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Great Falls
CONNECTION



Earning Bronze

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**Great Falls Athlete Sets
School State Records**

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Girl Scouts and Troop 3027 of Great Falls/Vienna successfully completed their community work with Wolf Trap Animal Rescue and earned the Bronze Award, the highest achievement earned at Junior Level. Pictured, while delivering collected items: Kai Ocloo, Julia Wang, Roya Bowers and Gauri Pillai.

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Some Workers Hurt by Shutdown Were Not Paid

Connolly, Beyer, Wexton hold field hearing on government shutdown's impact on federal contractors.

BY ANDREA WORKER
THE CONNECTION

Thousands of furloughed government employees suffered during the shutdown. Many were forced to seek public and/or private assistance to meet basic needs and financial obligations. But during their ordeals, those government employees knew that when they returned to work they would eventually receive back pay.

The same is not true for the businesses and employees who contract their services to the federal government. There is no provision for lost personal compensation or company revenues from projects that came to a grinding halt on Dec. 22. For many of them, the shutdown hasn't really ended, as they continue to struggle with late payment notices, loss of revenue, negative impacts to future business, the risk to security clearance statuses, and in some more severe cases, the loss of health benefits, means of transportation, and even their homes.

U.S. Rep. Gerry Connolly (D-VA 11) took his US House of Representatives Committee on Oversight and Reform Subcommittee on Government Operations for a road trip on May 6. Connolly and colleagues Rep. Eleanor Holmes Norton (D-D.C. at-large), Jamie Raskin (D-MD 8), Jennifer Wexton (D-VA 10), and Don Beyer (D-VA 8) convened the session in a meeting room at George Mason University in Fairfax to hear testimony from area federal contract business leaders, and individuals who had been personally affected by the latest – and longest – partial government shutdown.

TO GET THE “REAL PICTURE” of the shutdown's effect on the government contracting world is what brought Connolly and the other subcommittee members out of their House Chambers and into the virtual streets.

“Virginia's 11th District is home to about 55,000 federal employees ... for every federal employee in my district, we estimate there are roughly about 1.5 contractors,” Connolly said in his opening statement. That means an additional 82,000+ residents of just this one area were not performing the work of government in cybersecurity, general security, technology, analytics, communications, maintenance, and much more – and not getting paid – during the shutdown, or compensated for wages lost after government resumed on Jan. 25, 2019.

“Contractors serve important roles alongside federal employees, they respond to citizens in need by answering phones in call centers, they analyze classified intelligence information, and they help maintain agency information technology (IT) systems, secure federal buildings, and provide the federal



Members of the US House of Representatives Committee on Oversight and Reform Subcommittee on Government Operations, chaired by Gerry Connolly (D-11) held hearings at George Mason University to investigate the impact of the recent partial government shutdown on federal contractors.

government and American taxpayers with goods and services. They are laboratory technicians, machinists, janitors, cafeteria workers, cybersecurity experts, and engineers. Our government would not function without them,” Connolly said.

Government employees received their back pay. Federal contractors did not.

“This disparity is wrong,” declared Connolly.

On the first panel to provide testimony were Ed Grabowski, Pres. Local 2016, International Association of Machinists and Aerospace Workers; Roger Krone, CEO, Leidos; David Berteau, President and CEO, Professional Services Council; Alba Aleman, Founder and CEO, Citizant; and Michael Niggel, CEO, Advanced Concepts & Technologies.

Grabowski's Local 2016 represents about 700 workers in aerospace, including lab technicians, crane operators, helicopter pilots, propellant mechanics and other highly-skilled and difficult-to-replace and quickly train employees. A large percentage of Local 2016's membership, including Grabowski himself, are veterans of the armed services. The shutdown and the lack of “make-whole compensation” has had a profoundly negative impact on them. “We must remember that the financial loss experienced by these workers ripples through the communities they live in, ... not to mention the deep financial impacts ... that will affect retirement investment, education funding, and general savings for emergencies,” said Grabowski.

Reston-based Fortune 500 giant Leidos, with 32,000 employees in more than 30 locations may have fared better than smaller government contractors, but CEO Krone reported that they still lost an estimated \$14million in revenue.

“But more importantly,” said Krone, “we saw work on 22 programs of significant importance to our country stall or come to a screeching halt.”

Company financials and concerns for country aside, Krone said the focus of his testimony would be “on the people side.”

Leidos used an Employee Redeployment Team to transfer some impacted employees, assisted others financially through the Leidos Relief Foundation, and collected donated paid-time-off from other Leidos employees to help offset the financial burdens of employees who would not be paid otherwise.

David Berteau of the Professional Services Council had a similar story to tell about the shutdown's effect.

Berteau highlighted how, in addition to the direct negative financial impact on furloughed employees, the uncertainty of employment also makes recruiting and retention of employees more difficult in a time of low unemployment. Competition for employees includes employers like Amazon and Google whose workforce is generally immune to the instabilities of government work.

Berteau and Alba Aleman of Chantilly-based Citizant, both testified about the difficulties of keeping small and mid-sized

government contract business afloat when invoices from before the shutdown remain unpaid. Agency contract officers are so buried from work left to pile up during the shutdown that even future contracts and payments are in jeopardy they said.

Twenty years in business, Aleman's Citizant has weathered other shutdowns and events like 9/11 and Y2k. and the CEO thought they had done everything possible to shield company and employees from the “next one.” But as invoices went unpaid even into March – even effecting payment for projects not shutdown and which Citizant was contractually obligated to continue to support – the company found itself more than \$4 million in debt, maxed out of its borrowing capacity, having to postpone paying their own vendors and with Aleman looking at using her own retirement and savings funds to meet payroll for her 180 employees.

“I can't begin to tell you the level of stress and panic that strikes at the heart of a business owner,” said Aleman.

AFTER A BRIEF RECESS, the second panel included more personal stories of hardship because of the shutdown.

Wesley Ford, the owner of TKI Coffee Shop, described the continuing struggle to bring his business back to the profitable state it had enjoyed prior to the shutdown. The business employs several ex-felons, “because people deserve a second chance,”

SEE SHUTDOWN, PAGE 8

NEWS



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Great Falls, Vienna Girl Scouts Earn Bronze Award

The Bronze Award is the highest achievement earned by Junior Level Girl Scouts and Troop 3027 of Great Falls/Vienna successfully completed their community work with advertising, collecting and donating to the Wolf Trap Animal Rescue to provide essential items to assist in the rescue efforts of puppies and kittens to find forever homes. The girls in the photo, from left, are: Isabella Anastas, Julia Wang, Roya Bowers, Kai Ocloo, Gauri Pillai, Jade Woosley, Aarohi Singh, and Alexis Woosley.

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PHOTO CONTRIBUTED

From left — Sawyer Blazar, Max Dallas, Alex Marjanovich, and Zane Givans.

Troop 673 Promotes Eagle Scouts

Boy Scout Troop 673, sponsored by the Great Falls United Methodist Men, celebrated the promotion of four new Eagle Scouts, Alex Marjanovich, Zane Givans, Sawyer Blazar, and Max Dallas, on May 4.

ALEKSANDER MARJANOVICH, son of Maja Obreht and Jovan Marjanovic, joined Troop 673 in 2012 after earning the Arrow of Light as a Cub Scout. Since joining the troop, Alex has served in numerous leadership positions, including Historian, Chaplain Aide, Troop Guide, Assistant Senior Patrol Leader, and Senior Patrol Leader. Alex was accepted into the Order of the Arrow, Scouting's National Honor Society, in 2015, and received the Cory Corrales Spirit Award, a special Troop 673 award, at summer camp in 2014. He earned 28 merit badges, the World Conservation award, and the National Outdoor award (for camping). He participated in four summer camps and in the Philmont High Adventure (hiking in the mountains of New Mexico), during which he served as crew leader.

For his Eagle Project, Alex repainted and recollared the oars for the Langley High School crew team and also refurbished the team's boat house at the Occoquan River. Alex oversaw a team of Scouts and rowers to complete this project; these oars will be used for years to come by the Langley crew team.

Alex is a senior at Langley High School, where he has participated in Model UN for all four years, and served one year on the Secretariat. He is a member of Langley's track team as a thrower and jumper, and was on the crew team for several years. Alex will be attending Virginia Tech in the fall and intends to study political science and international affairs.

ZANE GIVANS, son of Natalie Lorenz-Anderson and Charlie Givans, joined Troop 673 in 2012 after earning the rank of Arrow of Light as a Cub Scout. Since joining the troop, Zane has served as Den Chief, Patrol Leader, Instructor, and Senior Patrol Leader. He earned 23 merit badges as well as the Frosted Camper and the National Outdoor (for camping) awards. Zane participated in two High Adventures, Sea Base (sailing in the Florida Keys) and Philmont.

For his Eagle Project, Zane worked with the Village Green Day School to improve their outdoor facilities. He organized two teams, one of which built six new benches for the gazebo, while the other painted an outdoor playhouse with chalk paint for the kids to write on.

Zane is a senior at Thomas Jefferson High School for Science and Technology (TJHSST), where he participates on TJ's varsity soccer team and in Send a Smile, a service club. He plans to attend the University of Illinois at Urbana-Champaign in the fall

and would like to study computer science and sports data analytics.

SAWYER BLAZAR, son of Laurie Kellman and Ernest Blazar, joined Troop 673 in 2012. Since joining the troop, Sawyer has served as Patrol Leader, Instructor, and Troop Guide. He earned 21 merit badges and the Frosted Camper award, and participated in the Philmont high adventure, where he served as crew leader.

For his Eagle service project, Sawyer designed and created an alphabet pathway of stepping stones at the Village Green preschool. He led a team of Scouts and schoolmates in mixing concrete, pouring it into forms, and setting stainless steel colored letters into the concrete. The stepping stones were placed at the preschool, and lead the children out to their playground.

Sawyer is a senior at Langley High School, where he played on the football team for two years and now is the online copy editor for the school newspaper. He is also a member of the National Russian Honor Society and the National Journalism Society. Sawyer earned a four-year National Navy ROTC scholarship and will attend the University of Wisconsin at Madison starting in the fall.

MAXIMILIAN DALLAS, son of Celia and Jim Dallas, joined Troop 673 in 2012 after earning the Arrow of Light as a Cub Scout. Since joining the troop, Max has served as Patrol Leader and Chaplain Aide, and earned 26 merit badges, the Snorkeling BSA award, and the National Outdoor award (for camping). He was accepted into the Order of the Arrow, Scouting's National Honor Society, in 2014. Max participated in two High Adventure trips, Sea Base and Philmont.

For his Eagle project, Max led a group of Scouts in refurbishing the Santa Shed in Great Falls village. He and his team stripped the tarp off the shed, installed siding and doors, and stained the exterior. They also spent considerable time in working to bolster the shed's structural integrity. This project was completed in time for the annual Great Falls tree lighting this past holiday season, so that the shed could function as Santa's home.

Max is set to graduate this June from Langley High School. He has been very active in the band program, playing the trumpet in the Wind Symphony, and as a member of the Langley Saxons Marching Band and Jazz band. Max has been trumpet section leader and brass captain. He has participated in student government in his junior and senior years, serving as class secretary. Max will be attending the University of California at Los Angeles (UCLA) in the fall, where he plans to pursue his interests in history, Spanish, and other humanities subjects.

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OPINION

Vote June 11, It's Fairfax County's Election Day

Most local races in Fairfax County are likely to be decided in June; don't wait for November.

Make a plan to vote in the Fairfax County Democratic primary by June 11. Otherwise count yourself out. Most of the path for the future of governance in Fairfax County will be decided when the votes are counted that day.

All polling places will be open on June 11, polls are open from 6 a.m. until 7 p.m.

At least four members of the 10-member Board of Supervisors will be new. The chairman will be new, although possibly a former district member.

The two at-large vacancies in the county have the power to change the political and social climate of the county, and to set priorities for reform. Every ballot in Fairfax County will have at least these two races for the Democratic primary, and it is so important to turn out and vote for them:

❖ Commonwealth's Attorney

❖ Chairman, Board of Supervisors
Races that will be on the ballot depending on location:

❖ Member Virginia Senate, 31st, 33rd or 35th Districts

❖ Member House of Delegates, 38th or 49th Districts

❖ Member Board of Supervisors, Braddock District

❖ Member Board of Supervisors, Hunter Mill District

❖ Member Board of Supervisors, Lee District

❖ Member Board of Supervisors, Providence District

Sample ballots can be seen at www.fairfaxcounty.gov/elections/upcoming.

You can vote absentee in person at the Fairfax County Government Center until June 8.

❖ Monday, Tuesday, Wednesday, and Friday, 8 a.m. to 4:30 p.m.

❖ Thursday, 8 a.m. to 7 p.m.

EDITORIAL

LETTERS TO THE EDITOR

Volunteers Make Great Falls Great

To the Editor:

Great Falls residents and many of the 18,000 commuters who use Georgetown Pike daily may notice the beautiful small trees covered with white flowers blooming in parts of the village area now. Originating in East Asia, they are kousa dogwoods, and differ from native flowering dogwoods in their flower, time and length of bloom.

Motorists may wonder how so many kousa dogwoods came to be planted along our town's busiest thoroughfare. Behind the planting of these kousas was resident George Summers, a charter member of the Great Falls Citizens Association fifty years ago. Mr. Summers saw the beauty in these small ornamental trees and worked with landowners to get them planted.



PHOTO CONTRIBUTED

Beautifying Great Falls

legal defense for illegal aliens, he and the other Supervisors who approved this funding should be digging into their own pockets.

Ethel Pascal
Great Falls

Protecting Minors from Political Groups

To the Editor:

It is undeniable that a conservative resurgence is currently active in America and concentrating efforts on a women's right to privacy and abortion. Although media focus is on Georgia and Alabama, the recent protest activity by D.C. Area Anti-Abortion Advocacy (a.k.a. DC4A) occurring outside of D.C. area middle and high schools, including James Madison High School, is an example of how quasi-political interest groups are affecting our

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❖ Herndon Fortnightly Library

❖ Lorton Library

❖ Mason Governmental Center

❖ McLean Governmental Center

❖ Mount Vernon Governmental Center

❖ North County Governmental Center

❖ Providence Community Center

❖ Sully Governmental Center

❖ West Springfield Governmental Center
www.fairfaxcounty.gov/elections/absentee

His legacy to us includes not only these hardy, colorful trees, but also his involvement in developing GFCA guidelines for commercial development in Great Falls.

Volunteers like Mr. Summers helped shape our town, often in ways unknown to later residents. The Great Falls Garden Club showed the spirit of George Summers a few years ago when they raised contributions to landscape Walker Road in the village area with redbuds and other ornamental trees.

We write to celebrate the many ways in which volunteers make this a more beautiful and welcoming community. What are your ideas to beautify Great Falls?

Glen Sjoblom and Bill Canis
Great Falls residents

community.

Pro-Life activism is protected within the United States and public high schools; students can organize clubs, write academic and newspaper arguments, invite speakers, and hold discussions to convey their beliefs on abortion.

But, the protestors from DC4A are different; the adult volunteers shout through bull-horns at students exiting school, hold up photos of severed fetuses, and approach students to video their responses on why they want to "kill babies." Then, to satisfy their extremist internet following, DC4A posts these videos to rile members by saying that the students "insult the murdered babies."

I call upon the Virginia General Assembly to make it illegal for non-school entities to share identity - exposing videos of minors on school grounds without their consent, even if the video camera itself is not on campus grounds.

Grace Kugler
Vienna

Great Falls CONNECTION

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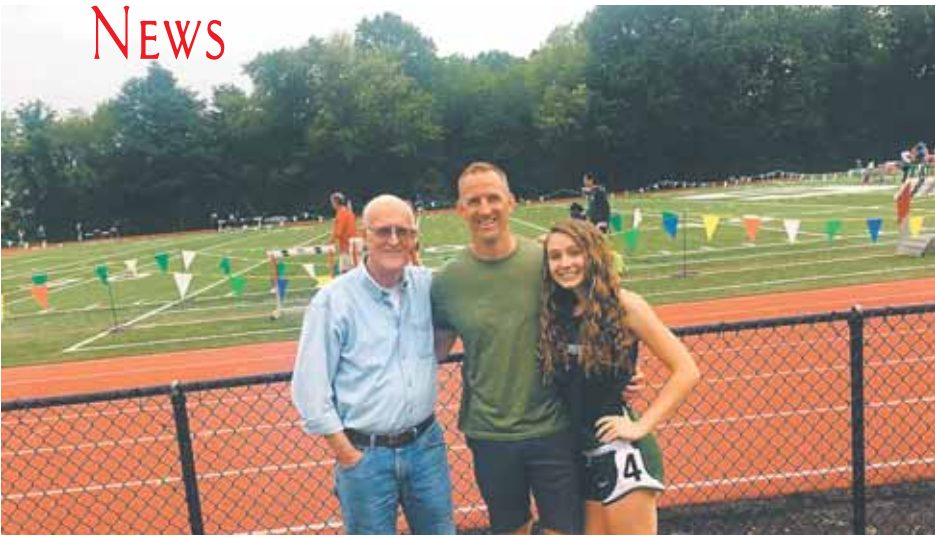


PHOTO CONTRIBUTED

Lily James with her dad and grandfather.

Great Falls Athlete Sets School State Records

Lily James of Great Falls, a senior at Oakcrest School in Vienna, has had amazing success running track. A few of her accomplishments include:

- ❖ #1 800m time in the state of Virginia for any school (public or private);
- ❖ First place finish at the Draper Invitational on Saturday, May 4, which is the first time Oakcrest has ever had a champion in that meet;
- ❖ Six school records: 400m, 800m, 1600m, 4X800m relay, 4X400m relay, and the Distance Medley Relay
- ❖ Led Oakcrest to its first ever PVAC conference Track and Field championship in 2017.
- ❖ Four-time Virginia state champion in multiple events

❖ Accepted to UCLA and plans to run track there.

Lily comes from a long line of track athletes: Great grandfather ran at the 1908 Penn Relays, grandfather ran track at the University of North Carolina, dad ran track at Navy. Her coach is Jen Pruskowski and she's been a great influence for Lily both on and off the track for 7 years.

She is also a straight "A" student and involved in a huge number of activities.

"I have coached Lily since sixth grade, and she has always challenged herself, setting goals and then working hard to accomplish them," says Coach Pruskowski. "Lily is an incredibly talented runner, but her determination, focus, and passion for the sport is what takes her to the next level."

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The first panel to testify before the committee.



The second panel of witnesses brought even more personal experiences to the proceedings, describing their own hardships and those of workers in lower-paid positions or who work through programs for the disabled.

Shutdown Effect: Up Close and Personal

FROM PAGE 3

says Ford, but he had to lay off 40 percent of his workforce. “It will be especially hard for them with their backgrounds.” Ford was “terminating a good employee for their own good – so they could qualify for unemployment.”

Ford’s landlord is the Federal Government, and he asked for a rent abatement. His request was denied. “I came to understand that my landlord has no real understanding of what it’s like to operate a small business.”

“Coffee and such are non-essentials when people are uncertain about the next paycheck.” Ford’s business slowed even before the actual shutdown and is only now start-

ing to recover.

Tamela Worthen, a security officer with the Smithsonian Institute, experienced a health crisis during the shutdown when she was unable to pay for necessary medication. After years of working to build good credit, buy a car and a home, the shutdown and no back pay are putting her efforts at risk.

“Yes, we are back at work and getting paid, but I am still far behind now with no way to make it up. At least getting the back pay would get me closer to where I was.”

ServiSource is an affiliate of a group of nonprofits whose work includes the AbilityOne Program, the largest source of employment for people with disabilities across the United States. Mark Hall, of ServiSource, described the plight of their

79 AbilityOne employees who were furloughed “and just couldn’t understand why and wanted to get back to their jobs.”

Mail clerks, dining room attendants, facilities workers and administrative support personnel, the AbilityOne employees earn an average of over \$13 per hour with an additional \$4.27 in hourly health and welfare benefits. With the cost of living what it is in this area, these workers often live paycheck-to-paycheck.

BOTH PANELS offered suggestions and recommendations for avoiding similar circumstances in the future. The repeats included:

- ❖ Legislation that guarantees back pay to contractor employees

- ❖ Mandate processing and paying of invoices as essential activities that must continue during any future shutdown

- ❖ Expand the agencies and functions considered essential to the security and stability of the country

“Like everyone else in the room today,” said Connolly, “I hope that we never experience another government shutdown. However, we do not know what the future holds. Therefore, Congress must take action to lessen the impact on contractors, work with agencies to improve their communication with contractors ahead of a shutdown, and most importantly, ensure that contractor employees are able to receive back pay.”

2019 Police Unity Tour - Raising Awareness and Funds

McLean officer, Herndon resident rides for those who died.

BY MERCIA HOBSON
THE CONNECTION

Lt. Tim Field, Fairfax County Police, McLean District Station who resides in the Town of Herndon, participated in the 2019 Police Unity Tour. He did so, as did all other riders in the 250-mile ride, to raise awareness about law enforcement officers who died in the line of duty and to raise money for the National Law Enforcement Officers Memorial.

According to the Police Unity Tour, participants, both riders and support, raised a minimum of \$2000 each for the Police Unity Tour. The ride began in Portsmouth, Va. and ended at the National Law Enforcement Officers Memorial in Washington D.C.

Lt. Field trained to prepare for the ride throughout the year and persevered through rainy conditions on Sunday, May 12. After the tour, Lt. Field said that at times, in the cold and rain, he thought about quitting but then thought of those who died. “And I kept going,” said Lt. Field.



PHOTO CONTRIBUTED

Lt. Tim Field, Fairfax County Police, McLean District Station, in the 2019 Police Unity Tour at the National Law Enforcement Officers Memorial in Washington D.C.

PEOPLE

Langley High Sophomore Receives STEM Excellence Award

Hana Abouelenein, a sophomore at Langley High School, has been selected as the 2019 recipient of the AAUW McLean Area Branch's STEM Excellence Award. The STEM (Science, Technology, Engineering, and Math) Excellence Award is given to a female student or team from a high school in the McLean area with an outstanding project in the field of Engineering presented at the Fairfax County Regional Science Fair. Hana received a certificate, a \$100 award, and recognition at the Branch's 50th Anniversary Dinner held on May 11, 2019, at the McLean Community Center.

This year's award recognized the work done by Hana on the project, "Creating a Neural Network that Differentiates Between Cancerous and Non-Cancerous Epithelial Cells." Hana created a neural network, which is a set of algorithms designed to recognize patterns, that used data about a skin cell's characteristics, including its width, height, circumference, and color to predict if it was cancerous or not. Her goal was to have an accuracy rate for predicting cancerous and non-cancerous cells of over 80 percent and in fact with her work she was able to achieve 84 percent accuracy.

At the Regional Science Fair held in March, Hana received a Third Place award for her project in the category of Robotics & Intelligent Machines and a second place award in STEM from the American Association of Engineers of Indian Origin, in addition to receiving the AAUW STEM Excellence Award.



Hana Abouelenein, a sophomore at Langley High School, was presented with the AAUW McLean Area Branch 2019 STEM Excellence Award at its 50th Anniversary Dinner on May 11. Shown, from left, are Myrtle Hendricks-Corrales, Branch Co-President; Mohamed Abouelenein, Hana's father; Hana Abouelenein; Judy Page, Branch STEM Chair; and Betsy Schroeder, Branch Co-President.

For more information on the American Association of University Women and the McLean Area Branch, visit the AAUW McLean Area website at <http://mclean-va.aauw.net>.



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GREAT FALLS FIREWORKS



Thursday, July 4th at Turner Farm

Your help is needed to continue this hometown tradition!

This event is sponsored solely by individuals, groups, families, organizations, and businesses in Great Falls like you. Your generous donation of money and time has made the Fireworks a highly anticipated community tradition. Please review the contribution packages below and consider making a donation.



Platinum Sponsor - \$4500

- 50 VIP Viewing Passes
- 20 VIP Parking Passes
- 2 - 4 x 8 banners at the event
- Logo placement in (2) Great Falls Connection full-page advertisements
- Mention on the Celebrate Great Falls Foundation™ website & social media
- 50' x 50' reserved area
- \$4,000 Tax Deductible



Gold Sponsor - \$1500

- 20 VIP Viewing Passes
- 6 VIP Parking Passes
- 3 x 6 banner at the event
- Logo placement in (2) Great Falls Connection full-page advertisements
- Mention on the Celebrate Great Falls Foundation™ website & social media
- Reserved area
- \$1,250 Tax Deductible



Silver Sponsor - \$1000

- 15 VIP Viewing Passes
- 4 VIP Parking Passes
- 2 x 4 banner at the event
- Logo placement in (2) Great Falls Connection full-page advertisements
- Mention on the Celebrate Great Falls Foundation™ website & social media
- Reserved area
- \$900 Tax Deductible



Bronze Sponsor - \$500

- 10 VIP Viewing Passes
- 2 VIP Parking Passes
- Recognition at the event
- Logo placement in (2) Great Falls Connection full-page advertisements
- Mention on the Celebrate Great Falls Foundation™ website & social media
- \$450 Tax Deductible



Family Donations

- Anything you can donate is appreciated!
- Your donation is tax deductible



To Donate Please Go To
www.celebrategreatfalls.org

We also need volunteers! If you are available to help, please contact fireworks@celebrategreatfalls.org.



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PHOTO BY BRUCE BOYAJIAN

NVFS board member and gala emcee, Casey Veatch, Veatch Commercial Real Estate, and NVFS board member, Jenn Aument, Transurban, NVFS president and CEO, Stephanie Berkowitz

Gala Raises \$695.000

Oakton-based Northern Virginia Family Service 2019 Road to Independence Gala.

More than 600 people – including Northern Virginia government officials and business leaders – attended Northern Virginia Family Service Road to Independence Gala May 10 at the Hilton McLean in Tysons Corner. The annual fundraising dinner and auction raised \$695,000 in support of NVFS signature programs that provide housing, food, job training, education and mental health counseling to Northern Virginia families who are

on the road to independence.

Guests included Virginia State Senators George Barker and David Marsden; Delegates John Bell, Karrie K. Delaney, Mark L. Keam and Vivian Watts; Alexandria City Councilwoman Amy B. Jackson; Fairfax County Supervisors John Foust, Pat Herrity, Jeff McKay and Linda Q. Smyth; former Virginia Secretary of Health & Human Services Bill Hazel; and former Fairfax Deputy County Executive Pat Harrison.

WEEK IN GREAT FALLS

Memorial Day Ceremony at Great Falls Freedom Memorial

On Monday, May 27, at 11 a.m., the annual Memorial Day ceremony will be held at the Great Falls Freedom Memorial to honor those who gave “the last full measure of devotion” in service of freedom. The event will include a keynote speaker, patriotic songs, a raising of the flags by the Boy Scouts, a wreath laying, and a bell-ringing and name-reading for natives of Great Falls killed in battle.

The ceremony is open to all. Parking is available in the library parking lot. In case of rain, the ceremony will move to the library meeting room. Limited seating and shelter will be provided. Attendees are encouraged but not required to bring portable chairs.

Updates to the schedule will be posted at www.gffreedom.org.

Financial Expert to Speak at Great Falls Senior Center Event

The Great Falls Senior Center has announced Stan Corey, a retired financial fiduciary who regularly provides financial commentary at national conferences, in print and online publications, and on TV, as guest speaker. He is a Certified Financial Planner (CFP), a Chartered Financial Consultant (ChFC) and a Certified Private Wealth Advisor (CPWA). His topic will highlight what he calls the “The Five Stages of Retirement.” The June 18 event will be held at the Great Falls United Methodist Church, 10100 Georgetown Pike, Great Falls, 11 a.m. to 2 p.m. and includes lunch. Make a reservation with Polly Fitzgerald at pollyfitz1@verizon.net or call 703-759-4345. Visit gfseniors.org for additional information. The Sponsor is Costa Family and Cosmetic Dentistry, providing the latest dental care in a cheerful, bright and friendly environment at 10135 Colvin Run Road, Great Falls.

Skincare after 55

Adjusting the regimen for senior skin as one ages.

BY MARILYN CAMPBELL

From fine lines to age spots, normal changes in the skin are inevitable as it matures. Skincare after 50 doesn't need to involve plastic surgery or products with a high price tag. There are simple options for treating the conditions that appear as one ages.

"Everyone ages differently, but you may notice your skin is drier and thinner and starting to look like paper," said dermatologist Shelly Hall, M.D. "You may notice that you're developing more age spots wrinkles and creases. Your skin might be blotchier and irritated easily. You also might notice that your skins heals more slowly."

One of the top recommendations for aging skincare is sunscreen. "For most of us, skin gets more fragile as we age. That's why it's essential for seniors to take extra care and protect themselves from the sun," said Susan Yohe, gerontology nurse for the Fairfax County Health Department. "In addition to using a high-SPF sunscreen, we also recommend long, loose fitting clothing that covers the skin, and a wide-brimmed hat when outside. This will help keep you safe and preserve your skin."

"Wear sunglasses to reduce lines around eyes," added Hall. "Slather on sunscreen that offers broad-spectrum protection and stay out of the sun between 10 a.m. and 2 p.m. It's so important because the sun can age your skin prematurely. Indoor tanning and sun lamps expose your skins to UV rays which can also make your skin age faster."

Watch for skin cancer that can occur because of too much exposure to the sun, warns Hall. "Everyone should see a dermatologist for a skin care exam at some point."

Wash your face twice a day, but avoid using soap, suggest Hall. "Use warm water and a mild cleaner, but don't scrub."

"Vitamin A cream can reduce fine wrinkles," said Hall. "It also helps with rough skin and hyper-pigmentation or discoloration that comes with aging and overexposure to the sun. Products that contain Vitamin C can lead to healthy skin and may reverse the negative effects of aging."

Getting adequate sleep promotes healthy skin, says Hall. "It gives our body and skin time to refresh and renew."

Diet and lifestyle also play a role in the way one's



PHOTO BY MARILYN CAMPBELL

Berries of all types are rich in antioxidants.

"Berries are great for the skin because they help keep inflammation down. Green, leafy vegetables especially parsley and lettuces offer tremendous nutrition."

— Sara Ducey, Professor of Nutrition, Montgomery College

skin ages. Eliminating smoking, decreasing alcohol consumption and eating fresh fruits and vegetables and foods rich in Omega-3 offer the nutrients necessary for healthy, glowing skin, says Sara Ducey, professor of Nutrition at Montgomery College.

"Water is especially important for keeping skin hydrated," she said. "Fish is particularly important, especially fatty fish that are rich in Omega-3 fatty acids like salmon and tuna. Berries are great for the skin because they help keep inflammation down."

Green, leafy vegetables especially parsley and lettuces offer tremendous nutrition."

A simple and holistic approach is the foundation of skincare, advises Hall.

"The bottom line is maintaining a healthy lifestyle, eating a healthy diet and practicing sun protection," she said.

Here's What's Happening at MCC!

Presented by The Alden



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

The Old Firehouse



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

MCC Governing Board



Monthly Meeting
Wednesday, May 29, 7:30 p.m.
Open to the public

The Old Firehouse



Family Movie Night
Friday, May 31, 7-9 p.m.
1440 Chain Bridge Rd.
\$3 admission
Preregistration is recommended

MCC Governing Board



Monthly Meeting
Wednesday, June 5, 7:30 p.m.
Open to the public

Presented by The Alden



John Eaton in Concert
Saturday, June 8, 2 p.m.
\$30/\$20 MCC district residents

Coming Soon!

Presented by The Alden
Summer Sunday Concerts in the Park
Sundays, June 16-July 28, 5 p.m.
McLean Central Park
Free admission



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

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.

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. 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.

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 for more.

McLean Farmers Market. 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. Visit www.fairfaxcounty.gov/parks/farmersmarkets/mclean.

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

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 for more.

SATURDAY-SUNDAY/MAY 25-26

Model Railroaders Open House. 1-5 p.m. at the Vienna Depot, 231 Dominion Road NE. Northern Virginia Model Railroaders hold an open house at the Vienna Depot each month and on Vienna celebration days, including Viva! Vienna and the Vienna Holiday Stroll. Free admission. Call 703-938-5157 or visit www.nvmr.org.

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.

Cathedral Brass Concert. 1-2:30 p.m. at Trinity Episcopal Church, 9108 John S. Mosby Highway, Upperville, Va. The Cathedral Brass of Vienna Presbyterian Church will perform a free concert of classical, jazz, and popular favorites with guest artist Phil Franke, as part of the annual Hunt Country Stable Tour in Upperville. Free. Call 540-592-3343 or visit trinityuppperville.org.

MONDAY/MAY 27

Park Authority Salutes Military with Free Admission Day. The Fairfax County Park Authority will honor those who serve and have served in the U.S. Armed Forces with a free day for military families at RECenters and lakefront parks on Memorial Day. Families can enjoy such



PHOTO COURTESY OF THE CATHEDRAL BRASS

Phil Franke performs with the Cathedral Brass.

Cathedral Brass Concert

The Cathedral Brass of Vienna Presbyterian Church will perform a free concert of classical, jazz, and popular favorites with guest artist Phil Franke, as part of the annual Hunt Country Stable Tour in Upperville. Franke (USMC, ret.) will be featured on two works, Bob Curnow’s Rhapsody for Euphonium, and John Hartmann’s La Belle Americaine. Franke served for more than 30 years as the principal euphonium player for the USMC Band, “The President’s Own.” Sunday, May 26, 1-2:30 p.m. at Trinity Episcopal Church, 9108 John S. Mosby Highway, Upperville, Va. Free. Call 540-592-3343 or visit trinityuppperville.org.



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.

amenities as pools, fitness rooms, drop-in fitness classes, gyms and mini-golf. The lakefront parks offer amusements such as carousel rides, boat rides, train rides, mini-golf and camping.

Amenities vary by location. Excludes the Water Mine, regulation golf and food vendors. Visit www.fairfaxcounty.gov/parks/honoring-americas-veterans-memorial-day for details.

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, for more.

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 for more.

Family Movie Night. 7-9 p.m. at The Old Firehouse, 1440 Chain Bridge Road, McLean. Gather the whole family and bring your blankets, pillows and camp chairs for our indoor, picnic-style family movie night. Participants will enjoy unlimited free popcorn, watch the movie on our huge projection screen and have a chance to win a door prize. \$3 per person; pre-registration recommended. Call 703-448-8336 or visit www.mcleancenter.org.

FRIDAY/MAY 31-SUNDAY/JUNE 2

Tysons Library Book Sale. Friday, 11 a.m.-5 p.m.; Saturday, 10 a.m.-4 p.m.; Sunday, 1-4 p.m. at Tysons Pimmit Regional Library, 7585 Leesburg Pike, Falls Church. Tysons Library Friends hosts their Quarterly Book Sale with a large selection of books and media for all ages and interests. Sunday: half price or \$10 per bag sale. Email tysonslibraryfriends@gmail.com or call 703-790-4031 or 703-338-3307 for more.

SATURDAY/JUNE 1

Dead Run Stream Restoration Ribbon Cutting. Noon near the tennis courts behind the McLean Community Center at 1234 Ingleside Avenue, McLean. The Dead Run stream restoration project includes approximately 3,200 linear feet of stream within McLean Central Park and the Dead Run Stream Valley Park between Old Dominion and Churchill Roads. Invasive and nonnative plants were removed, and native plants were installed to enhance stream bank stability and improve water quality and wildlife habitat within the floodplain adjacent to the stream. Open to the public.

SUNDAY/JUNE 2

Piano Concert. 2-3:30 p.m. at Great Falls United Methodist Church, 10100 Georgetown Pike, Great Falls. 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. \$40 Purchase tickets at www.greatfallsumc.org.

FRIDAY-SUNDAY/JUNE 7-9

Celebrate Fairfax! Festival. Northern Virginia’s largest community-wide event, the 38 th annual Celebrate Fairfax! Festival, is set to take place on the grounds of the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. The Celebrate Fairfax! Festival features 25 acres of concerts, family programs, exhibits, carnival rides and nightly fireworks. Among the festival’s highlights are more than 120 performances on seven stages, including Better Than Ezra and Smash Mouth. Call 703-324-3247 or visit www.celebratefairfax.com.

SATURDAY/JUNE 8

Tinner Hill Music Festival. 11 a.m.-9 p.m. in Cherry Hill Park in the City of Falls Church. The 26th Annual Tinner Hill Music Festival will have Northern Virginia rocking with music and fun festivities. Festival-goers will be treated to an array of “villages” throughout the park, including the Artist Village showcasing painters, photographers and jewelers selling their works. Family fun is assured in the Kids’ Village, with water play, an musical petting zoo, face painting, puppy petting party, and more. Find tickets and Information at www.tinnerhill.org.

SUNDAY/JUNE 9

Live Music: Matt Andersen. 7 p.m. at Jammin’ Java, 227 Maple Ave. E., Vienna. Canadian Soul Bluesman Matt Andersen has released a new album called Halfway Home by Morning and has embarked on a solo acoustic international tour. He will also appear as an opening act for the Steve Miller Band/Marty Stuart tour this Summer. Erin Costelo will open at Jammin’ Java. \$15. Call 703-255-1566 or visit www.jamminjava.com.

SEE CALENDAR, PAGE 13

WWW.CONNECTIONNEWSPAPERS.COM



COURTESY OF NVMR

The picture is one of the HO gauge steam engines stopping at the Salisbury station. This is an award winning model of the real station in Salisbury, NC.

Open House

Northern Virginia Model Railroaders hold an open house at the Vienna Depot each month and on Vienna celebration days, including Viva! Vienna and the Vienna Holiday Stroll. Free admission. Saturday, May 25, 1-5 p.m. at the Vienna Depot, 231 Dominion Road NE. Call 703-938-5157 or visit www.nvmr.org.

CALENDAR

FROM PAGE 12

WEDNESDAY/JUNE 12

Movie Series: New Disney Classics. 12:30 p.m. at The Alden Community Hall, McLean Community Center, 1234 Ingleside Ave., McLean. The Alden is kicking off a new film series with "new Disney Classics" – those that were loved during the 1990s. The films will be shown at 12:30 p.m. on the 2nd Wednesday of the month through June. Free admission. Visit mcleancenter.org/performing-arts for more.

FRIDAY/JUNE 15

Dining with Dorothy. 12:30 p.m. at Olive Garden, 8133 Leesburg Pike, Vienna. – A program of the Shepherd's Center of Oakton-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.

SATURDAY/JULY 13

Model Railroaders Open House. 1-5 p.m. at the Vienna Depot, 231 Dominion Road NE. Northern Virginia Model Railroaders hold an open house at the Vienna Depot each month and on Vienna celebration days, including Viva! Vienna and the Vienna Holiday Stroll. Free admission. Call 703-938-5157 or visit www.nvmr.org.

ONGOING

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

The Golden Girls of Northern Virginia, a senior women's softball league, is looking for players. Any woman over the age of 40 is encouraged to join. All skill levels are welcome. Games are on Wednesday evenings and Saturday mornings in Vienna, April-October. Other activities during

the year. Visit www.goldengirls.org.

Trivia Night. Tuesdays, 7 p.m. at Lost Dog Cafe - McLean, 1690 Anderson Road, McLean. Trivia featuring multiple winners and fun door prizes. Free to play. Visit www.facebook.com/EarthTriviaDc/ for more.

Great Falls Farmers Market. Saturdays, 9 a.m.-1 p.m., 778 Walker Road, Great Falls. Music, vendors, fresh produce, fresh prepared food, delightful bakery, spices from around the world, wild-caught fish, grass-fed, free-range meats, organic-fed poultry and eggs. Email kathleen@greatfallsfarmersmarket.org for more.

Oakton Farmers Market. Saturdays, 9 a.m.-1 p.m. at Unity of Fairfax Church, 2854 Hunter Mill Road, Oakton. Year-round weekly farmers market in Oakton. Local produce, meats/eggs, dairy, baked goods, and more. Admission is free. Visit community-foodworks.org.

Free Tai Chi. Saturdays through March 30, from 7:55-9 a.m., Introduction and Beginners' Practice, meet in the Langley Hall at Trinity United Methodist Church, 1205 Dolley Madison Blvd., McLean. All are welcome. Call 703-759-9141 or visit www.FreeTaiChi.org for more.

The Freeman Store & Museum Wednesday through Sunday noon-4 p.m. 131 Church St. NE, Vienna. The Freeman Store & Museum is dedicated to Preserving and promoting Vienna's heritage through the identification, preservation, and interpretation of history significant places, events, and persons. Historicviennainc.org

Bingo Night. Sundays. 4 p.m. Flame Room, Vienna Volunteer Fire Department, 400 Center St. S, Vienna. \$10. www.vvfd.org/bingo.html.

Gentle Yoga. Thursdays, 6:30 p.m. Emmaus United Church of Christ, 900 E Maple Ave. E., Vienna. Saturdays, 9:30 a.m. Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton. Gentle Kundalini Yoga, one free introductory session, senior discounts. Increase flexibility, improve breathing and health, reduce stress. Ravi Kaur has 15 years experience teaching yoga. \$15 per session. www.edimprovement.org. 571-213-3192.

Colvin Run Mill open 11-4 p.m. daily, closed Tuesday. 10017 Colvin Run Road, Great Falls. Fairfax County's operational 19th century water powered gristmill, offers recreational and educational activities for all ages through daily tours, school programs and special events. Fees: \$7/adult, \$6 students 16+ with ID, \$5 children & seniors. Admission to park is free except for some special events.

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BULLETIN

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

Announcements

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Announcements



Announcements

Announcements

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.

MONDAY/MAY 27

Memorial Day Ceremony. 11 a.m. at
The Freedom Memorial, behind Great
Falls Library, 9830 Georgetown Pike,
Great Falls. The annual Memorial
Day ceremony will be held at the
Great Falls Freedom Memorial to
honor those who gave "the last full
measure of devotion" in service of
freedom. The event will feature
patriotic songs, a color guard and
raising of the flags by Boy Scout
Troop 55, a wreath laying, and a bell-
ringing and name-reading for natives
of Great Falls killed in battle. The
ceremony is open to all. Limited
seating and shelter will be provided.
Attendees are encouraged but not
required to bring portable chairs.
Visit www.gffreedom.org.

WEDNESDAY/MAY 29

Bullied, Broken, Redeemed. 7 p.m.
at McLean Bible Church, 8925
Leesburg Pike, Vienna. Intensive anti-
bullying training from International
author, speaker and trainer Paul
Coughlin, founder of The Protectors.
Certificate of Completion is available.
Groups encouraged to attend (email
Candice@bulliedbrokenredeemed.com
for group discounts). \$15. Register at
www.bulliedbrokenredeemed.com/forms.

THURSDAY/MAY 30

Interfaith Ramadan Dinner. 7:30
p.m. (registration); 8 p.m. (program
starts) at Fairfax County Government
Center - Cafeteria, 12000
Government Center Parkway, Fairfax.
Join for an Interfaith Ramadan
Dinner hosted by Fairfax County
Chairwoman Sharon Bulova. Call to
prayer and dinner are at 8:30 p.m.
Register at bit.ly/fxcounty2019.

**Forum for Democratic Candidates
for Chairman of the Board of
Supervisors.** 7:30-9 p.m. at Alden
Theatre, McLean Community Center,
1234 Ingleside Ave., McLean. The
Greater McLean Chamber of
Commerce will host a forum for the
Democratic candidates. Peggy Fox, of
CBS News affiliate WUSA9, will serve
as moderator. Each candidate will
have the opportunity to make a
three-minute opening statement and
a two-minute closing statement.
Questions will come from the
Chamber's Legislative Committee and
from among those submitted by
attendees. Visit
www.mcleanchamber.org for more.

SATURDAY/JUNE 1

**Peripheral Neuropathy Support
Group.** 2-4 p.m. at Mason District
Governmental Center, 6507
Columbia Pike, Annandale. The
Peripheral Neuropathy Support
Group for greater Washington meets
the first Saturday of the month. All
are welcome. RSVP for available
seating. Call 301-263-0616 or visit
www.dcpnsupport.org for more.

SUNDAY/JUNE 2

Jefferson Obama Dinner. VIP
reception, 5:30-6:30 p.m.; silent
auction, 6-7:15 p.m.; dinner, 7-9
p.m. at Hilton McLean Tysons
Corner, 7920 Jones Branch Drive,

WWW.CONNECTIONNEWSPAPERS.COM

Announcements

Announcements

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BULLETIN BOARD

McLean. Confirmed speakers include former Gov. Terry McAuliffe; U.S. Rep. Don Beyer; and U.S. Rep. Jennifer Wexton. Fairfax Democrats will be presenting their award winners and honoring elected officials who are retiring. Visit rfaxdemocrats.org/2019/02/19/2019-jefferson-obama-dinner.

TUESDAY/JUNE 4

Park Authority Summer Jobs. 5-8 p.m. at Oakton Elementary School, 3000 Chain Bridge Road, Oakton. 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 or email Recpac@fairfaxcounty.gov.

Climate Change in Virginia. 6:30-7:30 p.m. at Oakton Library, 10304 Lynnhaven Place, Oakton. Dr. Jim Kinter from GMU will describe research about where, when, and by how much climate will change in Virginia in the future. No registration required. Free. Email michelle.biwer@fairfaxcounty.gov or call 703-242-4020 for more.

Annual Meeting. 7 p.m. The Safe Community Coalition of McLean will review the past year, discuss plans for next year, and welcome new members to the Board. Email info@mcleanscc.org.

WEDNESDAY/JUNE 5

Design Updates for Nutley Street Interchange. 6:30-8:30 p.m. at James Madison High School, 2500 James Madison Drive, Vienna. The I-66 design-build team has developed a new design concept for the Nutley Street interchange. This new concept improves traffic flow on Nutley Street compared to the previously proposed diverging diamond design concept. This alternative design would reduce impacts to surrounding properties and eliminate the need to build a second Nutley Street bridge span over I-66. Visit transform66.org for more.

THURSDAY/JUNE 20

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, 1301 Trap Road, Vienna. Connect with others living with loved ones with dementia. Helping those with dementia and their caregivers find fun, resources and "family." Email Carol Blackwell at lovriver@aol.com or call at 571-236-6933.

SATURDAY/JUNE 8

Caregiver Workshop. 11 a.m.-3 p.m. at Hollin Hall Senior Center, 1500 Shenandoah Road, Alexandria. Join this Caregiver Workshop with Pete Shrock, nationally known grief and crisis responder, focusing on building resilience through caregiving challenges. This is a free event, and all caregivers and family members are invited to attend. Lunch will be provided. Visit insightmcc.org, to register or contact Lindsey Vajpeyi at 703-204-4664 or lindsey.vajpeyi@insightmcc.org.

SUNDAY/JUNE 9

Low Cost Rabies Vaccine Clinic. 9-11 a.m. at Fairfax County Animal Shelter, 4500 West Ox Road, Fairfax. Cost is \$15 per pet, cash and check only. Dogs, cats, and ferrets may be vaccinated at the clinic. Dogs must be on leashes; cats and ferrets must be in carriers. All pets will receive a 1-year rabies vaccination. To obtain a 3-year vaccine, bring pet's rabies certificate (not tag) showing the current rabies vaccination expiration date. 2019 county dog licenses will be sold for an additional \$10 per license. Visit www.fairfaxcounty.gov/animalshelter/communityassistance/rabiesclinics for more.

TUESDAY/JUNE 11

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

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The Weak After



By KENNETH B. LOURIE

And now the fun begins. Not!
For some reason, I can't get the Journey song, "Lovin', Touchin', Squeezin'" out of my head, except that my lyrics are "Waitin', Wonderin', Hopin'." I'll know the results of last week's diagnostic scans soon enough, on Tuesday in fact, the day before this column publishes, when we have our next usual and customary post-scan, face-to-face appointment with my oncologist.

As it is presently scheduled, what having a Tuesday appointment after the preceding Wednesday scan means is, we won't have received the results prior to our appointment. The interval of time is too short.

When the post-scan appointment had been on Friday, nine days out, as it has been on many occasions, my oncologist felt compelled (maybe because we 'compelled' him) to email the us scan's results rather than make us wait so long. But six days is not quite so long enough before he'll be seeing us, so I am humming a Journey song in the interim.

And let me tell you, going in cold (not knowing the results beforehand) "is all it's cracked up to be" -- to invoke a quote by "Hawkeye" from M*A*S*H when talking to Radar about his widowed mother being alone.

But I won't be alone on Tuesday; my wife, Dina, will be along for the ride. A ride she has made many times, especially during the early years of heavy-duty chemotherapy when infusion days, start to finish could last upwards of 10 hours, door to door.

The process for these post-scan appointments is somewhat different, 45 minutes or so.

It begins in an examining room with yours truly being examined/questioned by a nurse ("Are you in any pain?") followed by her checking my vitals: oxygen level, pulse and blood pressure ("Mr. Lourie, you're blood pressure is high." "You bet it is.").

After she enters the information on the computer, she'll excuse herself and as she exits the examining room she advises us that the doctor will be in shortly.

Typically, with 15 minutes or so, depending on his schedule, we'll hear a knock on the door and my oncologist's voice asking if it's OK for him to enter. "Yes, of course," we say.

The way the examining room is configured, the examining chair, where I'm sitting, is on his immediate left, partially blocked from his view as he opens the door. Dina is sitting in a chair directly ahead of him and in clear sight as he enters the room. This means she'll see his face before I do and instinctively she'll try to read his expression and body language for a hint of what's to be said.

Occasionally, he breaks the ice immediately and says something like "scans look good, very pleased," knowing that we as patients are hanging on his every word. Other times, he says very little as he sits at his computer and begins asking the standard questions with which we are all too familiar.

This exchange will last about five to 10 minutes, depending on my interruptions. Generally, within the context of this exchange, the subject of my scan results will be mentioned.

This is the moment of truth.

I can't really say it's worth waiting for, good news or bad. It's more about enduring.

Unfortunately, we can't change much about this process. I have a "terminal" disease and scanning is the process by which the doctor can assess my health. Waiting for this assessment is the absolute bane of my existence.

And now with a more frequent scanning schedule, every two months, I am "bane-ing" more than ever before. I can't say it's a perfect set of circumstances, but it's my journey and I'm stuck with it.

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

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