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# Making a Case for Bipartisanship in American Politics

Georgetown student from Vienna authors book on finding ways to bridge the political gap.

BY ANDREA WORKER  
THE CONNECTION

There are probably countless books written by Georgetown University alumni or professors or people who fall into both categories. The ranks narrow a bit when only considering authors who undertook their literary endeavors while still enrolled in educational programs at the prestigious institute of learning.

Matthew Henry of Vienna is one of those to achieve membership in the student-author ranks. A senior at Georgetown, Henry recently published "Working Together: Why We Need Bipartisanship in American Politics." Born in the United States from parents who immigrated from India, Henry and his family spent much of his formative years in Sydney, Australia, before the family returned to Virginia.

In a recent interview with The Connection, Henry confesses he never saw himself as a writer and had no ambitions to become an author. This project got its start during his "Launching the Venture" class taught by local "serial entrepreneur and creativity booster" Eric Koester.

"Eric Koester suggested the assignment to write a book and he offered three possible topics. Exploring polarization in American society, especially in politics, got my attention," said Henry. "I am a proud American, tired of the divide and what it is doing to all of us – or not letting us do. I really wanted to look more closely at this problem."

**THE PROJECT** took from the Spring of 2018 until November and ignited something in student Henry that inspired him to devote hundreds of hours of research, cold-calling for comments and interviews, the actual interviews themselves, writing, editing, and soliciting feedback before his work hit shelves courtesy of New Degree Press.

"Yeah," laughed Henry, "it did sort of take hold of me, to the point where my social life definitely took a back seat while I was



PHOTO BY ANDREA WORKER/THE CONNECTION  
**Georgetown University senior and author who still calls Vienna home, Matthew Henry signs a copy of his first book, 'Working Together: Why We Need Bipartisanship in American Politics.'**

working on it."

Getting the interviews he felt would provide "voices from both sides and from all walks of life" took so much time that there wasn't much of that left over with other school work and classes to attend to.

To complement his in-depth research, Henry conducted interviews with some thirty persons. The "voices" that he incorporates into "Working Together" include Georgetown professors and students, politicians like former Secretary of State Madeleine Albright and former Governor of Massachusetts, Deval Patrick, the Rev. Jesse Jackson, a former FBI employee turned investment banker, even Dorothy McAuliffe, former First Lady of the Commonwealth of Virginia.

Henry also took his questions to "everyday people like you or me," asking for thoughts and comments from people like a nightclub bouncer in Falls Church, a nursing student, a Californian medical marijuana shop owner, and other students and acquaintances within his sphere. While he freely admits he writes from a "millennial's lens," and was informed by a number of millennial voters, Henry was careful to choose his "voice subjects" from different age groups, ethnic and racial backgrounds,

**"I am a proud American, tired of the divide and what it is doing to all of us – or not letting us do. I really wanted to look more closely at this problem."**

—Matthew Henry of Vienna

Democrats and Republicans, liberals and conservatives and from the pro and anti-Trump Camps. "Although if you are looking for an anti-Trump book here, this is not it," he states, saying that his purpose is to find the ways we can work together, not what already divides us, or to simply "find the blame."

As for gathering all those diverse points of view and voices, Henry says that's exactly the point, since he sees much of today's political division caused by a failure to simply "listen to the other side, to try to relate and understand where they are coming from" before judging.

To make his case for bipartisanship, Henry's book takes a quick look at American political history, particularly the formation of the two main political parties, and the establishment and functions of the three branches of government. He summarizes some of the governmental systems of a few other major global players like the United Kingdom, Australia, and Germany to name a few.

"Readers shouldn't worry," he says. Those history lessons are brief – although he recommends time and again that educating oneself on government, the issues, the actors and the world around is really important to understanding what we

should be doing as informed American and global citizens.

Instead of weighing down the topic with historical overload, Henry runs straight at the issues most dividing us and discusses them from every viewpoint. As he boils down what they are, how they are broadcast throughout society, and how they affect our policies, Henry keeps coming back to one particular belief:

"Our problems are not entirely race problems, nor political problems, but people problems," and the only way to solve people problems is for the people themselves to become better informed and to engage in open communication with "as little ego and preconception as possible."

Henry doesn't claim to have all the answers tucked into the 230-plus pages of "Working Together." He says his goal is to simply "make people more curious when they finish reading, maybe make them want to try and listen to a different point of view on even just one topic" as a means to combatting the political stagnation that he believes is "the common ground, a frustration for both sides."

**TO SPUR THINKING**, Henry's book is written somewhat conversationally and formatted "interactively" – a bit like a textbook – with questions and even a few challenges for the reader. In the end, he leaves them with 5 "simple" recommendations: 1) Do your part and vote, 2) continue to educate yourself, especially on what's happening internationally, 3) take time to listen to opposing views, 4) communicate with your local and state officials, and 5) help your community.

"Working Together: Why we Need Bipartisanship in American Politics" is available through booksellers and on Amazon. In addition to continuing his studies toward a December 2019 graduation, Henry is preparing production on a podcast series called "On the Rocks" and putting together his thoughts for a book on the modern meaning of masculinity and dating among millennials.

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# E-bikes: Friend or Foe

**Parks agencies present proposed changes allowing e-bikes on their trails.**

BY MERCIA HOBSON  
THE CONNECTION

“Electric-assist bikes are not coming, they are here,” said Chris Pauley, director of park operations, Northern Virginia Regional Park Authority (NOVA Parks). The recent popularity in electric-assist bicycles, e-bikes and the fact they are not allowed on trails in Fairfax County and NOVA Parks prompted NOVA Parks and Fairfax County Park Authority to take steps to understand the issues and then share facts with the public and listen to their comments.

On Thursday, Feb. 7, NOVA Parks and Fairfax County Park Authority Northern Virginia came together at a joint public meeting in Lorton to present their proposed recommendation to modifying §1.14 B. (3) of the Park Authority Regulations. “Because both state law and technology changes, we have to update our regulations, and that’s why we are here tonight,” said Michael Nardolilli, chairman and representing Arlington on the board of directors for NOVA Parks, addressing the gathered crowd of approximately 80 individuals. “We are seeing a positive shift in society where bikes are not just for fitness and fun, but increasingly for transportation,” he said.

As the presenter for the public meeting, Pauley described to the crowd how e-bikes are replacing traditional bicycles for both recreation and transportation. “(They) create an inclusive environment from the recreation perspective. People from all ages and abilities are being reintroduced to riding ... As a transportation option, people are riding further and riding more often if they have an e-bike,” Pauley said.

**PAULEY EXPLAINED** the steps taken on the issue as it relates to the parks. NOVA Parks worked with Toole Design Group, a consulting agency with 16 years of experience. Its stated focus is “... developing creative yet practical solutions that move people more efficiently while improving the quality of life of the community.”

According to Pauley, one of the most critical issues was to look at user and safety behavior, as it was not something other localities had done yet. “We are on the cutting edge,” said Pauley.

Fairfax County Park Authority took a different approach, Pauley said. They established a staff led e-bike study team, which, among other things, reviewed jurisdictional



PHOTOS BY MERCIA HOBSON/THE CONNECTION  
**Attendees at the NOVA Parks and Fairfax County Park Authority joint public meeting listen to Presenter Chris Pauley as he describes the proposed changes.**

## VIEWPOINTS

### Comments from the Public



**Alexis Glenn,**  
**Fairfax Alliance for Better Bicycling (FABB)**

“It is my position as a resident of the county and position of FABB to support NOVA Parks proposal to permit Class 1 and Class 2 e-bikes in the same parks anywhere traditional pedal-powered bikes are allowed ... Safety on bicycles will always come down to education and culture and not the types of bikes we ride ... Bad behavior is equated to the individual, not the equipment.”

**Anne Mader,**  
**Co-owner, The Bike Lane, Reston**

“We see a story-a-day about e-bikes. How they take down the barriers for many people ... The mountain bikers we’ve seen as customers are just like any other person on a bike. They learn to ride; they respect the trails ... The only thing I would push for is user education on the trail. I’d love to see more speed limit signs on the trail, the W&OD.”



practices. It also “... looked at local bike associations and talked with them about what they saw. . . (and) the different impacts on their facilities,” said Pauley. H

e added that the county developed recommendations in concert with state law by working with the county attorney. “A pretty involved process from both ends,” he emphasized.

Pauley circled back to user behavior. He requoted key monikers stated in comments

provided by people who were opposed to e-bikes on the trails: “The trails are too crowded; these bikes are too fast.” Pauley disputed the concerns. He stressed their white paper studies showed e-bike cyclists and traditional cyclists behave the same. “They don’t behave any differently. They don’t behave any better, but also don’t behave any worse,” Pauley said.

Pauley confirmed that on the roads e-bikes tend to go a little faster than tradi-

## Proposed Amendment

The Altered Sections of the Proposed Amendment Read:

1.14 Motor Vehicles and Traffic:  
B: Prohibited Vehicles.

(3) Mopeds are permitted only in areas where motor vehicles are permitted.  
(Added)

E. E-Bikes. Electric power-assisted bicycles (e-bikes) equipped with pedals that allow propulsion by human power are considered bicycles and non-motorized vehicles for the purpose of these regulations and are allowed in the same places that traditional, pedal-powered only bicycles are allowed.

tional bicycles but he surprised many in the audience when he said, “On multi-use trails, they are a little slower.” Crash rates are similar he added. As for other people on the trail, Pauley revealed people did not recognize when an e-bike was on a trail with them. “Studies showed that most people if you didn’t tell them there was an e-bike on the trail, didn’t know that it was there,” he said.

Pauley highlighted the Virginia Code authorizes the park authorities to regulate uses of all land and facilities under control of the authority. “But there is a caveat. We can’t create any regulation that is in conflict with state law ... state law is at the top; it’s the king of everything,” said Pauley. “Park regulations fall in the middle ... The way it works is our park regulations are enforceable by law. It is a Class IV misdemeanor. So technically someone riding an e-bike yesterday could be cited with a Class IV misdemeanor. That’s probably not where we want to be.”

**STATE LAW** is pretty wide-open, said Pauley. He cautioned, “That might not be the best fit for some of our trails from the perspective of safety.” Pauley said the proposal they were presenting that evening was to strike the motor-assist piece to clearly define mopeds are not permitted on trails, only where motor vehicles are allowed to go.

Pauley stated that they added a section that would define what a power-assist or e-bike would be. “That’s basically operable pedals, with an assist motor,” he said. “The proposal would be to discount the e-bike as a motorized vehicle thereby allowing it to travel any place a traditional bike would be able to go,” Pauley said.

In the draft guidelines, Pauley said they defined an e-bike, its performance level, where e-bikes can be operated and how it can be used. “This is a significant first step, a positive step to get these people back on the trails, get them into the parks, get them to be inclusive in their recreation, help them with the lifestyle they want to live and get them back on the bike to enjoy themselves,” said Pauley.





Guests peruse the Silent Auction items during the NDWC's Arts Night Out. Guests mingle during the NDWC's Arts Night Out Gala.

# Woman's Club Holds Arts Night Out

With about 70 guests, fundraiser hopes to raise about \$5,000 for NDWC's four beneficiaries.

BY STEVE HIBBARD  
THE CONNECTION

About 70 guests attended the New Dominion Woman's Club's Arts Night Out fundraiser last Thursday, Feb. 7 at the McLean Project for the Arts' (MPA) Gallery located next to Giant on Chain Bridge Road. The event included works of art by two artists, a social gathering, wine and appetizers, as well as a silent auction with 30 donated items. With guests donating \$25 each, they hoped to raise \$5,000 for four local beneficiaries.

The evening offered a curated tour by MPA Exhibitions Director Nancy Sausser of MPA's latest exhibition, "Intention/Invention: Works by Delna Dastur and Maryanne Pollock." These two abstract painters both make works created through a blend of intentional, planned process and improvisational experimentation.

According to NDWC President Jennifer Salopek: "Arts Night Out is one of New Dominion Women's Club's most treasured fundraisers. We do it in partnership with MPA every year and our members really look forward to it. It's a lovely evening of



MPA Executive Director Lori Carbonneau addresses the crowd during Arts Night Out.

art, wine, hors d'oeuvre, and a silent auction and it's all to benefit NDWC's four beneficiary organizations this year." Those include: MPA, SHARE of McLean, the Safe Community Coalition and the Falls Church McLean Children's Center.

PHOTOS BY STEVE HIBBARD/THE CONNECTION

Arts Night Out Chairman Kimberly Briggs added: "This is a wonderful opportunity to bring the community together to celebrate art as well as many small businesses who are represented as either sponsors or donors through our silent auction.... This in-

cludes two wonderful groups – the New Dominion Woman's Club who does charity work throughout the community as well as the McLean Project for the Arts who is, in fact, one of their charitable organizations that they support on an annual basis."

She added: "This event is an opportunity to highlight McLean Project for the Arts by holding a charity fundraiser at their actual location, exposing everyone to their wonderful art, and giving awareness to everyone as to where they are, and that they're available to the community on a regular day-to-day basis as a premiere spot to see modern art."

According to Lori Carbonneau, Executive Director, McLean Project for the Arts: "What's special about the Arts Night Out for New Dominion Women's Club, for MPA, is that it celebrates both the community that MPA creates as well as the art that we are able to exhibit and bring to the community....For MPA, what this night means is it is a way for us to convene in our space, under our roof, with many thanks to McLean Properties for helping us be here, a celebration of that unique confluence of community and art."



(From left): Arts Night Out Sponsors Florencia Segura, M.D.; Al Damavandy, M.D.; and Marianne Prendergast.



(From left): NDWC members Debbie Witchey, Kimberly Briggs and Jennifer Salopek.



## PEOPLE

### Doré Skidmore Named VAS Artist of the Year

Doré Skidmore has been named the Artist of the Year by the Vienna Arts Society. The Vienna Arts Society has been naming a worthy artist to be their Artist of the Year for almost the past fifteen years.

"I was very surprised and honored to be selected from more than 160 members of Vienna Arts Society," said Skidmore.

Before becoming an artist, Skidmore studied math. She found her calling through art history and gained her Bachelor of Arts from Vassar College. "My interest in geometry translated well to sculpting, and I've been an artist ever since," said Skidmore. Skidmore studied sculpture under Constantine Seferlis, the master carver at the Washington National Cathedral. Skidmore carves scenes out of wood in a style called woodgraphs. One of her beautiful creations is hanging in the new Vienna Arts Society at 243 Church Street NW.

"The Vienna Arts Society has several exhibitions in which I'm currently displaying paintings, mixed media and bas relief carvings. At some point during 2019 I'll be invited to exhibit a collection of my pieces at our new Art Center in the Windover Building," said Skidmore.

In addition to her art, Skidmore has been involved in the Healing Wall project that focuses on working with troops on the mend at the Fort Belvoir Commu-



PHOTO BY LISA FAY/THE CONNECTION

**Doré Skidmore's "Sunrise Walk," hanging in the new Vienna Art Society's location called the Windover Building.**

nity Hospital.

"I'm also on the teams that will launch Vienna Art Society's 50th anniversary projects, to include our Treasury of Art juried show and sale in the Community Center (April 5 - 7) as well as Take a Seat, Vienna (April - November)," said Skidmore.

"The other day someone reminded me that there is joy in creating something original, and it's that joy that leads to my involvement with the Vienna Arts Society's outreach activities with kids and adults who might not have art in their lives."

—LISA FAY

### 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 Feb. 1 - 7, 2019.*

#### INCIDENTS

**Arrest - Driving While Intoxicated** — Maple Avenue and Westbriar Drive, NE, Jan. 27 2:54 a.m.

Sergeant Ruddy observed a driver pull over and stop in a "No Parking" zone in the 100 block of Locust Street, SW. The officer stopped to check the welfare of the driver. Upon her interaction with the driver, the officer detected a strong odor of alcohol. The man advised he was lost and trying to get home. The officer suggested the man call a cab or an Uber to ensure he got home safely. An Uber arrived to transport the man home. A short time later the officer observed the man come back to his vehicle and drive off. After observing the driver commit a traffic offense, the officer initiated a traffic stop. The driver failed to complete a series of field sobriety tests successfully and was placed under arrest. He was transported to the Vienna Police Station where he was able to provide a sample of his breath for analysis. Sergeant Ruddy then transported the 52-year-old man from Brookview Drive in Bethesda, Md. to the Fairfax County Adult Detention Center where he was charged with Driving While Intoxicated.

**Suspicious Person** — 1200 Block Ware Street, SW, Jan. 29 between 3:30 a.m. and 5:40 a.m.

Officers responded to a report of a suspicious man standing on the sidewalk. The man stated he left his home in Fairfax County after having a dispute with his wife. He came to a relative's house in Vienna to prevent another altercation with his wife. However, his relative refused to permit him in his house. The officers notified Fairfax County Police to check on the welfare of the wife. The — 100 Block Maple Avenue, East, Jan. 29 between 10. and 11 a.m. A resident was working as a vendor in the area when an unknown person took his empty manila folder.

**Robbery** — Sally Beauty Supply, 327 Maple Avenue, East, Jan. 30, 8:25 p.m. An employee reported that a man entered the store and approached the counter to purchase a hair trimmer.

The man then shoved the employee, grabbed the trimmer, and fled the store.

**Domestic Dispute** — Hillcrest Drive, SW, Jan. 30, 8:35 p.m. Officers responded to a dispute between a woman and her adult son. The son left the residence before the arrival of the officers.

**Suspicious Event** — 500 Block Heritage Lane, NW, Jan. 31, 3:32 p.m. A juvenile arrived home from school and found the front door of the residence open. Officers searched the residence, finding no one inside. The homeowner checked the home and confirmed that nothing appeared to have been disturbed.

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submit your Letter to the Editor to [editors@connectionnewspapers.com](mailto:editors@connectionnewspapers.com)



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# OPINION

## Be Part of the Pet Connection

**T**he Pet Connection, a twice-yearly special edition, will publish the last week of February, and photos and stories of your pets with you and your family should be submitted by Friday, Feb. 22.

We invite you to send stories about your pets, photos of you and your family with your cats, dogs, llamas, alpacas, ponies, hamsters, snakes, lizards, frogs, rabbits, or whatever other creatures share your life with you.

Tell us the story of a special bond between a child and a dog, the story of how you came to adopt your pet, or examples of amazing feats of your creatures.

Do you volunteer at an animal shelter or therapeutic riding center or take your pet to visit people in a nursing home? Does your busi-

ness have a managing pet? Is your business about pets? Have you helped to train an assistance dog? Do you or someone in your family depend on an assistance dog?

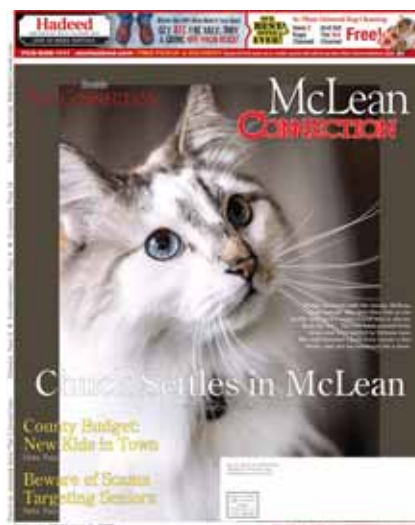
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### EDITORIAL

### LETTERS TO THE EDITOR

## Film Celebrates Diversity

To the Editor:

The Baha'is of Vienna are sponsoring a showing of the award-winning film, "Me-The Other" at the Angelika Theater of the Mosaic Shopping Center in Vienna/Fairfax, on Thursday, Feb. 21,

between 7 and 10 p.m. Following the showing of the film, there will be live discussion of the film with the film's director and co-producer, Shidan Majidi. Light refreshments will be served. "Me, The "Other" is a documentary film created in less than five months about a diverse group of students living in Washtenaw County in Southeast Michigan. Through their struggles, we find ourselves in each of them.

In words of Mr. Majidi, Director/Co-Producer:

"I believe that at this critical juncture in our journey as a human race, we need a radical paradigm shift in our approach to the preservation of our collective home by starting to view our planet as one country and humanity its citizens. Elimination of prejudice is one of the fundamental principles in establishing this goal. Storytelling is a powerful tool in raising awareness and bridging the gaps. With this film, we set out to tell stories of a diverse cast of characters who are on some level experiencing prejudice in their lives. They come from various backgrounds but in that deep place inside, they are all essentially one—and we are one of them. My personal hope for this film is to expose that sacred place inside where beyond the clouded isms of race, religion, class, gender, age, sexual orientation, physical appearance—lies a place of

light, warmth, hope, and pure love called the human soul."

❖ March 2018 - The Washtenaw County Commissioners honored the film with a special Proclamation as it "voices an urgent message that our diversity should be the cause of unity for our communities in these challenging times."

❖ March 2018 - University of Michigan honors the film's producer and cast member with the Ida Gray Award for its celebration of diversity.

❖ June 2018 - The film wins the Best Documentary Award at the Buddha International Film Festival in India.

**John Russo**  
Vienna

## Re-think Spraying

Dear Editor,

On Jan. 24, Fairfax and Prince William County spokesmen urged a Virginia House of Delegates subcommittee to allow localities to continue to kill caterpillars with broadcast spraying. At issue is Alsophila pometaria, the inchworm or fall cankerworm, a native insect that in its larval stage is a caterpillar, a major food source for spring breeding and migrating birds. Some view this caterpillar as a "nuisance" when it spins down from trees on a silken thread.

A coalition is trying to stop this spraying, which kills not just the target species but all butterfly and moth caterpillars exposed to the spray, Bacillus thuringiensis var. kurstaki (Btk). "This collateral damage is much too high a price to pay, when the focal animal is a natural element of Virginia's forest ecology," wrote the University

of Connecticut's Dr. David Wagner, a world caterpillar expert.

Some spraying advocates contend that inchworms defoliate and kill trees. Opponents argue that it takes several years of severe defoliation to kill a tree, which is rare; that most trees releaf in one season; and that tree mortality has many, often undetermined causes.

Del. Kathy Tran (D-Fairfax) offered a compromise to her original bill to require residents to opt into the spray program, a reversal of these counties' current opt-out programs. The subcommittee rejected the bill on a party-line five to four vote.

The inchworm is a native insect, part of the natural ecosystem, not a destructive invasive like the gypsy moth. Government officials at all levels should understand the value of native insects and their role, critters that noted biologist E.O. Wilson said are "the little things that run the world." Killing caterpillars without documentation of real harm or without understanding their importance is inexcusable.

**Ashley C. Kennedy, MS**  
PhD Candidate, Tallamy Lab  
Dept. of Entomology and  
Wildlife Ecology  
University of Delaware

## Extremely Disappointed

To the Editor:

I graduated from college in 1986. I went to the University of Mississippi my freshman year and half of my sophomore year. My freshman year (1982), the school was still waving Confederate flags at football games and was in the process of transitioning to using a flag that just said, "Ole Miss" in red on a blue background. To protest, the Ku Klux Klan showed up at at least one football game. It was terrifying. The KKK is not funny. Not even a little bit.

I am extremely disappointed to discover that Mr. Northam participated in photo wearing Blackface with someone in a KKK outfit. He knew better. I voted for Mr. Northam, so this makes the discovery even more painful.

Everyone does stupid things in college. This was not stupid. It was mean and it wasn't funny. Mr. Northam should resign in order to show respect for his Black constituents and, really, all Virginia voters.

**Amy Dickson**  
Springfield

## 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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# 'Living Coral' Named 2019 Color of the Year

“... can help to brighten a space lacking natural light.”

BY MARILYN CAMPBELL

A breeze of warm air to heat the winter chill is how some designers are describing one of the trendiest colors on tap for this year. “Living Coral” was selected as the 2019 Color of the Year by the Pantone Color Institute, the self-described global authority of color. It’s a shade that is expected to have a prominent presence in interior design, home accessories and fashion this year.

“It works well with most of the foundation colors everyone has in their homes including white, taupe, gray, and brown,” said designer Amanda Mertins of Patina Polished Living in Alexandria. “If you choose to paint, it can help to brighten a space lacking natural light.”

Described as a nurturing color that can be found in nature, Living Coral is a shade of orange with a golden undertone. “It can be used as a wonderful accent color,” said Mertins. “Introduce it with artwork, toss pillows, rugs and throws.”



PHOTO COURTESY OF NICELY DONE KITCHENS AND BATHS

Life-affirming and reminiscent of coral reefs, Living Coral is credited with the ability to breathe life into any space in one’s home. “[It’s] is vibrant, energizing shade ... that can be incorporated as a light accent or bold statement in both a kitchen or bath,” said designer Natalia Fabisiak of Nicely Done Kitchens and Baths in Springfield. “As the timeless trend of white kitchens continues, Living Coral offers the perfect pop of color an all-white kitchen may need.”

“Coffee mugs, dish towels, trays and trivets are an easy and inexpensive way to introduce the trending color of the year into your kitchen,” added Fabisiak.

Home accent pieces are the way that de-

signer Julie Ackerman of Home Polish in Bethesda recommends using the Pantone pick. “Dishware, serveware or decorative accent pieces and porcelain figurines, like those by Herend are a great way to incorporate Living Coral into your home,” she said.

For a more long-term commitment, Fabisiak says, “In a bathroom, Living Coral can be used as a wall color that can be easily paired with neutral tile and fixtures. If painting the walls is too drastic, bath accents like coral towels or a rug can brighten up the space beautifully as well.

In announcing the selection, Leatrice Eiseman, executive director of the Pantone Color Institute, said, “Color is an equaliz-

When used on a wall in a kitchen or bathroom, Living Coral can make a bold statement, says designer Natalia Fabisiak of Nicely Done Kitchens and Baths.



PHOTO COURTESY OF PATINA POLISHED LIVING  
Living Coral can be introduced into one’s home through art, says designer Amanda Mertins.

ing lens through which we experience our natural and digital realities and this is particularly true for Living Coral. With consumers craving human interaction and social connection, the humanizing and heartening qualities displayed by the convivial Pantone Living Coral hit a responsive chord.”

Each year, the Pantone Color Institute makes a prediction about the color that will be on trend for the upcoming year. The selection process, which takes about nine months, has color gurus at Pantone spanning the globe, taking note of the trends in industries that run the gamut from ranging from film and entertainment to art and interior design.

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Candidate Petition Packets may be picked up at the Center starting January 22.

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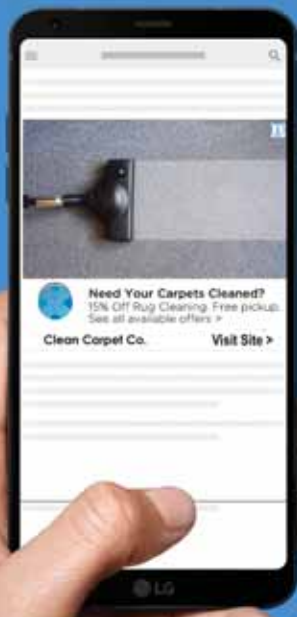


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## ENTERTAINMENT

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

### ONGOING

#### Camp Grow Registration Open.

Camp Grow at Meadowlark Botanical Gardens, in Vienna, invites children to explore nature through hands-on activities, gardening, discovery walks, crafts, music, storytelling, and animal programs. Camp Grow is designed to engage, challenge, educate and encourage a sense of community. Camp Grow values and encourages inclusion of all campers in every activity. Visit [www.novaparks.com/things-to-do/camps/](http://www.novaparks.com/things-to-do/camps/).

**Winter Golf.** Through Feb. 28, skip the traffic with the Afternoon Drive special at the heated and covered ranges at Burke Lake Golf Center and the newly renovated Oak Marr Golf Complex. All buckets are \$2 off, Monday-Thursday, 4 p.m. until closing. Or try the indoor studio at Pinecrest Golf Course's Valis Family Golf Learning Center, featuring three indoor hitting bays or a private session with the TrackMan Golf Simulator Suite (five person max.), both reserved by the hour. Visit [www.fairfaxcounty.gov/parks/golf](http://www.fairfaxcounty.gov/parks/golf).

**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](http://www.goldengirls.org).

**Free Tai Chi.** Saturdays through March 30, from 7:55-9 a.m., Introduction and Beginners' Practice, meet in the Langley Hall at Trinity United Methodist Church, 1205 Dolley Madison Blvd., McLean. All are welcome. Call 703-759-9141 or visit [www.FreeTaiChi.org](http://www.FreeTaiChi.org).

**Trivia Night.** Tuesdays, 7 p.m. at Lost Dog Cafe - McLean, 1690 Anderson Road, McLean. Trivia featuring multiple winners and fun door prizes. Free to play. Visit [www.facebook.com/EarthTriviaDc/](http://www.facebook.com/EarthTriviaDc/).

**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](http://Historicviennainc.org)

**Bingo Night.** Sundays, 4 p.m. Flame Room, Vienna Volunteer Fire Department, 400 Center St. S, Vienna. \$10. [www.vvfd.org/bingo.html](http://www.vvfd.org/bingo.html).

**Gentle Yoga.** Thursdays, 6:30 p.m. Emmaus United Church of Christ, 900 E Maple Ave. E., Vienna. Saturdays, 9:30 a.m. Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton. Gentle Kundalini Yoga, one free introductory session, senior discounts. Increase flexibility, improve breathing and health, reduce stress. \$15 per session. Call 571-213-3192 or visit [edimprovement.org](http://edimprovement.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 except for some special events.

### WEDNESDAY/FEB. 13

**Movie Series: New Disney**



## The Okee Dokee Brothers

As childhood friends growing up in Denver, CO, Joe Mailander and Justin Lansing were always exploring the outdoors. Now, as the Grammy Award-winning Okee Dokee Brothers, they have put this passion for the outdoors at the heart of their Americana Folk music and hope that it will inspire children and their parents to get outside and get creative. Saturday, Feb. 23 at 1 p.m., 4 p.m. and 6:30 p.m. at The Alden, 1234 Ingleside Ave., McLean. Cost is \$20/\$15 MCC district residents. Visit [www.mcleancenter.org](http://www.mcleancenter.org).

**Classics.** 12:30 p.m. at The Alden Community Hall, McLean Community Center, 1234 Ingleside Ave., McLean. The Alden is kicking off a new film series with "new Disney Classics" – those that were loved during the 1990s. The films will be shown at 12:30 p.m. on the 2nd Wednesday of the month through June. Free admission. Visit [mcleancenter.org/performing-arts](http://mcleancenter.org/performing-arts).

### SATURDAY/FEB. 16

**Model Railroaders Open House.** 1-5 p.m. at the Vienna Depot, 231 Dominion Road NE. Northern Virginia Model Railroaders hold an open house at the Vienna Depot each month and on Vienna celebration days, including Viva! Vienna and the Vienna Holiday Stroll. Free admission. Call 703-938-5157 or visit [www.nvmr.org](http://www.nvmr.org).

**Spice Up Your Life.** 3:30-4:30 p.m. at Oakton Library, 10304 Lynnhaven Place, Oakton. Learn from Nutritionist Kristin McGill why spices/herbs are important in a healthy diet. Food samples and recipes are included. Free. Visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

**Astronomy Festival.** 6-9 p.m. at Turner Farm, 925 Springvale Road, Great Falls. After the sun sets, soak up some starshine at an "Astronomy Festival" that will include guided stargazing and telescope viewing. Listen to ancient stories about the constellations around the campfire, and participate in other activities and games throughout the evening. \$8 per person. Hot chocolate and snacks will be available for purchase. Canceled if it rains or snows. Call 703-324-8618 or visit [www.fairfaxcounty.gov/parks/turner-farm](http://www.fairfaxcounty.gov/parks/turner-farm).

**Art Presentation: Ric Ocasek.** 7-9 p.m. at Wentworth Gallery, Tysons Galleria, 1807 U. International Drive, McLean. Ric Ocasek, of the Cars, will appear with his original artwork. Visit [www.wentworthgallery.com](http://www.wentworthgallery.com).

### SUNDAY/FEB. 17

**Breakfast Buffet.** 8 a.m.-noon at Vienna American Legion Post 180, 330 Center St., N. Vienna. Get omelets, scrambled eggs, blueberry pancakes, bacon, sausage, biscuits and gravy and more. Adults \$10, children 12 and under \$4. Call 703-938-6580.

### FRIDAY/FEB. 22

**Waterfowl Wintering Along the Potomac.** 9-11 a.m. at Riverbend

Park, 8700 Potomac Hills St., Great Falls. Fairfax County is an attractive spot for waterfowl that don't mind a little cold. Take the "Winter Waterfowl Hike" at Riverbend Park to see what avian creatures are making their residence here over the winter. Hike with a naturalist at the park to search for winter waterfowl along the Upper Potomac River. Bring binoculars and spotting scopes. Designed for participants age 14-adult. \$8 per person. Call 703-759-9018 or visit [www.fairfaxcounty.gov/parks/riverbend](http://www.fairfaxcounty.gov/parks/riverbend).

**Genealogy Society Meeting.** 7-9 p.m. at Dunn Loring Volunteer Fire Station Hall, 2148 Gallows Road, Vienna. Monthly meeting of Fairfax Genealogical Society with presentation, "Mosby's Combat Operations in Fairfax County." Don Hakenson will discuss Mosby's operations in Fairfax County and the stories of the men involved. Free. Call 703-644-8185 or visit [www.fxgs.org](http://www.fxgs.org).

**BRAWS Hosts Mardi Bras.** At Westwood Country Club, 800 Maple Ave. E, Vienna. More than 500 guests are expected at Mardi Bras, which is the largest annual fundraiser for BRAWS, a volunteer-driven, community-based 501(c)(3) nonprofit organization that provides homeless women and children with necessities including new bras and underwear as well as menstrual supplies. Tickets are on sale now at [www.braws.org/mardi-bras-2019.html](http://www.braws.org/mardi-bras-2019.html) for \$100, which includes hors d'oeuvres, two drinks, raffles, silent auction, music, photo booth, swag bags, special guests and more. BRAWS is seeking event sponsorships as well as donations of items for the raffles and silent auction. More information can be found at [www.braws.org](http://www.braws.org).

### SATURDAY/FEB. 23

**Wolf Trap Tickets On Sale.** Tickets go on sale to the public Feb. 23 at 10 a.m.; Wolf Trap members are buying now. Additional shows to be announced in March. Buy tickets online at [wolftrap.org](http://wolftrap.org); by phone at 877-WOLFTRAP; or in person at the Filene Center Box Office, 1551 Trap Road, Vienna or after Feb. 24, at The Barns at Wolf Trap Box Office, 1635 Trap Road, Vienna.

**Touch Visitors from Space.** 11 a.m.-noon at Observatory Park at Turner Farm, 925 Springvale Road, Great Falls. "Meteorites: Explore Visitors from Space" will be held in the roll-top observatory classroom. Participants will also have the

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# ENTERTAINMENT



**Paul Zeitz**

## Author Event

Dr. Paul Zeitz, activist and author of “Waging Justice: A Doctor’s Journey to Speak Truth and Be Bold,” will discuss opportunities to work for social justice. Some of the big-picture advocacy priorities include climate restoration, renewable energy, sustainable development, ending child sexual abuse, and gender equality. 1 p.m. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. Visit [www.unityoffairfax.org](http://www.unityoffairfax.org) or call 703-281-1767.

opportunity to touch and examine actual meteorites, including specimens from the moon and Mars. Designed for participants age 5-11 and runs from 11 a.m. to noon. \$8 per person. Call 703-324-8618 or visit [www.fairfaxcounty.gov/parks/turner-farm](http://www.fairfaxcounty.gov/parks/turner-farm).

**The Okee Dokee Brothers.** 1 p.m., 4 p.m. and 6:30 p.m. At The Alden, 1234 Ingleside Ave., McLean. Cost is \$20/\$15 MCC district residents. As childhood friends growing up in Denver, CO, Joe Mailander and Justin Lansing were always exploring the outdoors. Now, as the Grammy Award-winning Okee Dokee Brothers, they have put this passion for the outdoors at the heart of their Americana Folk music and hope that it will inspire children and their parents to get outside and get creative. Visit [www.mcleancenter.org](http://www.mcleancenter.org).

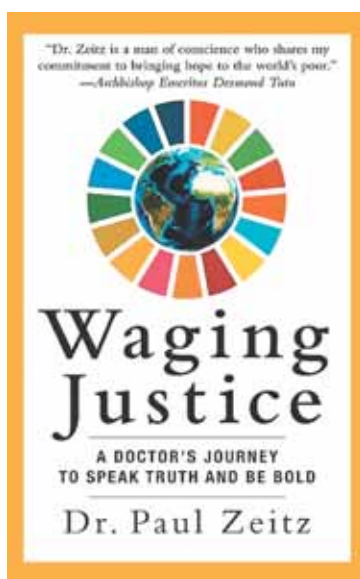
**Winter Wine and Beer Tasting.** 7-10 p.m. at the Great Falls Grange, 9818 Georgetown Pike, Great Falls. Sample a variety of red wines, white wines and selected by Richard Ashton of Classic Wines of Great Falls and four locally crafted beers from Lost Rhino Brewery in Leesburg. \$50. Tickets are available through Feb. 21 (or until sold out). Visit [celebrategreatfalls.org](http://celebrategreatfalls.org).

### FRIDAY-SATURDAY/FEB. 23-24

**Scrapbooking Weekend.** Friday, 6 p.m.-midnight; Saturday, 9 a.m.-7 p.m. at Vienna Volunteer Fire Department, 400 Center St., South, Vienna. The Vienna Volunteer Fire Department Auxiliary is sponsoring a scrapbooking weekend. Registration fee includes cropping space, lunch on Saturday, coffee, tea, lemonade, goody bag and a raffle ticket. Dinner available for \$15 for both nights, or \$8 each. \$50 if registered by Feb. 2; \$55 by Feb. 9; \$65 if registered later; \$70 to register at the door, if space is available. Proceeds purchase lifesaving equipment for the fire department. Email [lisaemerson3@verizon.net](mailto:lisaemerson3@verizon.net) or call 703-981-4504.

### SUNDAY/FEB. 24

**Maple Syrup Fresh from the Trees.** Noon-2 p.m. at Colvin Run Mill, 10017 Colvin Run Road, Great Falls. See sap dripping into collection pails on the trees, and discover the surprising amount of sap it takes to make just a little syrup. Taste the



combination of maple syrup over cornbread made from the mill’s cornmeal, while supplies last. \$5 per person for visitors age 3-adult. No reservations are required. This is an outdoor program, dress for the weather. Call 703-759-2771 or visit [www.fairfaxcounty.gov/parks/colvin-run-mill](http://www.fairfaxcounty.gov/parks/colvin-run-mill).

**Author Event: Dr. Paul Zeitz.** 1 p.m. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. Zeitz, activist and author of “Waging Justice: A Doctor’s Journey to Speak Truth and Be Bold,” will discuss opportunities to work for social justice. Visit [unityoffairfax.org](http://unityoffairfax.org) or call 703-281-1767.

### Perspectives Speaker Series:

**Walter Mosley.** 2 p.m. at The Alden Theatre at McLean Community Center, 1234 Ingleside Ave., McLean. Presented in partnership with the Fairfax County Public Library, Author Walter Mosley will give a 60-minute talk followed by a book signing. NAACP Image Award-winning writer of mysteries and crime fiction, in 2016 Mosley was named Grand Master by the Mystery Writers of America (Edgar Award). Free. Pre-registration required. Visit [mcleancenter.org/alden-theatre](http://mcleancenter.org/alden-theatre).

**The Capitol Steps Benefit Performance.** 7 p.m. at Fairfax High School, 3501 Rebel Run Road, Fairfax. Join in for a SILLYarious evening as the Capitol Steps political satire comedy troupe performs a show to benefit high school theatre for the Cappies of the National Capitol Area. Free parking. Adults, \$30; students/senior citizens, \$20; children 12 and under, \$10; and groups of 10 or more, \$15. Contact Amy.Young@cappies.com or visit [www.cappies.com/nca](http://www.cappies.com/nca).

### MONDAY/FEB. 25

**Tyler Hilton w/ Emma Charles.** 8-11 p.m. at Jammin’ Java, 227 Maple Ave., East, Vienna. Join singer-songwriter Emma Charles opening for Tyler Hilton. \$15-\$20. Call 703-255-1566 or visit [jamminjava.com](http://jamminjava.com).

### WEDNESDAY/FEB. 27

**Foreign-Language Film.** 1 p.m. At The Alden, 1234 Ingleside Ave., McLean. Free admission. Come enjoy foreign films selected by The Alden staff, then stay after for a discussion backstage in The Alden’s green room. All movies are shown in the original language with English subtitles.

Foreign-language films will be shown at 1 p.m. on the 4th Wednesday of the month through May. These movies are chosen for adult audiences and may contain mature content, language and themes. Visit [www.mcleancenter.org](http://www.mcleancenter.org).

### Holy Happy Hour Recital Series.

6:15 p.m. at Lewinsville Presbyterian Church, 1724 Chain Bridge Road, McLean. Featuring Nicholas Quardokus, Organ Scholar at St. Paul’s Parish in Washington, D.C., the 30-minute musical offering will be followed by wine, hor d’oeuvres and fellowship. Free and open to the public; a good will offering to support the music department will be taken. Visit [www.Lewinsville.org](http://www.Lewinsville.org) or call 703-356-7200.

### THURSDAY/FEB. 28

**Movie Screening: “Angst.”** 7-8:30 p.m. at Langley High School Auditorium, 6520 Georgetown Pike, McLean. Join the Safe Community Coalition and Langley High School PTSA for a showing of “Angst: Raising Awareness Around Anxiety.” Free. Recommended for 6th grade and up. Email [gina@stationwagon.com](mailto:gina@stationwagon.com).

### Burke Historical Society Speaker.

7:30 p.m. at Patrick Henry Library, 101 Maple Ave. East, Vienna. Mary Lipsey will share stories from her latest book, Aviation: From Curiosity to Reality. Learn about the early years of flight and some of the less-remembered pioneers. Visit [burkehistoricalsociety.org](http://burkehistoricalsociety.org).

### FRIDAY-SUNDAY/MARCH 1-3

**Tyson’s Library Book Sale.** Friday, 11 a.m.-5 p.m.; Saturday, 10 a.m.-4 p.m., and Sunday, 1-4 p.m. at Tyson’s-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. Large selection of books and media for all ages and interests. Half price and \$10 per bag sale on Sunday. Volunteers needed. Email [tysonslibraryfriends@gmail.com](mailto:tysonslibraryfriends@gmail.com) or call 703-790-4031 or 703-338-3307.

### SUNDAY/MARCH 3

#### Maple Syrup Fresh from the Trees.

Noon-2 p.m. at Colvin Run Mill, 10017 Colvin Run Road, Great Falls. See sap dripping into collection pails on the trees, and discover the surprising amount of sap it takes to make just a little syrup. Taste the combination of maple syrup over cornbread made from the mill’s cornmeal, while supplies last. \$5 per person for visitors age 3-adult. No reservations are required. This is an outdoor program, dress for the weather. Call 703-759-2771 or visit [www.fairfaxcounty.gov/parks/colvin-run-mill](http://www.fairfaxcounty.gov/parks/colvin-run-mill).

#### Live Music: Rebecca Loebe.

7 p.m. at Jammin’ Java, 227 Maple Ave., East, Vienna. Catch Loebe in concert with her full band as she celebrates the release of her fifth studio album Give Up Your Ghosts. \$15-\$20. Call 703-255-1566 or visit [www.jamminjava.com](http://www.jamminjava.com).

### THURSDAY/MARCH 7

**Mah Jongg Lessons.** 6:30-9:30 p.m. at Temple Rodef Shalom, 2100 Westmoreland St., Falls Church. Three-session Mah Jongg class for beginners taught by Iva Gresko. Plan to attend all three sessions (March 7, 14, 21). \$85, includes nine hours of lessons and includes the 2018 National Mah Jongg League Playing Card. To register, send a check made out to WoTRS to Iva Gresko, 2100 Westmoreland St., Falls Church, VA 22043. Include your email address, home address, and home and cell phone numbers. Your check is your registration. Contact Iva Gresko 703-532-2217.

## Here’s What’s Happening at MCC!

### Presented by The Alden



**Movies for Kids & Families**  
**Wednesday, Feb. 13, 12:30 p.m.**  
*Free admission*

### Presented by The Alden



**The Okee Dokee Brothers**  
**Saturday, Feb. 23**  
**Three shows: 1, 4, and 6:30 p.m.**  
**\$20/\$15 MCC district residents**



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### Perspectives Speaker Series



**Presented by The Alden in**  
**partnership with the Fairfax**  
**County Public Library**  
**Meet Author Walter Mosley**  
**Sunday, Feb. 24, 2 p.m.**  
*Free. Preregistration required.*

### The McLean Traveler



**2019 Philadelphia Flower Show**  
**Thursday, March 7, 6:45 a.m.-8 p.m.**  
**\$138/\$133 MCC district residents**

### The Old Firehouse Friday Night Trip



**Captain Marvel Night**  
**Friday, March 8, 4-11 p.m.**  
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**THEATRE**

# Wrapped in Family, Faith and Anguish

**1<sup>st</sup> Stage presents 'The Brothers Size.'**

BY DAVID SIEGEL  
THE CONNECTION

**E**xpanding its artistic reach with another bold play selection, 1<sup>st</sup> Stage is producing the local premiere of "The Brothers Size" written by Tarell Alvin McCraney. McCraney is co-creator of the Academy Award-winning film "Moonlight" and at age 38, a recipient of a MacArthur genius grant.

Under the guiding hands of director Jose Carrasquillo, director of artistic programming, Ford's Theatre, "The Brothers Size" is unforgettable. It is wrapped in family, faith and anguish. Know that there is decency, dignity and redemption that unfolds becoming the heart of "The Brothers Size" message.

The play takes place somewhere deep in the Louisiana bayou. Living is not easy for African-Americans even if someone is hardworking and owns a car repair business as older and "Alpha" brother Ogun Size (Gary Kayi Fletcher) does. His less rooted, younger brother Oshoosi Size (Clayton Pelham, Jr.) is just out of prison; home to live with his older brother. Oshoosi is trying to figure out what is next in his so-far sketchy life. Also recently out of a prison is a close, local friend and prison mate of Oshoosi. He is a "brother in need" named Elegba (Thony Mena). Elegba is also adrift.

Joined together the three characters become enmeshed in the mundane of day-to-day existence, along with the detritus of memories, and profound issues of what is next in lives seeped with both West African tradition and American Southern attitudes. Playwright McCraney uses first names of the three characters as taken from prominent Yoruba (Southwest Nigeria) deities.

Be aware as the tensions in the play mount, the initial language in "The Brothers Size" can be very raw for some. The delivery of words is full frontal and real. As the play progresses the language transitions to something else again; first less bombastic, then into poetic words of brotherly devotion and understanding.

Giroros Tsappas' set is inspired by elements drawn from Yoruba cosmology. There is a sizable elliptical "eye" shape surrounded by shredded rubber tires upon which performance takes place. The actors are in near constant motion over the rubbery surfaces not unlike boxers in a ring. A strategic musical selec-

PHOTOS BY TERESA CASTRACANE/COURTESY OF 1<sup>ST</sup> STAGE



**From left, Gary-Kayi Fletcher, Clayton Pelham, Jr., and Thony Mena in "The Brothers Size" at 1st Stage in Tysons Corner. The show runs through Feb. 24.**



**From left, Gary-Kayi Fletcher and Clayton Pelham, Jr. in "The Brothers Size" at 1st Stage in Tysons Corner. The show runs through Feb. 24.**

## Where and When

1<sup>st</sup> Stage presents "The Brothers Size" at 1524 Spring Hill Road, (Spring Hill Business Center), Tysons. (Two blocks from north exit, Metro's Silver Line Spring Hill Station). Performances through Feb. 24, 2019. Thursdays at 7:30 p.m., Fridays at 8 p.m., Saturdays at 2 p.m. & 8 p.m. and Sundays at 2 p.m. Tickets: General Admission \$39, Senior (65+) \$36, Student and Military \$15. Call 703-854-1856 or visit [www.1stStageTysons.org](http://www.1stStageTysons.org). Note: Wheelchair accessible.

tion from Ben E. King is splendidly evocative as is the percussive rhythm of fists on chests.

Under Carrasquillo's vision, McCraney's "The Brothers Size" at 1<sup>st</sup> Stage captures lives likely unknown by area audiences. It is an opportunity to find oneself absorbed into new stories and territory.



## BULLETIN BOARD

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

### WINTER SHELTERS

**Find homeless and cold weather** drop-in centers and shelters that serve Northern Virginia at [www.novaregion.org/174/Homeless-Shelter-Lists](http://www.novaregion.org/174/Homeless-Shelter-Lists).

### INPUT SOUGHT

**Shaping the Future Together.** Fairfax County Government is beginning a strategic planning process with the community to shape the future together. The goal is to hear all voices and reach all segments of the community. This effort will span most of 2019, but in this first phase, the community is being asked to visit [fairfaxcounty.gov/strategicplan](http://fairfaxcounty.gov/strategicplan) and:

- ❖ Take a short five-question online survey
- ❖ Join a community conversation in person: Feb. 25 – Alexandria; Feb. 26 – Fairfax; March 6 – Falls Church.
- ❖ Share the survey and conversation invitation with neighbors, co-workers and county family and friends.

### TUESDAYS THROUGH FEB. 19

**Workshop Series: Mind in the Making.** 6:30-8:30 p.m. at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 – Room 100, Dunn Loring. Mind in the Making: The Seven Essential Life Skills Every Child Needs by Ellen Galinsky, encompasses an evidence-based list of life skills that are essential for children to succeed socially, emotionally and intellectually in the short and long term. Participants may register for one or all of the workshops and do not need to attend the previous class. Registration is limited. Call 703-204-3941 or visit [www.fcps.edu/resources/family-engagement/parent-resource-center](http://www.fcps.edu/resources/family-engagement/parent-resource-center) for more or to register.

- ❖ Tuesday, Feb. 19 – Self-Directed, Engaged Learning (part 7)

### WEDNESDAY/FEB. 13

**Anti-Scam Presentation.** 1:10-2:15 p.m. at Vienna Presbyterian Church, 124 Park St., Vienna. Fairfax County is offering a free Silver Shield Anti-Scam Presentation. Subject matter experts will discuss warning signs of fraud and present information to empower families against scams in the community. Visit [www.fairfaxcounty.gov/OlderAdults](http://www.fairfaxcounty.gov/OlderAdults) and click on Silver Shield Anti-Scam Campaign. Call 703-273-4113, TTY 711.

**Fairfax County Park Authority Board Meeting.** 7:30 p.m. in the Herrity Building, 12055 Government Center Parkway, Suite 941, Fairfax. The Park Authority Board is a 12-member board appointed by the Fairfax County Board of Supervisors to set policy and establish strategic policy and direction for the Park Authority. Open to the public. For information regarding meeting agendas, Park Board members, opportunities for public comment, or to view meeting materials, board minutes and archival materials, visit [www.fairfaxcounty.gov/parks/boardagn2.htm](http://www.fairfaxcounty.gov/parks/boardagn2.htm).

### FRIDAY/FEB. 15

**Black History Month Celebration: “Know the Past, Shape the Future.”** 6 p.m., reception; 7 p.m., program begins at the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Virginia’s Lieutenant Governor Justin E. Fairfax and Fairfax County Executive Bryan Hill will be part of the free Black History Month Celebration. The program also includes recognition of historically black churches in Fairfax County. Visit [www.fairfaxcounty.gov/publicaffairs/know-past-shape-future-black-history-month-celebration-0](http://www.fairfaxcounty.gov/publicaffairs/know-past-shape-future-black-history-month-celebration-0) for more.

### TUESDAY/FEB. 19

**Board of Supervisors Meeting.** 9:30 a.m. at the Fairfax County Government Center Board Auditorium, 12000 Government Center Parkway, Fairfax. For information on draft agendas, to sign up, for the meeting schedule and past agendas, as well as additional committee meetings, visit [www.fairfaxcounty.gov/boardofsupervisors/2019-board-meetings](http://www.fairfaxcounty.gov/boardofsupervisors/2019-board-meetings). For more information, questions or a printed copy of the meeting agenda call the County Executive’s Office at 703-324-2531 (TTY 711).

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## So Far, So Good



By KENNETH B. LOURIE

This column will be the definition of premature.

After subjecting you regular readers to multiple columns discussing my anxiety – and fear – about the potential/presumptive and possibly debilitating and life-changing/life-ending side effects of immunotherapy, I am here to say that after my first pair of bi-weekly infusions – occurring over the past three weeks, I am no worse for the experience.

I’m feeling better than I felt while undergoing chemotherapy: No eating issues, less fatigue, less shortness of breath and more energy. The only caveat to this empor is whether the infusions are actually shrinking my Adam’s Apple tumor, which was the primary reason for making the medicine change we did.

Now whether the side effects are still coming; I certainly don’t know, but should they still be on the way, I can’t help but wonder: Will they change the quality of my life – for the worse? Because, for the bi-weekly moment, I am less impacted by my treatment than I have been for years.

I can’t say with any degree of certainty however, or recall what my oncologist might have said concerning the likely onset of the “over 30 percent report some side effects” as the reprint from “chemocare.com” indicated. Generally speaking, my oncologist would rather not discuss future scenarios: What happens when? What do we do if? When do we do what? And so I don’t ask nearly as many questions as I used to.

It’s not that I’m less curious, it’s that I’m more experienced. And I have learned through my experience, that part of being a cancer patient is unfortunately, waiting and seeing – and of course, hoping. Talking/anticipating/being told what to expect is helpful – up to a point.

The point which is most helpful is when something actually happens. Knowing what to expect is less important than knowing what to do/how to manage expectations should they manifest. It may be something or it may be nothing. Trying not to make matters worse is the key.

Being a cancer patient/survivor is a series of challenges – both emotional and physical. Finding a stride in which you can take the ups and downs and all-arounds will help you live life in the cancer lane. And just because the road is bumpy, doesn’t preclude you from smoothing it out.

Actions and reactions, plan “A” and plan “B” are par for the course. So be grateful for today because tomorrow the course may play much more difficult. Being positive about the negative offers the path of least resistance.

Today, I am not experiencing any side effects, thankfully.

“Tomorrow” however, as Scarlet O’Hara said at the end of “Gone With The Wind,” “is another day.” Worrying, as I had been admitting to in previous columns, about something which as yet had not happened, is especially unhelpful and wastes precious time.

As a cancer patient, there’s plenty of actual bad news, generally, so there’s no benefit in rushing it along. Let it happen naturally, or not at all; and occasionally, you might be pleasantly surprised, as three weeks into my new immunotherapy regimen, I am, as what side effects I anticipated/feared have not affected.

I realize I’m probably early in assessing the likely side effects of my treatment but, for the time being, I can find some peace and quiet; and when you’re a cancer patient diagnosed originally as “terminal,” “peace and quiet” is never to be taken for granted.

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



## SPORTS



**Eliza Loftus, 11<sup>th</sup> grader at James Madison HS, on the beam. Leading Madison High to district championships were fourth, sixth, and eleventh-place all arounders, Loftus (36.20), Chloe Breedlove, Grade 10 (34.60), and Christie Noble, a 12th grader (32.775).**

PHOTOS BY MAUREEN LOFTUS



**James Madison HS Gymnastics Team at Chantilly HS, winning the Concorde District Championship.**

# Madison Gymnasts Win District Championships

**J**ames Madison High School Warhawks in Vienna defended their Concorde District gymnastics championship title at Chantilly High School in Chantilly, earning first place. Madison High School's back-to-back district gymnastics championship titles are the first since 1987.

The Warhawks earned runner up as well in the Regional Gymnastic Championships at Washington-Lee High School in Arlington, for the second year in a row. Washington-Lee High School won first place in the Regional Championships.

In the District Championships, James Madison High School won with a season-

best team score of 139.20, far higher than the runner-up Oakton High School, at 134.90 points. Chantilly High School of Chantilly came in a close third with 134.225 points followed by Westfield High School in Chantilly, in fourth with 133.90 points.

The Warhawks started strong on vault with two of the top eight finishers, Eliza Loftus, an 11<sup>th</sup> grader, in second place (9.225) and Chloe Breedlove, (10<sup>th</sup> grader) in eighth place (8.650).

"The team score on vault tied our season high which set the tone for the rest of the meet," said James Madison High School gymnastics coach, Morgan Perpall. "That

excitement and confidence just continually grew through the rest of the meet," said Perpall.

Leading James Madison High School were fourth, sixth, and eleventh-place all arounders, Loftus (36.20), Breedlove (34.60), and Christie Noble, a 12th grader, earned (32.775) respectively.

Loftus earned fourth place on the uneven bars (8.925), seventh on beam (8.75) and fourth on floor (9.325). Breedlove was fifth on the uneven bars (8.825), twelfth on beam (8.050) and sixth on floor (9.075). Noble was tenth on vault (8.60), 21st on bars (6.80), third on beam (9.025) and 17th on floor (8.350).

Also for James Madison High School, Cammie Kolat (11<sup>th</sup> grader), Carina Yano (10<sup>th</sup> grader) and Sara Ngu (grade 9) provided the needed depth to win the meet. Kolat was sixth on the uneven bars (8.775 points), sixth on the beam (8.775) and 18th on the floor (8.30). Yano placed tenth on the uneven bars (8.050) and Ngu placed twelfth on the vault (8.50). Also competing for the Warhawks were Sofia Ebersole, 12<sup>th</sup> grader; Lana McWhorter, 9<sup>th</sup> grader; Casey Wilkinson, 11<sup>th</sup> grader; and Anna Verevinka, 12<sup>th</sup> grader.

For more information the James Madison High School Gymnastics team, go to <https://madisonhs.fcps.edu/>.

# Westfield Ends Madison's Season, 48-42

**T**he Westfield Bulldogs traveled to Vienna to take on the Madison Warhawks in the 1st round of the Concorde District. The Bulldogs lost both regular season games to the Warhawks, 66-56 and 61-44.

In the opening quarter, the Bulldogs narrowly outscored the Warhawks 13-10 behind Tahj Summey's 6 points and Gavin Kiley's 4 points. Madison was led by TJ Ulrich and John Finney who each connected from long range for 3 points each in the quarter.

In the 2nd quarter, Westfield again outscored Madison, this time 8-7 giving the visiting Bulldogs a 21-17 halftime advantage. Marshall Reed scored on a traditional 3 pointer while Tahj Summey scored his 3 points from long range. Madison was led by TJ Ulrich who connected on his second 3 pointer of the game.

The 3rd quarter belonged to the Warhawks outscoring the Bulldogs 14-8

overcoming a deficit to take a 31-29 heading into the final eight minutes. Madison was led by Aaron Thompson's 5 points and teammate AJ Arnolie's 4 points. Westfield had four players score two points, Trent Reimonenq, Marshall Reed, Tahj Summey and Sam Johnson.

The Bulldogs would not be phased, having their most productive quarter in the 4th. The Bulldogs got to the charity stripe 12 times making 7, Taylor Morin going 4-4, Gavin Kiley 3-6, and Marshall Reed 2-4. Marshall Reed paced the Bulldogs in the quarter with 6 points, while Kiley added 5 points and Morin added 4. Madison was led by Harrison Patel who converted a 3 pointer.

Westfield was led by Tahj Summey's 13 points and Gavin Kiley's 11. Madison was led AJ Arnolie's 10 points, and teammate TJ Ulrich added 8. With the 48-42 win Westfield (3-19) will play at Centreville (19-5) on Feb. 12 at 7 p.m. Madison's season ends at 11-13.



**Westfield's Marshall Reed #3 challenges the shot of Madison's John Finney #4.**



**Max Johnson #21 scored 4 points in Madison's loss to**