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PAGE 11

Northern Virginia Family Service board member and gala emcee, Casey Veatch, Veatch Commercial Real Estate, NVFS board member, Jenn Aument, Transurban, and NVFS president and CEO, Stephanie Berkowitz during the annual Road to Independence Gala that raised \$695,000.



## Gala Raises \$695,000

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## Five Dems Vie for Hunter Mill Supervisor Seat

Candidates in their own words: Why they are running, what differs them from others in race?

BY ANDREA WORKER  
THE CONNECTION

**F**irst elected in 1999 as the Hunter Mill District representative on the Fairfax County Board of Supervisors, Cathy Hudgins announced at the Jan. 22 Board Meeting that she would not seek reelection this year.

After 20 years in the position, Hudgins has decided to retire when her fifth term concludes at year end.

A champion of many social issues and of the Metro and other transportation improvements in the district, Hudgins has faced some of her loudest and largest critics in the last few years – particularly among Reston residents. Vehement opposition arose to her support of allowing higher density development in Reston.

Five Democratic candidates are looking to occupy Hudgins' seat when the new Board convenes. For the first time in recent memory, the race will include a Democratic Primary to be held on June 11. On the ballot will be:

❖ Walter Alcorn, serving 16 years on the

county's Planning Commission and two on the Park Authority carries the endorsements of current Board Chair Sharon Bulova and U.S. Rep. Gerry Connolly (D-11).

❖ Laurie Dodd – a child advocate attorney and former an environmental lawyer, long-time Reston resident Dodd has worked for progressive candidates and improvements for the community.

❖ Shyamali Hauth – an Air Force veteran with 10 years of active duty, Hauth is a local small business owner and the Chair of the Outreach Committee for the Hunter Mill District Democratic Committee.

❖ Maggie Parker – executive with Reston-based Comstock Developers, the force behind much of Reston's recent major development projects. Parker sees her employment and experience as an asset to her candidacy, stating that with her background she can work most effectively with that sector to produce the best results for all.

❖ Parker Messick – the youngest of the candidates, having just graduated from Roanoke College in June 2018. His youth and inexperience relative to his opponents don't seem to faze or deter him as he cam-

paigns on a platform to stop big development, particularly in Reston and Vienna, to end the Reston Town Center parking scheme, to support schools, transportation improvement and to expand affordable housing in the region.

So far, their meetings at local debates and forums have been admirably civil. At a North County Supervisor Candidate Forum on the Environment hosted by nonprofit 350Fairfax on May 6, there was unanimous agreement on the threat of climate change and the need to pick up the pace of local government's response to what most of the attending Hunter Mill and Providence Districts candidates named as a crisis, even as they offered variations on solutions, ranging from the "one small change can make a big difference" to the "fight the issue on a regional/state/federal level" approaches.

Despite the relative cordiality during the public events, things have turned a bit more heated of late with Dodd "disappointment to learn that [opponent] Walter Alcorn received contributions from the American Legislative Exchange Council (ALEC), an organization funded by the Koch Brothers

... ALEC has pushed ... state laws to bolster gun rights, allow environmental degradation, restrict voting rights, ... cripple collective bargaining ... privatize essential public functions, along with many other extreme laws ..."

Alcorn responded swiftly, returning the two individual contributions of \$250 to the donors working for ALEC which his campaign apparently accepted without prior knowledge of the ALEC association. He also categorically denied breaking a campaign promise to not accept contributions from developers, stating that his pledge was not to accept campaign funds from developers with land use cases in the Hunter Mill District, and he maintains that he has been true to that pledge.

Reston-based nonprofit Cornerstones hosted the quintet of candidates on May 13, this time focused on affordable housing – or the lack, thereof – in the community.

The Connection offered all five candidates the opportunity to submit their response to identical questionnaires.



**Walter Alcorn**

Age: 52  
Education: University of Virginia, 1988  
Family: Wife, Kristina, 2 children  
Native of: Virginia  
Moved to District: 1995

Why are you running?

Walter Alcorn has lived in Vienna and Reston since 1995. He was awarded the 2011 Fairfax County Citizen of the Year by the Fairfax County Federation of Citizens Associations for his work on the Planning Commission where he served from 1997 - 2012. On the Planning Commission he established the first requirement that all new residential development offset its impact on public facilities, created the first requirement that new high-rise development include affordable housing, developed the first County policy to maximize pervious surfaces, and

SEE ALCORN, PAGE 4



**Laurie Dodd**

Age: 58  
Education: Duke University, BS in Zoology, 1982  
University of North Carolina at Chapel Hill, JD, 1987  
Family: Husband, Steve Dodd, Children: Kevin (25) and Emma (23)  
Native of: Cleveland, Ohio. Grew up in Atlanta, Ga.  
Moved to your district: 1996

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

❖ Current Child Advocate Attorney for neglected and abused children, advocating for their educational and mental health needs, and in court hearings.

❖ Former Legal Services lawyer representing low income tenants and homeless people

SEE DODD, PAGE 4



**Shyamali Hauth**

Age: 53  
Education: B.A. in Psychology and Management from Saint Leo University '90; M.S. in Human Resource Management from Troy State University '92  
Family: Husband, Chris Hauth, Four Children - Nyx, Christian, Justin, and Brandon  
Native of: I was born in Rachni, India and grew up in Seattle, Wash.  
Moved to your district: 2015

Experience:-

❖ Air Force Veteran, 10 Years Active Duty

❖ Human Resource Manager  
❖ Speech, Communication, & Leadership Professor at Spokane Community Colleges

❖ Small Business Owner – Mahari Yoga

❖ Founder of Hear our Voice- Reston (HOV-R)

SEE HAUTH, PAGE 4



**Parker Messick**

Age: 24  
Education: Roanoke College, BA with a major in political science  
Family: Engaged to my Fiancée Jennifer, we are getting married next year  
Native of: Virginia. Born in Richmond lived in Fairfax County almost entire life  
Move to District: 2000

Prior professional experience?

"I have worked in polling and campaigning prior to my run. Most recently I worked on Carter Turner's/special election race to try and flip the House of Delegates.

Why are you running?  
"I am running because I feel the voices of the/average citizen in the Hunter Mill District are not being reflected in/our county government. Particularly on the issue of development where/we have seen large amounts of development

SEE MESSICK, PAGE 4



**Maggie Parker**

Age: 59  
Education: College of the Holy Cross, BA History 1981  
Family: Divorced, son RJ, 29  
Native of: Connecticut  
Moved to your District: Moved to Fairfax County in 1986, Reston in 2012

Prior current and current professional and political experience, community involvement, etc.:

"Public relations executive with Comstock, an asset management and development company headquartered in Reston, guiding Comstock's Affordable Housing Policy, significantly exceeding Fairfax County's policy and already producing 88 units at Reston Station – many more to come  
Board memberships:

❖ Greater Reston Chamber of Commerce

❖ Reston Hospital Center

SEE PARKER, PAGE 4

# Meet the Candidates for Hunter Mill District Supervisor

## Alcorn

FROM PAGE 3

brought citizens into the re-planning of Tysons Corner from which emerged a consensus plan that received the 2012 Burnham Award from the American Planning Association. More recently he led a volunteer effort with citizens, developers and housing advocates to create a blueprint for reforming Fairfax County's land use policies to get more affordable housing.

In addition to County volunteer activities Walter has an environmental career that spans the public and private sectors, and now serves as VP of Environmental Affairs and Industry Sustainability for the Consumer Technology Association.

Walter is running to manage growth while providing more affordable housing, fully fund our schools, and protect and expand our green spaces. As County Supervisor Walter will initiate key fixes to Reston's comprehensive plan (e.g., remove village center density, incorporate population projections and conditions), initiate policies to get more affordable housing from underutilized office parks and commercial centers, explore long-term local financing options for maintaining our schools and county services, and empower citizens to engage constructively in the land use decision processes.

## Dodd

FROM PAGE 3

❖ Former Environmental attorney representing Friends of the Earth in Clean Water Act cases

❖ Involved with PTA at several Fairfax County Public Schools, swim team, scouting, 4-H, etc.

❖ Long-time Democrat, elected to serve as a delegate at 2016 Democratic National Convention

Why are you running?

"I want to protect the district from uncontrolled development. As a parent and child advocate, I will ensure that our school system and mental health systems are top notch. I want to increase affordable housing in all parts of the county. And I will take action to reduce our carbon footprint and fight climate change."

What do you see as the top issues in your district and what solutions do you propose?

❖ The top issue in our district is uncontrolled development. As supervisor, I would not approve any more residential development without asking whether we have the schools, roads, parks, and public safety to serve them. We need transit-oriented development and expansion of affordable housing opportunities. I will not give up one more inch of the district to unplanned growth.

Environmental issues - Fairfax County should take the lead in addressing environmental issues through a public private partnership, engaging our wealth of technology companies and others - Google, Amazon,

INOVA Hospital, Mars, Hilton, WMATA - to find innovative solutions. We must move forward with a community-wide energy and climate action plan. Replacing our streetlights with efficient LED lighting is a good start that must be followed by bold action, including a focus on our transportation system.

Education. Fund universal pre-K. Pay raises for teachers and staff, while class sizes are reduced. When we have more than 800 trailer classrooms in Fairfax County, saying that our school system is "fully funded" rings hollow. I will work with the school board to ensure that we provide a world-class education to our children and future leaders."

Key ways you differ from your opponents?

"I am the only candidate in this race who has the breadth of experience in our district, who does not take a dime from corporations or developers - no matter where they have projects, who has advocacy skills to speak up for our residents, and who is beholden to no one but the citizens of Hunter Mill District. This is the leadership we need, now and for the future of Hunter Mill."

## Hauth

FROM PAGE 3

❖ Chair, Veterans & Military Families Committee for the Fairfax County Democratic Committee

❖ Chair, Outreach Committee for the Hunter Mill District Democratic Committee

Why are you running?

"Hunter Mill deserves a leader who will guide us into 2020 with the vision, integrity, and compassion to bring innovation to our community - a leader that reflects the great diversity of thought and culture across our region. That leader is me.

I have led a life of service around the world, across this great nation, and right here in Fairfax County. I want Fairfax County, and specifically the Hunter Mill District, to be the leader of a progressive vision of community ... We need new leadership that reflects the desires and diversity of the community. As a grassroots community organizer, I understand the benefit of building a community from the ground up. I understand the importance of engaging voters in decisions that will affect their lives."

Top 3 issues in your district and what solutions your propose?

"Climate Change - We need a multi-faceted and bold approach to addressing climate change in Fairfax County. Increase minimum LEED standard to Gold for any new construction and renovation - with an incentive for Platinum. Solar panels on schools and government buildings is a start, but we also need to encourage our businesses to do the same and reduce our overall energy use. We must also reduce traffic congestion by lowering the cost of and increasing the use of public transportation systems. Making walking and biking safer

through appropriate lighting and the development of bike friendly transit zones will also reduce our energy consumption and improve the quality of life. Additionally, we can initiate several consumer-oriented changes like a single use plastics ban, an increased emphasis on waste reduction, and the introduction of front yard gardens and zero-scapes.

❖ Affordable Housing - a S.M.A.R.T.E. (Safe, Mixed Income, Accessible, Reasonably Priced, Transit-oriented, and Environmentally Sustainable) housing plan. This plan is comprehensive and would incentivize new construction and renovations to include percentages of housing accessible to various income levels. We need to be creative and use the concepts of tiny or small houses, add-on mother-in-law style apartments, utilizing existing offices and other buildings for new housing and community space, and creating community based housing to ensure we draw from as many sources as possible to address the needs of the county.

❖ Education - Teacher and staff pay needs to improve and we need to bring equity across the school system. For both safety and to improve the learning environment we need to address the overcrowding and excessive use of trailers. Offering apprenticeships for those not choosing to attend college, or skills-based learning for students of differing abilities. We also need to ensure our curriculum is inclusive and welcoming.

Key ways you differ from your opponents?

"I am the only veteran running for this seat. I fully understand the sacrifices that must be made in order to serve the people and I am willing to make these sacrifices.

I have a unique life experience that allows me to fully grasp the diversity of our district and advocate for our constituents' needs.

I'm an Indian immigrant. I was born in Ranchi, India, and became a naturalized citizen in 1983. I am part of the 30.8 percent of Fairfax County that is foreign-born.

I'm the mother of a transgender non-binary child and a grandmother of a child with autism.

As an Air Force Veteran and military spouse, I have lived all over the United States and the world, giving me a diversity of experiences which I can bring to the Board of Supervisors. I have seen how local governments operate elsewhere, as well as creative ways problems were resolved, and will bring these ideas to the table."

## Messick

FROM PAGE 3

occur that have been/unwanted and deeply opposed by much of the community. This development/has been pushed through despite intense opposition."

Top 3 issues in your district?

"Excessive unwanted development, the

paid parking at/Reston Town Center, and education.

On the key issue of development I/will use the county's zoning power to block new developments in Reston/that the people do not want. In Vienna I will work with the town/council to see that the people of Vienna's wishes are successfully/implemented as well.

The Reston Town Center was able to implement paid/parking because a single developer, Boston Properties, was able to/ acquire all the land. I plan to negotiate a deal between them and the/county to see that the paid parking program permanently end.

When it/comes to education I want to see that our schools' are fully funded/ and our teachers are paid better. In addition, I want to be advocate/for special needs students. As someone who is autistic myself, (Asperger's Syndrome) I know first-hand the need to promote neurodiversity and make our schools a place where all students can/succeed."

Key ways you differ from your opponents?

"I am the only candidate to/make firm campaign promises about ending the paid parking at the/Reston Town Center and I have kept it as one of my main two issues my/entire campaign. Additionally, I have taken the strongest stance when/it comes to pushing back against large scale development in the Hunter/Mill District. I also support allowing neighborhoods that consist of/single family homes to remain as is, instead of rezoning them for/other purposes such a duplexes or multiple houses per lot."

## Parker

FROM PAGE 3

❖ Northern Virginia Transportation Alliance

❖ Greater Reston Arts Center

❖ Wolf Trap Foundation Associates

❖ Chair, Public Art Reston

❖ Chair, Reston Transportation Service District Advisory Board

❖ Loudoun Transportation Advisory Board

❖ Loudoun County Chamber of Commerce

Why are you running?

"I believe that for our government to work, each individual should take responsibility; my life's opportunities of professional work, community service, and motherhood have provided a rich palette of experiences to bring to the job of governing as Supervisor; my experiences of working with the region's governing organizations, stakeholders and staff have well prepared me to affect positive change."

Top three issues?

"Affordable Housing:/Increase contribution to Affordable Housing Fund from one-half cent to 1.5 cents; Additional tax on

SEE PARKER, PAGE 14



PHOTO CONTRIBUTED

From left — Addiction Science Award winners Nikita Rohila (third place); Aditya Tummala (first) and Sid Thakker (second).

## Madison High Sophomore Wins Addiction Science Award

A 14-year-old's innovative approach to prevent tampering and misuse of opioid pills won a first place Addiction Science Award at the 2019 Intel International Science and Engineering Fair (ISEF)—the world's largest science competition for high school students. The awards are coordinated by the National Institute on Drug Abuse (NIDA), part of the National Institutes of Health, and Friends of NIDA, a coalition that supports NIDA's mission. The Intel ISEF Addiction Science Awards were presented at a ceremony Thursday night at the Phoenix Convention Center in Phoenix, Arizona.

The first place distinction was awarded to high school freshman Aditya Tummala from Brookings High School in Brookings, South Dakota, for his project "Tampr-X: A Novel Technology to Combat Prescription Opioid Abuse."

The second place award went to high school sophomore Sid Thakker from James Madison High School in Vienna for his project "The Role of ALPHA5 Single Nucleotide Polymorphism on Nicotine Dependence." Using an in vitro model, the 15-year-old manipulated and edited the gene expression of the ALPHA5 nicotinic receptor, which has been linked to nicotine addiction. Specifically, he used the sophisticated gene-editing platform CRISPR to remove a small genetic component from the receptor, and then studied the

changes in function and gene expression. His hope is that one day we can discover how to conduct this genetic editing in animals, leading to new therapies in humans.

Nikita Rohila from Stuttgart High School in Stuttgart, Arkansas, was awarded the third place distinction, for her project "Trends and Factors for Risky Behavior Among Adolescents."

"We were astonished at both the quality and quantity of ISEF finalists who qualified for the Addiction Science Award this year," said William Dewey, Ph.D., president and chair of the Executive Committee, Friends of NIDA, as well as the Louis S. and Ruth S. Harris Professor and chair, Department of Pharmacology and Toxicology, Virginia Commonwealth University, Richmond. "We are pleased to support these exemplary high school students and encourage them to consider a career in the field of addiction science."

This year, about 1,800 students from more than 75 countries, regions and territories participated in the Intel ISEF competition, coordinated by the Society for Science and the Public.

Addiction Science Winners receive cash awards provided by Friends of NIDA, with a \$2,500 scholarship for the first-place honoree, \$1,500 for second place and \$1,000 for the third place distinction.

## VIENNA POLICE HIGHLIGHTS

The following summary contains various incidents of general interest as well as vehicular crashes handled by the Town of Vienna Police Department from May 10 – May 16, 2019.

### INCIDENTS

Fraud — Elements Massage, 122 Maple Avenue, West

Between April 24 at 12 p.m. and April 26 at 12 p.m. An employee reported two counts of check fraud committed by one of the other employees.

Suspicious Person — Terra Christa, 130 Church Street, NW Between May 7 at 12 p.m. and May 9 at 12 p.m. An employee reported a man who has entered the business on several occasions, walks around the store, and leaves without making a purchase. The employee advised his behavior, and statements

that he has made to other people have them concerned that he may be stealing items from the store.

Residential Alarm — 400 Block Glyndon Street, SE

May 7 11:39 p.m. Officers responded to the report of a residential alarm. The homeowners were in the upper level of their home when the alarm was activated, and requested officers respond to check the lower levels of their home for any issues. Officers searched the home, finding everything secure.

Petit Larceny — 1200 Block Drake Street, SW

Between May 8 at 4:30 p.m. and May 9 at 8:45 a.m. A resident reported her bicycle was stolen from her carport.

Vehicle Tampering — 1200 Block Drake Street, SW

Between May 8 at 6 p.m. and May 9

at 10:30 a.m. A resident advised that someone rummaged through her two unlocked vehicles and took change from a change jar.

Vehicle Tampering — 1000 Block Fairway Drive, NE

Between May 8 at 7:10 p.m. and May 9 at 6:10 a.m. A resident reported that someone entered her unlocked vehicle and rummaged through it. Nothing appeared to have been taken from the vehicle. A neighbor reported that her home security video showed a person walk up to her vehicle in her carport. Her vehicle was locked, and the person walked away.

Petit Larceny — 1000 Block Ware Street, SW Between May 8 at 8:30 p.m. and May 9 at 8:30 p.m. A resident reported a bicycle was taken. The bicycle had been left, unsecured, outside of the home.

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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.

**M**ake a plan to vote in the Fairfax County Democratic primary by June 11. Otherwise count your self 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](http://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

## Protecting Minors from Predator 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 a prime example of how quasi-political interest groups are affecting our community.

Pro-Life activism is protected through civil rights and liberties 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. The Equal Access Act, a federal law compelling secondary schools with federal funding to allow non-curricular student organizations, ensures these entitlements. But, the protestors from DC4A are different; the adult volunteers shout through bull-horns at students severing 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 onto their Facebook and Youtube to rile members by saying that the students "insult the murdered babies."

Ultimately, I think what this DC4A does is horrendous. Through means of intimidation, DC4A preys on the young members of our community when they are unaccompanied and most vulnerable, overwhelms them with their political agenda, and finishes them off by malforming and exposing their identities on the internet. Furthermore, DC4A's line of questioning and confrontational nature is intended to traumatize adolescents into believing that their immorality is the source of the perceived problem, causing them to distrust and silence their own opinions. However, most imminently, DC4A negatively exhibits the students' identities to a radical viewership — creating a major safety concern.

The state and local legislatures need to do more to protect minors from predator political groups; although it is legal for minors to be recorded without their consent, it is permissible for states and municipalities to make laws regulating photographing minors on school grounds. The legislature of the Commonwealth of Virginia needs to act quickly to protect students' well-being and identities from groups who are willing to leverage them for a political following. 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

## Appalled by Vetoes

To the Editor:

According to the National Institutes of Health, deaths from synthetic opioids such as Fentanyl increased 1,000 percent in Virginia from 2012 to 2017. With more than 100 Virginians dying of opioid overdoses every month, the human cost of this crisis is nearly inconceivable. As we continue to lose friends and family members to this crisis, the time has come to say enough is enough.

To combat this crisis, I worked with the Virginia Association of Commonwealth's Attorneys to pass HB 2528 during the 2019 session of the General Assembly. Long sought by prosecutors, HB 2528 would have allowed drug dealers to be prosecuted for second degree murder if the drugs they provide directly contribute to the death of the user.

What many of us do not realize is that many drug dealers under current law can only be charged with distribution. Even if their drugs cause death, they are typically out on bail after a few days.

A dose of Fentanyl the size of a

### UPCOMING VOTER PHOTO ID EVENTS

❖ The Office of Elections is open during normal business hours to provide the opportunity to register to vote or obtain a free voter photo ID if needed.  
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❖ Sherwood Regional Library  
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Satellite locations listed are open one day only, Saturday, June 8, from 9 a.m. to 5 p.m.

❖ Franconia Governmental Center  
❖ 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  
See [www.fairfaxcounty.gov/elections/absentee](http://www.fairfaxcounty.gov/elections/absentee).

grain of salt is all it takes to kill someone. A drug dealer who sells someone drugs laced with Fentanyl is no less a killer than if he had pointed a gun and pulled the trigger.

HB 2528 sought to give prosecutors another tool to combat the opioid crisis. During this past General Assembly session, I appreciated the support of Attorney General Mark Herring. Unfortunately, Governor Northam decided this last week that repairing his damaged image was more important than getting justice for overdose victims and their families.

Adding insult to injury, the Governor also vetoed a great bill put forth by my Democratic colleague Kathleen Murphy. Delegate Murphy's bill, HB 2042, would have sentenced those convicted of multiple abuses against a family member within a 10 year window to a minimum of 60 days in jail. Spousal abuse is all too common, and ensuring that a wife or husband can have a couple of months without the fear of further abuse is critically important.

Both of these bills would have saved lives, both of these bills were bipartisan, and both of these bills are now dead because of Governor Northam. To say I am extremely disappointed with the Governor would be an understatement. I am appalled.

Del. Tim Hugo (R-40)  
Clifton

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## Vienna & Oakton CONNECTION

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NEWS DEPARTMENT:  
[vienna@connectionnewspapers.com](mailto:vienna@connectionnewspapers.com)

Kemal Kurspahic  
Editor ❖ 703-778-9414  
[kemal@connectionnewspapers.com](mailto:kemal@connectionnewspapers.com)

Andrea Worker  
Contributing Writer  
[aworker@connectionnewspapers.com](mailto:aworker@connectionnewspapers.com)

Jean Card  
Production Editor  
[jcard@connectionnewspapers.com](mailto:jcard@connectionnewspapers.com)

ADVERTISING:  
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Display Advertising  
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Debbie Funk  
National Sales  
703-778-9444  
[debfunk@connectionnewspapers.com](mailto:debfunk@connectionnewspapers.com)

David Griffin  
Marketing Assistant  
703-778-9431  
[dgriffin@connectionnewspapers.com](mailto:dgriffin@connectionnewspapers.com)

Classified & Employment  
Advertising  
703-778-9431

Editor & Publisher  
Mary Kimm  
[mkimm@connectionnewspapers.com](mailto:mkimm@connectionnewspapers.com)  
@MaryKimm

Executive Vice President  
Jerry Vernon  
703-549-0004  
[jvernon@connectionnewspapers.com](mailto:jvernon@connectionnewspapers.com)

Editor in Chief  
Steven Mauren  
Managing Editor  
Kemal Kurspahic  
Art/Design:  
Laurence Foong, John Heinly,  
Ali Khaligh  
Production Manager:  
Geovani Flores

CIRCULATION  
[circulation@connectionnewspapers.com](mailto:circulation@connectionnewspapers.com)



## OPINION

# When Cooking Can Kill

BY ROHAN MANI  
RISING SENIOR, MCLEAN HIGH SCHOOL

**A**ir pollution to many might conjure images of the famous London Fog or smoggy Los Angeles of 1970s. But I get to experience it firsthand during my periodic trips to Delhi (India) to visit my grandparents. Sometimes the pollution levels increase to high enough levels that a brown haze forms around the entire city for days at a stretch. According to medical experts, a person in Delhi could be smoking up to 20 cigarettes — without even touching one — on a bad day. It therefore came as a shock to me when I recently discovered that cooking dinner in our home in McLean could generate indoor air pollution as unhealthy as outdoor air in the world's dirtiest cities.

The root cause is found in frying, grilling, or toasting foods with gas and electric appliances as they generate pollution particles such as, nitrogen dioxide, carbon monoxide, carbon dioxide, and other volatile organic compounds.

Researchers at the Lawrence Berkeley National Laboratory (Berkeley Lab) have conducted studies demonstrating that cooking could generate particle concentrations four times higher than major haze events in Beijing.

This news piqued my interest to test and understand my levels of exposure to pollution particles both inside my home and outdoors in the McLean community. How bad could it be? With the availability of portable devices in the market that measure personal air pollution exposures across various microenvironments, I was able to test this very question.

I conducted this research for my high school project, where I collaborated with the researchers at the Johns Hopkins University's School of Public Health to experiment, analyze, and compare my exposure to particle concentrations in various indoor and outdoor environments in and around McLean.

What makes air pollution one of the biggest global concerns today? Air pollution generates airborne particles and exposure to these fine particles (particles usually less than 2.5 m in diameter) and ultrafine particles (particles less than 0.1 m in diameter) present in our immediate environments can cause significant health damage. These tiny particles are often able to travel deeply into the respiratory

tract, reaching and depositing in the alveolar region of the lungs. Exposures over a period of time could lead to asthma, lung cancer and other respiratory diseases, as well as heart diseases. In addition, recent studies have correlated air pollution with increased incidences of diabetes and childhood stunting.

According to a recent Lancet Commission report, air pollution is the largest environmental cause of disease and death in the world, responsible for an estimated 9 million premature deaths and 16 percent of all deaths worldwide annually. This is almost 15 times more than deaths from all war and other forms of violence. Surprisingly, recent research indicates that indoor air pollution should be as much of a concern if not more compared to exposure outdoors.

My experiments indeed corroborate the recent research findings. I found that my exposure to pollution particles was almost three times higher indoors than in outdoor locations in McLean. As expected, the largest concentration of pollution particles was found in the kitchen. Also, I found that particle exposure was particularly high during cooking times. In terms of outdoors, the McLean Commercial District and the McLean High School parking area during school drop-off had high concentration of pollution particles, but the particle numbers were still far less than the indoor levels at home. However, with adequate ventilation, there was a considerable improvement in measured indoor pollution levels.

Understanding such personal exposure has significant value in terms of raising awareness of people's activities and habits and the resulting potential exposures to air pollution. This also shows that we need not be in Delhi or Beijing but can be inhaling bad air even when cooking our favorite food inside our homes in McLean.

But what could be done to reduce our exposure? Experts at the Berkeley Lab suggest that we should ventilate when we cook and ventilate more, the more we cook. A range hood is the most effective ways to do this, especially if it moves air out of the kitchen. Other effective means for reducing indoor pollution levels are use of kitchen fans and open windows. On a cautionary note, both young children and seniors should be particularly careful as they are the ones spending most time indoors.

hundreds more requests. However, John Foust decided his priority was approving taxpayer money to provide lawyers for illegal aliens to fight deportation. John Foust thinks so little of citizens he made sure that this money is not available by legal citizens. If Foust

wants to fund 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

## Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

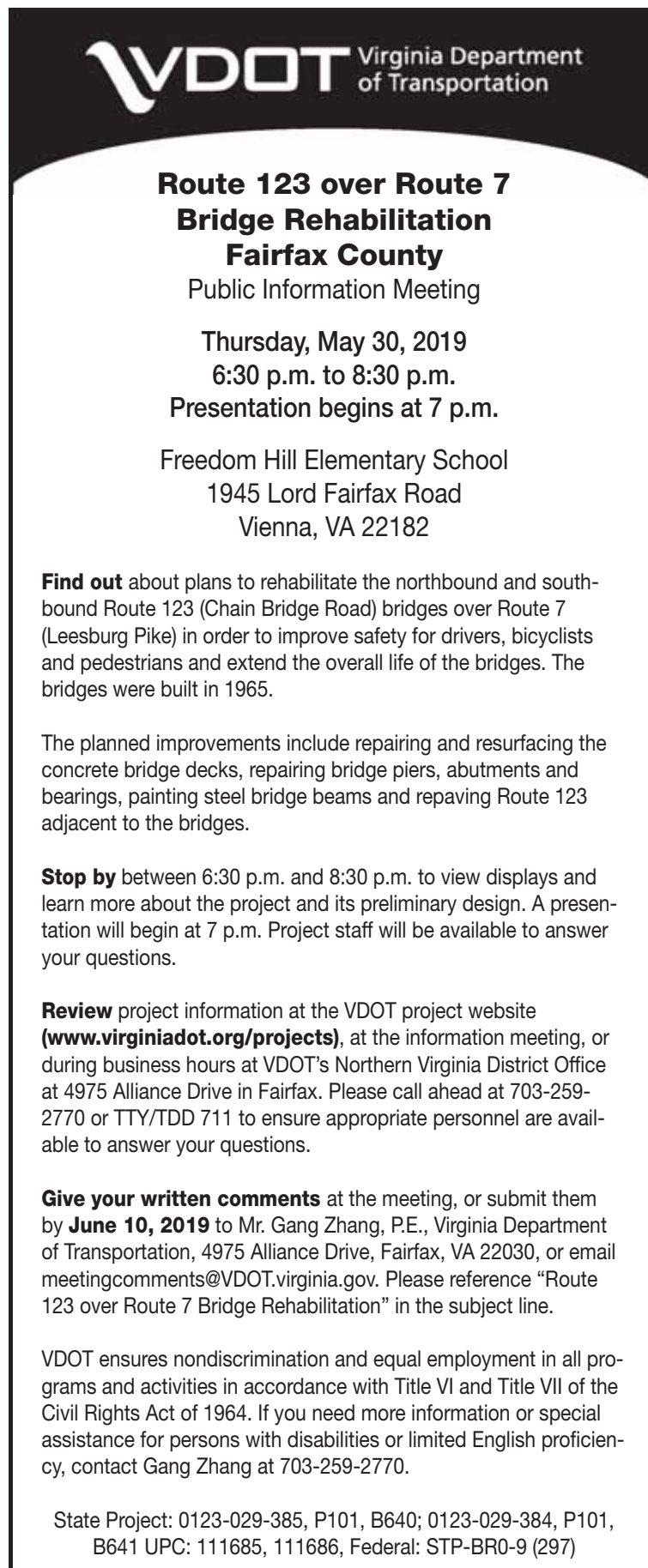
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1606 King St.  
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By email: [editors@connectionnewspapers.com](mailto:editors@connectionnewspapers.com)



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**Route 123 over Route 7 Bridge Rehabilitation**  
**Fairfax County**  
Public Information Meeting

Thursday, May 30, 2019  
6:30 p.m. to 8:30 p.m.  
Presentation begins at 7 p.m.

Freedom Hill Elementary School  
1945 Lord Fairfax Road  
Vienna, VA 22182

**Find out** about plans to rehabilitate the northbound and southbound Route 123 (Chain Bridge Road) bridges over Route 7 (Leesburg Pike) in order to improve safety for drivers, bicyclists and pedestrians and extend the overall life of the bridges. The bridges were built in 1965.

The planned improvements include repairing and resurfacing the concrete bridge decks, repairing bridge piers, abutments and bearings, painting steel bridge beams and repaving Route 123 adjacent to the bridges.

**Stop by** between 6:30 p.m. and 8:30 p.m. to view displays and learn more about the project and its preliminary design. A presentation will begin at 7 p.m. Project staff will be available to answer your questions.

**Review** project information at the VDOT project website ([www.virginiadot.org/projects](http://www.virginiadot.org/projects)), at the information meeting, or during business hours at VDOT's Northern Virginia District Office at 4975 Alliance Drive in Fairfax. Please call ahead at 703-259-2770 or TTY/TDD 711 to ensure appropriate personnel are available to answer your questions.

**Give your written comments** at the meeting, or submit them by **June 10, 2019** to Mr. Gang Zhang, P.E., Virginia Department of Transportation, 4975 Alliance Drive, Fairfax, VA 22030, or email [meetingcomments@VDOT.virginia.gov](mailto:meetingcomments@VDOT.virginia.gov). Please reference "Route 123 over Route 7 Bridge Rehabilitation" in the subject line.

VDOT ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you need more information or special assistance for persons with disabilities or limited English proficiency, contact Gang Zhang at 703-259-2770.

State Project: 0123-029-385, P101, B640; 0123-029-384, P101, B641 UPC: 111685, 111686, Federal: STP-BR0-9 (297)

## LETTERS TO THE EDITOR

FROM PAGE 6

## Illegal Aliens or Local Priorities?

To the Editor:

Shouldn't we be taking care of our own citizens before we start funding illegal aliens? Shameful is the only way to describe Fairfax County Supervisor John Foust's priority to spend \$200,000 of taxpayer money to support illegal alien legal fees. It was painfully clear to any reasonable person at the budget hearings that there are greater priorities. The requests that desperately needed that same \$200,000 ranged from housing for the homeless, security for our school children, services for the disabled, mental health care, and

# 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

**T**housands 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 11<sup>th</sup> 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 government and American taxpayers with goods and services. They are laboratory



**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.**

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,” 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

SEE SHUTDOWN, PAGE 10



## 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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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 8

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 starting 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 con-

tinue 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.”

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# 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



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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. The run time is approximately 2 hours with one 15-minute intermission. Captions and audio description will be offered for select performances. \$15-\$39. Visit [www.1ststage.org](http://www.1ststage.org) or call 703-854-1856 for tickets.

**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, 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](http://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](http://mcleancenter.org) for more.

## SATURDAY-SUNDAY/MAY 25-26

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

## 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).

**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 [trinityuppsville.org](http://trinityuppsville.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 [trinityuppsville.org](http://trinityuppsville.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.greatfallssumc.org](http://www.greatfallssumc.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](http://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](http://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](http://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](mailto: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.greatfallssumc.org](http://www.greatfallssumc.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](http://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](http://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](http://www.jamminjava.com).

SEE CALENDAR, PAGE 13



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](http://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](http://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](mailto: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](http://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/](http://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](http://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/](http://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](mailto: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](http://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](http://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](http://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](http://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](http://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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### Parker

FROM PAGE 4

commercial space built in County for Affordable Housing Fund; Zoning modifications to allow for properties to be used for affordable housing solutions; Reducing Property Taxes; Supporting economic development to provide additional tax base that can offset residential rates; Reviewing tax relief guidelines.

Relieving traffic congestion and finding transportation solutions: Continue to fight for transportation dollars for Northern Virginia and Hunter Mill; Continue work on multimodal transportation options including optimizing the Connector bus network; Ensuring that the Department of Transportation has the resources to stay on top of the rapidly-developing technological advances in the industry; Improving pedestrian and bicycle access and safety; Creating pedestrian and bicycle bridges over wide thoroughfares."

Key ways I differ from my opponents?

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### BULLETIN BOARD

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

#### 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](http://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

SEE BULLETIN, PAGE 15

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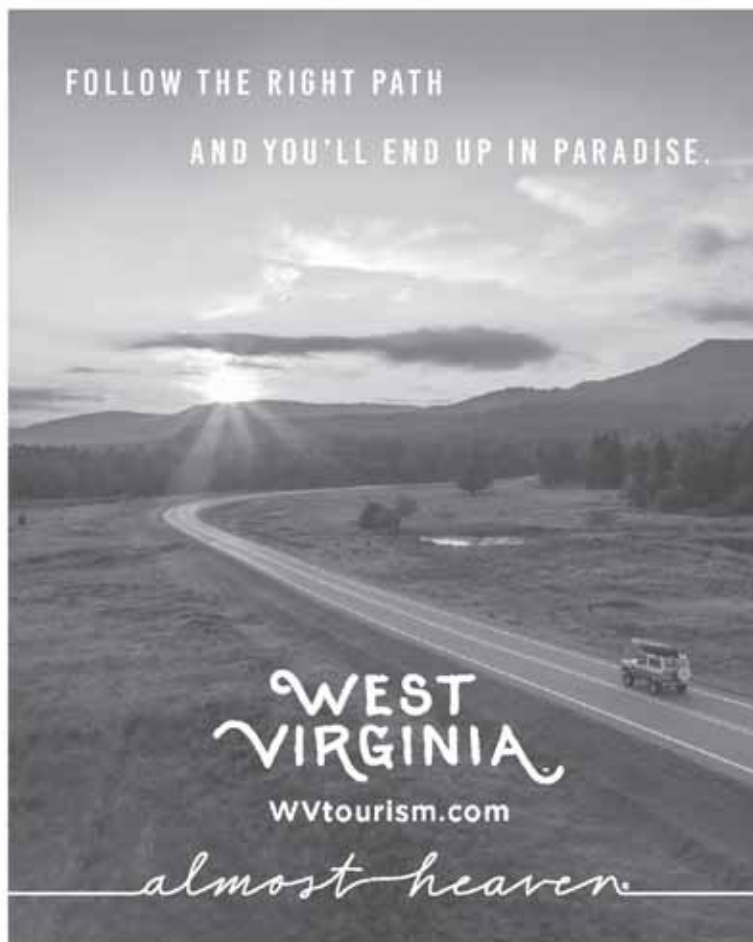
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# BULLETIN

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seating and shelter will be provided. Attendees are encouraged but not required to bring portable chairs. Visit [www.gfffreedom.org](http://www.gfffreedom.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](mailto:Candice@bulliedbrokenredeemed.com) for group discounts). \$15. Register at [www.bulliedbrokenredeemed.com/forms](http://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](http://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](http://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](http://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, 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](http://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](http://www.fairfaxcounty.gov/parks/rec-pac/jobs) or email [Recpac@fairfaxcounty.gov](mailto: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](mailto: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](mailto: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](http://transform66.org) for more.

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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.

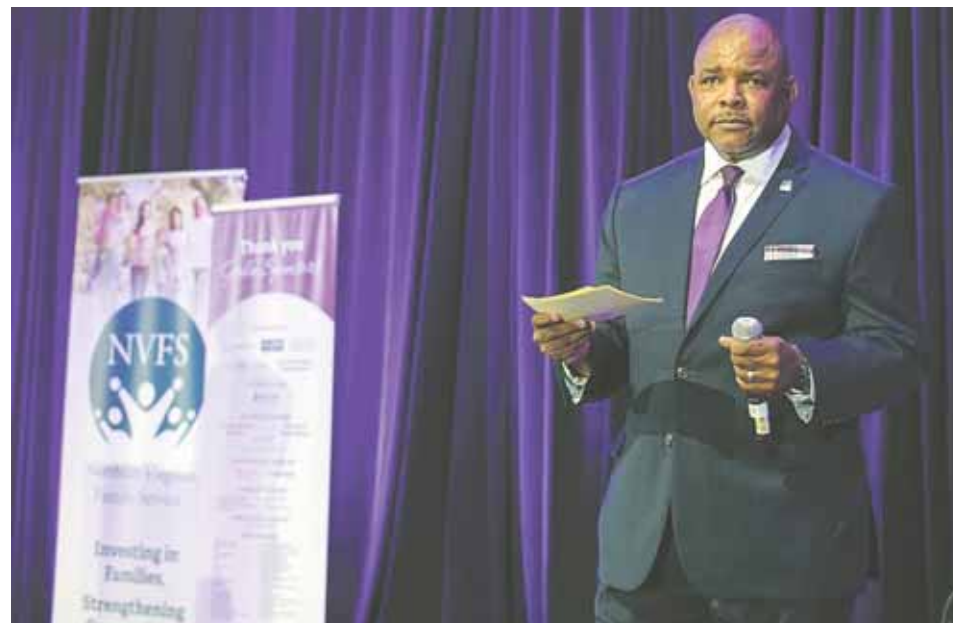
Unfortunately, we can't change much about this process. I have a "terminal" disease and scanning is the process by which the doctor can assess my health. Waiting for this assessment is the absolute bane of my existence.

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.



**RedHouse Jazz, high school band from Yorktown and Madison high schools.**



**NVFS board member and gala co-host, Brian Jackson, Booz Allen Hamilton**

## Gala Raises \$695,000

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

**M**ore 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.

NVFS President and CEO Stephanie Berkowitz shared highlights of the organization's recent work including how NVFS:

- ❖ Selected as one of only 24 nonprofits across the country – and the only one in Northern Virginia – to receive a grant from the Jeff and MacKenzie Bezos Day One

Families Fund. The grant is an investment in NVFS innovative, high-impact work at its family shelter in Manassas and will accelerate the organization's ability to develop solutions to ending family homelessness in Northern Virginia.

- ❖ Led the Northern Virginia effort to serve federal and ancillary workers impacted by the prolonged government shutdown.

- ❖ Is expanding its mental health services to youth and their families, in partnership with Loudoun County Public Schools.

- ❖ Is building its nationally recognized workforce development model and innovating new ways to increase its impact, remain future-workforce focused, and bring its expertise into the labor market.

- ❖ Is helping support the critical connection between healthcare and good nutrition by expanding its partnership with a local health clinic to provide healthcare and wellness visits at NVFS' Hunger Resource Center.

- ❖ Will soon launch a fruit and vegetable prescription program to provide healthy nourishment to neighbors who are struggling with chronic medical issues.

The event was dedicated to the memory of the late John Toups, President and CEO of PRC, Inc. and a longtime champion of Northern Virginia Family Service.



**NVFS foster parent and gala speaker, Karine Lawson**

PHOTOS BY BRUCE BOYAJIAN



**NVFS Board chair Barbara Rudin, Manhattan Strategy Group**



**NVFS mental health counselor and gala speaker, Bianca Anez**