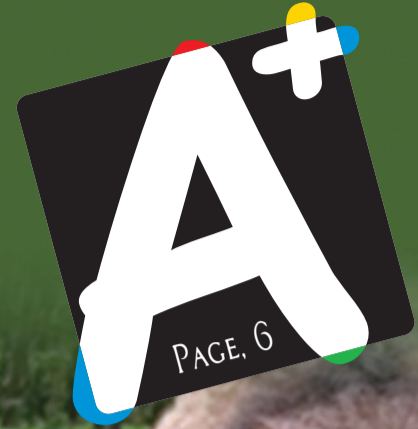


# Great Falls CONNECTION



Afternoon petting zoo, May 8 at Great Falls Creche Preschool. Children welcomed a baby camel, Amos, and a host of his furry friends for an afternoon playdate.



## Petting Zoo Comes to Great Falls

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### Meet Candidates for County Board Chairman

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### Trash Troubles

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MAY 15-21, 2019

ONLINE AT [WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)

Charlie Forbes with the Fairfax County Department of Public Works and Environmental Services talks to residents at the Great Falls Citizens Association Environment and Parks Committee meeting on May 6, including Lindene Patton, who have been experiencing disruptions in their trash collection from American Disposal Service.

PHOTO BY ANDREA WORKER/  
THE CONNECTION



# Trash Troubles

Great Falls citizens ask county to help solve trash pileup.

BY ANDREA WORKER  
THE CONNECTION

According to Charlie Forbes, Chief, Recycling, Compliance and Planning for the

Fairfax County Department of Public Works and Environmental Services, the county receives about six or so complaints per year about the services provided by the fifteen waste haulers licensed to do business in the area.

“Six complaints, 15 haulers, over a million residents. That’s not a bad ratio of complaints to services,” said Forbes.

In the last few months, however, those complaint numbers have skyrocketed to over 200, with more being received by the offices of the individual district Supervisors.

“It’s not hard to figure out that something is going on – something wrong,” Forbes said.

**THE COMPLAINTS** that have been flooding county offices are targeting one particular company; American Disposal Services (American), that collects refuse, recycling and yard waste for about 120,000 county residents according to Mason District Supervisor Penny Gross.

American Disposal Services was recently purchased by Waste Connections, Inc., whom Forbes described as a Canadian-based company doing business throughout North America.

The typical contract between American and its customers is for two collections of refuse per week, and one each for recycling and for yard debris. Lately, many customers count themselves fortunate if they see even one collection of refuse and any collection of the others.

Lindene Patton of Great Falls is one such customer. Patton attended a May 6 meeting of the Great Falls Citizens Association Environment and Parks Committee where Forbes and his colleague Courtney Willis-Banks, a Compliance and Enforcement Supervisor with the Department of Public Works, accepted an invitation to update the Great Falls group on the current status of the situation, hear from citizens, and answer questions.

Considering her experience, Patton was admirably calm and understanding. Patton was one of the residents whose hand went up when Forbes asked “how many here have had their trash sitting out uncollected for more than a week?” Patton’s hand went up



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Photos by Walt Lawrence

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## Meet the Candidates for County Board Chairman

Four to contend in June 11 Democratic Primary to seek to replace retiring Sharon Bulova.

BY ANDREA WORKER  
THE CONNECTION

**A**s Chair of the Fairfax County Board of Supervisors Sharon Bulova prepares to retire at the end of the year, four Democrats have come forward, looking to fill her spot as the county's top elected official. With multiple candidates, election rules call for a Primary Election to decide a winner who will go on to the Nov. 5 ballot, when all of the Board member seats will be up for grabs.

Vying for the position are:

❖ Current Lee District Supervisor Jeff C. McKay, who has served on the Board

since 2007.

❖ Ryan McElveen, At-Large Member, Fairfax County Public Schools Board since 2012.

❖ Tim Chapman, Reston-based real estate developer and businessmen

❖ Alicia Plerhoples, tenured law professor at Georgetown Law.

The Connection sent out identical questionnaires to all four, asking each to provide voters with some basic information about themselves, and then to explain why they are running, what they see as the top issues facing the county, and in what key ways they differ from their opponents.

Here are their responses:

### Jeffrey C. McKay



Jeffrey C. McKay

Age: 43

Education: James Madison University (1996), Sorensen Institute for Political Leadership (1998)

Family: Wife, Crystal, children Leann and Aidan, retired racing greyhound Pascal.

Native of: Fairfax County  
Moved to Your District: Lifelong Lee District resident

Prior and current professional, political and civic experiences, community involvement, etc.:

❖ Fairfax County Board of Supervisors – Lee District

❖ Chairman, Budget Committee, Board of Supervisors

❖ Chairman, Legislative Committee

❖ Co-Chair, Revitalization Committee

❖ Member, Successful Children and Youth Policy Team

❖ Member, Northern Virginia Regional Commission

❖ Member, Virginia Railway Express Board

❖ First VP, Virginia Assoc. of Counties Board of Directors

❖ Two-time former Chair, current Member, Northern Virginia Transportation Commission

❖ Coach, Woodlawn Little League, Pioneer Baseball League, Mount Vernon Sports Club

Q: Why are you running?

A: I am a lifelong Fairfax County resident, proudly born and raised along the Route One Corridor. From an early age, my grandmother instilled in me the importance of helping others, especially those less fortunate than ourselves. Those teachings, com-

bined with my own experiences ... are the reasons why I ultimately sought public office.

I am running for Chairman this year to build on the successes we've had and to push us forward ... I'm proud of Fairfax County and the community we've built together. Now, more than ever, those values we've instilled and the work we've done are at risk. We need to fight for all residents and communities

throughout our county.

Q: What are the top issues in your district and what solutions do you propose?

A:

❖ Creating a Fairfax County that works for all (One Fairfax)

❖ Investing in people by supporting the environment, affordable housing, transportation infrastructure, and education

❖ Creating jobs and economic opportunities in all areas of the county

Q: Key ways you differ from your opponents.

A: Having served on the Board of Supervisors for the past 11 years, I am the only candidate with Board experience and who has been a state, regional and countywide leader. I've balanced budgets and created countywide legislative agendas that have made us a progressive national leader in education, job growth, human services, and quality of life, while also ensuring we're protecting our environment and fighting for affordable housing.

I have the knowledge, experience, and relationships it takes to be a successful chairman, and I am excited for the opportunity before us.



PHOTO BY ANDREA WORKER/THE CONNECTION

**The Democratic candidates for the Chair of the Fairfax County Board of Supervisors, heading for the June 11 Primary election, debate at a live, televised event, hosted by the Fairfax Healthy Communities Coalition. Coalition member and event moderator Pastor Sarah Scherschligt is flanked by candidates Tim Chapman and Alicia Plerhoples on the left, and Jeff McKay, Lee District Supervisor, and Ryan McElveen, At-Large member of the FC Public Schools Board on the right.**

### Ryan McElveen



Ryan McElveen

Age: 33

Education: Columbia University, Master of International Affairs in Human Rights (2011); Univ. of Virginia, B.A. Anthropology and East Asian Studies (2008); George C. Marshall High School (2004)

Family: Wife Xuan, daughter Sierra

Native of: Raised in the Vienna-Tysons area

Moved to Your District: Lifelong resident of Fairfax County

Prior and current professional, political and civic experiences, community involvement, etc.:

❖ At-large Member, Fairfax County School Board 2012-Present

❖ Assoc. Director, John L. Thornton China Center, the Brookings Institution, 2013 - Present

❖ International Operations and Policy, the Boeing Company

❖ Co-Chair, Revitalization Committee, FC Board of Supervisors.

❖ Communications, Clinton Foundation and Clinton Global Initiative

❖ Researcher, Permanent Subcommittee on Investigations, U.S. Senate

❖ Asst. Director, Univ. of Virginia Center in Shanghai, China

Q: Why are you running?

A: After spending the better part of my time on the School Board as witness to chronically underfunded school system budgets, I decided to run for Chairman when I realized that there was no one else in the race who would be as strong an advocate for our schools and children as I would be.

Since January, I have been saying that we

are two Fairfaxes. The development patterns that have been promoted by past Boards of Supervisors have led to the stark divides between the "haves" and "have nots" in Fairfax County. ...

We need to turn our attention to the areas and populations that will benefit from neither Amazon and a growing tech sector nor higher property values. All of our residents need to have a voice. I will purposefully

work to narrow that gap and provide more seats at the table, making sure that our diverse community is better represented by our leadership.

Q: What are the top issues in your district and what solutions do you propose?

A: The three most important issues and opportunities that Fairfax needs to address are in the areas of education, innovation and opportunity. \*Education: We need to fully fund our schools and implement universal pre-Kindergarten so that our students enter school ready to succeed.

\*Innovation: We need to connect all residents to the internet; create transportation networks that accommodate expanded public transit and electric and autonomous vehicles; and preserve green space while investing in a green infrastructure that pushes Fairfax toward a carbon-neutral future.

\*Opportunity: We need to prepare our community members for the jobs of the future by creating apprenticeships and building innovation labs in schools; develop small-business incubators in vacant office space; and build affordable housing

SEE MEET THE CANDIDATES. PAGE 9

## Changing Political Landscape

**Don't miss vote June 11 or before to have a say in the biggest political change in years.**

**O**n June 11, 2019 a revolution is scheduled. There will be no blood. Change, massive change, is inevitable, but its effects won't be fully in place for months.

Many of the powers that be in Fairfax County will step down at the end of the year, taking with them decades of historic understanding and institutional knowledge. **EDITORIAL** Voters will choose their replacements, for the most part, on June 11. It's a huge opportunity for voters in Virginia to enact the change they want to see.

First any Virginia voter can participate in the Democratic primary because voters in Virginia do not register by party.

Second almost every candidate is describing themselves as progressive. There are of course degrees of progressive. You'll have to tease out for yourself what matters to you. Is the county on the right track in the things that matter? If you think the county has done enough in affordable housing, is on the right path in terms of criminal justice reform and racial and economic equity, then voting for the few longtime incumbents might be right for you. If your vision of a progressive county is a bit beyond the status quo, then you have other choices.

Every Democratic primary voter in Fairfax County will choose candidates for two critical county wide positions, Chairman of the Fairfax County Board of Supervisors and Fairfax County Commonwealth's Attorney.

Early voting has begun already, but the cut-off to register to vote is in less than a week, May 20. You have to register (at your current address) and actually vote to have a say in

choices that could define the direction of the county for the foreseeable future. With four or five candidates vying for quite a few seats, a small number of votes could decide.

Don't miss out.

— MARY KIMM

### ON THE DEMOCRATIC PRIMARY BALLOT, Fairfax County

Commonwealth's Attorney  
Raymond F. Morrogh  
Commonwealth's Attorney Steve T. Descano

Chairman Board of Supervisors  
Alicia E. Plerhoples  
Chairman Board of Supervisors Jeff C. McKay  
Chairman Board of Supervisors  
Ryan L. McElveen  
Chairman Board of Supervisors  
Timothy M. Chapman

Braddock District Member Board of Supervisors - Irma M. Corado  
Braddock District Member Board of Supervisors - James R. Walkinshaw

Hunter Mill District Member Board of Supervisors - Laurie T. Dodd  
Hunter Mill District Member Board of Supervisors - Maggie D. Parker  
Hunter Mill District Member Board of Supervisors - Parker K. Messick  
Hunter Mill District Member Board of Supervisors - Shyamali R. Hauth  
Hunter Mill District Member Board of Supervisors - Walter L. Alcorn

Lee District Member Board of Supervisors - James Migliaccio  
Lee District Member Board of Supervisors - Kelly Hebron  
Lee District Member Board of Supervisors - Larysa M. Kautz  
Lee District Member Board of Supervisors - Rodney L. Lusk

### Upcoming Elections

June 11, 2019 Democratic Party Primary Election Information

On Election Day Vote at Your Usual Polling Place, Open From 6 a.m. until 7 p.m.

To confirm that you are eligible to vote in this election, visit the Virginia State Board of Elections website at <https://vote.elections.virginia.gov/VoterInformation>.

#### GENERAL INFORMATION

❖ **Now:** Absentee Voting is underway at the Office of Elections, 12000 Government Center Pkwy., Conference Rooms 2/3, Fairfax, VA

❖ **May 20:** Voter Registration Deadline to vote on June 11. In-person: 5 pm, online: 11:59 p.m.

❖ **June 4:** Deadline to request an absentee ballot by mail, 5 p.m.

❖ **June 8:** Final day to vote absentee in-person, 5 p.m.

❖ **June 11:** Primary Election Day. Polling Places open 6 a.m. until 7 p.m. Deadline to return ballots to the Office of Elections, 7 p.m. See [www.fairfaxcounty.gov/elections/upcoming](http://www.fairfaxcounty.gov/elections/upcoming) for more and to find your sample ballot for Tuesday, June 11.

Providence District Member Board of Supervisors - Dalia Palchik  
Providence District Member Board of Supervisors - Edythe F. Kelleher  
Providence District Member Board of Supervisors - Ericka M. Yalowitz  
Providence District Member Board of Supervisors - Linh D. Hoang  
Providence District Member Board of Supervisors - Philip A. Niedzielski-Eichner

Senate 31st Democratic  
Barbara Favola incumbent  
Nicole K. Merlene

Senate 33rd Democratic  
Jennifer B. Boysko incumbent  
M. Sharafat Hussain

Senate 35rd Democratic  
Richard L. "Dick" Saslaw incumbent  
Yasmine P. Taeb  
Karen Elena Torrent

### LETTERS TO THE EDITOR

## 'Honey Trap' of Campaign Contributions

To the Editor:

What is the contribution "tipping point" that changes an elected official's perspective towards favoring their donors over the needs of the community? When is that unconscious sense of gratitude for a gift turned on?

Developers have wielded considerable influence in Fairfax County politics for years. Fairfax County residents are currently dealing with long commutes, or expensive mass transit only accessible to those who live near to it. Residents are also exposed to polluted air, dangerous travel conditions for walkers and bikers, and unaffordable rent, all within the county. Why did we allow this to happen?

There were early warnings. In 2013, seven Fairfax Supervisors had to recuse themselves from a decision, because they had financial ties with the developers requesting the change. A major land-use decision was made with three votes instead of ten. Six districts (and the Chair's vote) were without representation in that decision. INOVA won the vote, but did Fairfax? With the upcoming election for so many open Board of Supervisor seats, it's time for Fairfax voters to step up and identify candidates that will work for us and not for developers.

We need to start by realizing who wants to be a supervisor in Fairfax. In many districts, developers themselves are running to be

supervisors. Some of the candidates, according to VPAP.ORG, have more than 30 percent of their campaign funds coming from the "real estate/construction" category. A current district supervisor, who sat through this development rampage for more than 12 years, now wants to be Chair.

But not all candidates will fall into the campaign contribution "Honey Trap." A number of candidates have taken the pledge to not accept any money from developers – and those are the ones we should invest our trust with our vote.

I want my Supervisors to never have to recuse themselves when faced with a land-use decision. I want my Supervisors to commit to

ensuring Fairfax supports all ranges of income and age in land-use plans - so those who want to grow old here can; those who want to live where they work can; those who want to move forward in life and have good opportunities, regardless of background or other social factors, can.

Just because a politician can take unlimited contributions from developers and special interests under Virginia law (unlike Maryland or DC), doesn't mean they should. Development should not be a "trickle down" economic policy in Fairfax. Let's elect leaders who will put the interests of Fairfax residents first.

**Diana Smith**  
Reston

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# Alarm Over Trash Pileup

FROM PAGE 2

again in response to Forbes' next question. "How many have waited more than a week and still have that trash sitting outside their home?"

Patton was among a handful at the meeting who have waited two, and sometimes three weeks or longer for her refuse to be collected.

Forbes was sympathetic to the plight of the Great Falls residents who recounted their trash woes, but he did make clear just what the county could – and could not do – on behalf of its citizens.

"We have no say in rates, what a company charges you for services, nor do we have any legal ability to demand refunds or rebates for services you did not receive." The county can suggest resources to inform its citizenry on those matters, but the scope of their authority is limited to health and safety issues resulting from the failure of a trash hauler to collect, and if a licensed hauler fails to collect at least one time per week as is required in the licensing agreements.

"But we aren't just sitting back and doing nothing to get this resolved," he said.

Forbes informed the attendees that the county had reached out to American and a meeting was held with county officials, including Springfield District Supervisor Pat Herry, and senior management from the waste management company.

"Severe driver shortage is what American says is the main reason for the service disruptions," said Forbes. Although they could not be contacted for comment in time for the publication of this article, American is apparently raising their wages, offering incentives and recruitment bonuses and making other efforts to boost its complement of drivers, but getting up to speed with numbers and training is still taking too long to immediately address the pile up issues many residents are facing.

At the time of the Great Falls meeting, Forbes reported that a consent agreement between the county and the company was in the works, where American would outline the steps it would take to resolve the issues, and the county

would set the consequences for failure within its ability to enforce. Forbes also asked for the names and contact information for those "hand-raisers" whose trash still awaited collection.

"Let us see if we can get that taken care of," he said.

The Consent Agreement which Forbes thought would be finalized within a week or so, may now take a bit longer.

At the May 7 Board of Supervisors Meeting, John Cook (Braddock) and Kathy Smith (Sully) jointly asked that the county legal staff review not only the consent agreement, but the entire situation for board discussion during their closed session on May 21.

Cook echoed Forbes' explanation about driver shortages - "Nation-wide there was a shortage of about 48,000 drivers reported as of 2015, and predictions are for greater shortage in the future, but a contract is a contract ... If you have to pay your people more, then pay them more," he noted, warning that we may all see an increase in fees for refuse removal before long in order to solve the

situation.

Cook also praised county staff for taking the initiative to step in and "help American solve American's problem," but added that while the county would always be willing to assist, "it is [American's] problem to fix."

**AT THE SAME BOARD MEETING**, Supervisor Jeff McKay added that the upcoming closed session should also review the effect on neighborhood streets and infrastructure and quality of life as more residents abandoned American Disposal for other vendors, sometimes resulting in heavy trash trucks rolling through neighborhoods 5 days per week.

Supervisor Gross, who chairs the Board's Environment Committee, announced that the situation would also be discussed at the committee's June 18 meeting.

"We need to look at capacity as well," said Gross, indicating that waste management in the county was a larger issue.

Supervisor Herry agreed that the county needed to review its legal options, but expressed the hope that the further discussions

and reviews, while important, would not derail the Consent Agreement in progress.

He did remind the Board that other companies were receiving similar complaints, but that while driver shortage may be the main cause, "there isn't a shortage of communications people" and that the companies should be communicating with their customers about disruptions and resolutions.

Herry also asked that particular attention be paid to "our townhouse communities" who generally don't have trash bins for trash storage and thus may simply have bagged trash left awaiting collection.

While the county helps the company clean up its act, residents are urged to first contact their waste management provider if there are problems. The county has no say in rates or refunds, but if, after contacting the trash company, a resident's trash remains uncollected, or they are concerned about health and safety issues, they may email the county at [trashmail@fairfaxcounty.gov](mailto:trashmail@fairfaxcounty.gov) to record their complaint and request assistance.

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# Choosing Swimming Lessons

What can parents do if child is afraid of the water.

BY MARILYN CAMPBELL

The start of summer just around the corner and for some, warm weather is synonymous with trips to a pool or beach. Swimming lessons are one the minds of many parents. May is National Water Safety Month, an effort designed to prevent illness, injury and death as a result of contact with the water. Part of a parent's role in ensuring safety for their children is knowing the factors to consider when looking for swimming lessons.

"People are starting get out and enjoy the water," said Aleatha Ezra, of The World's Largest Swimming Lesson, an event on June 20 designed to raise awareness of the importance of knowing how to swim. "We want to emphasize the importance to learning to swim, finding lessons and taking them seriously."

When looking for lessons, parents should inquire about the training of those who will be in charge of teaching their children. "We require all of our swim instructors to pass a certified lifeguard course," said Tommy Hamilton, Regional Manager at Goldfish Swim School of Reston, Falls Church and Alexandria. "In addition to this course all of our instructors also go through at least 40 hours of hands on training on our proprietary curriculum."

In order for lessons to be effective, the student teacher ratio should be as low as possible, advises Hamilton. "We believe that this gives them suitable time in the water practicing their skills as well as enough rest in between each skill," he said. "The small class sizes also allow us to maintain a high standard for safety."

The swim school should assess a child's ability and have a curriculum with a clearly defined plan that allows a child to advance as they gain skills. "For example, we have a progressive curriculum. Our beginner swim classes start with basics like teaching kids to put their face in the water," said Jamel Wright, a swimming instructor for SafeSplash Swim School in Bethesda. "It moves through [phases] like stroke development and advances through competition level as the children are assessed and their swimming skills improve."

Parents should be allowed to observe their child's lessons, said Hamilton. "We love when parents get involved in the progress of their children," he said. "We believe this to be crucial to their growth. We keep our pool deck at a warm 90 degrees so we have large glass windows in our lobby so parents can be comfortable and watch the entire lesson."

Another factor to consider is whether or not there is a lifeguard on duty who can watch those in the water at all times. Water quality should be another concern. "Smell to make sure there are no strong chemical smells, which is not a sign of proper chlori-



PHOTO COURTESY OF GOLDFISH SWIM SCHOOL

An instructor at Goldfish Swim School teaches young children how to swim. Lessons can help ensure water safety.

nation but rather contamination," said Shannon McKeon, Environmental Health Specialist. "Ask to see water quality reports that should be posted at every public pool."

There are times when a child has an extreme fear of water, but safety experts advise continuing the lessons with an instructor who is able to assist parents in helping a child overcome that fear.

"To cope with swimming fears, we should first relax with slow, deep, nose breathing," said Jerome Short, Ph.D. Licensed Clinical Psychologist and Associate Professor of Psychology at George Mason University. "We can close our eyes briefly and go to a quiet, comfortable place. After we are relaxed, we should watch others who enjoy swimming and imagine doing it ourselves successfully. Then move forward in small steps to shallow water, slowly submerge the body, and practice floating with someone close by to support you. Take a break if

there is discomfort but try again soon to make more progress."

Read story books on children who were afraid to swim but were successful, advises Carol Barnaby, LCSW I. "Scared children are already tackling emotional burdens and don't need to see, hear, or feel their parents frustration, she said. "Take your child's fear seriously and acknowledge it. Let them know that you understand that they are scared. Start swim lessons out of the water so that there can be trust established this will make them feel safe and ready to learn."

Barnaby continued, "Let your child know that you believe in them and that you have confidence they will succeed at their goal. Praise all efforts and offer physical reassurance when they leave the water. Children who receive positive reinforcement will try harder even when they are scared. Give your child frequent reassurance that they are safe and help is there."

**"We want to emphasis the importance to learning to swim, finding lessons and taking them seriously."**

**— Aleatha Ezra, of The World's Largest Swimming Lesson**

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Marina Diva, Watercolor, by Betty Ganley

### Betty Ganley Exhibits at Katie's Coffee House

Great Falls Artist, Betty Ganley will be the featured artist at Katie's Coffee House, 760 Walker Rd., Great Falls, for the month of May. Ganley is the recipient of more than 100 awards as well as having had her paintings featured in nine major art books known for featur-

ing the top watercolorists in the country, and several major art magazines, including International Artist, and Australian Artist magazines. She also has authored and illustrated the book "10 Secret Gardens In Watercolor" for International Artist Publications.

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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.

**The Member of the Wedding.** Through June 2 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. \$15-\$39. Visit [www.1ststage.org](http://www.1ststage.org) or call 703-854-1856 for tickets.

**Oak Marr Farmers' Market.** 8 a.m.-noon at Oak Marr RECenter, 3200 Jermantown Road, Oakton. Every Wednesday through Nov. 13, rain or shine. Vendors include produce, meats, eggs, cheeses, pies, cured and smoked meats, popsicles, sorbet, bread, croissants, falafel sandwiches, humus, and pesto. Call 703-281-6501 or visit [www.fairfaxcounty.gov/parks/farmersmarkets/oak-marr](http://www.fairfaxcounty.gov/parks/farmersmarkets/oak-marr) for more.

**McLean Farmers Market.** Fridays, through Nov. 15, 8 a.m.-noon at Lewinsville Park, closed on May 17 for McLean Day setup.

**Great Falls Farmers Market.** Saturdays, 9 a.m.-1 p.m. Great Falls Village Center, 778 Walker Road. [www.Facebook.com/GreatFallsCommunityFarmersMarket/](http://www.Facebook.com/GreatFallsCommunityFarmersMarket/)

## FRIDAY/MAY 17

**Bike to Work Day 2019.** Pit stop times vary, all over the region. Join more than 20,000 area commuters for a free celebration of bicycling as a fun, healthy and environmentally-friendly way to get to work. There are 115 Bike to Work Day pit stops to choose from. The first 20,000 to register and attend will receive a free Bike to Work Day T-shirt, enjoy refreshments and chances to win prizes. Visit [www.biketoworkmetrodc.org](http://www.biketoworkmetrodc.org).

**McLean Art Society Meeting.** 10 a.m.-noon at The McLean Community Center, 1234 Ingleside Ave. Anya Getter will be the featured artist. Getter is a member of The Arlington Artist's Alliance and shows her work at the Gallery Underground in Arlington. She will be demonstrating the application of painting on collage. Guests are welcome. Call 703 790-0123.

**"Dining with Dorothy."** 12:30 p.m. at Anitas, 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](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 semi-annual sale. Art books, cookbooks, gardening, design, religion, travel, how-to and self-help, 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. Fill a shopping bag of books \$5 during the last two hours on Saturday. Call 703-757-8560.

## SATURDAY/MAY 18

**Native Plant Sale.** 8 a.m.-1 p.m. in the parking lot of the Vienna Community Center. All plants are raised and sold by Hill House Garden Nursery, which specializes in high-quality native plants. In addition, Kristina Clarin of the Northern Virginia Soil and Water Conservation



## 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.



## 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](http://www.greatfallsumc.org).

District and beekeeper Steven Youssef will be on hand to share information and answer questions. Visit [viennava.gov](http://viennava.gov) 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, 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. How to manage privacy and data when using social networks 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. Visit [tysonsmcleanorchestra.org](http://tysonsmcleanorchestra.org) for more.

## SUNDAY/MAY 19

**Wagon Ride at Riverbend Park.** 10-11:30 a.m.

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. Visit [tysonsmcleanorchestra.org](http://tysonsmcleanorchestra.org)

**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). 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. [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, tells story as a young Czech woman of German ancestry caught up in World War II. Free. Call 703-938-0405

**Holy Happy Hour Recital Series.** 6:15 p.m. at Lewinsville Presbyterian Church, 1724 Chain Bridge Road, McLean. Featuring Soprano Laura Snyderman, the 30-minute musical offering will be followed by wine, hor d'oeuvres and fellowship. Free and open to the public. 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. Free admission. Call 703-938-5157 or visit [www.nvmr.org](http://www.nvmr.org).

## SUNDAY/MAY 26

**Build Bee-utiful Housing.** 9-10:30 a.m. at Riverbend Park, 8700 Potomac Hills St., Great Falls. Have fun learning about local pollinators while using invasive plants to build homes for these natives. The bees this house attracts are mason bees, pollinators and solitary bees that rarely sting. Designed for participants 3-adult. \$8 per person. Call 703-759-9018 or visit [www.fairfaxcounty.gov/parks/riverbend](http://www.fairfaxcounty.gov/parks/riverbend).

## THURSDAY/MAY 30

**Mah Jongg Lessons.** 2-5 p.m. at Temple Rodef Shalom, 2100 Westmoreland St., Falls Church. Mah Jongg classes. \$85, includes needed Mah Jongg Card. Call Renee Andrews, 703-532-2217

## 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)



# Meet the Candidates

FROM PAGE 3

throughout our community.

Q: Key ways you differ from your opponents.

A: I am the only candidate in this race who has experience as an elected official representing all Fairfax residents and overseeing 53 percent of the county budget as a School Board member. I am also the only candidate who, through years of working in international business and think tank environ-

ments, has built global networks that can help our county become a model for international business development and investment. Perhaps most importantly, I am an outsider to the Board of Supervisors.

My roles as a FCPS graduate, a Fairfax parent, a School Board member, a global thinker and candidate for Chair have one thread: a dedication to the county that I love. I want to make sure everyone who calls this place home is able to give back to it as I have sought to do and achieve the American Dream.

## Alicia Plerhoples

Age: not answered  
 Education: Harvard College (B.A.)  
 Yale Law School (J.D.)  
 Princeton University,  
 Woodrow Wilson School (M.P.A.)  
 Family: Daughters  
 Native of:  
 Moved to Your District:  
 Prior and current professional, political and civic experiences, community involvement, etc.:  
 ♦ Tenured law professor, Georgetown Law  
 ♦ Founder of a public interest law center, advising small businesses, social enterprises, startups and nonprofits  
 ♦ Formerly a corporate finance attorney at Cooley LLP  
 ♦ Formerly a real estate finance attorney at DLA Piper LLP  
 ♦ Recipient of the American Bar Association's 2017 Outstanding Nonprofit Lawyer Award  
 ♦ Elected member of the Governing Board of the McLean Community Center  
 ♦ PTA president at daughters' public school  
 ♦ Member, FCPS Board's Human Resources Advisory Committee



Alicia Plerhoples

Q: Why are you running?

A: I am running to improve the quality of life for every Fairfax County resident. I see other municipalities passing us by, whether on environmental action, public transit, living wages, affordable housing, or educational investment.

Q: What are the top issues in your district and what solutions do you propose:

- ♦ To foster liveable, affordable communities where people who work here can afford to live here
- ♦ To develop a vibrant economy that creates quality jobs and restores a clean, sustainable environment

♦ To ensure our high quality public schools meet the needs of students in every part of the county, no matter one's zip code.

Q: Key ways you differ from your opponents?

A: I am the only candidate committed to putting voters first by refusing to accept political contributions from real estate developers. That is a conflict of interest. I am the only lawyer, experienced in bringing private sector, small business to the table.

## Tim Chapman

Age:  
 Education: Emerson High School  
 Family: Wife, Julianna, 5 children  
 Native of: Maryland  
 Moved to Your District: 2005  
 Prior and current professional, political and civic experiences, community involvement, etc.:  
 ♦ Real Estate developer  
 ♦ Appointee to Virginia Housing Development Authority (VHDA) by Gov. McAuliffe  
 ♦ Elected Chair of VHDA. During my tenure at the VHDA, I helped invest billions of dollars into affordable housing projects, and helped thousands of families buy their first homes.  
 ♦ Board member homeless shelter in Washington, D.C.  
 ♦ Veteran United States Army Presidential Guard  
 Q: Why are you running?



Tim Chapman

siders and has relegated the Board of Supervisors to a land use and zoning review board. We can do better.

I want to give a voice to the working class families and underserved communities in Fairfax County, and to address problems that affect everyone. Together, we can create a more equitable prosperity in Fairfax County.

Q: Key ways you differ from your opponents?

A: ♦ Background in business, development and managing large enterprises

♦ I'm no stranger to hard work. My mother and I were homeless for a portion of my childhood. You don't go from youth homelessness to managing a \$13 billion agency overnight. I have spent my life building things, solving problems, and serving my community.

♦ I have the real world experience that it will take to help Fairfax County move forward, and I am prepared to take my service to a new level as Chair of the Fairfax County Board of Supervisors.

♦ I have spent my career building affordable housing...with the VHDA we made it possible for thousands of moderate income Virginians to buy a home. These experiences uniquely position me to lead Fairfax County towards a brighter future.

**Please note:** Mr. Chapman's responses to the Connection questionnaire were not received by press time. The information above is taken from his campaign website at [chapmanforchair.com](http://chapmanforchair.com).

**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  
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# THE CONNECTION

Newspapers & Online

## UPCOMING SPECIAL SECTIONS

**April**  
 4/24/19.....Senior Living/Mother's Day Celebrations, Dining & Gifts/Spring Outlook

**May**  
 5/1/19.....Mother's Day Dining & Gifts II  
 5/8/19.....HomeLifeStyle  
 5/15/19.....A+ Camps & Schools  
 5/22/19.....Senior Living  
 5/29/19.....Connection Families: Fun, Food, Arts & Entertainment

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- Centre View
- McLean Connection
- Springfield Connection
- Chantilly Connection
- Mount Vernon Gazette
- Vienna/Dalton Connection

### Charity Golf Tournament Is May 20

Each May, Celebrate Great Falls hosts a day on the course and putting green, along with an online auction to raise money for three local elementary schools, this year at River Bend Golf and Country Club. Co-chairs Meredith Broome, Dennis Peery, and Kristin Dailey have made several changes to the event this year to draw community interest and participation.

Between the new location and new offering this year, the tournament committee is hoping to exceed last year's extraordinary success, which netted a total of \$39,000.

The committee also significantly increased its efforts this year with respect to the Silent Auction. Live since May 6, the auction raised nearly \$15,000 within only half of the two weeks bidding is open. Pam Trimble, a new committee member this year and co-coordinator of the auction, said, "We have more than 250 items up for bid, 100 more than we did in 2018, and there is something for everyone." Go to <http://www.32auctions.com/CGFF2019> to register to bid today on hundreds of items, including stays at any Waldorf Astoria worldwide & the Greenbrier, a variety of summer camps, gift certificates to restaurants, golf foursomes, concert tickets, private chef dinners, salon and spa services, priceless school-donated items like "Principal for a Day" and more.

The Kids' Putting Contest, sponsored by AOG Wealth Management, will take place at 5 p.m. on the day of the tournament. Kids of all ages will grab a putter and participate in some friendly competition among their grade levels and school.

Go to [www.greatfallsgolf.org](http://www.greatfallsgolf.org) to register for the putting contest, the family buffet dinner and awards reception, and to volunteer to help on the day of the event.

The tournament's Grand Sponsor is Garai Orthodontic Specialist. The Major Sponsors for the event include Cornerstone Building Services, Costa Family & Cosmetic Dentistry, Digital Global Connectors, & Green Hill Landscaping.

#### Announcements

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

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#### Announcements

#### Announcements

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#### Announcements

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#### Announcements

#### Announcements



## Brown v. Board of Education SCHOLARSHIP COMMITTEE

ACCEPTING APPLICATIONS THROUGH JUNE 10

The Brown v. Board of Education Scholarship Program was established by the Virginia General Assembly in 2004 to provide educational opportunities for persons who were denied an education in Virginia due to the closing of the public schools during Massive Resistance between 1954 and 1964. For a limited time, the program is open to new eligible applicants for the 2019-2020 school year. For applications and information on eligibility, visit:

[BROWNSCHOLARSHIP.VIRGINIA.GOV](http://BROWNSCHOLARSHIP.VIRGINIA.GOV)

or contact Lily Jones, Division of

Legislative Services, at (804) 698-1850.

# BULLETIN

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.

## 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 of all. 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. 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. 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 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. Call 703-790-0123/TTY: 711 or visit [bit.ly/2TKUw6](http://bit.ly/2TKUw6) for more.

## SUNDAY/MAY 19

**Youth Sunday.** 11 a.m.-noon at Lewinsville Presbyterian Church, 1724 Chain Bridge Road, McLean. The 11 a.m. Service of Worship on Youth Sunday will be led by members of the Lewinsville Youth Ministry program. The entire service has been carefully created by the Lewinsville Youth Fellowship including the liturgy and music for the day. Free. Call 703-356-7200 or visit [www.lewinsville.org/events/youth-sunday-may-19/](http://www.lewinsville.org/events/youth-sunday-may-19/).

## TUESDAY/MAY 21

**FCPS Career Switcher Information Session.** 5:30-7:30 p.m. at Willow Oaks Administrative Center, Room 1000A, 8270 Willow Oaks Corporate Drive, Fairfax. Four approved Virginia Department of Education (VDOE) career switcher programs, Educate Virginia, Old Dominion University, Regent University and Shenandoah University. Troops to Teachers will also present their program offerings to military veteran attendees. FCPS educators will hold a Q&A, followed by an opportunity to network with the five presenters, the FCPS licensure team and the substitute office. Register at <https://tinyurl.com/y66g4syc>.

## 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.

## TUESDAY/MAY 23

**Park Authority Summer Jobs.** 10 a.m.-1 p.m. at the Herrity Building, 12055 Government Center Parkway, Fairfax. This year the Fairfax County Park Authority's Rec-PAC summer camp program will operate at 45 elementary school locations around Fairfax County on weekdays from July 1-Aug. 8, 8:15 a.m.-3:45 p.m. Applicants are required to bring an original Social Security Card and a DMV photo ID. Only those who are 18 years of age and older will be considered. Visit [www.fairfaxcounty.gov/parks/rec-pac/jobs](http://www.fairfaxcounty.gov/parks/rec-pac/jobs) or email

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## The Weak Of



By KENNETH B. LOURIE

Concerning the three 'weaks' during which this arc will publish: last week's "The Weak Before," this week's "The Weak Of" and next week's "The Weak After," this week's "The Weak Of" when I actually lie down for my bi-monthly CT scan (and as it coincides occasionally, my semiannual brain MRI), is the easiest.

The worry of its occurrence is over, since I'm on site and "gowned up" waiting to hear my name called. And the worry of the results has not yet seeped in because the scanning process has barely begun and nothing will happen and/or be expected to be communicated in the next few days anyway.

Next week – when I know the results are somewhere and I've not received any feedback from my oncologist, within five days or so – is when I'll begin to stress for all the reasons with which you regular readers are familiar.

What this "The Weak Of" means to me is progress. And even though that 'progress' could mean disappointing news, it could also mean that my status is quo.

And as difficult as hearing that the CT scan showed growth and/or the brain MRI showed something more, at least we'd gain some knowledge that we didn't have previously, and that new knowledge will be crucial as new treatment options are considered.

However, it's not as if I feel I'm in the dark during the intervals between scans. Hardly. It's more that I'm in a situation where knowledge is a powerful tool and the more of it my doctors, particularly my oncologist, have about me, the better.

The only problem? The frequency of these recurring diagnostic scans means nearly every week, bi-weekly immunotherapy infusions notwithstanding, I'm in some kind of 'weak.'

As you all know, I can compartmentalize but, I'm afraid the compartments are starting to fill up. Ten-plus years of surviving cancer will do that.

The CT scan and MRI appointments, in and of themselves are not compartment-filling though. Having had over 50 of them by now, I'm unaffected. Moreover I drive the same route to the same facility and are tended to by the same technicians; my good luck charms, as I tell them.

They always greet me by name, smile and ask how I'm doing. I likewise reply in a positive way and thank them for the many good results I've had and encourage them to keep up the good work (I realize they have nothing to do with the actual results, good or bad, but I still like to prime the pump, so to speak).

And when the process is complete, I'll leave feeling more upbeat than when I arrived. A feeling which continues until the next week, 'the weak after.' That's when I'll feel the same kind of emotional jitters I experienced during 'the weak before.'

So, as I begin 'the weak of,' I begin it with hope and humor, my stock-in-trade. Hope for all the obvious reasons and humor because whatever happens, I'll likely make some joke about it and try to lighten the weight of it all with as light a touch as I can muster.

But for the time/'weak' being, I will enjoy the not-knowing the results and bask in the presumptive naivete. Because, if and when there is confirmation that my ship has sailed or that it's beginning to take on water, there might not be too much funny that I can say or do at that point to turn the tide.

Nevertheless, I'd like to think I'll be up to the challenge. One never knows. These three 'weaks' I can manage. We'll see about the next one.

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

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