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# McLean CONNECTION

The New Dominion  
Woman's Club of  
McLean celebrates its  
50th Anniversary with  
a reception at the  
McLean Community  
Center office.

## Women's Club Celebrates 50th Anniversary

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### Celebrating the Magic of Giving Back

News, Page 3

### Quest Projects on Display at Cooper Middle

News, Page 8

### WELLBEING

Page 9





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## ‘Celebrating the Magic of Giving Back’

**Some 144 individuals and groups honored at Fairfax County Volunteer Service Awards.**

BY STEVE HIBBARD  
THE CONNECTION

About 400 people attended the 26th annual Fairfax County Volunteer Service Awards on Friday, April 27, at the Waterford in Springfield, where some 144 individuals and groups were honored. With the theme “Once Upon a Volunteer, Celebrating the Magic of Giving Back,” the breakfast included the “Who’s Who” of Fairfax County’s leaders in business, education, government and nonprofits. It was sponsored by Volunteer Fairfax, members of the Board of Su-

pervisors and Chairman Sharon Bulova. The volunteers, who do everything from helping with technology mentoring, supporting at-risk seniors and working to combat homelessness, gave a total of 328,760 hours of service worth \$7.9 million in support of the Fairfax County community. Peggy Fox, Virginia Bureau Chief at WUSA9/CBS affiliate, served as event emcee.

Many different awards were given out, including 2018 Benchmark Awards for volunteering 100, 250, 500, or 1,000 hours; 2018 Community Champions who were selected by the Board of Supervisors honoring a volunteer in their districts who was

dedicated to improving life in the county and beyond; and 2018 Competitive Awards for youth, adult, and seniors in individuals and groups.

“Today is all about recognizing the wonderful volunteers we have in Fairfax County,” said Elise Neil Bengtson, CEO of Volunteer Fairfax. “We’re giving them a platform so the county can understand better where volunteers fill gaps and meet the needs of the community and nonprofits at the same time. Without volunteers, we could not get everything done that we do. We have a tremendous wealth of experience and education in this area so even when you’re older and retired, you can do amazing things and feel good and stay energized in this county and be an active participant.”

Added Rick Garza, Volunteer Fairfax board president: “This is a signature event

for Volunteer Fairfax and Fairfax County and the City of Fairfax to just honor so many people who devote their time outside of their working hours helping others, helping our community be a better place.”

Board of Supervisors Chairman Sharon Bulova, who offered a Fairfax County Proclamation to Volunteer Fairfax, which was established in 1975, added: “Fairfax County has a unique culture and that includes volunteerism through the roof ... We would not be able to do as much as we do with volunteers if we didn’t have an organizational body pulling people together, connecting people and making volunteerism happen. Congratulations Volunteer Fairfax and thank you so much for everything you do for our community.”

For more on Volunteer Fairfax, visit [www.volunteerfairfax.org](http://www.volunteerfairfax.org).

PHOTOS BY STEVE HIBBARD/THE CONNECTION

### County Residents Named Community Champion

The following citizen volunteers from the area were chosen by members of the Board of Supervisors from each of their districts as a Community Champion. This award recognizes volunteers who are committed to improving Fairfax County through service that fulfills or addresses a pressing community need.

**William “Ed” Pickens** is Dranesville District’s outdoor volunteer. If it involves trails, beautification, or stream cleanups, he is the man to ask and the man to get the work done. Each year, he has provided hundreds of volunteer hours involving work with the Fairfax County Park Authority to design, build, and maintain two natural surface trails, Pimmit Run and Scotts Run, as well as initiate major improvements on the Cross-County Trail. In addition to managing other volunteers, he identified and coordinated over 50 trail projects with the Boy Scouts and supervised over 40 Eagle Scout projects, serving as a mentor to those who work be-

**May Bernhardt** is an active supporter of the community not only as an individual but also through her small business, Mayflowers. Over the years, her personal creations have added an element of graciousness and style to organizations fortunate enough to receive her floral creations. Among her many philanthropic activities, she demonstrated her commitment to raise support and funds when she and her staff joined the Cornerstones planning committee to end homelessness. With her in-kind donations of her professional goods and services, she continues to support nonprofit organizations – exemplifying the Reston spirit of philanthropy “live, work, play, and serve.”

District Supervisor Cathy Hudgins said, “The growth of a community lays on the



**Supervisor John Foust honors William Pickens, Dranesville District.**

side him. Anyone who enjoys hiking along the many trails in Fairfax County reaps the benefits of his multi-year efforts to expand and maintain the county’s trail network. From ardent hikers to casual walkers, every trail user gets a safer and more enhanced experience as a result of his efforts.

“Mr. Pickens is not a person who seeks acknowledgement of his contributions to our community. Instead, in his quiet and patient way, he performs yeoman’s work to improve the county’s trail network. His work with Eagle Scout candidates on trail projects is inspirational and encourages civic engagement,” said District Supervisor John Foust.



**Supervisor Cathy Hudgins honors May Bernhardt, Hunter Mill District.**

compassionate actions of its members. May is a true example of how individuals can make a difference by selflessly giving their time and talents.”

The **Tysons Partnership** serves as a collaborative of stakeholders working together to transform Tysons into a new downtown by serving as a convener, a voice, and a catalyst for the people who work, live, and do business in Tysons. The Tysons Partnership through its Community Responsibility Council provides a forum for business, civic, and government leaders committed to improving the lives of underserved populations within the Tysons community. Officially launched in 2016, the council’s roster has grown to over 45 members, including representatives from local employers, residential entities, and the Fairfax County government. Its signature TysonsCares Season of Giving raised over \$90,000 for local initiatives providing food, clothing, and shelter with a specific focus on children and youth. They connected with eight Fairfax County Public Schools to distribute over 1,000 pairs of new athletic shoes to Title 1 students with a



**Supervisor Linda Q. Smyth honors Tysons Partnership, Providence District.**

Shoes4Kids donation drive and partnered with Food for Others on a 5K charity run at Tysons Corner Center.

As District Supervisor Linda Smyth said, “While we think of Tysons as our corporate and business center, the Tysons Partnership has looked beyond the new high rises to see the needs of the people who live and work there. Through its charitable efforts, the Partnership is pulling together all stakeholders to build a new community with a promising future for everyone.”

For the last quarter-century, **Charlie Fegan** has served on the Fairfax County Library Board of Trustees as a reliable source of guidance for both the board and the community. He has been an invaluable source of knowledge and voice for both the libraries and the community in his role on the board. He has put in hours of outreach, library advocacy, as well as building and maintaining relationships with members of the Board of Supervisors to further serve the citizens of Fairfax County.

As Board of Supervisors Chairman Sharon Bulova said, “Charlie has gone above and beyond the quality and quantity of service to the community as my appointee to the Library Board of Trustees for the last 25 years.”



**Chairman Sharon Bulova honors Charles Fegan, Fairfax County.**

SEE AWARDS, PAGE 13



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## News

### McLean Project for the Arts to Host Annual Spring Benefit on May 31

The McLean Project for the Arts will host its annual Spring Benefit on Thursday, May 31, 2018 at the home and gardens of Julie and Dan Clemente. Event chairs for this year's Spring Benefit are McLean Residents Betsy Bensten and Colleen Lucier.

All friends of the arts are invited to attend. Sponsorship information available online. Tickets sales open May 1. For more information visit [www.mpaart.org](http://www.mpaart.org) or call 703-790-1953.

From right, the 2018  
Spring Benefit Co-  
Chairs, Betsy Bensten  
and Colleen Lucier.



PHOTO CONTRIBUTED

## STAYING SAFE TOGETHER

May 9 is Bike to School Day.  
Here are some safety tips to remember.



Allow 3 feet when passing a cyclist. Motorists may legally cross the double yellow line if the oncoming lane is clear.



Be careful at intersections. Look both ways for people biking and walking before making your turn.



After parking, look over your left shoulder for approaching cyclists before opening your car door.

Join us for the National Bike Challenge - May 1-31  
Bike to School Day - May 9 and  
Bike to Work Day - May 18  
[fairfaxcounty.gov/transportation/bike-walk](http://fairfaxcounty.gov/transportation/bike-walk)



Let us know about an upcoming event  
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PHOTOS BY VICTORIA ROSS

**Almost 2,000 people, plus 900 singers, packed Hayfield Secondary School for the 46th annual All-County Chorale Festival.**

## Do-Re-Me SING!

**Voices ring for All County Choral Festival.**

**T**he young singers have been honing their voices for months, singing in large and small groups every week since January.

On Saturday, they finally got the chance to showcase their work, as nearly 900 sixth-grade singers — hand-picked by their elementary school music teachers for their vocal talent — sang together at Hayfield Secondary School for the 46th annual All-County Choral Festival.

“It is truly an honor for the students performing today to be a member of this select group of vocalists,” said Kelly M. Harbison, president of the Fairfax General Music Educators Association and a music educator at Canterbury Woods Elementary School.

Led by guest conductor Dr. Jamie Hillman, the students sang a variety of music — from George Handel’s classic “Sing for Joy!” to Joan Varner’s “When I Am Silent,” a tribute to young Holocaust victims.

The song, and the voices of 900 sopranos, moved many in the audience to tears.

“These young singers were truly amazing,”

said Hillman, who previously taught music at Phillips Academy and Boston University.

“They’ve only had one day to practice as a complete group, and they came together flawlessly. Their energy and enthusiasm was inspiring.”

In addition to the 900 singers, Hayfield’s auditorium was packed with twice as many family members, including School Board members, school principals and Superintendent of Schools Dr. Scott Brabrand.

“I told parents ‘prepare to be wowed by these singers.’ I think we were all blown away by the talent and organization it took to accomplish this,” Brabrand said.

Organization was key as music teachers used songs and audience sing-offs to quickly reunite singers with their families and move 2,000 people out of the auditorium in under 15 minutes.

“The festival was a rousing success at every level. We’re all proud of these students and our music teachers for this festival,” Brabrand said.

— VICTORIA ROSS



**Nearly 900 sixth-grade singers — hand-picked by their elementary school music teachers for their vocal talent — sang together at Hayfield Secondary School.**

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# Challenges to an American Ideal

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

**"T**he current landscape of the nation has been darkened by storm clouds of hate speech, white nationalist ideology, bias-motivated violence, and rising intolerance," according to a report of the Inclusive America Project titled *Pluralism in Peril: Challenges to an American Ideal* (Aspen Institute, 2018) sponsored by the Aspen Institute Justice and Society Program. Recently I had the pleasure of interviewing Meryl Justin Chertoff, Executive Director of The Aspen Institute Justice and Society Program, and to participate in a roundtable discussion of this issue at the All Dulles Area Muslim Society (ADAMS) Center in Sterling. The interview can be found at <https://tinyurl.com/yctqwxq6>

Pluralism refers to the right of all Americans to practice their faith in freedom and security. As indicated from the quote of the Aspen Report in the opening sentence of this column, there are attacks on religious freedom from many directions and in many forms in recent years. Some even question the mean-



ing of religious freedom in our country suggesting that they should have freedom of their religion—most often Christian religion—and not all those other practices that other people want to call religion. After all, the most extreme argue that this country was founded on a belief in God, meaning of course god as they define him or her in their religious beliefs.

A basic problem in defending American pluralism seems to me to be the ignorance on the part of some of basic constitutional protections and how they were secured. Virginia was settled as a land venture by investors who were looking for a way to make money in a colonial empire. First settlers were part of the state church of England as Anglicans or they had no religion at all. As more settlers arrived the minority religions such as Baptists started to arrive, and they objected to having part of their tax money go to the church. Religious conflict occurred as more settlers recognized an op-

portunity to free themselves from a state-imposed religion.

Soon after Thomas Jefferson penned the Declaration of Independence, he wrote what became known as the Virginia Statute of Religious Freedom, the most important piece of legislation ever passed in the Virginia legislature and I believe in any legislative body. Just as the Declaration had declared political and economic freedom from the mother country, the Statute of Religious Freedom in one sentence of more than 700 words declared in part that "no man shall be compelled to frequent or support any religious worship, place, or ministry whatsoever, nor shall be enforced, restrained, molested, or burthened in his body or goods, nor shall otherwise suffer on account of his religious opinions or belief, but that all men shall be free to profess and by argument to maintain, their opinion in matters of religion, and that the same shall in no wise diminish, enlarge or affect their civil capacities."

The challenges to our pluralism must be countered by our unwavering support of our own beliefs as well as the right of others to their own religious beliefs. As the report on pluralism found, "this work requires decency, sympathy, appreciative curiosity about difference, and concern for our shared beliefs."

## LETTERS TO THE EDITOR

## Medicaid Expansion: It's Time

To the Editor:

The 2017 elections demonstrated that Virginians believe that individuals cannot work, take care of their families, or pursue happiness if they cannot see a doctor when they are sick. The candidates who heard this message and ran on expanding access to healthcare, won. Those advocating for expansion are more than willing to compromise with lawmakers who may have legitimate policy concerns.

We know that 33 other states have already opted to insure their working poor. It is time that our federal tax dollars stay here in Virginia to help cover approximately 400,000 hard-working families earning up to 138 percent of the poverty level. Making health insurance available to more Virginians is the right thing to do and the sensible thing to do. The Federal government is offering to cover no less than 90 percent of the costs of insuring Virginia's working poor. Virginia's hospitals are committed to covering the remaining 10 percent of the costs. Additional money flowing to Virginia under Medicaid expansion will enable the state to increase funding for schools and other needed services.

Another benefit of Medicaid expansion is the likelihood of smaller rate increases in our health insurance plans. Studies have shown that in states where more people are insured, the cost of uncompensated care drops. Yes, we will all benefit if more of us have access to healthcare. It is time to act!

**Barbara Favola**  
State Sen. (D-31)

## Missing Numbers

To the Editor:

County Chairman Sharon Bulova's April 25 opinion piece, "Budget Hits All the Right Notes," about the proposed FY2019 real estate tax hike, is misleading. When she says the proposed real estate tax rate is

\$1.15, she omits the stormwater rate. When that is included the FY2019 rate will be \$1.1825 instead of \$1.15.

She states that new budget includes a 2-cent increase in the real estate tax rate, but this omits the additional tax increase due to the 2.2 percent increase in average residential assessments. The effective rate increase when assessments and the additional stormwater rate increase (1/4 cent) are included is 4.7 cents, not 2 cents.

The typical Fairfax County homeowner's real estate tax bill will increase by \$258, a 4.2 percent increase. Loudoun County reduced its average tax bill by \$48, a 1 percent decrease.

Chairman Bulova states that the tax hike fully funds the Market Rate Adjustment, Performance, Merit and Longevity increases for county employees and states that the Market Rate Adjustment is 2.25 percent. She does not state the total salary increase resulting from the Performance, Merit and Longevity increases. When those are included county employees will see average increases ranging from 4.25 to 4.50 percent.

Likewise, the school board is funding a 2.3 percent step increase and other salary adjustments, but does not say what the total average raise will be when the other adjustments are included. It is likely to be 4 percent also.

The real estate tax hike will increase county revenues by about \$116 million. The cost of next year's county and school raises is \$139 million. Raises are the primary driver of the county's annual real estate tax hikes.

Since FY2000, the supervisors have increased real estate taxes 169 percent, more than three times faster than inflation, which increased 53 percent.

If Chairman Bulova felt that the voters who defeated the 2016 meals tax, which would have raised \$100 million, would support next year's 4.2 percent tax hike to raise \$116 million for 4 percent raises, why didn't she acknowledge those numbers in her statement?

**Arthur Purves**  
President  
Fairfax County Taxpayers Alliance

## Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

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Call: 703-917-6444.

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## McLean Citizens Association to Hold Public Safety Program

The May McLean Citizens Association Public Safety Program on May 9 will focus on the Fairfax County Police Civilian Review Panel. The nine-member Panel's mission is to enhance police legitimacy and to build and maintain trust between the citizens of Fairfax County, the Board of Supervisors, and the Fairfax County Police Department (FCPD) by reviewing certain FCPD investigations to ensure the accuracy, completeness, thoroughness, objectivity and impartiality of the investigation. It is appointed by, and reports directly to, the Board of Supervisors. The Panel is governed both by the bylaws approved by the Board of Supervisors and a code of ethics adopted by the Panel. Civilian Review Panel Member, Steve Descano, will provide a presentation about the Civilian Review Panel at the May 9 McLean Citizens Association Public Safety Program to further explain his responsibilities and to answer questions. The meeting will be held on Wednesday, May 9, at 7:30 p.m. at the McLean Governmental Center Community Rooms, 1437 Balls Hill Road, McLean.

For more information about the Fairfax County Police Civilian Review Panel, visit <https://www.fairfaxcounty.gov/policecivilianreviewpanel/>

For more information about the McLean Citizens Association, visit <http://mcleancitizens.org/>

## Nominations Sought for Outstanding Teen Character Award

The McLean Citizens Association (MCA) is sponsoring the annual Outstanding Teen Character Award at this year's McLean Day. The award recognizes teens for their service and commitment to their community. To be eligible, the student must live in either:

- ❖ McLean zip code 22101 or 22102,

- ❖ Neighborhood that feeds into McLean or Langley High School,
- ❖ Area served by the MCA.

If you know of any teens who should be recognized for their accomplishments and dedication to the community, recommend them for the award via an online form at [https://docs.google.com/forms/d/1IXdQ1ko\\_ZiInoX43UQWB47YJ0nyPYUL\\_cG92fEgrhdM/viewform?edit\\_requested=true](https://docs.google.com/forms/d/1IXdQ1ko_ZiInoX43UQWB47YJ0nyPYUL_cG92fEgrhdM/viewform?edit_requested=true)

The deadline for nominations is May 12. For questions, contact David Lee at [david.i.lee7@gmail.com](mailto:david.i.lee7@gmail.com)

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

**Who:** Four adult candidates, two teens from the Langley High School boundary area, and three teens from the McLean High School boundary area.

**Format:** Informal Reception

Come and meet the four adults and five teens who are vying for votes to fill vacant seats on the MCC Governing Board. Three adult and two teen seats (one for the Langley High School boundary area; one for the McLean High School boundary area) will be filled. Only residents of Small District 1A-Dranesville are eligible to vote.

Refreshments will be served.  
For planning purposes, please let us know if you will attend by emailing [elections@mcleancenter.org](mailto:elections@mcleancenter.org).

**See you there!**

**The McLean Community Center**  
703-790-0123/TTY: 711  
[www.mcleancenter.org](http://www.mcleancenter.org)



**From left: Thalia Eid, Bella Zeleke, Elizabeth Doane, Miky Kassem, Nicole Popenko, Alice Choe, Sophie Steiner, Andrew Hundley, Lela Johnson, Elshadye Bussie and Ross Lubin were some of the many eighth graders who were helping raise money for cancer research by hosting a lip sync battle through StillBRAVE.**

PHOTO BY  
SEBASTIAN HERBOLSHEIMER/STUDENT



## Quest Projects on Display at Cooper Middle

BY KATIE MAHONY, VENDELA FACK, AND SEBASTIAN HERBOLSHEIMER

For the past several months, students at Cooper Middle School have been working hard on community and creative based QUEST projects. On Friday, April 13, these projects were all on display for teachers, students, parents, and community members to see. Seventh and eighth graders' projects were mostly based on helping and improving the community. Some examples of different Quest projects were: Trash to treasure, Hoops for Hearts, STILLBRAVE lip sync battle, and Pennies for Patients.

"The Quest Expo was extremely interesting, it was great to see my friends' projects that they had worked hard on," says Samantha Bielefeld, an eighth grade student.

"I thought it was a fun experience to see everyone's projects," said Annie Santos, a seventh grader at Cooper.

"QUEST is a unique, interdisciplinary, collaborative endeavor designed to promote authentic student inquiry and understanding of the learning process while providing ongoing opportunities for reflection and revision. Both grade levels focused on creativity and critical thinking; eighth grade also focused on global citizenship through service," said Cooper teacher Courtney Derr.

Written by students in Lindsay Bovenzi Media Communications class.

**From left: Katie Mahony, Sabrina Chang, Leah Connell and Ellie Mcfadden showcase their stitched pillows that they have been working on for months to their friends and family.**



**Emma Ellsworth and Jaeda Fontaine-Rasadijah put scraps to good use in their trash to treasure class, where they designed animals out of paper, ribbons and cardboard.**

PHOTOS CONTRIBUTED



**The school courtyard was updated by a QUEST group, under the guidance of librarian Leslie Psaltis.**



John Bridgeland



Sheila Burke

## Two McLean Residents Named to the Board of New Opioid Research Institute

Two McLean residents, involved in the policy community, have joined the board of a new, nonprofit organization created to launch a web-based resource called Opioid Watch (at [opioidinstitute.org](http://opioidinstitute.org)). The Opioid Research Institute offers original, independent, nonprofit news and comment about the crisis.

The institute is guided by an advisory board to help with both Opioid Watch and future projects. McLean residents joining the board are:

\* Hon. John Bridgeland, a former director of the White House Domestic Policy Council and chief of staff to then-Congressman (and now Senator) Rob Portman. Bridgeland is the vice chairman of Malaria No More, which he launched with Bill Gates.

\* Sheila Burke, former Secretary of the Senate and top aide to Bob Dole. Burke teaches a course on the opioid crisis at Harvard's John F. Kennedy School of Government.

Other board members include Richard Frank, Ph.D., a professor of health economics at Harvard Medical School who was assistant secretary of HHS in the Obama Administration; Barbarajeane Magnani, Ph.D., MD, FACP, the pathologist in chief at Tufts Medical Center; Robert Spiegel, MD, FACP, an oncologist and consultant to the biotech industry; and Craig Turk, former chief counsel for Sen. John McCain's 2000 presidential run and now a producer of television and feature films, including *The Good Wife*.

In the free Opioid Watch e-newsletter, the staff aims to cull and synthesize the most important and interesting epidemic-related news, including developments in treatment, recovery, regulation, legislation, litigation, and research. Initially, the newsletter is published twice a week, and plans to grow.

Opioid Watch is the first project of The Opioid Research Institute, a nonprofit formed earlier this year with funding from the Joseph H. Kanter foundations. The Kanter foundations have long been devoted to improving the dissemination of information to patients and providers about "what really works" in healthcare. Recognizing the unprecedented gravity of the public health challenge posed by the opioid epidemic, Joseph Kanter, now 94, and son Harry decided to enlist the foundations' resources in the war on this scourge.

Through Opioid Watch, the Institute hopes to build a community of people devoted to combating the crisis. Eventually the Institute aspires to undertake additional projects, including funding research.

The president of the Institute is A. G. Newmyer III, who was chairman of Newmyer Associates, a Washington consulting firm founded in 1943. He sold the firm in 1992 to a group of investors headed by Hon. Frank Carlucci, former Secretary of Defense and chairman of The Carlyle Group. Roger Parloff serves as editor-in-chief after 13 years as chief legal correspondent for *Fortune Magazine*.



# Erasing the Stigma

Mental Health advocates work to tear down barriers to treatment.

BY MARILYN CAMPBELL

**I**t was during college when Laura Greenstein began to notice that something was not quite right. “I noticed that things that were creating anxiety on a daily basis, they weren’t just situational,” she said. “My anxiety was grabbing onto anything that it could. If I was running late, I would start to panic. Any small thing became a big issue.”

“My mother has always been supportive, but when [my anxiety] got to a certain point some close friends and family began to stigmatize it,” said Greenstein, who now works for the National Association for the Mentally Ill (NAMI) in Arlington. “They would say, ‘You’re not doing enough.’ It was difficult to feel that I wasn’t being fully accepted.”

After months of therapy and recent session with a psychiatrist who prescribed medication, Greenstein said that she is beginning to feel some relief. She even began blogging about her experience. “This was my first time sharing my story,” she said. “It’s been a really validating process. Being open can really improve your outlook.”

During May, Mental Health Awareness Month, Greenstein and other mental health advocates are sharing the ways in which negative perceptions about mental illnesses can impact those who suffer from it. NAMI

reports that approximately 1 in 5 adults and children in the United States are experiencing mental illness in a given year. Only 41 percent of those adults received mental health treatment, while slightly more than half of children aged 8-15 received those services. One of the roadblocks to treatment, say mental health professionals, is the stigma surrounding mental health.

“Micro-aggressions towards individuals with mental illness are very common, such as assuming that someone with a mental illness is inferior, stupid, or not in control of their own behaviors,” said Jessica McLaughlin, Ph.D., assistant professor of psychology at Montgomery College. “Because of our society’s misperceptions of mental illness, many individuals struggling with mental health problems feel ashamed and isolated. They may even feel like it is not appropriate to seek help. “[And] being on the receiving end of these hurtful comments and beliefs actually worsens symptoms.”

With a theme of “Cure Stigma,” NAMI activists are encouraging people to educate themselves and eradicate the stigma which can be a roadblock to those who suffer from mental illness to get the treatment they need. They were afraid of being labeled, so they suffered in silence. This is particularly true with teenagers and preteens, advises Stacie Isenberg, Psy.D., a child psychologist

who specializes in anxiety disorders. “A mental illness stigma may cause a teen or pre-teen to be hesitant to admit to her or himself that they are having a mental health problem, to share with a parent, teacher, or pediatrician about their problem, and to seek mental health treatment,” she said.

The stigma surrounding mental illness is an important issue that often goes unrecognized, says McLaughlin. “Individuals with mental illness face both overt and covert discrimination,” she said. “For example, there is an assumption that people with mental illness are violent or crazy, which is not true. However, our belief in these myths can affect someone’s ability to find employment or obtain housing.”

“Education is a powerful tool in combating mental health stigma, and community-wide, mental health awareness campaigns are helpful,” added Isenberg. “Individually, kids often search online to check out what their symptoms mean. Education from credible websites, and those of mental health organizations often provide clarity and guidance for those seeking help.”

Allowing those who might be experiencing symptoms of a mental illness to speak freely about their condition without fear of judgment can remove barriers to treatment advises McLaughlin. “That means asking how we can help, listening with an open mind, and being nonjudgmental,” she said.

Sometimes it can be a tremendous help just to let someone know that they have someone to lean on and that they are not alone.”


People can also fight the stigma of mental illness by being accepting and supportive of people who are experiencing mental health issues, and by modeling this acceptance for their children, suggests Isenberg. “Employers can encourage employees to use mental health days as needed, and to permit longer lunch hours or flexible dismissal or arrival at times to accommodate therapy appointments,” she said. “Similarly, schools can work with families to allow kids to use free periods, lunch periods, etc. to attend therapy when an after-school time is not available and the need for treatment is significant.”

A family’s attitude about the mentally ill can affect a child’s willingness to ask for help, advises Isenberg. “A child who comes from a family that does not consider mental health issues to be real or problematic may be reluctant to share with her or his parents,” she said. “Similarly, kids whose friends stigmatize mental health issues, or kids who don’t talk much about personal issues with friends, are often unsure about sharing with their friends. On the contrary, kids who believe their families and friends will be sensitive and supportive to them are more likely to be open with them about any concerns they are having.”



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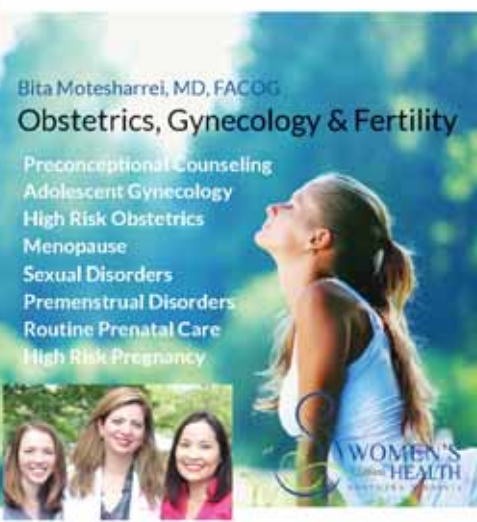


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2. not appreciated or understood.  
3. no longer owned or known

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The New Dominion Woman's Club of McLean celebrates its 50th Anniversary with a reception at the McLean Community Center office.



PHOTOS BY STEVE HIBBARD/THE CONNECTION

The toast to the New Dominion Woman's Club's 50th Anniversary.

# Women's Club Celebrates 50th Anniversary

Elected officials shared various commendations, greetings and resolutions read into official records.

BY STEVE HIBBARD  
THE CONNECTION

Several local politicians and VIPs from McLean helped the New Dominion Women's Club (NDWC) celebrate its 50th Anniversary with a reception at the McLean Community Center's office space on Thursday, April 19. Elected officials shared their various commendations, greetings and resolutions that they read into their records, while club members sipped wine and sampled hors d'oeuvres.

Officials present included Del. Kathleen Murphy (D-34); Sen. Barbara Favola (D-31); Dranesville Supervisor John Foust; Del. Rip Sullivan (D-48); Del. Marcus Simon (D-53); and Dave Stegmaier, representing Rep. Barbara Comstock's (R-10) office.

The club with 45 members was originally founded as the Junior Women's Club of McLean in the spring of 1968 by a group of



Kathleen Manning and Jenny Saad at the NDWC's 50th Anniversary.

civic-minded, dedicated women, said NDWC President Desi Woltman. Its official flower is the daisy and its colors are emer-



Desi Woltman with Dranesville Supervisor John Foust and his proclamation.

ald green and gold.

"Over the last 50 years, we've continued to build on our legacy of civic stewardship

by staying true to our mission, which is to enhance the quality of life in our community through volunteer service and financial contributions while providing an opportunity for fellowship among women," said Woltman.

**THROUGH FUNDRAISING PROJECTS,** the club gives thousands of dollars each year to its beneficiaries, which this year include: the Friends of Pleasant Grove, McLean Project for the Arts, Safe Community Coalition, and SHARE Inc. of McLean. In addition, they've undertaken a 50th Anniversary fundraiser to support McLean Community Center and hope to raise enough money to help them defer some of the costs of line items that weren't included in their renovation. The club has also been long-time supporters of Reading is Fundamental, Adopt a Highway, and is probably best known for supporting the Children's Art Walk.

Past President Amy Swaak who is the current VP of Programs and 10-year member added: "We do hands-on volunteering. We have brought the Children's Art Walk to ArtFest for many years. We did a food drive just recently for SHARE Inc. We also do Adopt a Highway. So not only are we hav-

SEE ANNIVERSARY, PAGE 11



From left, Paige Farrington Himes, Alison Gill, Cathy Schwartz, and Jen Schuette.



From left, Desi Woltman, Del. Rip Sullivan, Del. Kathleen Murphy, Sen. Barbara Favola, and Del. Marcus Simon with the proclamation presented by Murphy.





PHOTOS BY STEVE HIBBARD/THE CONNECTION

**Dave Stegmaier of Rep. Barbara Comstock's (R-10) office presents Club President Desi Woltman with a proclamation.**

## 50th Anniversary

FROM PAGE 10

ing our wonderful monthly meetings where we are able to socialize and have great friends, but we're also giving back to the community every year."

"We just had a successful food drive with SHARE of McLean two Saturdays ago with Giant Supermarket. It was terrific. We raised more than \$1,000 for SHARE as well as filling up a truck of food from very generous donations from people who were shopping that Saturday, April 17," added NDWC member Kitty Gonzalez.

"We raise money all year long to do good and give them the proceeds from all the fund-raising we do throughout the year," she said. She mentioned the fashion show fundraiser with Bloomingdale's in mid-March.

"Also, we are engaged in doing a big project this year in honor of our 50th Anniversary, a fundraiser for the McLean Community Center. ... Our goal is to raise \$5,000 to help them with extras that they need for the renovation that aren't covered under their current budget," she said.

**ADDED SIMON:** "The New Dominion Women's Club is a great asset to have here in McLean. It's been going on for 50 years; it carries on this tradition of service to the community. When you come here, it's always a 'Who's Who' of McLean. They're here for the right reasons; it's a social club; it's a chance to get to know each other and spend time together, but it's also here to enhance the community in McLean. They take on charitable projects, they provide a place for fellowship and McLean wouldn't be the same without them."

"I think we are an extension of the long tradition of women's clubs that have been pillars of American society since before women had the vote. It's more challenging for organizations like ours to continue to thrive because so many women now have professions and they're busy, but it's wonderful that women still manage to find the time to be supportive in the community and support the things that matter to us personally," added Woltman.



**From left, Amy Swaak, Del. Kathleen Murphy, Del. Barbara Favola, and Christy Murray.**

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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 Exhibition: “Bon Appetit.”

Through May 6, during gallery hours at the Vienna Arts Center, 115 Pleasant St., NW, Vienna. Call 703-319-3971 or visit [www.ViennaArtsSociety.org](http://www.ViennaArtsSociety.org).

**Solo Art Exhibit.** “A Study of Manhattan: Power, Dominance and Excitement” by Great Falls Studios Artist Robert Gilbert. Through May 6, 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).

**“Fly By Night.”** Through May 6 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. \$38 general admission, \$35 seniors (65+), \$15 students and military. Visit [www.1ststage.org](http://www.1ststage.org) or call 703-854-1856.

**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 children’s artwork.

### “Trees, Trees, and Beyond.”

Through May 31 at Meadowlark Botanical Gardens, 9750 Meadowlark Gardens Court, Vienna. Vienna Arts Society Exhibition. Free. Open 10-7 p.m. in April; 10-7:30 p.m. in May. Visit [www.ViennaArtsSociety.org](http://www.ViennaArtsSociety.org) or call 703-319-3971.

**Oakton Farmers Market.** 9 a.m.-1 p.m. at Unity of Fairfax Church, 2854 Hunter Mill Road, Oakton. Year-round weekly farmers market in Oakton. Local produce, meats/eggs, dairy, baked goods, and more. Visit [community-foodworks.org](http://community-foodworks.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](mailto:kathleen@greatfallsfarmersmarket.org)

### 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/).

## WEDNESDAY/MAY 2

### Farmers Market Re-Opens.

8 a.m.-noon at Oak Marr, Jermantown Road, Oakton. Runs Wednesdays, May 2-Nov. 14. To kick off spring, farmers expect to have an abundance of fresh cut greens, asparagus, strawberries, rhubarb, apples, beets, carrots and more. [www.fairfaxcounty.gov/parks/farmersmarkets](http://www.fairfaxcounty.gov/parks/farmersmarkets) or contact the Community Horticulture Office at 703-342-9773.

**Coffee for Newcomers.** 11 a.m.-12:30 p.m. at McLean Project for the Arts, 1446 Chain Bridge Road, McLean. McLean Newcomers and Neighbors will host a coffee for its members and for others who might be interested in joining. Visit [www.McLeanNewcomers.org](http://www.McLeanNewcomers.org).



**“Weekend Escape” watercolor by Betty Ganley.**  
**Find original watercolors by Ganley at the Grange/Schoolhouse at the Spring ArtFest on May 5-6, 10 a.m. to 5 p.m.**

## Great Falls Spring ArtFest to Be Held May 5 - 6

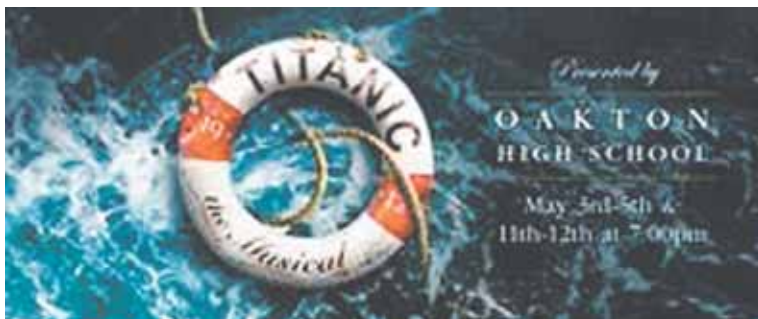
Look for the colorful flags strung throughout the Great Falls Village to wind your way through the booths and studios of more than 20 Great Falls Studios artists ready to greet guests in two main locations (the Grange/Schoolhouse at 9818 Georgetown Pike and the Studios in the Village Centre at 756, 766, and 776 Walker Road). The Spring ArtFest show and sale is on May 5 and 6 from 10 a.m. to 5 p.m. each day. That trip might take you by the outdoor easels of plein air painters capturing the scenes in and around the Village Centre and Grange/Schoolhouse properties. You can catch their recent paintings of the Great Falls area in the Village Centre’s Fresh Paint Tent and cast your vote for the People’s Choice award to be announced on Sunday at 4:30 p.m.

The main event is the art in multiple mediums presented by the participating artists in the Grange & Schoolhouse and in the three working studios in the Village Centre. Unlike the larger art festivals in the D.C. area, the

Great Falls free Spring ArtFest is a more manageable size and intimate setting, allowing visitors to take a close look at the work and discover the inspiration behind each piece.

Plan your visit at [www.GreatFallsStudios.com](http://www.GreatFallsStudios.com) to take in multiple live demonstrations spread throughout the weekend including Lori Goll painting with pastels in plein air, Will Tuthill performing the ancient art of Hanga (Japanese woodblock printing) and John Francis McCabe capturing the alla prima portrait in oil of a Revolutionary War reenactor. Book readings by three Great Falls authors, Mary Jane Cogan, Penny Ross Burk and Lesley Hackman, are scheduled for the Grange stage.

If picking out that perfect original treasure created by hand by your artistic neighbors requires extra fuel, treats are available from the popular Great Falls Creamery all day both days in the Grange and the World Eats food truck there on Saturday afternoon.



## Oakton High Presents “Titanic the Musical”

“Titanic the Musical” at Oakton High School, 2900 Sutton Road, Vienna. This is the factual story of that ship — of her officers, crew and passengers. Titanic is a musical with music and lyrics by Maury Yeston and a book by Peter Stone that opened on Broadway in 1997. Tickets are \$15. Show times are 7 p.m. May 3-5, and 11-12. Information about the performance is at [titanic.oaktondrama.org](http://titanic.oaktondrama.org) or visit the website at [www.oaktondrama.org](http://www.oaktondrama.org).

### MAY 3-12

**“Titanic the Musical.”** 7 p.m. at Oakton High School, 2900 Sutton

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## FRIDAY/MAY 4

**Farmers Market Re-Opens.** 8 a.m.-noon at Lewinsville Park, 1659 Chain Bridge Road, McLean. Runs Fridays, May 4-Nov. 16. To kick off spring, farmers expect to have an abundance of fresh cut greens, asparagus, strawberries, rhubarb, apples, beets, carrots and more. Everything is harvested hours before sale to ensure optimum taste and nutrition. Visit [www.fairfaxcounty.gov/parks/farmersmarkets](http://www.fairfaxcounty.gov/parks/farmersmarkets) or contact the Community Horticulture Office at 703-342-9773.

**Anniversary Celebration.** 6:30-10 p.m. at The Pavilions of Turkey Run in Claude Moore Colonial Farm at 6310 Georgetown Pike, McLean. Join New Dominion Women’s Club to celebrate 50 years of fellowship and service to the community. Enjoy dinner, drinks, dancing, photo booth, giveaways and more. Festive cocktail attire suggested. Tickets are \$50 and available at [www.ndwc.org/](http://www.ndwc.org/) celebrate-50.

## FRIDAY-SATURDAY/MAY 4-5

**“Blithe Spirit” Play Production.** 8 p.m. at Vienna Community Center, 120 Cherry St., SE, Vienna. Noel Coward’s famous 1941 comedy. Presented by Vienna Theatre Company and Vienna Department of Recreation. Tickets \$14. Visit [www.viennatheatrecompany.org](http://www.viennatheatrecompany.org).

## SATURDAY/MAY 5

**Trackless Train.** 9 a.m.-4 p.m. Get ready to climb aboard the new trackless train at Clemjontri Park. The new train starts rolling on Saturday, May 5, 2018, with an engine and four passenger cars that can seat up to four children each. The train will take children and adults on a ride around the park. The trackless train will operate from 9 a.m. to 4 p.m. on weekends from April through Memorial Day weekend, and from Labor Day weekend through October the train will also run from 9 a.m. to 1 p.m. on weekdays. Rides are \$3. Call 703-388-2807 or visit [www.fairfaxcounty.gov/parks/clemjontri](http://www.fairfaxcounty.gov/parks/clemjontri).

**Vienna Bike Rodeo.** 9 a.m.-noon in the parking lot of the Vienna Volunteer Fire Department. Vienna police officers and other bike enthusiasts will present a training program to help children spin into spring safely. Children must have a helmet in order to participate. No registration is required Call 703-255-7842 in case of inclement weather.

**Taste of Korea.** 9 a.m.-2 p.m. at Korean United Methodist Church of Greater Washington, 1219 Swinks Mill Road, McLean. Sample homemade Korean food and experience Korean culture. Cultural programs such as Korean traditional dance performances (11:30 a.m. and 12:30 p.m.), Tiger Den’s Tae Kwon Do demo (noon), trying on traditional Korean costumes and games for children. Visit [www.kumcgw.org](http://www.kumcgw.org).

**Annual Church Indoor Yard Sale.** 9 a.m.-2 p.m. at Charles Wesley UMC, 6817 Dean Drive, McLean. Bring family and friends to this huge sale and stay for lunch. Call 703-356-6336 or [www.thehungurchurch.org](http://www.thehungurchurch.org).

**Pastel Workshop.** 10 a.m.-4:30 p.m. at 115 Pleasant St., NW, Vienna. Spend a few hours to learn all you need to know to begin creating art with soft pastel. Our subject will be seascapes. [atelierinthegarage.com/products/pastel-workshop-with-lori-goll](http://atelierinthegarage.com/products/pastel-workshop-with-lori-goll)

## SATURDAY-SUNDAY/MAY 5-MAY 6

**Annual GFS ArtFest.** 10 a.m.-5 p.m. at Great Falls Grange and Great Falls Village Center Studios, 9818 Georgetown Pike and 756 and 766

Walker Road, Great Falls. Paintings, photography, pottery, jewelry, fiber arts and more available for purchase. Many artists will have smaller items available for purchase. Free. Visit [www.greatfallsstudios.com](http://www.greatfallsstudios.com).

## SUNDAY/MAY 6

**“Blithe Spirit” Play Production.** 2 p.m. at Vienna Community Center, 120 Cherry St., SE, Vienna. Noel Coward’s famous 1941 comedy. Presented by Vienna Theatre Company and Vienna Department of Recreation. Tickets \$14. Visit [www.viennatheatrecompany.org](http://www.viennatheatrecompany.org).

**Vienna Jammers Big Jam Concert.** 4 p.m. at Madison High School, 2500 James Madison Drive, Vienna. The Vienna Jammers are an auditioned percussion ensemble made up of children ages 7-18, led by Vienna Elementary School music teacher David Lee Reynolds Jr. Tickets at [www.viennajammers.org](http://www.viennajammers.org).

**Barclay Brass Concert.** Free concert at Holy Comforter, 4-5 p.m.. The Barclay Brass is an 11-piece ensemble featuring some of the Washington area’s top brass musicians. The program will include selections of classical music from past centuries as well as works of living composers, including a suite from the soundtrack to Star Wars by John Williams. [www.holycomforter.com](http://www.holycomforter.com). 543 Beulah Rd, NE, Vienna, VA 22180.

## TUESDAY/MAY 8

**Meet Monica Bhide.** 7:30-9 p.m. at Patrick Henry Library, 101 Maple Ave., E, Vienna. Bhide is the author of Karma and the Art of Butter Chicken, which is “set in contemporary India and seasoned with gentle love, dramatic loss, enchanting poetic verse, and exotic food.” Author of multiple books on Indian cooking. 703-938-0405 or [librarycalendar.fairfaxcounty.gov/event/3806630](http://librarycalendar.fairfaxcounty.gov/event/3806630).

## WEDNESDAY/MAY 9

**Speaker Carole Herrick.** 7 p.m. at Great Falls Library, 9830 Georgetown Pike, Great Falls. Presented by the Great Falls Historical Society, her talk titled “Washington in Flames, the 1812 Sacking of Washington, and the Escape of the President and Mrs. Madison Through Our Area,” is based on her book on this subject.

## THURSDAY/MAY 10

**MPA to Host Art+Music Series.** 7:30 p.m. at Bullock Hitt Gallery in MPA@ChainBridge, 1446 Chain Bridge Road, McLean. Free. The Dave Kline Band takes the stage. RSVP at [mpaart.org](http://mpaart.org).

## FRIDAY/MAY 11

**NVFS’s Independence Gala.** 6-9 p.m. at Hilton McLean Tysons Corner, 7920 Jones Branch Drive, McLean. Elegant setting for leaders and supporters to celebrate the foundations of well-being that NVFS helps create for families and individuals. Visit [www.nvfs.org/events/road-to-independence-gala/](http://www.nvfs.org/events/road-to-independence-gala/).

## SATURDAY/MAY 12

**Used Book Collection.** 9 a.m.-1:30 p.m. at Sun Trust Bank, 515 Maple Ave., E, Vienna. Used books, CDs, DVDs, software, children’s books, records, recent books accepted. The Book Sale will be held on Aug. 31-Sept. 2 at the Spring Hill Recreation Center. [aauwbookfair@gmail.com](mailto:aauwbookfair@gmail.com) or 703-527-4206.

**MPA to Host Art+Music Series.** 7:30 p.m. at Bullock Hitt Gallery in MPA@ChainBridge, 1446 Chain Bridge Road, McLean. Free. Featuring the musical collective Sound Impact. RSVP at [mpaart.org](http://mpaart.org).

## SUNDAY/MAY 13

**Washington Symphonic Brass.** 4 p.m. at Saint Luke Catholic Church, 7001 Georgetown Pike, McLean. Tickets are \$35 purchased at the door or online at [www.amadeusconcerts.com](http://www.amadeusconcerts.com). A pre-concert lecture will begin at 3:15 p.m. [www.saintlukemclean.org](http://www.saintlukemclean.org).



# Fairfax County Volunteer Service Awards

The **PRS CrisisLink's CareRing** program assists vulnerable older adults in maintaining independence and community connections by increasing mental and social well-being. Through scheduled calls daily or several times throughout the week, CareRing Volunteers phone clients for social support while also assessing any risk of depression or cognitive decline. These volunteers build trusted and healthy social relationships with clients who may be at risk of isolation. The volunteers embrace clients' thoughts and feelings, making sure they know someone cares about them and that they are not alone. In 2017, CareRing volunteers served over 1,000 clients, handled over 35,000 calls, and exchanged over 33,000 text messages. The impact of this group is best described by a CrisisLink client

The **Fairfax County Community Emergency Response Team (CERT)** program is a Citizen Corps volunteer program managed under the auspices of the Fairfax County Fire and Rescue Department. The CERT program prepares ordinary citizens to safely help themselves, their families, and their communities during emergencies. They also provide emergency preparedness and public safety related services on an ongoing basis. Over the last year, 694 active CERT volunteers improved the county's overall emergency response posture through a variety of trainings while also providing a multitude of emergency preparedness and public safety related services. In addition, hundreds of volunteers applied their skills to support community activities and events such as lost child assistance and traffic management. CERT members attended 47 outreach events across the county, informing approximately 7,653 residents about opportunities and activities to better equip themselves, their families, and their neighbors in the

In the past year, **Fannie Mae** employees have volunteered over 400 hours with Pathway Homes, a nonprofit organization providing housing and supportive services to adults with serious mental illness and other co-occurring disabilities in Northern Virginia. In May, over 100 Fannie Mae staff members provided landscaping at four Pathway homes where clients resided. Volunteers also assembled bathrooms sets and welcome kits for new clients moving into their new home. In total, their contribution of time and supplies estimates to over \$80,000, saving the agency funds that can be redirected to support residents. Pathway Homes also serves as a beta site for an emerging Fannie Mae Fellows program. This involves Fannie Mae providing an employee to serve as a Fellow at no cost to Pathway Homes for three months on-site and an additional three months after returning to Fannie Mae. The Fellow, selected through a competitive process of approximately 225 eligible employees,

Volunteers wear many hats and **Josh Stillman** is no exception. He is the co-founder, co-organizer, treasurer, board member, and head of community engagement and experience for TEDxTysons. Through the form of short, powerful talks, TEDxTysons creates an opportunity for anyone with an idea, project or inspiring story to share it with the rest of the region. In his leadership roles, Stillman is part of a small curation team that chooses speakers for TEDxTysons and handles partnership development for the organization. As lead organizer and curator, he traveled to Tanzania last year to attend TED Global where he participated in workshops with other TEDx organizers around the world to learn how to improve events for the local Tysons community. As treasurer, he handles all finance, legal, and administrative require-



**Adult Volunteer Group: PRS CrisisLink's CareRing volunteers with Board Chairman Sharon Bulova.**

whose letter to volunteers read, "I love when you call me to see how I am doing. It cheers me up and gets me going for the day. I tell you with all my heart and soul, I will never forget your kindness and love."



**Fairfax County Government Volunteer Program: Fairfax County Community Emergency Response Team (CERT) with Board Chairman Sharon Bulova.**

event of an emergency. Fairfax County Fire and Rescue Department Volunteer Liaison Jeffery Katz said, "Fairfax County's CERT program is a prime example of 'Neighbors helping Neighbors.' 2017 was another year of unprecedented growth and innovation during which our CERTs further improved our County's disaster preparedness."



**Corporate Volunteer Program: Fannie Mae team with Board Chairman Sharon Bulova.**

will focus on identifying and mitigating barriers that decrease the number of affordable rental units available for special needs populations.

Pathway Homes President and CEO Dr. Sylisa Lambert-Woodard said, "Pathway Homes greatly appreciates Fannie Mae's innovative and thoughtful approach to working with nonprofits and applauds the effort they put forth to make sure the individuals served by the nonprofit truly benefit from their partnership."

ments, including the establishment of TEDxTysons 501(c) (3) status. While doing all this, Stillman is also an active volunteer with Minds Matter of Washington D.C., helping to make competitive college admissions a reality for underserved students. He provides students with the mentoring, test preparation, and writing instruction necessary to achieve college success.

TEDxTysons Co-Founder Ashwod Heffern said, "Borrowing a quote from Blaise Pascal sums up working with Josh better than anything else, 'The virtue of a person is measured not by his outstanding efforts, but his everyday behavior.' Josh's dedication to improving personally and professionally is so he is capable of giving more and improving the lives of those fortunate enough to come into contact with him."



**Rising Star: Josh Stillman with Board Chairman Sharon Bulova.**

## Can't Vote at McLean Day for the 2018-2019 MCC Governing Board?

**Vote by Absentee Ballot Now – May 16 at either:**

**McLean Community Center (MCC)**  
**Administration Office:**  
6631 Old Dominion Drive  
McLean, VA 22101  
703-790-0123/TTY: 711

**Class Programs/Registration Office:**  
6645 Old Dominion Drive  
McLean, VA 22101  
703-744-9365

**Monday-Friday, 9 a.m. – 11 p.m.**  
**Saturday, 9 a.m. – 5 p.m.**  
**Closed on Sunday**

**Old Firehouse Center (OFC)**  
1440 Chain Bridge Road  
McLean, VA 22101  
703-448-8336/TTY 711

**Monday-Friday, 9 a.m. – 6 p.m.**  
**(closed on weekends)**

**Absentee voting affidavits and ballots must be returned to one of these locations by 5 p.m. on Wednesday, May 16.**

### Requesting Absentee Ballots:

You can pick up absentee ballot packages and vote at both MCC offices or OFC. You can also request absentee ballot packages by email at [elections@mcleancenter.org](mailto:elections@mcleancenter.org) or by telephone at 703-790-0123/TTY: 711.

### Returning Completed Applications and Ballots:

You can return your absentee voting affidavits and ballots to the front desk at either MCC location or OFC. You may also mail them using the pre-addressed envelope enclosed in the absentee ballot package. Mailed affidavits and ballots must be received by the due date.

**Absent voting ends promptly at 5 p.m. on Wednesday, May 16.**

Hand delivered absentee voting affidavits and ballots must be received at either MCC location or OFC by that time.

### If you have questions:

Contact 703-790-0123, TTY: 711 or email [elections@mcleancenter.org](mailto:elections@mcleancenter.org)



**The McLean Community Center**  
703-790-0123/TTY: 711  
[www.mcleancenter.org](http://www.mcleancenter.org)

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# OBITUARY

## Dorothy Bragdon McCormick, 96, of McLean

Dorothy Bragdon McCormick, born on March 31, 1922 in Pittsburgh, Pa. to the late Ruth Josephine Hughes and Major General John Stewart Bragdon, passed away peacefully in her home on April 11, 2018 at 96 years of age. Mrs. McCormick, a widely known and visionary leader in early childhood education, was a long time resident of McLean and is survived by her six children and six grandchildren.

Dorothy, her late sister Ruth Bragdon Donovan and late brother John Bragdon, shared the life of Army children, educated in the Philippines where her father served on the staff of General Douglas MacArthur, and several other military postings around the world. She graduated from Garden City, N.Y. High School Class of 1938 and attended Pembroke College (now part of Brown University) before graduating from the University of North Carolina Chapel Hill in 1942. Following college, she was commissioned in the U. S. Navy (WAVes), attaining the rank of Lieutenant, JG, and designated as one of the few armed female naval couriers. Upon the conclusion of World War II, she formally entered service in the OSS, the precursor to the CIA.

On Veterans' Day, Washington D.C., Nov. 11, 1948, Dorothy married the late Robert Louis Laing McCormick. Over the next dozen years she

transitioned into the role of mother, homemaker, and volunteer for various organizations, including several years as a docent at the Smithsonian Institution Museum of Natural History.

In 1960, Dorothy formed a playgroup for the children of friends. As a psychology major, she had a strong interest in early childhood development which evolved into the creation of Country Play School in 1964, situated in the lower level of the family home. By 1971, the school of 84 children had outgrown its space. Dorothy then purchased the Happy Hill School at Langley Fork in McLean, reestablishing it as the Country Day School. Since its founding the school has served generations of children as a pre-eminent center of early childhood education in the Washington, D.C. metropolitan area.

During her stewardship of Country Day School, Dorothy found time to earn a master's degree in early childhood education from Wheelock College. Over the course of her career she received the McLean Business and Professional Club Woman of Achievement award, 1970, and the Certificate of Achievement from the American Association of University Women, 1998. Dorothy retired in 2002, spending her following years archiving school history and photographs and devoting time to her family.

### Governor Northam Announces 600 New Jobs in McLean

Governor Ralph Northam announced that Appian (Nasdaq: APPN), a leading low-code and business process management platform provider, will invest \$28.4 million to expand its headquarters operation in Fairfax County. The company will move into Valo Park, the 785,000-square-foot multi-tenant campus owned by Tamares Group at 7950 Jones Branch Drive in McLean. The project will retain 600 existing jobs and create 600 new jobs over the next five years.

"After nearly 20 years in the Commonwealth, we are honored that Appian will reinvest and expand its headquarters in Fairfax County, creating hundreds of good jobs," said Gov. Northam. "Virginia's leading position in the technology sector makes us a great home for cutting-edge companies as they grow and create economic opportunity in communities like Fairfax County. We look forward to our continued partnership with Appian and more announcements like this one in Northern Virginia and across our Commonwealth."

Appian provides a low-code software development platform that enables organizations to develop applications quickly. The applications created on Appian's platform help companies drive digital transformation and competitive differentiation. For more information, visit [www.appian.com](http://www.appian.com).

## Tysons Open House to Be Held May 3

New homes, restaurants, shops, theaters, parks and roads — come to the Tysons Open House to learn what's happening in Fairfax County's dynamic "downtown." It's your chance to experience what it's like to live, work, shop and play in Tysons.

This free event will be held Thursday, May 3, from 6 to 8 p.m. at Basis Independent, 8000 Jones Branch Drive in Tysons. Fairfax County and the Tysons Partnership have teamed up to put on this community celebration.

The showcase will feature:  
❖ Free tastings from select Tysons restaurants.  
❖ Live music.  
❖ Information on the latest projects and plans from developers and county staff.

In the last two years, there have been exciting new amenities announced for Tysons, including:

- ❖ Capital Bikeshare.
- ❖ Jones Branch Connector, a new way to get across the Beltway.
- ❖ 225-seat black box theater.
- ❖ 15-screen luxury movie house.
- ❖ Wegmans and Whole Foods.

"Since 2014, the Tysons skyline has seen the addition of 13 new buildings, bringing to the market millions of square feet of mixed-use and transit-oriented development," said Fairfax County Chairman Sharon Bulova. "Twelve more buildings and 3.9

million square feet are under construction at this very moment. It is amazing how far we've come since the Tysons Plan was adopted just eight years ago."

This new development results from the ambitious plan to transform Tysons into a green, walkable urban center that will be home to 100,000 residents and 200,000 jobs by 2050. The plan provides for new local streets and bike lanes, parks, athletic fields and green spaces, affordable housing, a library, a performing arts center and more. These amenities and facilities will remake Tysons into the place where people will want to live, work and play.

"The pace of change in Tysons is astounding," said Sol Glasner, president of Tysons Partnership. "Along with our partners in Fairfax County Government, we invite the public to attend our free open house to experience the many new additions to our community, while also previewing the assets set to arrive in the near future."

Free parking is available at Basis. Or take Fairfax Connector Route 424, a circulator route that serves the Tysons Silver Line stations. Basis is located about 1.5 miles from the Tysons Corner Metro station.

The Tysons Partnership is the association of business and community leaders working with county government to redevelop Tysons as a walkable, mixed-use, transit-oriented modern city.

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24	25	26	27	28
29	30	31		

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about an  
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# BULLETIN

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).

## VOLUNTEERS NEEDED

**STEM Professionals Needed.** Help assist K-12 STEM teachers as part of the American Association for the Advancement of Science's STEM Volunteer Program, [stemvolunteers.org](http://stemvolunteers.org), during the 2018-19 school year. In the 2017-18 school year, there are 85 volunteers in 6 Northern Virginia school districts. Contact Don Rea at 571-551- 2488, or [donaledge@aol.com](mailto:donaledge@aol.com).

**Volunteer Adult Mentors Needed.** Help assist the Department of Family Services' BeFriendA-Child mentoring program. The mentors provide opportunities for companionship, guidance and support to children who have been abused and neglected, or who are at risk. Contact Ibrahim Khalil at [Ibrahim.khalil@fairfaxcounty.gov](mailto:Ibrahim.khalil@fairfaxcounty.gov) or 703-324-4547.

**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:

- ❖ 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/MAY 2

**Author Dr. Wendy Mogel.** 7 p.m. at Temple Rodef Shalom, 2100 Westmoreland St., Falls Church. The Safe Community Coalition will present Dr. Wendy Mogel, clinical psychologist, parenting expert, and New York Times best-selling author. In her new book, "Voice Lessons for Parents: What to Say, How to Say it, and When to Listen," Mogel offers a guide to the art of talking with children of all ages, showing us how a change in voice can transform communication and ease the relationship between parents and children. [mcleancc.org](http://mcleancc.org).

## FRIDAY/MAY 4

**Virginia 10th Congressional District Candidate Forum**, 7:30 a.m. at Maggiano's Little Italy in Tysons II. Cost is \$50. hosted by DemBiz. Visit [www.dembiz.org/candidateforum50418nm](http://www.dembiz.org/candidateforum50418nm).

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## You Mean Next Week Tuesday?

By KENNETH B. LOURIE



Today, Sunday, April 22, I am not on any real – or imagined, deadline pressure, quite different than my previous column ("You Mean Tomorrow Tuesday?"), published April 25. This column isn't due until nine days from now, since my copy editor returns from vacation that Tuesday. And of course, since there's no abbreviated/immediate-type deadline, and it's a relatively quiet weekend at home (as opposed to the "triple threat" Tuesday I wrote about last week), Chino, in addition to any of our other four cats, are nowhere to be found. Certainly, they're all sleeping. I mean, it is 12:30 pm. In fact, as I get up to investigate, Chino is sleeping on the very same chair he ended up on last week. This week however, when I have minimal deadline pressure, Chino has minimal Kenny interest. At present, he is not the least bit involved in the creative process, other than as a point of reference, that is.

And just as Chino is minding his own business – for now, I am able to mind mine and stay on task. It is so much easier to do so when my writing pad is not the exact midpoint and/or crossroads for where Chino is and for where he wants to be. Therefore, I have no excuses for not maintaining a creative flow as pen is put to paper. No cat interruptions or interference whatsoever. To quote my late father, I have no "encumbrances" – at the moment.

More so even than Chino walking right to left across my desk (and back of course). I just received an email from my oncologist, yes on the weekend, telling me that my two scans taken on Wednesday, April 18, continue to show "stable." News, with which I'm extremely fond of writing – properly, I can live. As much as I could likewise live with tumor "shrinkage" as well, I am ALWAYS pleased when I see my new favorite word: "stable," in any communication from my doctor. For a cancer patient still undergoing treatment – as I am, or for any cancer patient in remission, a "stable" result is hardly the problem. The problem is growth and/or movement or appearance elsewhere in the body. (For lung cancer patients, movement to the brain, which occurs in approximately 30 percent of patients, is the predominant worry. As such, I get a brain MRI regularly.)

So, no scan-result pressure. No post-chemo side-effect pressure. No newspaper and/or deadline pressure. And no cat-related pressure compounding any of the aforementioned pressures. Ergo, the 'pressure' is officially off. And when the 'pressure' is off, my creativeness is on. Though this may not be the best column I've ever written, it's certainly been one with the least amount of 'encumbrances.'

And speaking of my father, Barry, who died in in 2006, and now my mother, Celia, who died two years later, almost to the day, what I am particularly grateful for is the timing of my diagnosis/prognosis: it all happened after they had died. They never knew. My first symptom manifested four weeks after my widowed mother was laid to rest. They both know now though as I regularly update them when I visit their gravesites at the cemetery. And though the conversations are mostly one-sided, still, it brings me comfort and a peculiar sort of joy to share the details of my treatment and the miscellaneous pressures I experience, some of which I've mentioned and some of which I haven't. Many of those my parents knew about, and were often topics of discussion – while they were alive.

I was lucky then and I continue to be lucky now. Great parents before and an amazingly fortunate post-cancer-diagnosis after. Whoever I have to thank: thank you.

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





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