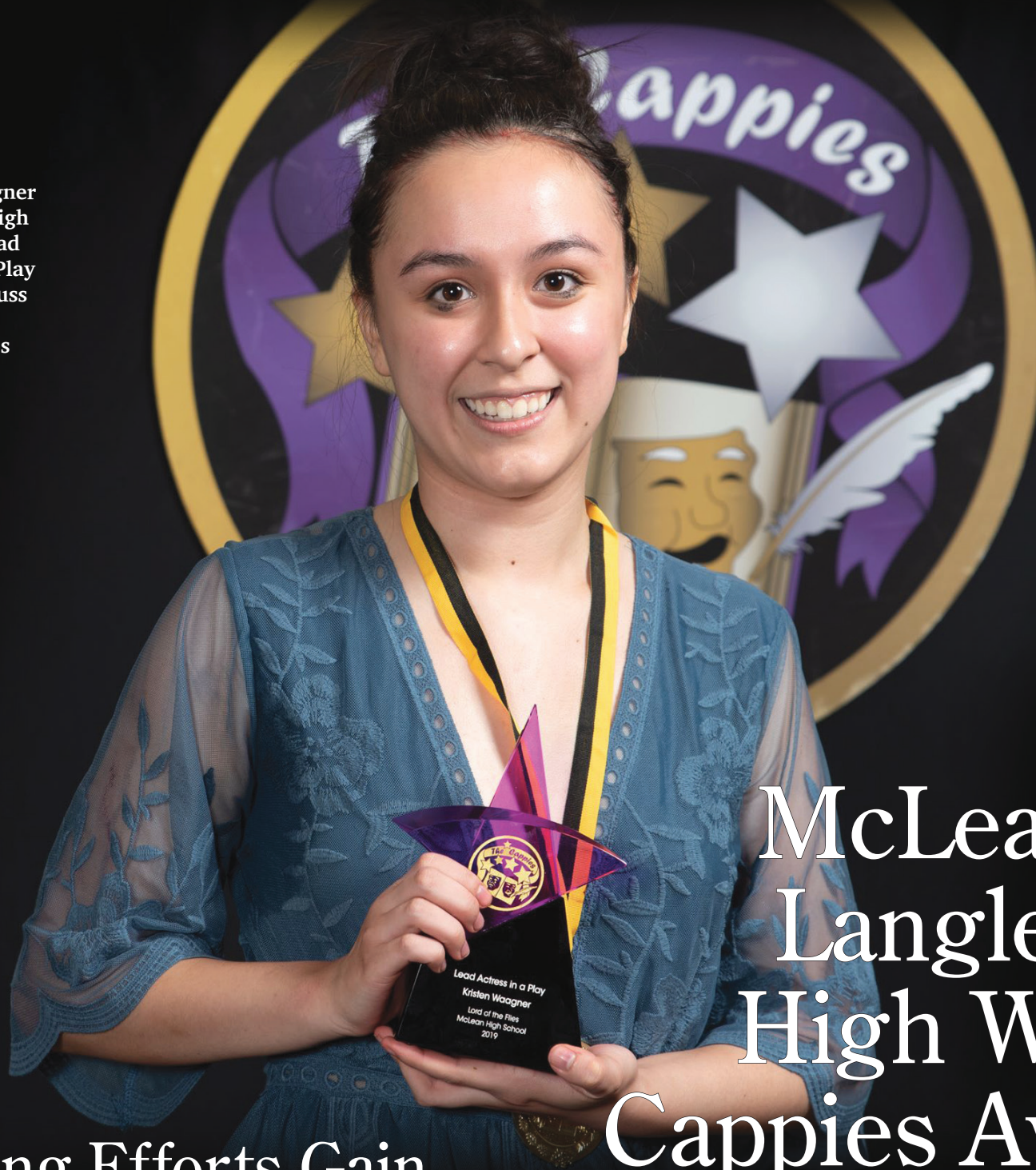


McLean CONNECTION

WELLBEING

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Kristen Waagner
of McLean High
won both Lead
Actress in a Play
and Bill Strauss
Graduating
Critic Cappies
Award 2019.



McLean, Langley High Win Cappies Awards

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Recycling Efforts Gain Steam in Fairfax County

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Langley Crew: Full Steam Ahead

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Recycling Efforts Gain Steam, Hit Bumps

Purple bins and increased efforts may be needed.

BY MIKE SALMON
THE CONNECTION

Recycling has hit some gray areas lately impacting the common mentality of throwing things in the recycle bin. At one time, all plastics, glass and aluminum were a no-brainer, so filling the bin was easy.

The rules are changing though and it turns out that half of what was headed to be recycled now ends up in the landfill. Contaminated materials must be removed, glass is problematic, and not all plastics can go through the machine. Blaming Fairfax County is not entirely justified.

Fairfax County does collect the recyclable material for only 44,000 households living in sanitary districts, said Matthew Kaiser, Information Officer for the Fairfax County Department of Public Works and Environmental Services. But this is only 10 percent of the county and the remaining population is served by private companies, like Republic, American, Trash Away, etc. Then the county has a contract with American Recycling Center to process recyclables, and they are sorted.

THE COUNTY operates two residential recycling drop-off centers: the I-66 transfer station in Fairfax and the I-95 landfill complex in Lorton. Material collected there (plastic bottles, metal cans, mixed paper, cardboard) is delivered to American Recycling Center by truck. Glass is transported to a county glass processing plant at the landfill complex. Both sites accept electronics, cooking oil, scrap metal, and household hazardous waste, all of which is disposed of through private vendors, said Kaiser.

Now a “purple dumpster,” is the latest accessory for recycling glass, and things get complicated. Apparently, glass cannot be included with the others, as it once was, so hauling it off to the purple dumpster throws a twist into the whole process.

Supervisor Pat Herrity (R-Springfield) supports recycling and dedicated a recent newsletter “The Herrity Report,” to the recycling efforts in the county. He starts out with some “surprising truths,” in his newsletter. For example, “the surprising truth is that all of the glass you have put in the curbside single stream recycling bins has been going to the landfill for many years,” he says, and notes it’s better to drive the glass yourself to the Lorton or I-66 recycling center. Plastic bags clog the recycling machines, so instead of putting them in the bin, take them to the grocery stores and put them in a bag collection bin which is usually out front.

“People see the benefit in recycling,” Herrity said.

Herrity did mention that the purple dumpsters for glass is a good idea, and this



The recycle truck moves quickly through the neighborhoods.



Knowing what to put out is half the battle.

PHOTOS BY MIKE SALMON/THE CONNECTION



Green bins for recycling only.

5 Ways

Wishful recycling harms the recycling process; here are five ways you can help:

1. Only place **empty, clean, dry, loose** items in your bin

2. Dump the Filthy Five! **These five items should never be placed** in your recycling bin:

1. Plastic bags
2. Shredded paper
3. Tanglers (hoses/hangers/cords)
4. Styrofoam containers
5. Dirty diapers

3. Purchase products made with **high recycled content**

4. When in doubt, throw it out
5. Make an effort to reduce the amount of waste you create

For more, see <https://www.fairfaxcounty.gov/news2/adjusting-to-new-recycling-realities-5-ways-you-can-help-stop-wishful-recycling/>

program will be expanded. “We’re going to start putting purple bins at supervisor’s offices,” he said, so it will be easier for people to take their own glass for collection. Fairfax County is also crushing the glass which in turn makes it a substance like sand, which is how glass is made in the first place. Then it can be used in building materials. “Not a

Recycling Recommendations

Here is a brief list of items and recycling recommendations. See the county recycling website for more details: (<https://www.fairfaxcounty.gov/publicworks/recycling-trash/residential-materials>)

- ❖ Mattresses & Box Springs - donate if possible, but if not, take to landfill
- ❖ Plastic - reuse if possible and take bags to the grocery store bin, but the rest can be put in the recycle bin
- ❖ Furniture - donate if possible, but if not, take to landfill
- ❖ Paint - If Latex, let air dry and throw container in the regular trash; if oil based, take to Household

Hazardous Waste Site.

- ❖ Pizza Boxes - Throw in the trash
- ❖ Paper - recycle some, shredded paper goes in the trash
- ❖ Glass - purple bin for most
- ❖ Styrofoam - packaging “peanuts” can be reused by some UPS stores, the rest goes in the trash
- ❖ Wood & lumber - Paneling, wood can be taken to the I-66 Transfer Station or I-95 Landfill Complex for disposal. Must not exceed eight feet in length.
- ❖ Electronics Recycling - some can be “e-cycled”, others to the landfill

big market for recycled glass,” Herrity said.

Kaiser did note a program the county is embarking on a pilot program with local wineries to have receptacles like purple bins at the wineries so the customers can return the empty bottles on site. They are trying this at the Bull Run Winery near Centreville, and the glass is taken to Lorton, crushed and used in other projects.

“Glass processed in Lorton has been used in two construction projects so far and is being tested as a suitable material for roadbeds,” said Kaiser in an email.

THE ROAD to the I-95 landfill is one of the construction projects where they are using a mix of recycled materials to construct and repair roads as part of the county’s overall push to deploy Smart Cities technologies.

Two material blends are being tested: a 40/60 mix of ash and crushed glass, and a 25/75 mix of ash and recycled concrete. Approximately 400-500 tons of recycled material are being used to fill 2,000 square yards of roadway, the county website stated. Crushed glass is also being used as pipe bedding at Flatlick Branch in the Sully area near Chantilly.

350 Fairfax

There is a group in the county that is focusing on recycling called “350 Fairfax,” and they are looking for ways to enhance the county recycling efforts. The “Plastic Free Challenge,” is one effort they’ve started

along with other organizations, asking Fairfax County residents to pledge to refuse single-use plastic bags, bottles, and straws.

“For those who were already refusing bags, bottles, and straws, we offered a list of about 40 other ways they could reduce their single-use plastic consumption,” said Julie Kimmel, of 350 Fairfax. “We had more than a thousand participants, including local schools, small businesses, and congregations, and we’re hoping to reach a wider audience when we do the Challenge again this October,” she said.

“Dual stream recycling,” is one effort Kimmel supports, and this means picking up separated materials on recycling day, cutting down the possibility of contaminants getting in the wrong pile. Montgomery County, Md. uses this to some extent, with one truck with two compartments.

For Fairfax to adopt this method “would almost certainly cost more up front,” admitted Kimmel, but it would save money and be environmentally advantageous over the long run, she said.

Regardless of all these efforts, some recycling bins do get filled up with material that does not belong there and ends up in the landfill anyways. Herrity points out this “aspirational recycling” which increases the cost for recycling, he said, and listed a few items that are frequently found in the bins but should not be. Those items include diapers, garden hoses, coolers, Styrofoam, food, car seats, and batteries.

“When in doubt, throw it out,” he said.

OPINION

George Mason's Role in Founding our Nation

Establishing three branches of government, freedom of the press, freedom of religion, and civilian military control were all elements from Virginia's founding documents.

BY JOHN C. COOK
BRADDOCK DISTRICT SUPERVISOR



The fireworks and burgers we all look forward to on Independence Day can make us forget the incredible history behind the celebration. As a public servant, I cannot help but reflect on the remarkable political events and the figures who took

COMMENTARY incredible risks to shape the government of our young country. The work of one local man in particular inspired the Declaration of Independence and the Bill of Rights. His name was George Mason.

Mason resided in Gunston Hall and actively involved himself in the Fairfax County community. He was elected into the Virginia House of Burgesses in 1758 alongside George Washington and Patrick Henry. He left his office a short time later due to illness and a reluctance towards politics. However, he was one of the greatest and most respected political thinkers of his time. A follower of the political philosopher John Locke, Mason firmly believed in the rights of individuals and was an early adopter of the Revolutionary cause. When the British began imposing taxes on the colonies, Washington asked Mason to draft official responses

in protest. This resulted in the Fairfax Resolves, a countywide document that opposed the increasingly harsh British policies and called for an American "general congress, for the preservation of our Lives Liberties and Fortunes." While many counties wrote their own resolves, Mason's was considered the most forceful and influential.

After the House of Burgesses was dissolved by the British governor in 1774, Virginians formed their own legislative body in protest called the Virginia Convention, which created a new government structure in Virginia. As a member of the convention, George Mason drafted the groundbreaking Virginia Declaration of Rights and the 1776 Constitution, which laid the "basis and foundation" for a government in Virginia. It called for a government based on individual liberty that only received its power from the people it served. The document opened with the bold statement "That all men are by nature equally free and independent, and have certain inherent rights..." Thomas Jefferson adopted similar language for our national Declaration of Independence. These radical thoughts, so deliberately laid out, sent a shockwave through the colonies and history changed forever.

When the fighting finally ceased years later

it was time to build a stable government for the expansive territory the Americans had secured. Mason was once again invited to share his wisdom in building a government as a Virginia representative in the Constitutional Convention. Mason had a clear vision of what he would like to see in the Constitution. He strongly advocated for individual rights, popular elections, and a three-part executive branch. He was especially wary that the new government would too closely resemble England's. As the convention went on Mason's concerns grew. He opposed the slave trade and wanted to see it eradicated in the new government. When he proposed a bill of rights to be included in the body of the constitution, his motion was rejected by a majority of the convention. These two key issues led Mason to vote against the Constitution. His was one of only three dissenting votes. Many elements of Mason's philosophy, however, made their way into the subsequent Constitution and Bill of Rights. Establishing three branches of government, freedom of the press, freedom of religion, and civilian military control were all elements from Virginia's founding documents.

I hope you and your family have a safe and happy Fourth of July. I also hope you take some time to remember the history and people behind the holiday. Without the courage and conviction of people like George Mason, our country would not be the beacon of liberty it is today.

Threats to Our Government as We Know It

BY KENNETH R. "KEN" PLUM
STATE DELEGATE (D-36)

The threats to our democratic-republican form of government are more numerous than weeks of this column could enumerate. While I will not mention the more obvious ones brought on by the current administration in Washington, I do want to focus on two that have come about in the recent past—one just last week. They impact all levels

COMMENTARY of government and come about not from the executive branch of government or the dysfunctional Congress but rather from the judicial branch and its highest level, the Supreme Court! While I have always viewed the Supreme Court as a safety backstop that would save our republic from harm by the Congress or the president, in recent years it is the Court that has become one of the real threats to democratic governance.

One of the biggest inhibitors of advancement on progressive issues in Virginia has been the un-

restrained ability of the members of the party in power at the time of the decennial census to choose the voters they want to represent for the next decade by gerrymandering district boundaries. For some of us there has been a struggle to put in place a non-partisan method of drawing district lines. With the great organization OneVirginia2021's efforts there has been real progress towards meeting that goal. A Constitutional amendment passed the last session of the General Assembly that would establish what is described as a non-partisan and transparent process for redistricting. It must pass the 2020 session without change in order to be sent to the voters in a referendum before becoming part of the state constitution.

In the meantime lawsuits were successful in federal courts to have the Virginia Congressional and House of Delegates districts redrawn to eliminate discrimination based on race. The Supreme Court



refused to review the new House of Delegates districts drawn by a lower federal court on a technicality that the current members bringing the suit did not have standing.

Of great concern, however, is the Supreme Court decision last week saying in effect that federal courts do not have the power to redraw politically gerrymandered district lines. The outcome could be more devastating to a republican form of government as the dominant party would be left free to establish itself in power without a way to challenge it.

The Supreme Court has historically sidestepped cases in the past that would have brought them into resolving partisan redistricting. I am fearful that the Court's decision will result in rampant gerrymandering of legislative districts creating unparalleled control of legislatures. This unfortunate decision by the Supreme Court may have been exceeded in its partisan implications only by Citizens United that many people feel may have been the Court's greatest mistake by bringing uncontrolled corporate influence into elections.

As usual the checks, although extremely limited to these kinds of bad decisions, continue to be voting the very best people into elective office.

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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Call: 703-917-6444.

By e-mail: editors@connectionnewspapers.com

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NEWS



Promoting and Preserving McLean History

The McLean Historical Society presented Palmer Robeson with its 2019 Henry C. Mackall Award for his outstanding service in promoting and preserving the history of McLean. Shown from left are Mary Lipsey, representing the Fairfax County History Commission, Palmer Robeson, Mary Anne Hampton, and Carole Herrick, president McLean Historical Society.

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The McLean Community Players, Inc. is funded in part by the Arts Council of Fairfax County. ARTSFAIRFAX
Audio description by the Metropolitan Washington Ear is available on July 21.
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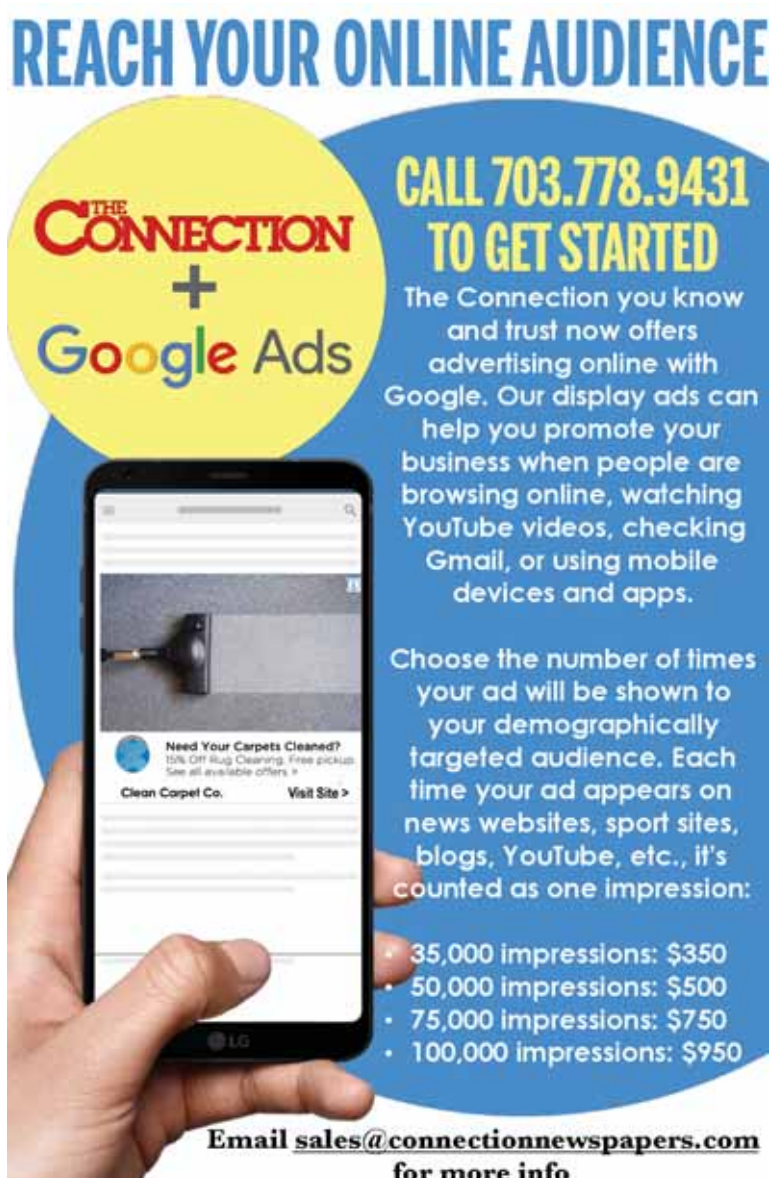
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WELLBEING

Burnout at Work

Recognizing the symptoms and strategies for relief.

BY MARILYN CAMPBELL
THE CONNECTION

Maria Cogswell says she used to sob in her car each day as she drove to her job on Capitol Hill. She complained of stomach cramps and indigestion during the time she spent in her office.

"I was rude to people and short and irritable with my friends," she said. "I was miserable. My brain was fried and I was completely burned out at work. Eventually I just quit my job."

Cogswell is not alone. According to a recent Gallup study two-thirds of full-time workers experience burnout on the job. Researchers who conducted the study concluded that employee burnout can lead to a downward spiral in performance and can damage an employee's self-esteem and confidence. In fact, the World Health Organization (WHO) recently labeled workplace burnout as an "occupational phenomenon" that could lead to health issues.

"Burnout is a state of physical, emotional and mental exhaustion that negatively affects self-esteem," said Linda McKenna Guly, Ph.D., Professor of Psychology at Marymount University. "It affects the quality of services the burned-out employee provides. For example, nursing is a field with high burn-out, so this is a concern if the employee is not able to perform well."

The feeling that one has little or no autonomy at work can cause frustration and stress that leads to burnout. "Keep in mind [that] those jobs, across all professions in which the employee has little control and competing demands of both family and work, lead to this serious problem of burnout," added Guly, who taught the topic of stress and burnout in a recent class.

Learn to recognize the early signs of burnout, advises Carolyn Lorente, Ph.D., Professor Psychology at Northern Virginia Community College. "Often times the first indicator of work burnout and stress may be felt in our bodies," she said "Especially for those of us who learned as children to tough it out, we may have been socialized to not cue into our stressors or emotions. This can really take a toll on our physical health. We may find ourselves getting more frequent headaches, having stomach issues, or catching colds more often."

Such extreme levels of chronic stress can damage one's overall physical and mental wellbeing, added Chris Harrison, Professor of Health and Physical Education at Montgomery College. "Individuals reach the condition of burnout when they are exhausted and can't replenish their energy levels, they lack motivation, develop a chronic pessimistic attitude with feelings of frustration and hopelessness. ... Job related burnout can result in lower productivity, lower quality of work, increased accidents and increased absenteeism," continued Harrison, who teaches a class called "Controlling Stress and Tension."

One of the most effective ways to ease stress and prevent burnout before it happens is to make time throughout the day to practice self-care, advises Lorente who encourages people to take what she calls "peace pauses."

"For instance, during a lunch break take a walk outside rather than eating inside, treating yourself



PHOTO BY MARILYN CAMPBELL

Yoga and meditation teacher Debbie Helfeld practices alternate nostril breathing which she says can relieve the type of stress that can lead to workplace burnout.

to a favorite afternoon tea or coffee, or listening to books on tape or an interesting pod-cast to and from work."

Stress often comes from feeling a lack of control over how one's time is spent, advises Lorente who is also a psychotherapist at Belle Point Wellness clinic where she helps patients manage stress. "These peace-pauses can help us begin to take back even small parts of how our day goes and help protect against stress-related ill health," she said.

Make time to take care of one's physical health, advises Harrison. "Work to improve your sleep habits, eat a healthy diet and participate in regular physical activity," she said. To ease stress, Harrison also recommends a holistic approach. "Explore activities ... such as yoga, meditation, guided imagery or tai chi," she said. "Mindfulness is the act of focusing on your breath flow and being aware of what you're sensing and feeling in the present moment without interpretation or judgment."

Yoga and meditation teacher Debbie Helfeld recommends alternative nostril breathing for calming.

Adjusting the way one views stress and changing one's thoughts, behaviors and relationships might be necessary, suggests, Jerome Short, Ph.D., Licensed Clinical Psychologist and Associate Professor of Psychology at George Mason University. "The more that we view stress as a challenge and we develop coping skills the more we can experience growth and not harm," he said.

For those who feel a sense of hopelessness, Harrison suggests exploring available options. "Discuss specific concerns with your supervisor," she said. "Maybe you can work together to change expectations or reach compromises or solutions. Try to set goals for what must get done and what can wait."

Sometimes the best option is to get help from a therapist or simply change jobs, says Short. "In the workplace, it helps to have new challenges, a sense of purpose, autonomy to make decisions, and opportunities to master skills," he said.

Discussing Options for Downtown McLean

McLean Community Business Center Task Force presents ideas, dilemmas.

BY RAUF ALIEV
THE CONNECTION

A 12th meeting of the McLean Community Business Center (CBC) Task Force was held on June 18, 2019, at the McLean Governmental Center to discuss the latest updates on city planning and development. The topic was covered in three presentations by the experts from Fairfax County Public Schools, Department of Transportation, and Department of Planning and Zoning.

The meeting started with the presentation from FCPS. Paul Ngo, school facilities planner. Two of the four schools are likely to remain overcrowded. The current enrollment at McLean High School is 2,225 students with a program capacity of 1,982, accounting for

114 percent with projections sending that up to 126 percent by 2023. It makes the McLean High School the most overcrowded high school in the county. This year the Kent Gardens Elementary School is at 116 percent capacity. FCPS plans include re-assigning instructional spaces within the school, creating additional instructional space, adding temporary classrooms, capacity enhancement through either a modular or building addition and potential boundary adjustment with schools having a capacity surplus.

Bob Pikora, FCDOT Senior Transportation Planner followed up to the discussion held on April 8. The scenarios proposed are different in terms of the ratio of residential and non-residential units. The purpose of the assessment was to determine whether one of the alternative land use scenarios (codenamed by the task force as "Scenario 4") would generate vehicle traffic that "influences" or "overwhelms" existing road network.

According to the study, the change should result in a slight volume increase in weekday trips. Next steps will include a full mod-

eled analysis of the roadway network with the involvement of VDOT. The results are expected by the fall of 2019.

The next topic continued the discussion about the strengths and weaknesses of two alternative development scenarios, a form-based plan and a plan that designates specific floor area ratios (FAR) for each parcel or area in the McLean Community Business Center. David Stinson, of the Facilities Planning Branch in the Department of Planning and Zoning, shared a case of Markham Place from Annandale, which, together with McLean CBC, is also part of the Fairfax County Comprehensive Plan. In this case, key important land use decisions have already been taken, and the project is now in progress: 12-story, 310-unit multi-family building is the biggest project of the plan. Stinson reported that rezoning from planned development commercial to planned residential mixed-use has already been approved under the form-based plan with the floor area ratio 2.42 approved under rezoning application. This rezoning is expected to be a catalyst for the revitalization of Annandale



McLean Community Business Center (CBC) Task Force presents latest updates on town planning and development.



Paul Ngo, school facilities planner, shared facts and figures about the schools' overcrowding in the McLean Community Business Center area.

Central District. At the end of the meeting, Kim Dorgan, Chair of McLean CBC Task Force, asked the task force members to indicate by a show of hands the approach they

support for the McLean CBC, FAR-based or form-based. The opinions were equally divided.

The next meeting is scheduled for July 15.

PHOTOS BY RAUF ALIEV/THE CONNECTION

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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 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. Call 703-281-6501 or visit www.fairfaxcounty.gov/parks/farmersmarkets/oak-marr for more.

McLean Farmers Market. Fridays, through Nov. 15, 8 a.m.-noon at Lewinsville Park, 1659 Chain Bridge Road, McLean. Visit www.fairfaxcounty.gov/parks/farmersmarkets/mclean.

Great Falls Farmers Market. Saturdays, 9 a.m.-1 p.m., 778 Walker Road, Great Falls. Email kathleen@greatfallsfarmersmarket.org for more.

Oakton Farmers Market. Saturdays, 9 a.m.-1 p.m. at Unity of Fairfax Church, 2854 Hunter Mill Road, Oakton. Year-round weekly farmers market in Oakton. Visit community-foodworks.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 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

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/ for more.

- ❖ 8 a.m. — **5K Walk/Run** at the Great Falls Freedom Memorial. Visit 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.

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 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 or call 703-790-0123.



PHOTO COURTESY OF KANISHA FOSTER

Kanisha Foster performing in “Joy Rebel” at 1st Stage’s 3rd Annual Logan Festival of Solo Performance.



PHOTO COURTESY OF THE HUB THEATER

Tia Shearer performing in “The Happiest Place on Earth” at 1st Stage’s 3rd Annual Logan Festival of Solo Performance.



PHOTO COURTESY OF DAVID SITLER

David Sitler performing in “The Things They Carried with Them” at 1st Stage’s 3rd Annual Logan Festival of Solo Performance.

Logan Festival Returns to 1st Stage

Solo Performance Festival brings three new plays.

BY DAVID SIEGEL
THE CONNECTION

Where and When

The “Annual Logan Festival of Solo Performance” returns to 1st Stage with all new stories and performers. “We always look for shows that show the range of what solo work can be in style, voice and content,” said Alex Levy, 1st Stage Artistic Director. Levy curated the Festival.

This 2019 Logan Festival features three unusual tales. “All three are very different in structure and content but are remarkably beautiful and show off the unique power of solo work,” said Levy. The three are: “The Things They Carried,” “The Happiest Place on Earth,” and “Joy Rebel.”

In “Joy Rebel,” Khanisha Foster performs an autobiographical story with multiple characters each played by Foster. She shares her very distinctive personal experiences growing up in a bi-racial family. Her dad was a Black Panther. “Joy Rebel” is about more than surviving the chaos of my early family life,” said Foster. “It explores finding myself in the

1st Stage presents 3rd Annual Logan Festival of Solo Performance at 1523 Spring Hill Road, Tysons. Performances July 11-21, 2019. Tickets: \$20 (adults), \$10 (students). For tickets and information call 703-854-1856 or visit www.1stStageTysons.org. Logan Festival of Solo Performance schedule follows:

“The Things They Carried”: July 11 at 7:30 p.m., July 14 at 5 p.m., July 18 at 7:30 p.m. July 20 at 8 p.m. and July 21 at 2 p.m.

“Joy Rebel”: July 12 at 8 p.m. July 14 at 8 p.m., July 16 at 7:30 p.m. July 19 at 8:00 p.m. July 20 at 2: p.m. and July 21 at 5 p.m.

“The Happiest Place on Earth”: July 13 at 8 p.m., July 14 at 2 p.m., July 17 at 7:30 p.m., July 20 at 5 p.m. and July 21 at 8 p.m

middle of the chaos and asking ‘what next’? To blend in was to disappear. How could I stand out? Finding joy was a way for me to become who I am.”

“The Things They Carried” is a dramatized experience based upon the literary classic by Vietnam vet Tim O’Brien, as dramatized by Jim Stowell. The production features a solo performance by David Sitler in more than a dozen characters. He “explores the lives of those serving in the Vietnam War. The live medium of The-

atre has a unique opportunity to put us in touch with their physical presence; to give us a sense of the strong but breakable bodies our service members put on the line in our name.”

Local actor Tia Shearer performs in “The Happiest Place on Earth” written by Philip Dawkins. It is a bittersweet, thoughtful solo show. “Happiest Place” entwines Philip Dawkins family’s story with the story of Disneyland,” said Shearer. Portraying about 30 characters Shearer and her characters ponder “if there really is a place where the dream that we wish for can come true.” Characters include a handful of Disney characters.

Matt Bassett from Northern Virginia’s Hub Theatre directs.

“The challenge, and part of the reason for doing the ‘Logan Festival’ is that many of us have preconceived notions about solo work. We wanted to give people the opportunity to experience the unique power of solo performance.”

1st Stage’s “Logan Festival” is presented with support from the Reva & David Logan Foundation.

The Big Bang. 7:15 p.m. at Yeonas Park, 1319 Ross Drive SW, Vienna. Vienna will host its annual big bang show. The Josh Christina Band will provide the evening’s soundtrack. 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 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.

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. 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.

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.

Open Mic Night. 7-10 p.m. at Caffe Amouri, 107 Church St. NE, Vienna. Every Friday, a featured host is the main performer and also the emcee who introduces other performers who show up to play music, recite poetry, or do a comedy routine. Free admission. Call 703-938-1623 or visit caffeamouri.com/events-calendar.

SUNDAY/JULY 7

Visit Colvin Run Mill. 11 a.m.-4 p.m. at Colvin Run Mill, 10017 Colvin Run Road, Great Falls. See, hear and taste history with a visit to Colvin Run Mill. Blacksmithing demonstration making

iron tools and utensils, grinding demonstration turns wheat or corn into flour and meal, and free wood carving lessons onsite. Mill tours are \$8 for adults, \$7 for students 16 and up with ID, and \$6 for children and seniors. Call 703-759-2771 or visit www.fairfaxcounty.gov/parks/colvin-run-mill.

Summer Concerts: DuPont Brass. 5 p.m. in the gazebo of McLean Central Park, 1468 Dolley Madison Blvd., McLean. Call 703-790-0123 or visit www.aldentheatre.org.

Concerts on the Green: Oxymorons. 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.

Summer on the Green: U.S. Navy Band: Country Current (bluegrass). 6:30 p.m. on Vienna’s Town Green. Bring chairs and/or blankets. No alcoholic beverages. Weather line at 703-255-7842. www.viennava.gov/DocumentCenter/View/3997.

TUESDAY/JULY 9

Kids on the Green: The Great Zucchini (magician). 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 for more.



PHOTOS COURTESY OF BRANDON CHANEY

McLean High School again took home the arts journalism award for Best Critics Team. From left: Mary Kate Ganley, Kristen Waagner, Helen Ganley, Kara Murri, Syd Kirk, and Alannah Rivera.



Langley High School's 'Biloxi Blues' won the Cappies Awards for Best Play and Ensemble In a Play.

McLean, Langley High Win Cappies Awards

The 2019 National Capital Area Cappies Awards Gala on May 27 at the Kennedy Center brought together theater students from 60 high schools from Virginia, Maryland, and Washington, D.C. Theatre students from Langley and McLean high schools came away with top prizes.

Langley High School's "Biloxi Blues" won the Cappies Awards for Best Play and Ensemble In a Play.

Langley student Cole Sitilides won as Lead Actor in a Play. Mark Bosset won in the Supporting Actor in a Play category.

McLean High School won the Props Category.

McLean student Kristen Waagner won as Lead Actress in a Play for her role as Jack in "Lord of the Flies."

McLean High School again took home the arts journalism award for Best Critics Team. Team members include Mary Kate Ganley, Kristen Waagner, Helen Ganley, Kara Murri, Syd Kirk, Alannah Rivera, Katherine Kelly, Rachel Kulp, and Sophie Camus.

Kristen Waagner won the Bill Strauss Graduating Critic Cappies Award.



Kristen Waagner of McLean High won both Lead Actress in a Play and Bill Strauss Graduating Critic Cappies Award 2019.



PHOTOS COURTESY OF BRANDON CHANEY



PHOTO COURTESY OF FCPS

McLean High School won the Props Category. Pictured - from left: Nolan English, Graydon Al Khafaji, Blake Johnson, Rachel Kulp.



Langley High student Cole Sitilides won as "Lead Actor in a Play."

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Obituary

Virginia F. Neal-Newborn (Age 94)

Passed away peacefully at her home in McLean, Va., surrounded by her family on Thursday, June 20, 2019.

She was the wife of the late Lester F. Newborn who died in 2006. She was the mother of Roger Lee Neal, Lynn Karlson (Ed), Mark Neal (Elizabeth), Kimberly Neal and Zane Neal; grandmother of Cathy Smith, Justin Karlson, Joseph Karlson (Erin), Taylor Neal and Ryan Neal; great-grandmother of Owen Smith and Miles Karlson. She moved to McLean, Va., in 1957 and began a successful career in real estate with Routh Robbin's Realtors and later with Long & Foster until she retired at the age of 81.

She was recognized yearly as a Top Producer and was in the Presidents Club with Long & Foster Realtors. She was extremely active in the McLean Little League and the McLean Boys Club. She was also an active member of the McLean Women's Club.

Memorial services were held on Sunday, June 23rd at the Money & King Funeral Home in Vienna, Va. Interment will take place at a later date in Arlington National Cemetery. The online guestbook is available at www.moneyandking.com

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SPORTS



PHOTO BY CHI PHAM

From left: Coach Josh Baum, Christopher Cumberbatch, Brandon Colberg, Richardson Phan, Matthew Zheng, Ethan An Pham, Nick Rongione, Ellis Sitalides, Lucas Frischling, Arnay Vohra.

Langley Crew: Full Steam Ahead

BY AIMEE WEINSTEIN

The Langley High School Crew Team had a successful season this year, with three boats competing in Nationals, excellent placement for three boats at States, several athletes named to the U.S. Scholastic Honor Roll. A few athletes will row in college.

The team had a number of strong contenders in their lineup of boats this year, and the girls' lightweight four won the Virginia State Rowing Competition. The team's junior eight on the women's side won an impressive third and the junior eight on the men's side placed second. All three of those boats competed well at Nationals in Ohio in May as well.

Coach Joshua Baum is very proud of the team. "This was a unique year with more canceled regattas due to weather, but the team made the most of their opportunities," Baum said. "I tell the rowers that there are a lot of things that they cannot control, but they can control their attitudes and what they are going to do in the moment. At States, the rowers focused on the opportunity and took their shot."

Langley's Crew team is known for scholar-athletes and this year is no exception.

Mia Uitz and Elaine Zeng were named to the U.S. Rowing Scholastic Honor Roll with Patrick Corrigan receiving an honorable mention.

Two athletes will continue rowing in college: Emily Elkas at the University of North Carolina, Chapel Hill, and Lilliana Fedewa at the University of Miami.

Coach Julie Sutliff also takes a forward-looking approach. "Langley Crew has continued to show



PHOTO BY RUDEWAN LAOHAKITIKUL

From left: Abigail Dickerson, Iman Khan, Hyebin Yang, Lydia Conner, Caroline Hanlon, Paige Morley, Claire Johnson, Anna Romani, Coach Julie Sutliff, Coach Lauren Evans; Front, Melis Akinci.



PHOTO BY AIMEE WEINSTEIN

The winning women's four boat: Coach Lauren Evans, coach Julie Sutliff, Jenna Ashtar, Sydney Weinstein, Lilliana Fedewa, Lily Fowler, Olivia Elkas, Coach Kevin Bedell.

the ability to be competitive at all levels," she comments, "We have a young squad and are already looking forward to all of the talent and dedication representing the future of our team next year."

Langley's Learn to Row program

for new athletes will begin in early September and the winter conditioning ahead of the spring water season begins in late November. For more information, go to <https://www.langleycrew.com/> or email langleycrew@gmail.com

BULLETIN

Submit civic/community announcements at 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.

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.

WEDNESDAY/JULY 10

Fairfax County Park Authority Board Meeting. 7:30 p.m. in the Herrity Building, 12055 Government Center Parkway, Suite 941, Fairfax. The Park Authority Board's 12 appointed members establish strategic policy and direction for the Park Authority. Open to the public. For agenda and more information, visit www.fairfaxcounty.gov/parks/boardagn2.htm or call 703-324-8662.

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

New and Prospective Member Orientation. 11:30 a.m.-1 p.m. at Tower Club, 8000 Towers Crescent Drive, Suite 1700, Vienna. Learn more about the Tysons Regional Chamber of Commerce and how to make the most of a membership through the various events, committees, member to member benefits and marketing opportunities. Meet the Chamber staff and hear from Board Members. Registration is required. Free for new and prospective members. Sandwiches provided. Visit www.tysonschamber.org.

SATURDAY/JULY 13

Car Seat Safety Check. 9:30 a.m.-12:30 p.m. at the McLean district police station, 1437 Balls Hill Road. Fairfax County Police Department offers free safety check and install events throughout the year to ensure children travel safely. In preparation for your appointment, you should install the seat in your vehicle using the instructions that came with the car seat. Trained officers will review the car seat instructions and car owner's manual to be certain that they are being followed as they should.

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. Call 703-324-5403, TTY 711 for access needs.

THURSDAY/JULY 18

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

Memory Cafe. 2-4 p.m. at Andrew Chapel United Methodist Church, 1301 Trap Road, Vienna. Connect with others living with loved ones with dementia. Helping those with dementia and their caregivers find fun, resources and "family." Email Carol Blackwell at lovriver@aol.com or call at 571-236-6933.

WEDNESDAY/JULY 24

Fairfax County Park Authority Board Meeting. 7:30 p.m. in the Herrity Building, 12055 Government Center Parkway, Suite 941, Fairfax.

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Coup de Gras



By KENNETH B. LOURIE

Now that I'm unburdened from the web-site weight I've been carrying for the past few weeks, I will, for the second week in a row, not write about cancer.

This week's topic will be manufacturer's coupons and the trick certain supermarkets are playing on us unsuspecting consumers.

Like many of you, or maybe not that many, I use coupons to save money. In fact, I have become rather adept at doing so. I'm not willing or talented enough to go on television – and tell my tales; I'm not that good. As an example, I'm not able/inclined to download and print the digital coupons some brands/sites offer.

All I know to do is clip/use the paper coupons inserted in the Sunday newspapers and "clip" the digital coupons offered on certain supermarket and drugstore websites.

In my "couponing" I am aware and mindful of the doubling and occasionally even tripling coupon opportunities. Moreover, I am similarly aware of the less frequent doubling/tripling of coupons with values of one dollar or more.

Most of the time, I am using coupons whose face value is less than one dollar whose amount is then doubled (a 75 cent coupon is worth \$1.50). In addition, I'm always looking to use my "couponing" skills with items that are already on sale for super savings.

Unfortunately, the opportunity doesn't present itself as often/on as many items as I like to purchase. Although, until recently, there had been a savings opportunity when the identical-to-the-paper digital coupon appeared on the supermarket's website. On those occasions, one could use both the paper and digital coupons on the same item, to double dip, so to speak (and a super-duper savings if that item were already on sale); a loophole which has since been closed.

Another loophole, of sorts, one that saves the supermarket's money – at the consumer's expense, literally and figuratively, involves their digital coupons. Not only can you no longer 'double dip,' but if you "clip" the digital coupons, the ones under one dollar, the face amount doesn't double as it would for a similarly valued paper coupon.

Who does that help? The convenience of digital coupons. I'm not buying it anymore.

In summary, two ways here I see the supermarkets making money where previously they hadn't.

First, they're encouraging consumers to use digital coupons, like it's money for nothing. Really it's money for something, just not the consumer's something. Granted, there seem to be more digital coupons than paper coupons but the more digital coupons you use, especially instead of paper coupons for the same item, the more money you lose (by not benefiting from the doubling opportunity afforded by paper coupons).

Second, for whatever coincidental/conspiratorial reason, there are fewer coupon inserts in the Sunday papers. There's less to cut on Sundays and accordingly, less to show for it on Mondays, when I plan my week's "consumer-ing." The result is that due to this lack of paper coupons, consumers are being forced to go digital, and by doing so, are losing our ability to double down.

Rather than supply the demand in paper, the supermarkets are demanding the supply by forcing our hands to go mouse-clicking.

You may view this coupon pursuit as a bit of a fools errand, but I view it more as a challenge, and as a way to overthrow the conspirators, while there's still time.

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



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Offered for... \$1,424,900

6060 Sugarstone Court, McLean
**GORGEOUS* 5BR/4.5BA home on quiet cul-de-sac! This light and bright colonial home features beautiful hardwood floors on the main and upper levels; stunning open floor plan; kitchen w/ sunny breakfast nook; master bedroom w/ luxurious en suite featuring bath with separate soaking tub; amazing entertainer's deck that looks out to the treed backyard!*

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