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Adam Willett conducts the Langley Symphonic Orchestra playing Rakoczi March.



Dr. Scott McCormick leads the Langley Concert Orchestra playing Hungarian Dance No. 5.

Langley and Cooper Present Pyramid Concert

BY ALEX MONTANO
SENIOR, LANGLEY HIGH SCHOOL

Continuing an exceptional season, the Langley High School Orchestra under maestros Dr. Scott McCormick and Adam Willett delivered a splendid performance of challenging Hungarian repertoire on Tuesday night, Feb. 26; this time, they were joined by the talented Cooper Middle School Orchestra playing various American and European music in the annual Pyramid Concert. Ensembles from both schools impressed the audience by featuring the rhythmic and melodic characteristics of music from Hungary. The night began with the Langley Concert Orchestra's strong and expressive rendition of one of the world's most famous Hungarian-themed pieces: Brahms' "Hungarian Dance No. 5." This piece's distinctive, folk-inspired melody delighted concertgoers and was a wonderful way to get the full auditorium in the right spirit.

THE COOPER CHAMBER ORCHESTRA continued the concert with a well-executed performance of "Allegro Gustoso," a lively piece composed in the classical tradition, conducted by music director Elizabeth Leung. This was the first of two Cooper ensembles to play, and a good opportunity



PHOTOS BY HELEN BECKNER

Elizabeth Leung conducting the Cooper Middle School Orchestra.

to hear some of the musicians that will eventually comprise the Langley orchestra in the coming years.

Following these performances, the intermission gave the audience the chance to partake in a silent auction, where a variety of special products and services were up for bidding. Many families were able to purchase things such as gift certificates and tickets generously donated by families and businesses in the community.

The music continued after the break with three ensembles performing some very special music. The Langley Symphonic Orchestra's performance of Berlioz's "Rakoczi March" continued the Hungarian

theme, featuring a melody that was formerly a state anthem of Hungary. Next, Cooper Middle School's second ensemble, the Cooper Symphonic Orchestra took the stage, first presenting "Darkened Shadows" by Reznicow. This haunting piece left a great impression on the audience, but it was their performance of

"Hungarian Rhapsody No. 2" by Liszt that drew the most praise. The ensemble's mature playing and technique was evident throughout the piece. Senior violinist Kevin Cheng of the Langley Philharmonic Orchestra noted, "Our program's future is in good hands — the musicianship of the Cooper Symphonic was impressive."

CAPPING OFF A NIGHT of great music, the Langley Philharmonic Orchestra delivered two Hungarian pieces noted for both their difficulty and rarity. Dohnanyi's "Serenade Op. 10" was well received for its exciting contrasts between slow, melodic passages and virtuosic, fast sections. This was

followed by "Divertimento No. 2" by Leo Weiner. A musical gem, this work is obscure even amongst professional classical musicians. However, members of the Langley Philharmonic Orchestra enjoyed playing this charming yet powerful work. Senior cellist Robbie Hamilton remarked, "This piece's moving melodies and rich orchestration makes me think it should be performed more often." Another aspect of this piece is its particularly demanding music for the viola section. Senior violinist Daniel Lee of the Langley Philharmonic said, "That section had a great performance tonight; you can tell a lot of practice went into learning their music."

With less than three weeks remaining until the District XII Orchestra Assessments, both the Langley and Cooper Orchestras will continue to polish these pieces until they are ready to be performed for a panel of professional judges. Notably, the Langley Philharmonic Orchestra will attempt to win "Superior" ratings for the eleventh year in a row, a feat that has never been accomplished in the state of Virginia by a high school orchestra. Afterwards, the Langley Orchestra will travel to Hungary as part of their music trip to Europe in April, and have the opportunity to play some of these pieces in the same country where they were composed over a century ago.

WEEK IN GREAT FALLS

Great Falls to Host Fairfax County Budget Forum

If you have questions about major spending priorities in Fairfax County or what the property tax rates are likely to be in the next year or how school spending and teachers' salaries rank, then attend the special fiscal year 2020 budget briefing for Great Falls residents on March 14, 2019 at 7:30 p.m. at the Grange, 9818 Georgetown Pike, next to the Library.

The Great Falls Citizens Association and Supervisor John Foust are cosponsoring this briefing for residents. Speakers will be Joe Mondoro, Director of the Department of Management and Budget, and Leigh Burden, Assistant Superintendent, Department of Financial Services, Fairfax County Public Schools. They will lead an in-depth discussion of the budget plans and outlook and take questions and comments from the audience. This is a good opportunity to let Supervisor Foust know your views on county spending and tax questions. For more about the budget, visit <https://www.fairfaxcounty.gov/budget>.

Senior Center Event to Revisit D-Day

James G. Lewis, a ninth generation Virginian and avid historian, will be returning as guest speaker for the Great Falls Senior Center March 19 event. Previously, he had spoken to GFSC about the Confederate Cavalry General Jeb Stuart. In 2013, Lewis took a trip to northern France and created several presentations, including "What Our Boys Faced on D-Day," focusing on the incredible obstacles our soldiers had to overcome during the D-Day landings, June 6, 1944.

The March 19 event will be held at St. Francis Episcopal Church, 9220 Georgetown Pike, Great Falls, from 11 a.m. to 2 p.m. and includes lunch provided by Deli Italiano located here in Great Falls; lunch is \$10 per person. Reservations are required, email Polly Fitzgerald at pollyfitz1@verizon.net or call 703-759-4345.

Membership applications will still be available at the Hospitality Desk at \$15 per person per year or visit gfseniors.org and use Pay Pal.

The event sponsor is The Great Falls Ecumenical Council.



Pictured: Daniel Valkaer (Student), Stuthi, Esha Saini (Volunteer), Amelie Aubouin (Student), Yusra Martin (Student) - joined by family members. Maeli and Andrea Reyes-Ferrara also completed their projects, but weren't available to present on the day of the Science Fair.



PHOTOS CONTRIBUTED

Stuthi and Sitara Uppalapati (Volunteer) building a bridge out of toothpicks and marshmallows with Amelie (Engineering component)!

Girl Scout Ambassador Completes Gold Award Project

On February 12, Girl Scout Ambassador Stuthi Iyer, of Great Falls, a Senior at Thomas Jefferson High School for Science and Technology, completed her Gold Award project. This is the highest honor for a scout.

She created a set of STEAM Workshops and a Science Fair of Novel Research Projects for Title I (underserved) students at Herndon Elementary School. Her team, consisting of Herndon's Assistant Principal and

friends helped to design the curriculum and guide student projects. She hoped to foster an interest in STEAM and related careers at an early age and her goal was accomplished. The local community could see an

underserved group being empowered through project-based learning. As she leaves the project to a group of students from grades 9-11, she hopes to take part in contributing greater community involvement and reveling in the joy of these passionate kids.

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OPINION

2019

But this year is supposed to be an improvement.

Every year is election year in Virginia. Add in primaries and special elections, and there are many more elections every year, all with consequences.

Control of this year's Virginia General Assembly came down to pulling a name out of bowl (literally). In 2019, every seat in the House of Delegates and Virginia Senate will be on the ballot.

EDITORIAL While some good things did happen in this year's session of the General Assembly, (eviction protections, foster care reform, step towards menstrual equity, to name some), other important legislation stalled because of party politics and ideology, including reforming fines and effects on drivers licenses; seat belt laws and legislation on distracted driving.

A huge number of candidates will seek seats on the Fairfax County Board of Supervisors and School Board as well, with the direction and tone of the future hanging in the balance.

Results of 2019 Elections will matter in many ways.

Are you registered to vote? Check here: <https://vote.elections.virginia.gov/VoterInformation>

Upcoming Elections:
May 7, 2019 - Vienna Town Council Elections
June 11, 2019 - Primary Elections
Nov. 5, 2019 - General & Special Elections

2019 Elections Include:

Filing deadline for parties, March 28
Primary if held: June 11
General Election Nov. 5
Virginia Senate (4-year term)
House of Delegates (2-year term)
Soil and Water Directors (4-year term)
Board of Supervisors
School Board
Counties: 4-year terms:
❖ Commonwealth's Attorney
❖ Sheriff
❖ Commissioner of Revenue
❖ Treasurer
Vienna Town Council

In case you wonder what will be on the ballot next, here is a guide.

Virginia has a General Election every year on the Tuesday following the first Monday in November.

❖ Federal offices are elected in even-numbered years.

❖ State and Local offices are elected in odd-numbered years.

❖ Clifton Mayor and Town Council are elected in even-number years on the first Tuesday in May.

❖ Herndon Mayor and Town Council are elected in even-number years on the Tuesday following the first Monday in November.

❖ Vienna Mayor and 3 Town Council members are elected in even-numbered years on the first Tuesday in May.

❖ 3 Vienna Town Council members are elected in odd-numbered years on the first Tuesday in May.

❖ If primaries are called by the political parties, they are held on the second Tuesday in June.

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

LETTERS TO THE EDITOR

New Ways of Being Heard

To the Editor:

Karl Marx was a passionate idealist from nineteenth century industrial era. Factory workers would commit to their jobs despite possible oppression, while their employers oversaw the work environment become increasingly filled with lost souls. This is occurring at a wider scale in today's government, and seen across the world especially in places whose rights don't provide them the same liberties that America has. While trying to reach the government to express a concern, one may find themselves in a never-ending battle with a voicemail, or prerecorded machine. This parallels with Marx and his belief of unequal relationships between common people and their superiors. Hopefully enough people can unite with a similar agony and anticipate change from those who run our lives. Working citizens should be able to express their concerns instead of being consistently turned away. No longer do we have to go on strike to show disapproval with the process. Now, we can use platforms like twitter to voice our opinions in an effort to be heard by our government officials.

Jessica Seppi
McLean
James Madison University
Freshman

Out of Touch

To the Editor:

In response to the opinion article by Kenneth Lourie from Feb. 27, 2019, ("The Following Is a Test,") I find it truly sad how difficult it is to communicate with government representatives and how separated the elected officials are from the everyday person.

After all, they are supposed to be the representation of the people's opinions and ideas. There is no real intimate relationship between politicians and the people they represent, citizens vote for them based on a generalized platform that is displayed, but to some extent, there is no transparency in the work of politicians unless they make a major news headline. And to hear that attempts by citizens to close that gap between themselves and government officials to address concerns or share ideas is almost impossible as if politicians are trying to prevent others from reaching out is concerning. The more power that is taken out of the hands of the masses and into few, the less this country will operate as a true democracy and will instead become more centralized like other countries where citizens are blindly lead by an isolated government.

Linsey Wenk
McLean
James Madison University
Freshman

Scouts, Integrated

To the Editor:

The article of "New Girls on the Block" (Connection, Feb. 27, 2019) sparked my interest – as a former member of a local troop of the Girl Scouts, I never thought that girls would be included in the Boy Scouts. Since adding the ability for girls to join, they renamed themselves Scouts BSA.

The integration of girls into Scouts BSA is seeming to go smoothly in Herndon. Since this is a national action to add the girl into the Scouts BSA, I wonder if areas that are more hesitant of the idea of adding girls to the program are having as much success integrating. This inclusivity is beneficial to the girls in other areas who want to participate, giving girls the ability to define themselves. Girls are now able to attain the highest level of Scouts BSA, Eagle, which was not available to them before this recent change in 2018.

My last consideration with the addition to girls being able to join is what will happen to the Girl Scouts? Does this take probable candidates for the Girls Scouts and direct them to the Scouts BSA instead? Also, what happens if a boy wants to join the Girl Scouts?

Some thoughts and considerations on how this change will affect all Scouts in the future.

Morgan Hoskins
Reston

Lifesaving Legislation

To the Editor:

Did Virginia voters ever think their Senators Tim Kaine and Mark Warner and Governor Northam would sanction infanticide?

It is a matter of common sense and basic human decency to require, as Senate bill 311, Born-Alive survivors protection act would have, that any health care practitioner present when a child is born alive following an abortion be given the same degree of care to preserve the life and health of the child as would be given to any other newborn. It is an outrage that Virginia's U.S. Senators Warner and Kaine voted against this critical lifesaving legislation. This is not an abortion rights issue. This is protecting the weak and most vulnerable among us.

Ethel Pascal RN
Great Falls

Write

The Connection welcomes views on any public issue. Send to:

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News



Spelling Bee Winners at Great Falls Elementary

The Great Falls Elementary School Spelling Bee took place on Friday, Feb. 8. There were 20 participants. The first place winner was Cami Knight, Grade 6. The second place winner was Kenny Mosley, Grade 4. The winning word was Angora. Cami will go on to represent Great Falls Elementary at the Fairfax County Bee on March 17 at Lake Braddock Secondary School, 9200 Burke Lake Road, Burke.



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SOBER-RIDE FOR ST. PATRICK'S DAY

Free Sober Rides. Sunday, March 17, 4 p.m. through Monday, March 18, 4 a.m. Area residents, 21 and older, may download Lyft to their phones, then enter a code in the app's "Promo" section to receive a no cost (up to \$15) safe ride home. WRAP's St. Patrick's Day SoberRide promo code will be posted at 3 p.m. on March 17 on www.SoberRide.com.

WINTER SHELTERS

Find homeless and cold weather drop-in centers and shelters that serve Northern Virginia at www.novaregion.org/174/Homeless-Shelter-Lists.

WEDNESDAY/MARCH 6

Lent Services. 12 p.m. and 7:30 p.m. At Lewinsville Presbyterian Church, 1724 Chain Bridge Road, McLean. Worshipers will have the opportunity to receive the imposition of ashes. At the evening service, the sacrament of the Lord's Supper will be celebrated. This event is free and open to the public.

"Drive-Thru Ashes." 6:30 to 8:30 a.m. at The Church of the Good Shepherd (United Methodist), 2351 Hunter Mill Road, Vienna. The 20th annual Devotions for Lent publication will be distributed to commuters and area residents who take part in its "Drive-Thru Ashes" event. Pastor Eric Song will administer ashes and distribute the booklets. A traditional Ash Wednesday service will take place at the church at 7:30 p.m. Call 703-281-3987 or visit www.GoodShepherdVA.com for more.

THURSDAY/MARCH 7

Shape of the Region Conference. 8-11:45 a.m. at Valo Park in Tysons Corner, 7950 Jones Branch Drive, McLean. The Community Foundation for Northern Virginia, the Northern Virginia Chamber of Commerce, the Northern Virginia Regional Commission and the Northern Virginia Technology Council will co-host the Shape of the Region Conference. This event will examine "The Business Case for Economic Mobility in Northern Virginia" and explore strategies to ensure all communities benefit from our strong local economy. Registration is \$65 and includes continental breakfast. Visit www.cfnova.org/shape-region to register.

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

Memory Cafe. 2-4 p.m. at Andrew Chapel United Methodist Church, 1301 Trap Road, Vienna. Connect with others living with loved ones with dementia. Helping those with dementia and their caregivers find fun, resources and "family." Email Carol Blackwell at lovriver@aol.com or call at 571-236-6933.

FRIDAY/MARCH 8

Technology Fridays in March. 10 a.m.-noon at the Dunn Loring Center for Parent Services, 2334 Gallows Road, Dunn Loring, Entrance 1,

SEE BULLETIN, PAGE 15

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Sabzeh or sprouts representing rebirth at last year's Nowruz Festival.

PHOTOS BY
ALI KHALIGH/
THE CONNECTION



Persian dancers celebrate the Nowruz Festival last year in Tysons Corner Center.

Celebrating the Persian New Year

BY STEVE HIBBARD
THE CONNECTION

Nowruz Festival to be held March 17, 2019 at Tysons Corner Center.

Following 3,000 years of customs and traditions, the colorful Nowruz Festival — the Persian New Year celebration — will be held Sunday, March 17, 2019, from 10 a.m. to 6 p.m. at Tysons Corner Center. The free event attracts 20,000 visitors who come for the music, dance, dramatic performances, shopping at the Bazaar, and costumed characters roaming the festival.

Nowruz, which normally falls in early spring, is when Persian-Americans will join locally to celebrate the new year. The festival was previously held at the Reston Town Center and the John Carlyle Square Park in Alexandria.

According to organizer Shohreh Asemi, what's new this year is a larger and taller stage that will accommodate musicians, vocalists, dancers, DJs, artists, costumed

characters, and traditional players. The entertainment begins at 11 a.m.

She said they will have around 50 tents offering jewelry, books, artwork, crafts, and other traditional Persian products. Three tents will introduce Persian culture and two tents are just for kids to have fun. In addition, there will be lots of tasty food sold by a variety of food trucks. There will also be a raffle for two airline tickets by Turkish Air-

lines. Asemi said the Nowruz Festival has been voted Best Cultural Festival for D.C. by the Washington City Paper's readers in year's past.

THE NOWRUZ FESTIVAL is a free, family-friendly, fun event that celebrates life, love and good will. Of all the Persian national fes

SEE NOWRUZ, PAGE 11

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A new study shows that even after one hour spent on electronic devices each day, children and teens may begin to have less emotional stability and a greater inability to finish tasks.

Managing Screen Time

Working collaboratively
with one's child can
decrease the struggle.

BY MARILYN CAMPBELL

Julia Wires purchased an iPhone for her 12-year-old daughter in part she says, because many of the girls at her Potomac, Md. school have smartphones that they bring to campus daily. Wires and her husband were initially hesitant to make the purchase because their daughter was diagnosed with Attention-Deficit/Hyperactivity Disorder (ADHD) and Anxiety Disorder at the end of 2018.

"First, there's the social pressure she feels because all of her friends have iPhones. Then there's the issue of her dad and I being able to keep in touch with her now that she has more freedom to go places on her own," said Wires. "Both of those [factors] are juxtaposed against the fact that she has trouble staying focused and calming down when she needs to. That made the decision tough for us."

Too much time spent on gaming, smartphones and watching television could exacerbate symptoms in children who've been diagnosed with ADHD, according to a new study by researchers at San Diego State University and the University of Georgia. The report showed that even after one hour of screen time, children and teens may begin to have lower self-control, less emotional stability and a greater inability to finish tasks.

"Kids with ADHD have trouble keeping track of time, so they could spend hours on their tablet without realizing it. Screen time can make bedtime rou-

tines more difficult and parents might have an additional struggle getting their kids to fall asleep," said child psychologist Adele Schwartz, Ph.D, of McLean, who was not involved in the study. "Kids with ADHD also might be more likely to ignore parental guidelines and I would worry more about them engaging in risky behavior online."

Helping a child with ADHD transition from playing a video game to doing their homework could require special handling, advises Sarah Bryant, LCSW. "Instead of telling your child that they have to stop watching television at six o'clock or that they have five more minutes on a video game, try telling them that they have to stop at the next commercial break or at then end of the round in a video game," she said.

Working collaboratively with one's child will reduce the chance of a power struggle, says Bryant. "You and your child can work together to list all of

the things that need to get done, like homework, time spent outside, doing sports, chores and other activities and come up with a schedule," she said. "Figure out how much time is left for things like video games and television. Hang the schedule somewhere that's visible to both of you. Your child will see how little time is left for playing video games and since they were part of the process, they'll feel like they're part of a team rather than a subordinate with no control over their life."

"Parents of kids with ADHD should definitely make use of parental controls on tablets, smart phones and television, especially during school hours or when kids should be doing their homework," added Schwartz. "It's also important that children, especially those with ADHD not use electronics at least an hour before bedtime. And it almost goes without saying that parents should model the behavior that they want their children to have by limiting their own screen time."

"... parents should model the behavior that they want their children to have by limiting their own screen time."

— Adele Schwartz, child psychologist

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News

Persian dancers at last year's festival in Tysons Corner Center. Planners want to bring different musicians and dancers from other countries that celebrate Nowruz, as well as new musicians that offer more variety.



PHOTO BY ALI KHALIGH/THE CONNECTION

Nowruz

FROM PAGE 9

tivals, the New Year celebrations are at once the most important and the most colorful.

The venue provides a fun place for people to celebrate with family and friends, to taste Persian food and enjoy traditional and modern Persian entertainment. Among the traditions is a ceremonial table called the cloth of seven dishes (each one beginning with the Persian letter Sin). The symbolic dishes consist of Sabzeh or sprouts, usually wheat or lentil, representing rebirth. Another is Samanu or a sweet, creamy pudding. There's Senjed, the sweet, dry fruit of the Lotus tree, which represents love. And another is Seer, which is garlic in Persian, representing medicine.

In addition to attracting people from Virginia, Maryland and the District, organizers hope to attract international guests from other countries that celebrate Nowruz, including Turkey,

Afghanistan, and Tajikistan, among others.

THE GOAL is to share the Nowruz Festival with both Persians and non-Persians. The event sends out positive messages, like celebrating earth, spring time, love and peace to the community. Planners want to bring different musicians and dancers from other countries that celebrate Nowruz, as well as new musicians that offer more variety. They also want to bring different historical and costumed characters from Persia (like Haji Firuz, a traditional herald of Nowruz dressed in a red costume and tambourine) that interacts with the crowd.

The 2019 Nowruz Festival will be held Sunday, March 17, 2019, from 10 a.m. to 6 p.m. at Tysons Corner Center, 8100 Tysons Corner Center, McLean. For more information, visit the website at <http://nowruzfestival.org>. Or contact organizer Shohreh Asemi at 202-369-1515 or email Shohreh directly at shohreh@nowruzfestival.org.

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ENTERTAINMENT

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

THURSDAY-SATURDAY/MARCH 7-9

Oleanna. 8-10 p.m. At the Italian Cafe, 7161 Lee Highway, Falls Church. “Oleanna” – The Providence Players, in partnership with the Italian Café restaurant in Falls Church, perform a special theater engagement of David Mamet’s Oleanna. Originally staged during the aftermath of the Anita Hill hearings, David Mamet’s 1992 Oleanna electrified and enraged audiences and was described as “a buzz saw of gender, sex, and power.” \$10. Visit providenceplayers.org.

FRIDAY/MARCH 8

Be My Neighbor? 7:30-10:30 p.m. At Unity of Fairfax, 2854 Hunter Mill Road, Oakton. Movie Night: Won’t You Be My Neighbor? Join Unity of Fairfax on the second Friday of the month for mindful movies. “Won’t You Be My Neighbor” is a documentary about the lasting legacy of Mister Fred Rogers. Free. Visit www.eventbrite.com/e/mystical-movie-night-wont-you-be-my-neighbor-tickets-57048925873

SATURDAY/MARCH 9

Women’s History Panel Discussion. 10 a.m.-noon at Kings Park Community Library, 9000 Burke Lake Road, Burke. Presented by NAACP Fairfax County, the program will provide a platform for women of color, from all over Fairfax in various leadership roles and positions to come together as one to develop strategic, actionable ways to build and maximize economic and political power – for the betterment of women, their families, communities, and future. Collecting donations for BRAW (www.BRAWS.org). Join at www.fairfaxnaacp.org/about/women-in-naacp/.

Meet The Maker. 2-5 p.m. at Balducci’s McLean Store, 6655 Old Dominion Drive, McLean. The taste of the Smoky Mountains, both rugged and haute cuisine, is presented by Blackberry Farm in a collection of jams, cheese and beer. Meet the Farmstead Manager, Dustin Busby. Free. Visit www.balduccis.com.

Author Event: Sarah Strassberg. 2:30-3:30 p.m. at Great Falls Library, 9830 Georgetown Pike, Great Falls. Local author Sarah Strassberg discusses her debut novel, The Queen Anne Society. For Ages 9-14. Free. Email vterpa@fairfaxcounty.gov.

SUNDAY/MARCH 10

Grand Opening Reception. 2-4 p.m. at the Freeman Store and Museum, 131 Church St. NE, Vienna. Historic Vienna Inc announces the grand opening reception for two new exhibits: 1. Upstairs, “Vienna and the ’50s.” Come experience Vienna in the 50s through an exciting multimedia exhibit. 2. Downstairs, “Women Creating a More Perfect Democracy: 100 Years of the League of Women Voters.” Visit historiciennainc.org/.

Washington Saxophone Quartet. 4 p.m. At Saint Francis Episcopal Church, 9220 Georgetown Pike, Great Falls. Tickets are \$40 and may be purchased at the door or online at www.amadeusconcerts.com. Students 17 and under and active military are admitted free of charge. A pre-concert lecture by Music Director A. Scott Wood will begin at 3:15 p.m. A reception will follow the concert, at which attendees may meet and chat with the performers and fellow music lovers.

Winter Concerts: Beth Patterson. 4



Holy Happy Hour Recital Series

Featuring Seán Heely, a U.S National Scottish Fiddle Champion, the 30-minute musical offering will be followed by wine, hors d’oeuvres and fellowship. Wednesday, March 27, 6:15 p.m. at Lewinsville Presbyterian Church, 1724 Chain Bridge Road, McLean. Free and open to the public; a good will offering to support the music department will be taken. Visit www.Lewinsville.org or call 703-356-7200.

and 6 p.m. seatings at The Old Brogue Irish Pub, 760-C Walker Road, Great Falls. The Old Brogue Irish Pub of Great Falls and Barnaby Productions, Inc. present the 30th season of family friendly, Winter Traditional Celtic Concerts performed in a listening room by the fireside. Tickets must be purchased in advance at oldbrogue.com: \$18 general admission; \$12 children. Visit www.oldbrogue.com or call the Old Brogue at 703-759-3309.

The Glory of France. 4:30 p.m. at Saint Luke Catholic Church, 7001 Georgetown Pike, McLean. The City Choir of Washington’s celebrates the Great Tradition of French Choral Music, with guest artist Metropolitan Opera Soprano Danielle Talamantes, who is a graduate of McLean High School. For more information or to purchase tickets, visit www.thecitychoirofwashington.org.

MONDAY/MARCH 11

Internet and Net Neutrality. 7-8:30 p.m. At Patrick Henry Library, 101 Maple Ave., E, Vienna. Free. In 2017, the FCC decided to eliminate open Internet access, firing widespread speculation about whether this would result in an Internet lacking in rules and consumer protections. Hear about the debate, how the FCC’s action will affect Internet users, and what happens next. Visit librarycalendar.fairfaxcounty.gov/event/4708859.

SCOV Lunch n Life. At Emmanuel Lutheran Church, 2589 Chain Bridge Road, Vienna. Cost: \$15/person payment due by March 4, 2019. RSVP to SCOV.office@scov.org – 703-281-0538.

TUESDAY/MARCH 12

1950s Civil Rights Issues. 7:30 p.m. in the Town Council Chamber of



Live Music: House of Hamill

Maggiano’s Concert Series will present an early St. Patrick’s Day performance. Area audiences may recognize Brian Buchanan, a front man with the Toronto-based Celtic folk-rockers, Enter the Haggis. Buchanan’s musical partner for this duo project is Rose Baldino, a fiddler, vocalist, and former bandleader of the Celtic folk band, Burning Bridget Cleary. Baldino and Buchanan launched House of Hamill in 2015. The couple was married in 2017 and they began touring nationally. Thursday, March 7 at Maggiano’s Little Italy – Tysons Corner, 2001 International Drive, McLean. Showtime is 7 p.m. with the option of a pre-concert early admission experience at 6. 18 and older. \$25-\$45. Call 703-893-5810 or reserve tickets at www.eventbrite.com (search House of Hamill).b



The Glory of France

The City Choir of Washington’s celebrates the Great Tradition of French Choral Music, with guest artist Metropolitan Opera Soprano Danielle Talamantes, who is a graduate of McLean High School. Sunday, March 10, 4:30 p.m. at Saint Luke Catholic Church, 7001 Georgetown Pike, McLean. For more information or to purchase tickets, visit www.thecitychoirofwashington.org.

Lewinsville Presbyterian Church, 1724 Chain Bridge Road, McLean. Game night for adults in their 20s and 30s. Board games and card games, and snacks will be provided. Free and open to all young adults in the area. Contact the Rev. Annamarie Goeneneboom at 703-356-7200 or agroenenboom@lewinsville.org.

SATURDAY/MARCH 16

Taking Better Photos with a Smartphone. 1-2 p.m. at Oakton Library, 10304 Lynnhaven Place, Oakton. Learn from a teacher and avid amateur photographer how to take better pictures with a smartphone and to enhance use of this handy and versatile camera. No registration necessary. Free. Email joyce.fitzpatrick@fairfaxcounty.gov or visit librarycalendar.fairfaxcounty.gov/.

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.

Humanities Lecture Highlights Cicero. 7 p.m. at Oakcrest School. Oakcrest classical languages teacher Paula Rondon-Burgos will deliver the school’s Fifth Annual O’Donovan Humanities Lecture on “The Second Greatest Story Ever Told: The Life of Cicero—Roman Statesman, Philosopher, and Friend.” Rondon-Burgos will reflect on the writings of Marcus Tullius Cicero, a first-century B.C. Roman politician and author. Register at bit.ly/OSHumanitiesLecture.

SUNDAY/MARCH 17

Made to Move. 9 a.m. at The Church

of the Good Shepherd (United Methodist), Fellowship Hall, 2351 Hunter Mill Road, Vienna. All bodies, all abilities and all ages are invited to participate in Made to Move, an intergenerational class led by fitness expert and author Wendy LeBolt, PhD. LeBolt, an educator and sport scientist, is the author of the newly released book Made to Move: Knowing and Loving God Through Our Bodies. Good Shepherd also is doing a six-week Lenten study of LeBolt’s book on Thursday mornings from March 7-April 11. Call the church office at 703-281-3987 or visit www.GoodShepherdVA.com.

Purim Carnival. 9:45-10:45 a.m. at Lewinsville Presbyterian Church, 1724 Chain Bridge Road, McLean. Lewinsville Presbyterian Church is hosting a family Purim Carnival in Fellowship Hall on the lower level. For children ages 4 through grade 6 and their parents. Newcomers and visitors welcome. Free and open to the public; you do not need to be a member of Lewinsville to attend. Call 703-356-7200 or visit www.lewinsville.org.

March Theater Festival. 3-7 p.m. at The Madeira School - Chapel Auditorium, 8328 Georgetown Pike, McLean. Traveling Players Ensemble presents Alice in Wonderland (3 p.m., ages 6-12) and The Merchant of Venice (4:15 p.m., age 10 and up). After The Merchant of Venice performs, the audience will be joined by peace & equity activist Professor Barbara Wien for a discussion about the themes of the play and its resonance in modern lives. \$10, \$5 for kids under 6. Call 703-987-1712 or visit travelingplayers.org/performances/.

Capitol Steps. 4-6 p.m. at James Madison High School - Auditorium, 2500 James Madison Drive, Vienna. The Capitol Steps performs songs from their newest album “Make America Grin Again” in this fundraiser for Madison Crew. Advance tickets, \$25-\$30; at door, \$35-\$40. Visit www.brownpapertickets.com/event/3915612. Email fundraising@warhawkcrew.org or call 703-938-9615.

Reflections. 4-6 p.m. At Saint Luke Roman Catholic Church, 7001 Georgetown Pike, McLean. Join The Reston Chorale for an afternoon of choral and organ works, including the Duruflé “Requiem” and excerpts of Pergolesi’s “Stabat Mater” Also featured: Poulenc’s “Organ Concerto” with Piedmont Symphony Orchestra and Organist David B. Lang. Tickets: \$0-\$30. Tickets and information at www.RestonChorale.org.

WEDNESDAY/MARCH 20

Active Aging Wellness Exercise Class. 11 a.m.-noon. At Oakton Church of the Brethren, 10025 Courthouse Road, Vienna. Active Aging Wellness Exercise Class sponsored by Shepherd’s Center of Oakton-Vienna. To improve strength, balance and mobility for older adults. Cost is \$40 for 8-week session – payable to Sun Fitness LLC. Contact Casey Tarr, at eileentarr1@verizon.net or 703-821-6838.

McLean Newcomers and Neighbors Luncheon. 11:30 a.m. at Nostos Restaurant, 8100 Boone Blvd., Vienna. Prospective members are invited. No reservations will be accepted after Friday, March 15. \$40 per person. To attend, pay at squareup.com/market/mclean-newcomers-club. Visit www.McLeanNewcomers.org.

Dining with Dorothy. 12:30 p.m. At P.J. Skidoos, 9908 Fairfax Blvd., Fairfax. Join with your friends or make new ones. Newcomers are always welcome. To reserve your space, contact event chair Dorothy Flood at dflood1706@gmail.com

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ENTERTAINMENT

Backbeat Underground Comes to 1st Stage

Soul-jazz group in a special musical event at Tysons.

BY DAVID SIEGEL
THE CONNECTION

“We want everyone to begin thinking of Tysons as a vibrant and far-ranging musical destination,” said Douglas C. Lovejoy, President, Virginia Chamber Orchestra Board of Trustees. Working together with 1st Stage, “we are always on the lookout for performers who will attract audiences to Tysons.”

“Our partnership with 1st Stage goes back to the opening of the Silver Line in July, 2015. There are a number of dark stage evenings for 1st Stage that the VCO uses to bring music to Tysons,” said Lovejoy.

As for scheduling Backbeat Underground, “after listening to their music, it became obvious that this was an opportunity to introduce a unique sound at 1st Stage. Backbeat Underground will give us the opportunity to attract a unique segment of live music consumers in the area.”

Backbeat Underground’s musical genre is described this way by Satya Thallam, one of the group’s members: “We call it souljazz. It’s informed by the deep funk tradition of DC, the idioms and structure of jazz, and pioneers of the neo-soul movement. Above all it’s built on ‘groove.’ We like to say it glitters like steel wool!”

Backbeat Underground was formed in 2012. The group plays to crowds all over the DC area, from smaller, hidden-gem venues up to the well-known Union Stage, the Kennedy Center and Lincoln Theater.

All the Backbeat Underground members have been based in the DC area for years. The band is Satya Thallam (saxophone and percussion), Brad Booth (keyboards), RJ James (drums), Gerald Pierce (bass), and John Wedeles (guitar).

Pierce who attended McLean High School and The Langley School before that, credits the excellent music programs at both schools for contributing towards his lifelong passion.

The group regularly lays down tracks; either instrumental songs or tunes featuring a variety of guest



PHOTO BY TODD BELL/COURTESY BACKBEAT UNDERGROUND

Backbeat Underground (from left): Brad Booth, John Wedeles, Satya Thallam, Gerald Pierce, RJ James

Where and When

Backbeat Underground presented by Virginia Chamber Orchestra at 1st Stage, 1524 Spring Hill Rd, Tysons. Performance: Friday, March 15, 2019 at 8 p.m. Tickets \$25 at the door; Seniors and advance purchase \$20; Students and military \$15. For tickets go to www.vco.events/

Note: Meet the Backbeat Underground musicians in a champagne reception following the performance.

vocalists. “The band delivers tight, energetic sets steeped in fresh improvisation and head-bopping, booty-shaking pockets,” said Thallam.

As for what to expect for the evening at 1st Stage; “expect sophisticated originals as well as a mix of classic soul and modern rock covers, filtered through the band’s unique interpretations,” said Pierce.

“We hope people will come away thinking of funk and soul in a new way,” said Thallam. “We love the classics, and look to them for inspiration, but we hope audiences see them in a new, vibrant, vital light.”

As for drummer James, he was clear; “Expect a funky good time! Let’s have fun!”

Backbeat Underground presented by Virginia Chamber Orchestra at 1st Stage, 1524 Spring Hill Rd, Tysons, Friday, March 15, 2019 at 8 p.m.

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SPORTS

Pioneers Defeat Statesmen in Semifinals

Hagen Vandiver scored 21 points including 4 three pointers and Zack Blue added 17 for the Patriot Pioneers as the Pioneers held on for a 61-54 victory over the Marshall Statesmen on Feb. 25 in the semifinals of the Northern Region 6D tournament.

Vandiver connected on the first of his three pointers in the 1st quarter and scored half of his team's 10 points. Teammate Yusef Salih also sank a shot from long distance, but it was Marshall who opened a 13-10 first quarter advantage behind Daniel Deaver's 10, 1st quarter points. Jack Taylor added a 3 pointer.

In the 2nd quarter, Patriot made 9 field goals, five of which were three pointers. Jackson Ford, Yusef Salih, and Zach Blue each connected from long range with a three, while Vandiver scored 5 points in which he was successful on two from downtown. That shooting was enough for Patriot to overcome the early deficit and to take a 34-21 advantage. Jack Taylor's 5 points paced Marshall for the quarter.

Marshall would go back to Deaver who add 8 more points to his total. The Statesmen's Ryan Schlaffer would score 4 points in the 3rd quarter helping Marshall to narrow their deficit to 45-35 by quarter's end. Hagen Vandiver again led the Pioneers in scoring for the quarter accumulating 5 points. Jackson Ford added another 3 pointer for the Pioneers. Devon Parrish added his fourth basket of the game in the quarter.



PHOTO BY WILL PALENSCAR/THE CONNECTION

Marshall's Jack Taylor #1 elevates over Patriot's Yusef Salih #23.

Marshall scored 19 points in the final quarter. Daniel Deaver again scored 8 points. Ilias Hwang scored 5 points, and Jack Taylor added 2 three pointers. Hagen Vandiver led Patriot in scoring for the quarter. Vandiver would score 6 of those points from the charity stripe while converting on Patriot's only successful three pointer of the quarter.

Patriot was led by Vandiver with 21 points, and Blue's 17. Marshall was led by Deaver who scored 29 points, and Jack Taylor's 16. For the game Patriot made 10 field goals and 10 three pointers.

— WILL PALENSCAR

Marshall Takes Down Westfield, 64-45

In regional playoff.

The Westfield Bulldogs took on the Marshall Statesmen in a second round regional play off game in Falls Church on Feb. 22. Westfield advanced to the game having defeated Washington-Lee in the first round 58-55. Marshall advanced defeating Osbourn Park 74-42.

Marshall started off with 11 first quarter points, led by Ryan Schlaffer's 9 points, while Westfield managed only 4 points all of which came from Trent Reimonenq.

In the 2nd quarter Marshall balanced their scoring with Daniel Deavers scoring 8, Ryan Schlaffer 6 and Alex Pigeon scoring 3. Westfield's Marshall Reed scored 9 points in the quarter with teammate Tahj Summey adding the other 4 Westfield points. Halfway through the game neither team had been successful on a three pointer, yet Marshall led by double digits, 32-17 at the halfway point.

In the 3rd quarter Marshall increased their lead margin another two points, with all but four of the Marshall 15 points coming from Daniel Deaver. Deaver would tally

11 in the quarter. Westfield's Sam Johnson scored 6 points in the quarter while teammate Marshall Reed added 4, and Gavin Kiley added a basket.

With just eight minutes to play and trailing 47-29 in regulation Westfield still had fight in them and outscored the Statesmen 17-16, but were not able to stage a comeback. Marshall closed out the game with

a 64-45 victory. Westfield's Marshall Reed scored 8 points in the quarter, including two 3 pointers to give him a game high 25 points, and Trent Reimonenq added another three pointer. Taylor Morin and Robert Black each added a basket. Marshall's Daniel Deaver scored 6 points in the quarter for a team high of 23 points. Jack Taylor added 5 points and ended the game with 9 points. Ryan Schlaffer scored two points and ended up with 17 for the game.

Marshall (22-6) moves on to the third round where they will face Patriot High School, who defeated McLean High School 65-56. Westfield ended their season at 4-22.

For the game Marshall converted on 12 of their 15 free throws. Westfield sank the game's only 3 pointers, all in the 4th quarter.

— WILL PALENSCAR

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WILL PALENSCAR/THE CONNECTION

Marshall's Ryan Schlaffer lays in two of his 17 points for Marshall in the 2nd round regional game with Westfield

WEEK IN GREAT FALLS

Langley Pyramid Hosts Art Show

Art students from the Langley Pyramid schools (Langley High School, Cooper Middle School, Churchill Road, Colvin Run, Forestville, Great Falls, and Spring Hill elementary schools) will have their artwork on displayed in the McLean Project for the Arts professional gallery, MPA@ChainBridge Gallery, 1446 Chain Bridge Road, McLean, March 7-19. Reception on Tuesday, March 12, 4:30-6 p.m. Gallery hours Monday-Thursday, 10 a.m. – 5 p.m., Friday and Saturday 10 a.m. – 4 p.m.

Mpaart.org

BULLETIN BOARD

FROM PAGE 8

Room 100. Join the Parent Resource Center for this series of technology workshops presented by FCPS Assistive Technology Services. Register for one or all of the workshops. Explore a variety of technology tools to support student success and independence with reading and writing in the digital classroom and at home. Register at www.fcps.edu/index.php/resources/family-engagement/parent-resource-center. Call 703-204-3941 or email prc@fcps.edu for more.

- ❖ March 8 - Exploring Early Childhood AT Home: Assistive Technology for Preschool
- ❖ March 15 - Technology Tools to Support Executive Functioning
- ❖ March 22 - Assistive Technology to Support Communication

SATURDAY/MARCH 9

Fairfax County NAACP General Membership Meeting. 10 a.m.-noon at Kings Park Community Library, Braddock District Supervisor's Conference Room, 9000 Burke Lake Road, Burke. Fairfax County NAACP holds their monthly meeting. A brief business meeting will be followed by the Women's History Panel Discussion. Visit www.fairfaxnaacp.org for more.

SUNDAY/MARCH 10

Guest Pastor Rev. Dr. Paul Smith. At Lewinsville Presbyterian Church, 1724 Chain Bridge Road, McLean. Smith will preach at the 8:30 a.m. service and the 11 a.m. service of worship followed by a conversation about issues related to racial reconciliation at 12:15 p.m. Smith is a retired PC(USA) pastor, having served congregations in Buffalo, St. Louis, Atlanta, and Brooklyn Heights, New York. He also worked in higher education, serving as an administrator at Washington University in St. Louis and as vice president of Morehouse College in Atlanta. Call 703-356-7200 or visit www.lewinsville.org for more.

MONDAY/MARCH 11

National Capital Region Job Fair. 2-6 p.m. at Virginia Tech's Northern Virginia Center, 7054 Haycock Road, Falls Church. Looking for a new job, career, or opportunity? Find it at the National Capital Region Job Fair sponsored by the Virginia Tech Alumni Association. Dozens of professionals and high tech companies from Virginia, Maryland and D.C. will be recruiting for all levels and disciplines. Participants do not need to be a student or an alum of Virginia Tech to attend. Free. Visit www.ncrjobfair.org for more.

TUESDAY/MARCH 12

NARFE Meeting. 1 p.m. At Vienna Community Center, 120 Cherry St., SE, Vienna. Meeting for NARFE (National Active and Retired Federal Employees Association) Chapter 1116 (Vienna-Oakton). The guest speaker is NARFE member Jim Little speaking on his trip to South Africa. Free. Members and guests welcome. Call 703-205-9041.

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No Spring in My Future Step



By KENNETH B. LOURIE

I wouldn't say I'm feeling any significant side effects yet from my immunotherapy treatment but, if I'm handwriting these columns to begin with – which I am, I have to do so while holding a pen with a rubber grip (just above the ballpoint). No longer am I able to manipulate without this extra assistance. My fingers simply can't sustain the grip otherwise.

Nor would I say my reaction to my wife, Dina's suggestion, as we walked to the car this morning – and looked around "Belly Acres" (our two acres of mostly trees) post wind storm, concerning what homeowner/landowner thing we should do in the spring: pick up sticks and miscellaneous other debris off the ground, was at all enthusiastic. It was quite the contrary. In fact, I can't think of anything I'm less physically able to do given the side effects I'm semi experiencing:

❖ Due to the chemotherapy I've infused – and pill, for 10 years, the neuropathy in my feet makes walking an enduring challenge and running – even in place, totally out of the question. Related to this difficulty walking is difficulty maintaining my balance, especially when walking on non-level ground like "Belly Acres." I'm not exactly a danger to myself – or others, but if those yellow caution signs were placed strategically around our property, there would be yellow every which way you looked.

❖ Because I'm semi overweight (a partial side effect) and definitely out of shape (sort of a side effect), bending over exacerbates the shortness-of-breath side effect I am most assuredly experiencing. Therefore, picking up sticks and stones off the ground may not exactly break any bones, but the names I may be called for being unable to perform this mundane task will not hurt me at all. It might amuse me actually.

❖ The preceding task runs directly into yet another side effect: musculoskeletal pain and weakness. My bones ache a little and my muscles quiver a lot.

Add up the deficits and you get the following: I can't walk. My balance is impaired. Bending over is exhausting and shortens my breath which all together limits my stick picking.

Moreover, carrying the weight I've gained is made more difficult by the weakness and pain I feel in my bones and muscles. This is the trifecta plus one.

I can do many things (activities of daily living, etc.), but the trifecta plus one, I can't. Other than adding a chainsaw ("the most trusted tool in the homeowner's arsenal") and being forced to wear those extremely heavy, metal-toe work boots to the equation, I can't imagine a less enticing spring activity as I gait around attempting to clean up and carry around a season's worth of ground clutter.

Having said all that, I think I deserve a certain amount of credit for knowing my limitations. Granted, such an admission is unlikely to garner any awards or "attaboys," however; when one's life hangs in the balance (or lack thereof) knowing what not to do may be as important as knowing what to do.

And I know what to do indoors; it's more outdoors that presents the problem.

It seems that the side effects I'm beginning to feel, though not quite life changing, are nevertheless life-affecting.

But I'm one of the lucky ones: still alive and reasonably well. I can live, still work (sort of) and play (occasionally) and even walk upright (though my posture could use some straightening).

So I have a few side effects which prevent me from doing two acres worth of stick work. I couldn't have planned it any better.

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

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