



McLean CONNECTION

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PHOTO BY TIM PETERSON/THE CONNECTION

Right, Supervisor John Foust (D-Dranesville) with his district's Community Champion Penny Halpern. Halpern has been an adult volunteer with the Girl Scout Council of the Nation's Capital since 1980 and was behind the Herndon Village Network that supports seniors in the area.

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Fairfax County supervisors and their 2017 Community Champions posed together after being announced at the 25th annual Volunteer Fairfax Service awards on April 21.



Members of the Fairfax County Community Emergency Response Team receive the Volunteer Fairfax Service award for Fairfax County Government Volunteer Program. There are 27 active CERT teams that have been set up around the county, establishing relationships with local fire and police stations, as well as faith organizations, for emergency situations.

Seeds of Change

Volunteer Fairfax honors service award-winners at 25th annual ceremony

BY TIM PETERSON
THE CONNECTION

Volunteer Fairfax marked an historic 25th annual Service Awards ceremony April 21 with 193 individual and group nominations. Nominees and award-winners were recognized at a morning event held at the Waterford at Springfield for their hundreds of hours volunteering.

Board of Supervisors Chairman Sharon Bulova said the trick of putting people who want to help into action is harnessing them in a given direction. "That is the work of Volunteer Fairfax," Bulova said.

Bulova read a proclamation from the supervisors declaring April 21, 2017 an official day to recognize all volunteers around Fairfax County.

"Each one of our 2017 nominees has strengthened the community with their selfless service and we honor them today," Volunteer Fairfax CEO Elise Neil Bengtson said in a statement. "May their service inspire others to join the network of strong community roots."

Senior, family youth and group volunteers were recognized, as well as Community Champions selected by each magisterial district supervisor.

Volunteers from the Friends Groups of Huntley — Friends of Huntley Meadows Park and the Friends of Historic Huntley —

won a handful of awards at the event.

Supervisor Jeff McKay (D-Lee) called the park "the crown jewel in the county," and that the care and vitality of the park couldn't happen without the volunteers.

"It's great to see them recognized and awarded," McKay said. "The natural environment is great for people — it's serene, peaceful."

Springfield resident Marie Monsen won the Volunteer Fairfax Lifetime Achievement award.

Monsen co-founded the Interfaith Communities for Dialogue after September 11, 2001 and for years has volunteered with the Annandale Christian Community for Action. Along with Rebuilding Together, they help low-income homeowners in the Annandale, Lincolnia, Bailey's Crossroads and Culmore areas of Fairfax County.

Monsen said giving back was just something she learned from the good values of her Scandinavian immigrant parents, being a child of the 1960s, as well as her faith.

She said she was attracted to the diversity in Fairfax County, and appreciates its tradition of government agencies working together with people.

"We have an opportunity to model," Monsen said.

Monsen added it was exhilarating to "see so many people doing so many things."

For more information, visit www.volunteerfairfax.org.

PHOTOS BY TIM PETERSON/THE CONNECTION



Board of Supervisors Chairman Sharon Bulova (center) read a proclamation naming April 21, 2017 as an official day to recognize volunteers in Fairfax County. At right is Volunteer Fairfax CEO Elise Neil Bengtson.



Emcee Jeff Goldberg (left) announces Raul and Maria Garza-Chapa as Hunter Mill District Community Champions.



There were 193 individual and group nominations for the 25th annual Volunteer Fairfax Service Awards, held April 21 at the Waterford at Springfield.

Great Falls Animal Hospital is having an Open House on 5/7/17



Great Falls Animal Hospital is hosting an Open House and Community Get Together

Great Falls, VA 05/07/2017 from 10 am to 3 pm. Great Falls Animal Hospital is inviting the community to come tour the hospital and see the behind the scenes activities that keep your pets healthy. We will have demonstrations of animal CPR, x-rays, Dental techniques, and Teddy bear surgery on any stuffed animals brought to us for treatment. We will have Hope & Serenity Equestrian Center & Farm Sanctuary and The Wildlife Rescue League, both 501(3)c organizations, giving talks and providing the opportunity for animal interactions. We will have a Pet Microchip Clinic – \$20 per chip, a \$40 savings! Bring your friends! Wolf Trap Fire Station will be here to discuss pet safety in emergency situations. We will have a Pet Talent Contest, the Cutest Pet Contest, and a Coloring Contest. Hourly door prizes will be awarded.



Proposed Bicycle/Pedestrian Improvements Project Near Route 123 and I-495 (Capital Beltway)

Fairfax County

Public Information Meeting

Wednesday, May 17, 2017, 7-9 p.m.

Westgate Elementary School

7500 Magarity Road, Falls Church, VA 22043

The Virginia Department of Transportation will host a public information meeting to provide a project update and gather input from the public on the evaluation of two options to construct a bicycle/pedestrian facility in the vicinity of Route 123 and I-495 (Capital Beltway) in Tysons.

VDOT is seeking input on evaluation of the following two options:

Option 1: Multiuse trail along Route 123, from the Old Meadow Road intersection (east of I-495) to Westpark Drive near the ramp to the Express lanes along I-495

Option 2: Multiuse trail along Old Meadow Road, from Route 123 to a bridge crossing over I-495 to Tysons One Place

Stop by between 7 p.m. and 9 p.m. to learn more about the project and discuss your questions with VDOT staff. VDOT will hold a short presentation beginning at 7:30 p.m.

Provide written comments at the meeting or submit them by May 31, 2017 to Mr. Abi Lerner, Associate Manager of Special Project Development, VDOT Northern Virginia District Office, 4975 Alliance Drive, Fairfax, VA 22030. You may also e-mail comments to meetingcomments@vdot.virginia.gov. Please reference "Route 123 and I-495 Bike/Ped Improvements" in the subject line.

For more information please visit www.virginiadot.org/projects.

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

State Project: I495-029-078, P101, R201, C501
Project UPC: 104005

News



PHOTO COURTESY OF JULIE STEWART YANG

Virginia Gov. Terry McAuliffe honored the Stewart family and other recipients of the 2017 Governor's Volunteerism and Community Service Awards with a special ceremony at the Executive Mansion on Thursday, April 20. From left: Geordie, Jenny, George, Gov. Terry McAuliffe, Connie, Dorothy McAuliffe, Julie and Joy.

Governor Recognizes McLean Family for Volunteer Work

George and Connie Stewart and their children Julie, Joy, Jenny and George support access to dental care for those in need.

BY FALLON FORBUSH
THE CONNECTION

George Stewart of McLean walked into a waiting room and saw a woman sitting in one of the chairs. Her smile would inspire his entire family to take action.

"She looked up and smiled at him and he saw that she was a wonderful woman but that she was missing some teeth," said his daughter, Julie Stewart Yang. "He thought, if she went into a job interview or anywhere else, she would be seen and viewed differently if she had the right type of dental care."

That was more than two years ago.

Since then, George and Connie Stewart and their children Julie, Joy, Jenny and George have volunteered their time, contributed their funds, shared their expertise and provided immeasurable in-kind support through their family business to support access to dental care for those in need.

The family and their commercial real estate business accomplished this by supporting the Arlington Free Clinic located on the ground floor of the Halstead Building at the intersection of Columbia Pike and Walter Reed.

With the family's help, the clinic started its dental program in 2015 and has served more than 450 people with more than 1,500 appointments.

"The majority of our patients haven't had access to regular preventive dental care, and many have never seen a dentist, so most require multiple appointments to get to a healthy mouth," Alicia Nieves, a spokesperson for the clinic, said in an email.

George Stewart was one of the first to donate money to the dental program.

"He visited the clinic a few years ago when we were dreaming about starting this program and got in-

involved as a donor, but even more than that, as a true champion of the program," said Nieves.

Last year, the family threw a "Bites and Blues" party to raise funds to expand the program's operating hours. The party brought more than 200 new donors to raise more than \$100,000 for the program, according to Nieves.

"Everyone from our company contributed in some way," said Julie. "We just really felt called to show God's love to the community and to serve people."

In addition to supporting the dental program, the family also operates Doorstep Ministries, a nonprofit with the mission to financially help people in the Washington Metropolitan Area with one-time monetary assistance for emergency expenses.

The family's volunteer work garnered attention from Richmond a couple weeks ago.

Virginia Gov. Terry McAuliffe recognized the family during the 2017 Governor's Volunteerism and Community Service Awards with a special ceremony at the Executive Mansion on Thursday, April 20.

"We should all strive to follow the examples set by these individuals, organizations and companies and give back to our own communities, which helps to make Virginia such an extraordinary place to live and work," McAuliffe said in a press release.

"It really was a team effort, so not just our immediate family but also our work family and church family," said Julie. "Everyone came together for this."

The Governor's Volunteerism and Community Service Awards are presented by the Governor's Advisory Board on Service and Volunteerism and the Virginia Department of Social Services' Office on Volunteerism and Community Service on behalf of the Office of the Governor. The awards have recognized exceptional volunteer service in Virginia for more than 20 years.

NEWS



Arbor Day Celebrated in McLean

PHOTOS BY JOYCE ZEITLIN HARRIS

In recognition of Arbor Day, the McLean Trees Foundation (MTF), in conjunction with Kajeet, a wireless broadband service company based in Tysons Corner, planted a native Redbud tree adjacent to Kajeet's headquarters on Jones Branch Drive and Westpark Drive. Ten Kajeet employees participated in the planting. Kajeet provides filtered internet access outside the classroom, including to students in Fairfax County public schools.



In recognition of Arbor Day, the McLean Trees Foundation sponsored a spring work day in Lewinsville Park, McLean. Twenty-five volunteers weeded, edged, pruned, and mulched 22 trees along Chain Bridge Road. Volunteers included local residents, high school students, Fairfax County Tree Stewards, students from George Mason University, and the Chesterbrook Elementary School Tiger Dens - Pack 1867.



Langley High School Rowers Head to Division 1 Teams

Langley High School rowers Sophia Rogers, left, and Katie Slade committed to row for Division 1 programs, UNC-Chapel Hill and Bucknell University, in a ceremony at Langley High School on April 20. Rogers commits to row for the University of North Carolina at Chapel Hill where she will begin her studies in biology this fall. Slade, the co-captain this year, will be pursuing a major in markets, innovation and design at Bucknell's College of Management.

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Preserving 'America's Best Idea'

BY BILL HAFKER
FAIRFAX COUNTY RESIDENT

As a National Parks enthusiast, I felt very privileged to be in Acadia National Park on Aug. 25, 2016 when the National Park Service (NPS) celebrated its centennial. I got my favorite National Park souvenir there; a picture of the iconic "Bubbles at Jordan Pond," signed by the entire Maine Congressional delegation. They were there to celebrate that event, and it was inspiring to hear their unanimous, bipartisan, and emotional support for Acadia and the entire National Park system. It made me hope that my Virginia Congressional delegation was as unambiguously supportive of the many National Park sites we are blessed to have just minutes, or a few hours, from our doorsteps in Fairfax County.

NPS spent the past 100 years protecting many of America's most scenic landscapes, its diverse but often threatened wildlife, and key elements of our cultural history. As we celebrate 100 years of "America's Best Idea," and look forward to further additions to the system, we must not lose track of the critical work of properly caring for and maintaining the gems already in the system.

Americans and visitors to the U.S. are visiting the parks in record numbers. However, in the face of this great show of support, the NPS is facing a serious challenge: a \$12 billion backlog of necessary infrastructure repairs. These

range from unmaintained trails, to crumbling roads, to visitor centers built over 50 years ago in desperate need of updating.

Some things can be replaced later at increased expense if left beyond repair, but many others, like historical buildings cannot. I've stood in line to use a Porta Potty next to a shuttered bathroom, whose continued use would leak raw sewage into the environment from old or damaged pipes. This decaying infrastructure jeopardizes both the future of these treasured pieces of America's heritage, and the local economies that they significantly support.

IN VIRGINIA, National Parks are not just places that protect important pieces of our environment and heritage, they are also major economic engines. According to NPS estimates, visitors to Virginia Parks in 2015 had direct spending of \$982.9 million in local gateway regions. This supported over 15,000 jobs, and added an estimated \$1.3 billion in secondary economic output to the Virginia economy.

Virginia Parks face a staggering \$816 million in needed repairs. Rangers and other park staff do the best they can, but if left unfunded, these issues will negatively, and in some cases permanently, affect the condition of these treasured resources and the visitor experience, ultimately leading to fewer visitors to the park.

If the backlog continues, the future of these incredible assets, and the economic vitality of the businesses and gateway communities they support, remains threatened.

Thankfully, bipartisan legislation recently introduced by Senators Mark Warner (D-VA) and Rob Portman (R-OHIO) would provide the NPS more resources to begin to make a dent in the backlog. The National Park Service Legacy Act (NPSLA) would phase in the allocation of up to \$500 million annually until 2047 from existing government revenues from oil and natural gas royalties.

This bill, if enacted, would help put our National Parks on the right track. By investing in our parks, we will not only start to tackle this backlog, but make our parks more resilient, and prepared to continue welcoming visitors eager to explore our nation's most meaningful and special places.

Congress created the Park Service a century ago to protect America's treasured natural, historical, and cultural sites, and ensure that Americans can enjoy them. There is no better way for Congress to help our parks as they begin their second century, than to support the maintenance funding needed to keep them the world class assets that they are. We need to address the backlog, and keep a new backlog from developing.

Whether you love the parks for what they contain and tell of our country and its values, or are concerned more with providing jobs and economic vitality to our state and country, the NPSLA, and the allocation of adequate funds in the normal budget process, is, if not "America's Best Budget/Funding Idea," at least an awfully good idea that we should all support.

LETTERS TO THE EDITOR

Stressful 100 Days

To the Editor:

If you're one of over half a million Virginians with a pre-existing health condition, the 1st 100 Days of the Trump Administration were stressful enough to aggravate that condition.

After failing in its effort to cut 24 million Americans from Obamacare, the White House now says it now has the votes to get a bill through the House that will allow states to deny coverage for pre-existing conditions.

Do you think the same lawmakers who voted to mandate an ultrasound for women seeking abortions will want to pay for my or my daughter's pre-existing health conditions?

Without insurance, it would cost about \$1,000 a month to buy the pills that keep my daughter alive. She suffered a stroke in utero and needs two Epilepsy medications to keep her from having grand mal seizures.

She also has serious mental health issues.

I've had breast cancer and would go without health insurance if I

had to, but that's not an option for my daughter. With each new report of Republicans toying with the mandate to cover pre-existing health conditions, I do the mental math to determine how long her Dad and I could pay \$12,000 a year for her meds. And that doesn't include expensive hospitalizations for a life threatening seizure like she had last March.

Meanwhile, Trump spends \$3 million in taxpayer dollars each time he visits his posh resort in South Florida to play golf. That money could be spent saving people's lives that need help paying for health care. Please call your representative in Congress. Tell them to fight hard against any effort to weaken coverage for pre-existing health conditions.

Linda Falkerson
Reston

Meeting Constituents Face-to-Face

To the Editor:

I'm disappointed that U.S. Rep. Barbara Comstock has chosen to

avoid constituents at town hall meetings. Among the 435 Members of Congress, her district is among the closest to the Capitol. Theoretically, that would enable her to gather input frequently. Unfortunately, she hasn't bothered to step in front of her neighbors in a public forum at all this year, and has no plans to do so according to her staff. For reference, Hawaii is more than 4,700 miles from D.C. During two weeks in April alone, Hawaii's Member of Congress Tulsi Gabbard hosted seven face-to-face town hall meetings. Again, Representative Comstock ... zero in all of 2017. Representative Comstock disrespects her constituents by shirking this important responsibility.

Andrew Seth
McLean

Comstock's Troubling 'Yes' Votes

To the Editor:

U.S. Rep. Barbara Comstock portrays herself as a "centrist" on environmental issues. She points to her co-sponsorship of a House

Resolution acknowledging the negative impacts of climate change, calling upon the House to work on solutions. But her votes on actual legislation in the current 115th Congress reveal a different picture.

In every case (13 separate votes) so far this year she has voted "Yes" on bills and resolutions that will harm the goals of protecting the air we breathe, the water we drink, and the food we eat. Every time, as in 100 percent. Examples include votes to delay or terminate safeguards against the emission of toxins into our air and water, permitting continued "flaring" of methane by oil producers, and establishing regulatory guidelines to disregard the public benefits of environmental safeguards and only consider the costs to industries.

I could find no example of any vote by her in this Congress that would actually improve or even maintain current environmental protections. And during the 114th Session, it was no different: She voted against environmental protections 71 times and favorably only twice. This is not the record of a "centrist."

Robin Kent
Great Falls

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NEWS

The public information meeting on May 18 will highlight the plan for this future bridge over I-495.

VIRGINIA DEPARTMENT
OF TRANSPORTATION



Meeting on May 18 to Highlight Future Jones Branch Connector

The Virginia Department of Transportation has scheduled a “pardon our dust” meeting on Thursday, May 18, to learn more about work getting underway to provide a new link to Route 123 over the Capital Beltway, to address local traffic access and providing an option for area bicyclists and pedestrians.

The meeting will be in an “open house,” format between 7 and 9 p.m., at the VDOT Project Office, 7925 Jones Branch Drive, Suite 210LL, and the formal presentation starts at 7:30 p.m.

The half-mile project includes new roadway from the interchange of the I-495 Express Lanes and Jones Branch Drive to Scotts Crossing Road. Improvements will also be made along the access road from

Jones Branch Drive to the Express Lanes, as well as along Scotts Crossing Road. Project features include:

- ❖ Two travel lanes and on-street bike lanes in each direction
- ❖ Three bridges over the I-495 Express and general-purpose lanes
- ❖ 8- to 12-foot-wide lighted sidewalks, landscaping and other streetscape amenities
- ❖ A wide, raised median to accommodate future transit

Some preliminary work began earlier this year. The project is scheduled to be partially open to traffic (with a connection from Route 123 to Jones Branch Drive) in late 2018, with final completion in late 2019.



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Strategies for Maintaining Weight Loss

Study shows lifestyle changes are critical to keep off unwanted pounds.

BY MARILYN CAMPBELL

A 2016 study by the National Institutes of Health (NIH) shows that while most people who lose a significant amount of weight (10-percent or more of their original weight) tend to regain it, those who were successful in maintaining a weight loss were vigilant in maintaining lifestyle changes that led to the weight loss.

"One reason maintenance is so difficult is that your body isn't seeing that weight loss as a good thing," said Domenica M. Rubino, M.D., director, Washington Center for Weight Management. "It's not just will power, it's biology. It's your hormones telling your brain that your body is really not full. There are medications that target the parts of the brain that are involved in cravings and feelings of hunger."

The reasons that maintaining a significant



PHOTO BY MARILYN CAMPBELL

A lifestyle overhaul is necessary to maintaining a desired weight.

weight loss can be challenging range from inactive lifestyles, unhealthy diets and the side effects of medication to mental health issues and metabolic disorders, says Colleen Sanders, assistant professor of Nursing at Marymount University.

"The best recommendation for maintaining weight loss is making lifestyle changes and sticking with them," said Sanders. "Surgery and weight loss medications will achieve weight loss, but if lifestyle choices are not made then weight is typically regained. Diet and exercise will foster weight loss, but once a healthy weight is achieved there has to be healthy eating and routine exercise to maintain that weight."

Avoid fad diets and instead make lifestyle changes that can be maintained long-term, advises Nick Sborz, instructor of physical education at Northern Virginia Community College.

"Consistency is [necessary] and a better approach is going to include multiple strategies," he said. "One of those is to increase your physical activity. [Type], amount and intensity will vary from person to person, but for some it will include walking, riding a biking, walking hills or swimming. For others ... some form of strength training.

"People have to understand that obesity is a chronic disease. You can't just ... not exercise and eat whatever you want. You're not going to be able to go back to living your life the way you did before you lost weight. There are no quick fixes, there's no magic."

— Domenica M. Rubino, M.D., Director, Washington Center for Weight Management

Recommendations vary, but should be close to 150-minutes of moderate intensity activity or 75-minutes of high intensity activity each week."

The dietary changes needed for weight loss and maintenance can be daunting, continued Sborz. "This is probably the most difficult thing to change, he said. "... [F]or long-term success, try not to be perfect. I like the 90/10 rule. If 90 percent of the time

SEE MAINTAINING, PAGE 9

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Maintaining Weight Loss Takes Work

FROM PAGE 8

I do my best to make a better, healthier choices than 10 percent of the time I can eat what I enjoy.”

Keeping track of food intake, counting calories and fat grams and avoiding skipping meals are strategies those in the NIH study credited with weight loss maintenance. “... [W]e need to eat and drink less sugar,” said Sborz. “Sugar is a big reason why people don’t see the results they are looking for. Eat more real food and less [processed] food. Generally speaking, to be considered real, food must contain five ingredients or less. Focus on good quality carbohy-

drates [like] whole grains, fruit, beans and vegetables, which can provide additional nutrients to help you maintain a healthy weight.

Exercise is one of the most important aspects of maintaining your weight, adds Rubino.

“People have to understand that obesity is a chronic disease,” she said. “You can’t just take medicine and not exercise and eat whatever you want. The medicines help, but you’re not going to be able to go back to living your life the way you did before you lost weight. The medicine works in conjunction with diet and exercise. There are no quick fixes, there’s no magic.”

FAITH NOTES

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

St. Dunstan’s Episcopal Church, 1830 Kirby Road, McLean, holds traditional services every Sunday at 8:15 and 10:15 a.m. www.stdunstans.net.

Vienna Christian Healing Rooms are open every Saturday, 1-4 p.m., at 8200 Bell Lane. A team of Christians is available to anyone requesting prayer. Free and open to the public. 703-698-9779 or www.viennachristianhealingrooms.com.

Chesterbrook United Methodist Church is at 1711 Kirby Road, McLean. Worship service is at 11 a.m. 703-356-7100 or www.ChesterbrookUMC.org.

Emmanuel Lutheran Church, 2589 Chain Bridge Road, Vienna, is holding Sunday evening worship service in a less formal atmosphere and more intimate setting to help you get ready for the week ahead. Sundays, 6 p.m. Communion offered. No childcare. 703-938-2119 or www.elcvienna.org.

Andrew Chapel United Methodist Church holds Centering Prayer Group Fridays, 9:30 a.m. at 1301 Trap Road, Vienna. The hour begins with a 20-minute prayer period, followed by a brief reading related to Centering Prayer. E-mail Chris Mason at derce@cox.net or call the church at 703-759-3509.

The Jewish Federation of Greater Washington and the Jew-

ish Outreach Institute offer the Mothers/Parents Circle, an umbrella of free educational events and resources. Jewish rituals, ethics and the creation of a Jewish home, regular meetings and group Shabbats and holidays. Participants include Sha’are Shalom, Congregation Beth Emeth, Temple Rodef Shalom and the Jewish Community Center of Northern Virginia. ShalomDC.org.

Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton, offers the Religious Exploration (RE) program for all children, from pre-K toddlers through high school seniors, emphasizing exploration of all religious traditions while developing a personal spiritual path. The RE program offers classes on Saturday afternoons and Sunday mornings. 703-281-4230.

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“Meet the Candidates” in the 2017 McLean Community Center Governing Board Elections.

When:
Sunday, May 7, 3-5 p.m.


Who:
Six adult candidates, two teens from the Langley High School boundary area, and four teens from the McLean High School boundary area.

Where:
The Old Firehouse Teen Center
1440 Chain Bridge Rd.
McLean, VA 22101

Format:
Informal Reception

Six adults are vying for adult votes to fill three seats on the Governing Board. Two teens from the Langley High School boundary area and four teens from the McLean High School boundary area are vying for teen votes to fill one board seat from each high school boundary area.

Refreshments will be served.
For planning purposes, please let us know if you will attend by emailing elections@mcleancenter.org.
See you there!



The McLean Community Center
703-790-0123/TTY: 711
www.mcleancenter.org



ENTERTAINMENT

Great Falls Art Walk Kicks off May 5

Plan a night out in Great Falls on the first Friday each month, May through December. Art Walk in the Village: First Fridays kicks off on Friday, May 5 in Great Falls Village Centre. Three working artist studios and galleries are open for this free, community event from 6-8 p.m. Live music starts at The Brogue at 9 p.m. Celebrate spring by visiting 27 artists’ studios at Artists on the Green (776B Walker Road), Artists’ Loft (766 Walker Road), and Artists’ Atelier (756 Walker Road). See live painting demonstrations and talk with the artists about their process and inspirations. Make a night of it with dinner on the green at The Old Brogue, Pio Pio Pollo, Wild Ginger or grab ice cream at Great Falls Creamery. Families are welcome. Sponsored by The Arts of Great Falls. Details are online at www.greatfallsart.org/ArtWalk.



Art Walk in the Village will be held first Friday each month, May through December, at Village Green in Great Falls.

CALENDAR

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

ONGOING

Artists Show. Various times through May 31 at the Broadway Gallery, 1025-J Seneca Road, Great Falls. “Levels of Abstraction,” show featuring the works of Hiromi Ashlin, Genna Gurvich, Sandi Ritchie Miller, and Buck Nelligan. Visit www.broadwaygallery.net or call 703-450-8005 for more.

Artists Show. Various times through May 31 at Katie’s Coffee House, Village Center, 760 Walker Road, Great Falls. Artist Joyce Lee. Call 703-759-2759 for more.

Free Tai Chi. Every Saturday, from 7:55-9 a.m., Introduction and Beginners’ Practice, meet on the outdoor basketball court located directly behind the Dolley Madison Public Library, 1244 Oak Ridge Ave. in McLean Central Park, McLean. Call 703-759-9141 or visit www.FreeTaiChi.org for more.

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 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.

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 for more.

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.

SATURDAY/MAY 6

Oak Hill Fun Run. 6-10:30 a.m. Oak Hill Elementary School, 3210 Kinross Circle, Oak Hill. Support the school

or earn service hours by running the annual Oak Hill 1K or 5K. Call 703-467-3535 or email OakHillES.Attendance@fcps.edu for more.

Ayr Hill Garden Club. 8 a.m.-noon on the lawn next to the Freeman Store, 131 Church St. NE, Vienna. This year’s sale, which features plants that come largely from club members’ gardens, will emphasize benefits of native plants to the local ecology. Garden flea market items also will be available. Contact emilielarson@rcn.com.

Five Hills Garden Club Yard Sale. 8 a.m.-noon on the corner of Garrett St. and Lawyers Road, Vienna. Visit fivehillsgardenclub.org/ for more.

World Labyrinth Day Workshop. noon-4 p.m. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton, VA. Free. Call 703-281-1767 or visit unityoffairfax.org for more.

Art Opening and Reception. 5:30-8 p.m. at the Frame Factory, 212 Dominion Road, NE, Vienna. Artist Thomas Xenakis presents “Retrospective in Gold: Bridging Sacred and Secular,” which runs through June 8. Call 703-281-2350 for more.

SUNDAY/MAY 7

Community Open House. 10 a.m.-3 p.m. at Great Falls Animal Hospital, 10125 Colvin Run Road. Tour the hospital and see the behind the scenes activities that keep your pets healthy. Visit www.GreatFallsAnimalHospital.com for more.

Jazz Concert. 7 p.m. at Vienna Presbyterian Church, 124 Park St. Featuring Duke Ellington’s “Almighty God Has Those Angels” sung by Metropolitan Opera soprano Danielle Talamantes Visit viennapres.org/ or call 703-938-9050 for more.

DEADLINE MAY 8

Kid’s Adventure Race Registration. Register online at viennava.gov or in person at the parks and recreation offices at 262M (upstairs) Cedar Lane. The race begins rain or shine at 10 a.m. Saturday, August 12, at Southside Park, 1315 Ross Drive. The Potomac Nationals mascot “Uncle Slam” will lead pre-race warm-ups.

FRIDAY, MAY 12

Road to Independence Gala. 6-10 p.m. at the Hilton McLean Tysons Corner 7920 Jones Branch Drive, McLean. The Road to Independence Gala celebrates Northern Virginia Family Service as the leading

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- Potomac Almanac
- Reston Connection
- Springfield Connection
- Vienna/Oakton Connection

ENTERTAINMENT



Outdoor Movies

Officials will inflate the “walk-in” theater on the Town Green for an outdoor viewing of Disney-Pixar’s “Cars” movie at 8 p.m. on Friday, May 12 at the Town Green, 144 Maple Ave E, Vienna. In addition, the Town will be serve cake and award giveaways in celebration of the 10-year anniversary of the Town Green’s dedication at approximately 7:30. For more call parks and recreation at 703-255-6360.

CALENDAR

resource for Northern Virginia families in need. This prestigious event features live and silent auctions, and draws 600 business and community leaders invested in local families. This year’s honorees are Karen Cleveland and former U.S. Rep. Frank Wolf. \$300. Call 571-748-2502, or email scrosley@nvfs.org for more.

Big Screen on the Green. 8 p.m. at the Town Green, 144 Maple Ave E, Vienna. Officials will inflate the “walk-in” theater on the Town Green for a viewing of Disney-Pixar’s “Cars.” In addition, the Town will be serve cake and award giveaways in celebration of the 10-year anniversary of the Town Green’s dedication at approximately 7:30. For more call parks and recreation at 703-255-6360.

recreation at 703-255-6360.

SATURDAY/MAY 13

Love Your Baby Day. 11:30 a.m.-3 p.m. at Beloved Yoga, 1137 Walker Road, Suite 2, Great Falls. Learn about the many aspects of the prenatal and postnatal journey and support available to have a healthy pregnancy, and raise a healthy and happy baby and family. Visit www.belovedyoga.com for more.

Teens on the Green. 11 a.m. at the Town Green, 144 Maple Ave. E, Vienna. Town officials will host of local talent will perform on the Town Green stage. For more call parks and recreation at 703-255-6360.

THURSDAY/MAY 18

MPA Spring Art Benefit. The McLean Project for the Arts will host its annual Spring Benefit at the private residence of Pat and Matthew Bullock. Dr. Dorothy Kosinski, director, The Phillips Collection, will serve as the evening’s guest of honor. Event chairs for this year’s Spring Benefit are Jane A. Imperatore and Neda Yazdani. Visit www.mpaart.org or call 703-790-1953 for details.

Meet the Author. 7:30-9 p.m. at the Patrick Henry Library, 101 Maple Ave. E., Vienna. Meet local author Britt Alan whose political thriller warns of the threat of unchecked Chinese regional aggression. Books available for sale and signing. Adults. Call 703-938-0405 for more.

FRIDAY/MAY 19

Bike to Work Day 2017. Registration — now open — is free and open to anyone who commutes in the region, from first timers to daily cyclists. All registrants will be entered in a regional bicycle raffle, and the first 16,000 to register and attend will receive a free t-shirt at one of more than 85 pit-stops throughout Northern Virginia. Participants can register online at www.biketoworkmetrodc.org. Email Megan Goodman at mgoodman@mwco.org, or call 202-962-3209 for more.

MONDAY/MAY 22

Charitable Golf Tournament. noon at Hidden Creek Country Club, 1711 Clubhouse Road, Reston. Proceeds benefit Great Falls, Forestville and Colvin Run Elementary schools. Call 703-437-5222 or visit www.greatfallsgolf.org.

Dine and Donate. 11 a.m.-10 p.m. at Ledo’s Pizza, 141 Park Street, SE, Vienna. Ledo’s will donate 20 percent of total sales to the Shepherd’s Center of Oakton-Vienna. Call 703-281-0538.

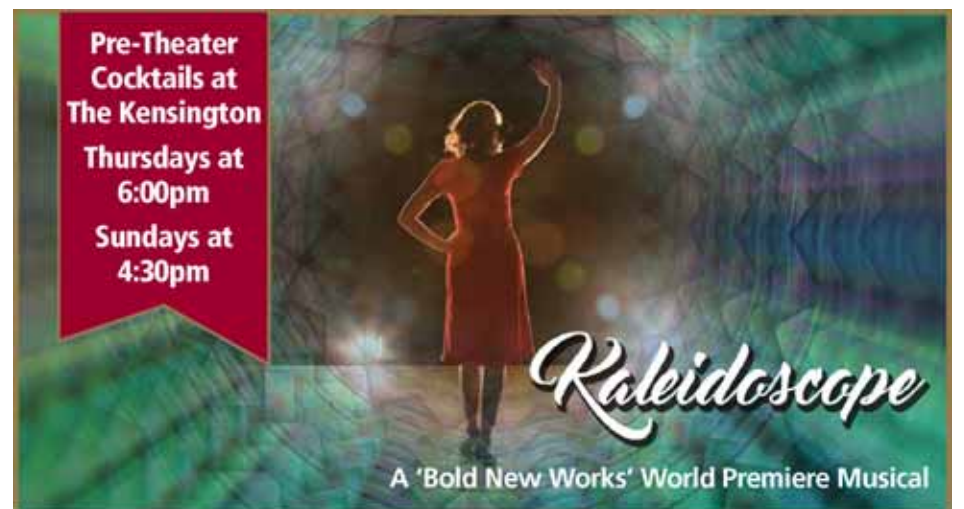
SATURDAY/JUNE 3

Flea Market. 8 a.m.-1 p.m. at the Oakton Church of the Brethren, 10025 Courthouse Rd, Vienna. Vendors needed. Call 703-281-4411, email office@oaktonbrethren.org or visit www.oaktonbrethren.org

McLean Project for the Arts’ Spring Benefit May 18

Ticket sales opened for McLean Project for the Arts’ (MPA’s) Spring Benefit. MPA, now in its 55th year, relies on the funds raised at Spring Benefit to further its mission to bring art to the community. In the last year alone, MPA presented 14 art exhibitions representing 140 artists in its galleries, taught nearly 200 art classes and offered 19 talks by local and guest artists. MPA’s award-winning ArtReach program conducted 139 gallery tours for more than 3,000 individuals, including school children, low-income seniors and adults with disabilities. The 10th annual MPAartfest—MPA’s free, one-day juried art festival—welcomed 6,000 guests and represented 50 artists.

The 2017 Spring Benefit will take place on Thursday, May 18 from 7-9 p.m. at the home of Pat and Matthew Bullock. The event will feature a silent auction of contemporary paintings in collaboration with MPA staff and teaching artists. VIP ticket holders will be invited to a VIP-only reception from 6-7 p.m. Individual tickets are \$350; sponsor levels from \$1,000 to \$10,000. Tickets are available at mpaart.org/spring-benefit-2017/.



Pre-Theater
Cocktails at
The Kensington
Thursdays at
6:00pm
Sundays at
4:30pm

Kaleidoscope

A 'Bold New Works' World Premiere Musical

Please join
The Kensington Falls Church for
enlightening post-show discussions at
select performances of *Kaleidoscope*
Pre-theater cocktails & hors d'oeuvres at The Kensington
and post-show discussions at Creative Cauldron

The Kensington Falls Church is a proud sponsor of post-show discussions about *Kaleidoscope*, a heartwarming musical introduced this May by Creative Cauldron. *Kaleidoscope* showcases the life of a legendary Broadway performer who premieres her comeback one-woman show. As her humorous yet poignant performance unfolds, she touches hearts when it becomes clear that she is experiencing the early stages of Alzheimer’s.

After each Thursday and Sunday performance, a dementia expert will join the artists to share insights and information that deepen the audience experience. We’d love for you to be part of the conversation.



Thursday, May 11th
8pm show
Jay Newton-Smith
& Denver Nicks,
Co-Founders,
MemoryWell



Sunday, May 14th
2pm show
Carol Blackwell,
Founder, Memory Café



Sunday, May 14th
7pm show
Anya Papura, MD,
President,
Aging Perspectives



Thursday, May 18th
8pm show
Mikki Firor, Founder,
Trovalto LLC

RSVP for cocktails to ConciergeFS@KensingtonSL.com
Get show tickets at www.CreativeCauldron.org



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WEEK IN MCLEAN

Rep. Comstock Announces Veterans Jobs Fair

U.S. Rep. Barbara Comstock (R-10) announced the 10th Congressional District Veterans Jobs Fair that will take place on Monday, June 12 from 10 a.m.-4 p.m. at the Loudoun County Public School Administration Building located at 21000 Education Court, Ashburn. The Fair will be inviting federal and state agencies, businesses, local Chambers, and veterans groups working to employ skilled military when they transition to civilian jobs. If an agency, business, local Chamber or veteran support group would like to participate in the 10th Congressional District Veterans Jobs Fair they can contact Comstock's Veteran Outreach staff member Anthony Barnes at Anthony.Barnes@mail.house.gov.

Fundraiser to Support Haycock PTA

A fundraiser for Haycock PTA has been announced by HBC Group's (Keller Williams Realty) Community Charity Champions. Come to dinner on Tuesday, May 9, 2017 from 5-8 p.m. at Pulcinella Italian Host in McLean to support Haycock PTA. Enjoy dinner and know that approximately 70 percent of the proceeds from food and drink will go to Haycock PTA as long as the diner brings the flyer for the event. Contact HBC Group at 703-734-0192 or visit www.HBCGroupKW.com to receive a flyer.

Sponsors of the event are: Karen Briscoe and Lizzy Conroy with the HBC Group of Keller Williams Realty,

alcy, Marcus Simon with EKKO Title, Kevin Dougherty of Pillar to Post, Kathy and Justin Neal of The Neal Team/SunTrust Mortgage, Jim Harris of BOWA, The McLean Chamber of Commerce, and Moe Jebali with Pulcinella Italian Host.

Historic Farm to Host Colonial Market Fair

Celebrate spring at the first Colonial Market Fair of the season at The Claude Moore Colonial Farm, 6310 Georgetown Pike, McLean — a local living history

working farm and National Park. The Spring Colonial Market Fair takes place on Saturday, May 20 and Sunday, May 21, 11 a.m.-4:30 p.m. Play games, listen to music and interact with staff and volunteers in 18th century costume and character. Watch a children's puppet theater and make your own corn husk doll. See spinning and candle making. Enjoy the heritage breed animals on site including Ossabow pigs, chickens, geese and turkeys. Herbs and flowering plants available for sale as well as soaps, candles, 18th century clothing and jewelry.

Food and beverage will be available for purchase. Lunch includes spit roasted chicken, sausages, seasonal vegetables, cheeses and breads, roasted olives, fruit pies and more. The Colonial Tavern offers gravity poured beer plus ale, hard cider, wine, lemonade and authentic ginger ale.

Admission: Children and Seniors: \$4; Adults: \$8; children under 3 complimentary admission. Directions and more information at www.1771.org.



Fashion Statement on 'Autism Awareness'

Spring Hill Elementary teachers, staff, and parents are wearing "AUTISM AWARENESS" T-shirts to show support for the autistic population. Spring Hill's Special Education Instructional Assistants came up with this new fashion statement.



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NEWS

Childhelp Hosts Shining Stars Gala

The event raises nearly \$300,000.

On Saturday, April 22, 2017, Childhelp's Washington Area Chapter welcomed more than 300 guests to the charity's Shining Stars Gala at The Ritz-Carlton Tysons Corner.

Childhelp Celebrity Ambassador and Master of Ceremonies for the black-tie fete was John O'Hurley (of "Seinfeld" fame), who introduced himself from outside the ballroom so only his recognizable "J. Peterman"-like voice could be heard. O'Hurley's signature "re-introduction" sarcastically rambled about his many failed attempts to be recognized as talented in Hollywood, pre-Seinfeld, which brought uproarious laughter as Gala attendees were reminded of the voice who once took them through Peterman's trips through Patagonia, Machu Picchu, or the character's nervous breakdown in Burma. O'Hurley swiftly changed gears and delighted the crowd with a singing entrance of medley "Gotta Lotta Livin' To Do" and "I Believe In You."

Kathie Lee Gifford, co-anchor of the fourth hour of "Today," and a more than 20 year Childhelp Celebrity Ambassador, made a special guest appearance to give a surprise Award to Childhelp



From left: Master of Ceremonies, John O'Hurley; Gala Co-Chair, Jane Hozik; Childhelp Founders Yvonne Feddersen and Sara O'Meara; Gala Co-Chair, Rich Hozik; and Kathie Lee Gifford.

Founders, Sara O'Meara (CEO) and Yvonne Feddersen (President) – the Shining Stars Light & Hope Award – for devoting their lives to saving abused and neglected children, which in 2017 became more than 10 million of our littlest citizens spanning nearly six decades.

Gala Co-Chairs, Jane and Rich Hozik of Great Falls, who have supported Childhelp for nearly 25 years, brought together Virginia-based friends and companies, including presenting sponsors, Manisha and Roy Kapani of ECS Federal, Fairfax and Kapani Family Charitable Foundation, McLean; Valerie and Joe Hadeed, of Hadeed Carpet, Alexandria; and

Jenny and Fernando Galaviz, of The Centech Group, Falls Church, to support the special evening.

Additional long time supporters of Childhelp included Sandra Crippen of Great Falls, Joy Runyon of McLean, Heather and Bryan Corsini of Potomac, Md., and several members of the Childhelp Greater Washington Area Advisory Board led by Board Chair, Nina Doherty, a second generation "Childhelper."

Gala guests danced the night away to live band Onyx (musical director, David Cohen), and the evening was photographed by Childhelp friend and volunteer, Jan Miller (www.makeadifferencephotography.com).



Kathie Lee Gifford surprising Childhelp Founders, Sara O'Meara and Yvonne Feddersen with the 2017 Shining Stars Light & Hope Award.

The nearly \$300,000 in proceeds from Childhelp Shining Stars Gala, including raffle, silent and live auction donations will support Childhelp's Alice C. Tyler Residential Treatment Facility, and Childhelp's National Child Abuse Hotline (1-800-4-A-CHILD), which now includes a Washington, D.C., hotline branch office situated in Children's National Health System, as a result of the funds raised from 2016 and 2017 events.

For more information, log on to www.childhelp.org, facebook.com/childhelp or twitter.com/childhelp.



Students are having fun selling their goods to the teachers: Ashley Gonzalez, Mattie Shafer, and Alec Mitchell.



From left: Ms. Suhok, Ashley Gonzalez, Mattie Schafer, Nate Hong, Christian Crane, Kathryn Keiser, Mr. Klena, Mrs. Grady, Alec Mitchell, Mrs. Chaplin; CATB class of 2017.

Presenting... The Cooper Cafe!

BY NICOLE POPENKO AND ELIZABETH DOANE

On Wednesday, April 26, a group of students at Cooper Middle School engaged in an educational experience, while

raising money to host their CBI trips (Community Based Instruction Field Trips) that students partake in to work on different, community and employability skills.

The students were able to go into a public environment to buy

ingredients for the coffee, tea, and other pastries they were selling. This helped them learn more about handling money, counting values, and interacting with their customers.

Not only did they have a fun and interactive learning experience,

they were able to provide teachers with homemade goods, and raised enough money to host even more projects and field trips in the future.

Since this was such a successful project, they hope to soon host more pop-up cafes.

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Staying in the Home You Love

Love your home and neighborhood, but have simply outgrown your space? This is actually a very common situation. It could be that you are expecting a new baby, or you are now working from home and need office space, or possibly have older relatives moving in so that they can be close to you but at the same time desire a little independence and their own space. If any of these scenarios apply to you, then a home remodel may be the perfect solution.

The possibilities are endless when it comes to reconfiguring space in your home. Depending on the situation, you may be able to make modifications within your existing space. This could involve finishing a basement or attic, opening up walls to create more usable space, converting an existing room such as an extra bedroom into an office, or transforming a garage into an in-law suite. If your existing space is simply maxed out, building onto the back of your home or adding a second level may be the way to go.

The good news is that changes in your life and therefore your home's needs, don't mean you have to give up the house you love. An experienced designer will help you envision the possibilities and solutions to modify your home so that it works perfectly for you.

Russ Glickman, founder of Glickman Design Build, is a Master Certified Remodeler and Certified Aging in Place Specialist. The award-winning Glickman Design Build team has completed thousands of general remodeling and accessible design projects in the Metro DC area and is passionate about the work they do. Their work has been featured in a variety of publications.

Visit GlickmanDesignBuild.com or call 301.444.4663 to learn more.

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SCHOOLS



**Daniel Reilly, BASIS Independent McLean fourth grader,
at Fulani village in Thies, Senegal, with village chief,
learning how to retrieve well water.**

BASIS Independent McLean Students Travel to Senegal

BASIS Independent McLean (BIM) French students decided to take their break in Senegal, far from their classroom, for the educational value a trip like this brings. World travel is an optional opportunity for BIM students look-

ing to take their education outside their textbooks and familiar settings. Senegal not only gave students an immersive environment in the French language, but also provided them a viewpoint of life outside of McLean.



**Makenzie Reilly, sixth grader at BASIS Independent
McLean, in Dakar, Senegal, with a local artist and the
group's tour guide, Cherif Ndiaye.**

BULLETIN

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

SOBER-RIDE FOR CINCO DE MAYO

Free Sober Rides. Friday, May 5, 7 p.m. through Saturday, May 6, 4 a.m. Area residents, 21 and older, may download Lyft to their phones, then enter the code CINCODC in the app's "Promo" section to receive a no cost (up to \$15) safe ride home. The SoberRide code is valid for the first 1,500 Lyft users who enter the code. Visit www.soberride.com.

VOLUNTEERS NEEDED

Contact Volunteer Solutions at 703-324-5406, VolunteerSolutions@fairfaxcounty.gov or www.fairfaxcounty.gov/dfs/olderadultservices/volunteer-solutions.htm. ♦ **The Lewinsville Senior Center** in McLean needs instructors for the following classes: Art, Self-Defense, Chair Exercise, Indoor Gardening, Basic Spanish, Basic French, Ballroom Dance and Basic Guitar.

THROUGH SUMMER

Vienna Street-sweeping Program. The Town of Vienna began its annual street-sweeping program beginning March 20. The Town is divided into eight sections for purposes of the sweeping program. During the first pass through Town, the Public Works Department asks that residents not park on the street. Find the "sweeping" sections at viennava.gov/sweeping. Additionally, signs will be placed on streets marking a window of 7-10 days during which the truck will come through. Contact public works at 703-255-6380.

SATURDAY/MAY 6

Document Shredding Event. 9 a.m.-noon at Long & Foster 1355 Beverly Road, McLean. Free, secure document destruction for the community, bring your unwanted documents and TrueShred will do the rest. Call 703-790-1990 for more.

SUNDAY/MAY 7

Talk about Planning "Life Celebrations." 2 p.m. at Unitarian Universalist Congregation of Fairfax, Program Bldg Rms 3 & 4, 2709 Hunter Mill Road, Oakton. Mary Albrethsen, licensed funeral director and embalmer, will discuss current trends in the funeral industry at the semi-annual meeting of the Memorial Society of Northern Virginia. All are welcome. Call Ron Brandt, 703-765-4779 or gronbrandt@gmail.com.

TUESDAY/MAY 9

Mayor @ Your Service. 6:30-8:30 p.m. at the Vienna Town Green, 144 Maple Ave. E, Vienna. Entertainment and ice cream as the Vienna Mayor, Laurie DiRocco highlights local nonprofits. Visit www.viennava.gov for more. **Information Open House.** Open House 7-9 p.m., Presentation at 7:30 p.m. at the VDOT Project Office, 7925 Jones Branch Drive, Suite 210LL, Tysons. The Virginia Department of Transportation invites local residents and drivers to a "pardon our dust" meeting to learn more about work getting underway to provide a new link to Route 123 over the Capital Beltway, improving local traffic and access for drivers, as well as providing an option for bicyclists and pedestrians. Visit www.virginiadot.org/ for more. **Town Hall Meeting.** 7:30 p.m. at the Great Falls Library, 9830 Georgetown Pike A, Great Falls. Neighborhood Parks lecture and Great Falls Civic Association board nominations. Email bcanis@yahoo.com for more.

SATURDAY/MAY 20

Scream Free Saturday. 8:30 a.m.-2:30 p.m. at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 - Room 100, Dunn Loring. Screamfree Parenting gives you the tools to stay cool during life's challenging moments. Lunch will be provided. Free Screamfree Parenting book to the first 25 registrants. Learn strategies to become the cool, calm and connected parent your child really needs. Call 703-204-3941 for more.

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Hear Ye, Hear Ye



By KENNETH B. LOURIE

I can hear ye and I can see ye. And I don't need life insurance to pay for the cost of my funeral, and neither do I need supplemental insurance to co-pay my Medicare coverage. These are both solicitations/direct mail pieces I've received in my mailbox in the last week. I can't help but wonder why? Have I gotten older before my very eyes without regard to my actual age? Have I somehow become a qualified applicant without realizing the consequences of my living so many years beyond my original "13 month to two-year" prognosis? (I always place quotation marks around my prognosis as an indication of its having been said by my oncologist, and as a bit of a dig since here I sit and write eight years and two months post diagnosis.) Or do the people sending the direct mail pieces know something about me, my household and my neighborhood that I don't?

Not that I really want to think too deeply about why I've been bombarded with these presumptive age-sensitive solicitations but, the piling-on effect of the past two weeks has stoked my embers. It's not as if being target-marketed burns me up or increases the temperature under my collar, but it does cause me to think and consider; always dangerous. As Moe Howard of The Three Stooges said to brother Curly in a typical two-reeler story line: "Every time you think you weaken the nation."

I wouldn't say the onslaught has been at all equivalent to the volume mailboxes see in the weeks leading up to an election, however. The materials I've received lately have felt more personal than the usual and customary ones that arrive before an election promoting a candidate, a cause or an amendment. Those political pieces merely wanted my vote. The pieces I've received of late wanted my life. Not literally of course. But they want me, not exactly a pound of flesh, but more than a piece of paper (computer entry, actually).

I haven't had the opportunity as yet to speak with any of my neighbors to find out if the entire neighborhood was similarly solicited or was it just yours truly, the cancer patient whose survival has raised a marketing flag? I mean, with all the hacking/unauthorized access to phone numbers, addresses, bank accounts, Social Security numbers and private medical information, I don't suppose it's beyond a hacker's reach to secure lists of "terminal" (I also put quotation marks around 'terminal' because again, it's how my oncologist described me in late February 2009, and as yet another dig because I've lived so long beyond 'terminal') patients who quite frankly might be more open to/in need of and sensitive about certain conditions/situations/circumstances not necessarily characteristic of the general population.

Or maybe these direct mail pieces had nothing to do with me (I'm not a narcissist, really; just sort of writing for semi bemusement), but are simply modern-day equivalents of the old town crier – without the bell? But with a similar goal: to reach as many people as possible, hopefully under favorable circumstances, not in the square, but rather in the privacy of their own homes.

Naturally, I tossed all of it. I didn't take offense though, nor am I the least bit defensive about it having landed IN MY MAILBOX. It's simply sound marketing. Find a neighborhood/zip code with the demographics that match your product and voila, a connection is made, supposedly. No connection here however, merely fodder once again for a column. (Besides, I have life insurance and I'm too young for a "med supp.").

Editor's Note: Learn more about Kenny and his adventures in life (and life with cancer) online at www.ConnectionNewspapers.com.

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



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