

Vienna and Oakton CONNECTION

HomeLifeStyle
PAGE 6

Joyce Lee of Vienna with her oil paintings of big florals was one of 24 artists from Great Falls Studios featured in Spring Art Fest 2019 last weekend.



Vienna Artists Participate In Great Falls Art Fest

NEWS, PAGE 12

Vienna Athletes Compete In Westfields Sprint Triathlon

NEWS, PAGE 12

Baron Road Walkway Completed

NEWS, PAGE 5

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PHOTOS CONTRIBUTED

Fish Fry Team of Andy Zaso, Russ Weaver, Chris Collins, Nick Lopes, and Scott Kelley.

Bishop Burbidge Joins Vienna Fish Fry

Bishop Michael Burbidge joined a packed DeSales Hall on Friday, April 12 for Our Lady of Good Counsel's (OLGC) last Fish Fry of the Lenten season. Bishop Burbidge joined Pastor Father Matt Hillyard, OSFS, Parochial Vicar Father John Dolan, OSFS, and parishioners to enjoy a delicious meal prepared by volunteers. The strong community spirit and the delicious food impressed the Bishop at the Fish Fry. He met with parishioners and volunteers before he led OLGC's Stations of the Cross in the Church.

What started as a simple vision from two Pittsburgh transplants—Russ Weaver and Chris Collins—three years ago continues to blossom. Weaver and Collins joined together with Nick Lopes, Scott Kelley, and Andrew Zaso to make up a team known as the "Fish Fry Guys."

This team and their families have done an outstanding job bringing the community together, engaging a diverse group of volunteers by tapping into parishioners' given and hidden talents. Father Hillyard and Father Dolan both supported and volunteered at the event throughout the season.

Parishioners, youth, family, and friends came together to prepare 2,400 pounds of Alaskan cod, 540 pounds of shrimp, and 29 gallons of oysters that were fried or baked over the six weeks. Weekly the volunteers turned 450 pounds of potatoes into homemade hand-cut fries, in addition to making coleslaw, rice and beans, mac & cheese, tartar, rémoulade, and cocktail sauces—all from scratch. Countless volunteers, including OLGC school students, donated homemade desserts to top things off. Despite Mother Nature's tenacious



Bishop Michael Burbidge receives a tour of the kitchen operations and meets the volunteers.



Grace Wickham is just one of the many youth volunteers that delivers guests their food.

ity which included snow, hail, and rain, participation was great.

OLGC's fourth annual Fish Fry

will kick-off on Friday, Feb. 28, 2020. For more information, contact OLGCFishFry@gmail.com.

Vienna Native Karyn Bruggeman Named A 2019 Rappaport Public Policy Fellow

The Rappaport Institute for Greater Boston at the Harvard Kennedy School has named Karyn Bruggeman a 2019 Rappaport Public Policy Fellow. A native of Vienna, Karyn is a graduate of McLean High School in McLean and The College of William and Mary in Williamsburg. Karyn is currently attending Harvard University's Kennedy School of Government in Cambridge, Mass. Rappaport Fellows participate in a 10-week summer internship at municipal and state agencies throughout Greater Boston while attending a weekly seminar series featuring leading practitioners and scholars. Fellows receive a \$7,000 stipend for the summer.

"This group is one of the most diverse with regard to schools, interest areas, and backgrounds and the students are looking forward to working with a num-



PHOTO CONTRIBUTED

Karyn Bruggeman.

ber of new agencies at the municipal and state level this summer," said Paulina O'Brien, Interim Executive Director, The Rappaport Institute for Greater Boston.

The fellowship program is a key component of The Rappaport Institute, which aims to improve the governance of Greater Boston by promoting emerging leaders, stimulating informed discussions and producing new ideas.



PHOTO COURTESY OF AHCC

Club members pictured with their finished centerpieces, from left: First row - Isabella Farr and Nancy Moats. Second row standing, Anne Stuntz, Celeste Land, Daphne Sloan, Debbie Fay and Leigh Kitcher.

Honoring Volunteers with Floral Centerpieces

Ayr Hill Garden Club members created floral centerpieces for the recent Shepherd's Center of Oakton-Vienna's Volunteer Appreciation luncheon held at Our Lady of Good Counsel Church's Desalle Hall. Twenty arrangements were donated to the nonprofit.

Susan d. Garvey, Executive Director of Shepherd's Center of Oakton-Vienna had this to say about the garden club's donation: "The centerpieces from Ayr Hill Garden Club were simply beautiful and very much appreciated by everyone who attended our event. They made our springtime table

setting honoring our volunteers just beautiful!"

Established in 1929 and celebrating its 90th year of service, the Ayr Hill Garden Club's motto is civic gardening.

The Club maintains five gardens of various sizes in the Town of Vienna and has contributed to projects throughout Fairfax County over its 89-year history. Their fundraising and membership dues support their efforts in maintaining and planting gardens in Vienna.

For more information about the Ayr Hill Garden Club visit ayrhillgardenclub.shutterfly.com/

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/ or email to editors@connectionnewspapers.com.

This is a fine time for submissions for our annual Father's Day galleries. Online at 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/

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

www.connectionnewspapers.com/contact/letter/

For a digital subscription to any or all of our papers:

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Submit Mother's Day photos online at

EDITORIAL



www.connectionnewspapers.com/mothersday/

Or email to editors@connectionnewspapers.com.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

LETTERS

Parks Create Community

To the Editor:

Thank you for displaying so prominently our efforts to save Blake Lane Park. And thanks too, to all the candidates who came out and supported us. Despite the wind, more than 100 adults came, plus kids and dogs – who were greeted with doggie treats. And even Supervisor Smyth stopped by. While the parents mingled with candidates or took a nature walk, the kids were involved in activities organized by members of the Oakton High School Clubs – Spread a Smile and the frisbee team, and the local theater-arts program, WonderGo. Everyone enjoyed the free food, and listening to talented musician, Philip Beima. Some of us made new friends. Parks Create Community.

Jennifer B. Pradas
Oakton

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



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.

COMMENTARY

Vienna & Oakton CONNECTION

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BULLETIN BOARD

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

THURSDAY/MAY 9

The Opportunity in Opportunity Zones. 8-10:30 a.m. at Valo Park - Tysons Corner, 7950 Jones Branch Drive. A new community investment tool was created by the 2017 tax law. Opportunity Zones are census tracts that state and federal governments have targeted for economic development, and several exist in Northern Virginia. Join the Community Foundation for Northern Virginia and learn about this new investment tool. \$40; includes continental breakfast. Visit www.cfnova.org to register.

FRIDAY/MAY 10

Digital Citizenship Tips for Parents. 10 a.m.-noon at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 - Room 100, Dunn Loring. As parents in the digital age, being aware, alert and involved in a child's use of the internet is crucial. Free to parents, educators and community members. Call 703-204-3941 or visit www.fcps.edu/resources/family-engagement/parent-resource-center

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/ to register.

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). 202-662-2489.

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. 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.

TUESDAY/MAY 14

Professional Networking

Breakfast. 8-10 a.m. at Sunrise of

SEE BULLETIN, PAGE 7



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HomeLifeStyle

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 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 COURTESY OF VIENNA POLICE DEPARTMENT

Pictured from left: Deputy Chief Daniel Janickey, Officer Graham Williams and Colonel James Morris.

Vienna Police Officer Honored with ‘Service Above Self’ Award

On April 24, Officer Graham Williams received the 2019 Rotary Club of Vienna, Rotarian M. Jane Seeman “Service Above Self” award. He was presented with the award at the Westwood Country Club at a banquet to honor public servants of the Town of Vienna.

This award is given annually to a member of the Vienna Police Department whose motivation, commitment, and service to the community exemplifies the Rotary Club’s Motto of “Service above Self.”

In just two short years, PFC Williams has established himself as one of the high performers on the Vienna Police

Department. He consistently and reliably strives to go beyond

the standards of response that the Department has established for routine calls for service. PFC Williams is proactive throughout his shifts and is often seen roaming the neighborhoods in the middle of the night making his presence known to anyone who might have nefarious intentions. PFC Williams is a RAD self-defense instructor for the women-only class that the Vienna Police Department hosts three times a year. It is unusual for an officer with so little time on to be asked to join the instructor pool, but his work ethic, compassion, and empathy for others highlighted him as an easy pick. Despite living an hour and a half away, PFC Williams still comes in on his days off to participate in the class, and it is always appreciated.

BULLETIN BOARD

FROM PAGE 5
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.

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.

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 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.

WEDNESDAY/MAY 15

Vienna Woman’s Club Meeting. 7-9 p.m. at Vienna Community Center, 120 Cherry St. SE, Vienna. Vienna Woman’s Club invites prospective members to its open membership meeting with a guest speaker on a common interest subject. Visit www.ViennaWomansClub.org for more.

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. Contact facilitator Jack Tarr at 703-821-6838 or jtarr5@verizon.net.

Memory Cafe. 2-4 p.m. at Andrew Chapel United Methodist Church,

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Celebrating our 54th Anniversary

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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.

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

*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 or via email at 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, or Infrastructure Investment Director, Virginia Department of Transportation, 1401 East Broad Street, Richmond, VA 23219.

For rail and public transportation: 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).

CALENDAR

Submit entertainment announcements at 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 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 and eggs; herbs; flowers, coffee, and more. The Market will be closed on May 17 for McLean Day setup. Visit www.fairfaxcounty.gov/parks/farmersmarkets/mclean.

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 the notable events and battles that occurred in Northern Virginia after the firing on Fort Sumter in 1861. Books available for sale and signing. Free. Call 703-938-0405 or visit 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 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 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 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.

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.

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



PHOTO COURTESY OF WASHINGTON-TOKYO WOMEN’S CLUB

The Washington-Tokyo Women’s Club chorus.



Piano Concert

Thomas Pandolfi ,nationally and internationally renowned piano virtuoso, performs in a fundraiser concert sponsored by the Great Falls UMC United Methodist Women. Meet and greet reception to follow. Sunday, June 2, 2-3:30 p.m. at Great Falls United Methodist Church, 10100 Georgetown Pike ,Great Falls. \$40 Purchase tickets at 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 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.

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.

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 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.

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.

521 Maple Ave. E., Vienna. Join with friends or make new ones. Newcomers are always welcome. To reserve a space contact event chair, Dorothy Flood at dflood1706@gmail.com.

SCOV Coffeehouse & Wine Bar. 6:30-9 p.m. at Our Lady of Good Counsel Church DeSalle Hall, 8601 Wolfrap 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 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 attend a free one-day workshop, “Transforming the Cancer Journey With Spirituality,” where they will build a spiritual toolbox for healing. Sponsored by Unity of Fairfax, Unity World Headquarters, and the Tigerlily Foundation. Pre-register by May 13. Free. Call 703-281-1767 or visit 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 for more.

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 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 presents A Bohemian Life, 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. Visit tysonsmcleanorchestra.org for more.

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 and meal that can be purchased at the park’s General Store. Call the site to confirm

SEE CALENDAR, PAGE 9

CALENDAR

FROM PAGE 8

grinding is on. \$8 for adults, \$7 for students 16 and up with ID, and \$6 for children and seniors. All ages are invited to enjoy these historic demonstrations, and no reservations are required. Call 703-759-2771 or visit www.fairfaxcounty.gov/parks/colvin-run-mill.

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/ 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 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). Bringing together singers



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 for more.

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 or call 703-277-7772.

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 for more.

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

lost (adj): 1. unable to find the way. 2. not appreciated or understood. 3. no longer owned or known

Adopt Donate Volunteer

Volunteers needed for adoption events, fostering, transportation, adoption center caretaking and more.



lostdogandcatrescue.org

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

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



The McLean
Community Center
www.mcleancenter.org
Home of the Alden Theatre
www.aldentheatre.org

703-790-0123, TTY: 711

1234 Ingleside Ave., McLean, VA 22101

Announcements

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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.

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.

Announcements

Announcements

Spectacular Seaside Lots
\$29,900 - \$79,900

Build the home of your dreams! 1 to 2 acre lots in an exclusive development on the seaside (high and dry on the mainland) on Virginia's Eastern Shore, 42 miles south of Ocean City. Adjoins NASA and faces Chincoteague and Assateague Island National Seashore, world famous for it's fabulous beaches and wild ponies.

The property features a private entrance, paved roads, underground utilities, dock and community pool. Great climate, low taxes, boating, fishing, restaurants and wide sandy beaches just miles away. Both waterview and waterfront lots available priced at \$29,900 to \$79,900. Financing available with discounts for cash and multiple lot purchases.

Tel (757) 824-6289

see our website: oldemillpointe.com



Be a part of our **Wellbeing** pages, the first week of every month.

Delight in our **HomeLifeStyle** sections, the second week of every month. Peek at the top real estate sales, glimpse over-the-top remodeling projects, get practical suggestions for your home.

Celebrate students, camps, schools, enrichment programs, colleges and more in our **A-plus: Education, Learning, Fun** pages, the third week of every month.

Questions? E-mail sales@connectionnewspapers.com or call 703-778-9431

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BULLETIN

FROM PAGE 7

1301 Trap Road, Vienna. Connect with others living with loved ones with dementia. Email Carol Blackwell at 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 inclusion. Free to parents, educators and community members. Call 703-204-3941 or visit 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. 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.

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

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 during the election. 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), 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

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.

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

THURSDAY/MAY 23

Dealing with Chronic Disease. 7:30-9 p.m. at Patrick Henry Library, 101 Maple Ave. East, Vienna. Angela and Karl Robb will share insights from their books: A Soft Voice in a Noisy World and Dealing and Healing with Parkinson's and Other Health Conditions. Books available for sale and signing. Adults. Free. Call 703-938-0405 or visit librarycalendar.fairfaxcounty.gov/event/5183526.

SUNDAY/MAY 26

Taizé Contemplative Worship. 5 p.m. in St. Mary's Chapel at Church of the Holy Comforter, 543 Beulah Road, NE, Vienna. From September through May, Holy Comforter's Music Ministry sponsors evening services in a contemplative style, offering an opportunity to decompress and prepare for the week ahead. The service occurs on the last Sunday of the month. Visit www.holycomforter.com for more.

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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.



Theresa Miller of Vienna paints a flower; she specializes in oil paintings and watercolors of florals and landscapes.

Vienna Artists Participate in Great Falls Art Fest

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

Some 24 artists displayed their wares 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.

Among those represented were artists from Vienna.

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 earlier 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.

— STEVE HIBBARD

PHOTOS BY STEVE HIBBARD/THE CONNECTION



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



Roberta Beasley of Vienna with her mixed media, acrylic and paper artwork.



PHOTOS BY TOM MANNING/THE CONNECTION

Athletes are lined up waiting to start the 2019 Westfields Triathlon.

Vienna Athletes Compete in Westfields Sprint Triathlon

The sixth annual Westfields Triathlon took place on April 28 at the Cub Run RECenter in Chantilly. The event was hosted by the Westfields Business Owners Association and put on by Revolution3 Triathlon. The sprint distances included a 250 yard pool swim, a 12 mile bike ride, and a 3.1 mile run. There were also two shorter “Splash & Dash” swimming and running distances for the kids. The Westfields Triathlon kicked off the triathlon season in the DC Metro area. This year’s race beneficiaries are Girls on the Run of Northern Virginia, Second Story Youth Services and Safe Shelter, and 911 Promise Run.



Susan Gates from Vienna rounds the final corner to finish up the bike leg.

—TOM MANNING



Brian Creagh from Vienna finishes in 1:19:24