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A few trees away from her nest and eaglets, a mother eagle watches for predators above and food sources below. Scientists hope additional nests are indicators of increasing biodiversity of species and that means the ecosystem is healthier

# Great Falls CONNECTION



## Bald Eagles Rediscover Potomac

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Great Falls Art Walk  
Kicks off on April 6

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Silent Auction to Benefit  
Great Falls Schools

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PHOTO BY CHRISTINA TYLER WENKS



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Two bald eagles tend to three eaglets near Great Falls. Bald eagles usually mate and lay eggs in mid-February. Eggs incubate just over a month — about 35 days — and the young fledge 10 to 12 weeks later.



PHOTOS BY CHRISTINA TYLER WENKS

A bald eagle protects her three eaglets on Minnehaha Island in the Potomac River.

## Bald Eagles Rediscover Potomac

Bald eagles are a sign of ecosystem improvement.

BY CHRISTINA TYLER WENKS

A pair of bald eagles is raising three eaglets on Minnehaha Island in the Potomac River. This is the third bald eagle nest in the Great Falls area this year and the second known to contain hatchlings. The proximity of the nests tells naturalists at Riverbend Park that the area's ecosystem is improving.

Last week, the Potomac Conservancy issued a report that said the Potomac River's health is better than recent decades. The river's report card gave the Potomac a B — up from a D in 2011.

"We hope these additional nests are indicators of increasing biodiversity of species and that means the ecosystem is healthier — birds, amphibians, and mammals — but this takes many years," said Julie Gurnee, Riverbend Park naturalist.

**WILDLIFE SPECIALISTS** and national park rangers say bald eagles actively nested on Conn Island near Great Falls National Park for the past 20 years. A pair of eagles are nesting on Minnehaha Island for a second year. A young eagle that fledged last year is often spotted fishing in the Potomac River by the Riverbend Visitor's Center.

Wildlife enthusiasts are watching a third bald-eagle nest on Watkins Island near Riverbend Park. "What's surprising is their proximity to each other," said Gurnee. "This is much closer than we expected to see another eagle nest."

Pollution and lead, such as buckshot and fishing weights, threaten eagles scavenging



A break in foliage along Riverbend Park's Potomac Heritage Trail allows outdoor enthusiasts to view an eagle's nest on Minnehaha Island in the Potomac River. With binoculars, eaglets are frequently visible.

during winter months, said Alonso Abugattas of the Capital Naturalist website and educator at Northern Virginia parks.

Boosting biodiversity takes years. Long-term river and wildlife health depends on residents taking steps such as installing native plants and increasing natural stream

buffers with deep roots to absorb herbicides, fertilizers, and road runoff, and reducing waste and lowering emissions and reliance on cars, said Gurnee and Abugattas.

**VIRGINIA BLUEBELL** blooms are expected to peak the week of the Riverbend



Majestic Bald eagle.

"We hope these additional nests are indicators of increasing biodiversity of species and that means the ecosystem is healthier — birds, amphibians, and mammals — but this takes many years."

— Julie Gurnee, Riverbend Park naturalist

Park's Bluebell Festival, which is Saturday, April 14, from 10 a.m. until 2 p.m. During the festival, a scope will be set up along Potomac Heritage Trail so visitors may observe eagle-nest activity. Festival admission is \$7 online and \$9 on site.



# News



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**WOMEN'S HEALTH**



PHOTOS COURTESY OF FAIRFAX COUNTY FIRE & RESCUE DEPARTMENT

## Canines Trained for Rope Operations

Units from Fire and Rescue Station 14, Burke, A-Shift recently assisted K9 handlers from Virginia Task Force -1 and the Prince William Police Department on a drill regarding rope operations. It is important to expose the canines to heights so that during actual deployments the K9 team is familiar with how to work during this type of operation. All the canines end the training with a fun "find" on the rubble pile.

—TRISH DANULA



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# McLean Community Center

## 2018 Governing Board Elections

The Governing Board and staff of the McLean Community Center strongly encourage all qualified residents to vote **for members of the McLean Community Center 2018-2019 Governing Board**. Your vote sends a very important message of your support of the Center's programs and services.

### Requirements to Vote:

1. You must be a resident of the McLean Community Center tax district (Dranesville Small District 1A); however, you need not be registered to vote in the general election.
2. You must be at least 18 years old to vote for an adult candidate. Adults may vote for up to three candidates. Teens turning 18 on or before McLean Day may only vote for adult candidates.
3. You must be 15 through 17 years old by McLean Day to vote for youth candidates. Youth voters have two votes, and may vote for one candidate in the McLean High School boundary area, and one candidate in the Langley High School boundary area. Youth voters may not vote for more than one candidate in the same boundary area.
4. You must bring identification and proof of residency, such as a driver's license. If you do not have identification, you may sign a sworn statement.

### When & Where:

Vote between the hours of **10:30 a.m. and 5 p.m.** at the McLean Day 2018 festival on **Saturday, May 19**, at Lewinsville Park, 1659 Chain Bridge Rd.

### Absentee Voting:

Want to vote, but can't make it to the McLean Day festival on May 19? Vote by absentee ballot April 9 – May 16! Call the Center at 703-790-0123, TTY: 711 or send a request by email to "[elections@mcleancenter.org](mailto:elections@mcleancenter.org)" to have a ballot package sent to your home. You may also stop by one of three MCC's sites: Administrative Office at 6631 Old Dominion Dr., Program Office at 6645 Old Dominion Dr. (both in McLean Square Shopping Center), or at the Old Firehouse Teen Center, 1440 Chain Bridge Rd. Completed absentee voting affidavits and ballots must be returned to one of the sites by 5 p.m. on **Wednesday, May 16**, to be counted.

**Write-in candidates are allowed** and must have at least 10 votes from 10 residents of the Center's tax district in order to have their votes counted. For youth write-in candidates, the 10 votes must come from teens who live within the same high school boundary area as the candidate.

### Meet the Candidates

#### Adult Candidates—Three Positions Open (four candidates)



#### MARIA FODERARO-GUERTIN

I'm excited to run as a candidate for the board of the McLean Community Center. My husband and I have lived in McLean for 14 years. We're grateful to be raising our twins in such a wonderful community. I have been a foreign language and history teacher for 20 years. I have broad experience working with companies and nonprofits facing budget challenges. I've been pleased to work with many organizations advancing core values my parents instilled in me: volunteerism and hard work. With your vote, I will continue that work with our board to expand offerings for our vibrant community. Email: [mariaformccboard@gmail.com](mailto:mariaformccboard@gmail.com)



#### CAROLE HERRICK

McLean Community Center opened in 1975; thus, it has served residents of Small District 1A for 43 years. It is the community's jewel. Among its many features, the center provides community information, classes, lectures, meeting space, a kitchen, the Susan B. DuVal Art Studio, the MPA gallery, the Alden Theatre and a teen center. Years ago, I served three terms on the Governing Board, followed by Friends of MCC. Soon a more modern center will open. I hope to be the connection with the vision of those who created the original center and those providing a vision for its future. Email: [cherrick1@aol.com](mailto:cherrick1@aol.com)



#### TERRI MARKWART

As a member of the McLean Community Center Board, I will support the mission of the Center by promoting a sense of community through its programs and renovated facilities while respecting the tax dollars of the residents of Small District 1A. I am an 18-year resident of McLean with three children in our public schools. As Langley High School's past PTSA President, former GMU adjunct professor, member of Redeemer Lutheran Church, TEDxTysons, Tysons Interfaith, Safe Community Coalition and McLean Youth/Langley athletics volunteer, my experience will work for the residents of Greater McLean. Thank you for your vote. Email: [terrimarkwart@gmail.com](mailto:terrimarkwart@gmail.com)



#### RAJ MEHRA

I am running for a seat on the McLean Community Center board because I care deeply about the community. My family has been residents of McLean since 2003 and my wife and daughters grew up in McLean. We are supporters of the McLean Project for the Arts. I have served for the last five years on the board of the Greater McLean Chamber of Commerce and when my children were younger, I was a coach for McLean Youth Soccer and McLean Basketball. The charm of McLean is what I treasure most, and I want to help preserve this. Email: [rmehra123@yahoo.com](mailto:rmehra123@yahoo.com)



#### MEGAN MARKWART

A lifelong McLean resident and sophomore at Langley, I've been attending MCC programs since I was born—tagging along with my siblings to Music Together class. Redeemer Lutheran Church and my family taught me the importance of giving back and sports taught me the value of working together as a team. I work at McLean Hardware, play Langley Field Hockey, JV Soccer Captain and elected Class of 2020 SGA representative; I am also interested in being part of the discussion about how to increase youth programming at the Old Firehouse and the newly renovated MCC. Thank you for your vote. Email: [mmarkwart@gmail.com](mailto:mmarkwart@gmail.com)

#### McLean High School Boundary Area (three candidates)



#### SERENA AURORA

I believe that student governors have a special role and should always try to assess issues and decisions from the point of view of other students. Being student governor is about making sure that all perspectives are considered. I want to become a youth governor to learn more about how the community is run and to support the people in it. I have gained many experiences ranging from leading and participating in various committees to holding leadership roles. In all, I want to have a better understanding of the main concerns and policies that affect the children in our community. Email: [serenaaurora27@gmail.com](mailto:serenaaurora27@gmail.com)



#### LAUREN HERZBERG

I am a second-generation McLean resident; I love this town and the people that make it up. McLean High School has fostered my love for field hockey, where I was JV captain and Varsity player, developed my interest in business through DECA and spurred by fascination with the Spanish language. My true passion lies in serving others. I volunteer for Jill's House, where I provide care for children with disabilities. I pledge to implement my love for service into the McLean Community Center and promote leadership programs to prepare McLean's youth for the future. Email: [lbherzberg6@gmail.com](mailto:lbherzberg6@gmail.com)



#### KIMYA SHIRAZI

The identity of a community is characterized by the degree to which its members are engaged with one another. As a member of the McLean community for 16 years, I've always felt the unique sense of inclusion that its people, events and resources offer. I'm currently a junior at McLean High School who is running for the McLean student position on the McLean Community Center Board. My primary intention for wanting this position is because I aim to play an influential role in heightening McLean's collective involvement, the same quality which I admire about the community in the first place. Email: [kimyashirazi@gmail.com](mailto:kimyashirazi@gmail.com)

### Meet the Candidates

#### Youth Candidates—Two Positions Open Langley High School Boundary Area (two candidates)



#### BRIAN KIM

Hello, my name is Brian and I am a student at Langley High School. I am running for a position on the Governing Board to become an active member of my community. I have had previous experiences as a campaign organizer at the Fairfax County Democratic Committee, an intern at Sejong Geriatric Hospital and a volunteer at Sibley Memorial Hospital. At Langley, I am a member of the Debate Team and Varsity Golf Team. Overall, I am not only interested in working with professionals and other students, but also eager to participate in the administration of McLean. Email: [briankim315@gmail.com](mailto:briankim315@gmail.com)



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## NEWS

# Silent Auction to Benefit Great Falls Schools

**Celebrate Great Falls Foundation taking donations; auction to run May 1—14.**

BY ADRIENNE WEST  
 THE CONNECTION

The Celebrate Great Falls Foundation (CGFF) annual golf tournament includes a silent auction that has grown from just a handful of items generating a couple of thousand dollars to a major event that netted over \$12,000 last year. This double-header fundraiser gives sizable checks to each of the three local elementary schools and is only made possible by the hard work of volunteers.

Missy Perkins has volunteered in some capacity every year since moving here in 2014. She chose the golf tournament because she had prior experience running a charity and wanted get involved in the community to meet new people.

"I attended the first committee meeting and volunteered to run the silent auction. At the time, only players at the tournament could bid on the silent auction items. Because the proceeds from the tournament benefit the three local elementary schools, I felt we were missing a huge audience of potential bidders," Perkins said.

She also said there were missed opportunities of donations by the schools, such as "Principal for the Day" or VIP seats at sixth grade graduation, which were hugely popular at her last school. Perkins then took the auction online, giving everyone the ability to bid on the school experiences and other donations. "I don't quite remember the actual figures, but I believe that we increased the profit from the silent auction by almost double and we definitely captured a much wider audience of bidders."

**HER FAVORITE PART** is helping with registration on the day of the event. "It is so nice to meet and greet parents, sponsors, local business owners and Great Falls residents. I also love seeing the creative auction items/experiences that the teachers come up with."

## AREA ROUNDUPS

# Assistance League of Northern Virginia to Hold Fundraiser

The annual Spring Fundraiser is Assistance League of Northern Virginia's most important fundraiser of the year with money raised benefiting the nonprofit's 2018-19 programs which feed, clothe and educate children in need in our communities.

Set for April 27, the event will take place from 11 a.m.-2 p.m. at the Country Club of Fairfax, 5110 Ox Road, in Fairfax. This year's luncheon and silent auction is sponsored by: Quadrant, Inc. - \$6,000 Super Star; Joyce Koons Honda Buick GMC - \$1,000 Gold Star; Spine Care of Manassas Chiropractic Center -



ARCHIVE PHOTO

**Students and representatives from the Forestville, Colvin Run and Great Falls elementary schools and the Celebrate Great Falls Foundation gather at Forestville Elementary on June 15, 2015 for the tournament and online auction check presentation.**

Perkins explains why this is an important event for the community. "Our elementary schools receive less funding from the state compared to other school districts. The proceeds from the golf tournament are donated directly to our schools and help them improve/update the educational resources that directly affect our children. I feel that it brings the residents together for a common goal."

Another key volunteer, Deanna Keys is a longtime area resident whose four children attended Forestville and loved it. "When I had the opportunity to help the school raise money for laptops by organizing and offering an online school auction, I was all in. It was a big success, raising about \$11,500. Afterward, Erin Lobato (Director of CGFF) asked if I would help with their auction that spring." She incorporated many things that worked in the Forestville auction, including the same online auction site. Keys also widened the target base for requested donations. "Donations were requested from national companies to D.C. area restaurants/attractions down to local businesses. The local businesses have all been the most generous in their support. They've donated items and services such as handyman for a day, tree planting, an ice cream party, horseback riding camp, and financial services."

She echoes the sentiment shared by Perkins when talking about community involvement. "I feel that the CGFF golf tournament and auction is an important community event as it really brings the whole community together for the children. The support of the community businesses has been impressive and the families have responded by enthusiastically participating in the auction."

**DONATIONS** are now being accepted for the Silent Auction to be held May 1-14, 2018. CGFF gladly accepts gift cards and personal services such as babysitting hours, pet sitting hours, sports lessons for kids, yard work hours, or any professional consultation. For more information, go to <https://www.celebrategreatfalls.org/online-silent-auction/>.

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# OPINION

## Legislators: County Has Authority To Ban Loaded Rifles on Road

The following letter to all members of the Fairfax County Board of Supervisors from members of the General Assembly from Fairfax, urges common sense action on guns; the state legislators say Fairfax County has the authority to ban loaded shotguns and rifles on the roads.

**D**ear Madam Chairman and Hon. Supervisors: Section 15.2-915.2 of the Code of Virginia gives all local governments in Virginia the authority to ban loaded shotguns and loaded rifles on public highways.

§ 15.2-915.2. Regulation of transportation of a loaded rifle or shotgun.

*The governing body of any county or city may by ordinance make it unlawful for any person to transport, possess or carry a loaded shotgun or loaded rifle in any vehicle on any public street, road, or highway within such locality.*

A similar ordinance has been enacted in the counties of Fauquier, Loudoun, Madison, Albemarle, Chesterfield, Clarke, James City, King George, New Kent, Northumberland, Surry, Warren and the cities of Alexandria, Fredericksburg, Petersburg, Richmond,

Roanoke, Virginia Beach, and Williamsburg.

We, members of the Virginia General Assembly representing Fairfax County, do not believe that there is a need for loaded shotguns or loaded rifles on Fairfax County's public roads. High emotions that come with traffic congestion in our region have led to instances where firearms have been discharged in incidents of road rage. Requiring that shotguns and rifles are not loaded at the beginning of a trip will help to reduce the potential for such split-second, life-changing decisions to occur in a moment of anger. Such an ordinance will also help to protect the driver and passengers, including children, as well as law enforcement from the accidental discharge of one of these weapons. For example, in 2006, Virginia State Trooper Kevin C. Manion was killed after a loaded rifle went off during a wreck cleanup in Clark County.

We recognize that the Fairfax County Board of Supervisors considered this issue in 2015.

However given recent events, we believe that it is important at this time for all our localities

to use their existing authority to foster gun safety and protect the driving public.

We hereby ask that you initiate the processes necessary to change Fairfax County's ordinances to prohibit the transportation of loaded shotguns and loaded rifles to the fullest extent possible under Virginia Law.

We look forward to working with you on this important initiative.

**Sen. Scott Surovell (D-36)**  
**Sen. Richard Saslaw (D-35)**  
**Sen. Barbara Favola (D-31)**  
**Sen. David Marsden (D-37)**  
**Sen. Jennifer Wexton (D-33)**  
**Sen. George Barker (D-39)**  
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**Del. Jennifer Boysko (D-86)**

## March for Your Cause

BY KENNETH R. "KEN" PLUM  
 STATE DELEGATE (D-36)

**O**ur Founding Fathers were brilliant individuals. Not only did they craft a new form of government with the United States Constitution, but they established a government of "we the people" leaving behind monarchies and special privileges. While it created "a more perfect union," it included within its structure mechanisms upon which the union could be further perfected.

While it did take a civil war to bring about the most needed reform that had been debated at the Constitutional Convention and not settled but compromised away, many other reforms and perfections have taken place through constitutional amendments, laws

and judicial decisions.

With the massive changes that have taken place in our nation's history, particularly in civil rights, it is amazing that there have been so few changes to our basic structure of government. Building on the ideals of Thomas Jefferson in the Declaration of Independence that all persons have inalienable rights of life, liberty and the pursuit of happiness, the Constitution and its provisions created a way to realize these goals that ensures America's greatness is not in its past but in its future.

Most often mentioned in the guarantees that propel our country into future greatness are the freedoms of speech, press and religion. Less discussed in the past but now seen as a critically impor-



tant right to maintain our free government is the freedom to assemble. If freedoms are to be maintained in the future, it may be our right to assemble that will ensure it happens.

It is somewhat ironic that at a time

when the internet enables advocacy blitzes to fill the electronic mail boxes of public officials to support a cause that the crowds of people filling the streets in various marches may be our greatest safeguard. Many feel it is not enough to simply send a letter or brochure or give or listen to a speech; we need to visibly show the depth and breadth of our cause by assembling supporters by the thousands in the heat, cold, rain or sunshine.

I participate in marches in our

Nation's Capital as well as our State Capital to show support for equality in our society and for an end to gun violence. I find the marches inspirational because of the worthiness of the cause and the wonderful people I meet who have such strong dedication and conviction that they will take part however inconvenient. If you have not taken part in a march, I encourage you to do so. After all, assembling together to support our rights is part of what the Founding Fathers had in mind when they included the right to assemble in our Bill of Rights. The other important day to be sure to exercise your right to assemble is on election day when you have an opportunity to express your right as a citizen. It amplifies your voice when you assemble with others to vote for the persons who most clearly are representing your views on issues.

local school. Offer to be a guest reader or to share how reading or librarians influenced your life and career.

Contact your local school today and connect as school librarians help make connections with students, teachers, community and the world.

**Alyssa Lingler**  
 Burke

## Enjoy School Libraries

April is School Library Month and a great time to consider all the amazing things a school library achieves for students and the school community. The American Association of School Librarians has dubbed this year's theme "Making Connections," which is a very appropriate theme. All of

schools in Burke are lucky to have certified librarians, which studies show increase reading test scores, overall higher test scores and encourage a love of reading and learning that continues throughout life.

School libraries have much more than books; most have labs where students create, investigate and collaborate on learning projects. In addition to assisting students, the school librarian is a treasured

resource for all classroom teachers in the school. The connections the school librarian makes, and encourages students to make with learning, their community, the world and reading, impact learners as they go on to become life-long learners and productive members of our community.

You can support the American Association of School Librarians and School Library Month by sharing your connections with your

## Great Falls CONNECTION

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# Senior Living

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# Senior Living




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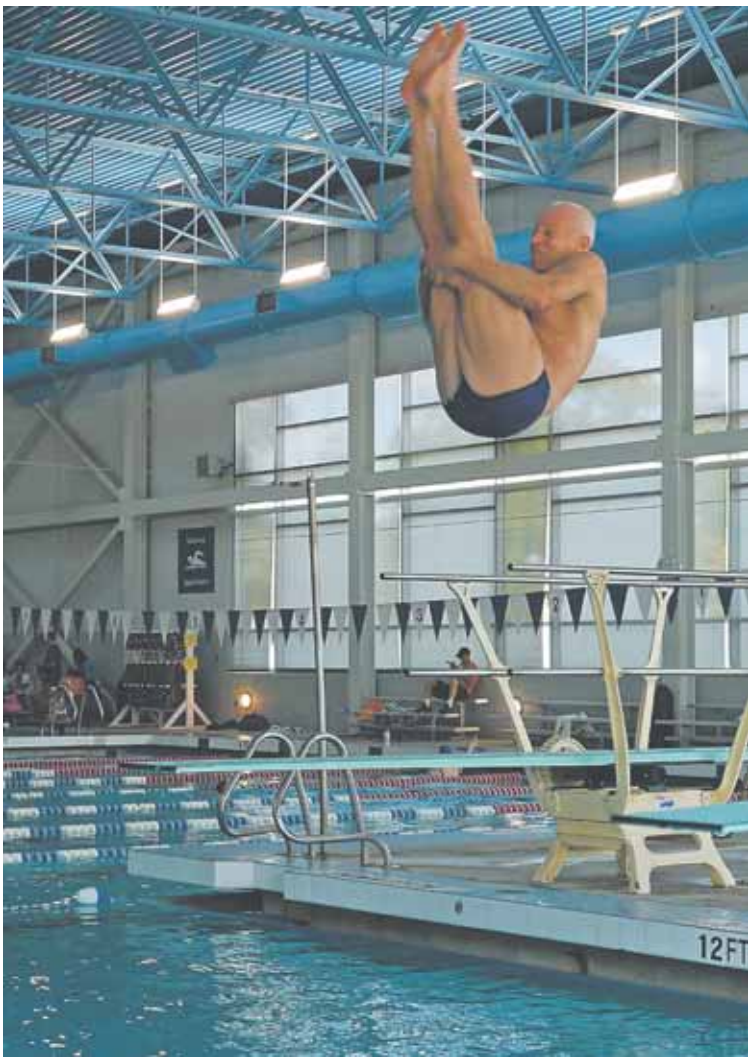
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Kim Aderman competes in last year's diving match.



FILE PHOTO BY  
SHIRLEY RUHE/  
THE CONNECTION

## Preparing for Senior Olympics

New this year: canasta, croquet and beach ball wallyball.

By SHIRLEY RUHE  
THE CONNECTION

It may seem like a long time until September when the 36th year of the Northern Virginia Senior Olympics (NVSO) kicks off.

But not for 83-year-old Chuck Toftoy from Arlington, who often enters 20 events, and says he practices all year long.

Opening ceremonies for this year's events are scheduled for Sept. 15 at 9 a.m. at Thomas Jefferson Community Center in Arlington, and the competition is scheduled to end on Sept. 26.

The NVSO began in 1982 with about 80 people competing; last year there were 752 competitors signed up for one or more of the

SEE PREPARING, PAGE 11

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## Senior Living



FILE PHOTO BY SHIRLEY RUHE/THE CONNECTION

**Northern Virginia Senior Olympics includes bocce competition.**

## Preparing for Senior Olympics

FROM PAGE 10

70 events offered. The events ranged from tennis, baseball throw, bocce, orienteering, swimming and diving, golf, corn hole toss, volleyball, and pickleball.

Three new sports have been added to the competition this year including canasta, croquet and beach ball wallyball. Herb Levitan, a member of the NVSO Board, explains beach ball wallyball is like volleyball but played on a racquetball court with a beachball which is bigger and softer than a volleyball. Levitan is currently preparing for the Virginia senior games coming up soon where he swims four freestyle events.

Alease Brooks, 85, has been competing for 14 years and participated in 13 different sports in 2017. But her favorite is pickleball. Her children have bought her T-shirts in different colors for her games and often come to watch her and cheer her on.

Toftoy says this year he plans to reduce the number of sports he enters so that he can concentrate on pickleball since he plans

to enter singles, doubles and mixed competition this year.

Last year, 93-year old Henry Colette from Oakton was one of 19 bocce competitors. But for the last several years he has been guaranteed a win because there was no one else in his age group competing.

Last year's oldest competitor was 101 years old with her sport of choice was duplicate bridge.

Seniors participate for many reasons — some because they like to stay busy and fit, others because they are returning to a high school or college sport, some because they like the community of friends they see every year and others because they still “like to dream big.”

This year's games are expected to be held in 29 venues including community centers, parks, high schools and other locations across Northern Virginia. Registration for this year's NVSO will open June 1. This year NVSO is hoping to bring back the 5k run and looking for an event director for that event. Those interested in volunteering can call 703-403-5360.

### Seniors Calendar

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

#### FRIDAY/APRIL 6

**Coffee Social at Tallwood.** at 10 a.m. at Tallwood Campus, 4210 Roberts Road, Fairfax. Welcome new members, make new friends and kick-off spring term in Fairfax with coffee, refreshments and friendly conversation. The event will include a quick presentation. For more information or to register, visit [bit.ly/2H8AZy1](http://bit.ly/2H8AZy1) (Special Event 1304).

#### FRIDAY & MONDAY/APRIL 6 & 9

**AARP Smart Drivers Classes.** 9 a.m.-1 p.m. at Oakton United Methodist Church, 2951 Chain Bridge Road, Oakton. A refresher course for drivers age 50 and older. \$15 AARP members, \$20 for non-members payable on the first day of class. Visit

[www.scov.org/files/2018\\_04\\_aarp\\_smart\\_driver\\_flyer.pdf](http://www.scov.org/files/2018_04_aarp_smart_driver_flyer.pdf). Call instructor David Young to register at 703-591-1847.

#### SATURDAY/APRIL 7

**Caregiver Bootcamp.** 8:30 a.m.-3 p.m. at Insight Memory Care Center, 3953 Pender Drive, Suite 100, Fairfax. Join IMCC for a special day-long training event covering essential caregiving topics. Contact Lindsey Vajpeyi, [lindsey.vajpeyi@insightmcc.org](mailto:lindsey.vajpeyi@insightmcc.org), 703-204-4664 or visit [InsightMCC.org](http://InsightMCC.org).

**Living with Alzheimer's: For Middle-Stage Caregivers.** 10 a.m.-noon at Ravensworth Baptist Church, 5100 Ravensworth Road, Annandale. Part one of three-part series. Join the Alzheimer's Association for this free three-part series and hear caregivers and professionals discuss helpful strategies to provide safe, effective and comfortable care in the middle stage of Alzheimer's. For more information and to register, call 800-272-3900.

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# Master Suite Enables Aging-in-Place

Solution addresses long-term needs arising from spouse's stroke.

BY JOHN BYRD

**F**red and Liz Saalfeld had occupied their four-bedroom 2,800-square-foot Colonial in Springfield for nearly five decades when the unexpected caused them to reconsider basic housing needs. Without warning, Liz Saalfeld suffered a heart attack. Her mobility — previously hampered by arthritis — now became seriously compromised.

Looking ahead, a wheelchair-access plan also now seemed prudent to Fred Saalfeld, who increasingly relied a pair of canes to get around.

The proposed retrofit was a tall order, however. The master bedroom was on the second floor; the laundry room in the basement. There was an open carport, but no extra storage space. The master bathroom was just too narrow for a wheelchair — assuming there was a way to mount the stairs.

Equally relevant, the home's surrounding landscaping was undeveloped, with a steep hill in the backyard. There were places to sit, but no quiet places to stretch out and relax.

Acting decisively, Saalfeld sought fresh ideas from local remodelers — eventually deciding on Michael Nash Kitchens and Homes who had previously remodeled his kitchen.

"Michael Nash was very responsive to our needs, and really understood Aging-In-Place considerations," Saalfeld said.

Part of that responsiveness arose from Sonny Nazemian, Michael Nash's founder and president, and a Universal Design Certified Remodeler (UDCR), who commenced drafting design ideas with the Saalfelds on the first meeting.

"Aging-in-place (AIP) is becoming one of the high-demand remodeling services segments," Nazemian said. "But it's a specialty area — and requires staying on top of ever-evolving ADA (American with Disabilities Act) regulations, and strict building codes."

From the first, Nazemian pictured an addition extending from the rear elevation. The Saalfeld would gain expanded sleeping quarters and each spouse would have their own walk-in closet. A wheelchair-friendly bathroom replete with in-shower bench, grab bars and hand-held body spray nozzles would be specially designed. The laundry room would be moved to the



**The Saalfelds added a wheelchair friendly master suite to the four bedroom colonial they had occupied for over 50 years. The 1,200-square-foot addition extends from the old rear elevation into a formerly hilly backyard. The new addition includes a laundry, a spacious ADA (Americans with Disabilities Act) master suite with "his" and "her" wardrobe closets. The French doors access a flagstone patio, and newly landscaped grounds surrounded by a privacy fence. The addition also has a dedicated HVAC system**

first floor

At 1,200 square feet, the new master suite addition features a 14-foot cathedral ceiling and double French doors that segue to a flagstone patio. To create the needed 28' x 42' footprint, Nazemian excavated down three feet from the existing surface, removed six metric tons of earth and — to achieve the necessary compaction — planted a grove of Tock's shrubbery.

To control water runoff, designers introduced a French drain and swell linked to an infiltration trench.

With the foundation issues resolved, attention turned to the new addition's space plan and design. Exterior brick cladding was matched to the home's original masonry

creating a seamless enlargement of the existing house. Interior floors were, likewise, milled and finished to blend with the hardwood floors in the existing structure.

"The interior style is very consistent throughout," Saalfeld said. "It's very much one house."

To ensure natural light and comfort, Nazemian specified low-E, double Argon-filled glass for all windows including a pair of double French doors that lead to the patio. A smaller louvered door was created for the family's Irish setter who exercises in a side yard.

A new split-system HVAC unit was installed to provide the new addition with dedicated heat and air control. The solution proved to be a money-saver, since it concentrates temperature requirements



**The shower is equipped with grab bars, a bench and hand-held nozzles — all of which Fred Saalfeld uses in his daily bathing routine.**

in rooms where the couple spend most of their time.

The master bathroom (at 200 square feet) is a masterpiece of efficiency and warmth. The door from the bedroom is 32" wide with the 90 degree swing radius required by the ADA-regulations — yet the interior design is soft and earthy, porcelain tiling offset by walnut cabinet facings and a granite-topped vanity.

Best yet, a series of well-defined walkways link garden focal points with a mid-yard gazebo. Surrounded by a privacy fence, the grounds are a nicely protected Eden, perfect for quiet enjoyment.

For more information, call 703-641-9800 or visit MichaelNashKitchens.com

*John Byrd has been writing about home improvement for 30 years. He can be reached at 703-715-8006, [www.HomeFrontsNews.com](http://www.HomeFrontsNews.com) or [byrdmatx@gmail.com](mailto:byrdmatx@gmail.com). Send photos of interesting remodeling projects to: [b2b@homefrontsnews.com](mailto:b2b@homefrontsnews.com).*



**With a pair of walk-in wardrobe closets on the left, and access to a first level laundry and master bedroom on the right, the access corridor from the main house is spacious. The French doors open into the dining room. Michael Nash matched the original hardwood flooring to create a seamless unity between the old house and the new addition.**



**The louvered door on the right is for the family's Irish setter, who exercises in the side yard. All doors are at least 32 inches wide and have a 90 degree clearing width.**



# Langley High Principal to Retire

**F**red Amico, Langley High School principal, has sent the following letter to the Saxon Community:

"After 31 years of working as an educator in Fairfax County Public Schools, I have decided to retire at the end of this school year. Serving as principal of Langley High School has been an opportunity that I cherish. Langley High School is an outstanding high school due to the professional, dedicated, and innovative teaching staff, supportive and involved parents, and smart, creative, and inspirational students. I know that I have benefited more from my time at Langley than it has benefited from me.

"Any school is just a building. Luckily, the Langley community is now getting a building they truly deserve, but it is still a building. The strength of Langley is everyone who walks the halls. Our custodians, who work tirelessly and with pride to keep the building clean and a place that is enjoyable. Our building engineer, who works behind the scenes to ensure that the building is comfortable and safe for all of us. Our security staff, who are always vigilant and watchful. The support and clerical staff, who keep things running smoothly. Our counselors, who always keep the needs of the students in the forefront of their planning. The administrators, who consistently try to do what is best for students. The teachers who work, plan, and do whatever it takes



CONNECTION FILE PHOTO

**Langley High School Principal Fred Amico**

to inspire our students. Lastly, the students who are a source of joy for me every day. They consistently surprise me with their candor, humor, and intelligence. I will take countless good memories of those students with me.

"Our Regional Assistant Superintendent, Mr. Tyson, will begin the process of selecting a new principal immediately. In the next few weeks, he will inform you of the process for selecting a new principal. I am confident the next principal will love the school and students as much as I do.

"Thank you for the pleasure of working with your children. I wouldn't have traded a day of my last 31 years for any other profession!"

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[www.ahsgardening.org/GardenMarket](http://www.ahsgardening.org/GardenMarket)

The American Horticultural Society is a 501(c)(3) non-profit organization. Proceeds from this community event help support the AHS's educational programs and the stewardship of River Farm.

Thanks to media sponsor  
**Mount Vernon Gazette**

## 'Collect for Kids' Seeks Help

Donations and help from organizations to outfit 40,000 students.

BY MERCIA HOBSON  
THE CONNECTION

**T**he Foundation for Fairfax County Public Schools announced their community partners are preparing for the 2018 "Collect for Kids" school supplies and backpacks drive for students in Fairfax County Public Schools. In 2017, the drive helped more than 39,000 of the 55,000 students who receive free or reduced-price meals in Fairfax County Schools. The goal for 2018 is to provide 40,000 of these children and youth with school supplies and backpacks.

"Collect for Kids" is seeking monetary contributions and help from organizations. Their online donation form states: "100 percent of your donation will be allocated for school supplies for FCPS students in need." Even though a robust and connected group of partners make "Collect for Kids" work, the organization is also seeking help from new organizations to support their effort. Currently, more than 20 businesses, government agencies and community organization work together on the campaign, among them Apple Federal Credit Union, Britepaths, Western Fairfax Christian Ministries, Cornerstones, and Kids R First.



PHOTO BY MERCIA HOBSON/THE CONNECTION

**The Foundation for Fairfax County Public Schools announced their community partners are getting ready for the 2018 "Collect for Kids" school supplies and backpack drive as they seek monetary donations and help from organizations.**

According to "Collect for Kids," "Every school in Fairfax County is touched by need. Some schools have as few as 1 percent of students living in poverty and some schools have over 90 percent of students living in poverty."

In the Oak Hill/ Herndon area, supporting partners of "Collect for Kids" serve students at Coates, Dranesville, Herndon, Floris and Hutchison Elementary Schools, Herndon and Rachel Carson Middle Schools, and Herndon High School.

For more information on how to donate or help with the effort visit [collectforkids.org](http://collectforkids.org).

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# CALENDAR

Submit entertainment announcements at [www.connectionnewspapers.com/Calendar/](http://www.connectionnewspapers.com/Calendar/). The deadline is noon on Friday. Photos/artwork encouraged.

## ONGOING

**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 [viennaartssociety.org/](http://viennaartssociety.org/).

**BRX Artist Showcase.** Through May 11 at BRX American Bistro, 1025-I Seneca Road, Great Falls. The Sorta-Quarterly Artist Showcase: throughout the year, BRX will be exhibiting a selection of works in their dining room by an artist from Broadway Gallery's portfolio. Currently on display is Hiromi Ashlin. Email Donald Dusinberre at [donald@broadwaygalleries.net](mailto:donald@broadwaygalleries.net)

**Children's Art Exhibit.** Through May 14 at Great Falls Village Starbucks, 9863 Georgetown Pike, Great Falls. Great Falls Studio Arts and Great Falls Village Starbucks present Colvin Run Elementary School children's artwork. The presentation was selected by Lauren Grimm and Rachel Wiseman, art instructors.

**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](mailto:kathleen@greatfallsfarmersmarket.org) for more.

**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.

**Fishing Rod Rentals.** Riverbend Park, 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/](http://www.fairfaxcounty.gov/parks/riverbend-park/).

## THURSDAY/APRIL 4

**Youth Art Show Reception.** 4:30-6 p.m. at 1446 Chain Bridge Road, McLean. Join MPA for a Youth Art Show celebrating works by Fairfax County Public School elementary, middle and high school art students from the Langley pyramid. The show runs March 21-April 5. Visit [MPA@ChainBridge.com](http://MPA@ChainBridge.com).

## APRIL 4-MAY 6

**Solo Art Exhibit.** "A Study of Manhattan: Power, Dominance and Excitement" by Great Falls Studios Artist Robert Gilbert. At The Torpedo Factory at the Art League in Alexandria. The Gallery is located at 105 North Union St., Alexandria. Visit [torpedofactory.org](http://torpedofactory.org).

## THURSDAY/APRIL 5

**Liz Longley Performs.** 7:30 p.m. at Jammin'Java, 227 Maple Ave., East, Vienna. In performance with The Harmaleighs. Visit [www.jamminjava.com](http://www.jamminjava.com).

## FRIDAY/APRIL 6

**Great Falls Art Walk Kick-Off.** 6-8 p.m. at Great Falls Village Centre. Start the tour at Artists on the Green (776B Walker Road), Artists' Loft (766 Walker Road), Artists' Atelier and The Arts of Great Falls Gallery (756 Walker Road) or TD Bank (9101 Georgetown Pike). See live painting demonstrations and talk with the artists about their process and inspirations. Live music begins at The Brogue at 9 p.m. Details at [www.greatfallsart.org/ArtWalk](http://www.greatfallsart.org/ArtWalk).

**"Despicable Me 3."** 7-9 p.m. at The Old Firehouse, 1440 Chain Bridge Road, McLean. Cost is \$3/person. Gather the whole family and bring blankets, pillows and camp chairs for an indoor, picnic-style family movie night. Participants will enjoy unlimited free popcorn with the movie that will be shown on a large projection screen. For Old Firehouse activities, call 703-448-8336.



## Art Inspired by Monet on Exhibit at Katie's Coffee House

Layla Gray's oil paintings inspired by Monet are on view during the month of April at Katie's Coffee House (The Old Brogue Irish Pub), 760 Walker Rd. Great Falls. "During my high school and college years, I studied the Old Masters, mainly Europeans prior to 1800s, and I studied a great deal of impressionist techniques. My art is also influenced by French culture, having lived most of my childhood in and around it. Architecture, both historical and modern, as well as Parisian scenes have always intrigued me," says the artist, one of the five founding members of Artists on the Green and Gallery. For more information, visit [www.laylagray.com](http://www.laylagray.com)



PHOTO CONTRIBUTED BY DONNA MOULTON

The Home & Garden Tour will take place in Great Falls, Vienna, and McLean on April 24 as part of the 85th Historic Garden Week in Virginia.

## Home & Garden Tour

Tour four homes and gardens in Great Falls, Vienna and McLean on Tuesday, April 24, 10 a.m.-4 p.m. – from a "quilt garden" at a 1750 home to a garden and cottage designed for retirement. Advance tickets are \$40 by April 17; tickets on day of tour are \$50 at Meadowlark Gardens, tour homes and the Great Falls Library. Contact Garden Club of Fairfax at [fairfax@vagardenweek.org](mailto:fairfax@vagardenweek.org) or visit [www.vagardenweek.org](http://www.vagardenweek.org).

## SATURDAY/APRIL 7

**Spring Cleaning in the Parks.** 9-11:30 a.m. at 10 different Fairfax County parks: Hidden Oaks Nature Center at Roundtree Park, Hidden Pond Nature Center, Huntley Meadows Park, Lake Accotink Park, Lake Fairfax Park, Riverbend Park, Scott's Run Nature Preserve, and Sully Historic Site. More than 750 volunteers will join

the Fairfax County Park Authority and The Nature Conservancy for annual "spring cleaning" efforts to kickoff Earth Month. The volunteers will remove trash and debris, while also assisting scientists and conservationists by recording data about what they remove. Visit [www.fairfaxcounty.gov/parks/](http://www.fairfaxcounty.gov/parks/).

**Shape Note Singing.** 10 a.m.-3:30 p.m. at the Great Falls Grange, 9818 Georgetown Pike, Great Falls. Join singers from across the country for spirited, four-part, participatory,

unaccompanied singing from classic shapenote tunebooks. Midday potluck; bring a dish to share. Experienced singers, newcomers, and listeners are all welcome. Loaner books available. Registration at 9:30 a.m. Free. Visit [dcshapenote.squarespace.com/big-singsings](http://dcshapenote.squarespace.com/big-singsings). For questions, contact Matt Roberts at [saotomesan@yahoo.com](mailto:saotomesan@yahoo.com). Also Sunday, April 8

**Mosaic Harmony Community Concert.** 7 p.m. at Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton. Includes selections from Mosaic Harmony, World Children's Choir and The Washington International Chorus. Tickets \$18/adults; \$12/children. Visit [mosaicharmony.org](http://mosaicharmony.org).

## SUNDAY/APRIL 8

**Talk on John Mosby.** 4 p.m. at Great Falls Library, 9830 Georgetown Pike, Great Falls. Featuring local author Greg Wilson speaking on "Private John Mosby, First Virginia Cavalry, Picketing Fairfax County before becoming the Grey Ghost." Become a member of the Great Falls Historical Society by joining, for \$35/year for a family. Visit the website at [gfhs.org](http://gfhs.org).

**Amadeus Orchestra with Steven Honigberg, Cello.** 4 p.m. at Saint Luke Catholic Church, 7001 Georgetown Pike, McLean. A pre-concert lecture by Music Director A. Scott Wood will begin at 3:15 p.m. Tickets are \$35 and may be purchased at the door or online at [www.amadeusconcerts.com](http://www.amadeusconcerts.com). Students 17 and under and active military are admitted free.

## MONDAY/APRIL 9

**Vote for MCC Governing Board.** Want to vote for MCC Governing Board candidates, but can't make it to the McLean Day festival on May 19? Vote by absentee ballot April 9-May 16. Call the Center at 703-790-0123, or send a request by email to [elections@mcleancenter.org](mailto:elections@mcleancenter.org) to have a ballot package sent to your home. Visit the website, [www.mcleancenter.org](http://www.mcleancenter.org).

## THURSDAY, APRIL 12

**Opening Exhibition Reception.** 7-9 p.m. at 1446 Chain Bridge Road, McLean. "Erratic Landscapes: New Works by Artemis Herber." Working with the humble material of recycled corrugated cardboard, German-born, Maryland-based artist Artemis Herber creates massive depictions of space and place. On display April 12 to June 3. Visit [MPA@ChainBridge.com](mailto:MPA@ChainBridge.com).

## THURSDAY/APRIL 12-MAY 6

**"Fly By Night."** At 1st Stage in Tysons, 1524 Spring Hill Road, Tysons Corner. It's 1965 in New York City and the lights are about to go out. But not before a melancholy sandwich maker becomes enchanted with two sisters in this bittersweet romantic tale about finding hope in a world beset by darkness. Play by Kim Rosenstock, Michael Mitnick, and Will Connolly, directed by Kathryn Chase Bryer. \$38 general admission, \$35 seniors (65+), \$15 students and military. Visit [www.1ststage.org](http://www.1ststage.org) or call 703-854-1856.

## FRIDAY/APRIL 13

**Christylez Bacon: The Human Beatbox.** 8 p.m. at The Old Firehouse, 1440 Chain Bridge Road, McLean. GRAMMY-nominated Christylez Bacon is a dynamic member of the hip-hop movement, bringing innovation to an art form already known for mixing urban musical styles. Cost is \$20/\$14 MCC District residents. For Old Firehouse activities call 703-448-8336.

## FRIDAY-SATURDAY-APRIL 13-14

**The Art of Persian Cuisine.** 6-10 p.m. At Entyse Bistro, 1700 Tysons Blvd., McLean. Drawing inspiration from the 13th-century Persian poet, Poopak Golesorkhi, and Chef Ahmed Masouleh, have joined together to bring this whimsical culinary milieu to the heart of Tysons Corner. Cost is \$85/person. Email [rummytysons@gmail.com](mailto:rummytysons@gmail.com).

## SATURDAY/APRIL 14

**Bluebell Festival.** 9:30 a.m.-4:30 p.m. at Riverbend Park, 8700 Potomac Hills St., Great Falls. Volunteers needed. Sign up at [www.fairfaxcounty.gov/parks/riverbend/bluebells](http://www.fairfaxcounty.gov/parks/riverbend/bluebells). Contact the Public Information Office at 703-324-8662 or via [Parkmail@fairfaxcounty.gov](mailto:Parkmail@fairfaxcounty.gov).



Great Falls couple strolls through the Village Centre's art studios and galleries for the monthly Art Walk.

PHOTO CONTRIBUTED



## Great Falls Art Walk Kicks off on April 6

The Art Walk in the Village: First Fridays Monthly kicks off on Friday, April 6 in Great Falls Village Centre. Celebrate spring by visiting three working artist studios and galleries for this free community event from 6-8 p.m. Enjoy a special exhibit in The Arts of Great Falls Gallery for the Virginia Garden Tour featuring Terri Parent's photography a "Celebration of Flowers." TD Bank's Petite Gallery showcases Coty Dickinson's oil and mixed media paintings. Start the tour at Artists on the Green (776B Walker

Rd.), Artists' Loft (766 Walker Rd.), Artists' Atelier and The Arts of Great Falls Gallery (756 Walker Rd.) or TD Bank (9101 Georgetown Pike). 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. Live music begins at The Brogue at 9 p.m. Family friendly and free to the public. Details at [www.greatfallsart.org/ArtWalk](http://www.greatfallsart.org/ArtWalk). Sponsored by The Arts of Great Falls.

CALENDAR

				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

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McLean Community Center

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## Here's What's Happening at MCC

### The Old Firehouse Family Movie Night "Despicable Me 3" (PG)

Friday, April 6, 7-9 p.m.

The Old Firehouse, 1440 Chain Bridge Rd.

\$3 per person. Preregistration is recommended.



### MCC Governing Board Election Vote by Absentee Ballot

Monday, April 9 - Wednesday, May 16

Meet the Candidates at

[www.mcleancenter.org/about/candidates](http://www.mcleancenter.org/about/candidates)



### Presented by The Alden Christylez Bacon: The Human Beatbox

Friday, April 13, 8 p.m.

The Old Firehouse, 1440 Chain Bridge Rd.

\$20/\$14 MCC tax district residents



### Some selling spaces still available! Spring Community Garage Sale Featuring the New Kids' Corner Sale

Saturday, April 14, 9 a.m. - 1 p.m.

1420 Beverly Rd.  
(intersection of Ingleside Ave. and Beverly Rd.)  
Free Admission



### The Old Firehouse Teacher Workday Trip Hershey's Chocolate World

Monday, April 16, 8 a.m. - 7 p.m.

The Old Firehouse, 1440 Chain Bridge Rd.

\$70/\$60 MCC district residents



### The Old Firehouse Family Events The Unruly Theatre Project

Friday, April 20, 7 p.m.

The Old Firehouse  
1440 Chain Bridge Rd.  
Free admission



The McLean Community Center

[www.mcleancenter.org](http://www.mcleancenter.org)

Home of the Alden Theatre

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**Chef Eugenia Hobson with her son, Phil Hobson.**



PHOTO CONTRIBUTED

**Pictured: top - Eve Loudenback (VP, GFFN Philanthropy), Missy Perkins (President, GFFN); bottom: Bootsie Humanansky and Annette Kerlin of SafeSpot.**

## Fundraiser Held for SafeSpot

BY DEBORAH NAGY-HUANG

**O**n the first day of Spring, Great Falls Friends and Neighbors (GFFN) women's club held a fundraiser to support SafeSpot Children's Advocacy Center of Fairfax County. SafeSpot provides a child-friendly, culturally sensitive environment that promotes the safety and well-being of child victims of abuse while facilitating a comprehensive, multi-disciplinary team approach to the intervention, investi-

gation, prosecution and treatment of sexual abuse and severe physical abuse.

The fundraiser was held in Great Falls at local favorite Our Mom Eugenia restaurant (1025 Seneca Road, Great Falls). The menu featured classic Greek fare which warmed the heart on the cold snowy day. In spite of the snowy Spring weather, the event was well attended. The ladies of GFFN are grateful so many caring individuals braved the elements and came out to support such a worthy cause.

— DEBORAH NAGY-HUANG IS GFFN VP MARKETING.

## Great Falls Student Earns National Gold Medal

### Daniel Zeballos to receive a National Gold Medal in the 2018 Scholastic Art & Writing Awards

**M**ercersburg Academy's Daniel Zeballos '18 has been selected to receive a National Gold Medal in the 2018 Scholastic Art & Writing Awards, which is the nation's longest-running recognition for creative teens in grades 7-12. Zeballos earned the honor, which is bestowed upon less than 1 percent of the more than 350,000 submissions in the program, for his mixed-media piece "Inside Sunday."



**Daniel Zeballos of Great Falls**

The piece by Zeballos, of Great Falls, had received a Gold Key in the 2018 South Central Pennsylvania Scholastic Art & Writing Awards, which were announced in January. Seven Mercersburg students earned a total of 15 Gold Key, Silver Key, or Honorable Mention awards in that competition,

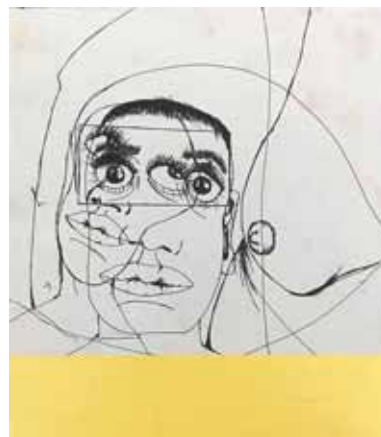
with Gold Key award winners advancing to compete at the national level.

As a Gold Medal winner, Zeballos will be invited to attend the national award ceremony June 7 at Carnegie Hall in New York City. Some past medal recipients have included Truman Capote, Robert Redford, Joyce Carol Oates, Sylvia Plath, and Andy Warhol.

Zeballos' piece will be on exhibit alongside other award-winning works this summer at two New York City locations: Parsons School of Design at The New School and at Pratt Institute's Pratt Manhattan Gallery.

Zeballos has studied at Mercersburg with fine-arts faculty members Sydney Caretti and Kristen Pixler.

More information about the Scholastic Art & Writing Awards (which were established in 1923) is available at [www.artandwriting.org](http://www.artandwriting.org).



**"Inside Sunday" (mixed media by Daniel Zeballos '18)**

WEEK IN GREAT FALLS

## Senior Center Event to Discuss Genomics

The Great Falls Senior Center (GFSC) speaker for May 15 is Carla L. Easter, Ph.D., chief of the Education and Community Involvement Branch at the National Human Genome Research Institute (NHGRI). Easter played a major role in the development of the NIH/NIH/Smithsonian exhibition, Unlocking Life's Code, and its accompanying website, and serves as a liaison to the K-12, and university community as a speaker on genome science and career preparation and pathways. Dr. Easter also serves as adjunct faculty member at the University of the District of Columbia Department of Biology, Chemistry and Physics.

The May 15 event will be held at The Christ the King Lutheran Church, 10550 Georgetown Pike, Great Falls, 10 a.m. to 1 p.m. and includes lunch for those who have made reservations with Polly Fitzgerald at [pollyfitz1@verizon.net](mailto:pollyfitz1@verizon.net) or call 703-759-4345. The event sponsor is John Nugent and Sons, providing Heating, Air Conditioning, Plumbing and Electrical Services since 1975.



PHOTOS CONTRIBUTED

**Reeve Felner of Vienna finished in first place in the Will Smith Division Boys 14-15.**



**Victoria Matthews of Great Falls finished in first place in the Justin Rose Division Girls Under 13**



**In the Justin Timberlake Division Girls 14-18, Tigress Suh of Herndon took home the prize, finishing with a two-day total score of 156 (75-81)**

## Area Teenagers Win Golf Trophies

On Saturday, March 24, and Sunday March, 25, 2018, the Hurricane Junior Golf Tour held the Laurel Hill Junior Shootout in Lorton at the Laurel Hill Golf Club. In the Tiger Woods Division Boys 16-18, Alex Price of Purcellville, Va. took home the prize after an exciting playoff against Benjamin Kruper of Woodbridge, Va.

Reeve Felner of Vienna finished in first place in the Will Smith Division Boys 14-15. In the Ernie Els Division Boys 11-13, Bryan Kim of Brookeville, Md. finished in first place with a two-day total

score of 148 (73-75).

In the Justin Timberlake Division Girls 14-18, Tigress Suh of Herndon took home the prize, finishing with a two-day total score of 156 (75-81).

Victoria Matthews of Great Falls finished in first place in the Justin Rose Division Girls Under 13. Victoria finished with a two-day total score 163 (82-81). Liam Foster of Charlottesville finished in first place for the Boys Under 10 Division with a two-day total score of 167 (83-84).



## News

### PenFed Donates \$25,000 to U.S. Army Women's Foundation

PenFed credit union President and CEO James Schenck announced a \$25,000 donation from the credit union to the U.S. Army Women's Foundation. PenFed's \$25,000 donation will help advance education and career opportunities for women in the military and honor exceptional women soldiers.

"This Women's History Month, PenFed is proud to increase its support of the U.S. Army Women's Foundation and, with them, honor and recognize the incredible women who have sacrificed so much for our country and the freedoms we enjoy," said James Schenck, President and CEO, PenFed Credit Union. "We are committed to the current and future women leaders of the U.S. Army and, through this donation, hope to help them continue paving the way for more trailblazers to come."

PenFed is a corporate supporter of the U.S. Army Women's Foundation, and was an Eagle Partner of its 10<sup>th</sup> Annual Summit held in Washington March 12. Schenck also presented a Legacy Scholarship funded by PenFed at the Hall of Fame Induction Ceremony held in conjunction with the Summit.

Led by veterans, the U.S. Army Women's Foundation is the only nonprofit organization dedicated solely to supporting women who wear or have worn the U.S. Army uniform. Their mission is to promote public interest in the Army, and recognize and honor the service of all U.S. Army women. The U.S. Army Women's Foundation is a 501(c)(3) organization, headquartered in Fort Lee, Va.

"We are inspired by PenFed's generous support of the U.S. Army



PHOTO CONTRIBUTED

**Desert Storm veteran and PenFed employee Michelle Hart (left) and James Schenck (right), PenFed Credit Union President and CEO, flank Brigadier General Anne Macdonald USA (Ret.) and President of the U.S. Army Women's Foundation.**

Women's Foundation," said Brigadier General Anne Macdonald, USA (Ret.) and President of the U.S. Army Foundation. "PenFed's commitment to the nation's military enables organizations such as the U.S. Army Women's Foundation to continue our mission of recognizing and honoring the many contributions women have made in our Army and are making every day."

Among those recognized at the event and inducted into the U.S. Army Women's Foundation Hall of Fame were:

❖ The first female to achieve rank of General, Brigadier General

Anna Mae Hays USA Ret. (posthumous),

❖ The two first women Army rangers, Captain Kristen M. Griest, and Captain Shaye L. Haver, and

❖ The first women Sentinels at the Tomb of the Unknown Soldier, Sergeant Heather L. Johnson, Sergeant Danyell E. Wilson, Staff Sergeant Tonya D. Bell, and Sergeant Ruth Hanks.

PenFed has donated more than \$1.3 million to charitable organizations in the Greater Washington, DC area, a significant portion going to support veterans and military programs. To learn more, visit [www.penfed.org](http://www.penfed.org).

### BLOOD DONATION OPPORTUNITIES

Though spring has officially arrived, the American Red Cross blood supply is still recovering from severe winter storms in March. Donors of all blood types are urged to roll up a sleeve and help save lives.

Volunteer blood donors from across the country are needed to help ensure lifesaving blood products are available for patients this spring. Make an appointment to donate blood by downloading the free Red Cross Blood Donor App, visiting [RedCrossBlood.org](http://RedCrossBlood.org) or calling 1-800-RED CROSS (1-800-733-2767).

Upcoming blood donation opportunities in the area, March 20 to April 15

#### Herndon

4/9/2018: 2 p.m. - 7 p.m., St.

Timothy's Episcopal Church, 432 Van Buren St.

4/11/2018: 1:30 p.m. - 7 p.m., ArtSpace Herndon, 750 Center St

#### Reston

4/4/2018: 3 p.m. - 8 p.m., St Thomas a Becket RCC, 1421 Wiehle Ave

4/6/2018: 8 a.m. - 1:30 p.m., U.S. Geological Survey, 12201 Sunrise Valley Dr

4/6/2018: 9 a.m. - 2 p.m., Extended Stay America, 12190 Sunset Hills Rd

#### Fairfax

4/5/2018: 12:45 p.m. - 5:45 p.m., Fairfax Blood Donation Center, 2720 Prosperity Avenue, Suite 200

4/6/2018: 7:45 a.m. - 3 p.m., Fairfax Blood Donation Center, 2720 Prosperity Avenue, Suite 200

4/7/2018: 7:45 a.m. - 3 p.m., Fairfax

Blood Donation Center, 2720 Prosperity Avenue, Suite 200

4/8/2018: 7:45 a.m. - 2:45 p.m., Fairfax Blood Donation Center, 2720 Prosperity Avenue, Suite 200

4/9/2018: 1:15 p.m. - 8:30 p.m., Fairfax Blood Donation Center, 2720 Prosperity Avenue, Suite 200

4/10/2018: 10:45 a.m. - 5:45 p.m., Fairfax Blood Donation Center, 2720 Prosperity Avenue, Suite 200

4/11/2018: 12:45 p.m. - 8 p.m., Fairfax Blood Donation Center, 2720 Prosperity Avenue, Suite 200

4/12/2018: 12:45 p.m. - 5:45 p.m., Fairfax Blood Donation Center, 2720 Prosperity Avenue, Suite 200

4/13/2018: 7:45 a.m. - 3 p.m., Fairfax Blood Donation Center, 2720 Prosperity Avenue, Suite 200

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## News

# Nominate Fairfax County to Receive A \$20K Grant for Earth Month

The Fairfax County Park Authority and the Fairfax County Park Foundation invite you to vote for Fairfax County parks in the National Recreation and Park Association's "Meet Me at the Park" Earth Month Campaign. The locale that receives the most nominations will receive a \$20,000 grant to improve a local park.

For the fourth year in a row, the NRPA is collaborating with The Walt Disney Company — including Disney/ABC Television Group and ESPN — to help fund local park improvement projects across the country through the national "Meet Me at the Park" Earth Month campaign. The city that receives the most nominations during the month of April will receive a \$20K grant to improve a local park. From April 1 to April 30, 2018, visit [www.meetmeatthepark.org](http://www.meetmeatthepark.org) to nominate Fairfax, Va. At the end of April, the city with the most nominations will receive the \$20K grant funding. Everyone who submits a nomination will be entered into a drawing for a GoPro Prize Pack.

"Fairfax County residents are passionate about their

parks," said Park Authority Executive Director Kirk Kincannon. "This contest gives them the opportunity to turn that passion into action and create something really special at one of Fairfax County's 427 parks."

Both promotions begin at 12 a.m. on April 1, 2018 and conclude at 11:59 p.m. on April 30, 2018. No purchase necessary to participate. For complete details and Official Rules for both promotions, visit [www.meetmeatthepark.org](http://www.meetmeatthepark.org)

NRPA is a national not-for-profit organization dedicated to ensuring that all Americans have access to parks and recreation for health, conservation and social equity. Through its network of 60,000 recreation and park professionals and advocates, NRPA encourages the promotion of healthy and active lifestyles, conservation initiatives and equitable access to parks and public space. For more information, visit [www.NRPA.org](http://www.NRPA.org).

For more information on nominating Fairfax County, contact the Park Authority Public Information Office at 703-324-8662 or [parkmail@fairfaxcounty.gov](mailto:parkmail@fairfaxcounty.gov).

# Northern Virginia Students Work Together to Save Environment

On Tuesday, April 10, NoVA Outside will hold the seventh annual School Environmental Action Showcase. The event occurs at the George Mason University's Fairfax campus.

This event features the environmental conservation work of students across Northern Virginia. The students not only get to feature projects they have done but see what other students of the area have been working on. Last year the event brought out roughly 1,000 attendees and is expected to exceed that this year.

The Showcase features programs such as the Caring for Our Watersheds competition, hosted by the non-profit Earth Force, which provides more than

\$20,000 in prizes and project implementation funding. Virginia Tech's Thinkabit Lab gives the students an opportunity to interactively explore solutions to environmental issues using programmable sensors and electronic devices.

This year the Showcase also features the return of the recycled mascot competition, in which students construct their school mascots from recycled and recyclable materials.

"To have all these young people sharing their environmental research and solutions, you see the value they bring to Northern Virginia through their efforts, and also the power they have to drive positive change in their community. And they inspire each other

to innovate, to advocate, and to strengthen their environmental stewardship throughout their school careers," said Kurt Moser, co-chair of the event.

NoVA Outside is a non-profit alliance of environmental educators, teachers, and others who work to support environmental educators and increase their effectiveness. They offer resources such as networking opportunities and professional development workshops. They also host events supporting environmental education and involvement such as the School Environmental Action Showcase, Early Childhood Conference, and School Age Green Educators meetups. For more information, visit [www.novaoutside.org](http://www.novaoutside.org).

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# BULLETIN BOARD

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

## PARENTS HELPING PARENTS

**Parent Support Partners**, a service of the Healthy Minds Fairfax initiative, are all parents who have received training and are qualified to offer education, support and assistance at no cost to families or caregivers. They provide reliable information that families can use in decision-making and are familiar with services and resources that can help families in distress. Visit [www.fairfaxcounty.gov/healthymindsfairfax](http://www.fairfaxcounty.gov/healthymindsfairfax) or [www.nami-northernvirginia.org/parent-peer-support.html](http://www.nami-northernvirginia.org/parent-peer-support.html).

## VOLUNTEER WANTED

**Operation Paws for Homes**, a Virginia based 501(c)(3) organization seeks volunteers, especially to foster dogs. See [www.ophrescue.org](http://www.ophrescue.org) for information and all volunteer opportunities.

## 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](http://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:

- 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>.

## THURSDAY/APRIL 5

**Caregivers Support Group.** 10-11:30 a.m. at UUCF Unitarian Universalist Congregation of Fairfax - Program Building, 2709 Hunter Mill Road, Oakton. For caregivers to adult family members with dementia. First and third Thursdays of every month. Hosted by Shepherd's Center of Oakton-Vienna, [scov.org](http://scov.org). Contact facilitator Jack Tarr at 703-821-6838 or [jtarr5@verizon.net](mailto:jtarr5@verizon.net).

**Autism 101: An Introduction to Understanding Autism.** 10-11:30 a.m. at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 - Room 100, Dunn Loring. Join the **Autism Society of Northern Virginia** to learn accurate, important, basic information at this workshop highlighting Autism Acceptance Month. Open to all who want to learn more about autism. Visit [www.fcps.edu/node/28279](http://www.fcps.edu/node/28279).

## FRIDAY/APRIL 6

**Board of Supervisors Breakfast.** 7:30-10 a.m. at the Fairview Park Marriott, 3111 Fairview Park Drive, Falls Church. Guests will hear directly from Chairman Sharon Bulova and each Supervisor about the challenges and opportunities in all nine districts. Leadership Fairfax will present the annual Katherine K. Hanley Award for Public Service to Kevin Greenleaf for his three decades of outstanding service. Tickets, tables and sponsorships are available at <https://leadershipfairfax.org/event-2734934>.

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## Label Me Presumptuous



By KENNETH B. LOURIE

I have not been collecting return-address labels for years. I have however, been receiving them for years. Either as thank yous for charitable contributions made or as inducements for charitable contributions yet to be made. Regardless of the reason, I have had an ample supply until recently. And they have served me well as both a reminder of what I have and have not done. And over time, they have most definitely served their purpose. Amazingly though, the pages of return-address labels in inventory has been shrinking of late. Due to some combination of my lack of charitableness as well as a reduction in the numbers of unsolicited charitable quid pro quos (there may be a relationship there).

Let me be clear: I am under no delusion or pressure to respond to these letters/requests for money. Just because I receive them doesn't mean I must adhere to them. They're hardly a subpoena nor are they payment for services rendered. They are merely a pre-approach-type solicitation mailed to me at my home offering goods (the labels) for services (my contribution) not yet rendered. Opening an envelope and reading its contents doesn't make me a partner in their pursuit of my dollars.

But what exactly is the protocol here? Certainly I can understand keeping and/or using the return-address labels if I make a contribution, but what if I don't make a contribution? Do I have to throw these perfectly good return-address labels away? Don't some of these labels, by their design/content - and ultimately by their use by yours truly, indirectly support the original sender's cause? Isn't their use some kind of tacit paying-it forward-type approval/contribution on my part? I realize money and/or in-kind contributions likely help more, but is there use by a non-contributor not abuse at all? After all, I'm sort of passing the word/keeping their chain going, aren't I?

If all is fair in love and war, certainly there's a little wiggle room in the world of mailing unsolicited inducements to unsuspecting recipients? I mean, I'm not asking for trouble here, am I? I'm merely asking for some understanding and clarification. If what was sent to me - not at my request and not as part of a phone conversation securing a commitment, was not my doing, then why am I responsible for it being done?

Obviously the labels are a convenience for me, and that is worth some amount of money and time that now I'm not having to spend. Still, it feels like an intrusion of sorts, a method to their madness - presumably, but to me a presumption, nevertheless. And that's just a few letters away from an assumption, and you all know what is said about assuming?

I suppose if you cast a wide enough net you're going to catch a few contributors who don't find anything fishy about this direct mail process and who feel compelled to respond favorably - so to speak, because a good deed has been for them. And if a good deed (or a "solid," to quote Detective Andy Sipowicz/Dennis Franz from NYPD Blue) deserves another then contributions will be made and address labels will be affixed.

But after years of receiving these return-address-labels-masquerading-as-solicitations-for-contributions - to a variety of charities, some more well known than others, I don't feel the least bit stuck in my decision to use these return address labels as I see fit. In a way, I am the beneficiary of their largess and in turn, they are the beneficiary of my non-cash contribution. It's sort of a win-win. But I don't suppose that was their intention. I suppose they wanted more, not less.

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



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