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Great Falls CONNECTION

The calm before the storm. Staff from the county's Office of Emergency Management "at work" in the OEM's Alternate Emergency Operation Center, giving insight into the department's operations before participating in a statewide tornado response drill.

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McLEAN COMMUNITY CENTER 2019 GOVERNING BOARD ELECTIONS



The Governing Board and staff of the McLean Community Center (MCC) strongly encourage all qualified residents to vote for members of MCC's 2019-2020 Governing Board. Your vote sends a very important message of your support of the Center's programs and services.

Requirements to Vote:

1. You must be a resident of the MCC's tax district (Dranesville Small District 1A); however, you need not be registered to vote in the general election.
2. You must be at least 18 years old to vote for an adult candidate. Adults may vote for up to three candidates. Teens turning 18 on or before McLean Day may only vote for adult candidates.
3. You must be 15 through 17 years old by McLean Day to vote for youth candidates. Youth voters have two votes and may vote for one candidate in the McLean High School boundary area, and one candidate in the Langley High School boundary area. Youth voters may not vote for more than one candidate in the same boundary area.
4. You must bring identification and proof of residency, such as a driver's license. If you do not have identification, you may sign an affidavit.

When & Where:

Vote between the hours of 10:30 a.m. and 5 p.m. at the McLean Day 2019 festival on **Saturday, May 18**, at Lewinsville Park, 1659 Chain Bridge Rd., McLean, Va. 22101.

Absentee Voting:

Want to vote, but can't make it to the McLean Day festival on May 18? Vote by absentee ballot now through May 15! Call the Center at 703-744-9348 or send a request by email to "elections@mcleancenter.org" to have a ballot package sent to your home. You may pick up a ballot or vote at the Center, 1234 Ingleside Ave., or The Old Firehouse Center, 1440 Chain Bridge Rd. Completed absentee voting affidavits and ballots must be returned to either site by 5 p.m. on Wednesday, May 15, to be counted.

Write-in candidates are allowed and must have at least 10 votes from 10 residents of the Center's tax district in order to have their votes counted. For youth write-in candidates, the 10 votes must come from teens who live within the same high school boundary area as the candidate.

ADULT CANDIDATES *Three positions open*

YOUTH CANDIDATES *Two positions open*



Maria Foderaro-Guertin

mariaformccboard@gmail.com

I'm excited to be a candidate for the board of the McLean Community Center, which has served my family for 14 years. We have greatly enjoyed the variety of events and offerings. I am a foreign language and history teacher with broad experience in management with companies and nonprofits. My career spans many organizations where I continued to advance my core values and culture of volunteerism and hard work. The newly renovated center can become a hub of activity for all ages. With your vote, I will continue to work with our board to expand offerings for our vibrant community.



Suzanne Le Menestrel

suzanne4mclean@gmail.com

I have lived in McLean with my family for eight years. I am honored to be running for the Governing Board. A lifelong theatre fan, I avidly support The Alden Theatre and the MCC's many arts programs. I am deeply committed to serving my community and the broader Washington, D.C. region. I am on the board of directors for the Prince George's Child Resource Center, volunteered as a Girl Scout leader, mentor teen Girl Scouts working on their Gold Awards and contribute my expertise in child and youth development programs, policies and research to national advisory groups.



Sun Park

sunpark94@gmail.com

I am running to amplify the voices of young professionals. Having grown up in McLean and been on the board in the past, I understand both our community and this Center's purpose. I want to shape the strategic direction of the MCC to reflect the changes in McLean. My priorities are to increase programming targeted at the growing young professional demographic, encourage more diverse cultural events sponsored by the Center and ensure that the funds allocated to the Center maximize the benefit of all. I'm committed to fostering a strong community and am excited for this opportunity to give back.



Carla Post

carla4community@gmail.com

Our family moved to McLean in 2008 and immediately felt welcomed by the wonderful community. Throughout the years, we have benefited from so many MCC programs that I want to give back by joining the board. As a Director of Conference Services, I have 25 years' experience planning and directing events, managing technology and budgets and leading teams supporting conference and facilities spaces. I'm also the Sustainability Project Manager for a major corporation and hope to work with MCC staff to promote sustainable practices and incorporate environmental education into the curriculum. Thank you for this opportunity to serve our community.



Barbara Protacio

electbarb@gmail.com

I'm Barbara Protacio, and as a teacher, coach and mother of two, I have served country, community and family. When I graduated from Yale, I wanted to give back to the country that embraced me when I was adopted as a baby from Guatemala. I began my life of service as a Navy captain, a PTA president at two schools, and I am currently teaching first grade in Vienna. Now, I wish to serve my neighbors on the McLean Community Center Governing Board to provide programs and activities that create an inviting McLean community that embraces people of all backgrounds.



Alizé Ashraf

alize.ashraf@gmail.com

I moved to McLean four years ago in eighth grade. Since then, McLean has had so much to offer me, from recreational soccer to Dranesville district meetings at MCC. Along the way, I've made some great friends at Langley High School and have become a part of the community through the school orchestra, Saxon Stage, clubs and honor societies. I've learned to handle responsibility and manage my time by helping Abrar Orneish with her 2019 school board campaign. I'm excited about getting more youth involved with the MCC. McLean has given me so much and I want to give back.



Anna Krause-Steinrauf

annakrause222@gmail.com

I have loved growing up in McLean. I am a Junior at Langley High School and value being a part of my school's and McLean's community. I am running as a candidate because I am passionate about making the McLean Community Center a place for everyone, especially youth. Through programs at the McLean Community Center, I have learned valuable skills and made friends. I would like to advocate for intergenerational programs to bring people together since many do not have extended family in the area. I have experience in planning and participating in meetings through Langley's Service Learning Club.



Megan Markwart

lmarkwart@gmail.com

A lifelong McLean resident and Junior at Langley, I've attended MCC programs since I was born, tagging along with my siblings to Music Together class. Redeemer Lutheran and my family taught me the importance of giving back and sports taught me the value of teamwork. Having played field hockey, soccer and track at Langley, elected Class of 2020 SGA representative annually and serving on the MCC Board this past year has prepared me to actively participate on next year's Board. I support programming of interest to young adults such as the MCC-Alden-TEDxTysons event. Thank you for your vote.



Sabrina Benmira

sabrinake703@gmail.com

McLean has been my home for as long as I can remember. I am committed to this community and the people that live here. My international background has allowed me to appreciate the diversity of McLean and connect with my peers. At McLean High School, I have fallen in love with field hockey and devoted my time to raising money for the American Cancer Society through Relay for Life. If elected as a board member, I will provide crucial insight into the lives of the youth and strive to make changes that are in the best interest of everyone.



Xavier Jimenez

xavierjimenez523@gmail.com

Hi! I'm Xavier, a Junior from McLean. I'm running for the Board because I care about my town and the people in it. It's my belief that making life more enjoyable, for even one person, makes the community stronger as a whole. When I was younger, I used to volunteer to usher the plays put on at the Alden Theatre. I've volunteered for the State Senate race in Virginia's 35th district and interned on a local Fairfax election for Chairman of the Board. Due to my passion for the wellbeing of citizens, I believe I'd make a great board member.



Lindsea Strelser

lcstrelser@gmail.com

My name is Lindsea Strelser and I'm a junior at McLean High School. I'm the right fit for our MCC Governing Board because I will always keep the interest of McLean's residents in mind when making decisions regarding what programs are available for you! As an ambassador for the Fairfax Office for Women, I have hands-on experience with planning fun, rewarding events and getting the most out of a budget! As a teenager myself, I'm invested in making the MCC as exciting and welcoming to the youth as possible. Please vote for me as your new Youth Governing Board member.

Meet the Candidates!



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LANGLEY HIGH SCHOOL BOUNDARY AREA
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Planning for Disaster

Emergency Response Guide is packed with information.

BY ANDREA WORKER
THE CONNECTION

High winds are tearing through Fairfax County. Maybe a tornado? There is structural damage to a number of local businesses. Power lines are down, so there are outages being reported. No lights, so traffic is snarled at several major intersections, and some of those downed lines sparked a fire along a heavily-travelled “back road” in the area with the danger of trees falling, as well. The sudden, lashing rain will probably help extinguish the fires, but the overflowing stream on your route has blocked your way home with dangerous flood waters and debris. Is that other road similarly affected? How will you know before you try it?

It’s almost four o’clock in the afternoon. Did your kids get home safely? What about your spouse? Will he or she be able to find a way home, and soon? You keep trying to call them all, but the cell phone system is overwhelmed. And what about your parents? They live in an area prone to flooding with lots of old trees that may not stand up to this onslaught from Mother Nature. Your mom just had knee surgery. She can’t get around too well. Will anyone in her neighborhood check on them and help out if need be?

ALL OF THE ABOVE may sound like the plot line from a disaster movie, but Fairfax County government and emergency management personnel know that one emergency event can easily trigger another, and another, and within minutes that fictitious script can become reality with chaotic, and potentially deadly, consequences.

They want you to be prepared to help yourself and help others by asking yourself “what if?” instead of “now what?” and planning ahead for those often unexpected moments of danger.

It was no accident that county officials chose Tuesday, March 19 — the same day that the Commonwealth was conducting a state-wide tornado drill — to launch CERG, the Fairfax County Community Emergency Response Guide.

Tornadoes are one of the deadliest and most damaging of natural disasters. They can be the trigger for more causes for concern — and they are one of 14 natural and human-caused hazard scenarios, and three “everyday” emergencies, covered in the CERG.

From extreme weather incidents like tornadoes, hurricanes or tropical storms, to man-made actions including cyber attacks, acts of terrorism and danger from chemical, biological or other agents, to structural fires, power outages and medical emergencies, there are practical steps to take to mitigate many of these events, and important actions to take during and after the crisis. The CERG outlines them all and offers ad-



PHOTOS BY ANDREA WORKER/THE CONNECTION

Fairfax County Office of Emergency Management director Seamus Mooney talks about the new Community Emergency Response Guide. Board chair Sharon Bulova and Braddock District Supervisor John Cook also spoke at the launch.



The calm before the storm. Staff from the county's Office of Emergency Management “at work” in the Office of Emergency Management's Alternate Emergency Operation Center, giving insight into the department's operations before a state-wide tornado drill.

ditional resources to help citizens prepare and produce the best possible outcomes for themselves, their families and their neighbors.

Board of Supervisors Chairman Sharon Bulova opened the session to launch the guide. She was followed by Braddock District Supervisor John Cook, who also chairs the board’s Public Safety committee.

“We’re proud that Fairfax County is once again taking a leadership role,” said Cook. “We are only the second county in the nation to put together such a comprehensive and accessible resource for our citizens.”

One of the key reasons for their efforts to provide the information was the need for everyone to do their part in working for the safety and wellbeing of the community, Cook said.

The Office of Emergency Management

coordinates all hazard mitigation, response and disaster recovery for the residents of Fairfax County. Depending on the severity and the scope of the situation, Cook noted that local emergency services could be stretched to their limits.

In the event of a major disaster, residents may have to act as their “own first responders” and the guide discusses how to be ready to do just that for the first three to five days of a large-scale event.

While not suggesting that private citizens would, or should, assume the major duties of rescue and other responders, Cook, and Seamus Mooney, the OEM’s director, both offered that lives could be saved and the impact of any such catastrophe be reduced if residents prepare and plan for themselves, and look out for others around them.

“The call to 9-1-1 is still the first order of

business,” said Mooney, but, again, if the event is severe and/or wide-spread throughout the region, those emergency personnel will be handling hundreds – if not thousands – of calls and prioritizing individual needs and the actions required to bring the situation under control.

The county has a comprehensive plan for response to these and other emergency scenarios and they are highlighted in the CERG, but, more importantly, the guide offers practical before, during, and after advice and resources for our citizenry. It all starts with “Make a Plan.”

THE GUIDE discusses the planning assumptions residents have to make. That could mean dealing with no water, no power, limited communications and possibly no access to retail, including pharmacies, no gasoline, and possibly no ATMs for cash or even the ability to use a credit card.

The CERG provides a basic checklist to help develop your plan for yourself, your family, your neighbors, your pets and even your business, if you are a business-owner.

Step 2 in the preparation stage is to “Practice Your Plan” since a plan is only useful if everyone knows it and can execute it quickly during a stress-filled situation.

The final ingredient to the planning stage is to assemble and maintain an Emergency Kit – and again, the CERG is your guide to knowing just what to include and how to safeguard lives and protect important items and documents. All this valuable information is covered in the first 20 or so pages of the more than 120-page reference book.

Next comes the “what to do’s” of response — the “during phase” — covering evacuation strategies, lock-downs and sheltering-in-place as safely as possible.

Resources for the recovery phase are next, from physical clean-ups to how to apply for assistance from local and federal agencies.

Before getting into the specifics of the different emergency scenarios, the CERG offers practical tips on how to mitigate the effects of flooding, fire, and high winds and what you can do to promote a continuity of utility services. There are also mitigation recommendations for shoring-up financial resilience and preparing to make insurance claims to lessen that pain and possibly shorten the wait for benefits.

After the “cheat sheets” for the different types of emergency, the CERG offers more resources, more checklists and templates to make the process as simple as possible, and encourage its use.

Mooney urges residents to sign up for Fairfax Alerts at www.fairfaxcounty.gov/alerts. For residents with physical, sensory, mental health and cognitive and/or intellectual disabilities, as well as women in late-stage pregnancy and seniors, Mooney strongly recommends that they register with the Fairfax County Functional Needs Registry.

SEE EMERGENCY, PAGE 10

OPINION

Every Year Is Election Year; in 2019 Twice

Primary Election Day, June 11, will determine the outcome of many races in Fairfax County.

First, go to vote.elections.virginia.gov/VoterInformation and check that you are registered at your current address. Deadline to register to vote, or update an existing registration, is Monday, May 20, 2019.

On Tuesday, June 11, 2019, Primary Election Day for party candidates in Virginia, there will be an astonishing array of candidates on the ballot in Fairfax County. One reason is that many incumbents in local offices are retiring, and that causes a domino effect because incumbents in other offices will step down to run for something different. Change is coming. Voters must pay attention in the primary, so much will be determined.

EDITORIAL

On the ballot: Chairman of the Board of Supervisors; Sharon Bulova is retiring and there are four candidates in the Democratic primary. (We will miss Bulova, but that is a discussion for another day.)

All nine members of the Board of Supervisors are on the ballot, and in addition to Bulova, Cathy Hudgins, John Cook and Linda Smyth will be stepping down, and Jeff McKay will give up his seat as he is running for chairman. That is guaranteed change for five of nine seats, and more is possible.

All 12 members of Fairfax County School Board are on the ballot, three at-large and nine District members. Several school board mem-

bers will give up their seats to run for other offices. (4-year term)

All 40 seats in the Virginia Senate (4-year term) are on the ballot, nine in Fairfax County.

All 100 seats in the Virginia House of Delegates (2-year term) are on the ballot, 17 seats in Fairfax County.

There is a rare challenge to the Fairfax County Commonwealth's Attorney on the primary ballot. (4-year term)

Fairfax County Sheriff is also on the ballot. (4-year term)

Parties control information on primary candidates. See Fairfax County Republican Committee at <https://fairfaxgop.org/voter-toolkit/>; Fairfax County Democratic Committee at <https://fairfaxdemocrats.org/2019/01/14/candidates-running-for-office-in-2019/>.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

Budget Equity

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

Increases in budget revenues as a result of federal tax changes and the ability to tax sales on goods purchased on the internet put Virginia in an unusual position to increase its budgeted funds mid-year of a biennial budget while at the same time providing many taxpayers with refunds. As the fall elections approach the actions on the state budget will receive many different "spins." Certainly taxpayers like getting money refunded. At the same time they recognize when programs to meet needs are underfunded, they may over a period of time become even more underfunded. It is more than mathematics and accounting to approve a budget when revenues have increased—it is also very much an expression of values on the part of decision makers.

An example of values affecting budgetary decisions came during the Great Recession of 2008. State revenues dipped at the greatest rate in modern times just as many businesses faltered and failed. A great bail-out went to businesses from the federal government as did



Only now has the Virginia economy recovered such that the funding of education today is exceeding that of pre-2008 levels.

COMMENTARY

major funding to state government. The feds did not match the private losses, but they did provide relief for some greater cuts for programs like education. Only now has the Virginia economy recovered such that the funding of education today is exceeding that of pre-2008 levels.

Beyond simply funding programs and services with more money next year than last year are the equity issues involved in distributing money across programs. My trip to Prince Edward County as I described in my column last week reminded me just how inequitable funding can be. There was no pretense of equity among black and white schools. The whites went to a brick school that was modern for its time; the black children went to school in a tar-paper shanty. With many federal court decisions we have gotten beyond the inequities of segregated services and programs, but inequities still exist.

The budget presented to the General Assem-

bly by Governor Ralph Northam represented the greatest attempt at resolving equity issues that I have seen. Funding for schools was increased but with those who had the greatest needs receiving the most money. Programs for students with special needs were enhanced as was funding for historically black institutions of higher education. The Governor found himself with a major problem pushing his agenda as he got himself in political hot water for his behavior many years ago. Whatever way that situation is resolved, it need not take attention from the basic problem of increasing equity among school divisions, mental health programs and criminal justice programs.

There is ample evidence gleaned from numerous studies that document inequities that exist in the state's budget. These facts will be manipulated among candidates this election season to gain advantage, but candidates need to acknowledge that inequities exist and must be dealt with fairly. I understand that most regions feel that they do not get a fair shake. There are metrics that can be used to find the inequities; once resolved the state will be stronger because of it.

LETTERS TO THE EDITOR

A Welcome 'Green New Deal'

To the Editor:

As we look back on the recently concluded General Assembly session in Richmond, there is not much to mark as progress on environmental issues.

Only because they are a very visible and present danger, did coal ash pits get dealt with. We are left to rely on vetoes from Gover-

nor Northam in order for any regional coordination efforts on reducing greenhouse gases to have a chance to proceed.

Sensible solar bills? Common sense community controlled single-use plastics legislation? A moratorium on new fossil fuel infrastructure? Good things were proposed, but we got nothing through our representation in Richmond.

Which is why the timing of some good news from our Virginia delegation in Congress on climate and related social justice issues is so welcome.

Rep. Gerry Connolly co-sponsored the 'Green New Deal' House Resolution - an aspirational set of goals for sure, but he has now followed it up with co-sponsorship of a piece of detailed climate legislation - the Energy Innovation and Carbon Dividend Act (H.R. 763). Following all the dire climate projections, global experts concur that pricing carbon (CO2) is the best first step to address emissions causing climate instability. Returning all net revenues, in form of a monthly dividend, protects families and ensures support for the

transition to renewables at the household level. Border adjustments ensure an equal playing field for international trade. Thank you, Rep. Connolly, and may the rest of the Virginia delegation pick up the call.

While the climate threat is not so visible and measurable as that from a coal ash pit, nor the solution so engineerable, it must be treated at an emergency scale of effort and urgency.

Meredith Haines
Vienna

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WEEK IN GREAT FALLS

L'Auberge Chez Francois Hosts Luncheon for Great Falls Senior Center Members

The Great Falls Senior Center (GFSC) event for April 16 will be a luncheon hosted by L'Auberge Chez Francois, 332 Springvale Road, Great Falls, 11:45 a.m. to 2 p.m. Luncheon includes a choice of two appetizers (Onion soup gratinee or Organic mesclun salad, vinaigrette); choice of two entrees (Sauteed fresh trout with toasted almonds or Beef Bourguignon, Spaetzles and mushrooms); choice of two desserts (Tahitian

vanilla ice crème brulee or Dark chocolate tart with vanilla ice cream).
Reservations may be made by sending checks made out to GFSC at a cost of \$45 per person, tip and tax included along with tea, coffee or soda, to Sondra Taylor, 752 Boehms Court, Great Falls 22066 by April 11. For additional information contact Sondra Taylor, 703-759-6204. Visit gfseniors.org.

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.

WEDNESDAY/MARCH 27

McLean Community Center Public Hearing on Programs. 7:30 p.m. MCC, 1234 Ingleside Ave., McLean. McLean Community Center (MCC) is asking residents what kinds of programs and services they would like to see offered at the newly renovated facility. The MCC Governing Board wants to hear from residents of Small District 1A-Dranesville, who pay a real estate surcharge to support the center. Tax district residents who wish to speak at the hearing are asked to call the Center at 703-744-9348, TTY: 711, to have their names placed on the speakers list; however, speakers are not required to sign up in order to speak. Residents also may submit comments by mail, fax (703-556-0547) email holly.novak@fairfaxcounty.gov or in person up to seven days after the hearing. For more information, call the Center at 703-790-0123, TTY: 711, or visit bit.ly/2tGi5IC.

THURSDAY/MARCH 28

Hispanic Connect NOVA. 8:30-9:30 a.m. at 8300 Boone Blvd., in the Partners' Conference Room, Suite 450, Vienna. Join the Virginia Hispanic Chamber for this recurring event series designed for chamber members and newcomers. Free with membership; non members, \$10. RSVP at www.vahcc.com/hispanic-connect-nova.
GFES Kindergarten Orientation. 9:15-10:15 a.m. at Great Falls Elementary School, 701 Walker Road, Great Falls. Children who are five by Sept. 30, 2019 are eligible to enter kindergarten for the 2019-20 school year. Parents and eligible children are invited to attend the Great Falls ES Kindergarten Orientation. Our future students will experience what is will be like to be in a kindergarten classroom, while parents will receive information pertinent to registration,

SEE BULLETIN, PAGE 11



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SOPHOCLES' "ANTIGONE"
MARCH 30
2 P.M.
 Live music starts 30 minutes before curtain.

SHAKESPEARE'S "THE COMEDY OF ERRORS"
MARCH 30
7:30 P.M.
 Live music starts 30 minutes before curtain.

SHAKESPEARE'S "THE WINTER'S TALE"
MARCH 31
2 P.M.
 Live music starts 30 minutes before curtain.

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ENTERTAINMENT

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

ONGOING

Art Exhibit: Heralds of Spring.

Through March 29, library hours in the Great Falls Library large meeting room, 9830 Georgetown Pike, Great Falls. Mary Ellen Mogee's exhibit of abstract floral paintings is full of blooms exploding with color and light and brings spring to Great Falls a little early. Free. Visit www.maryellenmogee.com or call 703-785-5784.

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/ for more.

WEDNESDAY/MARCH 27

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.

THURSDAY/MARCH 28

Langley Lacrosse Youth Night. 6 p.m. at Langley High School Stadium field, 6520 Georgetown Pike, McLean. Warm up with varsity players at 5:45 p.m. JV game starts at 6 and varsity at 7:30. Langley High School Girls Lacrosse is hosting Youth Night. Raffles, door prizes, and free youth t-shirts for the first 60 fans. Free admission for youth lacrosse players wearing their jerseys; \$5 for others. Email jmuwaits98@yahoo.com for more.

FRIDAY/MARCH 29

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 for more.

SATURDAY/MARCH 30

NoVaTEEN Book Festival. 9:30 a.m. at Marshall High School, 7731 Leesburg Pike, Falls Church. The NoVaTEEN Book Festival is back with a day full of panels, games, and signings with over 30 bestselling and emerging Young Adult authors. Learn more on the official festival website. The event is free and open to the public; tickets and a full schedule are available at novateenbookfestival.com.

Craft Beer and Wine Festival Fundraiser. 11 a.m.-1 p.m. at L'Auberge Chez François, 332 Springvale Road, Great Falls. Chef Jacques Haeringer, of L'Auberge Chez François and Jacques' Brasserie, hosts a fun and delectable craft beer and wine festival fundraiser to support a group of firefighters, police officers, and first responders representing the



Camp Open House

Learn about Traveling Players Ensemble's summer theatre camp for grades 3-12. Get a tour and meet the staff. The whole family is welcome. Sunday, April 7, 1-4 at The Madeira School's Chapel Auditorium, 8328 Georgetown Pike, McLean. Rain or shine. Free. Call 703-987-1712 or visit www.travelingplayers.org.

PHOTO BY
 ZENA CARMEL-JESSUP

United States of America in the top division of volleyball at the World Police and Fire Games in China in 2019. \$75. Visit www.laubergechezfrancois.com or call 703-759-3800.

Sophocles' "Antigone." 2 p.m. at The Alden Theatre at McLean Community Center, 1234 Ingleside Ave., McLean. Sophocles's drama from 441 B.C. holds startling relevance today, examining divinity, obedience, and law—and how love overcomes them all. Cost is \$40/\$30 MCC tax district residents. Visit www.aldentheatre.org for more.

Black History Concert. 3 p.m. at Historic Pleasant Grove Church, 8641 Lewinsville Road, McLean. The Washington Revels Jubilee Voices ensemble will perform at Historic Pleasant Grove Church's free annual Black History Celebration. The Jubilee Voices will present traditional African-American song, poetry, and dance tailored to the unique story of Pleasant Grove. Free. Visit www.HistoricPleasantGrove.org for more.

Shakespeare's "The Comedy of Errors." 7:30 p.m. at The Alden Theatre at McLean Community Center, 1234 Ingleside Ave., McLean. Two long-separated twins, their two tricky servants (also twins), a jealous wife, and her lovelorn sister romp through this fast-paced comedy. Cost is \$40/\$30 MCC tax district residents. Visit www.aldentheatre.org.

VOCE Chamber Singers. 8 p.m. at Church of the Holy Cross, 2455 Gallows Road, Dunn Loring. VOCE Chamber Singers presents Rachmaninoff: All-Night Vigil (Vespers). Rachmaninoff's All-Night Vigil (Vespers) is widely regarded as the "Mt. Everest" of the a cappella choral repertoire. Tickets \$10-\$25; under 18, free. Visit www.voce.org or call 703-277-7772.

SUNDAY/MARCH 31

Langley/Cooper 5K. 8 a.m. at Langley High School, 6520 Georgetown Pike, McLean. Join the "Bands on the Run" 5k run/walk, benefitting Langley High School and Cooper Middle School Band programs. \$30 through March 15; 3/15; \$35 through Race Day. Visit www.langleyband.org/bands-on-the-run to register or sponsor. Sponsorships are tax-deductible.

Shakespeare's "The Winter's Tale." 2 p.m. at The Alden Theatre at McLean Community Center, 1234 Ingleside Ave., McLean.

Shakespeare's magnificent late play is a roller-coaster ride from romance to tragedy to comedy and, finally, to a place of transcendent beauty that few other works of art have ever gone. Cost is \$40/\$30 MCC tax district residents. Visit www.aldentheatre.org.

VOCE Chamber Singers. 4 p.m. at Church of the Holy Comforter, 543 Beulah Road, NE, Vienna.. VOCE

Chamber Singers presents Rachmaninoff: All-Night Vigil (Vespers). Rachmaninoff's All-Night Vigil (Vespers) is widely regarded as the "Mt. Everest" of the a cappella choral repertoire. Tickets \$10-\$25; under 18, free. Visit www.voce.org or call 703-277-7772.

MONDAY/APRIL 1

Langley Baseball Fundraiser. 4-8 p.m. at Chipotle, 6707 Old Dominion Drive, McLean. Support the Langley Baseball Program by having dinner at Chipotle and help the baseball team build their new batting cage pavilion.

WEDNESDAY/APRIL 3

Explore the Universe. 7:30-8:25 p.m. at Turner Farm, 925 Springvale Road, Great Falls. "The Universe" is a big topic to explore. Learn about stars and galaxies, dark matter and dark energy, and some weird physics that helped shape the universe. Designed for participants age 9-adult. \$8 per person. Call 703-324-8618 or visit www.fairfaxcounty.gov/parks/turner-farm.

THURSDAY-SATURDAY/APRIL 4-6

Oakton Library Sale. Thursday, 1-8 p.m.; Friday, 10 a.m.-5:30 p.m.; Saturday, 10 a.m.-3 p.m. at Oakton Public Library, 10304 Lynnhaven Place, Oakton. The Friends of Oakton Library Spring Book Sale – purchase gently used books, CDs, DVDs, audiobooks, and more. The Friends member pre-sale is Wednesday, April 3, 2-5:30 p.m.; join at the door. Free admission. Email FriendsOfOaktonLibrary@gmail.com or visit www.fairfaxcounty.gov/library/branches/friends-of-oakton for more.

FRIDAY/APRIL 5

Vinson Hall Community Talent Show. 7 p.m. in the Kathy Martin Community Building Ballroom, on the Vinson Hall Retirement Community campus, 1735 Kirby Road, McLean. The Talent Show will feature acts performed by VHRC residents and staff, ranging from piano performances to song and dance numbers to a yodeler. Open to the public. Admission is \$10, which will support Navy Marine Coast Guard Resident Foundation's Innovation and Enhancement Fund. Following the performance there will be a coffee and dessert bar available and a chance to talk with the stars of the show.

FRIDAY-SUNDAY/APRIL 5-7

50th Anniversary Treasury of Art. Friday-Saturday, 10 a.m.-9 p.m.; Sunday, noon-4 p.m. at the Vienna Community Center, 120 Cherry St. SE, Vienna. The Vienna Arts Society showcases hundreds of original artworks from around the nation

ENTERTAINMENT

selected by juror Leigh Culver. Saturday night, April 6, features music by the Difficult Run String Band. The Awards Reception, Saturday, April 7 from 7-9 p.m., is an opportunity to meet the artists while enjoying light refreshments and music by the Fascination Strings. Free and open to the public. Visit viennaartssociety.org for more.

FRIDAY/APRIL 5-27

Spring Cleaning Local Waterways. 9-11:30 a.m. unless noted. The Fairfax County Park Authority and The Nature Conservancy are looking for 1,000 volunteers to lend a hand at 21 parks to clean up local waterways. Watershed Clean-up events bring the community together to clear the earth's arteries by removing tires, bottles, cans and other debris that has been carelessly dumped in our streams, rivers and lakes. This is a great community service project for individuals, families, service groups and students. Sign up to volunteer at bit.ly/2PKL5Tu.

SATURDAY/APRIL 6

Explore Lake Fairfax Park with a Naturalist. 10-11:30 a.m. at Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. Learn about the flora and fauna that give Lake Fairfax Park its character. Designed for participants 3-adult. \$8 per person. Dress for the weather. Call 703-471-5414 or visit www.fairfaxcounty.gov/parks/lake-fairfax.

Scrapbook for a Cause. At the Vienna Volunteer Fire Dept, 400 Center St. S., Vienna. All proceeds benefit Colleen McGroder's Kidney transplant fund. Registration fee

includes cropping space, lunch on Saturday, coffee, tea, lemonade and a raffle ticket. Dinner will be available for purchase for \$8. Registration is \$40; \$45 at the door. Learn more at www.gofundme.com/colleen-mcgroder-kidney-transplant-fund. Email mary.kubisch@gmail.com or call 703-314-5438.

SUNDAY/APRIL 7

A Turning Point in Women's

History. 1-3 p.m. at Temple B'nai Shalom, 7612 Old Ox Road, Fairfax Station. Come hear Pat Wirth, of the Turning Point Suffragist Memorial Association, give an in-depth look at a critical time in the history of women in our country. Organized by the Sisterhoods of Temple B'nai Shalom, Congregation Ner Shalom, and Temple Rodef Shalom, this event is open to all. Free. Suggested contribution of \$10 at the door. Get tickets at www.eventbrite.com/e/a-turning-point-in-womens-history-wrj-mid-atlantic-district-area-day-tickets-57807894970.

Fairfax Choral Society with

Amadeus Orchestra. 4 p.m. at Saint Luke Catholic Church, 7001 Georgetown Pike, McLean. Features "The Armed Man: A Mass for Peace" by composer Karl Jenkins. The work fuses several religious and musical traditions into a one-of-a-kind composition of surpassing beauty. A pre-concert lecture by Music Director A. Scott Wood will begin at 3:15. A reception will follow the concert, at which attendees may meet and chat with the performers and fellow music lovers. Tickets are \$40 and may be purchased at the door or at www.amadeusconcerts.com. Students 17 and under and active military are admitted free of charge.

McLean Symphony Performance.

7 p.m. at Lewinsville Presbyterian Church, 1724 Chain Bridge Road, McLean. The McLean Symphony presents its spring concert, "Appealing! Surprising!" featuring Luke Ratcliffe, pianist. The concert will be conducted by Dr. Igor Sarmientos. This is the third concert of the Symphony's 47th season, "Symphonic Adventures." Visit www.mclean-symphony.org or call 703-831-7165.

MONDAY/APRIL 8

Northern Virginia Positive Aging and Wellness Fair.

8:45 a.m.-4 p.m. at Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. In collaboration with Fairfax County and community partners, the Northern Virginia Positive Aging and Wellness Fair will offer tools, workshops, exhibits and information to educate and inspire adults to achieve a fulfilling and healthy lifestyle as they age. Pat Collins, an award-winning NBC News4 reporter, will be the keynote speaker. Free and open to the public. To register and for more information, visit positiveagingfair.com. For county services for older adults and caregivers, go to www.fairfaxcounty.gov/OlderAdults.

WEDNESDAY/APRIL 9

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. Free admission. Visit mcleancenter.org/performing-arts.

Here's What's Happening at MCC!

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 Old Firehouse Teacher Work Day Trip



Shazam Day
Friday, April 5, 8 a.m.-6 p.m.
1440 Chain Bridge Rd.
\$55/\$45 MCC district residents

Find Something Wonderful



Spring Garage Sale & Kids' Corner
Saturday, April 13, 9 a.m.-1 p.m.
Parking Garage at 1420 Beverly Rd.
Free admission

A New Destination Each Day!



The Old Firehouse Spring Break Trips
Monday, April 15-Friday, April 19
1440 Chain Bridge Rd.
Prices vary based on activity.

McLean Traveler Day Trip



2019 Historic Garden Week: Lynchburg
Tuesday, April 30, 7 a.m.-7:30 p.m.
\$157/\$152 MCC district residents



The McLean Community Center
www.mcleancenter.org

Home of the Alden Theatre
www.aldentheatre.org

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Obituary



Kenneth George Tondreau, age 82, of Great Falls, VA, passed away peacefully on Tuesday, March 19th, 2019 with his family present. He is survived by his wife of 50 years, Donna, son Michael with wife Sandra, grand-daughters Jessica and Elizabeth, daughter Michelle with husband Chris and grandson Corwin. Ken was the only child of Louis E and Clara Tondreau.

Ken grew up in Swampscott, MA, where he attended Swampscott High School, prep school at Kimball Union academy in Meriden, NH, and college at Tufts University where he earned a BS in Mechanical Engineering. Ken was an avid hockey goalie in High School and College and then semi-professionally after that. He was a Small College All-American goalie. Ken was inducted in the Swampscott High School Hockey Hall of Fame in 2009.

After College, Ken chose to forgo a professional hockey contract with the Providence Reds in the American Hockey League and started working for the US Navy at the Boston Naval Shipyard and was loaned to the Portsmouth Naval Shipyard to work on the loss of the Thresher submarine. Ken transferred to Washington, DC, to work for NAVSEA in 1966 on deep submergence systems. Ken continued to work on submarine systems including the Escape and Rescue Systems, McCann Rescue Chambers, and Deep Research Vehicles like Alvin, Turtle, Sea Cliff, and Trieste. Ken even dove to 6,000 feet in Alvin.

His final project working for the US Navy was on submarine SEAL delivery systems. Ken spent a total of 34 years working for the US Navy before joining Perot Systems and then Ocean Engineering as a consultant. Ken loved his sports like tennis, baseball, golf, hiking and of course hockey. Ken coached several of his kid's soccer and t-ball teams. Ken loved animals, especially his black Labrador retrievers that he would take for endless walks in Great Falls Park and Bethany Beach, DE, with his wife. Family visitation will occur on Saturday, March 30th at 11:00am followed by a service at noon at the Colonial Funeral Home in Leesburg, VA.

More information can be obtained by visiting their web site at www.colonialfuneralhome.com. In lieu of flowers the Family asks that donations be sent to the Alzheimer's Association to support research.

Announcements

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NEWS

The Langley Pyramid Presents Art Show

Featuring students of all ages, from elementary school to high school, the Langley Pyramid Art show encourages and inspires young artists. The event took place at the McLean Project for the Arts studio from March 7-19, 2019. "This is a very prestigious event only three school pyramids in Fairfax county have their own show," said Ms. Wright the art teacher at Cooper Middle School. The art show is always looking for more visitors and community members to support our young artists.

— CLAUDIA CASTAGNA AND
ASHLEY VARACALLI

Featured Langley artists, Hanita Bagheriannia, Simon Medina, and Melinda H have their pottery on display.



Enjoying the artwork, students and their families admire the creativity and hard work showcased.

PHOTOS CONTRIBUTED



Eighth grade student Reina Washington pictured with her painting.

Emergency Response Guide

FROM PAGE 3

The registry is an opt-in list of names, addresses and needs that the county uses to deliver targeted emergency alerts and updates in the event of an emergency.

"With information like this, if permitted, we can train communities to make connections," Cook said. "We can help connect neighbors like these with each other and help create a plan to assist." Sometimes, the call to duty can be as simple as just checking in on the neighbor during an emergency to be sure they are informed and not in any immediate need or danger.

There is a lot of information in the CERG, but "it can be consumable in pieces as most relevant to you," said Mooney, and as Mason District Supervisor Penny Gross noted, there is a "cliff notes" version of the guide available for review at each district supervisor's office.

Volunteer corps, under the direction of Mooney and the OEM staff, are "trained to train" others on emergency preparation and planning and are available for

outreach to homeowners' associations, civic groups or faith-based communities, businesses and others.

After the press conference, Mooney invited the media to join in the tornado drill at the OEM's Alternate Emergency Operation Center, located inside the government center.

Staff demonstrated a typical day, monitoring events and potential emergencies from the secondary command post, then followed protocol when the tornado "warning" notice was heard, advising all to shelter-in-place. Into the most interior room with less equipment and items that could become deadly projectiles when directed by tornado-force wind marched the OEM staff – and straight under desks for added protection.

"Everyone should have a plan. Everyone should practice," was Mooney's final recommendation – even those who plan and prepare for and respond to emergencies every single day.

The Fairfax County Community Emergency Response Guide can be downloaded from the county's website and will be available for review in public libraries and governmental district offices.

Announcements

Announcements

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28	29	30	31		

Let us know about an upcoming event

connectionnewspapers.com/Calendar

BULLETIN

FROM PAGE 6

curriculum, and Great Falls Elementary School. Visit www.fcps.edu for registration materials and FCPS general kindergarten information. Call Ellen Rohrer at 703-757-2100 for more.

FRIDAY/MARCH 29

State of Children's Health Legislative Update Breakfast. 8:30-10 a.m. at Northern Virginia Community College - Medical Education Campus, Springfield. Join the MCCC Foundation to hear the latest on the state of healthcare for children locally, across Virginia, and at the Federal level. Meet with legislators, health professionals, business leaders, and community advocates to discuss current news and updates from experts in the field. \$25-\$35. Visit mcccfoundation.org/event/legislative-update-breakfast-march-29-2019/ to register.

Brain Health as You Age. 10:30-11:30 a.m. at Lee Senior Center, 5722 Lee Highway, Arlington. Learn about age-related changes in memory and learning and practices to keep the brain sharp. Learn what to expect, what's "normal" and when it's time to seek a doctor's input. Register online at www.insightmcc.org, or contact Lindsey Vajpeyi at lindsey.vajpeyi@insightmcc.org, 703-204-4664

Teen Depression: What Parents Need to Know. 10 a.m.-noon at the Dunn Loring Center for Parent Services, 2334 Gallows Road, Dunn Loring, Entrance 1, Room 100. This workshop presented by Dr. Kathryn DeLonga, PsyD, a Licensed Clinical Psychologist and Director of the Mood Brain and Development Unit Psychological Treatment Program at the National Institute for Mental Health, will highlight the prevalence of major depressive disorder and how to identify depression in teenagers. Call 703-204-3941 or visit www.fcps.edu/resources/family-engagement/parent-resource-center for more or to register.

Language Immersion Lottery Registration. Immersion lottery registration will close on March 29 for kindergarten. A SIS parent account is required to register. More information about Immersion programs and information meetings can be found at www.fcps.edu.

SATURDAY/MARCH 30

Northern Virginia Housing Expo. 10 a.m.-3 p.m. at Washington-Lee High School, 1301 N. Stafford St., Arlington. Dozens of exhibits and workshops will provide all the information needed to rent an apartment or purchase a first home at the 2019 Northern Virginia Housing Expo, a regional housing fair. Free. Visit www.novahousingexpo.org for more.

SUNDAY/MARCH 31

Passover/Judaica Gift Pop-Up Shop. 9 a.m.-12:30 p.m. at Temple Beth Torah, 4212 Technology Court, Chantilly. Temple Rodef Shalom will sponsor a Passover/Judaica Gift Pop-Up Shop at Temple Beth Torah. There will be a variety of Judaica including mah jong items, jewelry, books, assorted gift items, as well as Bar/Bat Mitzvah, Chanukah, Passover and Shabbat items. Contact Faith Abzug at Faith.Abug@gmail.com or call 319-329-9802

Democratic County-Wide Straw Poll. 4-6 p.m. at Mustang Sally Brewing Company, 14140 Parke Long Ct., Suites A-C, Chantilly. Show support for a favorite candidate in every contested Democratic nomination. 4:30 candidate speeches; 5:15 ballot turn in deadline; 5:55 results announcement. Visit fairfaxdemocrats.org to register.

MONDAY/APRIL 1

Scholarship Application Deadline. The Bull Run Civil War Roundtable in Centreville, Va., a 501 (3)c organization, offers a \$2,000 scholarship to a public or private high school senior who resides in Fairfax, City of Fairfax, Manassas, Manassas Park, or Prince William County. Applicants should plan to attend college in the fall of 2019. Information and application instructions can be found at bullruncwrt.org.

Paving and Restriping Meeting. 6:30 p.m. at Belvedere Elementary School, 6540 Columbia Pike, Falls Church. 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.

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Weight For It ... Wait ...



By KENNETH B. LOURIE

I don't like interacting with artificial intelligence. Nor do I like interacting with artificially-intelligent emailers.

And I especially don't like when there's an attempt by these "a.i.s" to modify my behavior by suggesting a pre-programmed, presumptive course of action – or inaction on my part, based on some survey I may have completed or some list that I've recently been added to – without my consent, or most likely due to a purchase or service I likewise recently paid for.

To that end, which does not justify their means, today I received an email that goes above and beyond the "a.i.'s" purview. And how this particular email came my way is "curious," as Spock from the original "Star Trek" might say.

On March 1, moments before my last infusion, I stepped on a scale which registered my "overweight," which along with taking my blood pressure, pulse and oxygen levels are part of the usual and customary vitals I provide each and every time I go for treatment. Other than my "overweight," my vitals are completely normal.

Treatment start-date to date, 10-plus years now, my "overweight" has never been a problem (truth be told, I'm hardly obese, just pleasingly plump), just a factor in determining how much medicine is dripped by my IV.

The oncologist and medical staff has seemed more concerned with a patient losing weight – which I rarely have. Although during the early days of six-plus hours of heavy-duty chemotherapy, I did lose weight and it was a concern and can portend a serious complication.

Fortunately for me, whatever weight I did lose did not portend anything other than I wasn't eating. Eventually, that lost weight – and more – was definitely found.

A few days later, I received an email from my health care provider; not my doctor, not a nurse and not personalized by any medical professional, but rather sent from some artificially-intelligent thing offering me information on varying diets and their respective benefits. At first I laughed at its location – in my inbox, and then I began to question its legitimacy and then I got mad at its presumptive intent.

Was this a coincidence? Was this merely a continuing outreach to the HMO's patients like its colon-rectal screening program, sent to patients of a certain age, seems to be? Or was it something more insidious like "Hal" nearly became in the movie "2001: A Space Odyssey"?

The nerve. The bypassing of protocols. The attempt to circumvent the human element. Is this what medicine has become?

Not calls or personalized messages from your doctor/medical staff but instead an electronic missive emailed with the cold, insensitive precision of Pentium chips?

Putting aside the obvious fact that I do need to lose weight, even though as my brother Richard says so often when he sees me: "The weight looks good on you," I am not doing so because a computer told me to.

In fact, I may not do so at all just to spite that computer, and by association, the system that exists/was put in place (presumably by some human) that believes that communicating with its members electronically is the wave of the future rather than the bane of my present. I cannot, I will not be a pawn in this game of clones where the same messages get sent to millions of semi unsuspecting patients by uncensored non-professionals as a matter of some coarse level of routine.

If you want me to change my behavior, or at least consider changing my behavior, you have to try a little harder than by sending pre-programmed message to patients who meet/exceed a certain threshold.

And how did my personal information actually get known anyway? Is there a system in place that automatically reviews patient's private histories by cross-referencing who had appointments and what the new details were? Was the scale and blood pressure machine in on it? If so, is my medical care becoming more automated and less individualized?

I realize I'm just a number but I didn't think they'd take it literally.

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

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