# And Oakton Vienna Connection

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More than 200 people attended the opening concert of the summer concert series at Vienna's town green. Spectators applaud the Navy Band after finishing a song.

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AND IN-HOME SERVICES

# News, Page 3

Vienna Graduate To Teach in Spain People Page 3

A Message of Hopefulness THEATRE, PAGE 12

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Photo by Brian Weingast/The Connection



son Robotics **Officers**, from left: John Link (President);Alec Sabia (General Manager);Nicholas **Dilauro** (President); and Christina Luckett (General Manager).

2018-19 Madi-PHOTO CONTRIBUT

# Madison Robotics Team Meets Community at ViVa Vienna

At the ViVa Vienna Memorial Day Festival, the James Madison High School Robotics Team shared their 120-pound robot with the public, including answering robotics-related questions. The JMHS Robotics Team of sixty-five (65) students devised game strategies and worked with many components-including electrical circuitry, programmable controllers, motors, pneumatic components, and

mechanical parts- in designing and building the Madison robot.

As a result of the Madison students' hard-work efforts under the guidance of their volunteer coaches and mentors, the JMHS robot qualified for and competed in this year's FIRST Chesapeake District Championship tournament that was held at the University of Maryland (College Park, Md).

#### VIENNA POLICE HIGHLIGHTS

The following summary contains various incidents of general interest as well as vehicular crashes handled by the Town of Vienna, Virginia Police Department from May 25 – May 31, 2018.

INCIDENTS

Grand Larceny - 200 Block Locust Street, SE Between May 17 at 12 p.m. and May 24 at 7 p.m. Å resident reported the theft of a smoker grill that he had left outside of his apartment building.

Suspicious Event — 600 Block Hillcrest Drive, SW Between May 21 at 5 p.m. and May 25 at 7:36 p.m. A resident reported a series of suspicious events that had been occurring in and around their home. The resident was advised to contact the police if the events continue.

Fraud — 900 Block Symphony Circle, SE Between May 22 at 3:30 p.m. and May 25 at 8 p.m. A resident was the victim of a scam after someone contacted him repeatedly by telephone stating they were from the sheriff's department and demanding money to avoid his arrest.

Suspicious Event — Mitchell Eye Institute 130 Park Street, SE May 25, 12 p.m. An employee advised that the office is receiving calls from an unknown person identifying themselves as Dominion Power representatives and demanding payments or their service will be cut off. Lost Property — McDonalds 544 Maple Avenue, West May 25, 1 p.m. A citizen lost his wallet in the restaurant.

Assist EMS — Vienna Family Medicine 115 Park Street, SE May

25, 2:03 p.m. Officers assisted rescue personnel with a patient in the office who had taken too much of her medication. The woman was transported to an area hospital for treatment.

Suspicious Event — Nutley Street and Maple Avenue, SW May 25, 9:36 p.m. A citizen reported that two individuals in another vehicle threw a milkshake at her vehicle.

Vandalism — 1100 Ware Street, SW May 25, 10 p.m. A resident reported that eggs were thrown at the front of her house during the night.

Domestic Dispute — Melody Lane, SW May 26, 2:23 p.m. Officers responded for a dispute between husband and wife. The husband agreed to leave the home for the night to allow both parties to calm down. Suspicious Évent - Viva! Vienna! Dominion Road and Ayr Hill Avenue, NE May 26 between 6 and 9:30 p.m. Police and rescue personnel spoke to a man a couple of times at Viva! Vienna! who was having some emotional duress. The man was evaluated by rescue personnel and refused further treatment.

Grand Larceny - Vienna Town Green 144 Maple Avenue, East Between May 26 at 6:30 p.m. and May 27 at 9:30 a.m. A citizen reported his bicycle was stolen from a bike rack at the Town Green where he had left it secured. Suspicious Event - 200 Block Commons Drive, NW May 26 at 10:45 p.m. A resident reported that he and his wife had just returned home when they heard a noise at their front door. They ob

See Police, Page 5



# News



With more than 200 people in attendance, the mix of couples and young families filled the grass with blankets and lawn chairs.

# Having a Good Time on the Green

Navy Band opens Summer Series with Country Concert on the Green.

s band leader Kenny Ray Horton took the stage Friday evening with his fellow Navy musicians he let it be known that they were no ordinary U.S. Naval Band. Trading their trumpets and horns for guitars and fiddles, the Country Current ensemble kicked off Vienna's Summer on the Green Concert Series with a variety of Country and Bluegrass classics.

Following a week of miserable weather, Vienna residents turned up in masses to enjoy the sunshine and free music at the Green on Maple Ave. Now in its 11<sup>th</sup> year, the Summer on the Green Concert Series has attracted a loyal crowd of Vienna locals according to parks and rec supervisor Amy Fajo, a 29-year employee of the town. With more than 200 people in attendance, the mix of couples and young families filled the grass with blankets and lawn chairs.

Encouraged by the swing of the music, many spectators throughout the evening started to dance along with the band. "It's nice to get out of the house when we can," said longtime Vienna resident Marty



Spectators applaud the band after finishing a song.



Music technician works the soundboard as Navy band plays in the background

Johnson. "Watching the kids run around and dance is always a good time".

The Summer on the Green Concert Series takes place every Friday night at 6:30 p.m. in Vienna. This year's performers include Shenandoah Run, Nowhere Men, Fat Chance and many more. On Friday, June 8, the venue will be hosting Vienna Idol. The Green is located at 144 Maple Ave E. Vienna. Food is allowed though alcoholic beverages are prohibited. Check viennava.gov for more information.

—Brian Weingast

# Vienna Graduate to Teach in Spain Lilian Roth of Vienna awarded Fulbright Scholarship.

S ixteen University of Virginia alumni and graduate students will pursue their work on foreign shores with the help of the Fulbright U.S. Student Program this year – a record number for UVA, which recently was cited among the top producers of Fulbright Scholars in the nation.

The U.S. Department of State and the J. William Fulbright Foreign Scholarship Board offered the grants to the UVA alumni and students, who will be among the more than 1,900 U.S. citizens who will travel abroad for the 2018-19 academic year.

UVA's Fulbright Scholars will teach English in foreign countries such as Argentina, Georgia and Sri Lanka, or pursue research and graduate study in Cambodia and the United Kingdom.

The Fulbright program is the flagship international educational exchange program sponsored by the U.S. government and is designed to increase mutual understanding between the people of the United States and the people of other countries. Its primary www.ConnectionNewspapers.com



Dan Addison/University Communications Lilian Roth of Vienna, who graduated in May with degrees in global development studies and Spanish, will be an English teaching assistant in Spain.

source of funding is an annual appropriation made by Congress to the State Department's Bureau of Educational and Cultural Affairs; participating governments and host institutions, corporations and foundations in foreign countries and in the U.S. also provide direct and indirect support. Since its inception in 1946 under legislation introduced by the late U.S. Sen. J. William Fulbright of Arkansas, the Fulbright program has given approximately 380,000 scholars the opportunity to contribute to finding solutions to shared international concerns.

Lilian Roth of Vienna, who graduated in May with degrees in global development studies and Spanish, will be an English teaching assistant in Spain.

"The Fulbright program provides the ideal bridge between my interests in language, global engagement and education," she said. "I'm looking forward to further developing my knowledge of Spanish language and culture through an immersive year living and working in a school in Madrid."

She said working in Spain will bring a more practical focus to the theories and ideas she had discussed in her global development and Spanish language courses.

"From theater performances to teaching to international business, my experiences over the past four years have truly been all across the board," she said. "The Fulbright application process gave me the opportunity to reflect on why I was drawn to these experiences in the first place, what I learned from them and how they connect to one another."

An Echols Scholar, Roth was a member of the University Guide Service, Volunteers with International Students and Staff, and TEDxUVA, and worked as a career peer educator at the UVA Career Center. She received a Double 'Hoo grant for a research project titled "From Bloomers to Pantsuits: Gender in American Politics from 1856 to 2016," and was involved with UVA Drama Department productions.

id." She was a teaching fellow with the eduring a cation non-profit Breakthrough New York, es and studied in Madrid and worked for two summers as a trade policy analyst with the urses. United Parcel Service at its international headquarters in Brussels, Belgium. She is a iences graduate of George C. Marshall High School. VIENNA/OAKTON CONNECTION & JUNE 6-12, 2018 & 3

Vienna/Oakton Connection Editor Kemal Kurspahic 70.3-778-9414 or vienna@connectionnewspapers.com



Soweto Gospel Choir will present gospel music from South Africa.

# 'Great Performances' Continue at Mason New season announced with returning favorites and new performers.

#### BY DAVID SIEGEL Who The Connection

S ince opening in 1990, the Center for the Arts (CFA) has provided the highestquality, diverse entertainment "for about 5.4 million people," Rick Davis, Dean, College of Visual and Performing Arts, George Mason University, recently said.

Over the past twenty-seven seasons, the CFA has brought worldclass performers to the George Mason University campus so the arts can become an integral part of student life and to advance the Center for the Arts as one of the premier performing arts venues in the Northern Virginia community.

"We are thrilled to be able to continue offering the best of the performing arts in Northern Virginia," said Thomas Reynolds, Director of Artistic Programming at George Mason University's College of Visual and Performing Arts In announcing the 2018-2019 "Great Performances at Mason" season.

The upcoming season of "Great Performances" will include 41 performances in a season that runs from September 2018 to May 2019. Performances will feature leading national and international artists performing classical music, opera, jazz, ballet and modern dance, theater, and world music and arts. Reynolds noted that the new CFA season has a first-ever "Family Series" with entertainment for children and families.

Selected highlights of the upcoming "Great Performances" season include: an evening of swinging jazz-pop music with multi-Grammy Award®-winning The Manhattan Transfer, as part the annual ARTS by George! benefit; the internationally renowned Czech National Symphony Orches-

### Where and when

"Great Performances at Mason," at Center for the Arts' Concert Hall, 4373 Mason Pond Drive, Fairfax. Detailed information including the entire season of performances and ticket prices at https:// cfa.gmu.edu. Season subscriptions are now on sale at https://cfa.gmu.edu/ tickets/subscriptions/ or by phone at 703-993-2787. Single tickets will go on sale Wednesday, Aug. 1. Single ticket prices vary per performance. Single tickets will be available for purchase by phone at 888-945-2468, or visit www.cfa.gmu.edu.

tra in a program celebrating Leonard Bernstein; MOMIX, a troupe that fuses dance with illusion, and a Northern Virginia favorite, the Mark Morris Dance Group.

There will be music and dance by the Havana Cuba All-Stars; gospel music performances by Soweto Gospel Choir from South Africa, as well as touring adaptations of "Steel Magnolias" by L.A. Theatre Works and "A Midsummer Night's Dream" by Aquila Theatre.

Jeffrey Siegel returns with "Keyboard Conversation," and the Virginia Opera with four operas including "Don Giovanni" and "Madama Butterfly." Returning for the Holiday season will be the vocal ensemble Chanticleer, the Vienna Boys Choir and the Canadian Brass quintet.

Something new will be the Henry Mancini Institute Orchestra with "The Pink Panther in Concert," performing the full movie score live and acrobats and aerialists from Cirque Mechanics.

"The Center for the Arts has long strived to enhance the lives of Northern Virginia residents by presenting performances that engage, enliven, and entertain," added Reynolds. "Our mission is to make the arts an inescapable presence in the life of our community."

www.ConnectionNewspapers.com

In March 2018, 111 homes sold between \$1,900,000-\$207,000 in the Vienna and Oakton area. This week's list represents those homes sold in the \$1,900,000-\$267,000 range. For the complete list, visit www.ConnectionNewspapers.com

# Home Sales

								de Subdivision FOX HERITAGE
2776 CHAIN BRIDGE RD	5 •	4	1 VIENNA	\$1,675,000	. Detached	0.82	22181	OAKTON GLEN
								MURMURING PINES
609 KINGSLEY RD SW	6	6	1 VIENNA 1 VIENNA	\$1,555,000 \$1,448,000	. Detached	0.30	22180	VIENNA WOODS
2208 FRANK ST		4	1 VIENNA	\$1,385,000	. Detached	0.77	22182	COLLINS / CAMPBELLS LANDING
								VIENNA WOODS
								WEST VIENNA WOODS
								GRAYS
								ROLLING RIDG
9210 BRIAN DR	6	5	1 VIENNA	\$1,349,001	. Detached	0.44	22180	TOWN AND COUNTRY ESTATES
								VIENNA GROVI
								SPRING LAK
								COHEN PROPERTY KESSE
								WINDSTON
								CIARA ESTATES
								HUNTER MILL ESTATES
								BUSBY TRACT
8416 BLACK STALLION PL		4	1 VIENNA	\$1,015,000	. Detached	0.34	22182	ASHGROVE PLANTATION
1913 WINDSOR HUNT CT	5	3	1 VIENNA	\$1,015,000	. Detached	0.26	22182	EMBASSY COURT 2
309 COURTHOUSE RD SW	4	3	1 VIENNA	\$999,900	. Detached	0.39	22180	VIENNA
								MALCOLM HOLLOW AMANDA PLACI
								AWANDA PLACI
								THE GLADI
								WILLIAMSBURG COMMONS
								HUNT VALLEY ESTATE: EUDOR
10130 BLAKE LN	4	3	0 OAKTON	\$852,000	. Detached	0.54	22124	GRAYS OAKTON
								LAWYERS NORTH
								TIBURON WAYSIDI
9428 DELANCEY DR	4	3	1 VIENNA	\$815,000	. Detached	0.27	22182	BEULAH TERRACI
								LEIGH MEADOW
								WAVERLY
								BARRISTERS PLACI WAYSIDI
								SILENTREE OF TYSONS
								MEADOWRIDGE
								HARVEST KINC
								WESTWOOD MANOR
11710 AYRESHIRE RD							22182	
8516 HARVEST OAK DR	4 :	3	1 VIENNA	\$755,500	. Townhous	e 0.05	22182	AMBERWOOI
								TYSONS GREEN TYSONS VILLAGE
								OAK MARR COURTS
10859 PARCEL CT	4 2	2	1 OAKTON	\$725,000	. Detached	0.59	22124	BERRYLAND FARM
								HAVENNER
								MAPLE GROVI
								PICKETT ESTATES
8830 MANSION VIEW CT	3	3	1 VIENNA	\$706,000	. Townhous	e 0.02	22182	TYSONS VILLAGE
								OLD COURTHOUSE
								CYRANDALL VALLEY
								OAK MARR COURTS
								STONEWALL MANOR
								COURTHOUSE STATION
								DUNN LORING WOODS
								VIENNA WOODS
312 CABIN RD SE	3 1	2	0 VIENNA	\$615,000	. Detached	0.23	22180	EAST VIENNA WOODS
9030 DELLWOOD DR	4 :	2 :	2 VIENNA	\$612,000	. Detached	0.34	22180	TOWN AND COUNTRY ESTATES
								TREEBROOK
								VIENNA WOODS
								HICKORY HILLS TWO
2715 BOWLING GREEN DR	3	2	0 VIENNA	\$525,000	. Detached	0.32	22180	DUNN LORING WOOD
7927 TYSON OAKS CIR	3 1	2 1	2 VIENNA	\$517,500	. Townhous	e 0.03	22182	COURTS OF TYSON
								WEDDERBURN HEIGHTS
								CHERRYWOOD SQUARI DUNN LORING VILLAGI
								DUNN LORING VILLAGI
								WATERFORE
8405 WESLEYAN ST	3 1	2	0 VIENNA	\$460,000	. Detached	0.28	22180	DUNN LORING WOODS
								WATERFORI
								WILTON HOUSE
								DUNN LORING VILLAGI
								OAKTON CLOISTER
								BLAKELE
	2 2	2	0 VIENNA	\$374,900	. Garden 1-	4 Floors	22180	WESTBRIAN
	0	2	OAKTON	\$323.000	. Garden 1-	4 Floors	22124	TREVOR HOUSE
						0.51		_
2817 JERMANTOWN RD #610	3	2	0 OAKTON	\$320,000	. Mid-Rise 5		22124	TREEBROOK
	3	2 2	0 OAKTON 0 OAKTON	\$320,000 \$320,000	. Mid-Rise 5 . Garden 1-4	4 Floors	22124 22124	

Copyright 2018 MarketStats for ShowingTime. Source: Bright MLS as of April 15, 2018. 4 SVIENNA/OAKTON CONNECTION SJUNE 6-12, 2018

# VIENNA POLICE HIGHLIGHTS

From Page 2

served a man dressed in all black clothing walking away from their home toward Nutley Street.

Arrest – Drunk In Public — 200 Block Commons Drive, NW May 26, 11:30 p.m. While officers were patrolling the area after receiving a suspicious event call, they located a man who matched the description. Upon their interaction with the man, they detected signs of intoxication. MPO Smith arrested the 27-year-old man from Park Street, SE in Vienna. He was transported to the Fairfax County Adult Detention Center where he was charged with Drunk in Public.

Suspicious Person — Meadow Lane

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Park 501 Meadow Lane, SW May 27, 12:37 p.m. A citizen reported a suspicious man in the park who was sitting at a bench next to a children's party. The man approached one of the parents in an aggressive manner. Officers spoke to the man who agreed to leave the area.

Domestic Dispute — Meadow Lane Park 501 Meadow Lane, SW May 27, 1:30 p.m. Officers responded to the report of a domestic dispute between husband, wife, and their teenage son. After speaking with officers, the parties calmed down and left the park.

Assist EMS — Wolftrap Hotel 430 Maple Avenue, West May 27, 4:36 p.m. Officers responded to assist rescue with a woman who was found lying on the balcony of her room. The woman was

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transported to an area hospital for treatment.

Narcotics Violation — Viva! Vienna! Dominion Road and Ayr Hill Avenue, NE May 27, 6:58 p.m. Ofc. Williams was at Viva! Vienna! when he detected an odor of marijuana emanating from a man and his vehicle. Ofc. Williams located a small amount of marijuana and released the man with a verbal warning.

Police Service — 200 Block Maple Avenue, East, May 27, 8:35 p.m. A citizen requested assistance with his daughter who was in need of a mental health evaluation. After speaking with an officer, the daughter agreed to leave with her dad and seek treatment.

See Police, Page 12

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VIENNA/OAKTON CONNECTION & JUNE 6-12, 2018 & 5

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# OPINION Potential for Progress on Pension Reform

By Pat Herrity Springfield District Supervisor (R)

he Fairfax County Board of Supervisors finally appears poised to make additional changes to the county's unsustainable pension plan. After delaying action for the last three

years, a number of options have been put on the table for the board to consider at its June 26 Personnel Committee meeting. There has been some board support for adopting the entire package but the outcome is far from certain. If the package is adopted it will reduce pension costs for new employees by 19 to 25 percent and will still leave county employees with a pension plan better than any of our surrounding jurisdictions. While I believe the board missed the opportunity to develop an overall compensation plan that would provide a mix of salary, pensions, and benefits that would attract the best employees and teachers, these changes are meaningful and I support all of the changes to the general county employee pension plan and most of the changes to the public safety plans.

Currently, employees that begin employment with the county right out of school can retire as early as age 55 with a full pension benefit



that is higher than those of surrounding jurisdictions. On top of that pension benefit they get a benefit unheard of today — a pre social security supplement — as early as age 55. The pre social security supplement is an additional county paid supplement that equals the social security payment they would have received if they were 67. Unlike real social security payments that increase with

cost of living (less than 1 percent last year), this county paid benefit increases at a guaranteed 3 percent. These retirement benefits are far in excess of what is typical in today's work environment — even in the public sector.

Fairfax County currently has an unfunded pension liability in excess of \$5.5 billion. Pensions alone currently cost the county 30 cents on top of every payroll dollar (about 70 cents if you include all benefits). Funding our pension liabilities competes with employee and teacher salary increases and our ability to fund the high quality of services county residents have come to expect. Since joining the board in 2008 I have been advocating to address our compensation and pension issues.

County staff did an outstanding job of simplifying this very difficult material. Here a link to the details: https://www.fairfaxcounty.gov/ boardofsupervisors/board-personnel-committee-meeting-may-22-2018. The changes are anticipated to take effect for new employees hired after July 1, 2019 and because they appropriately impact new employees only, the savings will be in future years.

The proposed changes are summarized below:

Increasing the Minimum Retirement Age from 55 to 60 and set it at 50 for public safety employees

Increasing from the Rule of 85 to the Rule of 90 - full retirement at salary plus age for general county employees

✤ Increasing the Salary Averaging Period from 3 years to 5 years

Eliminate the Provision that increases the retirement annuity by 3 percent annually

Increase the Employee Contribution Rate by approximately 1 percent

The changes were presented as a package and there was some support for enacting the entire package of reforms; however, the board may advance a more limited package of reforms at its meeting on June 26. Unfortunately, it appears as though the public will not have a formal opportunity to weigh in on the reforms until after the package has been selected and it comes to public hearing in September or October this year. It is important that supervisors hear from residents before the Personnel Committee meeting on June 26 with their opinions on the package.

# Green for Medicaid

By Eileen Filler-Corn State Delegate (D-41)

ressing the green "yes" but ton at my desk on the floor of the House of Delegates last Wednesday night was literally the most consequential vote I have ever taken. It truly was the best day for me, ever, in the Virginia House of Delegates.

People often ask me why I serve, and I always respond "because I truly want to make a difference." The fact is, if I were ever in doubt, I can look at this vote and say, yes we can and yes we do make a difference, in this case, to over 300,000 Virginians who had no insurance. These people are not just statistics, they are neighbors, family members and friends.

As I drove back from Richmond that night, I think it finally sunk in: Medicaid expansion will become a reality in Virginia. We passed a budget that reflects our values, providing welldeserved access to healthcare for over 300,000 people, teachers and state employees will receive raises, there will be additional money for mental health and for people with developmental and intellectual disabilities and insurance will be provided for people with autism up until age 21, while funds will be added to our rainyday fund.

I have always gone to Richmond with a goal to listen and get things done, working with everyone, finding areas of commonality. This budget is a perfect example of Democrats and Republicans coming together to do what is

right for the Commonwealth and its citizens. Gov. Ralph Northam, former Gov. Terry McAuliffe, all of our Democratic members of the House and Senate, as well as a number of Republicans and so many others: individuals, groups and stakeholders worked earnestly in support of Medicaid expansion for over five years and we finally did it.

We were victorious because ev-

eryone came together and because we elected so many new diverse but like-minded voices into the House of Delegates in November of 2017. As our Democratic leader aptly put it, we showed "the power of 49." But 49 is not 51; we needed leadership on the other side of the aisle, as we had through Speaker Kirk Cox, Appropriations Chairman Chris Jones and Commerce and Labor Chairman Terry Kilgore who were instrumental in leading support among Republicans in the House. Senators

## The most important vote I have ever taken.

Emmett Hanger, Dick Saslaw, George Barker, and Janet Howell were essential in leading the Senate as well, and Lieutenant Governor Justin Fairfax broke a number of ties in the Senate to block hostile amendments to our budget. This was truly a team effort.

Thanks to the passage of this budget there will also be funding for more judges and additional individuals with disabilities will have access to Medicaid waivers. Investment was increased in economic development while additional money will be provided to expand broadband and preserve our AAA bond rating. Through this budget, we will create opportunities for working families to thrive. We will build a better, healthier, stronger Virginia.

I will always remember pressing that green button on my desk on May 30, 2018 while watching the vote board light up green in support of a budget we can all be proud of. During my time in office, this was truly the most important vote I have ever taken.

### Send Father's Day Photos

Father's Day is Sunday, June 17, and once again this newspaper will publish a gallery of Father's Day photos.

Every year at this time, we put out the call for photographs of fathers and their children, grandfathers and their children and grandchildren.

Send in photos with the following information: the town where you live, the names of everyone in the picture, the approximate date the picture was taken, the ages of the children and a sentence or two about what is happening and where the photograph was taken. Be sure to tell us your town name and neighborhood. Photos are due by June 12.

You can submit your photos online at www.connectionnewspapers.com/fathersday. You can also email photos to editors@connectionnewspapers.com.



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CIRCULATION

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6 ♦ Vienna/Oakton Connection ♦ June 6-12, 2018



# WELLBEING Families Meditating Together

"Unfortunately, the

the more activities

older the kids get and

they have, the harder

quiet and meditation,

more, of course."

it gets to make time for

even though we need it

Saint Aidan's Episcopal Church

- Elizabeth Rees,

**Associate Rector**,

## Family mindfulness practices can boost overall wellbeing.

#### By Marilyn Campbell

itting on cushions in a dimly lit corner of the living room, a family of five struggles to relax. But when a lithe woman in flowing yoga pants and a pale grey ballet-wrap top brings her hands together and the gentle sound of Tibetan meditation cymbals fills the air, their eyes close, their shoulders relax and they begin to breathe deeply.

"This is how I like to begin all of my family sessions," said meditation teacher Pleasance Baechli of Transcendental Meditation and Mindfulness

Center in Bethesda, Md. "It allows people to calm their minds and bring their attention to the breath and what's going on in their bodies. For a moment, there's nowhere else they need to be and nothing that they need to do."

This is the nature of a family mindfulness session, a chance for families to unplug and disconnect from a world of tablets, smart phones, long commutes, sports practices, homework and errands. Such sessions, says Baechli, offer opportunities for families to reconnect with one another and strengthen their bonds, and are not as difficult to establish as one might think.

"Mindfulness can sound complicated and confusing, especially for children," she said. "But it's sim-

ply a state of awareness, and that just means noticing what we're feeling and what we're sensing at the present moment. And it's noticing those thoughts and feelings without judgement or criticism. It's accepting them and letting them pass through our bodies."

Carving out time to meditate in a overloaded schedule can be tall order, but simplicity can help overcome that roadblock. "Unfortunately, the older the kids get and the more activities they have, the harder it gets to make time for quiet and meditation, even though we need it more, of course," said Elizabeth Rees, a mother of three and the associate rector and leader of

meditation practices at Saint Aidan's Episcopal Church in Alexandria. "I try to teach my kids breathing techniques and we have a few favorite meditations that we practice periodically before bed. There are also some great [smartphone] apps [like] Insight Timer, Calm and Headspace."

Understanding what mindfulness is and what it is not can help avoid frustration from unmet expectations. "Grasping the concept of mindfulness is tough for some kids and sitting still for long periods of time to practice can be torture," said Baechli. "Mindfulness is simply focusing on your thoughts and feelings as they are right in this moment. That's it. Mindfulness is not a cure-all. Don't expect it to turn your high-energy son into a quiet child or your daughter www.ConnectionNewspapers.com



Photo by Marilyn Campbell Cymbals and meditation cushions are tools that mindfulness teacher Pleasance Baechli uses in her family mediation sessions.

> who has trouble paying attention and is struggling in school into a straight-A student. That's probably not going to happen."

What it can do however, when practiced over time, is help regulate emotions and strengthen one's ability to concentrate and focus, advises Anne Navolio, Ph.D., a child psychologist based in McLean. She points to a 2012 study by researchers at the University of Washington which credits weekly mindfulness sessions with an improved ability to concentrate. She also references a 2016 study by the University of Wisconsin which showed that even a five minute meditation session each day can increase one's ability to deal with stressful situations. "For beginning a daily practice, start with shorts sessions, especially

for young children. Even oneminute of sitting can be beneficial," she said. "And if your kids aren't even interested in that, don't force it."

Incorporating meditation music and concepts that children can understand can make the process easier, advises Baechli. "I like to use cymbals at the beginning of a practice or sound a bell," she said. "Those sounds usually last about 30-45 seconds and sometimes I tell kids to sit quietly and focus on what they're hearing until they can no longer hear it. I also tell kids, especially boys, to use their superhero senses to determine what they can hear and smell all around them."

Spending time outside, either on a hike, nature walk or a trek through the park, can be an opportunity to practice mindfulness as a family, says Navolio. "Simply walking in silence for even a few short minutes and noticing birds, squirrels and cars that are passing or even the scents of freshly mowed grass or food cooking in a restaurant you pass can be a mindfulness practice."

Leading by example can get children engaged in mindfulness practices. "I encourage and model gratitude and attention to small things in the world around us," said Rees. "I definitely think the more mindful and present we can be, the less angst we will have about the past and the future, neither of which we have much control over."



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

#### ONGOING

"Swimming with Whales." Through June 24: Thursdays, 7:30 p.m.; Fridays at 8 p.m.; Saturdays at 2 and 8 p.m.: and Sundays at 2 p.m. at 1st Stage, 1524 Spring Hill Road, Tysons. This world premiere production invites audiences into a world of healing, compassion, and renewal. While Visiting his family's secluded cottage on the shores of the Atlantic ocean, Owen, a typically urban 15-year-old boy, and his fisherman father clash until an unlikely and healing communion with an injured whale awakens in Owen a forgotten boyhood and connection with the sea. General admission, \$33; senior (65+), \$30; student and military, \$15. Closed captions and audio description will be offered for select performances. Purchase tickets at www.1ststage.org or 703-854-1856.

- Photography Exhibit: "Nature's Palette." Through June 30, at Katie's Coffee House, 760 Walker Road, Great Falls. Cindy Dibbs takes every opportunity to enjoy and photograph nature whether hiking in Great Falls National Park, Glacier National Park or strolling along the beach. Her photos reflect the beauty of nature and she hopes the images will inspire others to protect and treasure the valuable gift of nature. Visit www.cindydibbs.com
- Vienna Art Society Exhibition. Through late June at North County Government Center, 1801 Cameron Glen Drive, Reston. Visit
- viennaartssociety.org. Vienna Farmers Market. 8 a.m.noon, Saturdays, through Nov. 3 at Vienna Community Center, 120 Cherry St. S.E., Vienna. The Vienna Farmers Market, hosted by the Optimist Club of Greater Vienna, has more than 30 vendors from across the region, the Vienna Farmers Market provides locally-sourced fruits and vegetables and homemade eats. Throughout the year, great music will be featured to accompany your shopping. Visit www.optimistclubofgreatervienna.org/

for more. Oakton Farmers Market. 9 a.m.-1 p.m. at Unity of Fairfax Church, 2854 Hunter Mill Road, Oakton. Yearround weekly farmers market in

Oakton. Local produce, meats/eggs,

#### dairy, baked goods, and more. Admission is free. Visit communityfoodworks.org. **Great Falls Farmers Market.** Saturdays, 9 a.m.-1 p.m., 778 Walker Road, Great Falls. Music, vendors, fresh produce, fresh prepared food, delightful bakery, spices from around the world, wild-caught fish, grass fed, free-range meats, organic-fed poultry and eggs. Email

- kathleen@greatfallsfarmersmarket.org for more Free Tai Chi. Every Saturday, from 7:55-9 a.m., Introduction and Beginners' Practice, meet on the
- outdoor basketball court located directly behind the Dolley Madison Public Library, 1244 Oak Ridge Ave. in McLean Central Park, McLean. Call 703-759-9141 or visit www.FreeTaiChi.org for more.
- The Freeman Store & Museum Wednesday through Sunday noon-4 p.m. 131 Church St. NE, Vienna. The Freeman Store & Museum is dedicated to Preserving and promoting Vienna's heritage through the identification, preservation, and interpretation of history significant places, events, and persons.
- Historicviennainc.org **Bingo Night.** Sundays. 4 p.m. Flame Room, Vienna Volunteer Fire Department, 400 Center St. S,
- ♦ VIENNA/OAKTON CONNECTION ♦ JUNE 6-12, 2018

### **'Exploring Colors** & Textures'

A solo painting exhibition by Ramin Abrahim. An opening reception is planned for Friday, June 22, 6:30-9:30 p.m. Exhibit runs June 22-July 31, gallery hours at IACC, Pars Place, 2236-C Gallows Road, Vienna. Email info@iacommunitycenter.org or call 703-314-7240 gallery hours.



By Ramin Abrahim



### **Roberta Pruett Beasley Exhibits at Great Falls Library**

"Blue Mountain" by Roberta Pruett Beasley, Beasley, an artist at the Great Falls Atelier, exhibits mixed media, paintings and collage at the Great Falls Library large conference room, June 2 - 30, 2018. The artist will be there to meet the public and answer questions about her art on Saturday, June 16, 10:30 a.m..-12:30 p.m. More at robertabeasley.com

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

older. The park does not sell fishing

is required for those 16 years or

licenses. www.fairfaxcounty.gov/ parks/riverbend-park/.

WEDNESDAY/JUNE 6

Forestville Elementary Open

House. 4-5 p.m. at Forestville

Elementary School, 1085 Utterback

Forestville Elementary teachers, staff

renovated building and the unveiling

of the "Tile Wall." All members of the

"new" school and enjoy refreshments.

stroke and brain trauma. Guests will

buffet, wine, artisan chocolate and an

enjoy a delicious hors d'oeuvres

and PTA members to see the newly

community are welcome to see the

Free, Call 703-404-6000 or visit

www.Forestville.edu for more.

**THURSDAY/JUNE 7** 

for more.

Store Road, Great Falls. Join the

Vienna. \$10. www.vvfd.org/ bingo.html.

- Gentle Yoga. Thursdays, 6:30 p.m. Emmaus United Church of Christ, 900 E Maple Ave. E., Vienna. Saturdays, 9:30 a.m. Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton. Gentle Kundalini Yoga, one free introductory session, senior discounts. Increase flexibility, improve breathing and health, reduce stress. Ravi Kaur has 15 years experience teaching yoga. \$15 per session. www.edimprovement.org. 571-213-3192. The Golden Girls of Northern
- Virginia, a senior women's softball league, is looking for players. Any woman over the age of 40 is encouraged to join. All skill levels are welcome. Games are on Wednesday evenings and Saturday mornings in Vienna, April-October. Other activities during the year. Visit www.goldengirls.org.
- 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
- Fishing Rod Rentals. Riverbend Park, 8700 Potomac Hills St., Great Falls, Rentals available during Visitor
- Benefit of Chocolate. 6-8:30 p.m. at Westwood Country Club, 800 Maple Ave., Vienna. The Stroke Comeback Center is hosting the Benefit of Chocolate cocktail reception to support its programs for survivors of
- except for some special events.
  - opportunity to bid on auction items. \$100. Visit strokecomebackcenter.org center hours. Fishing tackle and live

Author Event: Joseph Esposito. 7:30-9 p.m. at Patrick Henry Library,

101 Maple Ave. E., Vienna. Meet Joseph A. Esposito, the author of "Dinner in Camelot." Enjoy a glimpse into a long-gone era of politics and cultural activity at the Kennedy White House. Books available for sale and signing. Free admission. Call 703-938-0405 or visit librarycalendar.fairfaxcounty.gov/ event/3931227 for more.

#### **FRIDAY/JUNE 8**

- Summer on the Green: Vienna Idol Finale. 6:30 p.m. area residents can catch a new and diverse musical act at the Town Green or at Chillin' on Church. Bring blankets and chairs, but please leave Fido and any other pets at home. The concerts are free and open to the public. Rain date is June 9. Visit www.viennava.gov for more.
- **Tysons Concert Series: The** Legwarmers. 6:30-8 p.m. on the Plaza at Tysons Corner Center. Tysons Corner Center's 5th annual free Summer Concert Series offers a variety of musical guests and has proven to be a popular event for families, couples and teenagers. The Plaza is located off of The Tysons Corner Metro Station of the Silver Line. Guests are encouraged to arrive early. Visit www.tysonscornercenter.com/
- events/SummerConcertSeries2018 for more.

#### FRIDAY-SATURDAY/JUNE 8-9

Used Book Sale. 10 a.m.-5 p.m. at Great Falls Library, 9830 Georgetown Pike, Great Falls. Pre-sale open to members of the Friends of the Library Thursday, June 7, 6-8 p.m. Membership purchased at the door for the pre-sale-night-only, \$15. Thousands of lightly-used donated books, CDs, DVDs in every category. Many like new. Great for care packages, beach house, building home library, literacy programs, traveling companions. Free admission. Email friendsofthegreatfallslibrary@gmail.com or call 703-757-8560.

#### **SUNDAY/JUNE 10**

- Northern Virginia FARE Food Allergy Heroes Walk. 9 a.m. at Nottoway Park, 9601 Courthouse Road, Vienna. Registration and activities will go from 9-10:30 a.m. and the walk begins at 10:45. There will be mission driven arts and crafts, a DJ, face and nail painting, engaging activities, allergy friendly vendors, superheroes, games, silent auction, photo booth, and of course, a walk around the park. Registration is free, but required to participate. Visit fare.foodallergy.org.
- Max and Zach's Lemonade Stand. Noon-3:30 p.m. at Chesterbrook Elementary School, 1753 Kirby Road, McLean. Each year since 2014, Max (a leukemia survivor) and his brother Zach hold a charity lemonade stand in support of childhood cancer research. They will have lemonade, treats, snow cones, spin art and more. All proceeds benefit Alex's Lemonade Stand Foundation. Free. Donations accepted. Email weinstockmr@yahoo.com or visit www.alexslemonade.org/ mypage/1438237.
- **Concerts on the Green: Scott Kurt** and Memphis 59. 6-8 p.m. on the Great Falls Village Centre Green. Sundays throughout the summer, bring a picnic and chairs for an evening of free, live music. Visit www.celebrategreatfalls.org for more.

#### **TUESDAY/JUNE 12**

**McLean Historical Society** Meeting. 7:30 p.m. in the temporary office of the McLean Community Center, 6631 Old Dominion Drive, McLean. The program will feature Carole Herrick presenting "A Walk Along the C&O Towpath." Free, all are welcome. Call 703-356-8223 for more.

#### WEDNESDAY/JUNE 13

Summer on the Green: Rocknocerous. 6:30 p.m. area residents can catch a new and diverse musical act at the Town Green or at Chillin' on Church. Bring blankets and chairs, but please leave Fido and any other pets at home. The concerts are free and open to the public. Sponsored by Vienna Moms, Inc. Visit www.viennava.gov for more.

#### **FRIDAY/JUNE 15**

- Read for Fun. Fairfax County Public Library helps make reading fun by providing tools, access and incentives during its Summer Reading Adventure. The Summer Reading Adventure runs June 15-Sept. 1 and invites all children and teens – birth through high school – to read for fun over the summer. The theme in 2018 is "Reading Takes You Everywhere." Visit research.fairfaxcounty.gov/ summer-reading for more. Chillin' on Church with The
- Rockits. 6:30 p.m. area residents can catch a new and diverse musical act at the Town Green or at Chillin' on Church. Bring blankets and chairs, but please leave Fido and any other pets at home. The concerts are free and open to the public. Visit www.viennava.gov for more.
- **Tysons Concert Series: Ryan** Cabrera. 6:30-8 p.m. on the Plaza at Tysons Corner Center. Tysons Corner Center's 5th annual free Summer Concert Series offers a variety of musical guests and has proven to be a popular event for families, couples and teenagers. The Plaza is located off of The Tysons Corner Metro Station of the Silver Line. Guests are encouraged to arrive early. Visit www.tysonscornercenter.com/ events/SummerConcertSeries2018 for more.

#### SUNDAY/JUNE 17

Concerts on the Green: Wes Tucker and The Skillets. 6-8 p.m. on the Great Falls Village Centre Green. Sundays throughout the summer, bring a picnic and chairs for an evening of free, live music. Visit www.celebrategreatfalls.org for more.

#### FRIDAY/JUNE 22

- **Tysons Concert Series: Mandisa.** 6:30-8 p.m. on the Plaza at Tysons Corner Center. Tysons Corner Center's 5th annual free Summer Concert Series offers a variety of musical guests and has proven to be a popular event for families, couples and teenagers. The Plaza is located off of The Tysons Corner Metro Station of the Silver Line. Guests are encouraged to arrive early. Visit www.tysonscornercenter.com/ events/SummerConcertSeries2018 for more.
- Summer on the Green: Wavne Tympanick Trio. 6:30 p.m. area residents can catch a new and diverse musical act at the Town Green or at Chillin' on Church. Bring blankets and chairs, but please leave Fido and any other pets at home. The concerts are free and open to the public. Visit www.viennava.gov for more.
- **Opening Reception: "Exploring** Colors & Textures." 6:30-9:30 p.m. at IACC, Pars Place, 2236-C Gallows Road, Vienna. A solo painting exhibition by Ramin Abrahim. Adults only. Email info@iacommunitycenter.org or call 703-314-7240 for more.

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# Sports

### Langley's Hannah Richardson Wins State Pole Vault Championship

Langley High School's Hannah Richardson placed first in the Women's Pole Vault competition at Todd Stadium in Newport News over the weekend, June 1-2.

The Langley Track & Field team took seven athletes to the Virginia 6A State Championship. Of these athletes five competed in the pole vault, the most athletes from a single high school in the event, led by Langley alum and Pole Vault/Jumps Coach Morgan Danner and Head Coach Andrew Diller.

The competition was steep but, sophomore Hannah Richardson cleared 11'6" to take the State Championship Title in the Women's Pole Vault. She has been winning meet after meet this season, including the Liberty District Title and the VA Northern Region Title. She ended the season with the first Track & Field State Title Langley has had in decades. Langley has developed their track team and especially their pole vaulters over the years and finally captured that first-place finish. Also competing at the State meet were Amy Wen, Jim Keyes, Alex Surratt, Camden Hao, Cameron Edgington and Brandon Braswell.



Photo contributed VA 6A State Champion Women's Pole Vault Hannah Richardson, right, with Coach Morgan Danner, left.



### Great Falls Girl Scouts March in Memorial Day Parade

Great Falls Girl Scouts participated in a Memorial Day parade in downtown Washington, D.C. The girls all from Great Falls Troops - included: Ella Melton, Troop 51045. Olivia Melton, Troop 3015. Ally Melton Troop 90. Kelsey Melton Troop 2784, Lily Brookfield, Troop 2784, Leah Connell, Troop 2784 and Caroline Martell, Troop 2784.



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# Opinion Filling the Summer Gap

Announcements Legals We pay top \$ for STERLING, ABC LICENSE Zap Corp trading as Thai Treasure, 330 Maple Ave. W , Vienna, VA, 22180-5612. MEN'S WATCHES, JEWELRY, COSTUME JEWELRY, The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) FURNITURE, PAINTINGS AND CLOCKS. for a Wine and Beer On Premises licen: Schefer Antiques to sell or manufacture alcoholic beverages 703-241-0790 Vanchai Soontompatee, President NOTE: Objections to the issuance of this theschefers@cox.net ense must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices Objections should be registered at Find us on Facebook vw.abc.virginia.gov or 800-552-3200. and become a fan! www.Facebook.com/ connectionnewspapers An expert is someone who knows some of the worst mistakes that can CONNECTION be made in his subject and how to avoid them. Newspepers & Online The Connection to Your Community -Werner Heisenberg www.connectionnewspapers.com Announcements Announcements OUTER BANKS, NC -VACATION Over 600 vacation homes from S. Nags Head o Corolla's 4x4! VACATIONS



ACETS recently threw a party. We recognized 115 students for their excellent academic achievement -

all making the A and B honor rolls at their schools. Twelve of these students are graduating, moving on to higher forms of education.

We've gotten to know these students through our youth programs which we operate year-round in four low-income, subsidized communities where the average income for a family of four is near \$18,000. Through the youth program, staff and volunteers offer a variety of educational, preventative and enrichment programs to help young people, including mentoring and tutoring, and a variety of classes such as literacy, art, and computers.

With summer break around the corner, we know we have to work harder to help keep these children and teens from slipping. For kids, summer means fun. Time off for roller coasters, ice cream, picnics, swimming, camps and more. For many moms and dads, summer break means stress. This is especially true for families who live in or near the poverty level, like the young people we serve.

Summer can be a patchwork of child care and babysitters to fill in for the hours normally spent at

LETTERS TO THE EDITOR Claude Moore **Colonial Farm:** Educational Treasure

To the Editor:

Recent articles in the Washington Post and elsewhere have indicated that Claude Moore Colonial Farm, a regional educational treasure, is in danger of being shut down by the end of the year. We cannot let this happen uninvolved and unopposed. This historic farm must be preserved for the present generation and those of the future to learn about and understand early American colonial history.

Since its inception in 1972 by the National Park Service, this living history museum has portrayed family life on a poor farm family in the 1770s just prior to the Revolutionary War. It is an authentic presentation of colonial times in a natural, hands-on setting, and has educated over two million visitors in a way that is unique to other regional historic properties. Generations of students have taken field trips to the farm and have had the opportunity to enjoy and learn history in a way that no book, classroom activity, or lecture can compete with.

Leafy pathways crisscross the 70 acre grounds and lead students to tobacco and other crops growing in the fields. They pass dark-colored heritage pigs, sometimes rooting in the mud, grazing livestock, to finally reach the rustic colonial family log cabin. Interpreters in colonial dress are there to welcome all visitors. They explain how the cabin was built and used and introduce students to common household items of the past of which they are not familiar with.

The dedicated Friends of Claude Moore Colonial Farm put an 18th Century Market Fair in the spring, summer, and autumn. Merchandise of the past is sold in wooden stalls, craftsmen show off their "old" skills, reenactments take place, and food indicative of colonial times is roasted over an open fire pit and served. °Colonial time in all its colorful facets comes to life in this unique environment.

Claude Moore Colonial Farm is an educational powerhouse that needs to be preserved. The

school. Or it can mean many hours alone for youth whose parents cannot afford to pay for camps or child care. In addition, summer can be a hungry time for youth who rely on the free and reduced breakfast and lunch programs as a source of nutrition. When school lets out, these meals stop.

That's why FACETS, a nonprofit that works to end poverty, steps in to be a partner to parents and children to ensure more kids in need don't go through the summer isolated, lonely, and hungry. Through our youth programming, FACETS works to make summer break more fun and safer for children living at Robinson Square, Ragan Oaks, Wedgewood, and Barros Circle communities.

Staff and volunteers offer engaging activities to keep kids busy, their bodies active, and their brains working, such as swimming classes, field trips, sports and games and reading and math programs. We also serve hundreds of lunches a week to children who rely on the free and reduced lunch program during the school year.

As extensive as our efforts are, we know there are many more children that are not protected by our summer safety net. That's why we ask that people find ways to engage children in the community by donating to or volunteering for nonprofits that are helping make summer break safe and enjoyable.

By filling the summer gaps, we know that more youth will have opportunities to celebrate academic and life successes.

> McLean Historical Society strongly urges all parties involved-especially, the National Park Service and the Friends of the Claude Moore Colonial Farm - to preserve this valuable resource for educators, students, and those looking to learn more about the roots of our social history. Its members implore you to find common ground. In this day and age more than ever, everyone needs to get outdoors. There is no better way to do this than by visiting the farm and experiencing a world far removed from the present. Do not let this unique opportunity fall by the wayside.

> The McLean Historical Society suggests that you learn more about the proposed closing and if you believe the farm should be preserved, please let your voice be heard.

> > Carole Herrick, President McLean Historical Society

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:

> Letters to the Editor The Connection 1606 King St. Alexandria VA 22314 Call: 703-917-6444. By e-mail: north@connectionnewspapers.com

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10 VIENNA/OAKTON CONNECTION & JUNE 6-12, 2018



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

#### **VOLUNTEERS NEEDED**

Assistance League of Northern Virginia, a volunteer nonprofit, invites community members to join the organization to participate in its Reading Express program. Volunteers provide one-on-one tutoring to first grade students during the school year. To learn more contact VP Membership Mary Gronlund at gronbiz@aol.com or Program Coordinator Lynn Barron at lynnieb517@verizon.net.

#### 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 orientationor visit www.fcps.edu/registration/ kindergarten-registration.

#### WEDNESDAY/JUNE 6

- **Grow Your Business.** 6-8 p.m. at American Prime, 1420 Spring Hill Road, McLean. Join Tysons McLean Orchestra to network with the tech, telecom, real estate and financial services execs and the professional business community at American Prime. Live music, raffles, discounted drinks tickets and a buffet. \$30 online; \$40 at the door. Visit www.eventbrite.com and search "Instrumental
- to Business" for tickets. **Community Meeting.** 7-9 p.m. at Westgate Elementary School, 7500 Magarity Road, Falls Church. Fairfax County DOT will host a community meeting on proposed Magarity Road Walkway improvements. The meeting will begin with time to review concept plans, followed by a formal presentation at 7:15 p.m. The new 8-foot wide sidewalk is planned for the south side of Magarity Road from Lusby Place to Peabody Drive, and also includes curb, gutter and curbed parking spaces. The walkway will allow more children to walk and bike to school safely. Visit www.fairfaxcounty.gov/transportation/projects/
- magarity-road-sidewalk for more. **MCC Board Pledge of Service.** 7:30 p.m. at McLean Community Center Temporary Administrative Offices, 6631 Old Dominion Drive, McLean. The outgoingMcLean Community Center Governing Board holds its final meeting. Immediately after it concludes, the incoming 2018-2019 board holds its first meeting and elects officers. Dranesville District Supervisor John Foust will lead the board members as they take a pledge of service. Contact Sabrina Anwah at sabrina.anwah@fairfaxcounty.gov or 703-744-9363.

#### **FRIDAY/JUNE 8**

Innovations in Health Care. 8-9 a.m. at The Tower Club, 8000 Towers Crescent Drive, Suite 1700, Tysons. As part of the Democratic Business Council of Northern Virginia's monthly Signature Breakfast Series, speakers will discuss pressing issues including how health plans, employers, private sector innovators and children's health advocates are working to improve patient experience, improve health care outcomes, and expand access to coverage, including through the recent adoption of Medicaid expansion by the Virginia legislature. Visit www.dembiz.org/june2018brkfsnm or email novadembiz@gmail.com to register.

#### MONDAY/JUNE 11

Lunch N' Life: Estate Planning. Noon at Emmanuel Lutheran Church, 2589 Chain Bridge Road, Vienna. Join the Shepherd's Center of Oakton-Vienna's (SCOV) Lunch N' Life event with guest speaker Collins Law Firm's Phillip J. Kenny, JD, CFP, an experienced estate planner. Prepayment of \$15 per person required by Wednesday June 6. No refunds. To register, call 703-281-0538. To view event flyer, visit www.scov.org/announcements.

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Creature Comforts

#### By KENNETH B. LOURIE

Can you hear that? Of course you can't. You're there and I'm here. And exactly where am I? As usual on a Saturday morning, I'm sitting at my desk, staring out my window onto to "Belly Acres" (our two acres) waiting for creative lightning to strike.

What it is that you can't hear is the sound of Chino, one of my three male, domestic shorthair cats (there are two other females making for a total of five), purring. Purring so loudly, in fact, and positioned so strategically that I can't look across to my computer screen, grab a tissue from atop my printer or press any keys on my keyboard without seeing him, touching him and/ or most definitely, hearing him.

Lying on his side with his back to the computer and his front facing me, I am semi-entranced by the heave-ho of his stomach, the alertness of his ears and the occasional stare and gradual closing of his eyes. Still the purring persists.

Knowing cat behavior, as I've come to after 40-plus years of ownership/cohabitation, I've learned to appreciate their sights and sounds and signs of affection (Chino has now rolled over with his back now facing and touching me, yet another sign of affection and trust, and dare I say, love and devotion). The purring has now stopped because Chino has fallen asleep in his "rocking chair, good buddy," to invoke some old-fashioned CB-Radio-type chatter. Perhaps in Chino's serenity will I find some creative juices to flow.

If you're a cat owner/cat "understander," this behavior is as good as it gets: proximity and tolerance. Cats may not exactly come when you call them, sit on command or fetch, but they most definitely can express love. And it's in these behavioral expressions of love that us cat owners find the greatest joy and the most comfort, so long as we interpret it as such. Nor should we get mad when they exhibit contrary behavior, like ignoring you or walking away when approached or occasionally biting/scratching/clawing the hands that feed, pet and play with them. That's par and it's their course we're playing.

As an experienced "feliner," I am accustomed to and mostly amused by, this behavior. It is a behavior, among many that cats exhibit where you have zero (I was going to say minimal, but let's be honest) control. Accepting that may give you a greater sense of anticipation concerning their behavior. And it's when you can correctly anticipate that behavior where you can find some real satisfaction.

Not that correctly anticipating said behavior will become a reliable part of future interactions, nevertheless; it is understanding that being equal parts right and wrong concerning their behavior – and finding humor in it, is what will make you

an enlightened cat owner. It's somewhere between expecting the unexpected and accepting that being wrong twice doesn't necessarily make you right once – and appreciating the difference. It's possible that this awareness may help clarify the cat's meow. Then again ... ?

But so what? Because of their frequently inexplicable shenanigans, I am continually bemused, and as an aside, with five cats in the house full time, never alone. And it's that never being alone that I find the most comforting.

Whether it's feeding time, litter time, petting/ playing/sleeping time, shopping time or veterinarian time, I am regularly engaged. Now, whether they're happy about any of it or not, I can't say for sure. Still, it gives us all something to do, someone to see – and something to hear.

Chino has now awakened from his nap. He has positioned himself so that he is laying across my writing tablet, resting almost entirely on my non-writing left hand and purring as loudly as he was at the beginning of this column. But now that I'm nearly finished, I guess he figures he can get in my way, which doesn't bother me in the least. After all, he is a cat; I wouldn't expect anything less.

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

Vienna/Oakton Connection & June 6-12, 2018 & 11

# THEATRE

Matthew R. Wilson, Jessica Lefkow, Ethan **Miller and Teresa** Castracane in "Swimming with Whales" at 1st Stage. The show runs through June 24, 2018 in Tysons.



Where and When

Photos by DJ Corey/ Courtesy Ist Stage

# A Message of Hopefulness

"Swimming with Whales" at 1<sup>st</sup> Stage.

> By David Siegel The Connection

ritten by D.C. area playwright Bob Bartlett, an affiliated artist with the National New Play Network, "Swim ming with Whales," is a moving family drama about strained family relationships, with abundant comic undertones and exquisite magical moments. Its ultimate message is one of hopefulness even with the strains of living.

Directed by Alex Levy, the 1st Stage production of "Swimming with Whales" is a mixture of magical realism, laughter and healing from heartbreak with an unlikely wellspring propelling the story into a spiritual parable. The wellspring for understanding is a solitary juvenile whale swimming near a Nantucket beach. The whale is able to communicate, in his own way, with chosen humans who chose to listen.

Theatrical magic for audiences at "Swimming with Whales" begins the moment the stunning set design developed by Kathryn Kawecki, with exquisite lighting design by Robbie Hayes come into audience view. Along with Cindy Landrum Jacobs' detailed props and Sarah O'Halloran's sensitive sound design, the production has a visually "you are there" seashore location. There is plenty of faux-sand, a wood shingled cottage, beach chairs, the sea and clouds and, of course, some empty beer cans and a grill.

As the play opens, the audience meets Patrick (a sadly trenchant Matthew R. Wilson), a local fisher-

1st Stage presents "Swimming with Whales," at 1524 Spring Hill Road, Tysons. Performed through June 24, 2018. Performances Thursdays at 7:30 p.m., Fridays at 8 p.m., Saturdays at 2 p.m. and 8 p.m. and Sundays at 2 p.m. Tickets: \$33 (General Admission), \$30 (Senior 65+), \$15 (Student/military). Call 703-854-1856 or visit www.1stStage.org. Note: Wheelchair accessible. Free parking is available. 1<sup>st</sup> State is about 2 blocks after leaving the Silver Line's Spring Hill stop.

man who has done something unthinkable and trying to talk his way out of the consequences with a local park ranger named Gracie (portrayed with kindness and understanding by Jessica Lefkow). As time goes by, a teen-ager named Owen (an acerbic, marvelously sullen, Ethan Miller) appears in tow with Anne, his mother (Teresa Castracane portraving an overwhelmed mother). Owen has many a medical issue. He even hates the sand. Clashes are immediate.

There are many long-time connections between the 'Swimming with Whales" characters including that Owen's dad is Patrick, and that the three adults grew up together each deeply involved with Owen's upbringing. The anthropomorphic whale, not an easy design element to depict, is endearingly portrayed by a human actor, Nate Shelton.

Bartlett's "Swimming with Whales" probes big issues related to loss and resilience, along with comic moments full of good natured teasing surrounding how best to eat pancakes and how teenagers cannot fathom thinking their parents could ever have been young lovers and aging hippies.

"Swimming with Whales" has plenty to ponder.







Fetin Hussain thinks over how to spell "wisent" in round two of the Scripps National Spelling Bee on May 29.

# Oakton Student Competes in National Spelling Bee

The 91st Scripps National Spelling Bee took place from May 29 - 31 at the Gaylord National Resort & Convention Center in National Harbor, Md. A record-number 515 spellers competed this year after launching an invitational program called RSVBee. Among the competitors was Fetin Hussain, a 12-year-old 7th grader at Pinnacle Academy in Oakton. He did well onstage by spelling "wisent" correctly in round 2 and "wheezy" correctly in round 3, but he did not advance to the finals based upon his score on the preliminaries test.



Fein Hussain correctly spells the word "wisent" in round two to advance to the next round.

Рнотоѕ ву Tom Manning/ The Connection

### VIENNA POLICE HIGHLIGHTS

Vandalism — 700 Block Marshall Road, SW May 28, 10:30 a.m. A resident reported their mailbox had been dam-

Animal Case — 100 Block Harmony Drive, SW May 28, 12:54 p.m. Officers responded to a dog running at large. The dog was transported to the Fairfax County Animal Shelter after officers were unable to contact the owners.

Attempted Fraud — Cloud IX Homes, 340 Mill Street, NE May 28 between 9 and 9.30 a.m. An employee advised an unknown person hacked his email account and attempted to have a payment redirected to another account. The employee and customer were able to have the bank stop the transaction before it was sent to the wrong account.

Narcotics Violation — 300 Block Maple Avenue, West May 29, 6:30 a.m.

Officer Williams initiated a traffic stop on a vehicle that was traveling above the posted speed limit. Upon his interaction with the driver, the officer detected an odor of marijuana. A small amount of marijuana was located and confiscated for destruction. The driver was released on a traffic summons and a verbal warning regarding the marijuana.

Arrest - Narcotics Violation - 400 Block Maple Avenue, East May 29, 7:57 p.m. MPO Smith observed an occupied vehicle in a parking lot and detected an odor of marijuan emitting rom vehicle. Upon his interaction with the driver he located a measurable amount of marijuana and a concealed firearm. The 29-year-old man from Beauregard Street in Alexandria was issued two summons charging Possession of Marijuana and Concealed Weapon. He was released on his signature.

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Jessica Lefkow and