifying her as Ann, her mother. Reading from 3x5 note cards as if at a seminar she says, "this play is not about my mother and me." Needless to say, those words are far from the truth.

Over the course of "Well," Lisa is asking herself and the audience: "If I got better, why couldn't she?" How could her once energetic mother be so ill? With affection, Lisa even wonders if she could have been allergic to her own mother.

Other characters appear to provide recollections. Lisa's childhood friends pop-up with humorous and sometimes annoying perspectives. Doctors, patients and others appear with sharp-eyed views. Laura Artesi, Edward Christian, Marquis D. Gibson and Lolita Marie are terrific at portraying these multiple characters.

But the key to the wondrous nature of "Well" is that mother Ann asserts herself with her own memories. As Ann, Elizabeth Pierotti is a charmer; a likeable, decent, engaging soul. Moving from mere observer to active participant, Pierotti's Ann with one mesmerizing monologue opens her daughter's grudging eyes to living life.

1st Stage's "Well" is fascinating and absorbing. It is chock-full of well-accomplished humanity and humor. It provides an

audience plenty of reasons to recall their own childhoods, and perhaps wonder what their own children think.

Where & When

1st Stage presents "Well" at 1524 Spring Hill Road, Tysons. Performances through April 23, 2017. Thursday at 7:30 p.m., Friday at 8 p.m., Saturday at 2 p.m. and 8 p.m., Sunday at 2 p.m. Tickets: \$15-\$30. Call 703-854-1856 or visit www.1ststagetysons.org Note: Venue is wheelchair accessible.

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CALENDAR

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

ONGOING

"Birds Eye View" Exhibit. Through April 1, 10 a.m.-4 p.m. Tuesdays - Saturdays at Vienna Arts Center, 115 Pleasant St., NW, Vienna. 703-319-3971 www.ViennaArtsSociety.org
"No Place Like Home." Juried art show on exhibit through April 8. at ArtSpaceHerndon, 750 Center St,

Herndon. Great Falls Studios presents. Visit www.artspaceherndon.com/ for more.

Stuff-a-Bus Food Drive. Through April 15, various times at Christ the King Lutheran Church, 10550 Georgetown Pike, Great Falls. A food drive for non-perishable items to support Arlington Food Assistance Center. There will be drop off boxes for donations of non-perishable food throughout the church. Then, on April 1, look for the school bus parked in front of the church. Call 703-759-6068.

The Golden Girls of Northern

Virginia, a senior women's softball league, is looking for players. Any woman over the age of 40 is encouraged to join. All skill levels are welcome. Play on Wednesday evenings and Saturday mornings in Vienna. Visit www.goldengirls.org.

First Sunday Jazz Brunch 11-2 p.m. Recurring monthly on the 1st Sunday at Bazin's on Church 111 Church St N.W., Vienna. Enjoy brunch accompanied by the soft jazz sounds of Virginia Music Adventure. Visit www.fxva.com/listing/bazins-on-church/1686/

The Freeman Store & Museum

ENTERTAINMENT

Wednesday through Sunday noon-4 p.m. 131 Church St. 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.

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. 703-759-9141.

Fishing Rod Rentals 8700 Potomac Hills St., Great Falls. Rentals available during visitor center hours. Fishing tackle and live bait are available for purchase. Reservations required for group rentals. \$6/rental (2 hour max). Valid driver's license required. Rod/reel combinations are perfect for beginners and children. A Virginia or Maryland freshwater fishing license is required for those 16 years or older. The park does not sell fishing licenses. www.fairfaxcounty.gov/parks/riverbend-park/

Colvin Run Mill open 11 - 4 p.m. daily, closed Tuesday. 10017 Colvin Run Road, Great Falls. Fairfax County's operational 19th century water powered gristmill, offers recreational and educational activities for all ages through daily tours, school programs and special events. Fees: \$7/adult, \$6 students 16+ with ID, \$5 children & seniors. Admission to park is free except for some special events.

Fundamentals of Watercolors. Mondays 10 a.m.-1 p.m. at The Arts of Great Falls, 756 Walker Road, Great Falls. Artist Lorrie Herman will help students get comfortable working with watercolors and understanding this medium. Visit www.greatfallsart.org for more.

Still Life Painting. Tuesdays 10:30 a.m.-1 p.m. at The Arts of Great Falls, 756 Walker Road, Great Falls. Still life provides a great tool to hone skills. Recommended for students of all levels. Visit www.greatfallsart.org.

Evening Painting. Tuesdays 6:30 - 9:30 p.m. at The Arts of Great Falls, 756 Walker Road, Great Falls. Jill Banks focuses on oil painting fundamentals with two sessions each of still life, landscapes, and portrait/clothed figure from a live model. Visit www.greatfallsart.org for more.

Intro to Jewelry Design. Tuesdays 9 a.m.-noon at The Arts of Great Falls, 756 Walker Road, Great Falls. JJ Singh teaches a class for anyone interested in exploring the world of metal clay and its design possibilities. Visit www.greatfallsart.org for more.

FRIDAY/MARCH 31

Gluten Free Evening. 6:30 p.m. at Wildfire, Tysons Galleria, 3rd floor, 2001 International Drive, McLean. Chefs Moreno Espinoza and Edwin

CELEBRATE EASTER

SUNDAY/APRIL 9

Easter Spring Festival. 12:30-4:30 p.m. at Great Falls Village Centre, 776 Walker Road, Great Falls. Games, rides, food and egg hunt at 4 p.m., proceeds directly benefit the community through the Great Falls Optimist Club. Visit www.celebrategreatfalls.org/ for more.

SATURDAY/APRIL 15

Easter Egg Hunt. 9:30 a.m.-12:30 p.m. at Nottoway Park, 9537 Courthouse Road, Vienna. Bring a basket and hunt for candy and eggs filled with treats, win door prizes and visit the Easter bunny. \$10. Call 703-324-8569 for more.

Holy Saturday Silent Retreat. 9 a.m.-3 p.m. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. Free. Spend a day in noble silence, meditating and creating a space to be still and listen. Our day will be spent alternating between sitting and walking meditation with some periods of stretching. Only a small fraction of meditation practices will be guided. Call 703-281-1767 or register online at unitysilentretreat.eventbrite.com.

Amaya will prepare a custom five-course menu, each paired with a gluten free wine to complement. \$80. Make reservations at 703-442-9110.

Family Fun Bingo. 7-9 p.m. at the Old Firehouse, 1440 Chain Bridge Road, McLean. Players will have free popcorn and winners will take their pick of prizes. Visit www.mcleancenter.org or call 703-448-8336 for more.

MARCH 31-APRIL 8

In Living Sound. Various times in the Flame Room at the Vienna Volunteer Fire Department, 400 Center St. S. Four short radio plays from early 20th century American entertainment. Friday tickets are \$14; Saturday tickets are \$25 and include the show as well as dinner at 7:15 p.m. Visit viennava.gov/webtrac for more.

SATURDAY/APRIL 1

2017 Vienna Town Cleanup Day. 8 a.m.-noon at the Town Green, 144 Maple Ave. E. For safety reasons, volunteers may wish to wear long pants. To sign up or for details, contact John King at jking@viennava.gov or call 703-255-6336.

Great Falls Farmers Market. 9 a.m.-1 p.m. at Great Falls Village Centre, 778 Walker Road Parking Lot. Opening day. Visit greatfallsfarmersmarket.org.

Chance for Life Poker Event. MGM National Harbor, 101 MGM National Ave., Oxon Hill, Md. Brad Nierenberg, McLean, resident and President/CEO of RedPeg Marketing, is holding a poker fundraiser where 100 percent of all proceeds raised through CFL are donated to directly fund cancer research through Children's National Hospital Center and Alex's Lemonade Stand Foundation. Visit chanceforlife.net.

Warrior Chorus at Alden. 8 p.m. at The Alden in McLean, 1234 Ingleside Ave. Area premiere of "The Trojan War: Our Warrior Chorus," a production that features American combat veterans. \$35, \$25 for veterans and current military and \$20 for McLean Community Center tax district residents. Visit www.aldentheatre.org or call 703-790-0123.

APRIL 1-2

Potomac River Convention. 10 a.m.-3:30 both days at the Great Falls Grange, 9818 Georgetown Pike, Great Falls. 28th annual Potomac River Shape Note Convention, with singing, bring a dish to share both days. Sponsored by the Folklore Society of Greater Washington. Visit visitfasola.org or shenandoahharmony.com for more.

Organ Music. 7 p.m. Vienna Presbyterian Church, 124 Park St. NE, McLean. The Organ, the Orchestra, and the Youthful Originals

show. Call 703-938-9050 for more.

APRIL 1-30

Ed Behrens' Photographs. Various times at Katie's Coffee House, Village Centre, 760 Walker Road, Great Falls. The showing will celebrate Ed's ten years as a member of Great Falls Studios, his very active 80th birthday. Call 703-759-0927 for more.

SUNDAY/APRIL 2

Tours of Marie Butler Leven Preserve. 1-4 p.m. at Marie Butler Leven Preserve, 1501 Kirby Road, McLean. Tour guides Matt and Earth Sangha; volunteers have been doing invasive management and planting native plants there for 10 years. Free. Call 703-324-8702 for more.

MONDAY/APRIL 3

Tyson's Girls Night Out. 5-8 p.m. at Eddie V's Prime Seafood, 7900 Tysons One Place, McLean. Meet-up and networking social sponsored by Medical Aesthetic Center and Northern Virginia Housewives. Email www.novahousewives.com for more.

SATURDAY/APRIL 8

Becky Love Foundation Run. 8 a.m. at Turner Farm Park, 925 Springvale Road, Great Falls. Run supports a family bereavement camp, which follows the run from noon-4 p.m. at St. Mark Catholic Church, 9970 Vale Road, Vienna. Visit www.beckyllovefoundation.org.

Notable Women Speakers. 8:30 a.m.-6 p.m. at Madeira School, 8328 Georgetown Pike, McLean. Headliners include MSNBC's Brzezinski and Elle Décor's Julia Reed. \$100. To register, visit www.madeira.org.

Tree Giveaway. 9 a.m.-1 p.m. at Great Falls Village Centre, 778 Walker Road, parking lot. Fairfax ReLeaf is giving away trees, including River Birch, Sugar Maple, Virginia Pine, Redbud, Black Chokeberry, and Red Osler Dogwood. First come, first served. Visit greatfallsfarmersmarket.org/ for more.

The Great Falls Garden Club. 9 a.m.-1 p.m. at the Great Falls Farmers Market, 778 Walker Road. Accepting donations to fund the STREETSCAPE Project along Walker Road. The Garden Club will fund and coordinate the entire project. Visit greatfallsfarmersmarket.org/ for more.

SUNDAY/APRIL 9

Easter Spring Festival. 12:30-4:30 p.m. at Great Falls Village Centre, 776 Walker Road, Great Falls. Games, rides, food and egg hunt at 4 p.m., proceeds directly benefit the community through the Great Falls Optimist Club. Visit www.celebrategreatfalls.org.



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Here's What's Happening at MCC

Old Firehouse Family Event

Family Fun



Friday, March 31, 7-9 p.m.

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"The Trojan War: Our Warrior Chorus"

Saturday, April 1, 8 p.m.

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The Old Firehouse Spring Break Trips

Climbzone Indoor

Monday, April 10, 8 a.m.-6 p.m.

\$50/\$40 MCC district residents

Autobahn Manassas

Tuesday, April 11, 8 a.m.-6 p.m.

\$75/\$65 MCC district residents

Dave and Busters

Wednesday, April 12, 8 a.m.-6 p.m.

\$70/\$60 MCC district residents

Pev's Paintball

Thursday, April 13, 8 a.m.-6 p.m.

\$60/\$50 MCC district residents

AMC Double Feature

Friday, April 14, 8 a.m.-6 p.m.

\$55/\$45 MCC district residents

Rockin' Jump & Movie

Monday, April 17, 8 a.m.-6 p.m.

\$55/\$45 MCC district residents

Spring fest

Saturday, April 15, 10 a.m.-noon

\$5 per person; infants - 36 months free.

Registration is required.

New Location! St. Luke's School

7005 Georgetown Pike



The McLean Community Center

www.mcleancenter.org

Home of the Alden Theatre

www.aldentheatre.org



1234 Ingleside Avenue
McLean, VA 22101
703-790-0123, TTY: 711



EMPLOYMENT

PART-TIME RETAIL

Energetic and friendly individual needed for busy backyard nature store in the Reston area. Must have knowledge of backyard birds and be customer service oriented. 15-20 hours per week. Weekday & weekend hours required. ph 703-403-1283

RECEPTIONIST

A Private Practice in McLean Virginia is currently seeking for a receptionist. Responsibilities include, scheduling, answering the phone, checking in and out of patients, calling insurance for coverage, etc. If you are interested please email resume at pmallari@dcintegrativehealth.com.

PEDIATRIC RN/LPN

Our busy happy stimulating pediatric practice in Alexandria and Fairfax has an opening for a FT/PT position with some travel between offices. Ideal for nurses returning to the workforce. Competitive salary with benefits. Orientation provided. Fax resume to 703-914-5494 or email to cmaschedule@aol.com.

Adobe Systems, Inc. seeks applicants for the following F/T position at its McLean, VA worksite:

Sr. Migration Engineer (Job Code # 47321): Manage client migration from Digital Analytix platform to Adobe Analytics. Work w/clients, coordinating teams, to understand the technical nuances of both applications as well as customer specific requirements. Up to 25% travel. Ed or exp background must include: C# ASP.NET, HTML5, CSS, JavaScript, R, Python; MS SQL Server, MySQL, PostgreSQL, Greenplum; etc. Reqs: MS or Equiv & 3 yrs exp.

To apply, applications must indicate Job Code and mail resume and cover letter to: Adobe Systems, Attn: Arlene Batten, 345 Park Avenue, San Jose, CA 95110. Principals only. EOE.

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THE
CONNECTION
NEWSPAPERS

How Do I Know Then What I Don't Know Now?



By KENNETH B. LOURIE

Recently I went online to book a trip to Topeka, Ks. to meet our new niece, Sabella Rey. I went to Trivago for the hotel reservations and Expedia for the plane/rental car reservations. That's what I'm supposed to do, right? The process seemed simple enough and without too-much further adieu, I was able to make all the arrangements, including renting a car for the four days we'd need one. And I even booked my father-in-law's hotel reservations as well, almost as if I knew what I was doing. Subsequently, I received all my email confirmations indicating that I had in fact succeeded in one of my least favorite endeavors: computing my way to safe and secure travel plans.

For a few days, especially after receiving the site's emails and reviewing them for accuracy, I thought all was right in my travel-plan's world. Then I started receiving multiple emails and pop-up ads from sites promoting their hotel and flight reservations/rates. Expedia, the site on which I made my plane reservations began bombarding me with flight and rental car deals. Trivago, the site on which I made our hotel reservations, began bombarding me with hotel and rental car deals. None of which I needed. All of which had been completed when I went on their sites originally and made my hotel, flight and car rental reservations.

Given the way in which the Internet has changed the world and provided computerized access to almost everything, I was only slightly surprised by the bombardment. I'm clear on the concept, just not confident in the process. Nevertheless, I realize there really isn't any alternative these days to researching goods and services — and prices. My dilemma arose after the fact when I received all these offers on the exact goods and services I had ALREADY booked. What had I done, and how much extra money — and hassle had I done doing it?

I thought I was solving a problem (travel plans which involved coordinating our flight arrival in Kansas City from Baltimore, with my father-in-law's flight arrival from New York City), not creating one. After receiving all these offers and inducements from Expedia, Trivago and others, I'm now wondering if I missed an opportunity to simplify our travel plans and spend less for having done so? Obviously, I don't have an answer since I never clicked through the ads/opened the emails to see what the solicitation was all about. I didn't have the patience and besides, certainly concerning the airlines, wouldn't there be penalties for changing/canceling a flight? And what about my father-in-law's airline reservations? It was all too much to juggle so I stood pat. Soon, the ads and emails slowed down to a trickle and I was no longer remained — regularly, about my presumptive incompetence.

But I'm thinking about the next trip now, and perhaps that was the point. Maybe there is a better way to minimize travel expenses and maximize benefits? But how do I accomplish that, really? It's not like I can fake hotel/plane/car rental reservations in hopes that the site's artificial intelligence will think I'm still a potential buyer rather than one who's already bought. What good would that do? The solicitations are designed for current action not for a definite maybe sometime in the future, aren't they?

I'm certainly more aware now of how the process sort of works. But I'm less certain how I could actually change my behavior in order to become less of a victim and more of a beneficiary. I imagine it has to do with making my computer more of a friend, which doesn't interest me in the least. Of course, I want to pay less for my travel plans, but I'm not sure if the cost of doing business that way is worth the pain and suffering it inevitably will cause.

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

BULLETIN

To have community events listed in the Connection, visit connectionnewspapers.com/Calendar/. The deadline for submissions is noon on Friday.

WEDNESDAY/MARCH 29

Public Safety Preparedness Program. 7 p.m. at American Legion McLean Post 270, 1355 Balls Hill Road, McLean. Public Safety Preparedness Program, co-sponsored by the Greater McLean Chamber, the McLean Citizens Association, the Great Falls Citizens Association and the Fairfax County Federation of Citizens Associations. Visit www.mcleanpost270.org for more.

THURSDAY/MARCH 30

Caregiver Seminar. 6:30-8 p.m. at Kensington Falls Church, 700 West Broad St., Falls Church. "A Caregivers Guide to Behavior and Communication Issues in Dementia." Learn what happens when a loved one passes through each stage of dementia. Topics to be covered: Understanding changes in the brain, How to address behavioral and communication difficulties that commonly occur, drawing boundaries that honor loved ones while preserving a caregivers well-being and more. RSVP to kakers@KensingtonSL.com or 703-992-9868.

VOLUNTEERS NEEDED

Shepherd's Center of McLean-Arlington-Falls Church, 1205 Dolley Madison Blvd., McLean continues to have an urgent need for new volunteers to help area senior citizens get to and from their medical and therapy appointments. To find out more about the Shepherd's Center and how you can volunteer to provide transportation and other services, call the Center at 703-506-2199 or e-mail the Center at info@scmafc.org. The Center's website is www.scmafc.org

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, or call 703-772-3033.

ONGOING

Master Gardener Training. The Fairfax County Master Gardener Association offers plant clinics, home turf training or speakers for homeowner's meetings. Fees vary. Visit fairfaxgardening.org or call Dora Lockwood at 401-864-4778.

The Golden Girls of Northern Virginia, a senior women's softball league, is looking for players. Any woman over the age of 40 is encouraged to join. All skill levels are welcome. The games are on Wednesday evenings and Saturday mornings in Vienna. For more information, visit www.goldengirls.org

Passages DivorceCare If you are experiencing the pain of separation or divorce, the caring community at Vienna Presbyterian Church invites you to attend Passages DivorceCare. This program offers a path toward healing. The next 15-week DivorceCare series will be held Tuesdays from 6:45 to 9 p.m. beginning on Feb. 21. Vienna Presbyterian Church is located on the corner of Maple Avenue (Rt. 123) and Park Street in Vienna. Cost to cover materials is \$20, scholarships available. For more information or to register call 703-938-9050, go to www.viennapres.org, or send an email to Passages@ViennaPres.org.

Are You A Caregiver? Shepherd's Center of Oakton Vienna Caregivers' Support Group takes place first & third Thursday of each month. February 2nd and 16th, 2017 from 10:00 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.

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.

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

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

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

The **Lewinsville Senior Center in McLean** needs a **Certified Arthritis Exercise Instructor.** For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The **Shepherd's Center of Oakton-Vienna** has an urgent need for volunteer drivers to take area seniors to medical appointments and other activities. Opportunities to volunteer for other services are also available. No long-term commitment and hours are flexible to fit your schedule. Visit www.scov.org or contact the Volunteer Coordinator at 703-281-5086 or email volunteer@scov.org.

Vienna Toastmasters. 2nd and 4th Wednesdays from 7:30-9 p.m., at the Vienna Community Center on the 2nd floor room opposite the elevator, 120 Cherry St., S.E., Vienna. A friendly place to get comfortable with public speaking and impromptu speaking for new and experienced speakers. Open to the public.

Run With the Doctor. Every other Saturday at 7 a.m. 8230 Boone Blvd., Tysons Corner. The Center for Orthopedics and Sports Medicine offers its services in a convenient format to runners at this running event. Free. facebook.com/runwiththedoctor.

Virginia Sheriffs' Institute Scholarship Program. Those enrolled in a Virginia college or university who are pursuing a degree in the field of criminal justice are eligible for the Virginia Sheriff's Institute Scholarship Program; recommendation letter needed. 703-246-3251, shf-pio@fairfaxcounty.gov or <http://vasheriffsinstitute.org/scholarship/>.

Volunteers for Change. A program for adults which offers more than 50 weekend and evening volunteer opportunities per month. www.volunteerfairfax.org.

Haven of Northern Virginia Support Group. 703-941-7000, www.havenofnova.org or havenofnova@verizon.net.

Brinker Toastmasters. 2nd and 4th Saturday, 9:30 a.m. at Vienna Presbyterian Church, 124 Park St. N.E., Vienna. Brinker.wordpress.com.

Pauline Shirley Toastmasters Club Meeting. 2nd and 4th Tuesday, 7 p.m. McLean Community Center, 1234 Ingleside Ave., McLean. Develop better speaking and presentation skills, learn to think quickly and clearly on your feet. 703-893-5506 or paulineshirley.freestothost.info.

Virginia Chronic Pain Support Group Meets from 1:30 - 3 p.m. the 2nd Wednesday of each month at Kaplan Center for Integrative Medicine, 6829 Elm St., Suite 300, McLean. Group leader, Jodi Brayton, LCSW. 703-532-4892.

Potomac Paddlers Volunteer Corps. The Potomac Paddlers Corps is a volunteer group with the National Park Service under shared management between Great Falls Park and the C&O Canal National Historical Park. The primary mission of the Corps is to have trained, uniformed park volunteers on the Potomac River to assist the park in identifying and reporting incidents, watch out for risky park visitor behavior, and to deliver safety messages to the public about the dangers of the Potomac River in the Potomac Gorge. Contact: Volunteer Coordinator 703-285-2965 ext. 225 or visit www.nps.gov

Police Stations Turn To Their 'Nextdoor' Neighbors

Cops tout better community policing.

BY FALLON FORBUSH
THE CONNECTION

Fairfax County residents are major users of the Nextdoor social network and the Fairfax County Police Department has taken advantage of it to connect with the communities they patrol and protect.

Nextdoor spokesperson Joseph Porcelli joined the FCPD at the McLean District Police Station on Thursday, March 23, for a press conference to acknowledge the county's widespread adoption of its free service.

"Over the past year, we have seen the community embrace Nextdoor as a valuable and reliable communication tool," Deputy Chief of Police for Administration Lt. Col. Tom Ryan, said during the press conference. "In fact, resident adoption has been so strong that Fairfax County is now the fastest growing county using Nextdoor in the Mid-Atlantic and Northeast."

Adoption of Nextdoor by neighbors across Fairfax County has more than doubled over the past year. Now more than 100,000 residents, in more than 760 neighborhoods, are connected to each other and the police de-



PHOTO BY FALLON FORBUSH

A year after the Fairfax County Police Department started using Nextdoor, the social network thanked officers and community members for helping the county become one of its top user areas in the country.

partment.

These neighborhoods were acknowledged for their adoption of Nextdoor at the press conference:

- ❖ Most Members Enrolled – Fort Hunt-Stratford, Alexandria
- ❖ Most Talkative Neighborhood – Bentana Park, Reston
- ❖ Most Supportive Neighborhood – Hunters Green Cluster, Reston
- ❖ Most Social Neighborhood – Reflection, Herndon
- ❖ Most Helpful Neighborhood – Memorial Heights, Alexandria
- ❖ Most Generous Neighborhood –

Chantilly Highlands, Herndon

❖ Most Watchful Neighborhood – Old Trail, Reston

❖ Most Welcoming Neighborhood – WVPCA, Annandale

❖ Nextdoor Neighborhood Champions – Burning Bush, Fairfax

EVER SINCE the department started using Nextdoor a year ago, the social network has given them access to communicate with more people than ever before, according to Ryan.

"The residents need to understand that we work for them," Ryan said. "They do not

work for us, we do not control them. We work for them. We are your police department. I can't emphasize that enough and therefore you have a right to know what's going on in your neighborhood. You have a right to know what's going on in your community."

When crimes happen, crime prevention officers use the social network as another platform to post alerts and warnings that are intended to keep their communities safe and help officers locate suspects.

These crime prevention officers also monitor the social network for chatter to stay abreast of happenings in their communities.

"We could not do our jobs without the help of Fairfax County residents," Ryan said.

Ryan then told the audience that he would like to replace the term "community policing" with the term "community engagement."

"Nextdoor allows us to do that," he said. "Nextdoor allows us to get the word out to a multitude of neighborhoods and a lot of people in just a short amount of time."

"Being proactive is getting the word out quickly," Ryan said. "We can target information to certain neighborhoods that are more impacted [by crime or crisis]."

The department created an Instagram account in September and also uses Twitter and Facebook.

High School Seniors Shadow Bankers

On March 21, high school seniors from four Northern Virginia schools spent the day shadowing bankers at United Bank as part of Bank Day, a statewide effort sponsored by the Virginia Bankers Association (VBA) Education Foundation and the VBA Emerging Bank Leaders. The purpose of the day is to expose students to the banking industry and provide them with an opportunity to learn about banking, financial services and the vital role United Bank plays in its community.

The third Tuesday in March was declared Bank Day by the Virginia General Assembly in 1991.

From their experience, participating students will write an essay for the chance to win a scholarship. Six regional scholarships of \$2,500 each will be awarded, and from those six winners an overall statewide winner will be chosen. The statewide winner will receive an additional \$5,000 scholarship. There will also be six honorable mention scholarships of \$1,000 each. In all, 12 students will receive scholarships totaling \$26,000.

During their visit to United Bank, students met with senior representatives from the branch administration, loan, credit, human resources and marketing departments. After an introduction to the basics of banking and a tour of the branch, students learned about the loan process, the importance of good credit, the profile of a qualified borrower, tips on navigating a corporate hiring process, how United Bank is involved in the community and more. Students also spent time with United Bank President and CEO Jim Consagra, who shared career advice and insights into the industry.



PHOTOS CONTRIBUTED

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The students enjoyed hearing insights and career guidance from United Bank President & CEO Jim Consagra (pictured).

WEEK IN VIENNA

Community Meeting on Woodford Road Street Design

Fairfax County Department of Transportation (FCDOT) will host a community meeting to discuss future bicycle improvements on Woodford Road from Old Courthouse Road to Electric Avenue on Wednesday, April 5, 6:30-7:30 p.m., in the cafeteria of Kilmer Middle School, 8100 Wolfrap Road, Vienna. A combination of bike lanes and sharrows have been proposed for the project.

Community members are invited to give feedback on traffic safety, bicycling and the pedestrian environment in this area of the Providence District at the meeting or by submitting comments online.

The improvements are part of the Virginia Department of Transportation's (VDOT) 2017 repaving program, and are limited to changes that can be made with roadway striping as part of the repaving process.

To view a map of the proposed project area, visit www.fairfaxcounty.gov/fcdot/bike/woodford-streetimprovements2017.htm.