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McLean CONNECTION

HomeLifeStyle
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Neha Rana, a senior at McLean High School is a peacemaker on multiple levels, winning her place among the 2019 Fairfax County Student Peace Award winners.

Working for Peace

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Help for Seniors In McLean

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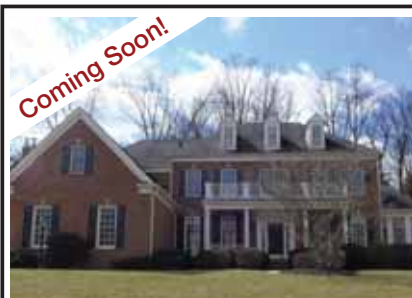
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Students Who Work for Peace Honored

BY ANDREA WORKER
THE CONNECTION

It's not easy to be the peacemaker. Sometimes it is really hard, especially when you make those around you, even friends, angry when you speak out and stand up for what is right. And sometimes it can be dangerous. But in all instances, being the peacemaker "requires courage and commitment," U.S. Rep. Gerry Connolly (D-11) told the crowd gathered at the Sherwood Community Center in Fairfax on Sunday, March 9.

Connolly, along with a host of sponsors, elected officials and a cheering collection of family and friends, had come together to honor the 23 young recipients of the 2019 Student Fairfax Peace Awards at a ceremony led by Margaret Fisher of program-founder Herndon Friends Meeting.

In addition to garnering kudos from the congressman, state Del. Ken Plum (D-36), Fairfax County Supervisor Penny Gross (Mason District), Scott Brabrand, Fairfax County Public Schools superintendent, and Karen Corbett Sanders, Mount Vernon District representative and vice chair of the FCPS board also officially offered their congratulations and admiration for the young activists.

Ryan McElveen and Ilryong Moon, members-at-large of the FCPS board, and Tamara Denerak Kaufax, FCPS board Lee District representative were also on hand to show their support.

THE EVENT'S KEYNOTE SPEAKER was David Swanson, an author, activist, journalist, radio host and co-founder and director of World Beyond War, a "global nonviolent movement to end war and establish a just and sustainable peace."

Swanson, a 1987 graduate of Herndon High School who identifies as a "world citizen," presented his argument of "no justification for war, ever," while admitting that his remarks could make his audiences uncomfortable, but asserted that they were words that need to be said and a conversation that needs to happen.

The Fairfax Student Peace Awards started in 2006 as one school, Herndon High School, and one sponsor, the Herndon Friends Meeting, but has grown to 19 sponsors and is now offered to every public high school in Fairfax County, as well as two private schools.

The goal of the program is to encourage young people to think more about peace "both as a means and as an end" and to recognize their achievements when they turn those peace-making thoughts into actions in their schools, their communities, and even around the world.

The program is open to area high school juniors and seniors. In October, each school is invited to choose either an individual or a group recipient with the guidelines that the students have worked "spe-



The winners of the 2019 Fairfax Student Peace Awards. The students from all around the county are honored for the work they do to sow the seeds of peace, resolve conflict, and promote understanding among the diverse people of Fairfax County, in their schools and in the community.

PHOTOS BY ANDREA WORKER/THE CONNECTION



U.S. Rep. Gerry Connolly (D-11) offered his congratulations to the winners of the 2019 Fairfax Student Peace Awards at their reception on March 10. "Standing up for peace takes courage and commitment."

cifically for peace or to identify and resolve conflicts ... demonstrating commitment to peace by engaging in activities that strive to end conflict ... seeking to bridge language, ethnic, racial, religious, gender, sexual orientation, or class differences ... and/or assist to resolve conflicts among students or members of the community who feel isolated or alienated."

THE WINNERS received certificates of achievement, a monetary gift and an additional \$100 to be donated to any nonprofit organization of the student's choice that operates in a spirit that is in keeping with the Peace Awards and this year, an autographed copy of the book, "Sweet Fruits From The Bitter Tree" by Mark Andreas, stories of "creative and compassionate ways out of conflict."

Read more about the Peace Awards and the recipients at www.fairfax.studentpeaceawards.org.



Neha Rana, a senior at McLean High School is a peacemaker on multiple levels, winning her place among the 2019 Fairfax County Student Peace Award winners.



Sumaiya Haque is a senior at Langley High School where she organized a project to aid youngsters in Bangladesh who have had traumatic experiences.

PHOTOS BY ANDREA WORKER/THE CONNECTION

Winners from McLean, Langley, Marshall High

❖ **Neha Rana**, a Senior at McLean High School, serves as the CE for the Speak Up Initiative, an organization that brings free public speaking education to children from low-income families.

She's also the McLean representative to the Fairfax County Student Human Rights Commission and is the head of the Fairfax and Arlington Chapter of Rise to Run, a grass-roots organization that encourages young girls to participate in politics and run for political office in the future. She has also been involved with region-wide efforts to prevent gun violence, helping to organize last year's peaceful walkout protest after the school shootings in Parkland, Florida.

❖ **Sumaiya Haque**, a Senior at Langley High School, organized a team to conduct a two-week Snapshot project in Dhaka, Bangladesh, providing cameras to 10-18-year-olds who have had traumatic experiences. The photographers can tell their own stories through visual images while building self confidence and establishing a role in their communities.

The photos can be sold, with

proceeds benefiting the photographers' communities. Sumaiya's team also raised \$20,000 for the project through a Go Fund Me campaign and presentations to local Rotary Clubs.

❖ **Luka Gabitsinashvili**, a Senior at Marshall High School has been active in numerous clubs that bring service to the community and promote the principles of peace. As president of the Key Club he has raised funds for the Falls Church-McLean Children's Center and the Leukemia and Lymphoma Society and collected hats for Ellie's Hats for children with cancer.

He has helped organize two International Nights at Marshall to celebrate diversity and has worked with Amnesty International to write letters opposing human rights abuses around the globe and served as the Public Affairs Liaison for the Model United Nations conference held at Marshall – and still, somehow, finds time to co-teach a Creative Writing class at Wolf Trap Elementary, a once-a-week, after-school program.

—ANDREA WORKER



Luka Gabitsinashvili (4th from left) is involved in so many community activities and efforts to promote peace and understanding, it's hard to see how he has time to be a good student as a senior at George C. Marshall High School - but somehow he manages.

PHOTO BY ANDREA WORKER/THE CONNECTION

NEWS

Help for Seniors in McLean

With 677 members, McLean Community Village Association offers resources for those 50-and-over.

BY STEVE HIBBARD
THE CONNECTION

Juan Tuason, 49, has lived in McLean since 1980, graduating from Bishop O'Connell High School in Arlington and working for 15 years at Fannie Mae in its corporate program management office. When his father John had health issues, he cared for him for seven years before his death. As the homebound minister at St. John the Beloved Catholic Church in McLean, he was exposed to the needs of seniors in the community and decided to start his own home care business supporting them.

Tuason is president of the McLeanCVA — the McLean Community Village Association — a volunteer-managed, non-profit organization focused on making McLean a friendlier place for seniors to age in place. Today, the group has 677 members ages 50-and-above who live in the ZIP codes 22101 and 22102. Later this year, they plan to move into an office at Lewinsville Senior Center, 1515 Great Falls Street in McLean, which is currently under construction.

The group focuses on three main areas: (1) providing resource information for seniors — they staff a help desk (McLean Senior Source) at the Dolley Madison Library in McLean and provide information

on senior-related topics/events; (2) managing a community calendar; and, (3) organizing events that provide residents with social and enrichment venues.

THE HELP DESK is staffed by volunteers Tuesdays and Thursdays 1-3 p.m. at the library and seniors can walk-in with no appointment and find resources they need like transportation and social connections.

“One of the things we’re hoping to do is to be the one-stop shop for McLean residents on elder care resources and social events ... offering face-to-face interaction with human-touch resources,” said Tuason, adding that seniors are less likely to access the internet to find things. He said they work closely with the Fairfax County Office Aging, Disability & Caregiver Resources Line (703-324-7948) ... “It’s a catch all hotline for County services,” he said.

What he found missing here was the social connection, so in 2017, they expanded the mission to include social activities. Partnering with AARP, they cohost a monthly luncheon at Mylo’s Grill in McLean for about 40 attendees. “It’s gotten traction where people are looking forward to it,” he said. “I want to help create opportunity for seniors even if they’re homebound, to give them a place to keep their so-

SEE AGING, PAGE 5



A volunteer provides eldercare resources at the McLean Senior Source Help Desk at Dolley Madison Library in McLean.

PHOTOS CONTRIBUTED



The Intergenerational event with the Potomac School at Vinson Hall that assembled Valentine’s Day care packages that were delivered to wounded warriors at area hospitals.



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Aging in Place in McLean

FROM PAGE 4

cial balance and not get isolated,” he said.

In addition, they publish a community calendar (<https://www.mcleancva.org>) that includes monthly luncheons and speakers. They’ve opened the calendar to allow their partners to post their own events.

On the website, they also publicize events hosted by Dranesville Supervisor John Foust’s office at the McLean Governmental Center, on for example, topics like fraud, scams and the opioid crisis; another is a link to the census survey by Fairfax County to help determine the needs of seniors.

They offer a \$25 discount card for seniors at McLean establishments. Seniors can visit the link (<https://www.mcleancva.org/discounts/>) to find sponsors, such as: J. Gilbert’s, Pasa Thai, Pulcinella, Michael’s Salon & Spa, Dominion Barber, McLean Face & Body Spa, and more.

They also do two marquee events a year — On Sunday, April 7, 2019, from 2-4 p.m., they are hosting a “Voices of Spring”

fundraiser, an operatic dress rehearsal with the Washington Opera Society. It will be led by Maestro Dr. Scott Beard, and held at the Alden Theatre at the McLean Community Center (1234 Ingleside Ave., McLean). The centerpiece of the show will be large ensemble pieces in Vincenzo Bellini’s “I Puritani.” It features international singers such as Argentine baritone Gustavo Ahualli, Mexican tenor Jesús Daniel Hernández, Egyptian-born soprano Fairouz Foty, Puerto Rican mezzo Anamer Castrello, coloratura soprano Elizabeth Treat, and baritone Jack French. Tickets are \$25/members; \$35/general admission; at the door \$30/\$40.

LAST YEAR, they hosted a simulcast with Dr. Atul Gawande with 200 attendees at Temple Rodef Shalom in Falls Church. He is famous for authoring the book on aging called “Being Mortal.”

Tuason said the top resource people are concerned about in McLean is transportation. “McLean is not the easiest place to get around in as far as bus stops or public transportation,” he said.

PHOTOS CONTRIBUTED



Juan Tuason, president of the McLeanCVA — the McLean Community Village.

“When someone needs a cataract procedure done, the doctor mandates that the person who drives them there has to stay; they have to have an escort. So, trying to solve that problem, they’ll call us.”

The No. 2 request is for service-related for things like an attorney or financial advisor. For that, they partner with the Greater McLean Chamber of Commerce.



Dranesville District Supervisor John Foust and Del. Kathleen Murphy at the “I Love McLean” event.

The No. 3 request is questions about social opportunities such as Mahjong or book clubs. “We maintain a database of resources and we give them recommendations based on our list of resources. It’s a constant effort that we’re reaching out,” he said.

He added: “The danger for seniors in McLean is that they are not a priority for government resources and attention because there’s an assumption that they can take care of themselves. Many citizens in McLean are long-time residents. Not everybody, and especially the elderly in McLean,

probably have a lower median income than the typical resident in McLean, and they’re less likely to have the resources and they are more likely to be needing help than the average McLean resident.”

Volunteers are encouraged to sign up on the website to work at the help desk in one-hour shifts. It’s ideal for retirees who enjoy talking to other seniors and helping them. For more information, visit the website (<https://www.mcleancva.org>), email Juan Tuason at info@McLeanCVA.org, or call 703-300-1751.

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OPINION

A+ Primer for Our Neighborhoods

County Community Emergency Response Guide strengthens community, builds local resiliency, and mitigates potential risks.

BY JOHN C. COOK
BRADDOCK DISTRICT SUPERVISOR (R)

Our Fairfax County government is well prepared to deal with emergencies, both large and small, from large storms to disease outbreaks to criminal and even terrorist events. But our communities are not so prepared. In the first 72 hours after a major emergency event, governmental services may not be available. Power may be out, transportation blocked, medical services overwhelmed, and food, gas, and even money difficult to find.

In those first few days, communities would need to come together so neighbors can help each other. And even during those lesser emergency events which occur with some regularity — snowstorms, serious thunderstorms, and the like — neighbors need to help each other out.

That's why I am so thrilled that Fairfax County has published its first ever Community Emergency Response Guide from the Office of Emergency Management. The publication of this document, and the plan behind it, fulfills a goal of mine that even predates my election to the board. When I served as president of the Kings Park Civic Association I recognized the great need for a citizen-focused emergency planning tool. As a supervisor I have pushed for this program for years. Now the Office of Emergency Management made this idea a reality. The end result is a comprehensive planning tool that will strengthen community, build local resiliency, and mitigate potential risks.

Community coordination is needed in making a successful community emergency plan. It requires citizens to take initiative, reach out to their peers, and work together to identify local risks and assets. The Community Emergency Response Guide breaks down emergency planning into easy-to-follow steps. These in-

cluding defining your area, recruiting leaders, knowing your area, building an emergency response team, and planning your approach. Everything is laid out in this step-by-step guide, including how to organize an emergency team, creating a family emergency kit, and adding disabled residents to a functional needs registry. It even lists the most likely emergencies and explains how to prepare for, respond to, and recover from them. Users can also find information on local volunteer groups who can assist in these emergencies, such as the Community Emergency Response Team (CERT). By filling out the Community Emergency Response Guide will give you a never-before-seen view of your own neighborhood.

You can find the Community Emergency Response Guide online at <https://www.fairfaxcounty.gov/emergencymanagement/cerg>. The Office of Emergency Management offers community workshops to those who would like extra help in creating their emergency response plan. The request form can be found on the Office of Emergency Management website.

I encourage all residents to work within their particular communities to create an emergency response program appropriate for your neighborhood. We are here to help.

Women's History Month

Eleven new women members were elected to the Virginia House of Delegates in 2017, all of whom ousted male incumbents.

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

March is Women's History Month. Before women had the whole month, the U.S. recognized Women's History Week; before that, a single International Women's Day. Dedicating the whole month of March in honor of women's achievements was seen "as a way to revise a written and social American history that had largely ignored women's contributions," according to an article in Time magazine. The first Women's Day took place on Feb. 28, 1909 to honor the one-year anniversary of the garment workers strikes in New York, when thousands of women marched for economic rights and to honor an earlier 1857 march when garment workers rallied for equal rights and a 10-hour day, according to the article.

Recognizing the achievement of Virginia women goes beyond naming a month. A monument is under construction on Capitol Square, "Voices from the Garden," which will be the first monument of its kind in the nation. Representative of the state's regions, the monument recognizes the 400-year history and the diversity of achievement, ethnicity and thought that women have made to the Commonwealth.



Even more significant in recognizing women in Virginia is the fact that there is historic representation of women in the Virginia House of Delegates, including the election of 11 new women members in 2017, all of whom ousted male incumbents. The House Democratic Caucus is almost 45 percent women, including 11 women of color. The House Republican Caucus is less than 10 percent women. Caucus Chair Charniele Herring is the first woman to chair a caucus in the House of Delegates throughout its 400-year history. Leader Eileen Filler-Corn is the first woman to be elected leader of a caucus in the General Assembly.

Recently I served on a panel, "Can Women Save Democracy? We're counting on it!" at the Schar School of Policy and Government at George Mason University along with Charniele Herring, Eileen Filler-Corn, and Congresswoman Jennifer Wexton. There was a clear consensus in the room that women will play a pivotal role in getting our country back on the right track. Witness this year's state and local elections when there are record-breaking numbers of women lining up to run in primaries and the general elections.

Not only are women running and winning races, but they are determining the outcome

of elections with their tireless work in making calls, knocking on doors, and working on behalf of the candidates they support. Organizations like Indivisibles, with Herndon-Reston Indivisibles being a model organization, and Moms Demand Action among others are making their influence felt on policy issues like ending the epidemic of gun violence.

The big disappointment in celebrating women in history is the refusal of the Virginia House of Delegates to ratify the Equal Rights Amendment. Ratification failed on a tied vote on a procedural matter that makes it even more frustrating that the amendment was not allowed to be debated on the floor of the House of Delegates. There is more women's history to be written in Virginia, and I suspect the next step will be election of even more women this fall and ratification of the ERA next year!

Write

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

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PHOTO CONTRIBUTED

The Leukemia & Lymphoma Society National Capital Area Chapter honors Lilly Evans and Gabrielle Russo, juniors at The Madeira School in McLean.

The Madeira Students Win Students of the Year Award

Through The Leukemia & Lymphoma Society's (LLS) National Capital Area Chapter's sixth annual Students of the Year campaign, more than 326 high school students raised \$2,004,056 for Leukemia & Lymphoma Society's cutting-edge cancer research and patient services. Lilly Evans and Gabrielle Russo of Team Fire Hearts, juniors at The Madeira School in McLean, earned the "Students of the Year" title during the Grand Finale Gala at the JW Marriott in Washington, D.C. on Saturday, March 2. These young philanthropists raised funds to support LLS's goal to find cures for blood cancers and ensure that patients have access to lifesaving treatments.

Students of the Year is a seven-week philanthropic leadership development program during which students foster professional skills such as entrepreneurship, marketing, and project management

while raising funds for LLS, the world's largest nonprofit fighting blood cancer. The title Students of the Year is awarded to the candidate or co-candidates in each community who raise the most funds during the competition.

"We're honored to be named the National Capital Area chapter's local Students of the Year," said Russo. "We raised this money in honor of my dad who is a leukemia survivor and we wouldn't be involved in this great organization without him."

Evans said, "The Russo family has supported me many times and to do this for Mr. Russo, it means the world to me. Thank you to our teammates and the LLS staff."

Evans and Russo ran a fundraising campaign which involved a number of proceeds nights, the most successful one hosted by the BBQ Joint [Easton, Maryland], attended by Md. Governor Larry Hogan, also a blood

cancer survivor.

They also organized a dinner party catered by Chef Andrew Evans, Lilly's father. Coordination and teamwork played a big role in the candidates' success, having signed on to the campaign in the Spring of 2018 and building a team of five members, all whom utilized their networks and relentlessly reached out, assuring they left no money on the table for cancer cures.

"Congratulations to Lilly and Gabrielle and all our candidates, supporters and volunteers who helped to make Students of the Year a huge success," said Beth Gorman, LLS's National Capital Area Executive Director. "For these incredible individuals, it's not just about winning a title; it's about the impact they are making in their communities and the generations ahead of them. LLS has led the way in changing the way we treat cancer and the funds these students raise helps LLS continue

Andy Sigle Named COO Of Leadership Fairfax

Andy Sigle has been appointed at Leadership Fairfax as its new chief operating officer and vice president of external relations. Sigle is a graduate of the Leadership Fairfax Institute (LFI) class of 2014 and recipient of the 2018 Best of Reston Award for individual contributions to the community. He brings more than 30 years' experience in the telecommunications field to the position, most recently leading data center giant Equinix as global vice president.

"Andy's passionate dedication to community and his ability to collaborate across sectors makes him an ideal addition to the staff at Leadership Fairfax. We know his vision will help guide the organization as we move into a new year of opportunity and growth," said Karen Cleveland, Leadership Fairfax CEO and president.

Sigle graduated from the LFI program and chose to pursue new opportunities in his community, embarking on a series of volunteer and employment



Andy Sigle

opportunities including time with Cornerstones, Reston Association, Southgate Community Center Advisory Council, Lake Anne Brew House, Reston Historic Trust and The Reston Chorale. He holds an MBA in Business Policy and Finance from The University of Chicago Booth School of Business, and a Bachelor of Science in Engineering and Bachelor of Arts in Economics from the University of Illinois.

In Sigle's new position, he will collaborate and coordinate with external community partners to support and further the mission of Leadership Fairfax. Sigle serves as sponsorship contact for all of Leadership Fairfax's signature events including the upcoming Board of Supervisors Breakfast on Friday, April 5, as well as daily operations and the organization's strategic engagement.

Leadership Fairfax headquarters are located at 8230 Old Courthouse Rd., Ste 100, Vienna, VA 22182. To learn more, call 703-752-7555 and visit leadershipfairfax.org.

developing new treatments, especially for childhood leukemia and advances in precision medicine and immunotherapy." Gorman concluded, "We are incredibly thankful for all of our Students of the Year candidates and team members. They truly are making

a difference in the lives of cancer patients now and cancer patients in the future." To learn more about LLS's Students of the Year program and how it might work for you or someone you know, visit: <https://www.studentsoftheyear.org/students-year-washington-dc>.

Governor Signs Law Banning All Tobacco Products at School

BY ALEXANDRA ZERNIK
CAPITAL NEWS SERVICE

School boards must ban any tobacco or other forms of nicotine products from all school property and school-sponsored events under legislation signed into law Wednesday, March 6, by Gov. Ralph Northam.

Northam signed HB 2384 and SB 1295, which expands existing law to include:

- ❖ A wider variety of nicotine products, such as vapes and e-cigarettes in addition to tobacco;

- ❖ A broader range of school property, such as school buses and school-sponsored events off campus.

The new law, which takes effect July 1, will require all local school boards to develop and implement comprehensive tobacco-free policies.

"The recent and dramatic rise in youth smoking and vaping represents a serious

public health crisis that requires our attention and action," Northam said. "We have a responsibility to prevent our children from being exposed to all types of tobacco or nicotine-containing products."

Northam noted that when he was a state senator, he led efforts to enact a statewide smoking ban in bars and restaurants. He sees HB 2384, sponsored by Del. Patrick Hope, D-Arlington, and SB 1295, introduced by Sen. Lionel Spruill, D-Chesapeake, in the same way.

"As governor, I am proud to sign this legislation that will make Virginia schools and communities safer and healthier," Northam said.

The U.S. Centers for Disease Control and Prevention found that use of tobacco products by American youth is on the rise — largely because of the increasing popularity of e-cigarettes.

Nationwide last year, more than 27 percent of all high school students used a to-

bacco product within the past 30 days, according to a survey by the CDC. About 21 percent of the students had used e-cigarettes, and 8 percent regular cigarettes. (Some survey respondents used both types of products.)

That represented a big increase in vaping: In the 2017 survey, fewer than 12 percent of high school students had used e-cigarettes in the past 30 days.

Northam noted that as of fall 2017, about 12 percent of Virginia high school students were using e-cigarettes — almost twice the proportion of teenagers smoking traditional cigarettes. The U.S. surgeon general and the federal Food and Drug Administration have declared the sudden increase in e-cigarette use an epidemic. They fear a new generation of young people may become addicted to nicotine if actions aren't taken to prevent it. Virginia's secretary of health and human resources, Daniel Carey, praised the legislation signed by Northam.

"This law will not only protect Virginia's children from exposure to second-hand smoke, it will also help to establish a tobacco-free norm, allowing students to make better choices about their health when it comes to saying no to tobacco products outside of school," Carey said.

According to State Health Commissioner M. Norman Oliver, a statewide survey found that 84 percent of adults in Virginia — including 75 percent of smokers — agree that all nicotine products should be banned from school grounds and activities.

"While 40 school districts in Virginia already have established this type of policy, the new law will expand protection to children in all of our public schools," Oliver said.

Northam previously signed into law legislation raising from 18 to 21 the age to buy tobacco and nicotine products.

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Home LifeStyle



PHOTO COURTESY OF THE NEST EGG

Pet owners should look for stain-resistant and durable upholstery fabrics when creating a stylish and animal-friendly interior.

Pet-Friendly Decor

Pet-owning designers offer advice on practical design choices that don't sacrifice style.

BY MARILYN CAMPBELL

For pet owners, creating a home décor that's both aesthetically appealing and pet-friendly can be a delicate balance. From muddy paw prints on an heirloom area rug to a velvet sofa covered in cat hair, three local designers — all of whom own pets — share their best advice for addressing animal dilemmas and styling a chic interior that accommodates both man and his best friend.

"There are so many ways that pets enhance our quality of life in the same way that a serene, well-designed home might be a sanctuary for relaxation after a long day," said Karen McBride of Inspired Spaces. "The good news is that you really don't have to choose one or the other. The key is to make sure everything is durable and easily cleaned."

Flooring that can withstand paws with claws tops the list of considerations for McBride. "Hardwood floors are beautiful, but they're easily scratched and dinged," she said. "Stone or ceramic tile flooring are ideal for pet owners. You can wipe up puddles and mop up muddy paw prints easily. Hardwood requires immediate cleaning because they absorb liquids and odor."

Rugs with patterns that can hide pet stains are what designer Rochelle Clark uses in the Fairfax home that she shares with her two Italian Greyhounds, Lola and Fiona. "My dogs are not housebroken, so I have to use indoor-outdoor rugs made of polypropylene because I can just hose them down when they get dirty,

which is often," she said. "Rugs made from sisal are also good choices if you have pets. I encourage my pet-owning clients to purchase inexpensive rugs because if you have dogs or cats, rug stains are inevitable. It's just a waste of money to invest in a high-end rug if you have pets. There are so many ways that they can be ruined and there are plenty of rugs that don't cost a lot, but have a high-end look to them."

When choosing fabrics for furniture or throw pillows, pet owners should steer clear of textures like velvet or chenille, which can be magnets for pet hair, advises designer and corgi owner, Tami Evers of The Simply Elegant Home. "You also want to avoid silk and other delicate fabrics that could tear easily," she said. "There are so many options now for durable, stain resistant upholstery fabric that's as elegant and tasteful as its more traditional counterparts. Believe it or not, I finished a project for a client who had two giant labradoodles, and her living room furniture is entirely of Sunbrella fabric."

Other durable and easy to clean options that Evers recommends include leather and Crypton. "The only issue with leather is that it will scratch easily if you have pets with sharp nails, but some people think scratched leather has character," she said. "Crypton can withstand almost anything. If you have a dog or cat that barfs a lot or has lots of accidents, Crypton is the way to go. It's stain-proof, tear-proof and comes in a wide range of patterns and colors."

Built-in eating spaces and pet beds for her two Bichon Frises are ways that personal home organizer Becca Anderson of The Organized Life streamlines her pet spaces to maintain her home's aesthetic.

"Pet owners love their animals, but no one wants their home to look and smell like it's been overrun with animals," she said. "I advised one of my clients to add a custom, built-in litter box space to her laundry room for her three cats. She even invested in a self-cleaning litter box, and those two features were transformative."

"Rugs made from sisal are also good choices if you have pets."

— Rochelle Clark

SPORTS

Local Talent on Global Stage

USA Special Olympic Team heads to Abu Dhabi, United Arab Emirates for World Games 2019.

By MERCIA HOBSON
THE CONNECTION

With many hugs, high-fives and applause, five of the seven Special Olympics Virginia athletes and a coach boarded a United flight out of Dulles International Airport on Wednesday, March 6. The athletes would be part of the 215-athletes in the Special Olympics USA delegation headed to World Games Abu Dhabi 2019. Opening Ceremony is March 14 followed by six days of competition for the reportedly 7,000 plus participating athletes from 190 delegations competing in World Games 2019. Closing Ceremony is Thursday, March 21. Of the five Virginia athletes who departed Dulles, four came from the Northern Virginia area and one from Fredericksburg.

❖ Dylan Joseph “Joey” Roney, 21, of Herndon, will compete on the world stage in swimming, the 100m freestyle, 4x100m freestyle relay and 200m freestyle. Roney currently swims with the Oakton Swim Club that practices alongside the Oakton High School swim team. “This is an incredible opportunity for Joey,” said his grandfather, Chuck Roney, as team members met up at Dulles International Airport. “None of this would be possible without Special Olympics and the thousands of volunteers,” he said. Although athlete Roney said he was excited, he confided, “I’m feeling a little nervous and scared because this is my first time.”

❖ Victoria “Tori” Martin, 24, of Woodbridge, swam before she could walk. Through swimming, Martin reportedly found purpose, routine and stability according to Special Olympics. “In preparation for this event, she has worked out six days a week in addition to practicing with her coaches three times a week,” said, Bob Martin, her grandfather. “She is the most dedicated athlete I have ever seen,” he said. “I’m feeling nervous, anxious and pressured,” athlete Martin said. She added that she couldn’t wait to explore Abu Dhabi.

❖ Karen Dickerson, 33, of Springfield, will run the Half marathon, the 10,000m and the 4x100m relay at the Special Olympics World Games in Abu Dhabi. Athlete Dickerson has run 27 marathons across the globe. “I cannot say enough about Karen’s determination and dedication,” said her mother, Ernestine Dickerson. “It is amazing what she has accomplished not only through sports but in life.” Athlete Dickerson provided guidance to her fellow Special Olympics Virginia athletes while waiting to leave Dulles. “You don’t have to have a good or a bad competition or race. Just know you did the best you could. All athletes go through ups and downs. Don’t



PHOTOS BY MERCIA HOBSON/THE CONNECTION

From left, Special Olympic Athletes Grace Anne Braxton of Fredericksburg, Dylan Joseph “Joey” Roney of Herndon, Jenny Mitchell of Alexandria, Karen Dickerson of Springfield and Victoria “Tori” Martin of Woodbridge prepare to depart Dulles International Airport to head to the Special Olympic World Games Abu Dhabi 2019.

put yourself down,” she said.

❖ Jenny Mitchell, 39, of Alexandria, is a Special Olympics USA swimmer and one-time silver and two-times bronze medalist at Special Olympics World Games in Shanghai and a participant in Special Olympics World Aquatics Invitational in Puerto Rico. Athlete Mitchell will compete in 1600m open water swimming and 800m freestyle at the Special Olympics World Games in Abu Dhabi. “She has been training hard for this,” said her father, Terry Mitchell. “She is the first Special Olympian athlete to swim across the Potomac from Jones Point to National Harbor,” he said. “I’m ready to go,” said Jenny Mitchell.

❖ Grace Anne Braxton, 43 of Fredericksburg, Va., is looking for a top spot

on the Special Olympics podium in Abu Dhabi as she was the top-rated female Special Olympics golfer in the world 2007 and 2001 according to Special Olympics. “Special Olympics has helped me become an active person in my community. I help out as a volunteer with Basketball Championships and as a volunteer with new local golfers,” Grace Anne Braxton wrote in her Special Olympics profile. “I’m expecting a new adventure,” she said at Dulles International Airport.

The Joseph P. Kennedy Jr. Foundation created Special Olympics. Special Olympics Team USA is authorized and accredited by Special Olympics, Inc. for the benefit of persons with intellectual disabilities.

Keep up-to-date on all of the information

Schedule

(USA- EST is 8 hours behind Abu Dhabi)
HERNDON-Dylan Joseph “Joey” Roney-
Swimming

Sunday, March 17, 9 a.m., 200m freestyle

Tuesday, March 19, 3: p.m., 100m freestyle

Wednesday, March 20, 3:40 p.m., 4x100m

freestyle relay

WOODBIDGE-Victoria Martin- Swimming

Saturday, March 16, 3:20 p.m., 100m

individual medley

Wednesday, March 20, 3:40 p.m., 4x100m

freestyle relay

Wednesday, March 20, 10:10 a.m., 100m

breaststroke

Sunday, March 17, 9 a.m., 200m freestyle

SPRINGFIELD-Karen Dickerson- Athletics

Saturday, March 16, 6:30 a.m., Half

marathon

Wednesday, March 20, 8 a.m. 10000 m run

Wednesday, March 20, 4 p.m., 4x100m relay

ALEXANDRIA-Jennifer Mitchell- Open Water

Swimming

Saturday, March 16, 10 a.m. 1500m Open

Water Swimming

Tuesday, March 19, 9:20 a.m. 800m freestyle

FREDERICKSBURG- Grace Braxton- Golf

Sunday, March 17, 8:50 a.m., Level 5 -

Individual Stroke Play



Athlete Dylan Joseph “Joey” Roney of Herndon gets a good luck hug from his grandfather, Chuck Roney, before he departs to Abu Dhabi, United Arab Emirates to represent the USA in the Special Olympic World Games 2019.

about the Special Olympics World Games with televised schedule and results by visiting, www.abudhabi2019.org.

Business Case for Economic Mobility

Business leaders, community organizations, academics, public officials gather to discuss strategies for bridging the economic mobility gap.

BY ANDREA WORKER
THE CONNECTION

It's getting harder for people right here in our own backyard to move up the economic ladder from poverty or near-poverty to improve their economic status.

The problem is not limited to the “traditionally” poor, or to any particular ethnic group, race or immigration status, or to any one cause, although those same studies show that those factors and a person's zip code affect access to opportunity.

One only has to consider the impacts of the recent government shutdown to realize that even those working “good jobs” can quickly lose their place on the ladder of financial stability and success — through no fault of their own.

There is a lot of work to be done if all residents of Northern Virginia are to have the opportunity for upward mobility and stability. The Community Foundation for Northern Virginia (CFNV) and partners the Northern Virginia Chamber of Commerce, the Northern Virginia Regional Commission (NVRC) and the Northern Virginia Technology Council (NUTC) used the occasion of their 2019 Shape of the Region conference on March 7 to present the argument that there is, in fact, a critical “Business Case for Economic Mobility” if the region is to continue to thrive.

THE SPEAKERS presented examples from their varied perspectives on how widespread the problem is, causes, and what might happen if the region doesn't act collaboratively to combat the situation. Failure to act will leave many in distressing situations, but it also means that area businesses struggle to fill certain jobs. One speaker warned, it might even mean a stifling of the area's future growth as businesses possibly look to move elsewhere where more employees could be available — employees with the skills those businesses seek, in areas where the employees can afford to live.

But to tackle a problem, one first has to define it and truly identify and measure its scope and impact.

Not content with basing their efforts to improve community conditions and seed innovation and growth on anecdotal evidence alone, or even on the loosely combined reports of area non-profits, government offices and other sources, a few

years ago the Community Foundation of Northern Virginia commissioned an analysis to examine 26 indicators of local social, economic, educational and civic wellbeing in this region. The result was the Opportunity Index, an interactive tool, free to the public and updated annually, that tracks the trends within those indicators in Arlington,



Eileen Ellsworth, (right) president and CEO, Community Foundation for Northern Virginia, leads a discussion session with Shape of the Region Conference keynote speakers Nisha Patel and Brent Orrell.

PHOTOS BY ANDREA WORKER/THE CONNECTION



From the podium, Bobbie Kilberg, president and CEO, Northern Virginia Technology Council, moderates the “Tech Talent Pipeline” topic with panellists (from left) Steve Partridge, VP of Workforce Development at Northern Virginia Community College, Ken Eisner, founder of Amazon Web Services’ Educate, to accelerate cloud learning, John Wood, CEO and chairman of the Telos Corporation, Lauren Recinos, a continuing education tech student from Ashburn, and Ray Khuo, chief human capital officer, Altamira Technologies Corporation.

Fairfax, Loudoun and Prince Williams counties and the cities of Alexandria, Fairfax, Falls Church, Manassas and Manassas Park. To provide the most comprehensive picture, the Index is disaggregated not only by jurisdiction and general demographics, but also race, age, and nativity.

At the 2018 Shape of the Region conference, the Opportunity Index was officially introduced and the attendees were shown that Northern Virginia, for all its growth and wealth, and despite the sincere efforts of scores of community organizations, governments and businesses, still only achieved a “Needs Improvement” in many areas of opportunity. Some sections of the Northern

Virginia “report card” came close to a failing grade.

The region has made progress in the past year, but as the speakers and panellists illustrated at this year's Shape of the Region gathering, improvement is slow, and the need to bridge the economic mobility gap is more critical than ever.

The 2019 program was inspired and informed by the US Partnership on Mobility from Poverty. The two-year-long project of the Urban Institute, with funding from the Bill & Melinda Gates Foundation, gathered 24 leading voices from all sectors of societies who travelled to more than 30 urban, rural, suburban and tribal communities to

learn the issues first-hand from their residents, as well as from some 400 content experts.

Before closing out the official status of the project, the partnership produced its own “mobility measuring toolkit,” and a number of white papers on the causes of economic immobility, the challenges to change, and strategies for forward movement.

Members of the original partnership also continue the work and aid others in the effort.

Nisha Patel was the executive director of the partnership. She is now the managing director, Narrative Change and National Initiatives for the Robin Hood Foundation in New York. Patel was also one of the keynote speakers at the Shape of the Region 2019 conference along with Brent Orrell, American Enterprise Institute.

Both Patel and Orrell offered documentation that the mobility gap is still in existence and in many places, still growing.

“So many of our jobs and the jobs in the area require high levels of security clearance.”

— Ray Khuo, Altamira

Some of the ingredients that make up the opportunity divide include a lack of the technical and educational skills required for better-paying jobs, as well as a lack of “soft skills.”

“Those [soft skills] are often just as important, if not more so, to employers,” said Orrell, referring to traits like the ability to work well in a team, communication, perseverance, “even understanding what is socially expected in the work environment.”

TWO PANELS, led respectively by Bobbie Kilberg, of the Northern Virginia Technology Council, and Julie Coons, of the Northern Virginia Chamber of Commerce, offered more in-depth discussion of the challenges, as well as real-world strategies that attendees from all sectors of the community can employ.

Ken Eisner, Worldwide Education Programs, Amazon Web Services; Ray Khuo, Altamira; Steven Partridge, VP of Workforce and Economic Development at Northern Virginia Community College (NVCC); and John Wood, chairman, president and CEO of Telos Corporation, formed the “Tech Talent Pipeline” panel.

Partridge pointed to collaborations between NVCC, George Mason Uni-

SEE BRIDGING, PAGE 11

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Bridging Economic Mobility Gap

FROM PAGE 10

versity and companies like Amazon Web Services and Telos that are aimed at “speeding up immediately useful education” with tailored certification programs, internships and apprenticeships. The speakers stressed the importance of “getting them while they are young,” starting higher-level STEM education, as well as those desired “soft skills” in high school, if not earlier.

“So many of our jobs and the jobs in the area require high levels of security clearance,” said Khuo. With a backlog of 650,000 security clearance cases still awaiting completion, Khuo says the “talent pool is more like a talent puddle” when you add in such obstacles. Khuo recommends hiring students when possible and sponsoring their clearance applications.

Partridge also spoke to changing companies’ and applicants’ views on internships and apprenticeships, working to see them filled with students with potential who really want to use them as more than resume fillers. As for the need to teach those soft skills, Partridge reminded the audience that almost 70 percent of today’s high school students have never worked a “real job” before taking on internships, apprenticeships or their first employment after graduation. “We need to bring back some basic training to help them adjust and to make internships and apprenticeships valuable for them and the employer.”

Eisner spoke on ways to stem the exodus of young workers after only a few years with a company. So many STEM-study graduates enter the workforce at impressive starting salaries, but hit a progression wall within a few years of their employment. That stagnation can come from reaching a skills-ceiling or finding the work to not be the challenge they had anticipated.

Employers can help overcome some of these hurdles, encouraging and supporting continuing education and with job re-engineering to offer the challenges that keep employees interested.

Telos’ Woods also insists that the internships and apprenticeships need to be “structured and well-designed” for success, recalling his own first “horrible” experiences.

Even more strategies for employers and organizations to employ today to help shorten the mobility gap were offered by the members of the “Moving Ideas into Practice” panel: Karla Bruce, chief equity officer, Fairfax County; Matt Erskine, Booz Allen Hamilton; Jeff Grass, chairman and CEO of start-up HUNGRY; and David Remick, Alexandria/Arlington Regional Workforce Council; moderated by Julie Coons.

Bruce observed early on in the session: Fairfax County government has a dual role to play in this equation, as government and therefore provider of, and influencer in, many of the programs and the policies that can affect economic mobility, but “also as the major employer in the county. We need



PHOTO BY ANDREA WORKER/THE CONNECTION

From left: Northern Virginia Chamber of Commerce President and CEO Julie Coons moderates the “Moving Ideas into Practice” discussion with Jeff Grass, chairman and CEO of HUNGRY; Karla Bruce, chief equity officer, Fairfax County; Matt Erskine, Booz Allen Hamilton; and David Remick, Alexandria/Arlington Regional Workforce Council.

to lead by example in that role, as well.”

Collaboration was again cited as a key component for success in the opinion of these panelists, with Erskine going so far as to suggest that it would take regional, multi-jurisdictional cooperation to truly affect the changes needed, “but someone had to take the lead,” he said, providing the successful example of joint-effort work being achieved by “Upskill Houston” in Texas.

Erskine also cautioned that resources and efforts can become disconnected, diluted,

and less effective with the large number of organizations in play. With all the good will in the world, more collaboration and less duplication of efforts may speed up the hoped-for results.

Robert Lazaro, executive director, Northern Virginia Regional Commission made the closing remarks, reminding that this is “one region” and that its success and failures, economic and otherwise, are linked and rely on everyone’s efforts to achieve the outcomes wanted.

BULLETIN BOARD

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

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

centers and shelters that serve Northern Virginia at www.novaregion.org/174/Homeless-Shelter-Lists.

WEDNESDAY/MARCH 13

Lenten Brownbag Lunch & Book Discussion. 12:30-2 p.m. in the Library at Church of the Holy Comforter, 543 Beulah Road, NE, Vienna. Bring a bag lunch and join a study of Rowan Williams’ book *Resurrection* following the 12:10 p.m. Lenten Midweek Eucharist on Wednesdays. Join for worship in the Chapel beforehand or just come for the book discussion. Visit www.holycomforter.com for more.

Paving and Restriping Meeting. 6:30 p.m. at Providence Community Center, 3001 Vaden Drive, Fairfax. The Fairfax County Department of Transportation is planning to host community meetings in every district of the county this spring with the Virginia Department of Transportation to discuss proposed 2019 paving and restriping projects. State and county agencies coordinate restriping efforts to address safety issues for motorists, bicyclists and pedestrians through the creation of bike lanes, parking lanes, crosswalks and more. Visit www.fairfaxcounty.gov/transportation/2019-paving-and-restriping.

Fairfax County Park Authority Board

Meeting. 7:30 p.m. in the Herrity Building, 12055 Government Center Parkway, Suite 941, Fairfax. The Park Authority Board is a 12-member board appointed by the Fairfax County Board of Supervisors to set policy and establish strategic policy and direction for the Park Authority. Open to the public. For information regarding meeting agendas, Park Board members, opportunities for public comment, or to view meeting materials, board minutes and archival materials, visit www.fairfaxcounty.gov/parks/boardagn2.htm or call 703-324-8662.

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ENTERTAINMENT



AN ALDEN PRODUCTION "WINNIE-THE-POOH" SAT-SUN, MARCH 9-10 & 16-17, 2 P.M.

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PUBLIC NOTICE

Public Hearing on the McLean Community Center's FY 2021 Programs

Wednesday, March 27, 2019, 7:30 p.m.

The governing board and staff of the McLean Community Center seek **input from residents** of Dranesville Small District 1A at a Public Hearing on Programs for FY 2021 (which runs July 1, 2020, through June 30, 2021).

This is an opportunity for residents to suggest class offerings, community events, theater programs, art exhibits, tours, youth events and teen activities that are meaningful to the community.

If you would like to speak at the hearing, call the Center to have your name placed on the speakers' list. You may also submit comments in writing to holly.novak@fairfaxcounty.gov.



The McLean Community Center
1234 Ingleside Ave., McLean VA 22101
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www.mcleancenter.org



The Reston Chorale sings under the direction of David B. Lang at Saint Luke Catholic Church, McLean.

Reflections

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. Sunday, March 17, 4-6 p.m. at Saint Luke Roman Catholic Church, 7001 Georgetown Pike, McLean. \$0-\$30. Tickets and information at www.RestonChorale.org.

CALENDAR

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

ONGOING

Jim Trusilo Solo Art Show. Through March 16, at The Frame Factory, 212 Dominion Road, NE, Vienna. Hours are daily from 10 a.m. to 5 p.m. For a slide show, visit www.theframefactory1.com.

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

WEDNESDAY/MARCH 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.

THURSDAY/MARCH 14

National Pi Day Celebration. Amphora Bakeries celebrate National Pi Day with iconic pies in their Vienna and Herndon locations. Call 703-964-0500 to pre-order or visit amphorabakery.com/pie-landing-page.

THURSDAY-SATURDAY/MARCH 14-16

Oleanna. 8-10 p.m. At the Italian Café. 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".

Oleanna takes on new life in the #metoo movement and the power of this production will be enhanced by the intimate setting of the Italian Café restaurant itself. Cost is \$10. Visit www.providenceplayers.org.

FRIDAY/MARCH 15

Game Night. 7 p.m. in the Chapel at 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. Annamaria Goeneneboom at 703-356-7200 or agroenenboom@lewinsville.org.

5th and 6th Grader Party: The Glow Party. 7-9 p.m. at The Old Firehouse, 1440 Chain Bridge Road, McLean. Fifth- and sixth-grade students can enjoy food, a DJ playing the latest hits, dancing, games and other fun activities at this themed dance. \$35 each/\$25 MCC district residents. Preregistration is highly recommended. Visit www.mcleancenter.org.

Club Night. 7-10 p.m. at Caffè Amouri, 107 Church St., NE, Vienna. Spinning records and relaxing after a long week. Come by with family, play games, and unwind in a welcoming environment. Free admission. Call 703-938-1623 or visit caffeamouri.com/events-calendar.

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.

Open Mic Night. 7-10 p.m. at Caffè Amouri, 107 Church St. NE, Vienna. It's THE BEAT~ the weekly hosted open mic at Caffè Amouri. THE BEAT is a fun, laid back and friendly experience. Free admission. Call 703-938-1623 or visit caffeamouri.com/events-calendar.

SATURDAY-SUNDAY/MARCH 16-17 Photography Contest and Exhibit.

Saturday, 10 a.m.-3 p.m.; Sunday, noon-3 p.m. at Vienna Community Center, 120 Cherry St. SE, Vienna. All metropolitan area amateur photographers are invited to participate in the Photography Contest and Exhibit. Entry fee is \$10 per person, with three photo submissions total across seven categories: nature, pictorial, scenic, portraiture, architecture, animals, and photojournalism. Ribbons will be awarded in all categories, in both color and black and white divisions. Student photographers in grades 7-12 will be judged in a separate category. Participants must submit their photos in person with their application Thursday, March 14, 5-8 p.m. or Friday, March 15, noon-3:45 p.m. Find the application and physical requirements for photos at viennava.gov/photo. Email lily.widman@viennava.gov or call 703-255-5738 for more information.

"Winnie-the-Pooh." 2 p.m. at The Alden Theatre at McLean Community Center, 1234 Ingleside Ave., McLean. It's story time for Christopher Robin and Winnie-the-Pooh, but Pooh won't hear just any story, he wants to hear a story about himself, because "he's that sort of bear." Cost is \$15/\$10 MCC tax district residents. Visit www.aldentheatre.org.

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

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ENTERTAINMENT



PHOTO COURTESY OF NVMR

Great Northern Diesels meet in Statesville. The NVMR train layout is prototypical to a real railroad, Southern's Western North Carolina Railroad. It is a single-line railroad with sidings at each town so faster trains like passenger trains can pass freight trains. In this case, two Great Northern diesel engines are pulling a long freight train up the Black Mountains of North Carolina but have to wait at the siding for a passenger train to go through.

Open House

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. Saturday, March 16, 1-5 p.m. at the Vienna Depot, 231 Dominion Road NE. Call 703-938-5157 or visit www.nvmr.org.

CALENDAR

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.

MONDAY/MARCH 18

Sample Coffee Tasting. 12:30-1 p.m. at Caffe Amouri, 107 Church St. NE, Vienna. At Caffe Amouri, they roast all of their coffee for which they do "cuppings" or tastings every Monday. Their roasters will be available for questions and comments. All are welcome. Free. Free admission. Call 703-938-1623 or visit caffeamouri.com/events-calendar.

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.

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

TEDxTysons OpenMic Night. 7-9:30 p.m. At McLean Community Center's Alden Theatre, 1234 Ingleside Ave., McLean. In an "American Idol" meets StorySLAM-style evening, aspiring TEDx Talkers will present their 2-3

minute pitch to a full house... and at the end of the evening one speaker will be selected to develop and present a full TEDxTysons talk. Whether you are a TED fan or someone who loves a rare behind the curtain glimpse at how speakers are selected, this event is for you. This is an all-ages event. A reception follows featuring McLean Project for the Arts artists. Tickets \$16/\$12 MCC tax district residents. Visit the website <https://mcleancenter.org>.

FRIDAY/MARCH 22

McLean Art Sociey Meeting. 10 a.m.-noon at The McLean Community Center, 1234 Ingleside Ave. Dhamin Jassim, a graduate of the Institute and Academy of Fine Art in Baghdad will be the featured presenter. The artist will be doing a painting demonstration. Guests are welcome. Call 703-790-0123.

Club Night. 7-10 p.m. at Caffe Amouri, 107 Church St., NE, Vienna. Spinning records and relaxing after a long week. Come by with family, play games, and unwind in a welcoming environment. Free admission. Call 703-938-1623 or visit caffeamouri.com/events-calendar.

SATURDAY/MARCH 23

Spring Bazaar and Craft Show. 10 a.m.-4 p.m. in the Flame Room at the Vienna Volunteer Fire Department, 400 Center St. South, Vienna. The Auxiliary to the Vienna Volunteer Fire Department will hold their Spring Bazaar and Craft Show. Offered for sale will be crafts, holiday decorations, items for your home, clothing and gifts for that special someone. A lunch menu baked goods table. Admission is free. For information, or to reserve a space, call Carol at 703-309-3468 or email Dancers1023@aol.com.

The Joshua Show (Family Friendly). 1 p.m. at The Alden Theatre at McLean Community Center, 1234 Ingleside Ave., McLean. This award-winning family production features a modern-day Mr. Rogers with hipster appeal, live music, tap dancing, physical comedy and multiple styles of puppetry to take the audience on a journey to find the joy in being yourself. Cost is \$15/\$10 MCC tax district residents. Visit www.aldentheatre.org.

Here's What's Happening at MCC!

The Old Firehouse 5th & 6th Grader Party



The Glow Party
Friday, March 15, 7-9 p.m.
1440 Chain Bridge Rd.
\$35/\$25 MCC district residents

Presented by The Alden



TEDxTysons Open Mic
Wednesday, March 20, 7 p.m.
\$16/\$12 MCC district residents

Here's How to Make Memories



Father-Daughter Enchanted Evening Dance
Friday, March 22, 7-8:30 p.m.
\$25 per person

Presented by The Alden



"The Joshua Show"
Saturday, March 23, 1 p.m.
\$15/\$10 MCC district residents

Share Your Ideas on Our Programs



Public Hearing on FY2021 Programs
Wednesday, March 27, 7:30 p.m.
Open to the public

It's ASC Weekend @ The Alden!



American Shakespeare Center on Tour
"Antigone"
Saturday, March 30, 2 p.m.



"The Comedy of Errors"
Saturday, March 30, 7:30 p.m.
"The Winter's Tale"
Sunday, March 31, 2 p.m.
Live music starts a half-hour before the curtain.
Tickets: \$40 per show/
\$30 MCC district residents



The McLean Community Center
www.mcleancenter.org
Home of the Alden Theatre
www.aldentheatre.org
703-790-0123, TTY: 711

1234 Ingleside Ave., McLean, VA 22101

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Employment

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NEWS

Assistance League to Host Annual Spring Luncheon

Assistance League of Northern Virginia will hold its annual fundraiser on April 26 to support its community outreach programs. The public is invited to attend the event, and to bid on an array of items at auction, to raise funds for the nonprofit's major programs: Weekend Food for Kids, Reading Express and New Clothing for Kids. Through these programs, the all-volunteer organization helps thousands of less advantaged students achieve their full potential in school.

This school year, through its partnerships with Dominion Energy, Quadrant, Inc., Tee Off for Tots Children's Charities, The Cecil & Irene Hylton Foundation, Intelsat, Dunn Loring-Merrifield Rotary Club and others, the nonprofit provided nearly 16,000 bags of nonperishable food items to children in Fairfax and Prince William Counties and the City of Alexandria who might otherwise go hungry on weekends. Weekend Food for Kids reduces hunger in our vulnerable communities, providing more than 1,800 bags of food monthly. A new partnership with Allstate Insurance Company will help the chapter do even more in the 2019-20 school year.

Through its literacy programs, member volunteers provide one-on-one tutoring to improve the reading skills of at-risk students at Providence Elementary School in Fairfax. Assistance League donated more than 700 books to 30 third grade classes at seven schools, and 120 books to two schools for summer reading programs. The organization also started a second reading program that serves all first-grade students at Pine Spring Elementary School in Falls Church. The nonprofit provided new clothing, shoes



PHOTO CONTRIBUTED

Chris Baity, the Founder and Executive Director of Semper K9 Assistance Dogs, pictured with his service dogs, is a keynote speaker for Assistance League's annual spring luncheon.

Luncheon, Silent Auction April 26

The "Strengthening Our Community" Luncheon is set for Friday, April 26, from 11 a.m.-2 p.m. at the Country Club of Fairfax, 5110 Ox Road, in Fairfax. Ticket price is \$65 (\$30 of each ticket is tax deductible).

The luncheon will include a variety of silent and live auction items, donated by local businesses, and will feature Keynote Speaker Chris Baity, a veteran Marine Corps dog trainer and the Founder and Executive Director of Semper K9 Assistance Dogs. Sponsors as of Feb. 13, Panda Stone-wall and Bob's Discount Furniture Charitable Foundation. For reservations or to contribute, contact info@alnv.org. www.alnv.org.

and personal grooming products to approximately 2,800 children whose families cannot afford to purchase those essential items.

Through fundraising efforts and grant awards, the organization has returned \$798,754 to the local community since 1999.

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Sodexo Federal Services, Inc. trading as Sodexo Federal Services, Inc., 1000 Colonial Farm Road, McLean, VA 22101. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Mixed Beverage Caterer license to sell or manufacture alcoholic beverages. Brett Ladd, President/Director. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

Legals

ABC LICENSE
Kerasotes ShowPlace Theatres, LLC trading as ShowPlace ICON Theatre, 1667 Silver Hill Drive, McLean, Fairfax County, Virginia 22102. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On and Off Premises and Mixed Beverages Restaurant (seating capacity over 150 seats) license to sell or manufacture alcoholic beverages. Christopher J. Blum, CFO authorizing advertisement. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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BULLETIN

FROM PAGE 11

FRIDAY/MARCH 15

Technology Fridays in March. 10 a.m.-noon at the Dunn Loring Center for Parent Services, 2334 Gallows Road, Dunn Loring, Entrance 1, 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 15 - Technology Tools to Support Executive Functioning
- ❖ March 22 - Assistive Technology to Support Communication

Film and Discussion: "What Lies Upstream." 6:30-9 p.m. At Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton. The filmmaker looks into a mysterious chemical spill in West Virginia that left 300,000 people without drinking water for months. Waste water environmental experts will provide background on how water contamination affects Virginia. This event is free of charge and open to the public. Contact sbonney001@aol.com.

TUESDAY/MARCH 19

Lenten Services: Centering Prayer. 7-7:45 p.m. in St. Mary's Chapel, Church of the Holy Comforter, 543 Beulah Road, NE, Vienna. Join a brief teaching on centering prayer and 20 minutes of silence. Visit www.holycomforter.com for more.

WEDNESDAY/MARCH 20

Education Recruitment Day. 9-11:30 a.m. at George Mason University, Johnson Center, Dewberry Hall, 4400 University Drive, Fairfax. This education-focused career fair is an opportunity for graduating students (Mason or non-Mason) or any community member interested in education, to network and discuss opportunities with education recruiters from the DC Metro area and surrounding regions. Recruiters may invite participants back for a 30-minute interviews in the afternoon. Interviews are invitation only, and attendance in the morning session is required to receive an invitation. Open to all Mason students, alumni and community members. No registration required. Free. See who's going to be there gmuhandshake.com/career_fairs/7919/student_preview.

Lenten Brownbag Lunch & Book Discussion. 12:30-2 p.m. in the Library at Church of the Holy Comforter, 543 Beulah Road, NE, Vienna. Bring a bag lunch and join a study of Rowan Williams' book Resurrection following the 12:10 p.m. Lenten Midweek Eucharist on Wednesdays. Join for worship in the Chapel beforehand or just come for the book discussion. Visit www.holycomforter.com for more.

IEP Parent Workshops. 6:30-8:30 p.m. At Dunn Loring Center for Parent Services, 2334 Gallows Road, Dunn Loring, Entrance 1, Room 100. Collaborative IEP Meetings: Parents as Partners. Workshop for parents of children receiving special education services. Parents are essential partners in the Individual Education Plan (IEP) process. Strategies to support a parent's role in a child's IEP meetings will be shared.

THURSDAY/MARCH 21

Spring Equinox Celebration. 7-9 p.m. At Unity of Fairfax, 2854 Hunter Mill Road, Oakton. Join in a celebration of the first day of Spring, with an indoor medicine wheel and prayer tie crafting. Visit uof-2019-spring-equinox.eventbrite.com.

FRIDAY/MARCH 22

Film: "From Paris to Pittsburgh." 6:30-8:30 p.m. At Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton. View the film "From Paris to Pittsburgh." From coastal cities to America's heartland, "Paris to Pittsburgh" celebrates how Americans are demanding and developing real solutions in the face of climate change. Email lgrowe@verizon.net for more.

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Talk About Wishful Thinking



By KENNETH B. LOURIE

Every morning, at the very least, I look into the bathroom mirror to brush my teeth and shave my stubble. And there, right below my Adam's apple, in plain site, is the tumor we're attempting to stabilize, and in a perfect scenario: shrink.

As I've said many times before during my 10 years of treatment: "I can live with 'stable,'" and/or "Stable is my new favorite word." But the only way I find out if my lung cancer tumors are stable/have shrunk/grown is when my oncologist tells me/I read the radiologist's report.

During this quarterly interval between scans, I'm like Sergeant Schultz from "Hogan's Heroes": "I see nothing." The tumors in my lungs are "like weeds," (meaning they're everywhere), said my oncologist at the initial Team Lourie meeting in response to one of my wife, Dina's, questions about whether surgery was an option; "no" was that answer. But obviously, I can't see them and what feelings I've experienced in my mediastinum have likely been scar tissue forming (according to my oncologist) and not indicative of too much too often.

So, I've learned to not overreact to any discomfort I might experience. It might mean something or it might mean nothing. I've been to both places already.

However, the "Adam's apple" tumor is front and center. When I brush my teeth, I see it. When I shave I have to nearly shave over it. It's impossible to miss. It's not exactly a goiter but it's more than a lump.

It's not painful, but it's completely opposite to the tumors in my lungs; they're out of sight and because of that, occasionally out of mind. The "Adam's apple" tumor is totally in sight and because of that, is always on my mind. It's how I start my day and how I finish my evening. And in the hours between, I'm touching my throat to feel what I can feel and hope what I can hope. The effect is I'm reinforcing a negative every time I touch the tumor.

If I can't see the tumor (like the ones in my lungs), and I can't touch the tumors (like I can the "Adam's apple" tumor), I can delude myself more easily into not thinking/remembering I even have cancer; and more importantly, not thinking that I'm "terminal" as my oncologist characterized me all those years ago when he gave me a "13 month to two year" prognosis - on Feb. 27, 2009. Then I can pretend to live life as if the Sword of Damocles is not hanging over my head.

But, being able to touch the very thing that might be shortening my life makes it more real than it's ever been. And it's that reality that is making Kenny a very dull boy (no comments from the peanut gallery, please?).

I'll know something definitive on March 18, five days after my March 13 CT scan, the first scan I will have had since I began the immunotherapy. That's when we'll have our usual post-scan appointment with my oncologist to learn results and discuss alternatives, if necessary.

Surgery, as we've inquired about previously is out of the question. Therefore, we'll either continue to do what we've been doing, or start doing something we've never done before (you have to keep the cancer guessing).

On my most recent appointment, when asked by yours truly, my oncologist said we have lots of non-surgical options should change be warranted. (There was a time in the past when I asked my oncologist a similar question and he was not nearly so encouraging. In fact, he was downright discouraging when he told me that the drug he was giving me at the time was the last drug he had for me.) Having been dangling previously at a near end, I'm sure you can appreciate how a patient knowing there are other choices available should a drug fail to stop the growth, is very reassuring.

Nevertheless, facing off with this tumor every day and being able to touch it morning, noon and night, presents a real problem: how do I avoid thinking I have cancer?

It's always been my goal to try and assimilate the facts and hope not to be overwhelmed by the feelings. But how do I think it's nothing when it's obviously something?

I mean, it wouldn't be there if it was just minding its own business, would it?

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



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