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# McLean CONNECTION

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Thirty-year Vinson Hall resident Jane Peak and 30-year employee Fred Johnson cut the cake during the Vinson Hall 50th Anniversary Party on Saturday, June 22, 2019, in McLean.

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PHOTOS BY STEVE HIBBARD/THE CONNECTION

**Vinson Hall residents enjoy lunch during the 50<sup>th</sup> Anniversary Party.**



**The Vinson Hall Board of Trustees with Dranesville Supervisor John Foust and Vinson Hall CEO Libby Bush (center).**

## Vinson Hall Celebrates 50 Years

About 400 people turn out for retirement home anniversary party.

BY STEVE HIBBARD  
THE CONNECTION

**W**ith perfect 80-degree weather, a 50<sup>th</sup> Anniversary celebration was held for the Vinson Hall Retirement Community on Kirby Road in McLean on Saturday, June 22, 2019. The facility opened on June 23, 1969, with 283 apartments; and today it has roughly 400 residents — retired military and civil servants — and about 250 people who are employed there. The block party under tents included a barbecue feast, cornhole games and entertainment, a deejay, and remarks from Dranesville District Supervisor John Foust. To top things off, there was a big 50<sup>th</sup> anniversary cake and logo cookies for party giveaways.

According to Libby Bush, CEO of Vinson Hall: “Vinson Hall Retirement Community is home to almost 400 people – 400 people who have a military tradition and heritage. We also have DOD, FBI, CIA, Secret Service, Foreign Service, and we are also opened to anyone in our Arleigh Burke Pavilion, the Sylvestery, and our higher levels of residency.”

She continued: “We are so honored that all of those people call us home, and then we are grateful that almost 250 people call us their workplace. So, as a community, we come together every day to connect and to engage, and today is a beautiful sunny Saturday to do so celebrating our 50<sup>th</sup> anniversary.”

Guest speaker Dranesville District Supervisor John Foust raved about how much Vinson Hall does for the community. “The good work that Vinson Hall does underscores its commitment not just to the residents but to the broader community. The work done by Vinson Hall has enhanced the quality of life for those living in this campus; equally important it has also enhanced the quality of life to the community here at large,” he said.



**About 400 people attended the Vinson Hall 50<sup>th</sup> Anniversary Party on Saturday, June 22, 2019, in McLean.**



**Marion Fontenot, a Vinson Hall resident, with her daughter-in-law Maite Fontenot.**



**From left, Vinson Hall residents Terry Burke, Jane Peak, and Cecile Cover.**

He added: “From the beginning in 1969, as a home for Navy widows, Vinson Hall has expanded to include assisted living, nursing and short-term rehabilitation services at the Arleigh Burke, a memory support facility at Sylvestery and a new independent living facility. Congratulations. That is absolutely amazing.”

“You provide housing but you also provide programs and you do things for the

community that really make a difference. There’s the Wounded Warrior Transitional Housing Program that provides housing for wounded, ill or injured veterans who have been discharged from inpatient treatment who are attempting to reintegrate into the community,” he said.

“Thank you also for the work you do with local universities to provide clinical rotational opportunities and internships to

young people who will one day make up the next generation of health care workers,” he added.

One of the oldest inhabitants, Jane Peak, a 30-year resident originally from Denver, calls Vinson Hall wonderful: “I love it here. This is something special; we haven’t done this before, but of course we haven’t been 50 years old before. But this is loads of fun. It’s a wonderful place to live.”

## Campaign Finance Reform? Yes

Surprise! “No limits” can stimulate large amounts of campaign cash for many kinds of candidates and from many kinds of donors.

Virginia is one of 11 states (Alabama, Indiana, Iowa, Mississippi, Nebraska, North Dakota, Oregon, Pennsylvania, Texas, Utah, and Virginia) that impose no contribution limits on individual donors, says the National Conference of State Legislatures. The other 39 states restrict the amount of money that any one individual can contribute to a state campaign.

### EDITORIAL

But Virginia has no limits. No limits on what any individual can give to a candidate. No limits on what a state party can give to a candidate. No limits on what a PAC can give to a candidate. No limits on what a corporation can give to a candidate. No limits on what a union or employee organization can give to a candidate.

Only Utah, Oregon, Nebraska, and Alabama impose literally no limits as Virginia does.

Virginia’s General Assembly, and established candidates, usually the primary beneficiary of this permissive environment for contributions, have chosen this stance deliberately. Supporters often cite disclosure requirements as somehow making unlimited campaign cash OK.

More money doesn’t always lead to success for a candidate. The following information on contributions comes from Virginia Public Access Project.

Tim Chapman loaned \$845,094 to his own campaign seeking the Democratic nomination for chairman of the Board of Supervisors. Chapman also lost because even with all that money to get his message out, apparently his message did not resonate with voters. Jeff McKay, who won the Democratic nominee for chairman of the Board of Supervisors. McKay raised \$448,443.

Maggie Parker, running for the Democratic nomination for Hunter Mill supervisor, had

more than twice as much in contributions than the winning candidate. But more than half of her cash contributions, more than \$90,000, came from her employer, Comstock Partners, developer with multiple projects in Hunter Mill. Parker finished fourth out of five candidates.

Steve Descano ran on a platform of criminal justice reform. He loaned himself \$25,000 and received support from family. He also received more than \$450,000 from the Justice and Public Safety PAC; VPAP lists its business as “Democrat Advocacy.”

Descano won his challenge over Commonwealth’s Attorney Ray Morrogh, who was facing his first challenge and had \$242,011 in contributions. Descano’s message of progressive reform resonated with voters who turned out to vote.

Yes, let’s have campaign finance reform and sensible limits on donations.

## Making Suicide Prevention a Priority

BY MICHAEL BALLARD

Every 28 seconds someone makes a suicide attempt.

My first experience with suicide was in 1963 when I was 17. A teacher pulled me aside: “Ballard, your mother called. Your uncle killed himself this morning.” He turned around and walked off. I wanted to scream. My

Uncle Ashby was my hero — a UVA boxer, decorated vet, successful dentist, proud father of three beautiful daughters, and great athlete.

Why would he kill himself?

Since Ashby’s death, I’ve asked the question too often. A college classmate died of suicide. A neighbor I babysat had a hunting “accident” alone in the woods. A former girlfriend died of suicide. Two former employees, wonderful, sensitive, creative individuals, took their own lives.

Two siblings have attempted. Several times. I worry about them every day.

I wish I could end here, but two years ago when I was in California for the national Out of the Darkness Overnight Walk for Suicide Prevention, my daughter called. My grandson, 12 at the time, was having a mental health crisis and had just entered a psychiatric hospital. We learned he’d been wrestling with demons for over a year. They were telling him he was worthless — didn’t deserve to live.

My daughter and son-in-law are two of the finest, most loving and supportive parents I have ever seen. My grandson is a boy’s boy — soccer, basketball, baseball, now Lacrosse, wrestling, and trumpet — and a good student, loved by everyone. Yet he didn’t feel life was worth living. Today, he has a good counselor and support group, and has learned survival skills. But we keep a watchful eye and listen carefully.

These are the reasons why, on June 9th, I will be on Capitol Hill meeting with Rep. Wexton and Senators Kaine and Warner to urge them to make suicide prevention a top legislative priority.

I will be asking them to support:

1. Increased funding for suicide prevention research within The National Institute of Mental Health to a level commensurate with the suicide crisis in our country;
2. Strengthened reporting requirements for mental health parity;
3. Full funding of the National Suicide Prevention Lifeline;
4. Maintaining Service member and Veteran suicide prevention as a national priority.

In my meetings, I will be a voice for suicide prevention. I will be joined by passionate community leaders of the ever-growing movement of people who care about preventing suicide because they too have been

affected by suicide. You can join us by calling your member of Congress and asking them to make suicide prevention the priority it deserves to be.

*The writer is a resident of Great Falls, Former Chair, Suicide Prevention Action Network USA and Board Member, American Foundation for Suicide Prevention.*

### LETTERS TO THE EDITOR

## Virginia Needs Congress to Fight Alzheimer’s

To the Editor:

I lost my Dad and my Grandmother (his mother) to Alzheimer’s. Both were diagnosed in their 50s. My Dad was 68 when he died. This disease is always fatal. We must find a cure or a way to prevent this horrible disease.

Nearly 5.8 Million Americans are living with Alzheimer’s disease nationwide and 16 million serve as unpaid Alzheimer’s caregivers,

according to the 2019 Alzheimer’s Association special report. Among them are the 150,000 living here in Virginia and their 465,000 caregivers.

Today, I am urging U.S. Rep. Gerry Connolly to cosponsor the Improving HOPE for Alzheimer’s Act (S 880/HR 1873). This piece of bi-partisan legislation will educate clinicians on care planning services available under Medicare and on the care planning billing

code that was originally established under the original Hope for Alzheimer’s Act.

The state of Virginia needs your help, Congressman Connolly. Please support this crucial bill and bring us one step closer to a world without Alzheimer’s disease.

**Michelle Alonso**  
Alzheimer’s Association  
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**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.  
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NEWS DEPARTMENT:  
mcleanc@connectionnewspapers.com

**Kemal Kurspahic**  
Editor ♦ 703-778-9414  
kemal@connectionnewspapers.com

**Andrea Worker**  
Contributing Writer  
aworker@connectionnewspapers.com

**Jean Card**  
Production Editor  
jcard@connectionnewspapers.com

ADVERTISING:  
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**Debbie Funk**  
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**David Griffin**  
Marketing Assistant  
703-778-9431  
dgriffin@connectionnewspapers.com

**Classified & Employment Advertising**  
703-778-9431

**Editor & Publisher**  
Mary Kimm  
mkimm@connectionnewspapers.com  
@MaryKimm

**Executive Vice President**  
Jerry Vernon  
703-549-0004  
jvernon@connectionnewspapers.com

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

CIRCULATION  
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# Residents Fired Up on School Issues

## Heated meeting with School Board's Jane Strauss.

BY ANDREA WORKER  
THE CONNECTION

**R**etiring Fairfax County School Board member Jane Strauss, who represents the Dranesville District, had her hands full when she met with a standing-room-only crowd at Forestville Elementary in Great Falls on Wednesday night, June 19. The school cafeteria had been set to accommodate about 250 attendees, but before the 7:30 p.m. kick-off by Great Falls Citizens Association President Bill Canis, school staff had already added about 30 more chairs, and there were still attendees lined up along the walls, including Del. Kathleen Murphy (D-34), whose constituency includes Great Falls and McLean.

"We were pretty sure we would get a sizeable crowd," said Canis. "It's a hot topic in the community."

The subject matter that brought in the overflow audience was how the Fairfax County Public Schools (FCPS) Board was considering addressing school overcrowding in the county in general, but particularly at McLean High School, already at 115 percent capacity – and how any proposed solutions might affect Langley High School, which currently operates at less than 85 percent of its student capacity.

There were residents from both areas in attendance, interested to hear what Strauss had to say, and in some cases, looking to debate her remarks.

**STRAUSS** has supported a limited boundary study to move students from Longfellow Middle School and McLean High School to nearby Cooper Middle School and Langley High School in the Langley school pyramid, but noted that any changes would not be scheduled for implementation until the 2020 school year, allowing more time for planning and public engagement with parents.

Other school board members were less enthusiastic about the solution, cautioning against "spot boundary changes" rather than a study and a plan that took into account the capacity situations and projected enrollment trends for the entire county. Ultimately, the proposed changes were not included in the FCPS's adopted Capital Improvement Program (CIP).

The evening's two-hour planned agenda was slated to be about 50 percent a presentation by Strauss on the FCPS current CIP, including some background on the school system, the methodology on school constructions and improvement to existing facilities, and some of the state statutes and federal legislation that directs the FCPS activities, followed by an equal amount of Q & A time.



PHOTOS BY ANDREA WORKER/THE CONNECTION

**Fairfax County School Board member Jane Strauss takes questions from audience members who lined up to ask them and make comments at a standing-room-only, town hall-style meeting on topics like school boundaries and school overcrowding.**

In addition to answering questions, Strauss said that she was also "here to listen" and added that public commentary during the second half of the session was more than welcome.

Getting to that organized public engagement portion of the program proved to be a bit problematic when halfway through her presentation, audience members began to call out questions and make comments.

Five minutes before the first outburst, Strauss had received hearty applause when she declared that "no one is being pushed out of Langley High School [to make room for students from overcrowded McLean]."

Internal facility improvements are the first line of combat against overcrowding, explained Strauss. Additional trailer-classrooms, while not ideal, and additions to existing buildings are then considered, if the first alternatives are not enough to mitigate the situation.

"The bricks and mortar solution is the last solution," she insisted, noting that "schools follow development, not the other way around." With the cost of a new school coming in at an estimated \$170 million, excluding land costs, "building a new school is a last resort," a decision requiring years of in-depth study and planning and budgeting.

Strauss added that in her 26 years on the school board, including three terms as its Chair, she has never seen a new school that did not already have "full enrollment before the doors opened."

Soon after these comments, however, one audience member began to argue with the representative that the county's "One Fairfax" policy might harm communities like Great Falls, if the mission was to "simply diversify," and attempt to "fix



**It was a full house – and then some – at the meeting between area residents and FCPS school board member Jane Strauss, who represents the Dranesville District. The capacities at Langley and McLean high schools – both in Strauss' area of responsibility – were the hot topics of the night.**

failures in other school pyramids at our expense."

One Fairfax was adopted jointly by the Fairfax County Board of Supervisors and the FCPS Board in 2017, committing both boards to consider equity in decision-making and in the development and delivery of future policies, programs and services.

"You're retiring," shouted out one individual. "How can we even believe you? You have nothing to lose."

Some parents expressed concern that Langley students might be forced to move to other schools like Herndon High School. Strauss reiterated her statement that "no one is being asked to move from Langley, busing is not a consideration. Breaking up the school or busing students doesn't make any sense."

Strauss got the meeting back on track and finished her presentation, showing the audience how to track school metrics from academic performance to enrollment numbers and projections on the same into the future.

Even before she clicked off the PowerPoint, the line of people to ask questions and make comments had already formed.

One Fairfax came up again, almost immediately. Despite Strauss's earlier response, the one audience member wasn't ready to let go of the issue, telling the story of her own family's immigration to the United States, and asking why we should be asked to spend our resources on the education of the children of undocumented immigrants. Her remarks split the room – loudly – both in agreement and objection.

Strauss calmly answered that not only was it "the right thing to do" but it was a decision already decided on by the Supreme Court.

"It is our duty to provide equal educational opportunities to all children in our jurisdiction, regardless of any status or differences, religious, ethnic, gender, income, legal status, or ability." She added that the School Board was also specifically charged

with doing nothing to create pockets of segregation along any of those lines.

**A FEW OTHERS** also voiced concerns that One Fairfax would be implemented to the benefit of some but the detriment of others.

Great Falls resident Margaret McCreary chastised Strauss and the school board for "discussing One Fairfax while neglecting education and other issues of importance." McCreary cited a school board meeting which she had viewed online where "there was no mention of academics. The only concern seemed to be about diversity."

The Fairfax County Board of Supervisors and School Board separately adopted the joint social and racial equity policy called One Fairfax in November 2017. "This joint policy commits both boards to consider equity in decision-making and in the development and delivery of future policies, programs, and services," says the FCPS website. "One Fairfax offers a framework to look intentionally, comprehensively, and systemically at barriers that may be creating gaps in opportunity."

The parent of a Forestville Elementary student, McCreary brought up statistics and concerns by law enforcement personnel about gang recruitment in Fairfax County schools. "Yet there was no mention of that in the meeting, nor any talk about the personal safety of our kids in school," she concluded to applause.

Several of the comments dealt with a proposed change to FCPS Policy 8130-7 – the regulation guiding the "closing or consolidation of school facilities, as well as adjustments of school attendance areas" and the engagement of the public in such decisions. Possible changes, meant to streamline the study of boundary changes and other improvements, had been discussed at an earlier board meeting, but the topic was shelved until a July meeting.

SEE SCHOOL BOARD. PAGE 7

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## Senior Living

# A Difficult Conversation

Talking to loved ones about Alzheimer's Disease

BY MARILYN CAMPBELL  
THE CONNECTION

After witnessing the slow decline of family members with Alzheimer's and other forms of dementia, Ana Nelson knows the importance of early recognition of signs of the disease and enacting a plan as early as possible. During the month of June, Alzheimer's & Brain Awareness Month, Nelson who is Vice President of Programs and Services with the Alzheimer's Association National Capital Area Chapter, is working to encourage family members who notice signs of cognitive decline in a loved one, to have open dialogue, no matter how difficult.

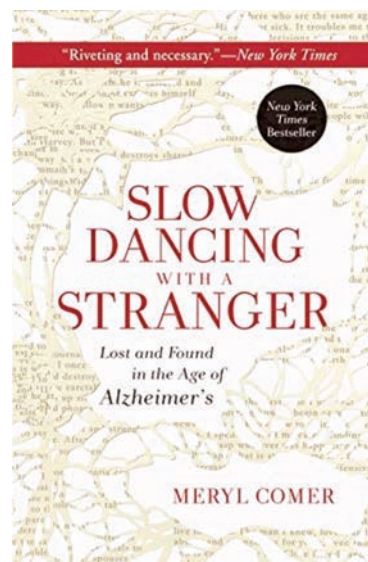
"You're always thinking that your parents or loved ones are going to be around for a long time, but we're talking about a disease where there's no way to stop it or cure it," said Nelson. "Alzheimer's is a progressive and incurable disease. You need to have the conversation as soon as you notice symptoms so that you can plan for it. Families sometimes wait too."

A new survey released by the Alzheimer's Association reveals that nearly 9 in 10 Americans say that if there were experiencing signs of cognitive decline they would want their loved ones to share their concerns. However, nearly three out of four Americans say talking to a close family member about such a decline would be challenging for them.

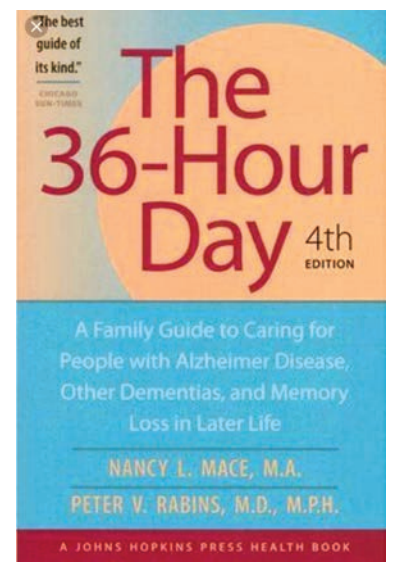
To offer ideas for closing that communication gap, Nelson points to a recently launched national campaign and partnership between the Alzheimer's Association and the Ad Council. The project, called "Our Stories" uses stories from real people who've noticed cognitive changes in a family member and initiated a conversation.

An early diagnosis allows families to plan both financially and legally for the future. Recognizing the signs of mental decline allows for a timely diagnosis. "The most common early symptom of Alzheimer's is difficulty in remembering recent events," said Jerome Short, Ph.D., Licensed Clinical Psychologist and Associate Professor of Psychology at George Mason University. "Later symptoms are getting lost, problems with language, mood swings, lack of self-care, impulsivity, or lack of motivation."

Before initiating a conversation, plan the way in which it might begin. "You can share what you have observed," said therapist Carol Barnaby, LCSW-C "For example, 'It seems you are having trouble with remembering some things' and give examples. You can ask, 'Is this frustrating for you? Have you noticed or



Among the resources recommended for those dealing with Alzheimer's are books entitled, "The 36 Hour Day" and "Slow Dancing with a Stranger."



### For Assistance:

The Alzheimer's Association offers help to families as they navigate challenges of the disease. They offer face-to-face conversations with local experts and a free 24/7 Helpline 800.272.3900. Additional resources can be found at alz.org.

spoken to your doctor?"

"I recommend being direct, yet warm and caring," added Joanne Bagshaw, PhD, Professor of Psychology at Montgomery College.

Offering comfort and support can make the conversation less daunting, "You might say, 'I'm beginning to feel concerned about your health because I've noticed that you are having some trouble with your memory lately'" said Bagshaw. "Have you noticed that as well? How can I support you?"

Even with advanced preparation the conversation might not go as planned, says Nelson. "This is a delicate issue that might require multiple conversations," she said.

Encourage the family member to seek medical advice for an accurate diagnosis, suggests Barnaby. "Some mental confusion can be caused by certain medications, so it isn't always dementia," she said.

Be flexible realizing the conversation might not go as planned and raise concerns subtly. "Ask them if they have any concerns," said Barnaby. "You might say, 'I have been wondering how you are doing.

You haven't seemed your usual self. I am wondering if you have noticed anything."

The Alzheimer's Association offers resources and assistance to those living with Alzheimer's and their families, says Nelson. "We are just a phone call away," said Nelson. "We offer help 24 hours a day, seven days in week and in more than 200 languages. It doesn't have to be a crisis situation. You can call even if you just need help."

**"Alzheimer's is a progressive and incurable disease. You need to have the conversation as soon as you notice symptoms."**

— Ana Nelson, Vice President of Programs and Services with the Alzheimer's Association National Capital Area Chapter

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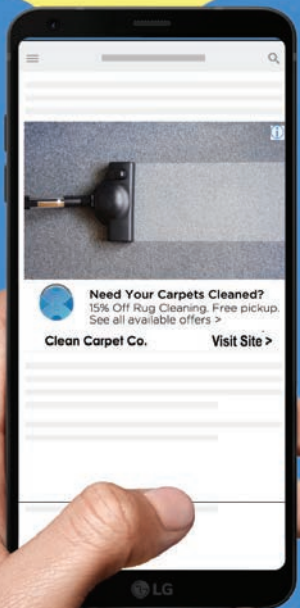
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# School Board Policies Questioned

FROM PAGE 5

There was no coming to any terms of agreement on the subject between Strauss and those who questioned proposed "8130-9," with the board member continuing to respond that no changes had been made or even discussed, and the opponents insisting that she wasn't answering the question or being honest about the Board's intention.

Some of the objectors were referring to notes that had been offered by members of a group called One Great Falls. Their website asks for residents to sign a petition, created by Great Falls resident Lauren Shupp, in support of their mission:

"We want our school board and administration to recognize 'redistricting' pulls apart communities, causes real world negative impacts, and most importantly, leaves the underlying problems unsolved..."

FCPS should drive precious resources into our schools. Do not waste these finite resources with bureaucratic attempts to hide weaker schools in the name of driving socio-economic diversity. Do the hard work. Fix the weaker schools instead of covering their issues with manipulated statistics..."

Did the meeting with Strauss alleviate any of their concerns? Reached for comment after the event, Laura Timmins responded on behalf of One Great Falls.



PHOTO BY ANDREA WORKER/THE CONNECTION

**A resident from McLean takes to the microphone to remark that addressing the overcrowding at McLean High School "is a long time coming," noting there are already 14 trailers in use at McLean, with more probably to come, while other area schools are also in need." Other speakers line up behind him to offer their comments.**

"Seems as if the FCPS Board is not being forthright about their plans to adjust school boundaries in the future. Ms. Strauss repeat-

edly either denied or downplayed any discussions until confronted with school board agendas, tweets from other school board

members and her own quotes.

"We do not understand why the School Board would not deliberately address overcrowding at McLean HS this year unless they were planning something broader in scope...Why would the School Board need to discuss Boundary Policy 8130-7 at all unless they were looking at a countywide change?"

Dr. Pooja Singh said: "There was a general evasive notion throughout the night for important topics...I find none of this reassuring and worry for the future of our children since their school board is more focused on creating homogeneity rather than excelling our precious children."

**PETITION FOUNDER** Shupp added "Our children are not pawns on a chessboard that can be interchanged to achieve someone's idea of the correct kind of diversity. These are real children who will be impacted by any changes."

Strauss said no changes are imminent to school boundaries, and "no one is pushing anyone out of the Langley School area." Any changes to come will be done after considerable study and planning "full transparency and community feedback" and are a long way off, but solutions are needed sooner rather than later for schools like McLean that are already beyond capacity.

"We owe that to our students."



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## ONGOING

**Drop-in Mah Jongg.** Wednesdays, 9:30 a.m.-noon at McLean Community Center, 1234 Ingleside Ave., McLean. Players should have a basic understanding of the rules and should bring their current American MJ League card. For McLean District residents. Email [emvarner@verizon.net](mailto:emvarner@verizon.net) for more.

**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.-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).

## THURSDAY/JUNE 27

**Nottoway Nights: City of Fairfax Band 'Alte Kameraden' (Music of Germany).** 7:30 p.m. at Nottoway Park, 9537 Courthouse Road, Vienna. Thursday evenings, June 20-Aug. 22 (except July 4). Bring a picnic and a blanket or chair. For last minute weather cancellations call 703-324-7469 one hour prior to the program start time.

## FRIDAY/JUNE 28

**Ants Ants Ants.** 10:30 a.m. at Wolf Trap Children's Theatre-in-the-Woods, 1551 Trap Road, Vienna. With their optimistic lyrics and innovative instrumentation, Ants Ants Ants offers an invitation into that golden childhood we always dreamed of having and creating for the ones we love. Ages 2 and older. \$10. Visit [www.wolftrap.org](http://www.wolftrap.org).

## Summer on the Green: Sarah Bennet Swanner.

6:30 p.m. on Vienna's Town Green. The Summer on the Green concert series returns to Vienna's Town Green Friday nights through Aug. 23. Please see the text below or the attached release for details. Bring chairs and/or blankets. No alcoholic beverages are permitted. Consider leaving pets at home. In the event of rain, check the weather line at 703-255-7842. Learn more at [www.viennava.gov/DocumentCenter/View/3997](http://www.viennava.gov/DocumentCenter/View/3997).

## SATURDAY/JUNE 29

**July 4th in June.** All day at Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. Get the nation's birthday party started early. The park opens at dawn and the fun continues until the last fireworks disappear from the sky after dark. The water park is open 10 a.m.-8 p.m. There will be live music with Modern Vintage and the U.S. Navy Band Commodores from 3:30-9 p.m. Food vendors will be on hand throughout the day. Fireworks begin at 9:15 p.m.. The park generally closes to new arrivals around 8:45 p.m. Walk or bike to the park and admission is free. There is a parking fee of \$10 per vehicle. The rain date Sunday, June 30. Call 703-471-5414 or visit [www.fairfaxcounty.gov/parks/lake-fairfax](http://www.fairfaxcounty.gov/parks/lake-fairfax).

**Intro Canoeing Tour.** 5:30-7:30 p.m. at Riverbend Park, 8700 Potomac Hills S., Great Falls. Come and experience the upper Potomac's beautiful scenery and wildlife from the water. Start with an introduction to canoeing basics and then head out onto the river with an instructor. This is not a whitewater tour and is good for canoeing beginners. There will be three people per canoe and paddling and safety gear is provided. \$41 per person. For participants age



The Celebrate Great Falls Foundation had their own float topped with a white gazebo at the 2018 Home.

## 4th Of July Hometown Celebration and Parade

Great Falls celebrates the 4th of July. Thursday, July 4, 8 a.m.-1 p.m. at the Great Falls Village Centre. 6 p.m. at Turner Farm Park. Free admission. Visit [celebrategreatfalls.org/event/4th-of-july-hometown-celebration/](http://celebrategreatfalls.org/event/4th-of-july-hometown-celebration/) for more.



## Seussical The Musical

The McLean Community Players return to the Alden Theatre with the musical "Seussical," which opens July 12, 2019, and runs weekends through July 28. "Seussical" brings together many beloved Dr. Seuss characters. Running weekends: July 12-14, July 19-21 and July 26-28; Friday-Saturday, 7:30 p.m.; Sunday, 2 p.m. at Alden Theatre, McLean Community Center, 1234 Ingleside Ave., McLean. \$15-\$28. Email [info@McLeanPlayers.org](mailto:info@McLeanPlayers.org) or visit [www.McLeanPlayers.org](http://www.McLeanPlayers.org) for more.

16 to adult and will be canceled in the event of inclement weather or hazardous river conditions. Call 703-759-9018 or visit [www.fairfaxcounty.gov/parks/riverbend](http://www.fairfaxcounty.gov/parks/riverbend).

## SUNDAY/JUNE 30

**Get Prepped for Paddling.** 8:30-9:30 a.m. at Riverbend Park, 8700 Potomac Hills St., Great Falls. Pick up the skills needed to paddle the Potomac and other waterways this summer by enrolling in "Intro to River Kayaking" at Riverbend Park. The hour-long session will cover river hazards, water safety and paddling basics. \$32 per person. The fee includes equipment and a half-day kayak rental on the day of class for more practice. For participants age 14 to adult. Call 703-759-9018 or visit [www.fairfaxcounty.gov/parks/riverbend](http://www.fairfaxcounty.gov/parks/riverbend).

**Summer Concerts: Sonia de Los Santos.** 5 p.m. in the gazebo of McLean Central Park, 1468 Dolley Madison Blvd., McLean. The Alden at the McLean Community Center is again sponsoring free summer concerts in the gazebo of McLean Central Park featuring a mix of musical genres. Call 703-790-0123 or visit [www.aldentheatre.org](http://www.aldentheatre.org).

**Concerts on the Green: The Alan Scott Band.** 6-8 p.m. on the Great Falls Village Centre Green. Bring picnic baskets, chairs and blankets for an evening of live music. Free. Visit

[www.celebrategreatfalls.org](http://www.celebrategreatfalls.org).

## TUESDAY/JULY 2

**Kids on the Green: Reptiles Alive (live animals).** 10 a.m. on the Vienna Town Green. The Kids on the Green series is a weekly collection of interactive animal shows, magicians, puppet performances, and more, running through Aug. 20. Free. Visit [viennava.gov](http://viennava.gov) for more.

## WEDNESDAY/JULY 3

**Stories, Songs & Sprinklers.** 1 p.m. on the Freeman Store lawn. Partnering with Historic Vienna, Inc., the Town of Vienna invites young children and families to an afternoon of storybook reading, short songs, and fun with water sprinklers. Free. Visit [viennava.gov](http://viennava.gov)

## THURSDAY/JULY 4

**4th Of July Hometown Celebration and Parade.** 8 a.m.-1 p.m. at the Great Falls Village Centre. 6 p.m. at Turner Farm Park. Free admission. Visit [celebrategreatfalls.org/event/4th-of-july-hometown-celebration/](http://celebrategreatfalls.org/event/4th-of-july-hometown-celebration/) for more.  
❖ 8 a.m. — **5K Walk/Run** at the Great Falls Freedom Memorial. Visit [runsignup.com/Race/VA/GreatFalls/July45K](http://runsignup.com/Race/VA/GreatFalls/July45K) to register.  
❖ 8 a.m.-1:30 p.m. — **INOVA Blood Drive** with

the Great Falls Volunteer Fire Department. Photo ID required. Allow 1 hour for donor visit. See you there!

- ❖ 9 a.m. — **Little Patriot Parade** on the Village Centre Green (at the Gazebo). Babies and Toddlers up to age 5 are welcome to parade their finest patriotic display around the Green.
- ❖ 10 a.m. — **Main Parade** around the Great Falls Village Centre. See the floats, horses, antique cars and pets making a loop in the Main Parade.
- ❖ 10:30 a.m.-12:30 p.m. — **Festivities, Food & Fun.** After the parade, enjoy burgers, dogs and snow-cones along with music, field games and festivities on the Village Centre Green.
- ❖ 6 p.m. — **Fireworks & Fun** at Turner Farm Park. Gates open at 6. Pack up the family and come tailgate with neighbors. Live music, games, contests and food trucks will entertain until the Big Show gets underway just after dusk.

**Vienna Sprinklers and Sparklers.** 10 a.m.-2 p.m. at the Vienna Community Center, 120 Cherry St. SE, Vienna. Features three water slides and a bevy of other water activities for children as well as five food trucks and snow cones. Kids (and adults who may encounter collateral water damage) should be prepared to get really wet and to have a really good time. Visit [viennava.gov](http://viennava.gov) or call 703-255-6361.

**McLean 4th Of July Fireworks Celebration.** 6:30 p.m. at Langley High School, 6520 Georgetown Pike, McLean. Enjoy a DJ, food trucks, and fireworks. Free onsite parking (limited). Free satellite parking and shuttle buses (handicapped equipped) from McLean Community Center and St. John's Episcopal Church. The following are prohibited on school grounds: smoking, alcohol, vaping, glass containers, personal fireworks, weapons and pets. Free admission. Visit [www.mcleancenter.org](http://www.mcleancenter.org) or call 703-790-0123.

**Vienna Big Bang Fireworks.** 7:15 p.m. at Yeonas Park, 1319 Ross Drive SW, Vienna. Vienna will host its annual big bang show. Josh Christina Band. The Vienna Little League concession stand and food trucks will serve up food and non-alcoholic beverages. The fireworks show, courtesy of Navy Federal Credit Union, starts around 9:30. Visit [viennava.gov](http://viennava.gov) or call 703-255-6361.

## FRIDAY/JULY 5

**Get Hooked on Fishing.** 5:30-7:30 p.m. at Riverbend Park, 8700 Potomac Hills St., Great Falls. Riverbend is offering "River Fishing by Boat." In this class, participants age 5- adult will learn to fish for smallmouth bass and sunfish from a canoe or jon boat. Previous experience rowing or paddling is not required, and boats, PFDs, fishing rods and bait are provided. There will be a maximum of three participants per boat, one of whom must be 16 or older. Each participant must register. \$16 per person. If the weather's bad or river conditions are hazardous, the program will be canceled. Call 703-759-9018 or visit [www.fairfaxcounty.gov/parks/riverbend](http://www.fairfaxcounty.gov/parks/riverbend).

**Summer on the Green: U.S. Navy Band: Commodores (big band jazz).** 6:30 p.m. on Vienna's Town Green. The Summer on the Green concert series returns to Vienna's Town Green Friday nights through Aug. 23. Please see the text below or the attached release for details. Bring chairs and/or blankets. No alcoholic beverages are permitted. Consider leaving pets at home. Check the weather line at 703-255-7842. Learn more at [www.viennava.gov/DocumentCenter/View/3997](http://www.viennava.gov/DocumentCenter/View/3997).

## SATURDAY/JULY 6

**Get Hooked on Fishing.** 9-9:55 a.m. at Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. Lake Fairfax Park is offering the "Fishing Fun" series for children age 7-11 on Saturdays from July 6-27. Participants will learn fishing basics. The class helps participants improve fishing skills with spinning- and closed-faced reels while teaching safety, catch-and-release fishing and protecting the environment. All equipment is provided. \$66 per child for four sessions, plus a supply fee of \$20 payable at the first class. Call 703-471-5414 or visit [www.fairfaxcounty.gov/parks/lake-fairfax](http://www.fairfaxcounty.gov/parks/lake-fairfax).

## SUNDAY/JULY 7

**Summer Concerts: DuPont Brass.** 5 p.m. in the gazebo of McLean Central Park, 1468 Dolley Madison Blvd., McLean. The Alden at the McLean Community Center is again sponsoring free summer concerts in the gazebo of McLean Central Park featuring a mix of musical genres. Call 703-790-0123 [www.aldentheatre.org](http://www.aldentheatre.org).



## PEOPLE

# From McLean to Szeged: Studying Marginalized

## Kate McGinn of McLean receives Fulbright Scholarship.

**K**ate McGinn of McLean, a May graduate in commerce with a concentration in finance in the McIntire School of Commerce at the University of Virginia, will research Hungary's benefit economy at the University of Szeged, defining it and assess citizen views on the purpose of business in post-communist countries.

"I hope to study the marginalized Romani community in Hungary and understand the effects that the recent uptick in nationalism has had on their acceptance within the larger Hungarian community," she said. "The Romani population is Hungary's largest minority group and current living conditions for these communities is significantly worse than for the general population. I aim to understand these century-old trends in the larger context of modern political sentiments."



PHOTO CONTRIBUTED

**Kate McGinn of McLean will research Hungary's benefit economy at the University of Szeged.**

McGinn was student director of HackCville; a member of 2015-18 Class Council and a 2019 Trustee; and she worked for Housing and Residence Life. She was a recipient of the 2019 Sky Alland Scholarship and a Royster Lawton Fellowship. A graduate of McLean High School, she will pursue an offer at Makena Capital Management, a Silicon-Valley-based investment management firm, and eventually plans to start her own company or join a social enterprise's founding team within the education realm.

"I am half-Hungarian and while I have visited family in the country many times, I have never had the opportunity to spend more than a few weeks at a time there," she said. "Pursuing research in Hungary will not only let me expand my academic pursuits and learn new skills that are applicable to my future impact-oriented ambitions; the Fulbright is also giving me the chance to better get to know where I come from and uncover some of the challenges countries like Hungary, which has been rightfully criticized for its nationalist ideals, face."

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An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.

**-Werner Heisenberg**

**NEWS**

**Celebrating July 4 at Langley High**

**McLean Community Center's Independence Day celebration returns to familiar location.**

**M**cLean Community Center's annual 4<sup>th</sup> of July Fireworks and Independence Day Celebration will bring an evening of family fun to a familiar location.

After three years at other locations, the celebration returns to Langley High School this year. The event begins at 6:30 p.m. on Thursday, July 4; the fireworks show begins at sunset, approximately 9:15 p.m. In case of inclement weather, only the fireworks show will be presented on Friday, July 5, at 8 p.m.

The school is located at 6520 Georgetown Pike. Admission is free.

Prior to the fireworks display, provided by Innovative Pyrotechnics Concepts, Inc., there will be musical entertainment by a local disc jockey and food trucks selling a variety of entrees and snacks, including KOVI Asian Street Food Kitchen, The Big Cheese, Dogs on the Curb, Red Hook Lobster Pound, Tiki Treats DC, and Westray's Finest Ice Cream.

A limited amount of parking is available at the school. Beginning at 6:25 p.m., free shuttle buses will run to and from three satellite parking sites:

- ❖ McLean Community Center, 1234 Ingleside Avenue



PHOTO COURTESY MCC

**The celebration begins at 6:30 p.m. on Thursday, July 4; the fireworks show begins at sunset, approximately 9:15 p.m.**

- ❖ St. John's Episcopal Church, 6715 Georgetown Pike
  - ❖ St. Luke Catholic Church and School, 7001 Georgetown Pike
- Handicap-accessible buses will be available at all three sites. Please note: Smoking, pets, fire-

works, glass containers, weapons, sparklers, vaping and alcohol are not allowed on school grounds.

For more information, call 703-790-0123, TTY: 711, or visit: [www.mcleancenter.org/special-events](http://www.mcleancenter.org/special-events).



PHOTO CONTRIBUTED

**Local and State officials and partners at groundbreaking.**

**Breaking Ground for Leesburg Pike Improvements**

**O**fficials broke ground Thursday, June 13, on almost seven miles of transportation improvements coming to Leesburg Pike (Route 7) designed to increase capacity, improve safety and traffic flow, and provide better mobility for cyclists and pedestrians.

The project includes adding a third lane to Route 7 in each direction from Reston Avenue to Jarrett Valley Drive in Tysons, building shared-use paths along both sides, replacing and raising the bridge

over Difficult Run, adding a pedestrian underpass for Colvin Run Mill Park access, as well as making other substantial intersection, bicycle and pedestrian improvements along the corridor.

One of the first milestones, a new triple-left turn from westbound Route 7 to southbound Baron Cameron Avenue, is expected to be complete by late August 2019.

The entire project is scheduled for completion in summer 2024.

# BULLETIN

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

## SOBER-RIDE FOR JULY 4

**Free Sober Rides.** Thursday, July 4, 7 p.m. through Friday, July 5, 2 a.m. Area residents, 21 and older, may download Lyft to their phones, then enter a code in the app's "Promo" section to receive a no cost (up to \$15) safe ride home. WRAP's Independence Day SoberRide promo code will be posted at 6 p.m. on July 4 on [www.SoberRide.com](http://www.SoberRide.com).

## VOLUNTEERS WANTED

**STEM Professionals Needed.** Volunteers are needed to assist K-12 STEM teachers in northern Virginia as part of the American Association for the Advancement of Science's STEM Volunteer Program, [stemvolunteers.org](http://stemvolunteers.org), during the 2019-20 school year, beginning in September. Please contact Don Rea at 571-551-2488 or [donaledge@aol.com](mailto:donaledge@aol.com).

## FRIDAY-SUNDAY/JUNE 28-30

**Women's Summit.** Tysons McLean Hilton, 7920 Jones Branch Drive, McLean. Speakers and workshops cover women in politics, education, equality, diversity, environment, healthcare, racial and social justice, reproductive freedom, public safety, rural economy, voting rights, and family friendly economy. \$139. Visit [networknova.org](http://networknova.org) for more.

## SATURDAY/JUNE 29

**Forum on Disability Inclusion.** 8:30 a.m.-12:30 p.m. at the Fairfax County Government Center, 12000 Government Center Pkwy, Fairfax. The Fairfax County Board of Supervisors and The Arc of Northern Virginia will host a Disability Inclusion Conference, which will include over 25 display tables, a panel discussion, and community breakout sessions on topics such as employment, housing, public safety, social opportunities, and business-to-business tips for creating inclusive retail spaces. Coffee and a light breakfast will be provided. Free to attend. All members of the community are welcome. More information and registration is available at: [www.fairfaxcounty.gov/chairman/disabilityinclusionconference2019](http://www.fairfaxcounty.gov/chairman/disabilityinclusionconference2019).

## MONDAY/JULY 1

**Application Deadline.** Each year, the Community Foundation for Northern Virginia provides a grant opportunity to help public schools encourage healthy lifestyles through increased exercise and better nutrition. Grants up to \$2,000 are awarded in a competitive grant process. Public elementary, middle and high schools located in Northern Virginia are all eligible to apply. Visit [www.cfnova.org/for-grant-seekers/healthy-kids-grants](http://www.cfnova.org/for-grant-seekers/healthy-kids-grants) for more.

## TUESDAY/JULY 9

**Family Caregiver Telephone Support Group.** 7-8 p.m. Fairfax County's Family Caregiver Telephone Support Group meets by phone on Tuesday, February 13, 7-8 p.m. This month's topic is After Hospitalization: What's Next? Call 703-324-5484, TTY 711 to register.

## THURSDAY/JULY 11

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

## WEDNESDAY/JULY 17

**Fairfax Commission on Aging Meets.** 1-3 p.m. at McLean Governmental Center, Rooms A & B, 1437 Balls Hill Road, McLean. The public is welcome to attend and join in the comment period that begins each session. Visit [www.fairfaxcounty.gov/familyservices/older-adults/fairfax-area-commission-on-aging](http://www.fairfaxcounty.gov/familyservices/older-adults/fairfax-area-commission-on-aging). Call 703-324-5403, TTY 711 for meeting access needs.

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## That of Which I'm Most Proud



By KENNETH B. LOURIE

Not ending the title of this column with a preposition?  
 Not starting either of these sentences with a "so?"  
 Not beginning any of the first three sentences with an "especially" or an "and" (although I do begin many sentences with "And," just neither of these so far)?  
 No, of what I'm most proud, at least in the context of the nonsense I've presented so far, is my ability, going on a few months now, to ignore the illuminated warning lights on the dashboards of both of our cars: "Maint Req'd" on one and the low tire pressure icon on the other.  
 Typically, these kinds of non-stop reminders would have bothered me - like having an itch you can't scratch or a stone in your shoe.  
 Not anymore. These dashboard reminders barely register a blip on Kenny's radar.  
 I place the key in the ignition. I turn on the car. I see the various dashboard lights illuminate. And after the engine has begun idling, I see the remaining lights.  
 No problem. I just place my foot on the accelerator and go.  
 Though I might give these "idiot" lights a first thought and a second look, I will not be giving them too many more thoughts or looks as I drive around. Nor will they bother me in arrears when I arrive at my destination. Out of sight and out of mind, "totally," to quote my late mother.  
 As you may have discerned from reading the two preceding paragraphs, as it involves cars, I'm not exactly a hands-on person. More like, hands off.  
 Granted, this lack of interest and, dare I say, manliness, has no doubt cost me thousands of labor-rate dollars at the dealership/mechanic.  
 But it's just not me. It's never been me. I'm a sports and chocolate person. The only thing I want my hands on is the television remote or something sweet.  
 And tools? To quote your favorite Italian mobster: "Forget about it."  
 Definitely hands off, literally, especially if there's a car in the driveway. As far as I'm concerned, that's the danger zone. Nothing good will ever come from yours truly entering it.  
 In fact, I'm almost positive the repair will end up costing me more if I do it myself (which I couldn't do anyway). Throw in the frustration and perspiration involved and you have a match made nowhere near heaven.  
 Heaven will have to wait, I suppose.  
 Spending the repair dollars I have over the years doesn't thrill me either. But I have no choice. I can't do anything about my lack of abilities.  
 To quote the great philosopher, Popeye the Sailor Man: "I 'yam what I 'yam." And I have to pay what I have to pay. I remember always dreading the repair cost when a dashboard warning light would appear.  
 I knew that light (like the wedding invitation George received in a long-ago Seinfeld episode) was going to cost me hundreds of dollars. Hundreds of dollars which I did not have. That warning light, to invoke George from the same episode was "a bill." But as I've proved recently, that's a "bill" I've been able to ignore.  
 I know, ignoring a warning light seems stupid. Where's the future in that?  
 The repair is unlikely to fix itself and unless the bulb illuminating the warning light burns out, my negligence/ability to ignore it, is likely making a bad situation worse. Unfortunately - or not - however, I don't have a Pavlovian response to seeing that light. Seeing it doesn't make me instinctively react anymore.  
 It's not like banging one's knee with a "doctor's hammer." My wallet doesn't just open when the dashboard warns me. I just drive on.  
 Now if the light starts flashing, that's a different story, and one I haven't written yet, and I hope I never do. Because if that light does start flashing, I won't be able to ignore it, and likely, not be able to afford it, either.  
 Kenny Lourie is an Advertising Representative for The Potomac Almanac & The Connection Newspapers.



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