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Rev. Vernon Walton, senior pastor
gives the sermon on Justice and
Legislative Sunday at the First
Baptist Church of Vienna Feb. 4.



CAREGIVER CONNECT

*A Monthly Gathering for Caregivers
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News



PHOTO CONTRIBUTED

James Schenck, PenFed Credit Union President and CEO (second from left) and WUSA*9 Reporter and Event Organizer, Andrea McCarren (center), with Andrea's Assistance Dog in Training Nigel at Side by Side: An Evening with Veterans and Service Dogs. From left: Miranda Opiela, PenFed Credit Union; James Schenck, PenFed Credit Union; Lisa Schenck; Andrea McCarren; Debbie Dougherty, Executive Director, Canine Companions for Independence; Robin Pence, PenFed Credit Union; and Steve Bosack, PenFed Credit Union.

PenFed Credit Union to Raise Assistance Dog through Canine Companions for Independence

PenFed, the nation's second largest federal credit union, has announced plans to raise an assistance dog through Canine Companions for Independence. Employees at PenFed's Tysons headquarters will have the opportunity to apply to become a Volunteer Puppy Raiser for a two-year training period.

"PenFed is proud to work with Canine Companions and provide support to those who have served our country and protected our freedoms," said James Schenck, PenFed Credit Union President and CEO. "Assistance dogs provide unconditional love, companionship, and loyalty. They help open doors for service-disabled veterans to regain their independence. The PenFed Canine Companion will ultimately help a person with disabilities regain freedom in all aspects of life."

PenFed announced its commitment at The National Press Club on Saturday, Jan. 20 at Side by Side: An Evening with Veterans & Service Dogs, benefiting Canine Companions. The event recognized the life-changing relationship between veterans and their assistance dogs as a critical part of service members' recovery and transition back home.

PenFed was the title sponsor of the event and donated to the silent auction to raise funds for Canine Companions.

A PenFed employee will raise the puppy, who will join PenFed's fast-growing team at PenFed Plaza in Tysons in spring 2018. The puppy will learn how to be a full-time companion by accompanying the employee to work every day and joining all of the employee's personal activities. PenFed will provide updates throughout the training period via social channels – Facebook, Instagram, Twitter, and LinkedIn.

Employees in PenFed's largest member service centers in Nebraska and Oregon will have similar opportunities to raise assistance dogs in the future.

"We're excited to form this new partnership with the employees of PenFed Credit Union, and we congratulate them for their ongoing compassion and commitment to helping people with disabilities," said Debra Dougherty, Canine Companions Northeast Region Executive Director.

To learn more about PenFed Credit Union, visit PenFed.org

Bards Alley Bookstore Hosts Memoir-making Workshop

Those interested in exploring the many creative forms of memoir can attend a 90-minute workshop at Bards Alley bookstore on Feb. 15 at 6 p.m. The workshop will be led by the two co-authors of the book *Memoir Your Way: Tell Your Stories Through Writing, Recipes, Quilts, Graphic Novels, and More*. Participants will begin to create a memoir in the format of their choice.

"A memoir can take many forms. After all, it is your story, your way," say authors Nadine James and Joanne Lazar Glenn. Crafting a memoir—whether a cookbook of family recipes, a scrapbook, a memory quilt, a slice of life told in a series of drawings or collages, or a homemade video interview with a family elder—can be surprisingly satisfying.

For more information, contact Marketing & Communications/Events Coordinator Sarah Katz at info@bardsalley.com.

Bards Alley is Vienna's new bookstore, located at 110 Church St. NW. Carrying more than 5,000 titles, the bookstore provides a place for:

❖ Books: new fiction and literary classics, non-

fiction, biographies, young adult literature and children's books;

❖ Wine: a rotating selection of wine and craft beer to accompany locally made bread, cheese, soup, and charcuterie;

❖ Kindred Spirits: a place for book clubs, author readings, book signings, children's story time, poetry readings, and writers' workshops

Bards Alley frequently hosts author readings, storytimes, writing workshops and other events. The store hosts in-store book clubs for contemporary fiction, science fiction, historical fiction, middle reader (parent-child), men and "badass" women. The store is also available for private book clubs: no living room to clean, no hors d'oeuvres to prepare. Up to eight private club members can gather for a comfortable discussion and order their own food and beverages at the café.

Store hours are 10 a.m.-9 p.m. Monday through Saturday and noon-6 p.m. on Sunday. For more information about Bards Alley events and book clubs, visit www.bardsalley.com.

Members of the First Baptist Church of Vienna during the service on Justice and Legislative Sunday at the church Feb. 4.

PHOTOS BY COLIN STOECKER/
THE CONNECTION



Vienna Church Holds Social Justice Sunday

Social justice issues discussed at the First Baptist Church of Vienna.

BY COLIN STOECKER
THE CONNECTION

Super Bowl Sunday morning was “super soul Sunday” at the First Baptist Church of Vienna. The church was packed with members, guests, and a full choir who came to hear Rev. Dr. Vernon Walton and local legislators speak on justice and legislative issues at the church.

Police brutality, immigration, housing, and incarceration were some of the social justice issues addressed in Walton’s sermon to a crowd that rivaled Easter or Christmas. The annual Sunday event follows Martin Luther King Day and prefaces Black History Month which is February, to celebrate the accomplishments of the church community.

“When we see issues that affect the lives of others, we don’t see it as their problem. We see it as our own,” said Rev. Corey B. Gibson, the Youth and Young Adult Pastor.

Current issues in the social and political climate were mentioned by Gibson in a teaser to an eager audience. The #metoo movement, about women’s rights and sexual harassment, and NFL quarterback, Colin Kaepernick’s take-a-knee movement were discussed as ways that the United States is slowly progressing towards equality.

But the theme was that there is still a long way to go.

“We refuse to turn a blind eye to injustices that plague our community. We don’t want to just be a part of the movement, but to mobilize,” said Gibson.

Social justice in the community is what justice and legislative Sunday meant to achieve, calling to action church members, guests, and legislators.

Del. Mark Keam (D-35) was also at the church for the service, and to help answer legislative questions from the community on a panel after the service.

“We are wrestling with the same inequities, insecurities, disparities. But God is on our side,” said Walton in his sermon at the service Sunday morning.

He referenced Martin Luther King’s assassination 50 years ago and the voter rights act as two turning points in the slow but steady march toward social equality.

He made a point to underline that America and



Rev. Vernon Walton senior pastor, gives the sermon on Justice and Legislative Sunday at the First Baptist Church of Vienna Feb. 4.

the current political landscape still has so far to go for members of his community.

“We have survived Jim Crow, segregation, the pain of integration, and the assassination of our heroes, John F. Kennedy, Martin Luther King, and Malcom X,” said Walton.

Other issues raised at the service were the gap between police and the black youth in American cities.

“Both groups say that they feel vulnerable,” said Walton.

The sermon was best summarized by Gibson with a quote from Martin Luther King. “Our lives end when we become silent about the things that matter.”



Members of the First Baptist Church of Vienna greet each other before the service on Justice and Legislative Sunday at the church Feb. 4.

VIEWPOINTS

What is the social issue locally in Virginia that is most important to you?

— COLIN STOECKER

Bill Landrum, retired, Centreville resident:

“Putting an end to gerrymandering, and a reform to voting would go a long way in getting more representation from the people. We had a lot more guests today. This is a big Sunday at the church. It draws a crowd almost as big as Christmas or Easter.”



Grant Winstead, entrepreneur

“Mass incarceration is an important social issue. It’s disproportionate against African Americans and people of color. Poor people get caught up in the system and do not have a voice. We must be the voice for them.”



Deena Dean, a security officer, was most concerned about healthcare.

“I have my son who has a disability. And right now he was on Medicaid and I live out in Woodbridge and they took him off of Medicaid.”



Diane Weaver, retired, resident of Herndon

“The anger that so many people have out there. They can’t concentrate on doing the good that we need to bring us together. After the election I noticed a lot of people looking at me, some in a friendly way and some maybe with disrespect. I think it’s the current political climate.”



Mike O’Brien, a writer and secretary for the Fairfax County NAACP

“Medicare expansion and Medicaid are so important to people. The fact that our legislators can’t give millions of dollars to the poorest in our state is a problem.”



An Opportunity To Improve TJ

To the Editor:

The following open letter was addressed to state Sen. Steve Newman, chair of the Education and Health Committee.

As graduates of Thomas Jefferson High School for Science and Technology (TJHSST), we were deeply troubled to read that the Education and Health Committee of the Virginia State Senate struck down Senate Bill 787, the proposal by state Sen. Scott Surovell to make the admissions policies at Governor's Schools such as TJHSST more equitable. While debates will continue about whether Senator Surovell's legislation is the right instrument, its intent to significantly alter Jefferson's admissions procedure to account for class is sound. No serious action has been taken on this issue at the state or local level since the school was designated as a magnet school and that has to change. Outreach efforts have had modest success in the past, but they are not enough to make Jefferson equitable. For this reason, we strongly support the intent of the senator's bill and ask the committee to work with Senator Surovell to draft legislation to make progress on this urgent issue.

All of us attended Fairfax County Public Schools. There's one among us who still has her yearbooks and class pictures from kindergarten through 12th grade. And in those images from schools like Saratoga Elementary School and Mark Twain Middle School are the smiling faces of friends and classmates of all races, as well as friends and classmates who lived in a nearby HUD housing development. None of the kids from that housing development made it into TJ, not one. And virtually none of the Black and Hispanic students in those other photos were admitted either.

The racial and economic composition of Jefferson has been an annual news story just about every year since it became a magnet school, and it's never good news. Last year, only 17 Black and Hispanic students were admitted — 3.4 percent out of 490 students. And only eight students (1.6 percent) eligible for free or reduced-price lunches (an indicator of students living in low-income or poor families). This despite the fact that Fairfax County Public School students overall are 25.4 percent Hispanic, 10.1 percent Black, and 29 percent are eligible for free or reduced-price lunches.

This disparity between Jefferson's enrollment and the racial and socioeconomic composition of Fairfax County is unacceptable and easily remedied. Countless elite institutions — especially elite colleges — have modified their admissions procedures and requirements in recent years because they have realized that their old criteria have long been leaving talent on the table. They have softened their standardized testing requirements, engaged in admissions outreach, and sought out partners in high schools and middle schools to create a pipeline of under-represented and low-income students to draw from. These students (who would never have been admitted under the old admissions protocols) have thrived at these elite institutions — often overperforming their standardized test scores. Yet Jefferson's admis-

sions policies proceed ignorant of these developments.

We live in a time when headlines and Twitter feeds constantly observe the pernicious effects of systemic inequality and racism in the daily lives of the poor and people of color. And the state of Virginia has a long legacy of racism that the world was reminded of last year during and after the events that took place in Charlottesville. White supremacy is not just Nazis marching in the streets; it also lies in maintaining a high school that excludes the poor, African-Americans, and Latinos, and then calls itself the greatest, most meritocratic high school in the country. You and the other 12 members of the committee who struck down this modest change to Jefferson's admissions policies have voted to maintain a blatantly racist and classist flagship school.

This is a shameful display when it would have been so easy for you to answer the impassioned requests of so many parents and alumni, as well as Senator Surovell. We understand that the committee has framed its objections to this bill in terms of local rights. While in many cases local school boards are best situated to make local educational decisions, when a board ignores a pressing issue affecting its most vulnerable and disempowered constituents over decades, the state has an obligation to step in and remedy the injustice.

The one way that Jefferson, with the help of the Fairfax County School Board and the Virginia legislature, could truly differentiate itself is by showing that it is working deliberately and intentionally to combat the structural and systematic racism and class privilege that feeds students into the school. Thousands of schools and nonprofits around the country have already made meaningful change in this area, it's time for Jefferson and those in charge to take responsibility for this problem and do the same.

Alexis Clements, TJHSST '98, BA Emerson College '01, MS London School of Economics '06

Daniel Morales, TJHSST '98, BA Williams College '02, JD Yale Law School '05

Kristina Danahy (Buenafe), TJHSST '98, BS/MS University of Virginia '03, Ed.M Harvard '08

Kristen Olvera Riemenschneider, TJHSST '98, BSEE University of Virginia '01, JD University of Virginia '06

Koyuki Smith, TJHSST '96, BA Columbia University '01, MA Columbia University Teachers College '03

Megan Radek, TJHSST '93, BA University of Virginia '97, MA University of Illinois '04

Veronica Pillar, TJHSST '06, AB Princeton University '10, MS Cornell University '14

Christopher Lee Rollins, TJHSST '04, BA College of William & Mary '08

Séain Gutridge, TJHSST '89

Diane-Marie Johnston, TJHSST '98, BA University of Virginia '02

Tamara Metz, TJHSST '99, BA Bryn Mawr College '03, MA University of Arizona '11

Joe Zarrow, TJHSST '97, BA Brown University '01, MA New York University '06

Rachel Yi-Feng Lei, TJHSST '96, BA Johns Hopkins University '00, MA Fuller Theological Seminary '06

Jennifer Love King, TJHSST '98, BA University of Virginia '01

Matt King, TJHSST '98, BA University of Virginia '02, PhD University of Maryland '08

Anwar Omeish, TJHSST '14, BA Harvard College '19

Richard Berman, TJHSST '89, BA University of Toronto

Corinne Pender, TJHSST '05, BS Caltech '09, PhD MIT '18

Abby France, TJHSST '99, BS Northwestern

University '03

Swathi Manchikanti, TJHSST '06, BS NJIT '10, MSPH Johns Hopkins University '13

Jack Levenson, TJHSST '90, BA St. Mary's College of MD '98

Ramón Zabala, TJHSST '99, BS VA Tech '08

Hillary Kolos, TJHSST '98, BFA New York University '02, SM MIT '10

Sienna Lotenberg, TJHSST '14, AB Brown University '18, MAHL '21 and **Rabbinic Ordination** '23

Sheryl Wallin Abrahams, TJHSST '98, BA Rice University '02, MPH UNC-Chapel Hill '07

Christine Contreras-Slaughter, TJHSST '07, BA Duke University '11

Samuel Leven, TJHSST '03, BA University of Virginia '07, JD University of Virginia '10

Danielle Ahn, TJHSST '98, BA University of Rochester '02, MD University of Virginia '06

Michael Freedman-Schnapp, TJHSST '98, BA University of Virginia '02, MUP NYU '09

Tenzin Lhanze, TJHSST '14, BS College of William and Mary '18

James Wu, TJHSST '96, BS Virginia Tech '01

Jean Smith, TJHSST '98, BA University of Virginia '02, PhD University of California, Santa Barbara '13

Saniya Suri, TJHSST '13, BA Washington University in St. Louis, '17

Sanjana Verma, TJHSST '13, BS The College of William Mary '17

Martha Burtis, TJHSST '92, BA Mary Washington College, MA Teachers College, Columbia U

Pichchenda Bao, TJHSST '98, BA University of Virginia '02

Rohit Raghavan, TJHSST '96, BA Catholic Univ. of America, '01, JD, Univ. of Illinois,, '05

Alison Slade, TJHSST '99, BA University of Virginia, '05, MS Johns Hopkins University, '12

Terence McDonnell, TJHSST '96, BA University of Virginia '00, PhD Northwestern University '09

Andrew Hayes, TJHSST '99, BA University of Virginia '03, PhD University of Maine '12

Alan Hevelone, TJHSST '96 BFA Savannah College of Art & Design '00

Brian Horne, TJHSST '96, BA University of Virginia '00, MA University of Chicago '04

Russell Smith, TJHSST '96, BA Pennsylvania State University '00

Janna Harris, TJHSST '98, BA University of Virginia '02, PhD Virginia Commonwealth University '08

Nick Berning, TJHSST '98, BA Macalester College '02

Anne Marie Creighton, TJHSST '10, AB Harvard '14

Keryl Brown, TJHSST '10, BFA University of Southern California '14

Brittany Zuñiga Fulton, TJHSST '07, BA William and Mary '11, MSW University of Michigan '16

Elizabeth Carlson, TJHSST '97, BA Tufts University '01, PhD UCLA '11

Kate Hao, TJHSST '14, BA Washington University in St. Louis '18

Kassandra Dove McMahon, TJHSST '90, BS Virginia Tech '97, MS American Intercontinental University '00

Jessica Wyman, TJHSST '97, BA New York University '01, MBA Columbia University '08

Kimberly Taylor, TJHSST '91, BS University of Virginia '94, PhD University of Wisconsin '05

William Tarpeh, TJHSST '08, BS Stanford University '12, MS UC Berkeley '13, PhD UC Berkeley '17

Alec Rose, TJHSST '86, BA Tufts University '90, JD University of California, Davis '93

Kripa Patwardhan, TJHSST '04, BA University of Virginia '08, MPP George Mason University '10

Rob Heittman, TJHSST '88

Aaron Balasingam Koenig, TJHSST '10

Dave Algoso, TJHSST '99, BA University of Virginia '03, MPA New York University '11

Jorge A Torrico, TJHSST '98, BA University of Virginia '04

Sam Brinton, TJHSST '10

Tamara Krmoholz, TJHSST '01, BA University of Virginia '06, MT University of Virginia '06

Richard Joyce, TJHSST '00, BA University of Mary Washington '06, MA American University '10

Emily (Stanford) Colson, TJHSST '95, BA University of Virginia '98, MD Eastern Virginia Medical School '03

Caroline Odom, TJHSST '10

J. M. Harper, TJHSST '95, BS Carnegie Mellon '99, JD George Mason '06

Wendy Guo, TJHSST '14, BS College of William and Mary '18

Jennifer Gilbert Manly, TJHSST '07, BA University of Georgia '11

Sharon Gentges, TJHSST '92, BA University of Chicago, BArch Washington University

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NEWS DEPARTMENT:
vienna@connectionnewspapers.com

Kemal Kurspahic
Editor ♦ 703-778-9414
kemal@connectionnewspapers.com

Andrea Worker
Contributing Writer
aworker@connectionnewspapers.com

Jean Card
Production Editor
jcard@connectionnewspapers.com

ADVERTISING:
For advertising information
sales@connectionnewspapers.com
703-778-9431

Don Park
Display Advertising
703-778-9431
donpark@connectionnewspapers.com

Debbie Funk
National Sales
703-778-9444
debfunk@connectionnewspapers.com

David Griffin
Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

**Classified & Employment
Advertising**
703-778-9431

Editor & Publisher
Mary Kimm
mkimm@connectionnewspapers.com
[@MaryKimm](https://twitter.com/MaryKimm)

Executive Vice President
Jerry Vernon
703-549-0004
jvernon@connectionnewspapers.com

Editor in Chief
Steven Mauren
Managing Editor
Kemal Kurspahic
Art/Design:
Laurence Foong, John Heinly,
Ali Khaligh
Production Manager:
Geovani Flores

CIRCULATION
circulation@connectionnewspapers.com



NEWS

Former Attorney Sentenced to Prison for Money Laundering

A former attorney was sentenced to seven years in prison for conspiring to launder over \$2 million dollars derived from a business email compromise scheme and for attempting to launder funds he believed to be the proceeds of smuggling illegal aliens into the United States and trafficking firearms in Africa. The U.S. Attorney's Office for the Eastern District of Virginia provided the following account.

According to court documents, from at least March 2013 to February 2017, Raymond Juiwen Ho, 48, of Vienna, engaged in a large-scale money laundering scheme that resulted in millions of dollars being moved through bank accounts, some of which were attorney trust accounts, that Ho or his co-conspirators controlled. Specifically, between July and November 2014, Ho participated in a conspiracy in which co-conspirators sent emails from compromised or imitation accounts that duped victims into transferring money to accounts controlled by Ho and others. Ho then laundered these stolen funds, moving them through

and to accounts located in the United States and abroad. Ho, who recruited others to aid his laundering activities, laundered over \$2 million in unlawfully obtained funds.

Ho engaged in his money laundering business despite multiple instances of banks closing his accounts due to fraud and inquiries by law enforcement. Eventually, in November 2015, Homeland Security Investigations initiated an operation in which undercover agents sought Ho's assistance in moving the proceeds of human smuggling and firearms trafficking between bank accounts located in the United States and overseas. Ho engaged in four such transactions between December 2015 and June 2016, involving over \$175,000 that he believed were the proceeds of the illegal smuggling and trafficking activity.

Throughout the criminal conduct described above, Ho was a practicing attorney for an intellectual property law firm based in Washington, D.C. As part of this case, he has surrendered his bar licenses from Georgia and the District of Columbia.

Oakton Women's Club Supports SCOV

Each year the Oakton Women's Club hosts their spring fashion show in Oakton to raise money to support the local community. The Shepherd's Center of Oakton-Vienna (SCOV) was the recipient of the club's 2017 fundraising efforts.

Celebrating its 20th year, the Shepherd's Center of Oakton-Vienna is a volunteer-based non-profit organization dedicated to providing opportunities for adults (50+) to seek rewarding lives and to live independently in their homes for as long as possible. The unique approach employed by SCOV has also allowed for mature adults to volunteer their time and skills providing vital services to more vulnerable seniors in need of assistance.

As the country's population is living longer and oftentimes isolated from family support, "aging in place" becomes a challenge. The concept of "Seniors Helping Seniors" defines the spirit and purpose of the Shepherd's Center of Oakton-Vienna. Their personal enrichment and volunteer opportunities reaches more than 3,000 older adults (50+) in the region.

Each year more than 250 volunteers at SCOV serve as medical drivers, companion drivers, friendly callers and visitors, health



PHOTO CONTRIBUTED

From left: Linda Byrd, president of the Board, Oakton Women's Club and Jayne Young, SCOV volunteer.

and wellness educators, office assistants, fundraisers, and grant writers. Volunteers also run programs such as SCOV's Lunch n' Life, Adventures in Learning, trips and outings, special events, and the caregivers' support group. To volunteer, donate or learn more about how you can help, visit their website at www.scov.org or contact the office at 703-281-0538, office@scov.org.

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Kensington Park, another Kensington community located nearby in Kensington, MD

Feeding the Flu

What to eat when fighting the flu.

BY MARILYN CAMPBELL

Flu season is in full swing and, according to the latest statistics from the Centers for Disease Control and Prevention, it's packing a powerful punch. According to the most recent CDC report, the flu is widespread in most states, and healthcare providers report an uptick in influenza-related hospitalizations and deaths.

"One of the best sources for protein when you have the flu is real, bone-based soup."

— Sara Ducey, Professor of Nutrition and Food, Montgomery College

While the thought of eating might be unappealing to someone who is battling the flu, nutritionists and health care providers say certain nutrients are essential for keeping up one's strength. Soothing and healing ingredients are key allies when fighting this season's virus.



COURTESY OF SARA DUCEY

Turmeric, powdered ginger, honey and almond or coconut milk can create a soothing and healing drink for those who are battling the flu, says nutritionist Sara Ducey.

"The thing you need most is water," said Sara Ducey, professor of Nutrition and Food at Montgomery College. "You need sufficient water to bring nutrients to your cells and take away the waste. As you hydrate it gives your immune system more of a boost."

Protein, says Ducey, will help one's body build and maintain strength. "It's important for supporting the immune system and for helping your body breakdown medicines like Tylenol," she said. "One of the best



PHOTOS BY MARILYN CAMPBELL

Fresh ginger can be a soothing ingredient for those who have the flu.

sources for protein when you have the flu is real, bone-based soup, not ramen noodles that have chicken flavoring."

Bone broths, like those made from chicken or beef, offer hydration, protein and amino acids, added Ducey. Broth can be sipped or used as the base for a soup. "It's a natural healing and restorative food," she said. "At this point, everyone can assume that they're going to get the flu and prepare some bone-based broth ahead of time and keep it on hand in the freezer. You can also buy boxes of it."

Fresh ginger can work as an anti-inflammatory, soothe an upset stomach and boost one's immune system, says nutritionist



Garlic is credited with having antibacterial properties.

Debbie Hynes of Practical Ayurveda. "Warm water with grated ginger and honey can soothe a sore throat or upset stomach," she said.

Foods that are high in Vitamin C like orange juice, particularly a variety that contains pulp, can boost your immune system, says Ducey. "It's a powerful antioxidant which is important for keeping your muscles strong especially when you're sick."

Garlic is another ingredient that Hynes likes to include in flu-fighting recipes. "It has antibacterial properties, especially when it's raw," she said. "I add it to chicken broth along with chili flakes to sip when someone in my family has a stuffy head. The combination can clear the sinuses. And if you can stand to eat it, raw garlic has the strongest antibacterial properties."

Turmeric works as an anti-inflammatory and antioxidant, says Hynes. "It's been known for those properties in Chinese medicine for centuries," she said.

Ducey uses the spice in a creamy drink she creates called Golden Milk. "I take a cup of milk, a teaspoon or two of honey and a little black pepper and put it in the microwave to warm it," she said. "You can use almond or coconut milk if you can't tolerate dairy. Turmeric is very poorly absorbed by the body, so adding a little black pepper helps absorb it. It sounds bizarre, but it's strangely comforting."

Fair Ridge OB/GYN is pleased to announce the addition of two new providers!



Dr. Laura Pickford received her bachelor's degree from the University of Maryland and attended medical school at the University of Virginia. She has practiced in Northern Virginia since 1999, and is the Perinatal Safety Officer at Inova Fair Oaks Hospital. Dr. Pickford is Board Certified and a Fellow of the American College of Obstetrics and Gynecology.

Cynthia Stone, MSN-FNP, received her Master's degree as a family Nurse Practitioner from George Mason University in collaboration with George Washington University in 2004. After spending 2 years working in a family practice, she chose to focus on women's health and has been working in OB/GYN since 2006.



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Publishes: Feb 28, 2018 • Ads close: Feb 22, 2018

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- Oak Hill/Herndon Connection
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- Reston Connection
- Springfield Connection
- Vienna/Oakton Connection

FAITH

Vienna Church Publishes Lenten Devotional, Plans 'Drive-Thru Ashes'

Commuters and area residents are invited to take part in the second "Drive-Thru Ashes" event on Ash Wednesday, Feb. 14 at The Church of the Good Shepherd (United Methodist) in Vienna. Pastor Eric Song will be available from 6:30 to 8:30 a.m. in the parking lot of the church at 2351 Hunter Mill Rd., to administer ashes and distribute copies of the church's 19th annual "Devotions for Lent" publication.

"Ash Wednesday, which begins the season of Lent, is a day when we remember our humanness by the mark of a cross on our foreheads," said Song, who began the drive-thru event last year in his first year at Good Shepherd. "We look forward again to providing this opportunity for morning commuters. All are invited to drive through and receive ashes and a cup of coffee for the road!"

This year Ash Wednesday falls on Valentine's Day, Song noted. Members of the church, which celebrated its 50th anniversary in Vienna in 2017, also will be on hand to distribute a Lenten devotional booklet written by its members, former members and friends "as a gift to each and every one of you," Song said.

Good Shepherd will hold a traditional Ash Wednesday service at the church at 7:30 p.m.

The 19th annual Devotions for Lent will be available on the church's website at www.GoodShepherdVA.com. The church also will post each day's devotion on its Facebook page at www.Facebook.com/goodshepherdvienna. Printed copies will be mailed to neighborhoods surrounding the church, and a limited number of copies will be available at the church.



PHOTO CONTRIBUTED

On Ash Wednesday, Feb. 14, Pastor Eric Song will be available from 6:30 to 8:30 a.m. in the parking lot of the church at 2351 Hunter Mill Road, to administer ashes and distribute copies of the church's 19th annual "Devotions for Lent" publication.

"This devotional is filled with words from the hearts of our church members, families and friends," said Song in a letter in the booklet. "Our hope is that the love of Christ will touch your hearts as you reflect on these words."

The Church of the Good Shepherd's Sunday worship service is at 10:15 a.m., and Sunday school for children and adults is at 9 a.m.

For more information, call the church office at 703-281-3987 or visit the church website at www.GoodShepherdVA.com or its Facebook page at www.Facebook.com/goodshepherdvienna.

FAITH NOTES

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

First Baptist Church of Vienna located at 450 Orchard St., 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.

For those struggling physically or spiritually, on the first Sunday of each month, **Christ the King Lutheran Church** offers a rite of healing as part of worship; the opportunity to be anointed with oil and prayed over. During the healing rite, the pastor or another person says a short prayer while two people lay hands on the recipient. Then the pastor or helper anoints them with oil as a sign of God's healing and forgiveness. Christ the King Lutheran Church, 10550 Georgetown Pike, Great Falls. Call 703-759-6068 or visit www.gflutheran.org.

Vienna Assembly of God, 100 Ayrhill Ave, NE, Vienna, will hold Christmas Eve, Dec. 24, and New Year's Eve, Dec. 31, services on Sunday morning at 10:30 a.m. There will be no evening services. Installation of new Pastor Brenda Burns will occur on January 7, 2018 during the 10:30 a.m. service.

Wesley United Methodist Church located at 711 Spring St., SE, Vienna, Virginia 22180, at the corner of Spring Street and Moore Avenue.

10:30 a.m. fellowship time in the fellowship hall; 11 a.m. traditional family worship in sanctuary. If you are seeking a church home which encourages: caring and supportive fellowship, an active and devoted prayer life and study of scripture, support for local and world missions, an open, responsive awareness to the presence and power of God's Holy Spirit.

Youth Activities at Wesley United Methodist Church. Activities are open to all 6th-12th graders. Youth Sunday School meets every Sunday at 10 a.m. in the upper room. Youth Bible Study will meet every Sunday at 4:30 p.m. off-site. Following bible study, ride together to the church for youth group. Email the Youth Ministry Staff for the address. The Anchor meets every Sunday from 6-8 p.m. in the fellowship hall. Join us for dinner, games, worship, and diving deeper into the Word. During the summer, Youth Sunday School meets most Sundays at 9 a.m. in the upper room. To receive the newsletter or for more information contact youth@wesleyvienna.org.

St. Thomas' Episcopal Church, at the intersection of Lewinsville and Brook roads in McLean, invites you for a casual Saturday Service at 5 p.m., followed by conversation and fellowship or for Sunday Services at 8 a.m. or 10 a.m. Sunday School for Youth and Children takes place during the 10 a.m. Service. Check www.stthomasmcleanva.org for special events and services through the year. St. Thomas' Episcopal Church, 8991 Brook Road, McLean, 703-442-0330.

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CALENDAR

Submit entertainment announcements at www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday. Photos/artwork encouraged.

ONGOING

“Jazz It Up!” Through March 3, Tuesday-Saturday, 10 a.m.-4 p.m. at Vienna Art Center, 115 Pleasant St., NW, Vienna. Art exhibit. Free and open to the public. Call 703-319-3971 or visit www.ViennaArtsSociety.org.

Art Exhibit. Through April 7 at Village Green Shopping Center, 513 Maple Ave. NW, Vienna. Vienna Arts Society presents First 100 Weeks, paintings by Deborah Schneider. Free and open to the public. Visit viennaartsociety.org/.

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

Great Falls Farmers Market. Saturdays, 9 a.m.-1 p.m., 778 Walker Road, Great Falls. Music, vendors, fresh produce, fresh prepared food, delightful bakery, spices from around the world, wild-caught fish, grass-fed, free-range meats, organic-fed poultry and eggs. Email kathleen@greatfallsfarmersmarket.org for more.

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

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. \$15 per session. www.edimprovement.org. 571-213-3192.

MCC Summer Camps. Plan now to register children for MCC's enriching summer camp programs for children ages 3 through 18. Summer Camp Registration begins Monday, Feb. 5, for MCC district residents and Monday, Feb. 12, for all others. Visit www.mcleancenter.org.



Chinese New Year Festival

The 11th Annual Chinese New Year Festival, presented by the Asian Community Service Center, will feature live performances, including DRAGON and LION dances, Han costume fashion show, Asian food, the writing of Chinese names, language, craft and business booths, children world, and also a lunar new year dragon parade. Saturday, Feb. 10, 10 a.m.-6 p.m. at Luther Jackson Middle School, 3020 Gallows Road, Falls Church. Call 703-868-1509 or visit www.ChineseNewYearFestival.org.

SUNDAY/FEB. 11

Maple Syrup Boil-Down. Noon-2 p.m. at Colvin Run Mill, 10017 Colvin Run Road, Great Falls. The sap is rising and the maple trees are tapped. Now it's sugaring time at Colvin Run Mill. Watch and learn as sap is boiled down into sweet syrup over an open fire. This is an outdoor program, dress for the weather. \$5 per person. No reservations required. Call 703-759-2771 or visit www.fairfaxcounty.gov/parks/colvin-run-mill/maple-syrup.

Amadeus Orchestra. 4 p.m. at Saint Luke Catholic Church, 7001 Georgetown Pike, McLean. Amadeus Orchestra with Silver-Garburg Piano Duo. Pre-concert lecture by Music Director A. Scott Wood will begin at 3:15 p.m., 45 minutes prior to the start of the concert. A reception will follow the concert, at which attendees may meet and chat with the performers and fellow music lovers. \$35 at the door or www.amadeusconcerts.com. Students 17 and under free.

WEDNESDAY/FEB. 15

The Unruly Theatre. 7 p.m. at MPA@ChainBridge Gallery, 1446 Chain Bridge Road, McLean. Sponsored by The Alden, the area's hottest professional teen improv troupe offers a night of comedy. Free admission. Call 571-296-8385 or visit www.mcleancenter.org.

Penny University. 7-8 p.m. at Caffé Amouri, 107 Church St. NE, Vienna. A Penny University about international and adventure travel basics hosted by REI at Caffé Amouri. Free. Call 703-938-1623 or visit www.caffeamouri.com.

FRIDAY/FEB. 16

“Bridesmaids.” 8 p.m. at The Old Firehouse, 1440 Chain Bridge Road, McLean. Join The Alden staff as they quote along with the dialogue from “Bridesmaids” (R), recreating scenes with the help of props, onscreen subtitles and cues. There will be plenty of fun, including an ugly bridesmaid dress contest. Call 703-448-8336 or visit www.mcleancenter.org/teens.

SUNDAY/FEB. 18

Breakfast Buffet. 8 a.m.-noon at Vienna American Legion Post 180, 330 Center St., N. Vienna. Get omelets, scrambled eggs, blueberry pancakes, bacon, sausage, biscuits and gravy and more. Adults \$9, children 12 and under \$3. Call 703-938-6580.

Winter Traditional Celtic Concerts. 4 and 6 p.m. at The Old Brogue Irish Pub, 760-C Walker Road, Great Falls. Moch Pryderi, together for 19 years, the band performs traditional Celtic music from Wales, Ireland, Scotland, Brittany and Galicia as well as Appalachia, performs fireside. Tickets must be purchased in advance through the link at oldbrogue.com: \$18 general admission/\$12 children under 12. Call 703-759-3309.

WEDNESDAY/FEB. 7

“Dining with Dorothy.” 12:30 p.m. at Lotus Garden Restaurant, 224 Maple Ave W, Vienna. Shepherd's Center of Oakton-Vienna's “Dining with Dorothy” – join friends or make new ones at another “Dining with Dorothy” socializing/dining event. To reserve a space contact Dorothy Flood at dflood1706@gmail.com.

THURSDAY/FEB. 8

Membership Meeting and Demo. 10 a.m. at Vienna Art Center, 115 Pleasant St. NW, Vienna. Artist Robert Dowler will demonstrate how to make a simple pamphlet type of sketchbook. He will also do a show and tell of how to make more complicated books. Free and open to the public. Call 703-319-3971 or visit www.ViennaArtsSociety.org.

Adventures in Learning. 11 a.m. at UUCF, 2709 Hunter Mill Road, Oakton. “How the Culinary Scenes for Downton Abbey were Filmed” — a talk by food and travel writer CiCi Williamson with photographs about the researching, styling and filming of the food scenes for “Downton Abbey.” Guests may sample this class for free. Visit www.scov.org.

FRIDAY/FEB. 9

Mardi Gras Celebration. Noon-2 p.m. at Vienna Community Center, 120 Cherry St. SE, Vienna. Hosted by SCOV and the Vienna Parks & Recreation, includes Cajun lunch, trivia and prizes, mask making. To register, call 703-281-0538 or visit www.scov.org.

Improv Competition. 7 p.m. at The Old Firehouse, 1440 Chain Bridge Road, McLean. Join the Unruly Theatre Project for its first improv competition for high school students. Six teams will compete in four rounds of improv games and short-form styles for 1st, 2nd, and 3rd place bragging rights as well as prizes. Free admission. Call 703-448-



Nora Jane Struthers

On stage at Jammin' Java on Saturday, March 3, Nora Jane Struthers supports her new album Champion. Struthers wrote and recorded the album with her longtime road band the Party Line. 7 p.m. at Jammin' Java, 227 Maple Ave., Vienna. Call 877-987-6487 or visit www.jamminjava.com.

8336 or visit www.mcleancenter.org/teens.

Marcia Ball Concert. 8 p.m. at The Barns at Wolf Trap, 1635 Trap Road, Vienna. Blues and R&B singer Marcia Ball will perform. Ticket price is \$35-\$45. Call 703-255-1900 or visit wolftrap.org.

SATURDAY/FEB. 10.

Summer Camp and Enrichment Fair. 10 a.m.-noon at McLean High School, 1633 Davidson Road, McLean. Join the Fairfax County Association for the Gifted for its Summer Camp and Enrichment Fair. This event is free and open to the public. Visit www.fcag.org.

Chinese New Year Festival. 10 a.m.-6 p.m. at Luther Jackson Middle School, 3020 Gallows Road, Falls Church. The 11th Annual Chinese New Year Festival, presented by the Asian Community Service Center, will feature live performances, including DRAGON and LION dances, Han costume fashion show, Asian food, the writing of Chinese names, language, craft and business booths, and also a lunar new year dragon parade. Call 703-868-1509 or visit www.ChineseNewYearFestival.org.

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SPORTS

Cougars End Regular Season with Another Win

After wins over Chantilly at Oak Marr, Oakton still had one meet left to finish off the regular season. Their meeting against Centreville High School took place at the George Washington Recreation Center in Alexandria, where the Cougars showed their depth for the last time during the regular season. The boys beat the Wildcats with a score of 198 to 117 while the lady Cougars scored 224 points to Centreville's 91.

To finish off the season, the coaches put together a class battle where each class was given a designated lane for their swimmers. On the boys side, the juniors won the class battle. Diego Galvez (junior) and Zach Baker (junior), came from behind in the 200 medley relay for a narrow victory over Centreville in the butterfly and freestyle legs, respectively.

Freshman Josh Shipley had his best performance of the season on the diving board. Junior Sam Walters continued to have a great weekend following his impressive time drop in the 200 freestyle with another two second drop and victory in the 100 butterfly. Kevin Sun, a senior, finished his Oakton career with a lifetime best in the 100 freestyle. Freshman Simon Todd had his best 500 freestyle of the year, earning his first victory as a Cougar. Galvez and Eric Zou (freshman) also had time drops in the 100 backstroke to finish first and third, respectively.



The Cougars cheering before the meet.

As for the girls, the sophomores won the battle of the classes. Junior Alexis Chua earned an impressive victory in the 200 freestyle. Abi Zindler (freshman), Sarah DeLoach (senior), Riley Beeman (sophomore), and Lindsey Liddell (junior) swept the 50 freestyle. Freshman Ansley Robertson had a great night on the board with a second place finish. Hailey Choi, a freshman, finished fifth in the 100 butterfly with a two second drop from her best time. Sophomore Brynn Curtis and freshman Hailey Wang placed first and second in the 100 freestyle. Maddie Flickinger, a freshman, also followed up on her great swims on Friday night with a two second drop in the 100 breaststroke with a second place finish.



PHOTO BY ADAM SHAYNE

Warhawk forward Jay Stephens sizes up a McLean defenseman. Stephens scored the go ahead goal and 2 assists vs. McLean in a 4-2 victory. The Warhawks outshot the Highlanders 32 to 17.

Warhawk Ice Hockey Defeats McLean, 4-2

The Warhawks got off to a lead midway in the first period with a goal from forward Keegan Sweeney assisted by forward Jay Stephens. That lead evaporated with two unanswered goals from the Highlanders. The Warhawks seem to play their best when coming from behind and this game was no exception. Trailing 1-2 at the end of the second, the Warhawks rallied in the third period, pelting the McLean goalie with a barrage of shots. Forward Will Albright assisted by Jay Stephens and Zach Helfant tied up the score 2-2 by knocking the puck in right in front of the net as he was being pushed over by a Highlander defenseman. The Warhawks moved into the lead with forward Jay Stephens' one-timer rocket assisted by forward Luke Pohlman's pass from behind the net. Team captain Jason Calem capped off the victory by rushing between two McLean defenders for an empty net goal. The Warhawks outshot the Highlanders 32 to 17.

Tell us what you think
submit your Letter to the Editor to editors@connectionnewspapers.com

HIGH SCHOOL STUDENTS

YOU HAVE A UNIQUE COMMUNITY SERVICE OPPORTUNITY!
SERVE ON THE McLEAN COMMUNITY CENTER GOVERNING BOARD.

MCC is a *special Fairfax County agency* operating under the general oversight of an 11-member Governing Board elected by residents of Small District 1A - Dranesville (the MCC District). **Two board members are teens 15-17 years old.**

MCC's Mission is to provide a sense of community by undertaking programs; assisting community organizations; and furnishing facilities for civic, cultural, educational, recreational, and social activities apportioned fairly to all residents of the MCC District.

To serve on the Board, submit a **Petition signed by at least 10 teens** living in the MCC District and in your high school boundary area - Langley or McLean - regardless of where they go to school.

Key Dates:
January 22: Petition Packets available at MCC's Administrative Office.
March 16: Completed Petitions due to MCC's Administrative Office.
March 19: Orientation for Board Candidates.
April 9-May 16: Absentee Voting.
May 6: Meet the Candidates Reception - sponsored by the Friends of MCC.
May 19: Voting on McLean Day.

For more information visit the Center at:
 6631 Old Dominion Dr., McLean, VA 22101
 call: 703-790-0123, TTY: 711
 or go to: www.mcleancenter.org/about/candidates

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Upcoming Events • You're Invited!
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Smithsonian Docent Program
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Mardi Gras Party
 Tuesday, February 13 at 3 pm • Come with your beads!

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NEWS

Area Students Advance to State Science Olympiad

Students from eight Fairfax County public schools have received an invitation to the 2018 State Science Olympiad Tournament based on their results in the Charlottesville Regional Science Olympiad tournament held last weekend.

In regional competition, in Division B, the Kilmer Middle School Blue team finished in first place overall, capturing top honors in six categories. Finishing second was the Cooper Middle School Omega team, followed by the Kilmer Middle Green team in third, the Cooper Middle Alpha team in fourth, the Louise Archer Elementary Sunshine team in sixth, the Colvin Run Elementary Blue team in seventh, and the Mantua Elementary Raccoons in eighth place.

In Division C, Thomas Jefferson High School for Science and Technology's (TJHSST) White team finished in first place overall, capturing top honors in four categories. Finishing second was the Fairfax High

School Blue team, followed by the TJHSST Blue team in third place, the TJHSST Red team in fourth place, the Fairfax High Gray team in fifth place, the Oakton High Burgundy team in sixth place, the Fairfax High Silver team in seventh place, and the Oakton High Gold team in eighth place.

Science Olympiad is a national program that emphasizes teamwork and a commitment to excellence while improving the quality of K-12 science education; increasing male, female, and minority interest in science, creating a technologically-literate workforce; and providing recognition for outstanding achievement. Students are challenged in a variety of categories, including anatomy and physiology, astronomy, chemistry, coding, ecology, hovercraft, optics, remote sensing, thermodynamics, the solar system, and meteorology.

VOLUNTEER EVENTS & OPPORTUNITIES

Fairfax County is offering a Free **Caring for You, Caring for Me** for caregivers of older adults. **Mondays, Feb. 26-March 26, 1-3 p.m.** at Insight Memory Care Center, 3955 Pender Dr., Ste. 100, Fairfax. Find out more at www.fairfaxcounty.gov/OlderAdults (under Hot Topics). Call 703-324-7577, TTY 711.

The **Fairfax Commission on Aging** meets on **Wednesday, Feb. 21, 1-3 p.m.** at the Mount Vernon Government Center, Rooms 2 & 3, 2511 Parkers Lane, Mount Vernon. The public is welcome to attend and join in the comment period that begins each session.

Find out more at www.fairfaxcounty.gov/familyservices/older-adults/fairfax-area-commission-on-aging. Call 703-324-5403, TTY 711 for meeting access needs.

Fairfax County's **Family Caregiver Telephone Support Group** meets by phone on **Tuesday, Feb. 13, 7-8 p.m.** This month's topic is Maintaining Relationships While Caregiving. Call 703-324-5484, TTY 711 to register.

VOLUNTEER OPPORTUNITIES
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.

Meals on Wheels needs **Drivers, Coordinators, and Co-coordinators** for routes throughout the county. Apply online at volunteer.fairfaxcounty.gov.

Fairfax County needs **Respite Care** volunteers to visit and oversee the safety of older adults. Support and training provided. Contact 703-324-5374, TTY 711. Apply online at volunteer.fairfaxcounty.gov.

Employment

Would like a graduate student, post-grad, or a professional to review my resume and edit significantly, including using simpler (not complex) language and not government-eze and reduce the size of my resume from 9 pages to 1 or 1 and a half. I'd also like you to use your Powerpoint and/or other computer graphics skills to make the resume look professional and pretty. If you're interested, and have experience with this resume stuff, please respond to JTarrSuccess@gmail.com. Willing to negotiate terms. Thank you in advance for your efforts. Jennie.

Employment

Announcements

Announcements

Attention Invokana® Users

Our law firm is accepting claims nationwide for an **Invokana® Injury Lawsuit**. Invokana®, a SGLT2 inhibitor, is prescribed to patients with type 2 diabetes.

The new Boxed Warning, the strongest label the FDA can place on a prescription medication, will now inform patients about the **risk of amputation** from canagliflozin, the active drug in Invokana.

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**THE CONNECTION
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BULLETIN

Submit civic/community announcements at ConnectionNewspapers.com/Calendar. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

KINDERGARTEN REGISTRATION

Child turning 5 years old by Sept. 30? If so, contact your child's school to make arrangements for kindergarten enrollment. Most schools begin getting information together now for parents of incoming kindergartners, and many host an orientation or open house. All kindergarten programs are full-day and located in FCPS elementary schools. Check your school's webpage or contact the school directly for specific enrollment information and dates of orientation or visit www.fcps.edu/registration/kindergarten-registration.

GOVERNING BOARD CANDIDATES

The McLean Community Center (MCC) is seeking candidates to run for seats on its 2018-2019 Governing Board. A candidate must reside in the Center's tax district (Small District 1A-Dranesville). To have their names placed on election ballots, candidates are required to obtain the signatures of 10 McLean tax district residents in their respective categories (either adult or youth). Three adult positions and two youth positions are open this year. Key Election Dates:

- Friday, March 16: Completed Petition Packets are due at MCC by 5 p.m.
- Monday, March 19: Candidates' Orientation, 7 p.m., The Old Firehouse Center, 1440 Chain Bridge Rd.
- Monday, April 9: Absentee Voting begins at the MCC Administrative Office, 6631 Old Dominion Dr., and The Old Firehouse Center, 1440 Chain Bridge Road.
- Sunday, May 6: Candidates Meet and Greet, 2-4 p.m. Sponsored by the Friends of MCC, at the Old Firehouse Center, 1440 Chain Bridge Road.
- Wednesday, May 16: Absentee Voting ends at the MCC Administrative Office and the Old Firehouse Center at 5 p.m.
- Saturday, May 19: Elections at McLean Day from 10:30 a.m.-5 p.m.

For more information on the MCC Governing Board Elections, call the Center at 703-790-0123, TTY: 711, or visit the Center's website: <http://bit.ly/2ix7qc1>.

WEDNESDAY/FEB. 7

Group Coffee. 11 a.m.-12:30 p.m. in the Tysons/Pimmit Regional Library (Room #1), 7584 Leesburg Pike, Falls Church. McLean Newcomers and Neighbors will host a coffee for members and those who might be interested in joining. Visit www.McLeanNewcomers.org.

THURSDAY/FEB. 8

Award Nomination Deadline. 5 p.m. Nominate a volunteer or volunteer group that has made a positive impact on the Fairfax County community at www.volunteerfairfax.org. The Fairfax County Volunteer Service Awards is a community-wide celebration of volunteerism. For a complete list of categories and guidelines, visit www.volunteerfairfax.org or call Kristen Moore at Volunteer Fairfax at 703-246-3531.

McLean Police District Station Citizens Advisory Committee Meeting. 7 p.m. at McLean Governmental Center, 1437 Balls Hill Road, McLean. The February McLean Police District Station Citizens Advisory Committee (CAC) program will focus on the Independent Police Auditor. Richard G. Schott, who was appointed Fairfax County's first Independent Police Auditor in February 2017 will discuss the role and answer questions. Visit www.fairfaxcounty.gov/policeauditor/ or www.fairfaxcounty.gov/police/getinvolved/citizenadvisorycommittee.

FRIDAY/FEB. 9

Section 504 - What Parents Need to Know. 10 a.m.-noon at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 - Room 100, Dunn Loring. Learn how students with a disability may qualify for a Section 504 Plan under Section 504 of the Rehabilitation Act of 1973, a federal civil rights law that prohibits discrimination against individuals on the basis of a disability. Kathy Murphy, FCPS Section 504 Specialist will present this workshop and answer your questions. Register at bit.ly/2E6X15C.

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"Chronic Ken"



By KENNETH B. LOURIE

Nearly nine years into a "13 month to two-year" prognosis, I can hardly believe my good fortune. And though I rarely look a gift-oncologist in the stethoscope, I am happy nonetheless to count my blessings as I continue to look ahead rather than stress behind, and try not think about what was said and when.

At the initial "Team Lourie" meeting with my oncologist, I was told that there was no cure for lung cancer. I could be treated though. As to whether I might live beyond two years, I remember my oncologist responding to our desperate query by saying: "Could you be the one? Sure." Reassuring it wasn't, but hopeful? It sort of was.

As the years have passed and research into lung cancer has grown, an interim step to a cure has evolved: treating lung cancer as a chronic (has opposed to acute/dire) disease, similar to diabetes, as an example. Not as yet curable, but manageable over a longer period of time. A disease with which, I'm fond of saying, one can live. Live beyond the applicable word because, I have to tell you, at the beginning of my treatment, based on what my oncologist had described, living was a long way from what he was anticipating my outcome would be. Nevertheless, I began treatment the following week and the rest is history you regular readers have been privy to since June of '09 when I first published a "cancer" column (as I call them).

Feb. 20, 2018 will be nine years since my internal medicine office called me at work with the results of my previous week's biopsy. He said the tumor was malignant. I remember asking him what that meant. (Duh!). He said he'd rather let the oncologist answer any questions and referred me to the doctor, the same doctor with whom I've been a patient all these years. Sure enough, a week later we heard the news: non-small cell lung cancer, stage IV. And I've been up to my whistles in real or imagined anxiety ever since.

And I'm still present and accounted for as are more and more of us previously-characterized-as-terminal, non-small cell lung cancer "diagnosees." We are not just patients any more. We are survivors, surviving longer than ever before. We are not cured but neither are we dying. Our treatments are modified when the results warrant it and life continues to go on. As much as a cure would be, and continues to be, the goal, life continues, relatively normally, for many of us. It's unlikely however, that we'll ever get out from underneath the weight of our cancer diagnosis. Rather than dying from it though, we're now able to live with it months/years longer than many patients previously diagnosed within the disease.

So what's the next step? Maybe a bigger, bouncier, longer step than before, but more than likely, more of the same, moving forward, one step at a time. To one whose present was hardly a given nine years ago and whose future seemed like a taken-away, being able now to actually live in the present without fearing/forfeiting the future is the opposite scenario many of us lung cancer patients, especially those of us staged as IV, ever imagined. Day by day was the best we could muster.

Now we're mustering months and years and living longer more fulfilling lives. We're not victims anymore nor are we victimized by our circumstances. We're advocating and being advocated for. We don't exactly have lung cancer on the run, but we may have it on the trot. I don't know if I'll live to see a cure but I have lived long enough to have given myself a nickname, one which I'm most proud to have earned.

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

Lawmakers Play Whack-A-Mole with Predatory Lenders

Senate panel takes action to limit one kind of high-interest loan while leaving a loophole for another.

BY MICHAEL LEE POPE
THE CONNECTION

By this time next year, high-interest lenders may be prohibited from making consumer finance loans — at least ones they find profitable at 200 percent interest. So that loophole may be closed by the end of the General Assembly session. But it seems likely lawmakers will leave Richmond this year creating no restrictions on open-end lines of credit, raising concern among some that lawmakers are playing a game of whack-a-mole.

“All of a sudden, in the last five, six, seven, eight years we’ve got title lenders, payday lenders, revolving lenders and now internet lenders jumping the fence and coming over into the consumer finance act that had never contemplated this kind of lending,” said Jeff Smith, executive director of the Virginia Financial Services Association. “So not only do we support this legislation, we drafted it.”

That legislation would create a cap of 36 percent interest rates for all consumer finance loans, closing one loophole that has



PHOTO BY MICHAEL LEE POPE/THE CONNECTION

Check Into Cash lobbyist Robert Baratta testifies before the Senate Commerce and Labor Committee. Last year, his company donated more than \$8,000 to members of the committee, which killed a bill that would have created new consumer protections on his company.

allowed loans for as much as 950 percent interest. Car-title lenders were using these kinds of loans in a bait-and-switch operation until 2016, after a series of investigative reports exposed the practice and lawmakers took action to rein in the industry. Since that time, internet lenders have moved to an unregulated product known as open-end lines of credit. Last week, lawmakers rejected a bill that would have prevented lenders from allowing lenders to have more than one loan at a time.

“The only way I would know that someone has an installment loan is if they were trying to get it from me,” said Robert Baratta, lobbyist for Check Into Cash, which

contributed more than \$8,000 to members of the committee last year. “I don’t know if they’ve gone down the street to somebody else and took one out unless there’s some kind of database we can access.”

CRITICS OF PREDATORY LENDING say payday lenders and car-title lenders already have to comply with that restriction, which prevents people down on their luck from taking out new loans to cover old loans. Of all the consumer protections considered in a series of bills this year, this is one of the most important to people who want to make sure these companies don’t take advantage of people who are already

“We’d like to close this loophole to ensure that some of the most vulnerable Virginians aren’t taken advantage of”

— Kevin Mauer,
associate director,
Virginia Catholic Conference

experiencing hefty medical bills or family emergencies.

“We’d like to close this loophole to ensure that some of the most vulnerable Virginians aren’t taken advantage of,” said Kevin Mauer, associate director of the Virginia Catholic Conference.

Opposition to high-interest loans isn’t coming just from consumer groups and religious organizations. It’s also coming from businesses in the consumer-finance industry, who believe unscrupulous businesses are using their section of the code to make predatory loans. That’s why they worked with state Sen. Scott Surovell (D-36) to craft the 36-percent cap. Although that bill got out of committee, his other bill that would have created similar restrictions on open-end lines of credit did not.

“They’re using these open-end credit loans to evade the laws that we passed,” said Surovell. “We can’t keep playing whack-a-mole.”

VOLUNTEER EVENTS & OPPORTUNITIES

Fairfax County is offering a Free **Caring for You, Caring for Me** for caregivers of older adults. **Mondays, Feb. 26-March 26, 1-3 p.m.** at Insight Memory Care Center, 3955 Pender Dr., Ste. 100, Fairfax. Find out more at www.fairfaxcounty.gov/OlderAdults (under Hot Topics). Call 703-324-7577, TTY 711.

The **Fairfax Commission on Aging** meets on **Wednesday, Feb. 21, 1-3 p.m.** at the Mount Vernon Government Center, Rooms 2 & 3, 2511 Parkers Lane, Mount Vernon. The public is welcome to attend and join in the comment period that begins each session. Find out more at www.fairfaxcounty.gov/familyservices/older-adults/fairfax-area-commission-on-aging. Call 703-324-5403, TTY 711 for meeting access needs.

Fairfax County’s **Family Caregiver Telephone Support Group** meets by phone on **Tuesday, Feb. 13, 7-8 p.m.** This month’s topic is Maintaining Relationships While Caregiving. Call 703-324-5484, TTY 711 to register.

VOLUNTEER OPPORTUNITIES

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.

Meals on Wheels needs **Drivers, Coordinators, and Co-coordinators** for routes throughout the county. Apply online at volunteer.fairfaxcounty.gov.

Fairfax County needs **Respite Care** volunteers to visit and oversee the safety of older adults. Support and training provided. Contact 703-324-5374, TTY 711. Apply online at volunteer.fairfaxcounty.gov.

The **Chronic Disease Self-Management Program** needs volunteer leaders to co-facilitate 2-hour workshops that help people with chronic illnesses. The 6-week program meets in Fairfax County. Training provided. Contact ElderLink at 703-324-5374, TTY 711, or go to www.fairfaxcounty.gov/DFS/OlderAdultServices/chronic-disease.htm. Apply online at volunteer.fairfaxcounty.gov.

Volunteer Opportunities at Senior Centers and Adult Day Health Care Centers:

Fairfax/Centreville/Chantilly

❖ The Little River Glen Senior Center in Fairfax is in need of Instructors for the following classes: SAIL, Qigong, Basic Language, Group Fitness, ASL, Computer Lab Assistants, Current Events, ESL, Front Desk Assistance, a Volunteer Coordinator and a Trip Assistant. Apply online at volunteer.fairfaxcounty.gov.

❖ Co-ordinators for Centreville/Chantilly Meals on Wheels Routes – Volunteers needed to oversee and coordinate the driver roster and schedule. Apply online at volunteer.fairfaxcounty.gov.

❖ The Sully Senior Center in Chantilly needs Instructors for the following classes: Basic Spanish, Book Club, Bunko, Card Making, Fitness and a Personal Trainer. Apply online at volunteer.fairfaxcounty.gov.

Annandale/Falls Church/McLean

❖ The Wakefield Senior Center in Annandale is looking for a Front Desk Assistant to greet and check in participants on Mondays and Wednesdays. Apply online at volunteer.fairfaxcounty.gov.

❖ Meals on Wheels Drivers are needed in the Falls Church/Annandale area. Apply online at volunteer.fairfaxcounty.gov.



Sheehy Donates to Ronald McDonald House Charities

Sheehy INFINITI of Tysons recently donated \$2,500 to Ronald McDonald House Charities of Greater Washington as part of Sheehy Auto Stores’ annual giving program for 2017 — \$150,000 was given to charities throughout communities in Washington, D.C., Baltimore and Richmond. Pictured is Aaron Spicer, General Manager, and the Sheehy INFINITI of Tysons team, presenting a check to M.K. Phillips, Business Development Officer for the Ronald McDonald House. Ronald McDonald House Charities of Greater Washington, D.C. eases the hardship of children’s illness on families through programs that directly improve the health and wellbeing of children.