

McLean CONNECTION

Senior Living
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Amanda Forstrom and Scott Sedar in
'Trying' at 1st Stage. The show runs
through Oct. 20 in Tysons Corner.

Seductive, Witty Tale of Generational Friction

ENTERTAINMENT, PAGE 8

How to Solve McLean High Overcrowding?

OPINION, PAGE 4

County's Long Term Plan Enters the Think Tank

NEWS, PAGE 3

OPINION, PAGE 4 ♦ ENTERTAINMENT, PAGE 8 ♦ CLASSIFIEDS, PAGE 10

PHOTO BY TERESA CASTRACANE/COURTESY OF 1ST STAGE

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BULLETIN

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SATURDAY, SEPTEMBER 28TH, 2019 12-4PM

Showcasing a main-level remodel to include a gourmet kitchen, office reconfiguration, and a partial garage conversion for an enlarged laundry room and relocated powder room. Upstairs includes his & her walk-in closets, 2 hall baths, and much more!



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THROUGH OCT. 23

How to Build a Better Budget. At the McLean Community Center, 1234 Ingleside Ave., McLean. The McLean Community Center (MCC) Governing Board invites residents of Small District 1A-Dranesville to engage with planning Center's fiscal year 2021 budget. All meetings of the Governing Board are open to the public. The preliminary consolidated budget will be posted on the Center's website and available at the Center's reception desk a week prior to the public hearing on Wednesday, Sept. 25. Visit www.mcleancenter.org/news-items/404-board-holds-meetings-on-fy2021-budget-proposal for more.

- ❖ The Public Hearing on the FY2021 Budget, will be held at 7:30 p.m. on Wednesday, Sept. 25.
- ❖ Residents may submit written comments through Monday, Oct. 21 - by mail to McLean Community Center, 1234 Ingleside Ave., McLean VA 22101; fax 703-653-9435; or email to george.sachs@fairfaxcounty.gov.
- ❖ The Board will approve the FY2021 budget when it meets at 7:30 p.m. on Wednesday, Oct. 23. The final budget will be approved by the Fairfax County Board of Supervisors in spring 2020.

WEDNESDAY/SEPT. 25

Community Conversations. 6:30-8:30 p.m. at Marshall High School in Tysons/Falls Church. Fairfax County

is planning for the next 10-20 years in the community and they want to hear from everyone. Share thoughts, insights, opinions and experiences that will be used to help further shape a countywide strategic plan. Register via www.fairfaxcounty.gov/strategic-plan-community-conversations. Arrangements for child care, transportation assistance, interpretation services and reasonable ADA accommodations can be made by calling 703-324-5302, TTY 711, or by emailing Angela.Jones@fairfaxcounty.gov.

SATURDAY/SEPT. 28

Community Shredding Day. 9 a.m.-noon in the parking lot between Patrick Henry Library and Whole Foods, 133 Maple Ave East, Vienna. Gain peace of mind by bringing outdated documents to an on-site shredding service provided by TrueShred. Enjoy snacks and visit with Ameriprise advisors and staff who will also be collecting non-perishable items for donation to Food for Others. Free and open to the public. Email mary.bowen@ampf.com or visit www.ameripriseadvisors.com/matthew.t.felber/events for more.

SUNDAY/SEPT. 29

Parish Picnic, Blessing of the Backpacks, and Ministry Fair. After the 10 a.m. service at Church of the Holy Comforter, 543 Beulah Road, NE, Vienna. Enjoy grilled hot dogs and hamburgers, old-fashioned games, music, a bounce house, and fun activities for all ages. Bring backpacks, bags, briefcases, or

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PHOTOS BY MIKE SALMON/THE CONNECTION



Booklet and form are an important way to gather feedback.



Each group focused on one of nine topics.

Fairfax County Long Term Plan Enters the Think Tank

A series of meetings with public participation is underway.

BY MIKE SALMON
THE CONNECTION

When Jacob Stenstrom walked into Lake Braddock Secondary School, it was different than when he was a student. He was now trying to learn the ways of the county and taking part in the Fairfax County Strategic Plan Meetings was a start for the now-college grad. “I want to be more active in my community,” he said.

Stenstrom was among a cafeteria full of people in attendance at the first of the county’s strategic plan meetings across the county to make a plan for Fairfax County in years to come. This was the second series of such meetings that began in February, and this set of meetings will end this December when the planners hand the plan over to the Board of Supervisors for finalization.

The planners, led by James Patterson, manager of countywide strategic planning, divided the county’s expectations into nine categories as they wrestle this enormous task into conceivable terms. The nine categories, range from economic opportunity to safety and security, but in the first of several steps, everyone was looking at the issues from 30,000 feet – issues that will be put under a microscope further down the road of this process.

“We want to get your input, are we on the right track?” asked Patterson.

THE FAIRFAX COUNTY STRATEGIC PLAN was subtitled “Shaping the Future Together,” and laid out nine subtopics im-



James Patterson, manager of countywide strategic planning, explains the procedure of the evening’s planning activity.

Areas of Discussion

The nine areas of discussion included:

- ❖ Cultural and Recreational Opportunities
- ❖ Economic Opportunity
- ❖ Education and Lifelong Learning
- ❖ Effective and Efficient Government
- ❖ Health and Environment
- ❖ Housing and Neighborhood Livability
- ❖ Mobility and Transportation
- ❖ Safety and Security
- ❖ Self-Sufficiency for People with Vulnerabilities

pacting everyone in the county. It was presented in a booklet that each participant took as they went to the various stations to



Early on, comment forms were collected.

discuss the intricacies. There were survey cards to fill out at each station, and questions to bring up that got the conversation going. All the data and comments will be compiled in the end.

“I see nothing in here that addresses ecological value,” said one man at the “Health and Environment” station.

“People need to think of spending money like it’s their own money,” said another in the “Effective and Efficient Government” Station.

In the 36-page booklet, there was a mis-

sion statement of sorts under each chapter topic and then bullet points for each that the participants will evaluate. Under “Effective and Efficient Government,” for instance, the goal read “Fairfax County is a place where all people trust that government responsibly manages resources and provides exceptional services.”

Every 20 minutes, stations shifted and attendees addressed another aspect of the plans.

IN FAIRFAX COUNTY, “there’s a lot of things that are working well but there are also a lot of things that could be better,” said Steve Struthers of Accenture Company, a contractor that was brought on to facilitate these discussions. All the strategies that were presented are “very preliminary,” Struthers said.

Burke resident Theresa Parillo was overwhelmed after looking at the book and attending a few of the discussions. “It’s hard to say no to any of this,” she said.

Although most things “county” are budget-dependent, the dollar topic is so far into the future that the budget wasn’t part of the discussion. A rough draft of the wants and needs will be put together in the November-December time frame, and then presented to the Board of Supervisors after that, and it will be worked into the plan sometime after that. The plan may go into place ten to twenty years from now, officials said. “Strategic plans need to be lean,” said Struthers.

After growing up in Fairfax County, Stenstrom wants to stay here, but is looking at cost, which was one of the nine areas of concentration. “It made sense overall, I like that there’s a plan,” he said.

OPINION

Afraid of an Unknown Future

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

Sixteen-year-old Swedish climate activist Greta Thunberg sailed across the Atlantic on a zero-emissions sailboat to speak at the United Nations Climate Action Summit this week. Thunberg has a strong reputation as a climate activist having staged weekly sit-ins outside the Swedish Parliament resulting in a growing movement of youth climate activists holding their own protests in more than 100 cities worldwide. Having a young person speak about climate issues is appropriate considering the higher-level interest shown by young people over adults on climate-related concerns. After all, it is their future that is being discussed.

Results of a *Washington Post*-Kaiser Family Foundation poll released last week found that young people include climate change among the issues they think are most important facing the country. Eighty-six percent of youth think that human activity is causing climate change. Of considerable concern is the finding that 57 percent of the youth polled said that climate change makes them feel afraid. It



COMMENTARY

is their future, and they feel afraid of the future we adults are leaving them. The good news is that 54 percent feel motivated to do something about it.

But young people fortunately are not alone in being fearful of climate change and motivated to do something about it. The 2019 Virginia Climate Crisis Forum held at the First Baptist Church in Vienna attracted nearly 300 activists to focus on climate justice. The forum was moderated by William Barber, III, son of the famous Rev. Dr. William Barber II and Karenna Gore, the eldest daughter of former Vice President Al Gore. Reflecting the broad interest in the issue, panelists included representatives of the Green New Deal of Virginia, People Demanding Action, Young Evangelicals for Climate Action, the Faith Alliance for Climate Solutions and others. Emphasis of the discussion was on working together to repair a damaged climate while ensuring that everyone most impacted — including low-income people, people of color, the vulnerable, and those on the front lines—are part of every solution and not disproportionately impacted.

Coming out of the Virginia Clean Energy Summit also held last week was an announcement by Governor Ralph Northam that the goal in Virginia is that by 2030, 30 percent of Virginia's electric system will be powered by renewable energy resources and by 2050, 100 percent of Virginia's electricity will be produced from carbon-free sources such as wind, solar and nuclear.

In his Executive Order establishing the goals, the Governor expressed the concerns being heard from the young people and in the various meetings on the issue: "Climate change is an urgent and pressing challenge for Virginia. As recent storms, heat waves, and flooding events have reminded us, climate disruption poses potentially devastating risk to Virginia." Reflecting the concern about economic justice, the Governor's Executive Order stated that "These clean energy resources shall be deployed to maximize the economic and environmental benefit to under-served communities while mitigating any impact to those communities."

Young people remind us that there are ample reasons to be afraid of an unknown future with climate change. The best response to that fear is to intensify the discussions such as have been going on while taking positive steps like that by the Governor to reverse impact on climate change.

How to Solve McLean High Overcrowding

Transparency and community input, data and timeliness needed.

BY ELAINE THOLEN

I have been talking with families across the Dranesville district for months. In McLean, the issue of the overcrowded high school is a major topic of concern. McLean High School is over-capacity and at present there is no plan in the current Fairfax County Public School's (FCPS) Capital Improvement Program (CIP) to alleviate these overcrowded conditions.

<https://www.fcps.edu/sites/default/files/media/pdf/adopted-FY2020-24.pdf>

All short-term options to alleviate McLean's overcrowding need to be explored, and all decisions should be made in an open, transparent and evidence-based way. Now is the time to act if we hope to have anything in place for the 2020-2021 school year.

The issues are real. In order to serve all of its students, McLean has 18 trailers on the site. There are safety, health and educational concerns this overcrowding creates for students. As a teacher myself, I would like to point out

that these conditions negatively affect our staff as well. Teachers are without classrooms. They are forced to move through crowded hallways with carts, and work in cramped classrooms and office spaces. This neither supports the teachers' mission to teach our children to the very best of their ability, nor does it provide an optimal environment for our children to learn.

While we need to take action very soon, the move of any McLean students to the Langley pyramid needs to be based on sound data, and careful consideration of any future development and population expansion that may occur within the areas currently designated for Langley HS. In the simplest terms: McLean is currently at 114 percent capacity and projected to be at 126 percent capacity in school year 2023-24.^o All the other area high schools (Herndon, South Lakes, Marshall) are either projected to be at or slightly over capacity in that same time period.^o Langley is under capacity now at 82 percent and projected to be at 79 percent capac-

ity by the 2023-24 school year. But it is critical that Langley's capacity numbers be closely monitored so that all neighborhoods currently in Langley HS can stay there.

Any move of students between Langley and McLean would be just the first step toward solving the McLean overcrowding problem. I ask the Board to begin looking into the initial planning for an addition to McLean HS. If there is discussion of putting a modular at the school, while that may increase capacity in the short-term, a modular cannot be viewed as a permanent solution.

To address the effects of overcrowding at McLean HS in the short term, the FCPS School Board needs to act now. Janie Strauss, the current Dranesville School Board member, is proposing an amendment to the CIP to allow school district staff to begin investigating the movement of some McLean students to Langley. Based on my conversations with Dranesville parents, it is clear that there is concern and a variety of viewpoints over the potential scope and methods to begin this move.

The school board must plan to maximize community input throughout this upcoming deci-

sion making process

In my view, the implementation of the One Fairfax policy, adopted by the Board of Supervisors and the School Board in 2016, means that all students across our county deserve to be in efficient, well run school facilities without capacity issues. All of our students deserve the safest, most efficient and healthiest environment possible for learning, and we need to take the first steps for McLean HS.

Elaine Tholen is a candidate for Dranesville seat on Fairfax County Public Schools Board.

What Do You Think?

Submit letters online to <http://www.connectionnewspapers.com/contact/letter/> or email to editors@connectionnewspapers.com

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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NEWS

Potomac School Student Does High-Level Research in Israel

Evrin Ozcan is poised to have a leg up on his peers as he starts his senior year. He skipped the usual summer fare of camps, jobs, or beach trips to study 3-D bio-printing at the SciTech program at the Technion-Israel Institute of Technology in Haifa. He was among 12 students from the Washington, D.C. area to receive the Dr. Istvan Madras SciTech Scholarship for his summer studies. SciTech is an innovative STEM educational summer program that provides teens the chance to carry out research in a broad range of fields alongside accomplished Israeli researchers, while experiencing life in Israel. Some 63 students from seven countries plus Hong Kong participated in this summer's program. They lived in a dorm on campus, and spent weekends floating on the Dead Sea, hiking Masada, or rafting on the Jordan River. At the end of the program, they presented their research before a professional plenary assembly.

Evrin is a member of Science & Engineering Research Center (SERC), the most competitive science

program at The Potomac School, making SciTech a perfect fit. "I chose the Technion summer program because it provided the perfect platform for me to continue my research in a strong scientific and cultural environment."

Working with researchers at the Technion's new 3-D Bio-Printing Center, Evrin explored the design and development of 3-D printed vascular tissue.

Closer to home, Evrin has done summer internships at Harvard University, Brown University, the MIT Robotics Summer Program, and UCLA. At Potomac School, he is on the robotics team, which twice made the semi-finals in the CREATE U.S. Open Robotics Championship. And he has participated in the Model UN program. Equally at home on the athletic fields, Evrin is on both the varsity track and tennis teams, and has been a tennis coach for young children. Evrin is also involved in the school's Service Learning Committee and has volunteered at the Fairfax County Animal Shelter.

BULLETIN BOARD

FROM PAGE 2

whatever is used to carry school or work items (or no bag needed). All are welcome. More at www.holycomforter.com.

2019 Walk to End Alzheimer's.

Reston Town Center, 11900 Market Street, Reston. Registration at 1:30pm; Ceremony at 2:30pm; Walk at 3pm. All funds raised through Walk to End Alzheimer's further the

care, support and research efforts of the Alzheimer's Association. The Alzheimer's Association is a nonprofit 501(c)3 organization. Coordinator: Sonya Amarte, samarte@alz.org, <https://act.alz.org>

MON & WED/SEPT. 30-OCT. 23

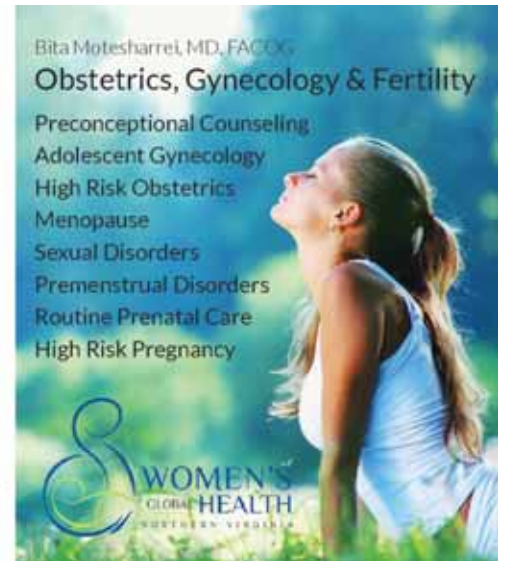
Community Emergency Response Team Training. 7-11 p.m. at the Fire and Rescue Academy, 4600 West

Ox Road, Fairfax. The Community Emergency Response Team (CERT) Program trains county residents in basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations. Using the training learned in the classroom and during exercises, CERT members can assist others in their neighborhood or

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BY MARILYN CAMPBELL
THE CONNECTION

It was in third grade when Barb Cram first discovered her artistic talent. Her teacher asked to use one of her drawings as an example to teach a technique to other students.

Though she was lauded for her artistic talent from elementary school through high school, upon graduation, she says she put that interest on hold and engaged in educational pursuits that she was told were practical.

"When my generation as growing up it was all about getting skills like typing, bookkeeping and stenography so that you could get a job after you graduate said Cram, now 72.

After a long career, which included a stint in the White House, Cram has reengaged with her creative side. Now as President of Falls Church Arts, she is helping other retirees live out their passion, discover their talent or simply learn to appreciate art.

"Art can do so much for seniors. It's like a vacation for the mind," she said. "Whether as an artist, a teacher, a docent or an art student, there's place for everyone."

Retired clinical psychologist, Carolyn Jackson Sahni, spent her career practicing in settings ranging from state universities to non-profit organizations. Retirement has offered her the opportunity to explore her creative interests.

"I have never been employed as an artist or in a specific art related field, [but] art has always been my first love, said Jackson Sahni, who lives in Vienna. "I see art as our ultimate means of personal expression. I have an overwhelming preference for beauty and nature. Art has been my way of indulging this preference."

Sahni says that art has given her the gift of living out her dedication to life-long learning. "I believe in ... growing, expressing and discovering, she said. "While I am not quite ready to accept the definition of senior that I am, I cherish every day of my seventy-one years."

Though she spent 32 years as a government employee working in a variety of agencies including the National Institutes of Health and The Department of Homeland Security, Cynthia Miller had always wanted to explore visual arts. A few discouraging childhood experiences left her afraid to try.

"I have been interested in art my whole life, but my hands were frozen until I found my courage" she said. "I decided at age 70 that it was my time to learn and explore my desires as an artist."

Not only is Miller an artist, but she volunteers her time as a docent, sharing her passion with others. "I often speak with others who are seniors with few outside interests," she said. "They think I am brave in approaching my art as another career. I have a love of life, and feel I have a gift yet to develop and offer to others."

McLean resident Sallie Evans once worked as a recreation therapist, in retirement she works as an art instructor at Falls Church Arts teaching. "I love



Sallie Evans of McLean loves teaching art and helping students experience the job of creating art.

PHOTOS COURTESY OF FALLS CHURCH ARTS



Cynthia Miller, who says that she enjoys experimenting with angles and shades, describes her art as abstract explosion.

teaching because it allows me to be an active participant when students experience the joy and absolute empowerment of making art. Teaching not only children, but she leads art projects for Fall Church Art's Memory Café, a social and recreational gathering of individuals with memory loss and their caregivers, friends, and family.

Deborah Conn, 70, retired from a career in marketing and began taking lessons in watercolor at the Art League in Alexandria. These days she's an active and prolific artist. Her medium is watercolor, frequently on textured paper that she makes by crinkling tissue paper and gluing it on the painting surface. Humans are the subjects of most of her work, but as one of the resident artists at Palette2 restaurant in Shirlington, she sketches dogs for patrons while they eat.

"I've been experimenting with making parts of my paintings less defined so viewers can fill in with their own mind," said Conn, who teaches art out of her home studio and works as an art curator. "In the last ten years or so, painting and art have become enmeshed in nearly every area of my life. Many of my closest friends are artists."

News

Party time to celebrate HBC Group's 10 year anniversary serving clients with their residential real estate needs.



PHOTOS CONTRIBUTED

Huckaby Briscoe Conroy (HBC) Group at Keller Williams Celebrates Briscoe Conroy Partnership's 10th Anniversary

HBC Group at Keller Williams McLean is celebrating the 10th Anniversary Partnership between Karen Briscoe and Lizzy Conroy serving the residential real estate community needs in Northern Virginia, Maryland and D.C. Conroy joined the HBC Group as Karen's partner in 2009.

"We are delighted that Lizzy joined us and look forward to continuing the HBC Group legacy of impacting and improving people's lives by assisting with their real estate needs," said partner Karen Briscoe.

"I am fortunate to be a part of a remarkable team," says Lizzy Conroy. "Celebrating my 10th anniversary with the HBC Group makes me proud of the many

clients we have helped. This signifies a great milestone in the growth and longevity of the HBC Group."

In 2019 the HBC Group has already reached more than \$81M in residential sales experiencing one of its best years.

Founded by the late Sue Huckaby in 1977, the HBC Group has sold more than 1,500 homes valued at more than \$1.5 billion. The team consistently sells more than one hundred residential properties annually, ranging from multi-million-dollar luxury estates to condominiums and townhomes. Primary market areas include Northern Virginia, suburban Maryland, and Washington, D.C.



Karen Briscoe and Lizzy Conroy celebrate their HBC Group Partnership's 10th Anniversary as one of the most successful residential real estate groups in northern Virginia.

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ONGOING

Senior Olympics. The Northern Virginia Senior Olympics features more than 60 events that challenge the mind as well as the body. New games this year: jigsaw puzzle and line-dancing. The public is invited, free of charge, to all NVSO events. The games run through Sept. 28. Visit www.nvso.us.

Countless Shades of Black. Through Oct. 12, Monday-Saturday, 10 a.m.-5 p.m. at The Frame Factory Gallery, 212 Dominion Road N.E., Vienna. Countless Shades of Black features local artist Alfredo Milian and Discovery Graphics. Free. Visit www.theframefactory1.com for a slideshow.

Pop-Up Selfie Scream Museum. Through Nov. 3, on select dates and times at Tysons Corner Center, Lower Level near Lord & Taylor. The American Scream Selfie Museum will feature interactive exhibits that will make visitors laugh and scream and the star of eye-popping selfies. The museum will feature an array of custom-built Halloween themed sets individuals can interact with: sit on the Iron Throne and rule the Seven Kingdoms, stand in an ancient Egyptian tomb and face the Mummy; visit a gruesome morgue; and more. \$15-\$18. Visit www.american-scream.com for timed tickets and schedule.

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

McLean Farmers Market. Fridays, through Nov. 15, 8 a.m.-noon at Lewinsville Park, 1659 Chain Bridge Road, McLean. Sixteen local farmers and producers will sell fresh produce and fruits; meats; breads and pastries; jams; dairy products and eggs; herbs; flowers, coffee, and more. Visit www.fairfaxcounty.gov/parks/farmersmarkets/mclean.

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

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

Mah Jongg Cards. Order cards through Jan. 15, 2020, from Temple Rodef Shalom, 2100 Westmoreland St. 2020 Mah Jongg cards are \$8 for small cards and \$9 for large cards. Official cards and will be sent directly from the National Mah Jongg League in late March/early April 2020. Go to bit.ly/mahjonggcards2020 or email iva.gresko@gmail.com to order.

FRIDAY/SEPT. 27

20th Anniversary Celebration. 4-8 p.m. at Club Phoenix Teen Center, 120 Cherry St. SE, Vienna. Vienna's rallying point for afterschool games, food, and good company will celebrate its 20th year with music, games, inflatables, food trucks, and special guest appearances. Free and open to the public. Club Phoenix is open Monday-Thursday, 2:30-6:30 p.m. and Fridays, 2:30-10 p.m. Visit www.viennava.gov/index.aspx?NID=80 or call 703-255-5736.

All That Jazz Dinner. 4:30-6:30 p.m. at Sunrise of McLean, 8315 Turning Leaf Lane, McLean. Food, fun, raffle ticket and All That Jazz. Proceeds of the dinner will be donated to the Alzheimer's Association. Dinner: \$25, adults; \$15, children 12 and under. RSVP by Wednesday, Sept. 24 to McLean.Conc3@SunriseSeniorLiving.com or 703-734-1600.

After 7 Dance Party. 7-10 p.m. at The Old Firehouse, 1440 Chain Bridge Road, McLean. For 7th-10th Graders. The Old Firehouse presents After 7, a can't-miss party that includes raffles, tournaments, catered food and drinks. With hip-hop, Top 40 and dance hall tracks plus

Seductive, Witty Tale of Generational Friction

Regional premiere of 'Trying' at 1st Stage

BY DAVID SIEGEL
THE CONNECTION

Opening its new season, 1st Stage scores with the poignant, yet subversively comic "Trying." It is a two actor tale about people at vastly different points in their lives. They are trying to find ways to break through their self-erected walls; people who appear to be vastly incompatible.

Under Alex Levy's refined direction, the acting in "Trying" has a polished grace giving the deceptively lean bones of playwright Joanna McClelland Glass's "Trying" script an inviting glow.

"Trying" is set in Washington, D.C. from late fall 1967 through spring 1968. It is based upon the playwright's own real-life memories.

The play focuses on Sarah Schoor, a 25-year old from Saskatoon, Saskatchewan. She is eager to please her new employer. She is the next in a long line of assistants who have found themselves failures in the hands of the verbally abrasive, octogenarian Judge Francis Biddle. The fictional Biddle in "Trying" is based upon the real life Biddle (1886-1968) who served as Franklin Delano Roosevelt's attorney general and was chief judge at the Nuremberg trials.

Scott Sedar portrays Judge Biddle with imposing crankiness with verbal jabs meant to strike fear into his new assistant. After all, he was a "Harvard Man." Over time, Biddle's physical frailness, his inner hurts and overwhelming fears

requests. \$5 admission. Preregistration is recommended. Visit www.mcleancenter.org or call 703-448-8336.

FRIDAY-SUNDAY/SEPT. 27-29

ValeArts "Colorful Journeys." Friday, 10 a.m.-9 p.m. (reception, 7-9 p.m.); Saturday-Sunday, 10 a.m.-6 p.m. at Historic Vale Schoolhouse, 3124 Fox Mill Road, Oakton. 27th ValeArts Fall Show will feature more than 150 original works by nine local artists in various media, styles, and sizes. Three days fine art exhibition, a family friendly neighborhood event. Free admission. Visit www.valearts.com or call 703-860-1888.

SATURDAY/SEPT. 28

Harvest Happenings. 11 a.m.-2 p.m. at McLean Community Center, 1234 Ingleside Ave., McLean. Come to this indoor-outdoor festival and enjoy live entertainment, crafts and activities. Children can buy their own pumpkins from the pumpkin patch (with the help of a parent/guardian) to decorate at the crafts station. Free admission. Food will be available for purchase. Visit www.mcleancenter.org or call 703-790-0123.

SUNDAY/SEPT. 29

Teddy Bear 5K. 9-11 a.m. at Falls Church-McLean Children's Center (for parking and check in), 7230 Idylwood Road, Falls Church. Teddy Bear 5K & 1K Walk/Run in the Pimmit Hills neighborhood west of Falls Church City. 5K at 9 a.m., 1K at 10 a.m. Everyone receives a teddy bear when they cross the finish line. \$20-\$40. Register at www.athlinks.com/event/2019-teddy-bear-5k-1k-walkrun-86494.

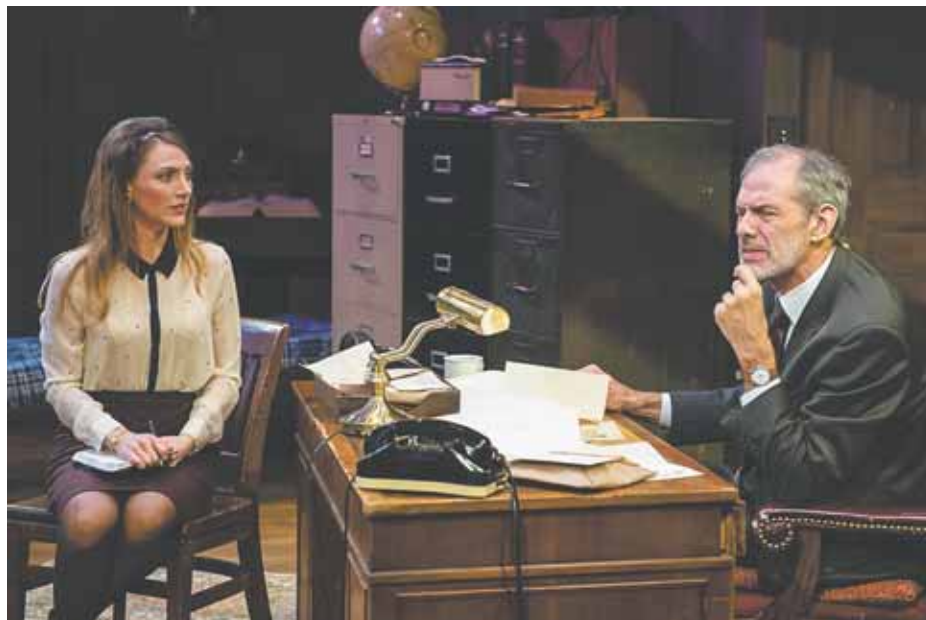


PHOTO BY TERESA CASTRACANE/COURTESY OF 1ST STAGE

Amanda Forstrom and Scott Sedar in 'Trying' at 1st Stage. The show runs through Oct. 20 in Tysons Corner.

about growing old are revealed. Along with humor and a heart too.

As Sarah Schoor, Amanda Forstrom is a wonder of well-articulated natural reactions to Biddle's pointed pronouncements. Initially she has but two words at her disposal, "Yes, Sir!" in response to Biddle's taunts and commands. Ah, but Schoor finds her meddle. She is no push-over. As the play continues it becomes Biddle's turn to be caught short; calling her "too bold" as they tangle about the mundane, the important and even a mutual distaste for grammatical split infinitives.

Adding to the shine of "Trying" is the music composed by Ethan Balis that softly underscores scene changes. Kathryn Kaweck's gorgeous set is full of detailing for wood paneled office of a once famous man. Add

Where and When

1st Stage presents "Trying" at 1523 Spring Hill Road, Tysons. Performances to Oct. 20, 2019. Thursdays at 7:30 p.m., Fridays at 8 p.m., Saturdays at 2 p.m. & 8 p.m. with Sundays at 2 p.m. Tickets: \$42 (adults), \$39 for seniors. Students and military tickets \$15. Call 703-854-1856 or visit www.1stStage.org

in the multitude of props by Caroline Osterneck for added delightful nooks and crannies. Moyenda Kulemeka's handsome costumes are terrific visual depictions of each character's spirit.

The final curtain for "Trying" may have a bit of a tacked-on feel for some, but the overall journey is a pleasure. Heart-warming is a fitting word to describe "Trying" at 1st Stage. It's a winner.

or caring for someone with Alzheimer's. Orange is for everyone who supports the cause and vision of a world without Alzheimer's. Coordinator: Sonya Amartey, samartey@alz.org, <https://act.alz.org>

WEDNESDAY/OCT. 2

Community Coffee. 11 a.m.-12:30 p.m. in the Community Room of the Regency at McLean, 1800 Old Meadow Road, McLean. The McLean Newcomers and Neighbors will host a coffee for members and for non-members who might be interested in joining. Visit www.McLeanNewcomers.org or email McLeanNewcomers@yahoo.com.

THURSDAY/OCT. 3

Strong Girls Celebration. 6-9 p.m. at The Atrium at Meadowlark, 9750 Meadowlark Gardens Court, Vienna. Join in a night of fun and help raise funds to support Girls on the Run of Northern Virginia. A joyous event that ensures more girls gain the skills they need to be strong, confident, and healthy. \$85. Visit www.gotrnova.org or call 703-273-3153.

Selling Suffrage: Words and Symbols to Win the Vote and the ERA. 6-9 p.m. at Tower Club-Tysons Corner, 8000 Towers Crescent Drive, Suite 1700, Vienna (entrance at back of building). Powerful arguments and compelling visual images were essential in convincing the American public to support votes for women. The need to "sell" the Equal Rights Amendment has also faced communication challenges. Come hear experts and advocates describe the written and graphic messages that

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CALENDAR

FROM PAGE 8

suffragists used to change public opinion, and learn how those messages connect to later campaigns for the Equal Rights Amendment. Heavy hors d'oeuvres, wine, beer and soft drinks will be served. \$75. Visit suffragistmemorial.org/ to register.

Celebrate "Hitchcocktober." 7 p.m. at Angelika Film Center – Mosaic, 2911 District Ave., Fairfax. Dial M for Murder (3D). Hitchcock's 1954 classic was originally shot in 3D but rarely seen in this format. Every Thursday night in October, a classic film by Alfred Hitchcock will be featured, culminating with a showing of Psycho on Halloween. \$14.50. Visit www.AngleikaFilmCenter.com for more.

OCT. 3-27

The Glow: A Pumpkin

Wonderland. Thursday-Sunday nights in Lake Fairfax Park, 140 Lake Fairfax Drive, Reston. Enjoy an immersive Halloween stroll along a trail illuminated by thousands of intricately carved pumpkins, many highlighting the Capital City's most famous including pumpkin look-alikes of iconic landmarks, musicians, movie stars, superheroes and princesses. Autism Speaks Night on Sunday, Oct. 6 at 7 p.m. with adjustments made for guests on the autism spectrum. Advanced tickets are required. \$16.99 for children; \$22.99 for adults, at www.glowpumpkin.com/washington-dc.

FRIDAY/OCT. 4

OLGC Golf Classic. 11 a.m.-8 p.m. at Westfields Golf Club, 13940 Balmoral Greens Ave., Clifton. Join Vienna's Our Lady of Good Counsel Catholic Church for a fun-filled day with contests, food and drink, and company to share it with. Register by Sept. 23. \$200. Visit www.olgcva.org/fellowship/golf-classic or call 703-896-7425.

Raise the Region Gala. 6:30-10 p.m. at Hilton McLean Tysons Corner, 7920 Jones Branch Drive, McLean. A fundraiser for the Community Foundation for Northern Virginia supporting their work to grow philanthropy to respond to need, seed innovation, and lead and convene the community. The evening includes a cocktail reception, silent and live auctions, an elegant seated dinner, and the Community Leadership Award presentation. Black tie attire. \$300. Visit www.cfnova.org/ for tickets.

SATURDAY/OCT. 5

3rd annual DC-Metro Modern Home Tour. 11 a.m.-5 p.m. in areas including Arlington, Fairfax, and Great Falls. The DC-Metro Modern Home Tour, a self-guided event, provides a day of local sight-seeing and open-house-style visits for lovers of architecture, design, real estate, and anyone on the hunt for ideas and inspiration. \$20-\$50. Visit www.dcmetromodernhometour.com for tickets.

Tea Seminar: Exploring Teas. 1-3 p.m. at Colvin Run Mill, 10017 Colvin Run Road, Great Falls. An advanced workshop for those who have attended past basic tea seminars. An exploration into unique teas - by process, terroir, and/or scarcity. Tea infused treats and a take home tea sampler included. \$35 per person. Use ID Code 731.1973. Register at www.fairfaxcounty.gov/parks/parktates or call 703-222-4664.

Fall Festival by Joshua's Hands 10 am – 5 pm. Enjoy hay rides, carnival style games, entertainment, crafts,



MPAartfest

The McLean Project for the Arts will host its annual MPAartfest. During MPAartfest, Central Park is transformed into a landscape of mini art galleries and features live music throughout the day, a Children's Art Walk, hands-on art studio, STEAM experiences, food vendors, and more. Sunday, Oct. 6, 10 a.m.-5 p.m. in McLean Central Park; 1468 Dolley Madison Blvd; McLean. Free admission. Visit www.mpaart.org or call 703-790-1953.

2019 Walk to End Alzheimer's Sept. 26

Reston Town Center, 11900 Market Street, Reston. Registration at 1:30pm; Ceremony at 2:30pm; Walk at 3 pm. All funds raised through Walk to End Alzheimer's further the care, support and research efforts of the Alzheimer's Association. The Alzheimer's Association is a nonprofit 501(c)3 organization. Each registered walker with a wristband will receive a Promise Garden flower. Blue represents someone with Alzheimer's or dementia. Purple is for someone who has lost a loved one to the disease. Yellow represents someone who is currently supporting or caring for someone with Alzheimer's. Orange is for everyone who supports the cause and vision of a world without Alzheimer's. Coordinator: Sonya Amartey, samartey@alz.org, <https://act.alz.org>

demonstrations, petting farm, old fashioned spelling bee – prizes for all! Bring friends and wear your jeans! Not just for kids! Everything is FREE (including lunch) there will be opportunities to support the work of Joshua's Hands. Auction at 2p.m. Donations cheerfully accepted. 8 miles west of Leesburg on Rt. 9; 38327 Charles Town Pike • Waterford, VA 20197

SATURDAY-SUNDAY/OCT. 5-6

Book Sale. Saturday, 10 a.m.-4 p.m.; Sunday, 10 a.m.-2 p.m. (fill a bag for \$5) at Patrick Henry Library, 101 Maple Ave. E., Vienna. Featuring thousands of used books, CDs, DVDs, and books on CD. Free parking and admission. Prices remain the same: hardbacks \$2, trade paperbacks \$1, pocket paperbacks 50 cents, kids books 25 and 50 cents. CDs and videos \$1-\$2. Credit cards accepted. All proceeds benefit the library. Email sharonbohlman@msn.com or call 703-568-0104.

SUNDAY/OCT. 6

MPAartfest. 10 a.m.-5 p.m. in McLean Central Park; 1468 Dolley Madison Blvd; McLean. The McLean Project for the Arts will host its annual MPAartfest. During MPAartfest, Central Park is transformed into a landscape of mini art galleries and

features live music throughout the day, a Children's Art Walk, hands-on art studio, STEAM experiences, food vendors, and more. Free admission. Visit www.mpaart.org or call 703-790-1953.

Barn Sale. Noon-4 p.m. at Lift Me Up!, 9700 Georgetown Pike, Great Falls. Support Lift Me Up! a local non-profit organization. Deals on saddles to riding apparel to blankets and more. Prices are as low as \$1. Rain or shine. Donations accepted. Email jackie.collins@liftmeup.org or visit liftmeup.org for more.

Vienna Hunger Stroll. 2-4 p.m. at Committee for Helping Others, 133 Park St. NE, Vienna. An alternative to Vienna's CROP Hunger Walk, the "Cafe Stroll" is less than a mile and stops at Bards' Alley, Rita's, and Cafe Amouri. Proceeds support hunger relief. Free, donations are encouraged. See crophungerwalk.org/viennava.

THURSDAY/OCT. 10

Celebrate "Hitchcocktober." 7 p.m. at Angelika Film Center – Mosaic, 2911 District Ave., Fairfax. North by Northwest (1959). Every Thursday night in October, a classic film by Alfred Hitchcock will be featured culminating with a showing of PSYCHO on Halloween. \$14.50. Visit www.AngleikaFilmCenter.com for more.

Here's What's Happening at MCC!

Presented by The Alden



Midday Movies:
Foreign-Language Films
Wednesday, Sept. 25, 1 p.m.
Free admission

MCC Governing Board Meeting



Public Hearing on FY2021 Budget
Wednesday, Sept. 25, 7:30 p.m.
All Governing Board meetings are open to the public.

The Old Firehouse



After 7 Dance Party
Friday, Sept. 27, 7-10 p.m.
1440 Chain Bridge Rd.
\$5 admission
Preregistration is recommended

Welcome the Change of Season



Harvest Happenings
Saturday, Sept. 28, 11 a.m.-2 p.m.
Free admission

Join the Fun!



McLean 5k
Saturday, Oct. 5
Race begins at 8 a.m.
McLean Square Shopping Center
6631 Old Dominion Dr., McLean, Va.

MCLEAN 5K

For more information, visit:
www.mcleancenter.org/special-events/mclean-5k



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www.mcleancenter.org

Home of the Alden Theatre
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AREA ROUNDUPS

Venture into Volunteering Fair

Looking for a way to give back? Explore volunteer opportunities at the Venture into Volunteering Fair on Wednesday, Oct. 2, 2019, from 10 a.m. to 2 p.m. at the Dulles Expo Center in Chantilly.

This is an opportunity to meet representatives of Fairfax County government agencies and community organizations that need volunteers. It's also a chance to be involved that very day by signing up to be a volunteer, by donating blood to the American Red Cross, or by bringing a non-perishable food item for the food drive on site. Call the Red Cross at 1-800-Red Cross to schedule an appointment for blood donation.

There will be door prizes for visitors to the fair.

The Dulles Expo Center, which is donating space for the fair, is located at 4320 Chantilly Shopping Center in Chantilly. For additional information about the fair, call 703-324-5406, TTY 711, email VolunteerSolutions@fairfaxcounty.gov, or visit the website at www.fairfaxcounty.gov/OlderAdults.

The Venture into Volunteering Fair is sponsored by the Fairfax County Department of Family Services, AARP Virginia, Fairfax 50+, the Fairfax County Park Authority, RSVP, Volunteer Fairfax and Volunteer Solutions.

Web: <https://www.fairfaxcounty.gov/parks/park-news/2019/z-ir140>

Raise the Region Gala to Be Held Oct. 4

The Community Foundation for Northern Virginia will hold 2019 Raise the Region Gala on Friday, Oct. 4, 6:30-10:30 p.m. at the Hilton McLean, Tysons Corner, 7920 Jones Branch Drive, McLean.

The event will honor MG Carl H. McNair, Jr. (RET) with the Community Foundation for Northern Virginia's 2019 Community Leadership Award & Celebrate the Community Wealth Building Volunteers.

Cocktail Reception, Silent and Live Auctions, with Matt Quinn, Auctioneer. Black Tie Attire; Elegant Seated Dinner. For more information, go to www.cfnova.org/gala

Four Area Schools Receive Environmental Education Recognition

Four Fairfax County public schools have been recognized as 2019 Virginia Naturally Schools by the Virginia Department of Game and Inland Fisheries. Virginia Naturally Schools is the official environmental education school recognition program of Virginia.

Selected as 2019 Virginia Naturally Schools are:

- ❖ Belvedere Elementary School (seventh year).
- ❖ Colvin Run Elementary School (fourth year).
- ❖ Daniels Run Elementary School (13th year).
- ❖ Lanier Middle School (eighth year).

These schools were recognized for their environmental and stewardship efforts during the 2018-19 school year.

"Environmental education prepares students to tackle tomorrow's environmental challenges," said Secretary of Natural Resources Matthew J. Strickler. "I applaud these Virginia schools for building hands-on, locally relevant education about the environment into their curricula."

Announcements

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Announcements

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Celebrate students, camps, schools, enrichment programs, colleges and more in our **A-plus: Education, Learning, Fun** pages, the third week of every month.

Questions? E-mail sales@connectionnewspapers.com or call 703-778-9431

THE CONNECTION
NEWSPAPERS

BULLETIN

FROM PAGE 5

workplace following an event when professional responders are not immediately available to help. Emphasis on hands-on skill development and Fairfax County protocols and procedures. Instructor will provide syllabus with class schedule at first session. This training does not require any special physical strength or agility. Visit volunteer.fairfaxcounty.gov/custom/1380/#/opp_details/184991 to register.

TUESDAY/OCT. 1

Entrepreneurship 101. 8-10:30 a.m. in the First Floor Conference Center at 8300 Boone Boulevard, Tysons. Starting a Business in Fairfax County – the workshop provides an overview of start-up basics (licenses and permits), workforce services and training programs, and SBA resources including financing and certification programs. Free. Registration required at www.vahcc.com/events.

SATURDAY/OCT. 5

Mental Health and Wellness Conference. 8 a.m.-4 p.m. at Fairfax High School. The morning will focus on social and emotional learning, with a keynote address given by Dr. Marc Brackett, founding director of the Yale Center for Emotional Intelligence. A special session for high school students, the Our Minds Matter Teen Summit, will take place in the morning as well. Attendees are encouraged to stay for Inova's Act on Addiction Summit, which will be held from 12:30-4 p.m. Breakout sessions, exhibit tables, and resources will be available to all attendees throughout the day. Lunch will be provided. Visit www.fcps.edu/resources/student-safety-and-wellness/mental-health-and-resiliency/mental-health-and-wellness to register.

Fall Festival. 10 a.m.-4 p.m. at The Church of the Good Shepherd (United Methodist), 2351 Hunter Mill Road, Vienna. The second "Fall Festival: Where Fun and Kindness Connect!" includes a food packing event, as well as a blood drive, children's program, moon bounce, first-ever animal blessing (noon) and food and refreshments. Free, though canned food donations accepted. A Pet Blessing, a first-time event for the church, will take place at noon to celebrate the feast day of St. Francis. Visit www.GoodShepherdVA.com or call 703-281-3987.

SUNDAY/NOV. 3

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

TUESDAY/NOV. 5

Entrepreneurship 101. 8-10:30 a.m. in the First Floor Conference Center at 8300 Boone Boulevard, Tysons. Starting a Business in Fairfax County – the workshop provides an overview of start-up basics (licenses and permits), workforce services and training programs, and SBA resources including financing and certification programs. Free. Registration required at www.vahcc.com/events.

SUPPORT GROUPS

Parent Support Partners, a service of the Healthy Minds Fairfax initiative, are all parents who have received training and are qualified to offer education, support and assistance at no cost to families or caregivers. They provide reliable information that families can use in decision-making and are familiar with services and resources that can help families in distress. Visit www.fairfaxcounty.gov/healthymindsfairfax or www.nami-northernvirginia.org/parent-peer-support.html.

Haven of Northern Virginia Support Group. 703-941-7000, www.havenofnova.org or havenofnova@verizon.net.

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Engineering a Solution



By KENNETH B. LOURIE

Though not exactly "The Continuing Story of Bungalow Bill," ("The Beatles," 1968) but for those of you regular readers still interested in the presumptive outcome - in my lifetime, of my 250 year-old home's "structural integrity" - as it relates to my pending refinance application, we may now have lift off, so to speak. (Hopefully Houston, we don't have a problem.) A structural engineer came by the house yesterday at my request and examined and measured the cracks in the concrete slab which "porches" the front of my house. After which he offered his professional opinion, a more detailed version of which will be emailed to me in a few days (copies of which I will forward to all the interested parties). According to this engineer, there is a concrete solution which, cost notwithstanding (or even known yet) will secure my home's structural foundation and assuage the appraiser.

The problem, as I understand it, concerns the possibility of my house falling down, from back to front. On my porch there are five wood pillars which stand floor to ceiling equidistant across the porch. They are not embedded in the concrete (nor are they cracked or rotting). They are supporting the weight of the house, but apparently are on shaky ground. What has happened is, due to the improper preparation of the soil onto which this concrete slab was originally poured (100 years ago - or whenever), the concrete has buckled under the pressure, and the house is tilting, sort of (and/or has the potential to slip further and fall). And if this happens, neither my wife nor I will be able to get up, whether we're owners of Life Alert medallions or not.

There is a solution however, which doesn't require "a pick and shovel and 20 men" (to invoke a Three Stooges reference). Nor will it require any heavy equipment and/or cabling of my house in some way to lift it off the ground in order to break up all the length, width and depth of approximately 150 square feet of concrete (I don't know about the cubic exactly). The plan seems to be for the house to be temporarily supported by wood beams as it is raised up a bit and then one foot square sections of the concrete surrounding each of the pillars will be broken up. According to the engineer, not a major undertaking. Then piers, which are structural engineering jargon for whatever I need to have supporting the pillars, will be placed on the ground/ foundation beneath each pillar and then back-filled with concrete and Bob's your uncle: structural integrity. At least that's as much as I can understand/explain, anyway. Orthotics for the house you might say.

Now whether my description of the repair is at all accurate, the engineer was clear. Though the repair is delicate, he agreed, nobody is reinventing the wheel here, and the solution as proposed is not that complicated. (As for the "structural integrity" of our 100 year-old stable, another concern of the appraiser, the engineer said "We don't certify the structural integrity of 100 year-old buildings." Now whether this out-building situation becomes a deal-breaker, I can only hope that reasonable minds prevail. Check back to this space for future updates.)

At present, I fear there will be fits (by me) and starts (by the various external parties lining up to solve my homes structural problems) to get me to the refinance finish line with some financial integrity still intact. I won't lie, there's a bit at stake here, and I can't afford (literally and figuratively) any slip ups. As I approach my 65th birthday, my goal is to simplify my life and secure my future, not complicate my life and "insecure" my future. I had hoped this refinance would accomplish the former. I had no idea that it would lead to the latter.

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