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# Wrapped in Family, Faith and Anguish

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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.

Photo by Teresa Castracane/Courtesy of 1st Stage

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# ‘A Decade of Transformation – a Future of Opportunity’

## NoVa Chamber hosts 27th Annual Economic Conference.

By Andrea Worker
The Connection

Amazon. The government shutdown. Workforce recruitment, education and retention. All hot topics of the day and all included in the 27th Annual Regional Economic Conference.

The Northern Virginia Chamber of Commerce, with long-time partners United Bank, George Mason University and the Washington Business Journal and Bronze Sponsor Basis Independent School McLean, filled the ballroom of the Hilton McLean Tysons Corner on Jan. 31 with a crowd ready to hear a who’s who of local business leaders, influencers and students of the region’s growth and economy reflect on a “Decade of Transformation” and offer their thoughts on a “Future of Opportunity.”

Gov. Ralph Northam was also on hand to add his comments on where we have been and where we are heading in the region.

**A panel representing different segments of business in the region answered questions about the arrival of Amazon, the impact of the government shutdown, and how they viewed the economy going into 2019. From left, moderator Peter Abrahams, the Washington Business Journal; Jordan Goldstein, regional managing principal, Gensler; Marc Wilson, SVP global partnerships & industries and co-founder, Appian; Kim Horn, president, Kaiser Permanente Health Plan of the Mid-Atlantic States; and Catherine Meloy, president and CEO, Goodwill of Greater Washington.**

Photos by Andrea Worker/The Connection

**Tamika Tremaglio, Greater Washington managing principal, Deloitte, delivers the keynote address at the Northern Virginia Chamber of Commerce 27th Annual Economic Forum.**

**WELCOMING REMARKS** were offered by the Chamber’s president and CEO, Julie Coons, event mc Kevin Reynolds, regional president with United Bank, and George Mason University President Dr. Angel Cabrera.

Cabrera informed the attendees that in December GMU had not only just graduated the largest class ever, but that the university, ranked as one of the 300 best in the world, had just completed a record-setting fundraising campaign.

“We were told that our $500 million goal might be a bit ambitious,” said Cabrera, “but we surprised us all by hitting $690 million.”

Some of those monies will aid in the expansion of GMU’s campus in Arlington, and fund other programs in the school’s extensive academic catalog that have helped GMU achieve Research 1 status – a category that the Carnegie Classification of Institutions of Higher Education uses to describe universities engaged in comprehensive research activities. “And we are the youngest school to have ever done so,” Cabrera said.

Keynote speaker Tamika Tremaglio, Greater Washington managing principal at Deloitte, praised the Chamber, its partners and its members for “harnessing the power of Northern Virginia.”

Tremaglio says Northern Virginia is already doing a lot right, as witnessed by the region’s selection as a second headquarters for Amazon.

“We checked a lot of the boxes,” she added, with a stable and welcoming atmosphere, an urban or suburban location with access and activities, a highly-educated workforce, strong partnerships with top-tier educational institutions and with local government, and a diverse population.

Tremaglio focused much of her remarks on what companies should be doing, and how to meet the challenges of the “Fourth Industrial Revolution” – the term coined by Klaus Schwab, executive chairmen of the World Economic Forum, and highlighted at the 2016 World Economic Forum Meeting. This “new age” is less about the actual advances in technology and more about communication, connectivity, and the embedding of technology in human life, and even in the human body.

To even stay afloat in the coming years, Tremaglio says business needs to address the skills gap, to “step up and invest” by deeper engagement with “new breeds of schools.” That requires monetary investment, assisting in the design of curriculums that will educate for the jobs of the immediate and further-distant future, and a personal investment, via mentoring, internships and sponsorships.

“And we need to start making that connection at a younger age,” she added. Deloitte now has a middle school STEM outreach program to do just that.

Kindness and inclusion should also be top priorities for today’s companies, though that “may sound simple,” and that means more than training and traditional company team-building programs.

“Prosperity with purpose, not merely profits” is the key to success in Tremaglio’s experience. She urges business leaders to really “think about the people in your company or office.” To achieve true inclusion, narrow the success gap and retain great employees, leaders need to consider assisting their workers with “the right exposure and their image,” as well as their performance.

According to Tremaglio, society – and today’s workforce – also expect more from businesses on a social scale.

“They are demanding that we give back É that we lean in and help solve the community’s problems.” Companies like that attract and retain the best, “so it’s good for all.”

The task of explaining the “Decade of Transformation” fell chiefly to Dr. Stephen Fuller, director of the Stephen S. Fuller Institute for Research on the Washington Region’s Economic Future.

“Transformation takes a really long time,” Fuller said he learned. Referring to numerous statistical graphs in his presentation, Fuller showed that in this decade “we only found our footing again in 2017.”

From 2010 until 2017, the Washington region lagged behind the nation in growth and recovery from the recession.

“We ranked dead last among the top 15 economic centers in the country É even behind Detroit.”

Sequestration, says Fuller, was a key contributor to that economic malaise. “It basically cut us off at the knees in 2013 and we are only just coming back.” Being a “company town” has its good and bad aspects, he continued, with the region being less negatively impacted by the initial recession, but then more affected than the rest of the country when sequestration hit.

2018 was the “best year in a decade,” he stated, adding that 2019 looks to be “good, but not as good.”

Fuller presented numerous statistical graphs that outlined the region’s growth in wages and effect on GDP and highlighted in what categories jobs have increased or decreased. Professional and Business Services, Education and Health Services and Leisure and Hospitality are the sectors where the region has seen the most growth, and Fuller predicts that trend to continue between 2018 and 2030.

In the previous 10 years, the fact that the region replaced lost government jobs with lower paying positions contributed heavily to the decrease in GRP Value of private sector jobs since the recession, despite a change from -180.5k jobs during the recession to an addition of 344.8k jobs from 2010 – 2018. Fuller sees rising wages in the growing sectors as possibly offsetting that trend in the future.

Fuller’s advice on “how to stay ahead of the curve” going forward echoed Tamika Tremaglio’s recommendations – “Develop talent. That requires continuing education.”

After the speakers’ presentations, the Washington Business Journal’s Peter Abrahams moderated a discussion with panelists Jordan Goldstein, regional managing principal, Gensler; Kim Horn, president, Kaiser Permanente of the Mid-Atlantic States; Catherine Meloy, president and CEO, Goodwill of Greater Washington; and Marc Wilson, co-founder of Appian, the cloud computing software developers who are in the process of a $28.4M expansion to new headquarters in Valo Park in McLean.

**ALL FOUR PANELISTS** expressed “excitement for the future” of the region, and reiterated the need for people development and community engagement that had been cited by previous speakers. All four also look forward to the arrival of Amazon to the region, even Appian.

Although Amazon could be viewed as competition for Appian, Wilson thinks having Amazon as a neighbor will actually help recruit people to the area.

Meloy says she, too, welcomes Amazon, as it will increase opportunities for their job-seeking clients in the business that will sup-

See Regional Economy, Page 10

# Opinion

# Week of Absurdities

By Kenneth R. "Ken" Plum
State Delegate (D-36)

The 2019 session of the General Assembly has reached its mid-point, or crossover, when the two houses start to consider bills that have survived the other house. It also represents the final action on many bills giving an indication of what the ultimate legislation for the session is likely to be. In the back of most legislators' minds is the fact that when the legislature adjourns *sine die* (until another day) the election season will begin. The thought of going home to meet their voters motivates many votes. After all, that is the way it should be in a representative democracy. The results, however, create some absurdities.

Commentary

Republicans appear to be planning to focus once again on abortion. Although *Roe v Wade* decided in 1973 was supposed to set the rules for abortions, the debate still goes on. This week in a massive media campaign linked to fundraising, the opponents accused Governor Ralph Northam who is a pediatrician and first term Delegate Kathy Tran, a mother of four the youngest of whom she was nursing during session last year, of favoring infanticide! I witnessed the verbal ambush by some of the most skilled lawyers in the House who with some editing of the tape of their cross-examination of her created a false impression of her bill and what it did. Calling the episode absurd is a mild description; I think Governor Northam came closer to an accurate description when he called it disgusting. (Read more at https://wapo.st/2GduVpd?tid=ss_mail&utm_term=.814210c15403)

Thirty-seven states have ratified the Equal Rights Amendment. It is looking doubtful that Virginia will join that group this year. In floor speeches on the amendment one of the women opposing the amendment said that she did not need "words on a piece of paper" to get what she wanted.

Bills that would have created an independent redistricting commission including my perennial bill have been defeated in the House. A bill introduced by the Speaker of the House that would create a commission to redistrict the legislature is far from independent in that it still has legislators picking their voters in order to protect incumbents and hold onto the majority. If the bill makes it through the legislature it will be amended or vetoed by the governor. It remains difficult for the majority to play fair especially when it holds control by such a slim sliver of power. A two-vote shift in both houses would put Democrats in charge of the legislature.

Major divisions continue to exist between the parties on finalizing the budget. Republicans favor a plan that continues the federal approach of giving tax breaks to those with the highest income. My bill to establish a partially refundable Earned Income Tax Credit (EITC) was defeated. About half the states have used an EITC to help raise the income of working families. There is a slight possibility that Governor Northam could get the EITC in a compromise budget as he is a strong proponent of it.

Several weeks remain for the legislature to work its will. Some good bills are passing that will be favorable to the people of the Commonwealth, and I will discuss these in future columns. With an election looming in the fall, we may still see more absurdities!

Letters to the Editor

## Assistance League Receives Grant

To the Editor:

Assistance League of Northern Virginia recognizes The Allstate Foundation and Allstate volunteers for being positive forces for change in our community. Twenty-two Allstate volunteers came together to host a day of community service that enabled the all-volunteer, nonprofit organization to secure a $22,000 Helping Hands Grant.º

Allstate volunteers, including David Akers, Christine Angles, Rudolf Alston, Jose Bernal, David Bowen, Sharon Driscoll, Shelley Driscoll, Kevin Dupree, Matthew Henaghan, Joyia Lytle, Mike Mazri, Sharon Neighoff, Jason Passarell, Ricardo Paz Soldan, Christopher Ruby, Tonya Semones, Jason Sengpiehl, William Simkins, Miguel Villegas, Michael Wallach, William Waughn and Don Wright, gave their time to support the nonprofit's program that reduces hunger in our vulnerable communities.

For more than 60 years, the Allstate Foundation has been bringing out the good in millions of lives,ºcommitting financial and human resources where they can make the most impact. Weekend Food for Kids was selected as the featured service activity for the "Feed Your Future Volunteer Relay" that took place in Washington, D.C., in October 2018. Assistance League was honored to be included as a partner providing innovative and lasting solutions to enhance the community's well-being.

The Allstate Foundation supports the causes that its employees care about most. Allstate executives and regional advisory board members, including exclusive agents and exclusive financial specialists from D.C., Delaware, Maryland, Virginia, and West Virginia, participated in a relay race to pack more than 500 bags of nonperishable food for less advantaged children in our region.

Allstateºsenior communication consultant,ºCaitlyn Barron, andºAllstate exclusive agent,ºChristine Angles, organized the group activity and orchestrated the group grant.ºº

"This is all beyond outstanding! We are so proud to hear that our efforts benefited some of the most vulnerable in our society - our children," said Shaundra Turner Jones, Allstate corporate relations manager. "This impactful event has our hearts full and we look forward to being involved in many more," she added.

The Allstate Foundation Helping Hands Grantºwill help Assistance League advance its mission toºtransform the lives of children and strengthen our community. The funds willºbe used to purchase three-months' worth of food for underprivileged children in six partner schools enrolled in the 2019-20 Weekend Food for Kids program.

Allstate Foundation and Allstate volunteers bring out the good in their community, helping organizations like Assistance League bring important programs to those most in need. To learn more, visit www.alnv.org.

**Karen Smith Amster**
VP Resource Development
Assistance League of Northern Virginia

## Protecting Human Rights Advocates

To the Editor:

It has come to my attention that the legal director and litigation director of Al Otro Lado, an organization that provides direct legal representation to detained asylum seekers in Southern California, have been removed from Mexico because the US government issued security alerts on their passports to prevent them from traveling.

The Border Rights Project documents human rights violations committed against asylum seekers at the port-of-entry and inside immigration detention, and the project's data have been cited by Amnesty International, Human Rights Watch, and Human Rights First.

I want to know what our Congressional leaders, U.S. Rep. Connolly and Senators Kaine and Warner, can do to ensure the protection of these human rights advocates and to prevent our administration from interfering with organizations that are doing their best to assist both individuals who choose to remain in Mexico and those who wish to seek asylum in the United States.

**Sue Gleason**
Vienna

### 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.
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## Bulletin Board

*Submit civic/community announcements at 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.

### 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 and:

- ❖ Take a short five-question online survey
- ❖ Join a community conversation in person: Feb. 13 – Reston; 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

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# Sheltering Homeless Neighbors

## Extreme cold sees increased need.

By Andrea Worker
The Connection

The polar vortex swept down upon the region all last week, with near-record cold tempera tures and accumulations of snow and ice to make life less-than-pleasant.

For most, the effects of that artic blast were at worst uncomfortable and annoying, causing chaotic schedule changes with school closures and hazardous road conditions, but at least most were able to turn up the thermostats in their homes, huddle around fireplaces, or turn on the electric blankets and space heaters to keep themselves cozy despite the elements at play outside.

For some of area neighbors, however — like the homeless and the more vulnerable — the effects of winter weather are more dire, even life-threatening.

Even before the worst of the weather hit the region, Fairfax County Police were investigating three apparent weather-related deaths. An 86-year-old resident of a Reston senior living facility was found outside the housing center by local police officers, called in to assist in a search when the elderly woman was determined to be missing.

A 47-year-old man, with no fixed address, was found asleep in the laundry room of an apartment complex. He was pronounced dead by Fairfax County Fire and Rescue when they arrived on the scene.

On Jan. 14, officers arrived at the assisted living center in Great Falls, responding to a CPR call for an 88-year-old resident who was found outside the facility and succumbed to the effects of the cold.

"It doesn't take long for a person to become endangered by exposure to cold weather," said Brenda Dushko.

Dushko is the director of development for FACETS, a nonprofit that has been serving our neighbors in need since 2003 and a founding and active partner in the Fairfax-Falls Church Community Partnership to Prevent and End Homelessness.

FACETS works year-round to help break the cycle of poverty and homelessness, but a major portion of their mission is dedicated to running the Hypothermia Prevention and Response Program for the county's Human Services Region 4 - Western County/Fairfax and Centreville areas.

Photo by Andrea Worker/The Connection

**Some of the St. Christopher's Episcopal Church hypothermia shelter volunteers (from left): Rev. Peter Ackerman, Zach Manning, Christina Manning, Kathy Barnard, Sarah Wilsey, David Wilsey, Debbie Brant, and Pam Branstetter.**

## Where To Find Help

Several other partners join FACETS in the mission to prevent and end homeless and to keep the homeless from being another Fairfax County Police Department statistic during the cold.

In **Human Services Region 1**– the South County – **New Hope Housing** operates the Eleanor U. Kennedy Shelter in Ft. Belvoir as well as managing the temporary shelters in the area. Call 703-799-0200 or visit the website www.newhopehousing.org/programs/shelter for more information on Region 1 assistance.

**Human Services Region 2**– Eastern County/Falls Church/Annandale – is also served by **New Hope Housing** with a year-round shelter at Bailey's Crossroads Community Shelter and the rotating faith community facilities. Call 703-820-7621 or the New Hope Housing website.

**Human Services Region 3**– North County/Reston and Herndon is served by **Cornerstones** operating the Hypothermia Program and the year-round Embry Rucker Community Shelter. See the website at www.cornerstonesva.org or call 703-437-1975.

**The City of Falls Church** is also under the assistance umbrella of **New Hope Housing** with contact available through the website or by calling 703-799-0200.

Visiting the Fairfax County website for the Office to Prevent and End Homelessness will also also yield related information and resources.

Citizens are urged to check on vulnerable relatives and neighbors. When seeing someone who is unsheltered and may been in distress, call the non-emergency police phone number at 703-691-2131 (TTY 711) and a police officer will respond and so a wellness check on the individual in question, transporting them for medical assistance or to shelter as required.

**HYPOTHERMIA** is a life-threatening condition, brought on when the body temperature drops below 95 degrees – not far below the average normal temperature. With a warm coat, gloves and a hat, a warm car to travel in and a warm home to avoid prolonged exposure to the cold, hypothermia doesn't present a problem for most.

"But if you spend much of your time outdoors, looking for a warm place to stay, that's another story," said Dushko. "Now imagine being outside for hours overnight and you can quickly see why our homeless are in extreme danger, even more than usual, during these winter months."

Dushko spoke on Friday, Feb. 1, during a tour of the temporary hypothermia shelter at St. Christopher's Episcopal Church on Hanover Lane in Springfield.

"The good people of St. Christopher's have been running their week-long shelter as part of the program for 15 years, right from the very beginning," she said.

From November through March each year, between 30-45 faith communities gather a small army of volunteer congregants and open their doors for a seven-day stretch to offer hot meals, a warm place to sleep, other items of need, and companionship.

Christina Manning is one of the St. Christopher volunteers and she has been giving her time to this cause for all 15 years that the church has been involved.

"It's really just helping out a friend," she said in between stirring a steaming pot on the church's kitchen stove, unwrapping other food items, and mixing up some macaroni and cheese. "So many of us are just one step away from being in the same situation. I talk with a lot of our visitors who have full-time jobs, but circumstances and the lack of affordable housing in our area have brought them to this place."

Volunteering runs in the family, as Manning was joined in her kitchen duties by her 15-year-old son, Zach. "He's been coming here since before he was actually born," laughed Manning, "then he came in his stroller, and eventually he became a full-blown helper."

On this night at St. Christopher's, Zach wasn't the only young person doing their part to help others: 16-year-old Sarah Wilsey was also doing food preparation at the steel kitchen work table, while her father, David Wilsey, worked the roux on the stove.

"The people who come here, they are just like us, just in a bad situation," said Sarah. Dad David has been volunteering at the St. Christopher's shelter event for the last 10 years. "This is something I can do to give back, to help others – and I can cook."

Katy Dunlap, who organizes St. Christopher's turn as a shelter, says it takes about 15 people per day to keep things running. In addition to those who cook, serve

See Homeless, Page 10

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# A Thrillingly Theatrical Battle Between Civilization and Savagery

## McLean High School's production of The Lord of the Flies.

By Zander Kuebler
Thomas Jefferson High School for Science and Technology

"Kill the pig! Spill its blood! Kill the Pig! Spill its blood!" chant a circle of girls, covered in mud and gashes, as they bang their spears against the ground. The audience looks around. A canopy of trees surrounds them, and as the audience takes their seats, they notice sand underfoot. Soon the show starts, and it all becomes clear. The audience is not just watching McLean High School's The Lord of the Flies, they are immersed in it.

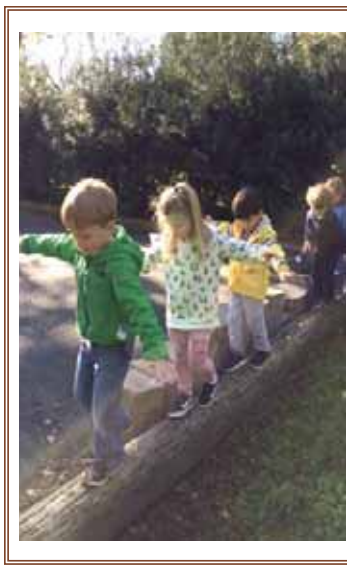
The Lord of the Flies, a thrillingly theatrical battle between civilization and savagery, was first adapted for theatre by Nigel Williams, from William Golding's infamously disturbing piece of literature by the same name. Originally staged by The Royal Shakespeare Company in 1996, The Lord of the Flies proceeded to tour across the United Kingdom and ultimately progressed to be performed worldwide. It was first rendered for cinema in 1963, and was reproduced again in 1975 and 1990, with a new adaptation set for 2020. The story takes place on a deserted island, following a group of stranded British boys as they try to function as a society without adults.

Photo by Erica Bass/A student at McLean High

**From left: Bryn Kirk, Carenna Slotkoff, Alexandra Lagos, Kristen Waagner in McLean High School's production of The Lord of the Flies.**

The role of Jack Merridew, head choir boy and leader of the savages, is often said to be a physical representation of masculine rudeness and malice.

See Cappies, Page 11



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# Entertainment

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

**Ayreheart – Ronn McFarlane on lute, Will Morris on fretless bass, violin and colascione, and Mattias Rucht on percussion – is a progressive folk trio founded by McFarlane.**

## Winter Concerts

The Old Brogue Irish Pub of Great Falls, VA and Barnaby Productions, Inc. present the 30th season of family friendly, Winter Traditional Celtic Concerts performed in a listening room by the fireside. Featuring Ayreheart, Sunday, Feb. 10, 4 and 6 p.m. seatings at The Old Brogue Irish Pub, 760-C Walker Road, Great Falls. A third seating will be added if the first two sell out. Tickets must be purchased in advance at oldbrogue.com: $18 general admission; $12 children.

### ONGOING

**Winter Golf.** Through Feb. 28, skip the traffic with the Afternoon Drive special at the heated and covered range at the newly renovated Oak Marr Golf Complex. All buckets are $2 off, Monday-Thursday, 4 p.m. until closing. Visit 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.

**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.

**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/.

**Bingo Night.** Sundays. 4 p.m. Flame Room, Vienna Volunteer Fire Department, 400 Center St. S, Vienna. $10. www.vvfd.org/bingo.html.

### WEDNESDAY/FEB. 6

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

### FRIDAY/FEB. 8

**Movie Night: IANYN.** 7:30-10:30 p.m. at Unity of Fairfax, Sanctuary, 2854 Hunter Mill Road, Oakton. Explore the racial divide in America with a free viewing of the documentary "I Am Not Your Negro," followed by a discussion led by Unity of Fairfax's Social Justice Team. This modern exploration of race in America is based on an unfinished book by James Baldwin about the lives and assassinations of Medgar Evers, Malcolm X, and Martin Luther King, Jr. Free. RSVP at unitymovienight.eventbrite.com.

**Concert Chorus Debut Performance.** 8 p.m. at St. Thomas More Cathedral, 3901 Cathedral Lane, Arlington. Oakcrest School's Concert Chorus will perform its first ever full-length concert with the premier of an original piece composed for them by Berklee College of Music Composition Professor Arnold Friedman – a setting of the poem "Pied Beauty" by Gerard Manley Hopkins. Meet the performers at a post-concert reception. Visit www.cathedralstm.org/music-ministries/cathedral-concerts.

### SATURDAY/FEB. 9

**Tea Seminar – The Sweet Side of Tea.** 1-3 p.m. at Colvin Run Mill, 10017 Colvin Run Road, Great Falls. This interactive focused tasting seminar explores the many flavors of honey and maple syrup and how they can enhance a variety of green, black, and herbal teas. Taste some treats made with these three straight from nature ingredients. A take home tea sampler included. $35 per person. Visit www.fairfaxcounty.gov/parks/colvin-run-mill to register.

### SUNDAY/FEB. 10

**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.

**Winter Concerts: Ayreheart.** 4 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, VA 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.

**Annual Salzman Lecture.** 6 p.m. in the Sanctuary at Lewinsville Presbyterian Church, 1724 Chain Bridge Road, McLean. This year's speaker will be Susan Wharton Gates, PhD, author of "Days of Slaughter: Inside the Fall of Freddie Mac – and Why It Could Happen Again." She will share experiences and insights as a former vice president of public policy at Freddie Mac in the lead up to the 30-percent collapse of house prices and subsequent government takeover of her company in 2008. Visit www.lewinsville.org.

**All Night Grad Party Fundraiser.** 7 p.m. in the Langley High School auditorium, 6520 Georgetown Pike, McLean. The Capitol Steps use song parodies and skits to bring bi-partisan levity to major issues of the day. Audience members will need to be well-versed in current events to keep up with the humor, as it's fast, fresh, and funny. Proceeds from the show will help to pay for Langley's Class of 2019 All Night Grad Party. Open to the general public. Tickets are $35 each at www.ptsalangley.org/all-night-grad-party, under the ANGP Capitol Steps banner, or on Brown Paper Tickets, lhs19capitolstepsfundraiser.bpt.com.

## Concert Chorus Debut Performance

Vienna's Oakcrest School's Concert Chorus will perform its first ever full-length concert with the premier of an original piece composed for them by Berklee College of Music Composition Professor Arnold Friedman – a setting of the poem "Pied Beauty" by Gerard Manley Hopkins. Friday, Feb. 8, 8 p.m. at St. Thomas More Cathedral, 3901 Cathedral Lane, Arlington. Meet the performers at a post-concert reception. Visit www.cathedralstm.org/music-min

### TUESDAY/FEB. 12

**Tibbetts Award Dinner.** 6:30 p.m. at The Old Brogue, 760-C Walker Road, Great Falls. The Great Falls Historical Society will honor Jacque Olin as the 2019 Tibbetts Award Honoree. The Society applauds Olin's advocacy on behalf of numerous community projects in Great Falls for more than 48 years. The award will be presented at the Annual Tibbetts Award Dinner. Register by Feb. 6. Visit www.gfhs.org.

**McLean Historical Society Meeting.** 7:30 p.m. in the McLean Community Center, 1234 Ingleside Avenue, McLean. The program will feature world renown historian John Gaudet who will discuss "The Origins of Ancient Paper and the First Bible." Everyone is welcome. Contact Carole Herrick at 703-356-8223.

### WEDNESDAY/FEB. 13

**Movie Series: New Disney 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.

### 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.

**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.

**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.

### 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. 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. 14-adult. $8 per person. Call 703-759-9018 or visit fairfaxcounty.gov/parks/riverbend.

**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 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.

### SATURDAY/FEB. 23

**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 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.

**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 music. Visit 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 four locally crafted beers from Lost Rhino Brewery in Leesburg. $50. Tickets are available through Feb. 21 (or until sold out). Visit celebrategreatfalls.org.

# American Heart Month

## Making healthy diet and exercise choices are two keys to preventing heart disease.

By Marilyn Campbell

Photo Contributed

**Finding creative but tasteful ways to add vibrantly colored fruit and vegetables to one's diet can help prevent heart disease.**

Each time the door bell rang, a guest arrived, wearing red and bringing with her a new flavorful dish with an aroma that filled the already pungent air in Cassandra Pope's Arlington home. One by one friends strolled through the living room and into the kitchen bearing dishes like balsamic-grilled chicken breast, curried cauliflower steak and freshly made hummus. They had arrived for a potluck dinner and the theme that evening was heart health.

"My father died of a heart attack when he was 62, and when he was 57 he had a stroke," said Pope. "All nine of his siblings had massive heart attacks and all of them died of a heart-related illness. So I know that I need to focus eating better and exercising and losing weight. My friends always get together for dinner about once or twice a month and usually we have a theme. For February, we decided to combine Valentine's Day and heart health. We exchanged recipes so that we all have a stash of new recipes to try."

Cardiovascular disease remains one of the leading cause of death in the United States, and after decades of a steady decline in this country, it is once again on the rise, according to a study by the American Heart Association. The research also shows that approximately 80 percent of all cardiovascular disease can be prevented by adopting a healthy lifestyle and controlling high blood pressure, diabetes and high cholesterol. During February, American Heart Month, health care professionals are working to raise awareness of the importance of making healthy lifestyle choices and managing their health conditions.

"February is É also Black History Month and these two recognitions go hand-in-hand," said Nikkia Wilkens, Fairfax County Health Department community outreach professional. "African Americans have some of the highest rates of hypertension and heart disease, [but] with the right steps, we can improve our heart health."

Some of the heart-smart lifestyle adjustments that Wilkens and other health care professionals advise include staying active and exercising regularly and monitoring one's salt intake. "Incorporate movement into your everyday activities, such as taking the stairs instead of an elevator," said Wilkens. "Maintain a healthy diet and skip the fried foods, and eat lots of fruits and vegetables. Commit to eight hours [of sleep] a night and drink eight glasses of water each day."

While African-American have one of the highest rates of heart disease, the American Heart Association reports that anyone at any age can be affected by cardiovascular diseases and 80 percent of cardiac events can be prevented.

"Even making small changes like getting 30 minutes of exercise a day can improve not just your heart health, but your overall health as well," said fitness trainer Brendan Moore. "Find a type of exercise that you enjoy enough to do for 30 minutes that also gets you to break a sweat and do it everyday. The important thing is that you get your heart rate up. If you start to break a sweat, you know that you're exerting enough energy to have an impact."

Small dietary changes can be made gradually. "Watching your salt intake is really important," said dietician Caroline Knowles. "There are so many ways to prepare meals by using spices instead of salt so that you don't compromise the taste. With slow cookers and instant cookers there are so many options that you no longer have to fry food to enjoy that satisfying taste."

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# Local 10th Grader Wins 2019 Virginia History Bowl

BASIS Independent McLean (BIM) 10th grader Justin Ward of Vienna recently won first place in the 2019 Northern Virginia History Bowl Junior Varsity Division, as a solo competitor against teams. This advances Ward to the National History Bee and Bowl Championship in Washington, D.C. Ward is also on BIM's Quiz Bowl team.

Last year, Ward placed second in the 2018 National History Bowl for small high schools. He was a solo competitor against teams. In the junior varsity division of the National History Bee for individuals, he was a quarterfinalist, out of more than 140 national finalists.

Photo by Mary Cunningham

**Justin Ward, 10th grader at BASIS Independent McLean wins first place at No. Va. History Bowl.**

The 2019 Varsity and Junior Varsity National History Bee and Bowl Championships will be held April 26 to April 28 in Washington, D.C. and Arlington.

"We're so proud of Justin's continued hard work and focus on the History Bees," says Tiffany Conroy, head of school for BASIS Independent McLean. "His passion and dedication for history is exceptional and we're thrilled to have him represent BASIS Independent McLean," said Conroy.

For more information on BASIS Independent McLean visit https://mclean.basisindependent.com/

# Sheltering Homeless

From Page 6

and clean, there are people who help with intake, the overnight volunteers who stay with the guests, and those "who just come for a while to talk to our visitors.

**NOT EVERYONE** wants to talk, but some do and seem to just be happy to have a conversation, to be seen and listened to."

"J" – a young woman who is hampered by a brain injury that affects her memory and other cognitive abilities – was shyly willing to talk a bit about herself. "J" who was once employed as a teacher and also worked in retail, has been moving from shelter to shelter since the cold weather descended.

"I am really trying to make it, to find a stable living situation and get back to work," she said. She is being aided in her endeavours by a FACETS caseworker, but the fact that she was turned down initially for any disability assistance is making her transition to "normal life" (as she puts it) difficult to say the least. "But I won't give up. And I really appreciate all these people who care and help."

"A" was also employed before, working for a grocery store. "It was pretty good. I liked it." He even had housing accommodation, but was suddenly left homeless again when a change at the place where he lived left no room for him. Now on dialysis, "A" is back on the streets, but working with a case manager and hopeful that his situation will improve. He, too, says he is grateful for the people who open their doors to help.

"It gets lonely sometimes, people don't want to see you. Some are afraid of you, so it's nice to be here, have a good meal and people to talk with."

The lay volunteers at the participating churches are supported by trained FACETS staff and volunteers, also on sight overnight and offering guidance and resources to the clients. During the season, Dushko noted that some 3,800 volunteers donate more than 33,000 hours to running the shelters, providing transportation and other services to their neighbors in need.

The extreme cold has seen the numbers of clients at all of the county's shelters, both the permanent and the temporary, rise sharply, Dushko reported. Last year, the county assisted almost 1,100 people in need of shelter during the winter months.

"We had about 40 people here last night," said St. Christopher's pastor, Peter Ackerman, and a line had already formed outside the doors by 4:30, although the official opening hours don't begin until 5 p.m.

# Regional Economy: 'Excitement for the Future'

From Page 3

port Amazon.

The speakers and the panelists all denounced the recent government shutdown, and acknowledged that the true and complete impact is yet to be known. Horn said that Kaiser locations had seen more stress-related usage at their medical facilities.

Meloy was answered by a round of applause when she noted that Goodwill, a contractor that will not see any payback of lost funds with the government's re-opening, still paid their workers who were furloughed.

She waved off the accolades. "It was something we had to do. Most of these employees are developmentally or physically challenged, working as custodians or other support personnel. They can't make it without that paycheck."

The panelists also agreed that the region – the entire DMV — was stronger when it spoke with one voice and came together to accomplish an objective or to solve problems.

Viewing the region as a whole, beyond the borders of Northern Virginia, "helps all of us compete nationally and internationally," said Gensler's Goldstein.

"It helps build the 'smart cities' that will be the way of the future," added Kaiser Permanente's Horn.

The Northern Virginia Chamber of Commerce represents about 700 companies and 500,000 employees around the region. Find out more at www.novachamber.org, and visit www.sfullerinstitute.gmu.edu for continuously updated information and analysis about the region's economy.

# Cappies

From Page 7

Kristen Waagner does phenomenally in portraying Jack as both of these, never faltering in moments of pure cruelty, while still fully engaging in Jack's childish yet malignant responses to other characters. Her transition from head choir boy to head barbarian is clear in her expressions and movements, as each gets increasingly brash and inhumane as the show progresses. Waagner undoubtedly takes on the role of Jack with the same primal intensity Jack ultimately inspires in the other characters.

The savagery present in many of the boys would be nothing, if not rivaled against a civilized intellectual. Jordan Prather as Piggy easily fills these shoes with her off-British "ass-mar" accent, and overall emotional chaos, as she spends more and more time on the island. Her pinnacle moment is met with sheer determination, and the tableau of her at the edge of the mountain, with the conch heroically outstretched, will forever remain incised in the audience members' minds.

In addition to the remarkably jungle-esque set (Piper Phillips, Alicia Dziedzic, Rebecca Blackstein, and Maximilien Engel), the technicians managed to further convince the audience of the authenticity of the island. As the show progressed, the British schoolboy style outfits, made from scratch by Shea Killoran, Marguerite Godwin, and Katherine Kelly, deteriorated further and further. By the final act, the shirts were ripped, muddy, and bloody, the pant legs cut and torn, and the ties dirtied and fixed around the girls' arms, showing a clear progression of time. This would have all been for naught, however, if it weren't for the diligent work of the makeup crew, (McLean Hair Crew, Cassi Creason, and Gabbi Norton), who ensured each character had more and more bits of earth and blood appearing on their skin throughout the production. These gashes and carefully crafted bruises verified not only the progression of time, but the progression of the girls' emotion and attitude.

Ultimately, the raw intensity of McLean High School's The Lord of the Flies, along with the impressively bona fide technical elements, left the audience on the edges of their seats, as they watched the savage tale unfold before them.

## Bulletin Board

From Page 5

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 for more or to register.

- ❖ Tuesday, Feb. 12 – Taking on Challenges (part 6)
- ❖ Tuesday, Feb. 19 – Self-Directed, Engaged Learning (part 7)

**THURSDAY/FEB. 7**

**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.


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## My Own Sort of Groundhog Day

**By KENNETH B. LOURIE**

As it happens every year around this time, the monthly calendar turns to February, and I am reminded of the goings on in my life Jan. 1 through Feb. 27, 2009.

I was not, as yet, in the throws of having been diagnosed with non-small cell lung cancer, stage IV, but I was in pursuit of finding the cause of the shortness of breath and stinging pain in my side that first manifested on Jan. 1, 2009.

Cancer was the last word I expected to hear in late February after a biopsy confirmed the finding. Until I received that call from my primary care physician on Thursday, Feb. 20, advising me that the tissue biopsy was indeed malignant, I had been, since that New Year's Day visit to the Emergency Room, in a diagnostic dalliance to determine what had caused an otherwise, healthy 54-and-half-year-old man, to present with such symptoms.

The Emergency Room doctor was perplexed as the chest X-Ray I had taken that day was inconclusive. In addition, I offered no pertinent medical history to account for the symptoms I was experiencing.

Eventually I was released and it was suggested that I return in a week, have another chest X-Ray then and see a pulmonary doctor. And so I did. After reviewing both X-Rays, and examining me, the pulmonologist was equally perplexed. I was healthy by all appearances and I had no family history of anything.

Out of curiosity – or bewilderment – the doctor told me to get a CT scan, which I did, approximately two weeks later, at the earliest available time. Within a day of having been CT-scanned, I was called by the pulmonologist and advised to schedule an appointment with a thoracic surgeon, a specialty with which I was totally unfamiliar.

Two weeks or so later, at the first available time, I saw the surgeon. Equally befuddled, by his own admission, after reviewing my two X-Rays and recent CT scan, he equivocated on the next step: ordering a P.E.T. scan, which he did not – until a few days later when he changed his mind and told me to make the arrangements; which of course I did, and again, it was approximately two weeks later that an appointment was available.

After receiving the results, the thoracic surgeon called me. He said, among other things: "Your scan lit up like a Christmas tree."

Not good as I later learned.

And so, a surgical biopsy was scheduled, upon availability, about two weeks later, which presumably would determine the cause of my original discomfort and confirm what all this diagnostic back and forth had been about.

Within a few days of my procedure, I received a phone call at work from my internal medicine doctor. He asked if I wanted to come to his office to discuss the results. I said "No, just tell me," figuring that a request to see him in his office meant bad news.

Sure enough, it was.

He told me that the sample was malignant. Stunned by the news, I remember asking: "What does that mean?" He might have mentioned cancer, I can't recall. He instead deferred and referred me to an oncologist, actually making the appointment for me for the following Thursday, only a week later.

Nearly two months had passed since the original Jan. 1 visit to the E.R.

Finally on Feb. 27, I was going to find out what's been going on – from an oncologist. And sure enough, on that following Thursday, my new-best-friend-to-be, lowered the boom: "Lung cancer."

My prognosis he said: "13 months to two years." Moreover, he advised: He "could treat me," but he "couldn't cure me." In simple terms, he told me I was "terminal."

Not that I don't already think about having cancer every minute of every day but especially so at this time of the year. This is when my world, as I knew it, came crashing down. Over and over, I review the days and weeks leading up to that first appointment with my oncologist and the impact the diagnosis has had on my life.

Granted, it's nothing to laugh about, but given that I've survived so long, it's certainly something to be grateful about.

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

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