



Walt Lawrence specializes in photographing Great Falls landmarks, landscapes and wildlife. He was one of 24 artists from Great Falls Studios featured in Spring Art Fest 2019 last weekend.

## Art on Display In Great Falls

NEWS, PAGE 3

Clemyjontri Park:  
Where Kids Have Fun

NEWS, PAGE 4

High School Art, Poetry

HIGH SCHOOL CORNER, PAGE 10

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Great Falls is truly a GREAT place! This year marked our 35th year hosting the Adeler Jewelers Children's Spring Festival to benefit the Great Falls Optimist Club. It has been our honor over these years to have brought a fun, safe, family filled festival to more than 20,000 children and their families in Great Falls and neighboring communities. We want to thank EVERYONE who has helped, during these many years, to make this event such a success. Through your sponsorship, volunteering and participation you have helped us raise over \$150,000 to benefit our community through the Optimist Club. Together we have supported GF schools, sponsored clubs and teams, purchased holiday presents and provided meals for families less fortunate, and so much more.

35 years of hosting this festival has been an incredible run and we have enjoyed every second of it. In ending this chapter, while bittersweet, we look forward to new ways of continuing to serve and support our amazing community. We invite you to come along for this new chapter of giving back! Stay Tuned.

***The Adeler Family***







**Linda Jones of Great Falls with her watercolors, acrylics and mixed-medias.**



**Bego-a Morton of Great Falls with her new MODERN series of oils and acrylics on canvas.**

## Art on Display in Great Falls

PHOTOS BY STEVE HIBBARD/THE CONNECTION

### 24 artists from Great Falls Studios featured in Spring Art Fest 2019.

**S**ome 24 artists displayed their work at the annual Spring Art Fest 2019, which was sponsored by Great Falls Studios, on Saturday and Sunday, May 4 and 5, 2019. The event featured eight artists showing at the Great Falls Village Centre, 10 at the Grange and six at the Old School House – three of whom have never shown before. The various media included painting, pottery, photography, printing, woodcarving, jewelry, weaving and fabric.

According to Linda Jones, President of Great Falls Studios: “The wonderful thing about these events is we meet people in the community who are also artists who would like to join, so this is an opportunity for us to meet the people who live in Great Falls. There was a cartoonist here ear-

lier today who might join us, and a painter who just moved from Turkey who just asked to join us.”

She continued: “So it’s not just a matter of us selling our art, although it’s wonderful that people fall in love with our art and decide that they want to have it in their home; but it’s a wonderful opportunity for us to share what we love doing with the community.”

Great Falls Studios was founded 15 years ago by Laura Nichols when three artists discussed the opportunity to develop a group like this around her kitchen table; it now has 110 artist members. To be a member, you have to live or create art in Great Falls. For more information, visit [www.greatfallsstudios.com](http://www.greatfallsstudios.com).

— STEVE HIBBARD



**Joyce Lee of Vienna with her oil paintings of big florals.**



**Tim Watts of Great Falls with his minimalistic art.**



**John McCabe of Great Falls specializes in portraits by commission.**



**Doreen Montis of Great Falls with her oils, pastels and pottery.**



**Ralph Dashner of Great Falls with his printmaking, silk screens and etchings.**



## NEWS

# Clemyjontri Park: Where Kids Have Fun

State-of-the-art playground is the perfect place to bring small children.

The two-acre Clemyjontri Park playground in McLean is the perfect place to bring small children, and boy oh boy, it was rocking on Saturday, May 4. The extraordinary facility attracts crowds from all over the metropolitan area and it's where children of all abilities can play and have a blast.

In addition to a carousel, the facility with rubber surfacing has swings, slides and play equipment that's fun to climb on. It features swings with high backs, arm rests and special safety features and there are lowered monkey bars for easy access. Instead of standard transfer platforms, there are ramps to the elevated play areas. And equipment is designed to be sensory rich so all children can participate. Pathways between equipment are wide and colorful, and the ground surfaces are non-slip — designed to provide a greater level of access for children.

A mini-track can be used to race, and playhouses and cubbies offer spaces for socializing while also allowing children seeking separate areas to play in smaller groups. Tent sails provide areas of shade and benches are located throughout. Just north of the playground is an asphalt trail that connects to site perimeter trails which will eventually encircle the park during future development.

A trackless train operates from 9:30 a.m. until 4 p.m. on weekends. There's a picnic pavilion and 81-space parking lot. The name "Clemyjontri" is derived from the donor's four children: Carolyn (CL), Emily (EMY), John (Jon), and Petrina (Tri).

Clemyjontri Park is open from 7 a.m. to dusk. The address is 6317 Georgetown Pike, McLean. Call 703-388-2807.

— STEVE HIBBARD



Megan Ji, 8, and Miranda Xu, 7, play on the monkey bars.

PHOTOS BY STEVE HIBBARD/THE CONNECTION



Visitors enjoy the playground at Clemyjontri Park in McLean.

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PHOTO BY STEVE HIBBARD/THE CONNECTION

Sydney Rinehardt, 9, and sister Micah, 4, of Laurel, Md., play on the playground.



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# OPINION

## Celebrating Mother's Day with Photos

Send in photos now or right after you take new Mother's Day photos; and more reasons to contact the Connection.

As usual every year at this time, The Connection calls for submissions to our Mother's Day photo gallery. Mother's Day is Sunday, May 12. This year we will continue to publish submissions through the May 22 edition. Photo submissions are due by Friday, May 17.

Send photos of mothers, grandmothers, great-grandmothers, with children or without children in the photos. Please name everyone in the photo, the approximate date, describe what is happening in the photo and include your name, address, email address and phone number. We will not print your full address or contact information.

You can upload photos and information directly to [www.connectionnewspapers.com/mothersday/](http://www.connectionnewspapers.com/mothersday/) or email to [editors@connectionnewspapers.com](mailto:editors@connectionnewspapers.com).

This is a fine time for submissions for our annual Father's Day galleries. Online at [www.connectionnewspapers.com/fathersday/](http://www.connectionnewspapers.com/fathersday/)

Throughout the year, we ask for community submissions. Twice a year we ask you to tell us stories about your pets and how they have come into, touched and left your lives. The next

Pet Connection is the last week in July.

In late summer, we invite readers to share what they know about their community for neighbors and newcomers alike.

And wrapping up the year, we gather writing and art from local students to fill our holiday edition. Each year, through an enormous effort by area teachers and school staff we receive more material than is possible to publish for most of our 15 editions.

In addition, regular contributions to our entertainment calendars, community bulletin boards, school notes, and business notes help us to share news in your community. We also always welcome photos and captions from community organizations (Scouts, sports teams, faith groups, school activities, etc.) and local businesses. Calendar items:

[www.connectionnewspapers.com/Calendar/](http://www.connectionnewspapers.com/Calendar/)

Meanwhile it's election season, you can submit a Letter to the Editor here:

[www.connectionnewspapers.com/contact/letter/](http://www.connectionnewspapers.com/contact/letter/)

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Submit Mother's Day photos online at

EDITORIAL



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— MARY KIMM

[MKIMM@CONNECTIONNEWSPAPERS.COM](mailto:MKIMM@CONNECTIONNEWSPAPERS.COM)

### LETTERS

## Lessons to Learn?

To the Editor:

In Kofi Annan's recent opinion piece on Democrats and Ralph Northam ("Black or Blue: Lessons Learned from How Virginia Democrats Handled the Ralph Northam Debacle," Connection, May 1-7, 2019) he states that "Liberals have long sought to convince African Americans that they alone can shield us from conservative's intent on rolling back the hands of time." I'm one among many conservatives who don't want to roll back the hands of time, and welcome the opportunity to promote civil rights and equity for all. In doing so, it's important that we judge each other by the content of one's character, not by the color of one's politics.

**Jim LeMunyon**  
Oak Hill

Former member of the Virginia House of Delegates

## Stopping An Invasion

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

Over the past several weeks I have spent more than a dozen hours digging out at least a bushel of Star-of-Bethlehem plants and bulbs even though this time of year they look pretty with their white, six-petal blossoms. Soon the plants would have gone back into a bulb, so I dig them when they are blooming, and I can locate them.

Star-of-Bethlehem (*Ornithogalum umbellatum*) is a winter bulb belonging to the Lily family and blooms in late spring or early summer. It is native to the Mediterranean region and is similar to wild garlic. Star-of-Bethlehem flowers, though attractive for a few weeks when in bloom, have escaped cultivation in many areas like my flower bed. When this happens, they quickly become a danger to native and other ornamental plants. The problem is it takes over and will choke out other bulbs and plants. The only solution is to dig them out. A single plant can have dozens of bulbs that continue to multiply until removed.

While certainly not a direct analogy I could not help but think while I was digging away in my garden that in public policy there are areas where false or misleading ideas get started and are difficult if not impossible to dig out to expose the truth. Certainly, the Founding Fathers who were fresh from a revolutionary war to free themselves from the British Empire recognized the need to protect themselves



### COMMENTARY

in the future. As they wrote in the Constitution: "A well regulated Militia, being necessary to the security of a free State, the right of the people to keep and bear Arms, shall not be infringed." Some scholars point to the prefatory language "a well regulated Militia" to argue that the Framers intended only to restrict Congress from legislating away a state's right to self-defense. They contend that citizens do not have an unlimited individual right to possess guns and that

local, state, and federal legislative bodies therefore possess the authority to regulate firearms.

The idea of an unlimited right to possess guns has taken hold and is cultivated by arms manufacturers and others to defeat the most reasonable, common-sense legislation.

So far in the first 120 days of this year according to the press there have been more than 100 mass shootings, more than 4,500 gun deaths not counting suicides with many being by assault weapons, and more than 8,400 gun injuries. These numbers have increased exponentially over the last couple of decades and show no indication of decline.

Reasonable gun safety legislation would not confiscate all guns despite what the fear mongers who lead the opposition to any gun safety legislation would have us believe. I support gun **safety** legislation—not eliminating gun ownership. We need to continue digging out the truth and do the hard work to have future generations act on facts and not fear. It is the only way to stop an invasion of misinformation that threatens the safety of individuals and families.

## Great Falls CONNECTION

[www.ConnectionNewspapers.com](http://www.ConnectionNewspapers.com)

An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by  
Local Media Connection LLC

1606 King Street  
Alexandria, Virginia 22314

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Those in attendance will have an opportunity to see three live raptors, such as a red-tailed hawk and an owl.

PHOTO COURTESY OF GFCA



## Great Falls Program on Wildlife with Live Raptors

The Great Falls Citizens Association (GFCA) has developed a special morning program for Saturday, May 18, from 10 a.m.-noon, at Christ the King Lutheran Church, 10550 Georgetown Pike, Great Falls that will be of interest to adults, children and all families who want to know more about deer, coyotes, raccoons, eagles and our sustainable environment. Speakers include a Fairfax County wildlife

biologist and a representative from the county's Animal Protection Office. GFCA has also engaged the DC-based Earth Conservation Corps to bring three live raptors, such as a red-tailed hawk and an owl. These live birds of prey will be part of the indoor program as well as an outdoor demonstration. Light refreshments will be served. The public is invited.

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# Designs to Welcome Spring

Textiles and florals usher in a new season

BY MARILYN CAMPBELL

From pastel colors to floral accents, it's the time of year to celebrate the emergence of spring. Local designers offer spring decorating ideas that embody the season.

"Spring is the perfect time to freshen up your house by swapping out heavy, darker winter fabrics on linens and pillows with crisp and light patterns and designs," said Ann O'Shields of the Nest Egg in Fairfax. "Throw pillows are one of the easiest ways to instantly refresh a space. Greens and yellows are quintessential colors of spring and are popular currently in interior design. Whether you prefer florals or geometrics, there's a variety of options in fabric design for pillows."

When decorating the master bedroom in a Potomac, Md. home recently, designer Cameron Manning finished off the design with a cheery area rug. "The right rug can pull a room together and make a powerful statement," she said. "The client's favorite season was spring and she wanted a bedroom that was light and cheerful. For this master bedroom, I chose a vintage rug in a pale orange shade."

Manning also recommends using paint to breathe fresh, spring air into a winter-worn space. "Painting a room with an off-white shade infused with subtle undertones of yellow, pink or pale blue can really lighten and brighten it. If you don't want to paint and entire room, consider painting just the door frame."

From peonies and daffodils to lilacs and tulips, designer Connie Hall of Hall Designs says that moving spring blooms out of the garden and into a fresh floral arrangement is a sure-fire way to usher out winter.

"Nothing says spring like a bouquet of fresh spring flowers," she said. "A large bouquet can really can become the focal point of a room. Sometimes they're all you really need to show that spring has arrived."

Blossoms and branches from one's backyard can create visual interest and O'Shields suggests magnolia stems, cherry blossom stems and forsythia.

"Preserved floral arrangements are also an excellent choice and will last for years," she added. "Hydrangea flowers are a lovely, full option often used in preserved florals."

Lush greenery can be used for more than decorating a garden. "If you have a green thumb, consider adding in some plants in ceramic pots to add color



PHOTO BY THE NEST EGG

**Whether fresh or preserved, local designers advise welcoming spring with a seasonal floral arrangement.**



PHOTO BY THE NEST EGG

**Adding throw pillows in spring colors like green and yellow to an interior space is one of the easiest ways to drive out the winter doldrums.**

and texture," said O'Shields.

Among the popular plants that O'Shields suggests fiddle figs. "[They] can also add height to your space," she said. "More foolproof plants include Pachira aquatic, also known as a money tree, succulents and rubber tree plants. They're all easy to care for and add a freshness to your space."

Those who don't have a green thumb shouldn't be afraid to fake it. "There are so many realistic options for artificial greenery available," said O'Shields. "Artificial branches can be almost identical to the real thing."

**"Spring is the perfect time to**

**freshen up your house by swapping out heavy, darker winter fabrics on linens and pillows with crisp and light patterns and designs."**

— Ann O'Shields, The Nest Egg, Fairfax



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PHOTO CONTRIBUTED

Members of Great Falls Garden Club in front of newly planted tree in Leo Santaballa Park.

# Great Falls Garden Club, Friends of Library Replace Tree for Memorial

Great Falls Garden Club in partnership with Friends of the Library recently replaced the tree planted in memory of Leo Santaballa in the park which bears his name. John and Nicky Reeder, board members of Friends of the Great Falls Library, helped coordinate this partnership between the two groups.

Friends of the Library made a generous cash donation and The Garden Club selected and planted a “Satyr Hill” American Holly. A native tree, it replaces the original tree which died and had previously been removed. The replanting was held on March 12, 2019.

Michelle Miller, President of the Friends of the Library, said, “We

are always so appreciative of all the wonderful work the Great Falls Garden Club does to keep our library’s gardens looking so beautiful and inspirational.”

Julie Ben-Achour, President Great Falls Garden Club, said, “It is the pleasure and privilege of the Great Falls Garden Club to play a role in the choosing and planting of a tree to commemorate the memory of this wonderful inspiring young man, Leo Santaballa, who died so young but left a huge place in the heart of Great Falls Citizens.”

The young Santaballa passed away in 1994 from a rare disease that caused his lungs to fail. He was a sixth grader at Great Falls Elementary.

## BULLETIN BOARD

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

3941 or visit [www.fcps.edu/resources/family-engagement/parent-resource-center](http://www.fcps.edu/resources/family-engagement/parent-resource-center) for more or to register.

### FRIDAY-SATURDAY/MAY 10-11

#### District29 Toastmasters

**Conference.** At Capital One Headquarters, 1680 Capital One Drive, McLean. District 29 Toastmasters are having their annual conference (theme: “Embracing Change”). All are welcome. The conference includes speakers, leadership and education sessions, speech contests, food, networking, and more. You do not need to be a current member of Toastmasters International. \$0-\$124. Visit [tmd29.org/2019ConfTMD29/](http://tmd29.org/2019ConfTMD29/)

### SATURDAY/MAY 11

#### Stamp Out Hunger Food Drive.

Letter carriers will pick up donated food. Leave donations before your typical mail delivery time. All food stays in the local community. The top requested non-perishable food items are: cereal, pasta, pasta sauce or spaghetti sauce, rice, canned fruits and vegetables, canned meals (such as soups, chili and pasta), 100 percent juice, peanut butter, macaroni & cheese, canned protein (tuna, chicken and turkey), beans (canned or dry), oatmeal, whole grain foods, canola oil or olive oil. Questions 202-662-2489.

SEE BULLETIN, PAGE 11

CALENDAR

1 2 3

4 5 6 7 8 9 10

11 12 13 14 15 16 17

18 19 20 21 22 23 24

25 26 27 28 29 30 31

Let us know about an upcoming event

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VDOT

Virginia Department of Transportation

DRPT

Virginia Department of Rail and Public Transportation

## Public Meetings

### Funding the Right Transportation Projects

You are invited to share comments on transportation projects that have been recommended for funding in the FY2020-2025 Six-Year Improvement Program (SYIP). Additionally, pursuant to §33.2-202, comments will be accepted for new projects valued in excess of \$25 million. Hearings held in Northern Virginia and Fredericksburg will also provide opportunity for input on the I-95 Corridor Improvement Plan. The Commonwealth Transportation Board (CTB) will consider your comments as it develops the FY2020-2025 Six-Year Improvement Program. The program allocates public funds to highway, road, bridge, rail, bicycle, pedestrian, and public transportation projects. All federally eligible projects in the SYIP will be included in the Statewide Transportation Improvement Program to document how Virginia will obligate its federal funds. Meeting materials will be available at <http://www.ctb.virginia.gov/planning/springmeetings/default.asp> beginning April 11, 2019.

**Public hearings begin at 4 p.m. in each of the locations except as noted below:**  
**A formal comment period will be held at these meetings.**

<p><b>Thursday, April 11, 2019</b> <b>Lynchburg District</b> Holiday Inn Lynchburg 601 Main St. Lynchburg, VA 24504</p>	<p><b>Monday, April 15, 2019</b> <b>Hampton Roads District</b> Hampton Roads District Office Auditorium 7511 Burbage Drive Suffolk, VA 23435</p>	<p><b>Monday, April 22, 2019</b> <b>Staunton District</b> Blue Ridge Community College Plecker Center for Continuing Education One College Lane Weyers Cave, VA 24486</p>
<p><b>Tuesday, April 23, 2019</b> <b>Bristol District</b> Southwest Virginia Higher Education Center One Partnership Circle Abingdon, VA 24210</p>	<p><b>Thursday, April 25, 2019</b> <b>Richmond District</b> Richmond Marriott - Short Pump 4240 Dominion Boulevard Glen Allen, VA 23060</p>	<p><b>Monday, May 6, 2019</b> <b>Culpeper District</b> Culpeper District Auditorium 1601 Orange Road Culpeper, VA 22701</p>
<p><b>Tuesday, May 7, 2019</b> <b>Salem District</b> Holiday Inn Tanglewood 4468 Starkey Road Roanoke, VA 24018</p>	<p><b>Thursday, May 9, 2019</b> <b>Fredericksburg District</b> James Monroe High School 2300 Washington Avenue Fredericksburg, VA 22401 **meeting begins at 6 p.m.</p>	<p><b>Monday, May 13, 2019</b> <b>NOVA District</b> Northern Virginia District Office Potomac Conference Room 4975 Alliance Drive Fairfax, VA 22030 **meeting begins at 6 p.m.</p>

\*The Northern Virginia District meeting will serve as the required joint public meeting with the Northern Virginia Transportation Authority, the Northern Virginia Transportation Commission, the Virginia Railway Express, and the CTB per § 33.2-214.3 of the Code of Virginia.

Beginning at 3 p.m. (except in Northern Virginia and Fredericksburg, which will begin at 5 p.m.), there will also be an open house with information and opportunities for public feedback on the statewide, multimodal transportation plan, known as VTrans. This open house will be the first of four for the new plan update and will cover the vision and goals for the plan as well as information on the required statewide multimodal Needs Assessment. More information can be found at [www.VTrans.org](http://www.VTrans.org) or via email at [comment@vtrans.org](mailto:comment@vtrans.org). There is no formal hearing for the VTrans open house.

You can also submit your comments via email or mail by May 27, 2019, to:

For roads and highways: [Six-YearProgram@VDOT.Virginia.gov](mailto:Six-YearProgram@VDOT.Virginia.gov), or Infrastructure Investment Director, Virginia Department of Transportation, 1401 East Broad Street, Richmond, VA 23219.

For rail and public transportation: [DRPTPR@drpt.virginia.gov](mailto:DRPTPR@drpt.virginia.gov), Public Information Office, Virginia Department of Rail and Public Transportation, 600 East Main Street, Suite 2102, Richmond, VA 23219.

*The Commonwealth is committed to ensuring that no person is excluded from participation in, or denied the benefits of, its services on the basis of race, color, or national origin, as protected by Title VI of the Civil Rights Act of 1964. If you need further information on these policies or special assistance for persons with disabilities or limited English proficiency, please contact the Virginia Department of Transportation's Title VI Compliance Officer at 804-786-2730 or the Virginia Department of Rail and Public Transportation's Title VI Compliance Officer at 804-786-4440 (TTY users call 711).*



# High School Corner

Langley High School Kaleidoscope Literary Magazine:



“Reflections in Blue,” by Tommy Zavrel



Colleen Sherry



Tommy Zavrel

## Mirrors

BY COLLEEN SHERRY

You can try to enter into a mirror,  
but your reflection will stop you.  
You can put your hand up to the mirror,  
press your hand against the cold, curved surface,  
but you can't enter a mirror.  
Your reflection will always stop you.  
So they must be keeping us safe,  
for who knows what lies on the Other side of the mirror.  
Yet,  
if you look around you,  
would you see what your reflection saw?  
Would you still try to enter the mirror?  
For how can we be sure,  
we're being protected by our reflections,  
if we don't know whether we're on the good side of the mirror,  
or the Other side.

McLean High School Tartan Literary Magazine:



“Petals and Populace,” by Rylee Schaar



Rylee Schaar



Ashley Xing

## Xi Xi

BY ASHLEY XING

There are approximately 300,000 Ashleys in America. Yet, during the first few weeks of my life, there were about 299,999. I was born with the name “Xi Xi,” which in Chinese, means “morning sunlight.” An extremely rare Chinese character with a whopping 22 strokes, the odds of any average Joe knowing its meaning is next to nil. Similarly, the odds of any American knowing how to correctly pronounce it are slim. Though the most common pronunciation is “Zi Zi,” my favorite, by far, is “Exi Exi.” Realizing that my extremely Chinese name might not bode well with the terrors of American public school, my parents hurried to a Baltimore court and changed my first name to Ashley and my middle name to Xi Xi.

For me, the name Ashley represents losing sight of my background. Though America is known as a salad bowl of cultures, it feels as if the inevitable fate of all Americans is to melt into the standard. While immigration has made America the beautiful blend of diversity that it is today, with every day spent in this country, immigrants and their families slowly begin to lose their past.

As an insecure elementary schooler, I always cringed in embarrassment when hearing my middle name. I have already lost most of my Chinese speaking ability, and I find myself sitting on my phone during family reunions. Sometimes, I wonder if 10th generation Chinese Americans would still consider themselves partially Chinese, and if they would still eat mooncakes for Mid-Autumn Festival.

Don't get me wrong, I am proud and honored to be privileged enough to call myself American.

However, I can't help but feel that my renaming catalyzed the spiral of forgetting my Chinese heritage. Over the past few years, I have endeavored to be true to my roots. From remembering to eat noodles on my birthday to taking Chinese at school, my efforts to be more mindful of Chinese culture have not been fruitless. Yet, my name serves as a permanent reminder of how, no matter my efforts, there is no fighting entropy; my whole life will progress as a gradual migration towards being more American and straying away from Chinese culture.

—HIGH SCHOOL CORNER EDITED BY ANJA O'BRIEN, HEAD EDITOR OF THE LANGLEY HIGH'S KALEIDOSCOPE LITERARY MAGAZINE



# A Lethal Form of Abuse

## Demystifying Munchausen's Syndrome by Proxy.

BY SERENA FISCHER  
CAPITAL NEWS SERVICE

Recent programs such as Hulu's "The Act" and the HBO documentary "Mommy Dead and Dearest" have introduced audiences to a dangerous and often overlooked phenomenon: Munchausen's syndrome by proxy.

It is a mental health problem in which a caregiver causes an illness or injury to a vulnerable person — often a child. The disorder is difficult to diagnose and treat. Here are key facts about Munchausen syndrome by proxy, or MSBP.

What is it?

The symptoms of MSBP manifest as child or elder abuse, depending on the circumstances. Officials at the National Institutes of Health describe MSBP as "a special form of child abuse in which an adult repeatedly produces symptoms of illness in a person under his/her care."

Health professionals distinguish MSBP from Munchausen syndrome, a condition in which people intentionally harm themselves or purposely self-induce illness to satisfy a desire to be cared for. With MSBP, the perpetrator (often a mother) will inflict such symptoms on a child or elder as a way to inspire sympathy from others.

The methods used to garner such attention from others can range from simple lies about an illness to actual physical harm — even poisoning — of the victim.

Health officials say the victim may have been initially healthy but face the risk of becoming seriously ill or even dying in the care of someone with MSBP.

Studies cited by the NIH report a mortality rate between 6 percent and 10 percent for MSBP victims, making it one of the "most lethal forms of abuse."

The current medical term for such an illness is Factitious Disorder Imposed on Another, although it is more commonly referred to as MSBP. The phenomenon is relatively rare in the U.S. — making up just

1,000 of the approximately 2.5 million cases of child abuse reported annually.

Health experts said it is notoriously difficult to identify and properly treat Munchausen's syndrome by proxy. People with the disorder are known to be great liars and master manipulators.

One method they use is to alter medical tests and results to make it seem as if the person in their care is sicker than they truly are. People with MSBP can get away with this, health experts say, because they often are familiar with medical terms and concepts.

This could explain why many cases of abuse caused by people with MSBP can go undetected by medical staff and law enforcement for long periods of time.

Online organizations such as the Munchausen Syndrome by Proxy Survivor Support and Awareness Group on Facebook provide those affected by MSBP with a community to vent and to heal.

Two cases of MSBP involving young mothers in Virginia have been publicized in recent years. In both instances, the perpetrator was arrested on child abuse charges.

One case involved a 23-year-old woman whose 3-year-old son was being treated in 2016 at the Children's Hospital of the King's Daughters in Norfolk for "ongoing medical issues." The woman was arrested after video surveillance from her son's room showed the young mother allegedly detaching medical equipment being used to give the boy vital medicine. The judge overseeing her case said there was reason to believe the woman gave doctors false information about her child's medical records.

Earlier this year, 29-year-old Elizabeth Malone admitted to purposely poisoning her 5-year-old son with syringes of her own blood while he was being treated at Inova Fairfax Hospital last spring. She said she did so because she "liked the way staff responded to him once he was bleeding." Video footage from a security camera shows Malone injecting blood into her son's IV line and tracheostomy tube.

Had she not been caught, according to doctors, it is likely that her child would have died from the injections, which resulted in high fevers and infections. Malone, who has two other children, will be sentenced in July.

## BULLETIN BOARD

FROM PAGE 9

**Family Caregiver Expo.** 10 a.m.-2 p.m. at Richard J. Ernst Community Cultural Center at Northern Virginia Community College, Annandale Campus. Capital Caring will host its first Caregiver Expo in partnership with AARP and Virginia Hospital Center. The expo is free and will feature information highlighting resources and support programs available to family caregivers, including home care services, financial and estate planning, elder law, and information sessions on such topics as Alzheimer's and Dementia, Preservation of Assets, and Caring for the Caregiver. Free health screenings will be offered as well as free massages. Contact Amy Shields at ashields@capitalcaring.org or call 703-531-6095 for more.

**Fairfax Board of Supervisors Chair Candidate Forum.** 3-5 p.m. at Heritage Fellowship Church, 2501 Fox Mill Road, Reston. Join the Fairfax NAACP for an engaging, moderated panel discussion with candidates for

Fairfax County Board of Supervisor's Chair. Candidates are Alicia Plerhoples, Tim Chapman, Ryan McElveen and Jeff McKay. Free. RSVP at [www.eventbrite.com/o/naacp-fairfax-county-12397167937](http://www.eventbrite.com/o/naacp-fairfax-county-12397167937).

### TUESDAY/MAY 14

**Professional Networking Breakfast.** 8-10 a.m. at Sunrise of McLean, 8315 Turning Leaf Lane, McLean. Held the second Tuesday of every month to network and hear more about key health topics for seniors. RSVP at 703-734-1600 or at [mcLean.DOS@sunriseseniorliving.com](mailto:mcLean.DOS@sunriseseniorliving.com).

**NARFE Meeting.** 1 p.m. At Vienna Community Center, 120 Cherry St., SE, Vienna. Meeting for NARFE (National Active and Retired Federal Employees Association) Chapter 1116 (Vienna-Oakton). The guest speakers will be Virginia State Co-Service Officers Arlene and Johnny Arthur. Enjoy an ice cream social. Free. Members and guests welcome. Call 703-205-9041.

SEE BULLETIN, PAGE 15

Let us know about an upcoming event  
[www.connectionnewspapers.com/Calendar](http://www.connectionnewspapers.com/Calendar)



## McLEAN COMMUNITY CENTER 2019 GOVERNING BOARD ELECTION



# VOTE on McLean Day!



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

### 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.

### REQUIREMENTS TO VOTE

1. You must be a resident of the MCC 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 by McLean Day to vote for adult candidates. Adults may vote for up to three 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.
4. You must bring identification and proof of residency, such as a driver's license; or you may sign an affidavit.



703-790-0123, TTY: 711  
[www.mcleancenter.org](http://www.mcleancenter.org)

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# CALENDAR

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

## ONGOING

**Art Exhibit: “Taking Territory.”** Through June 1, gallery hours at MPA@ChainBridge, 1446 Chain Bridge Road, McLean. Taking Territory: New Works by Susan Goldman, Barbara Kerne, Eve Stockton and Patricia Underwood, features pieces that mine many of the techniques employed by artists working in printmaking today. An opening reception is set for April 11, 7-9 p.m. Visit [mpaart.org](http://mpaart.org) for more.

**McLean Farmers Market Opens.** Fridays, through Nov. 15, 8 a.m.-noon at Lewinsville Park, 1659 Chain Bridge Road, McLean. Sixteen local farmers and producers will sell fresh produce and fruits; meats; breads and pastries; jams; dairy products, eggs; herbs; flowers, coffee, more. Closed on May 17 for McLean Day setup. Visit [www.fairfaxcounty.gov/parks/farmersmarkets/mclean](http://www.fairfaxcounty.gov/parks/farmersmarkets/mclean).

**Great Falls Farmers Market.** Saturdays 9 a.m. to 1 p.m. 778 Walker Road, Great Falls.

## THURSDAY/MAY 9

**Historian William Connery.** 7:30-9 p.m. at Patrick Henry Library, 101 Maple Ave. E., Vienna. Meet the author of Civil War Northern Virginia 1861 as he recounts events and battles that occurred in Northern Virginia after the firing on Fort Sumter in 1861. Books available for sale and signing. Free. 703-938-0405 or visit [librarycalendar.fairfaxcounty.gov/event/4878628](http://librarycalendar.fairfaxcounty.gov/event/4878628).

## MAY 9-JUNE 2

**The Member of the Wedding.** At 1st Stage Theater, 1524 Spring Hill Road, Tysons. Adapted from the beloved novel of the same name, this evocative, poetic coming of age drama explores the pains of youth and the meaning of family. The Member of the Wedding will run Thursdays, 7:30 p.m.; Fridays, 8 p.m.; Saturdays at 2 and 8 p.m.; and Sundays at 2 p.m. The run time is approximately 2 hours with one 15-minute intermission. Captions and audio description will be offered for select performances. \$15-\$39. Visit [www.1ststage.org](http://www.1ststage.org) or call 703-854-1856 for tickets.

## FRIDAY/MAY 10

**6th Annual Casino Night.** 6-10 p.m. at Volkswagen Group of America Headquarters, 2200 Ferdinand Porsche Drive, Herndon. 6th Annual Casino Night fundraiser supporting the Boys & Girls Clubs of Greater Washington/Fairfax County Region. Hosted by LaVar Arrington with special guest “Secretary of Defense” Dexter Manley. Visit [one.bidpal.net/casinonight2019](http://one.bidpal.net/casinonight2019) for tickets.

**Movie: Instant Family.** 7:30-9:30 p.m. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. Join Unity of Fairfax on the second Friday of the month for mindful movies. “Instant Family” tells the heartwarming and story of a couple who adopt three young children. Free, donations welcome. Visit [www.unityoffairfax.org/events](http://www.unityoffairfax.org/events) or call 703-281-1767.

## SATURDAY/MAY 11

**Plant Sale.** 8 a.m.-1 p.m. at the Freeman Store, 131 Church St. NE, Vienna. The Ayr Hill Garden Club will host its annual spring plant sale with a focus on plants native to Virginia. Plants available include those that thrive in sun or shade, are deer resistant, and tolerate drought. Native plants attract beneficial birds and insects to your garden. Proceeds help the Ayr Hill Garden Club maintain five Vienna area gardens. Free admission. Email [monica.anschel@hotmail.com](mailto:monica.anschel@hotmail.com).

**Learn About Pollinators & Build a Bat House.** 9-10:30 a.m. at Riverbend Park, 8700 Potomac Hills St., Great Falls. Pollinators power food production. Learn more about these important critters and help one of nature’s pollinators with the “Build your own Bat House” program at Riverbend Park. Bats help eat mosquitoes, as well as pollinate plants, but they are having a hard time. Help these animals thrive by building a bat house to hang at home. For participants 3-adult. \$8 per person, and everyone must register. A fee of \$15 per bat house should be paid to the instructor on the day of the program. Call 703-759-9018 or visit [www.fairfaxcounty.gov/parks/riverbend](http://www.fairfaxcounty.gov/parks/riverbend).

**Plant and Yard Sale.** 9 a.m.-1 p.m. at Great Falls Library, 9830 Georgetown Pike, Great Falls. Not sure what to get for Mother’s Day? Come to the Great Falls Garden Club’s popular plant and



COURTESY PHOTO

## The Washington-Tokyo Women’s Club chorus.



## Piano Concert

Thomas Pandolfi, renowned piano virtuoso, performs in a fundraiser concert sponsored by the Great Falls UMC United Methodist Women. Reception to follow. Sunday, June 2, 2-3:30 p.m. at Great Falls United Methodist Church, 10100 Georgetown Pike, Great Falls. \$40 tickets at [www.greatfallsumc.org](http://www.greatfallsumc.org).

yard sale for a new plant or item for mom’s garden. Free admission. Call 703-757-7360 or visit [gfgardenclub.org](http://gfgardenclub.org) for more.

**“All the Way Live.”** 1 p.m. at The Alden, 1234 Ingleside Ave., McLean. In this interactive show, everything is “all the way live” and history is revived through hip-hop lenses. World-renowned hip-hop artists collaborate on the spot to “remix” everything from the alphabet to folktales. \$15/\$10 MCC district residents. Visit [mcleancenter.org](http://mcleancenter.org).

**Mad Hatter Tea Party.** 2-4 p.m. at Lewinsville Presbyterian Church, 1724 Chain Bridge Road, McLean. Calling all children age 4 through grade 6. Bring a parent, grandparent, aunt, uncle, or some other significant adult to the Mad Hatter Tea Party. Create a silly hat to wear; play the Queen’s Croquet or the Cheshire Cat’s checkers; meet Absalom the caterpillar and fly a butterfly or paint the roses red. Reservations are required and space is limited. Reservations close May 8. Visit [www.lewinsville.org/event-items/mad-hatter-tea-party](http://www.lewinsville.org/event-items/mad-hatter-tea-party).

**PRS’ Springtopia.** 6-9:30 p.m. at Hyatt Regency Tysons Corner, 7901 Tysons One Place, McLean. PRS, Inc., a nonprofit helping those living with serious mental illness or facing life crises, is hosting its 2nd annual Springtopia: A Season of Hope. The event supports PRS’ life-changing and life-saving work and will include beverage and food pairing stations, live and silent auctions, photo booth, wine pull, raffle, and a tribute to the award-winning PRS CrisisLink program. \$175. Call 703-531-6321 or visit [prsinc.org/springtopia](http://prsinc.org/springtopia) for more.

## SATURDAY-SUNDAY/MAY 11-12

**Relay for Life.** At Langley High School, 6520 Georgetown Pike, McLean. Relay for Life of Langley McLean will have its 2019 relay, an all night event to raise money for the American Cancer Society. Planned by students from McLean and Langley but open to the entire community. Free registration. Call 703-213-5386 or visit [secure.ascevents.org](http://secure.ascevents.org).

## SUNDAY/MAY 12

**Three Bs: Birds, Butterflies and Blossoms.** 10:30-noon at Riverbend Park, 8700 Potomac Hills St., Great Falls. Take a scavenger hunt

## SCOV Lunch n Life

Celebrating Japanese culture and beauty with entertainment by the Washington-Tokyo Women’s Club Chorus. The Washington-Tokyo Women’s Club chorus has been in existence since the early 1990s. In addition to regular performances at nursing homes and senior lunches, they have appeared on the Kennedy Center Millennium Stage and performed for the Asian-American and Cherry Blossom Festivals on various occasions. Monday, May 20, noon at Emmanuel Lutheran Church, 2589 Chain Bridge Road, Vienna. \$15 per person. Reservation due by May 10. RSVP to SCOV office@scov.org or 703-281-0538.

make new ones. Newcomers are always welcome. To reserve a space contact event chair, Dorothy Flood at [dflood1706@gmail.com](mailto:dflood1706@gmail.com).

**SCOV Coffeehouse & Wine Bar.** 6:30-9 p.m. at Our Lady of Good Counsel Church DeSalle Hall, 8601 Wolftrap Road SE, Vienna. Join this fun friend raiser. Music and dancing, light refreshments, wine/beer/coffee. Entertainment by Tom Portman and Friends. \$20 per person or \$35 per couple (bring a friend). RSVP by May 6 to SCOV office@scov.org or 703-281-0538.

**Classical Guitar Recital.** 7:30 p.m. at Church of the Holy Comforter, 543 Beulah Road, Vienna. Church of the Holy Comforter presents: A Classical Guitar Recital with Fr. Rick Lord. Come and enjoy a program of solo guitar works by Dowland, Scarlatti, Sor, Tarrega, Assad, and Oliva. Visit [www.holycomforter.com](http://www.holycomforter.com) for more.

## FRIDAY-SATURDAY/MAY 17-18

**Book Sale.** Friday, 10 a.m.-6 p.m.; Saturday, 10 a.m.-5 p.m. at Great Falls Library, 9830 Georgetown Pike, Great Falls. The Friends of the Great Falls Library are holding their semi-annual sale of donated books. Art books, cookbooks, books on gardening, design, religion, travel, how-to and self-help are well represented, as well as, thousands of books for children, teens and young adults, along with great selections of music and audio books on CD and movie DVDs. Preview sale for Friends members on Thursday, May 16, 6-8 p.m. Membership will be available at the door for non-members at \$15. Fill a shopping bag of books \$5 during the last two hours on Saturday. Call 703-757-8560.

## SATURDAY/MAY 18

**Cancer Patient Retreat.** 9:30 a.m.-5 p.m. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. Cancer patients, survivors and caregivers are invited to a free one-day workshop, “Transforming the Cancer Journey With Spirituality,” to build a spiritual toolbox for healing. Sponsored by Unity of Fairfax, Unity World Headquarters, and the Tigerlily Foundation. Pre-register by May 13. Call 703-281-1767 or visit [www.tigerlilyfoundation.org/spirit-retreat-2019/](http://www.tigerlilyfoundation.org/spirit-retreat-2019/) for more.

**McLean Day 2019.** 11 a.m.-5 p.m. at Lewinsville Park, 1659 Chain Bridge Road, McLean. Bring the family and enjoy McLean’s biggest annual event. Vote for an MCC Governing Board candidate. Enjoy the free live entertainment, sponsors, exhibitors, food trucks, ticketed large and small carnival rides, costumed characters, amusements, games, free shuttle parking and more. A large ride preview takes place Friday, May 17, 2-7 p.m. Visit [www.mcleancenter.org](http://www.mcleancenter.org)

**Artist Talk: “Taking Territory.”** 2 p.m. at MPA@ChainBridge, 1446 Chain Bridge Road, McLean. Taking Territory: New Works by Susan Goldman, Barbara Kerne, Eve Stockton and Patricia Underwood. Helen Frederick, an MPA board member, as well as an artist, founder of the Pyramid Atlantic Art Center, and Professor Emeritus at George Mason University School of Art, will moderate. Visit [mpaart.org](http://mpaart.org) for more.

**Securing Personal Data in the Age of Social Media.** 2-3 p.m. at Oakton Library, 10304 Lynnhaven Place, Oakton. Learn how to best manage privacy and data when using social networks like Facebook, Instagram and Google from a cybersecurity expert. No registration required. Free Call 703-242-4020.

**A Bohemian Life.** 7:30 p.m. at The Falls Church Episcopal, 115 E. Fairfax St., Falls Church. The Tysons McLean Orchestra featuring Béla Bartók – Romanian Folk Dances; Carl Maria Von Weber – Clarinet Concerto No. 2 in E-flat major; and Antonin Dvorák – Symphony No. 9 in E minor, “From the New World.” \$15-\$40. [tysonsmcleanorchestra.org](http://tysonsmcleanorchestra.org)

## SUNDAY/MAY 19

**Visit Colvin Run Mill.** 11 a.m.-4 p.m. at Colvin Run Mill, 10017 Colvin Run Road, Great Falls. Don’t miss the chance to see, hear and taste history with a Sunday visit to Colvin Run Mill. Stop by the mill for a grinding demonstration from noon-3 p.m. See 19th century technology at work as the miller grinds wheat or corn into flour that can be purchased at the park’s General Store. Call the site to confirm grinding is on. \$8 for adults, \$7 for students with ID, and \$6 for children and seniors. All ages; no reservations are required. Call 703-759-2771 or visit [www.fairfaxcounty.gov/parks/colvin-run-mill](http://www.fairfaxcounty.gov/parks/colvin-run-mill).

SEE CALENDAR, PAGE 13



# CALENDAR

FROM PAGE 12

**Amadeus Concerto Concert.** 4 p.m. at Saint Luke Catholic Church, 7001 Georgetown Pike, McLean. Amadeus Orchestra's Emerging Artist Program features young musicians just being discovered. For the first time, they are joining with the Northern Virginia Music Teachers Association to feature 2019 NVMTA competition prizewinners, accompanied by Amadeus's professional orchestra. Featuring students from McLean, Fairfax, Herndon, Oak Hill/Herndon, Falls Church, Arlington, and Great Falls. Adults \$40; children 17 and under free. Visit [amadeusconcerts.com/](http://amadeusconcerts.com/) for more.

**Side-by-Side.** 4 p.m. at Vinson Hall, 1733 Kirby Road, McLean. Side-by-Side with Members of The Tysons McLean Orchestra. The McLean Youth Orchestra (MYO) is the premier youth orchestra in the Northern Virginia region. They offer gifted young musicians a challenging repertoire, opportunities to work with dedicated professional musicians not found with any other youth orchestra. Visit [tysonsmcleanorchestra.org](http://tysonsmcleanorchestra.org) for more.

**Noye's Fludde (Noah's Flood).** 4 p.m. at The Falls Church Episcopal, 115 E. Fairfax St., Falls Church. VOCE will present a semi-staged performance of English composer Benjamin Britten's community opera, Noye's Fludde (Noah's Flood). Singers and instrumentalists of all ages from throughout the DC-metro area, our performance is both a celebration of VOCE and of the vitality of music and the arts in our community. Free. Visit [www.voce.org](http://www.voce.org) or call 703-277-7772.

## MONDAY/MAY 20

**SCOV Lunch n Life.** Noon at Emmanuel Lutheran Church, 2589 Chain Bridge Road, Vienna. Celebrating Japanese culture and beauty with entertainment by the Washington-Tokyo Women's Club Chorus. \$15 per person. Reservation due by May 10. RSVP to SCOV office@scov.org or 703-281-0538.

## TUESDAY/MAY 21

**Oakton TED-Ed Event.** 6-8 p.m. at Oakton High School, 2900 Sutton Road, Vienna. Presentation of student-produced TED Talks – an opportunity to observe the opinions and worldviews of teenagers in the community. Free. Email [emisrichardson@gmail.com](mailto:emisrichardson@gmail.com) for more.

## WEDNESDAY/MAY 22

**Foreign-Language Film.** 1 p.m. At The Alden, 1234 Ingleside Ave., McLean. Free admission. Come enjoy foreign films selected by The Alden staff, then stay after for a discussion backstage in The Alden's green room. All movies are shown in the original language with English subtitles. Foreign-language films will be shown at 1 p.m. on the 4th Wednesday of the month through May. These movies are chosen for adult audiences and may contain mature content, language and themes. Visit [www.mcleancenter.org](http://www.mcleancenter.org).

**Author: Franziska Stein.** 2-3:30 p.m. at Patrick Henry Library, 101 Maple Ave. E., Vienna. Meet the author of Chopin Through the Window: An Autobiography, which tells her story as a young Czech woman of German ancestry caught up in the turmoil of World War II. Free. Call 703-938-0405 or visit [librarycalendar.fairfaxcounty.gov/event/5164019](http://librarycalendar.fairfaxcounty.gov/event/5164019) for more.

**Holy Happy Hour Recital Series.** 6:15 p.m. at Lewinsville Presbyterian Church, 1724 Chain Bridge Road, McLean. Featuring Michael Lodico,



## McLean Day

Bring the family and enjoy McLean's biggest annual event. Vote for an MCC Governing Board candidate. Enjoy the free live entertainment, sponsors, exhibitors, food trucks, ticketed large and small carnival rides, costumed characters, amusements, games, free shuttle parking and more. Large ride preview, Friday, May 17, 2-7 p.m.; McLean Day, Saturday, May 18, 11 a.m.-5 p.m. at Lewinsville Park, 1659 Chain Bridge Road, McLean. Visit [www.mcleancenter.org](http://www.mcleancenter.org) for more.



PHOTO BY LUCIA BACON

**Hundreds of healthy, beautiful and well-priced plants donated by Club members will be offered at the plant sale.**

## Plant and Yard Sale

Not sure what to get for Mother's Day? Come to the Great Falls Garden Club's popular plant and yard sale for a new plant or item for mom's garden. Saturday, May 11, 9 a.m.-1 p.m. at Great Falls Library, 9830 Georgetown Pike, Great Falls. Free admission. Call 703-757-7360 or visit [gfgardenclub.org](http://gfgardenclub.org) for more.

director of Music Ministry and Organist at St. John's Episcopal Church, Washington, D.C., the 30-minute musical offering will be followed by wine, hor d'oeuvres and fellowship. Free and open to the public; a good will offering to support the music department will be taken. Visit [www.Lewinsville.org](http://www.Lewinsville.org) or call 703-356-7200.

## FRIDAY/MAY 24

**The Old Firehouse – After 7 Dance Party.** 7-10 p.m. at the Old Firehouse, 1440 Chain Bridge Road, McLean. The Old Firehouse presents After 7, a reimagined take on the Old Firehouse's Friday Night Dances of the past. Catered food and drinks, raffles, plus a DJ playing your requests and the latest hip-hop and pop hits, makes this event one can't miss. \$5 admission. Preregistration is recommended. Call 703-448-8336 or visit [mcleancenter.org](http://mcleancenter.org) for more.

## SATURDAY-SUNDAY/MAY 25-26

**Model Railroaders Open House.** 1-5 p.m. at the Vienna Depot, 231 Dominion Road NE. Northern

Virginia Model Railroaders hold an open house at the Vienna Depot each month and on Vienna celebration days, including Viva! Vienna and the Vienna Holiday Stroll. Free admission. Call 703-938-5157 or visit [www.nvmr.org](http://www.nvmr.org).

## FRIDAY/MAY 31

**Film Screening: Plastic Paradise.** 6:30 p.m. at Unitarian Universalist Congregation of Fairfax (UUCF) Chapel in the Program Building, 2709 Hunter Mill Road, Oakton. Join the Climate Action Group of (UUCF) and Faith Alliance For Climate Solutions (FACS) for Plastic Paradise — every single piece of plastic that has ever been created since the 19th century is still somewhere on our planet. Visit [www.unityoffairfax.org](http://www.unityoffairfax.org)  
**Family Movie Night.** 7-9 p.m. at The Old Firehouse, 1440 Chain Bridge Road, McLean. Bring your blankets, pillows and camp chairs for our indoor, picnic-style family movie night. Unlimited free popcorn, huge projection screen; door prizes. \$3 per person; pre-registration recommended. Call 703-448-8336 or visit [www.mcleancenter.org](http://www.mcleancenter.org).

## Here's What's Happening at MCC!

### Presented by The Alden



**Movies for Kids and Families**  
**Wednesday, May 8, 12:30 p.m.**  
*Free admission*

### Presented by The Alden



**"All the Way Live!"**  
**Saturday, May 11, 1 p.m.**  
*\$15/\$10 MCC district residents*

### It's the Place to Be!



**Saturday, May 18, 11 a.m. - 5 p.m.**  
**Lewinsville Park, 1659 Chain Bridge Rd.**  
*Free admission*

**Large Ride Preview, Friday, May 17, 2-7 p.m.**  
*Ticket purchase required*

**Vote! MCC Governing Board Elections**  
**10:30 a.m.-5 p.m.**

### Presented by The Alden



**Midday Movies:**  
**Foreign-Language Films**  
**Wednesday, May 22, 1 p.m.**  
*Free admission*

### MCC Governing Board



**Monthly Meeting**  
**Wednesday, May 22, 7:30 p.m.**  
*Open to the public*

### The Old Firehouse



**After 7 Dance Party**  
**Friday, May 24, 7-10 p.m.**  
**1440 Chain Bridge Rd.**  
*\$5 admission*  
*Preregistration is recommended*



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**NEWS**

# Vaccines Protect You, Your Family, and Your Community

BY MATTHEW BAKER

U.S. DEPARTMENT OF HEALTH & HUMAN SERVICES

Pockets of our country are experiencing a significant uptick in the number of measles. Measles is not just a harmless childhood illness. It is actually a highly contagious, dangerous disease that can even be deadly.

But measles is also easily preventable with a safe and highly effective vaccine. It is especially important to remember the value of vaccines as we mark National Infant Immunization Week, which reminds us that vaccines are essential to the health of our youngest and most vulnerable.

Vaccines are safe and highly effective. There's a lot of misinformation swirling around out there suggesting otherwise, so we want to get the facts out there.

Vaccines are among the most extensively studied medical products we have. Large studies undertaken over the years have confirmed their safety again and again. Vaccines do not cause autism and do not contain toxic chemicals. Any serious side effects from vaccines are exceedingly rare, and the protection from disease that vaccine provide outweighs any risks.

Some parents also wonder whether it is safe for children to get multiple vaccines in a day. The answer is yes, and we have years of science that backs that up. Even if your child gets several vaccines in a day, the weakened germs in vaccines that build pro-

tection make up only a tiny fraction of what a child's immune system fights off every day.

So what can you do to maximize the value of vaccines and help stop preventable diseases?

If you're a parent, talk to your child's doctor and make sure your child is up to date on all of his or her scheduled vaccinations. This is especially important if you have an infant, because vaccinating your baby according to the recommended immunization schedule provides protection against 14 serious childhood illnesses.

If you're an adult, check with your doctor about whether you're up to date on your vaccines.

If you're a healthcare provider, explain to your patients that vaccines are safe, effective, and highly recommended, and remind them to stick to their vaccine schedule.

For measles in particular, the Centers for Disease Control and Prevention recommends that children get two doses of the MMR vaccine, starting with the first dose at 12 to 15 months of age, and the second dose at 4 through 6 years of age.

You can find out more about the measles vaccine and other vaccines at [Vaccines.gov](http://Vaccines.gov).

We all want our children to grow up in a world that is free from preventable diseases. The single most important thing each of us can do to make that happen is staying up to date on our vaccines. So let's get serious about this issue before it gets out of control—let's get vaccinated.

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**Announcements**

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# BULLETIN

FROM PAGE 11

**Public Information Meeting.** 7-9 p.m. at Colvin Run Elementary School, 1400 Trap Road, Vienna. The Virginia Department of Transportation is holding a public information meeting on the latest design and construction plans to improve about seven miles of Route 7 (Leesburg Pike) between Reston Avenue and Jarrett Valley Drive in Fairfax County. A presentation begins at 7:30 p.m. Provide comments at the meeting or send to VDOT by May 26, 2019. E-mail or mail comments to Mr. Arifur Rahman, P.E., Virginia Department of Transportation, 4975 Alliance Drive, Fairfax, VA 22030. Visit [ConnectRoute7.org](http://ConnectRoute7.org) for more.

**Mayor @ Your Service.** 7:30 p.m. at Vienna's Town Hall. Eileen Ellsworth, president of the Community Foundation for Northern Virginia, will be the guest speaker. The Opportunity Index for Northern Virginia is an interactive data resource reflecting the region's economy, health, civic life, and educational outcomes. This event is free and open to the public.

## THURSDAY/MAY 16

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

**Memory Cafe.** 2-4 p.m. at Andrew Chapel United Methodist Church, 1301 Trap Road, Vienna. Connect with others living with loved ones with dementia. Email Carol Blackwell at [lovriver@aol.com](mailto:lovriver@aol.com) or call at 571-236-6933.

## FRIDAY/MAY 17

**Emergency Preparedness for Parents of Students with Disabilities.** 10 a.m.-noon at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 - Room 100, Dunn Loring. Fairfax County's Office of Emergency Management is committed to the inclusion. Free to parents, educators and community members. Call 703-204-3941 or visit [www.fcps.edu/resources/family-engagement/parent-resource-center](http://www.fcps.edu/resources/family-engagement/parent-resource-center) for more or to register.

**NEXUS 2019: Fussy Minds Forum.** 1-3:30 p.m. at Fairfax County Public Schools Virginia Hills Center, 6520 Diana Lane, Alexandria. Stressed-out youngsters, teens and adults may seek harmful ways to relieve stress. During this forum, participants discuss the effects of stress on the brain-ways of the young and how to build the resilience needed for successful learning into adulthood and beyond. Space is limited; register at [www.eventbrite.com/e/community-conversation-addressing-irritability-stress-fussiness-in-todays-youth-tickets-60314231490](http://www.eventbrite.com/e/community-conversation-addressing-irritability-stress-fussiness-in-todays-youth-tickets-60314231490).

## SATURDAY/MAY 18

**Open House and Early Education Expo.** 9:30 a.m.-noon at Falls Church-McLean Children's Center at Lemon Road Elementary School, 7230 Idylwood Road, Falls Church. The Children's Center, a nonprofit, non-denominational preschool serving children from low- and moderate-income, working families since 1968, has openings for children ages 2-4 for fall 2019. Call 703-534-4907 or visit [www.fcmlcc.org](http://www.fcmlcc.org)

**McLean Community Center Governing Board.** McLean Community Center (MCC) has certified 11 Dranesville Small District 1A residents, five adults and six teens, to run for seats on the McLean Community Center Governing Board. Residents of Dranesville Small District 1A are eligible to vote. Voting for Governing Board members will be held from 10:30 a.m. to 5 p.m. on Saturday, May 18, at the McLean Day 2019 festival at Lewinsville Park, 1659 Chain Bridge Road. Residents also may vote by absentee ballot through Wednesday, May 15. Write-in Candidates are allowed. A resident may request an absentee ballot package by phone (703-744-9348, TTY: 711) or email ([elections@mcleancenter.org](mailto:elections@mcleancenter.org)), or may pick one up at MCC, 1234 Ingleside Ave., or The Old Firehouse Center, 1440 Chain Bridge Road. Call 703-790-0123/TTY: 711 or visit [bit.ly/2TKUw6](http://bit.ly/2TKUw6)

## WEDNESDAY/MAY 22

**MCC Governing Board Monthly Meeting.** 7:30 p.m. at McLean Community Center, 1234 Ingleside Ave., McLean. Open to the public. Tax district residents (Small District One A-Dranesville) who wish to speak during the "Citizen Comment" portion of the meeting are asked to call the Center at 703-790-0123, TTY: 711, to be placed on the agenda.

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## The Weak Before



By KENNETH B. LOURIE

Hardly am I Robert Johnson, but every time I'm about to be "CT-scanned," I feel like I'm at a crossroads.

And though I've never made a deal with the devil for good scan results (at least results with which I can live), I have to admit to making a momentary prayer of sorts when I see an email from my oncologist. An email that, given its arrival in my inbox, five days or so after my scan, is generally the one containing the results of the previous week's scan.

So, I take a deep breath and then exhale as I prepare to click until I see his words. More often than not, almost every time, in fact, his words: "CT scan looked good," as an example, have been encouraging. Although, as with many things, past results don't guarantee future performance - or a reasonable facsimile thereof.

Each good scan result (stable, shrinkage) does not portend another good result in the future. The results, both good or bad quite frankly, are kind of a limited offer. If it's good, it means your treatment is likely quo. If it's bad, it probably means things your treatment is about to change.

Whatever treatment protocol you start or stop or continue is only good, bad or indifferent until your next scan (when the rubber hits the road, so to speak). Which for me, according to my current bi-weekly immunotherapy infusion schedule, is every two months. So next week, the hammer comes down or rather the slide (the thing you lay on) comes out of the CT scanner and in and out I go.

Typically (meaning during my previous 10 years of chemotherapy), I have been mostly symptom free - other than the symptoms/side effects of the treatment itself, not from the underlying cancer cause. I have rarely felt anything and I certainly haven't/didn't/couldn't see anything.

It's/I'm different now.

Now I can see and feel something, that something, located under my Adam's apple is what precipitated the change from chemotherapy/alimta to my current immunotherapy/opdivo. The tumors in my lungs (mediastinum), which is where this whole mess began, remain stable. However, the appearance of the "Adam's apple" tumor changed my reason for living.

And my new life, or rather my new cancer life, has been tightened/shortened up. Now my infusions are every two weeks, instead of the most recent seven-week intervals (with alimta) and my CT scans which had occurred every 12 weeks are now only eight weeks apart.

All of which means I am constantly in the throws of some kind of cancer anxiety ("labbing," infusing, scanning, meeting with my oncologist).

Not that after 10 years, I am unaccustomed to this sort of "cancer-centricity," it's more that its crushing regularity is a constant reminder of my mortality.

And not that I'm "woeing" is me, hardly. I'm lucky to be alive. You all know I know that.

It's more the recurrence of "scanxiety" (not my word, although I thought it was when I first used it), the anxiety one feels waiting for the life and death scan results, especially so if the results come more frequently than previously. And believe me, that extra month is well worth not having to wait.

So the news of my possible negative (not good) scan results hopefully will be exaggerated, along with my demise. And in that exaggeration perhaps I can find some solace and humor.

'Solace' in that it turns out: what's all the fuss? Humor, in that "It's better to look good than to feel good, and you know you are, darlings," as when Billy Crystal invoked his inner Fernando Lamas in his famous bit from his 1985 year on Saturday Night Live! In summary, it's nothing until it's something, and even if it's something, it might not be anything.

This sort of confusing mental gymnastics is what occurs before, during and after these diagnostic scans. And until you hear back from your oncologist, you really don't know whether you're coming or going, or whether it's too little, too late.

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



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