



Rotary Club of Great Falls Hosts Charity Bridge Tournament

NEWS, PAGE 6

Change in the Landscape

NEWS, PAGE 3

Great Falls Historical Society to Honor Mike Henry

NEWS, PAGE 9

Sean Plunkett, Madhu Bhatia, Anil Bhatia, Eileen Curtis, Karen Magley, Phil Magley, and Milt Critchfield of the Rotary Club of Great Falls are joined by eight Langley High School students involved in the Rotary Club's teen group, Interact.

PRSRT STD
U.S. POSTAGE
PAID
EASTON, MD
PERMIT #322
POSTAL CUSTOMER
ECR WSS
ATTENTION POSTMASTER:
TIME SENSITIVE MATERIAL
REQUESTED IN HOME 1-16-20

The Great Falls Team



KELLERWILLIAMS



Bob Nelson



Bob Nelson, Jr.



Lynda Krop
Referral Agent

703-774-9830 | BothBobs@BobNelsonTeam.com



www.GreatFallsTeam.com



Contract

VAFX1081822 | \$1,285,000 - Vienna
1284 Cobble Pond Way: 5BR, 6FB, 2HB
Luxury abounds in this updated/renovated home. Master suite offers a sitting room w/ fireplace, Spa Bathroom, & Walk-in Closet. Minutes to Tyson's, Reston & the Metro



Sold

VALO390492 | \$814,000 - Lansdowne
43937 Riverpoint Dr.: 4BR, 4FB, 1HB
Brazilian cherry hardwood floors greet you throughout the main level of this move-in ready home. Lower level includes a fully loaded bar, media room and game room.



Sold

VAFX943862 | \$1,060,000 - Oak Hill
43230 Navy Dr.: 5BR, 4FB, 1HB
Wonderfully updated home on a cul-de-sac. Backs to parkland and provides a WOW factor at every turn. Boasts a main floor master Bedroom and an updated kitchen.



Sold

VALO383222 | \$695,000 - Ashburn
20977 Ashburn Heights Dr.: 4BR, 2FB, 1HB
Highly desirable Goose Creek Preserve community. Hardwood floors throughout the main level, a large light-filled family room that leads to rear deck built.



For Sale

VAFX1079994 | \$275,000 - Great Falls
Beach Mill Rd.: 5 Acres
Wooded half acre lot with a 2 acre zoning. If combined with neighboring 9.7 acre property the combined land could potential provide five lots.



Sold

VAFX1078970 | \$332,500 - Reston
1354 Northgate Sq.: 2BR, 1FB, 1HB
Renovations throughout. Updated kitchen and breakfast area opens to a walk-out front patio. Updated living room with a sliding glass door to a fenced backyard and deck.



Sold

VAFX1083622 | \$600,000 - Herndon
13015 Farthingale Dr.: 4BR, 2FB, 1HB
Meticulously maintained and updated home in the Fox Mill Estates neighborhood of Herndon. Climate controlled sunroom overlooks a private backyard oasis.

The Bob Nelson Team wishes a Happy and Prosperous New Year to all of our clients who entrusted us with their real estate transactions in 2019.

We look forward to another great year in 2020 and encourage anyone considering a sale or purchase to contact us soon!

We would also like to invite everyone to join us at the Old Brogue for one of this year's Military Appreciation Monday dinners. We will be kicking off the 2020 season on March 9th with a dinner in support of the Navy SEAL Foundation.



Sold

VALO354834 | \$825,000 - Belmont CC
43638 Cypress Village Dr.: 5BR, 4FB, 1HB
Elegant back front home in the gated community of Belmont Country Club in Ashburn. 2 story family room with floor to ceiling stone facade to the gas fireplace.



Sold

VALO395074 | \$439,900 - Broadlands
21562 Bankbarn Ter.: 3BR, 2FB, 2HB
Rarely available end unit townhome. This inviting home has new hardwood flooring on the main level and an upgraded kitchen with stainless steel appliances.



Sold

VAFX1097862 | \$465,000 - Reston
1867 Crescent Park Dr #116A: 2BR, 2FB, 1HB
Seldom available Lincoln Park end unit townhome. Two story living room with gas fireplace. Walking distance to Reston Town Center, future Reston Metro & W&OD Trail.



Sold

VAFX100892 | \$748,000 - Fairfax
12825 Poplar Creek Dr.: 5BR, 3FB, 1HB
Large home on a premium lot, this home faces the clubhouse & pool and backs to a conservation area with leveled and private backyard.



Sold

VAFX923544 | \$371,500 - Reston
1851 Stratford Park Pl #114: 2BR, 2FB
Stunning high-style renovation in the desirable Stratford neighborhood. Professionally managed community with on-site clubhouse space, pool, and full fitness center.



Sold

VAFX1055358 | \$275,000 - Reston
11400 Washington Plz W #1101: 1BR, 2FB
Spectacular views greet you as you open the door to this rarely available unit. Wall to wall sliding glass doors open onto the ~37ft balcony, overlooking Lake Anne.



Sold

VAFX1067430 | \$477,000 - Reston
2160 Glencourse Ln.: 3BR, 2FB, 2HB
Updated townhome with Golf Course and mature tree views! Conveniently located just 1 mile to the Wiehle Metro, this home has open floorplan and outdoor living.



Sold

VAOR134622 | \$284,900 - Locust Grove
1213 Eastover Pkwy.: 3BR, 2FB
Sited perfectly on the 13th hole and offering privacy, this like-new, one level home boasts a long view of Lake of the Woods lush PGA Golf Course



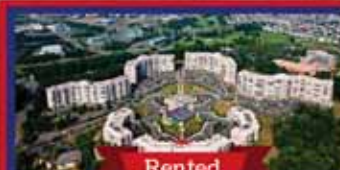
Sold

1002776248 | \$475,000 - Ashburn
20853 Conesus Sq.: 3BR, 2FB, 2HB
Situated on a quiet square in an Ashburn Village 55+ Community with great amenities. Main level Master Bedroom suite with large walk-in closet.



Rented

VALO390366 | \$1,800 - Countryside
15 Mercer Ct.: 3BR, 2FB, 1HB
End unit townhome available for rent in sought-after Countryside! 3 finished levels with walkout basement on the lower level with half bath.



Rented

VALO396032 | \$2,350 - Lansdowne
19355 Cypress Ridge Ter #1111: 2BR, 2FB
Eleventh floor two bedroom/two bath penthouse condo at Lansdowne Woods with incredible views of the Potomac River. Large eat-in kitchen with separate dining room.



Sold

VAFX745126 | \$635,000 - Springfield
7706 Gambrell Rd.: 1.2 Acres
Beautifully wooded 1.2 acre lot with the potential to be subdivided into 3 lots. Approximate lot sizes of: Lot 1 - 13,232 sqft; Lot 2 - 12,212 sqft; Lot 3 - 18,353 sqft.

Join us on Monday, March 9th at our:

Military Appreciation Monday (MAM)

Event at the Old Brogue in Great Falls.

We will be raising funds for the group:

Navy Seal Foundation

For details visit [Facebook.com/BobNelsonTeam](https://www.facebook.com/BobNelsonTeam) or www.BobNelsonTeam.com



Keller Williams Realty
703-430-9008

Change in the Landscape

401st VA General Assembly reconvenes with a tsunami of filed legislation.

BY MERCIA HOBSON
THE CONNECTION

When the Virginia General Assembly reconvened for the 60-day 2020 Session, the week opened with a series of firsts. The first time since 1993, Democrats took the reins with a trifecta: In the 2019 election, they garnered decisive majorities in the House of Delegates and state Senate, with a Democratic governor.

Women rose to power in numbers and leadership positions. Gov. Ralph Northam announced the new 'Virginia 2020 Plan', and with it said, "The landscape has changed."

For the first time in a long time, Republicans could not stop the Democrats from advancing landmark legislation such as the Equal Rights Amendment, gun policies and climate control measures. Democratic legislators, many from the Fairfax County delegation filed bills and resolutions, rallying in support of the 2020 Plan.

TUESDAY, JAN. 7 - With Speaker-designee Eileen Filler-Corn (D-41), incoming Senate Majority Leader, Richard L. Saslaw (D-35), incoming House Majority Leader Charniele Herring (D-46), and incoming Senate Caucus Chair Mamie Locke (D-2) standing by, Northam talked about his 'Virginia 2020 Plan.' "It's more forward-looking," he said.

The 11-Point Plan includes: pass the ERA; restore women's reproductive rights; ban discrimination in housing and employment; raise the minimum wage; make voting easier with no-excuse early voting and make Election Day a state holiday; reform criminal justice by ceasing suspending driver's licenses for unpaid fines; advance common-sense gun safety measures, universal background checks, "Red Flag" laws, restore one gun a month limits; fight climate change; protect natural resources; increase education funding including free community college for low- and middle-income and people going into high-demand fields with in-state tuition for DREAMers; and expand transit and broadband.

Incoming Senate Majority Leader Saslaw (D-35) said they were going to be sure that Virginia became a better place to work and do business.

Speaker-designee Filler-Corn added: "We intend to protect Virginia's greatest assets."

WEDNESDAY, JAN. 8 - The Virginia General Assembly officially reconvened. Outside the capitol building, demonstrators aired their concerns — ERA, gun reform, climate change, and more.

Inside, shortly after 1 p.m., applause welcomed Del. Filler-Corn as she entered the House floor before being sworn in as House Speaker by Virginia Supreme Court Chief Justice Donald W. Lemons. House Speaker Filler-Corn became the first woman and first Jewish person to hold the office.

"This session brings many firsts. We will have the first women of color to lead committees and have a historically diverse group of committee chairs and vice-chairs. And these leaders are Members of the most diverse House of Delegates in Virginia history. This House is not only diverse in terms of race or



PHOTO CONTRIBUTED

Lawmakers elected Eileen Filler-Corn as the 56th Speaker of the Virginia House of Delegates and the first woman to hold the role in the 401-year history of the body. "We were the country's first legislature, and I strongly believe that Virginia can lead — by showing the country the rewards that collaboration can bring," Speaker Eileen Filler-Corn said in her address.

gender. The Members of this House represent a wide range of experience, thought, orientation, religion and backgrounds... The people demanded we act on many areas where Virginia has lagged behind. This House will pass the Equal Rights Amendment. And we will address discrimination in our laws. We will take common sense measures to prevent gun violence and keep Virginians safe. And, we will address the threat that climate change poses to our entire Commonwealth, especially our coastal communities."

Del. David Bulova (D-37), later said, "I couldn't be more proud of my colleague Eileen Filler-Corn, who my wife and I have called friend for more than 20 years."

That evening, Gov. Northam, 73rd Governor of Virginia, delivered the annual State of the Commonwealth address. He highlighted accomplishments and shared his vision to continue building a "stronger, fairer, and more equitable Virginia," he said.

Afterward, Sen. Dick Saslaw (D-35) tweeted, "This evening, @GovernorVA delivered a resounding message that the state of our Commonwealth is strong! VA is a better place to live and work for so many people. I look forward to the progress the Senate can deliver working with Gov. Northam over the coming months."

Attorney General of the Commonwealth of Virginia Del. Mark Herring tweeted, "I'll be pushing to Decriminalize marijuana Resolve past convictions Move toward legal adult use Pass the ERA Pass common-sense gun safety laws Address the rise in white supremacist violence Stop predatory lending Let's go."

FRIDAY, JAN. 10 - By early morning, the Virginia Legislative Information System posted 2,574 bills and resolutions filed by delegates and senators for the 2020 Session.

ASSEMBLY - WEEK ONE

Highlights of Some of the Bills Proposed

PHOTOS VIA VIRGINIA GENERAL ASSEMBLY

Del. Kathleen Murphy (D-34) introduced *HB 209 Absentee voting; no excuse required*. The bill permits any registered voter to vote by absentee ballot in any election in which he is qualified to vote.



Del. Ken Plum (D-36) - According to Del. Plum the most significant pieces of legislation filed involve background checks for gun purchasers, expanding hate crimes to include LGBTQ+ people; raising the minimum wage; setting up nonpartisan, independent redistricting process and expanding environmental protections. He said the most meaningful happenings were the "wonderful diversity in the membership of House; selection of first woman speaker; and adoption of "her" rather than "his" as the pronouns in the rules of the House."



Del. Marcus Simon (D-53) introduced *HB 255 Charges and convictions, certain; expungement*. The bill allows a person to petition for expungement of convictions and deferred disposition dismissals for marijuana possession, underage alcohol possession, and using a false ID to obtain alcohol when the offense occurred prior to the person's twenty-first birthday; all court costs, fines, and restitution have been paid; and five years have elapsed since the date of completion of all terms of sentencing and probation.



Sen. Scott Surovell (D-36) introduced *SB 436 Establishment of the Virginia Voluntary Do Not Sell Firearms List; penalty*. The bill creates the Virginia Voluntary Do Not Sell Firearms List (the List) that prohibits the possession, transportation and sale of firearms to any person who voluntarily registers himself to be enrolled into the List.



Del. Richard "Rip" Sullivan (D-48), Caucus Chair introduced *HB 461 Renewable energy property; tax credit established*. The bill establishes, beginning in taxable year 2020, a tax credit for renewable energy property placed in service.



OPINION

VIEWPOINTS

Legislators Reflect on the First Days of the 2020 Session

—MERCIA HOBSON

PHOTOS VIA VIRGINIA GENERAL ASSEMBLY

Sen. Jennifer Boysko (D-33): My top priority is recovering the local funding for our regional transportation.

Today (*Monday - Jan. 13), I cast my first votes on the Senate Judiciary Committee and was able to vote for four life-saving bills to prevent gun violence: universal background checks, giving municipalities local control about allowing firearms in government buildings, a red flag law and restricting gun purchases to one gun a month. Last week I cast my first vote on the Senate Privilege and Elections Committee to make Virginia the 38th state to Ratify the ERA.



Del. Ibraheem Samirah (D-86)- introduced *HB 152 Middle housing allowed on lots zoned for single-family use*. “Middle housing is defined as two-family residential units, including duplexes, townhouses, cottages, and any similar structure. Such structures shall not require a special use permit or be subjected to any other local requirements beyond those imposed upon other authorized residential uses.” Samirah said, “Across the country, there is a shortage of affordable units that is putting a squeeze on working families and contributing to rises in rents for existing units...I will certainly get pushback for this”



Del. Mark Keam (D-35) *HB 572 Distributed renewable energy; promotes the establishment thereof*. Del. Keam said, “This bill would free up the solar market, not only for local governments... but also for residents, businesses, schools, institutions and non-profits that want to install solar for their own use... (It would) remove the rule that limits customers to installing only as big an array as would have served their needs in the past year ... Today, residential customers are penalized with so-called “standby charges” if they install more than 10 kilowatts of solar (enough for a larger home, or a modest home with electric vehicles) ... Many Virginians do not have access to solar at all, especially if they live in rental apartments or condominiums, because the building owners are not allowed to install solar panels and sell the output to tenants. My bill would make this legal.”



Del. David Bulova (D-37) introduced HB 1012 Early childhood care and education; establishment of system, licensure. “A child’s earliest experiences - and particularly those in the critical years between birth and age five - have lifelong impacts on their likelihood of success. However, according to statistics from the Virginia Department of Education, 40 percent of students entering kindergarten lack the key literacy, math and social emotional skills that predict success. Further, only 25 percent of Virginia’s early childhood programs that receive public funding participate in the state’s voluntary quality measurement system. I am pleased to be carrying House Bill 1012 on behalf of the Governor, which directs the Board of Education to consolidate and simplify Virginia’s early childhood education programs and create a uniform quality rating system for programs that accept public funding. This will improve quality, foster continuous improvement, and help parents better understand their options. As the parent of three children, this is very important to me. I have personally witnessed the difference that a quality pre-school program has made on my children.”



ASSEMBLY - WEEK ONE

Highlights of Some of the Bills Proposed

—MERCIA HOBSON

PHOTOS VIA VIRGINIA GENERAL ASSEMBLY

Del. Karrie Delaney (D-67) introduced *HB 547 Virginia Energy and Economy Transition Council; established, report*. The bill establishes the Virginia Energy and Economy Transition Council, consisting of 28 members, to develop plans to assist the Commonwealth in transitioning from the use of fossil fuel energy to renewable energy by 2050



Sen. Janet Howell (D-32), Chair Senate Finance and Appropriations, introduced *SB 581 Minors; allowing access to firearms, Class 6 felony* which provides that any person who recklessly leaves a loaded, unsecured firearm in such a manner as to endanger the life or limb of any person under the age of 18 is guilty of a Class 6 felony.



Sen. J. Chapman Peterson (D-34) introduced *SB 26 Plastic bags; tax in the Chesapeake Bay Watershed* which imposes a five-cent per bag tax on plastic bags provided to customers by certain retailers in localities located wholly within the Chesapeake Bay Watershed and directs revenues to be used to support the Chesapeake Bay Watershed Implementation Plan.



Del. Paul Krizek (D-44) introduced *HB 15 Public school buses seat belts*. The bill requires the Board of Education to make regulations to require each new public school bus purchased for the transportation of students to be equipped with a seat belt consisting of a lap belt and shoulder strap or harness in every seat. He also introduced *HB 16 Safety belt system; all occupants of motor vehicles to utilize*.



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 length, libel, grammar, civility, good taste and factual errors. Send to:

Letters to the Editor
The Connection
1606 King St.
Alexandria VA 22314

By email: editors@connectionnewspapers.com
On Line: www.connectionnewspapers.com/contact/letter

Great Falls CONNECTION

www.ConnectionNewspapers.com

An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to connectionnewspapers.com/subscribe

NEWS DEPARTMENT:
greatfalls@connectionnewspapers.com

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

Andrea Worker
Contributing Writer
aworker@connectionnewspapers.com

Jean Card
Production Editor
jcard@connectionnewspapers.com

ADVERTISING:
For advertising information
sales@connectionnewspapers.com
703-778-9431

Salome Howard-Gaibler
Display Advertising
703-415-5394
salome@connectionnewspapers.com

Debbie Funk
National Sales
703-778-9444
debfunk@connectionnewspapers.com

David Griffin
Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Classified & Employment Advertising
703-778-9431

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

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

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

CIRCULATION
circulation@connectionnewspapers.com



McLean Celebrates Dr. King and Black Culture

Three events, Jan. 22-30, at The Alden in McLean feature film, dance and music celebrating black culture and civil rights leader Martin Luther King Jr. These events lead up to Black History Month in February. The Alden is located inside the McLean Community Center (MCC), 1234 Ingleside Ave.

The activities begin with a free screening of the 2014 French-Mauritanian film, "Timbuktu" at 1 p.m. on Wednesday, Jan. 22. Called "a film that's a privilege to watch" by The Washington Post's Anne Hornaday, Director Abderrahmane Sissako's "Timbuktu" opens viewers to the collision between a community of pious Muslims and the jihadists that overtake their titular city. The screening is free and reservations are not required.

At 6 p.m. on Saturday, Jan. 25, Chicago's Hiplet Ballerinas will perform at The Alden. Hiplet (pronounced "hip-lay") is an innovative dance form that blends classical pointe technique with African, Latin, hip-hop and urban dance styles. The company has blossomed immensely since its creation by Artistic Director Homer Hans Bryant in the early 1990s and has received recognition worldwide, with appearances in Germany, France, Spain, South Korea and Hong Kong. Tickets are \$30 for the general public, \$20 for MCC tax district residents.



PHOTOS COURTESY OF MCC

Damien Sneed, Frank Stewart and Alicia Peters-Jordan in "We Shall Overcome."

In honor of Dr. Martin Luther King Jr., multi-genre artist Damien Sneed will bring his brand of classical music, jazz and sanctified soul to The Alden with "We Shall Overcome." A joyous celebration reflecting on the triumphant and victorious moments of African American history, the single per-

formance is at 7 p.m. on Thursday, Jan. 30. The Alden is the only DMV stop in the 40-city "We Shall Overcome" tour, and the acclaimed Howard University Gospel Choir is featured. Tickets are \$45 for the general public, \$25 for seniors and students and \$20 for MCC tax district residents.



Chicago's Hiplet™ Ballerinas will perform at The Alden at 6 p.m. on Saturday, Jan. 25.

Tickets are on sale now! For more information visit: www.aldentheatre.org or call 703-790-0123, TTY: 711. For ADA accommodations, contact Patron Services Manager Evelyn Hill at evelyn.hill@fairfaxcounty.gov or call 571-296-8385.

Make a Difference in Your Community! Run for a Seat on the McLean Community Center Governing Board

PUBLIC NOTICE OF ELECTIONS

MCLEAN COMMUNITY CENTER GOVERNING BOARD
SMALL DISTRICT 1A OF THE DRANESVILLE DISTRICT, FAIRFAX COUNTY, VIRGINIA



This **OFFICIAL NOTICE** of elections to select members of the 2020-2021 Governing Board of the McLean Community Center (the Governing Board) is given to residents of Small District 1A of the Dranesville District, Fairfax County, Virginia (referred to as "Small District 1A"). The McLean Community Center (MCC) operates as a Special District Agency of the Fairfax County Government through a Memorandum of Understanding between the Fairfax County Board of Supervisors and the Governing Board. On February 8, 1984, the Board of Supervisors approved the Memorandum of Understanding, which authorizes the elections. The MCC is funded by residents of Small District 1A in Greater McLean for their use through a real estate tax surcharge, the result of a 1970 Small District 1A bond referendum.

Elections are held on **McLean Day** at Lewinsville Park, 1659 Chain Bridge Rd., McLean, VA, 22101, on **Saturday, May 16, 2020. Voting on McLean Day takes place from 10:30 a.m. to 5 p.m.**

Candidate Qualifications:

The Governing Board is a volunteer service. Each resident who lives within Small District 1A is eligible to run for a seat on the Governing Board. If you need help determining whether you reside in Small District 1A, please contact the MCC at **703-790-0123, TTY: 711**, or by emailing elections@mcleancenter.org.

ADULTS: Candidates must be residents of Small District 1A and must be at least eighteen (18) years of age on or before May 16, 2020.

TEENS: Candidates must be 15, 16, or 17 years old on or before May 16, 2020, live within Small District 1A, and live in the boundary area for either Langley or McLean high schools. You **do not** have to attend either high school. You may attend another school, including one that is outside of Small District 1A, or you may be home schooled. You can only run for the seat representing the high school boundary area where you live.

Available Governing Board Seats and Terms:

Three (3) Governing Board adult seats will be filled through the election. The candidates who receive the three (3) highest number of votes will serve a three-year term on the Governing Board.

One (1) Governing Board youth seat for teens living within the Langley High School boundary area will be filled for a one-year term.

One (1) Governing Board youth seat for teens living within the McLean High School boundary area will be filled for a one-year term.

Candidate Petition Requirements:

ADULTS: Must get the signatures of ten (10) residents of Small District 1A who are 18 years old or older on or before May 16, 2020.

TEENS: Must get the signatures of ten (10) residents of Small District 1A who are 15, 16, or 17 years old on or before May 16, 2020, and who live within the same high school boundary area as the candidate.

Candidate Packets containing a petition, instructions, and all pertinent paperwork may be obtained at the McLean Community Center, 1234 Ingleside Avenue, McLean, VA, 22101, starting on **Tuesday, Jan. 21**. Candidates must pick up and return their own petitions in person.

DEADLINE: Each resident seeking election to the Governing Board shall file a completed candidate petition with the MCC at the address shown below **by 5 p.m. on Friday, March 13, 2020:**

**McLean Community Center
1234 Ingleside Ave.
McLean, VA 22101**

For more information about the elections, please call **703-790-0123, TTY: 711**, go to www.mcleancenter.org/about/governing-meetings/candidates-page, or email the MCC at elections@mcleancenter.org.

Alicia Plerhoples, Chair
Elections & Nominations Committee
McLean Community Center Governing Board

Rotary Club of Great Falls Hosts Charity Bridge Tournament

By OLIVIA ANELLO
THE CONNECTION

On Saturday, the Rotary Club of Great Falls teamed up with EduGIRLS to host the 4th Annual Bridge Tournament to raise money for girls living in extreme poverty in areas of India and Nepal.

EduGIRLS is an organization that aims to educate, prepare, and steer girls living in urban poverty so that they can enter society as well-educated, financially independent women. Anand Seth, founder and chair of EduGIRLS is also a strong bridge player, and invited many of his bridge friends to participate in the tournament, held at Christ the King Lutheran in Great Falls. Farid and Farida Dossini were two of the 52 players who came out to play in the tournament. Farid said that he was there to “play our favorite game for a really great cause.” His wife Farida shared after that “Mr. [Anand] Seth is a good friend from our bridge group and we wanted to support his organization.”

When asked, “why bridge?” Rotary Club President Eileen Curtis replied with a smile, “Because bridge is fun!” She went on to share the many benefits of playing bridge one might not otherwise know, “It’s challenging to the mind so it keeps the brain active, and it is kind of a complicated game so it really engages the neural networks. Challenging the brain in this way helps to stave off losing control of mental clarity as we age, too.”

She concluded saying that bridge is also “a social venue for all of us to get together.”

Members of the Rotary Club of Great Falls dedicate themselves to “service above self,” according to Curtis. With more than 55 members in the Great Falls group and more than 1.2 million internationally, Rotary Club is where “people unite and take action to create lasting change” (Rotary International).

Rotary Club Treasurer, Sean Plunkett, named several of the past organizations the Rotary Club has helped support and shared, “this is our first year sponsoring EduGIRLS, last year was for vaccination in Southeast Asia and previous years we have sponsored families with members who were terminally ill.” Plunkett said, “The Rotary Club’s focus is very much on education and also on Southeast Asia because of the connections to the group and the great need in that area of the world.”



Bridge competitors settle in before Karen Magley would take the microphone to introduce the day’s events.



From left, Donna Buckley allowed this photo only if sworn her cards would not be shared with table-mates, Anne Baughman, Felicity Gillette and Alice Craig.



Sean Plunkett, Madhu Bhatia, Anil Bhatia, Eileen Curtis, Karen Magley, Phil Magley, and Milt Critchfield of the Rotary Club of Great Falls are joined by eight Langley High School students involved in the Rotary Club’s teen group, Interact.

The Rotary Club of Great Falls also worked tirelessly on drug reform, lobbying for prescription medication drop-boxes, and sharps disposals in Great Falls, and

these boxes are now present in CVS and Safeway in Great Falls. On Jan. 20, the Rotary Club will host a talk on the opioid epidemic with Dr. Bill Hazell at River Bend



Players chat and share light refreshments with one another before the tournament begins.

Golf & Country Club in Great Falls at 7:30 a.m.

EduGIRLS founder and chair, Anand Seth shared his gratitude for the day and said, “People left

their money here for girls 10,000 miles away... That is truly special.” Readers can learn more about supporting girls in Nepal and India by visiting edugirls.org.

WWW.CONNECTIONNEWSPAPERS.COM

HOME LIFE STYLE

A Classic Blue sofa is complemented by other shades of blue in this living room designed by Keira St. Claire



PHOTO BY JOHN COLE

Beautiful, Bold, Soothing: Classic Blue

Dependable, stable and calming are the characteristic of the Color of the Year for 2020.

BY MARILYN CAMPBELL
THE CONNECTION

Dependable, stable and calming are the characteristic of the Color of the Year for 2020. For the past 21 years, Pantone Color Institute has announced a “Color of the Year,” which the self-proclaimed authority on color says will be on trend during the year ahead. Local designers share how the color can be used in a home’s interior.

“Classic Blue is a beautiful and bold, yet soothing color reminiscent of the evening sky and the deep blue ocean,” said Keira St. Claire of Anthony Wilder Design/Build in Bethesda, Maryland. “Soft, rich and versatile, this color has the potential to inject creative confidence into your interiors.”

From an accent wall in a child’s bedroom, throw pillows or a kitchen backsplash to a home’s front door, mailbox or shutters, Allie Mann, designer and senior interiors specialist at Case Design/Remodeling suggests a variety of ways to use classic blue. “Perhaps as a ceiling color to draw your eye up or add interest,” she said. “As a powder room wall color or vanity, this bold color will work well in the tiniest of spaces including the back of a bookcase or built-in, a reading nook, a laundry room or mudroom or as cubbies.”

Whether bold or subtle, St. Claire said the design options are plentiful. “Opt to incorporate this color in your home with decorative accents like throw blankets, pillows, rugs, and artwork and even kitchenware to add a pop of color without feeling over-saturated,” she said. “Repurpose old pieces [or furniture]. A fresh blue lacquered coat of paint would magically transform an old chair or dresser into a unique statement piece.”

For the courageous homeowner, St. Claire suggests a bolder approach. “Paint your walls or refinish your kitchen or bathroom cabinets in blue or upholster a large piece of furniture like a sofa or armchair in



PHOTO BY STACY ZARIN GOLDBERG

For this Arlington, Virginia breakfast room, designer Allie Mann incorporated Pantone’s color of the year by using Classic Blue fabric on the chairs, window seat cushion and pillows.

blue,” she said. “Introduce other complementary colors like olive greens, golds or magenta to really offset the color and make a statement. Classic blue doesn’t have to be the only pop of color.”

Adding the color gradually is what Amanda Mertins of Patina Polished Living in Alexandria, Virginia suggests. “Infuse it into your home and fashion design in bits and pieces,” added “Maybe you paint an accent wall classic blue and let that be the focus. The color blue is kind to many colors and therefore easy to use in a room as an accent color. You can also mix varying shades of blue.”

“Classic blue is just that, it’s classic and timeless and can be weaved into many design schemes,” said Mann. “Do not be afraid of color.”



TELL US
WHAT
YOU
THINK

SUBMIT YOUR LETTER TO THE EDITOR HERE

www.ConnectionNewspapers.com/contact/letter

SMITHSONIAN ASSOCIATES

ENTERTAINING. INFORMATIVE. ECLECTIC. INSIGHTFUL.

The Science of Sleep

with WebMD’s John Whyte

In collaboration with WebMD

Wednesday, January 29, 2020

6:45 p.m.

S. Dillon Ripley Center

1100 Jefferson Drive SW, Washington, DC 20560

Metro: Smithsonian (Mall exit)

A good night’s sleep might be a dream for some but how sleep impacts our health is a reality. Hear Dr. John Whyte, WebMD’s chief medical officer, answer questions like, can too little sleep -- or too much -- sleep might be a sign of a serious health condition such as diabetes, cancer, thyroid conditions or heart disease?



Do melatonin supplements help? Can you benefit from a new pillow? How much sleep do you need and, what your sleep pattern might reveal about your health.

Dr. Whyte answers these questions and more, and shares a sleep quiz to help you determine if you’re getting quality sleep.

Tickets: \$30 Member / \$45 Non-Member

<https://smithsonianassociates.org/ticketing/tickets>

Nonmembers can use Promo code “SLEEP30” to receive the member rate (\$30)



For more information please call
202-633-3030

CALENDAR

Submit entertainment announcements at www.connectionnewspapers.com/Calendar/.
The deadline is noon on Friday.
Photos/artwork encouraged.

TUESDAYS/JAN. 14-FEB. 18

Beginners Mah Jongg Class. 12:30-2:30 p.m. At Great Falls Library, 9830 VA-193, Great Falls. Learn to play the fun, fast-paced game of Mah Jongg. Registration is now open for an Adult Beginners Mah Jongg class. The class will run for six weeks on Tuesday afternoons from 12:30-2:30 p.m. beginning January 14 through February 18. Attendees should plan to attend all six sessions. Visit www.fairfaxcounty.gov.

WEDNESDAY/JAN. 15

Preschool Storytime. 10:30 a.m. At Oakton Library, 10304 Lynnhaven Place, Oakton. Have fun with your little one while building early literacy foundations for reading success. Age 3-5 with adult. Visit <https://www.fairfaxcounty.gov/library/branches/oakton>

McLean Newcomers and Neighbors Luncheon. 11:30 a.m. At Mylo's Grill, 6238 Old Dominion Dr, McLean. The cost of the luncheon is \$30 per person. Clare Cushman of the Supreme Court Historical Society will discuss Supreme Court food traditions and recipes. To attend, pay at <https://squareup.com/market/mclean-newcomers-club>. Prospective members are invited. No reservations will be accepted after Friday, Jan. 10. Visit www.McLeanNewcomers.org.

THURSDAY/JAN. 16

Monthly Book Club. 10:30 a.m. to noon. At McLean Community Center, 1234 Ingleside Ave., McLean. Open activities and games at MCC are subject to change and may be canceled due to center wide special events, programs, activities and holidays. In the event of inclement weather, cancellation of these activities and games will follow the MCC inclement weather policy. Call the Center at 703-790-0123, or visit the website, www.mcleancenter.org.

Oakton Book Discussion Group. 7 p.m. At Oakton Library, 10304 Lynnhaven Place, Oakton. The January selection is Go, Went, Gone by Jenny Erpenback. Everyone is welcome to join. Adults. Visit <https://www.fairfaxcounty.gov/library/branches/oakton>

FRIDAY/JAN. 17

Unruly Theatre Project Improv Performance. 7 p.m. At The Old Firehouse, 1440 Chain Bridge Rd., McLean. Free admission The Unruly Theatre Project is The Alden's professional teen improv company dedicated to bringing comedic productions to the community. Call the Center at 703-790-0123, or visit the website, www.mcleancenter.org.

JAN. 17-FEB. 1

"Leading Ladies." At The Vienna Community Center, 120 Cherry Street, SE, Vienna. The romantic comedy "Leading Ladies" centers on two down-on-their-luck English Shakespearean actors, Jack and Leo, reduced to performing "Scenes from Shakespeare" on the Moose Lodge circuit in 1950's rural Pennsylvania. They hear an old lady in a nearby town is about to die and leave two-thirds of her fortune to her two long lost English relatives, Max and Steve. They resolve to pass themselves off as these beloved relatives and get the cash. However, they make a critically incorrect assumption about Max and Steve. Mayhem, madness and mirth ensue. Show times are 8 p.m.: Jan. 17, 18, 24, 25, 31, Feb. 1; 2 p.m.: Jan. 26, and Feb. 2. Tickets are \$15. Tickets may be purchased in advance at VCC or by cash, credit card or check at the door before each performance if still available. Visit www.viennatheatrecompany.org

JAN. 17-26

Joshua's Hands Quilting Event. Location TBA in Purcellville. Joshua's Hands is a non-profit in Loudoun County that hosts free quilting events to support wounded servicepeople. Joshua's Hands will host 10 days of quilting fun to make handmade quilts for servicemen and women wounded while serving our country. All are welcome. No sewing experience or registration needed. Come for an hour or the day. Monday-Saturdays 9 a.m.-9 p.m.; Sundays 1-9 p.m. Purcellville. Check website for exact location. Info@JoshuasHands.org, or call 540-454-7827, or visit www.JoshuasHands.org.



Be Fit McLean Health & Wellness Fair

The Be Fit McLean Health & Wellness Fair will be held on Saturday, Jan. 18 at the McLean Community Center.

SATURDAY/JAN. 18

Be Fit McLean Health & Wellness Fair. 11 a.m. to 2 p.m. At McLean Community Center, 1234 Ingleside Ave., McLean. Focusing on aspects of healthy living, such as fitness, dance, nutrition, physical and mental health and wellbeing, Be Fit McLean offers participants of all ages the opportunity to learn more about how to create their path to a healthy and active life. Attractions include: health screenings provided by Virginia Hospital Center; lectures on health-related topics such as coping with stress, time management and sleep education; a relaxation room with massage chairs and aromatherapy; clean eating cooking demonstrations and interactive exercise demonstrations of yoga, Body Sculpt, Total Fitness, Aerobic Dance, Tai Chi and others. Exhibitors from local health services and Fairfax County Government offices are participating. Call the Center at 703-790-0123, or visit www.mcleancenter.org/special-event.



"Leading Ladies" is Jan. 17-Feb. 1 at the Vienna Community Center

In rehearsal of VTC's upcoming production of "Leading Ladies," the character Doc, portrayed by Steve Rosenthal, disapproves of the relation his son Butch, portrayed by Ric Anderson and Audrey portrayed by Dana Gattuso.

JAN. 17-FEB. 1

"Leading Ladies." At The Vienna Community Center, 120 Cherry Street, SE, Vienna. The romantic comedy "Leading Ladies" centers on two down-on-their-luck English Shakespearean actors, Jack and Leo, reduced to performing "Scenes from Shakespeare" on the Moose Lodge circuit in 1950's rural Pennsylvania. They hear an old lady in a nearby town is about to die and leave two-thirds of her fortune to her two long lost English relatives, Max and Steve. They resolve to pass themselves off as these beloved relatives and get the cash. However, they make a critically incorrect assumption about Max and Steve. Ken Ludwig's brilliant brand of, mayhem, madness and mirth ensue. Show times are 8 p.m.: Jan. 17, 18, 24, 25, 31, Feb. 1; 2 p.m.: Jan. 26, and Feb. 2. Tickets are \$15. Tickets may be purchased in advance at VCC or by cash, credit card or check at the door before each performance if still available. Visit www.viennatheatrecompany.org

SATURDAY/JAN. 18

Read to the Dog. 10:30 a.m. At Oakton Library, 10304 Lynnhaven Place, Oakton. Gain reading confidence by reading to one of the therapy dogs. Age 5-11. Visit <https://www.fairfaxcounty.gov/library/branches/oakton>

www.fairfaxcounty.gov/library/branches/oakton

Be Fit McLean Health & Wellness Fair. 11 a.m. to 2 p.m. At McLean Community Center, 1234 Ingleside Ave., McLean. See above.

NVMR Model Train Open House. 1-5 p.m. At Vienna Historic Train Station, 231 Dominion Road, NE, Vienna. Stop by the Historic Vienna Train Station where you can see and hear HO scale model trolleys and trains including Thomas and some of his friends on display and in operation. Great family fun. Free. Visit the website www.nvmr.org

Unicorn STEAM Party. 2 p.m. At Oakton Library, 10304 Lynnhaven Place, Oakton. Unicorn STEAM activities. Ages 5-8. Visit <https://www.fairfaxcounty.gov/library/branches/oakton>

How to Thrift. 2:30-4 p.m. At Patrick Henry Library, 101 Maple Ave. E, Vienna. Are you overwhelmed on where to begin to find second-hand clothes for work, or stuck on how to thrift well? This workshop will cover these topics, and more. Registration required. Free. Visit the website: <https://librarycalendar.fairfaxcounty.gov/event/5757776>

Community Tea Party. At Great Falls Library, 9830 VA-193, Great Falls. Join us at the library for an all ages Tea Party celebrating Hot Tea Month. There will be trivia, crafts, games and of course tea and refreshments. Dress up in your high tea finest and join us. Visit www.fairfaxcounty.gov

SUNDAY/JAN. 19

Breakfast Buffet. 8 a.m. to 12 p.m. At Vienna American Legion Post 180, 330 Center Street, N, Vienna. Adults \$10, children 12 and under \$4. Get omelets, scrambled eggs, blueberry pancakes, bacon, sausage, biscuits and gravy and more. Call 703-938-6580.

Annual Salzman Lecture. 6:30-9 p.m. At Lewinsville Presbyterian Church, 1724 Chain Bridge Road, McLean. "The #MeToo Reckoning: Facing the Church's Complicity in Sexual Abuse and Misconduct" will be the topic for the annual Salzman Lecture at Lewinsville Presbyterian Church. Rev. Ruth Everhard, author, speaker, and Presbyterian pastor will be the speaker. She has been writing about sexual abuse and faith since 2012, when she began her memoir, Ruined, a deeply personal story of being raped at gunpoint at age 20, and her decade-long journey to build a new faith. The event begins with a reception at 6:30 p.m. and the Lecture at 7 p.m. Visit <https://www.lewinsville.org/events/salzman-lecture-series/>

MONDAY/JAN. 20

Morning of Service. 10 a.m. to 1 p.m. At The Church of the Good Shepherd (United Methodist), 2351 Hunter Mill Road, Vienna. Join in the "Morning of Service" to help members of the community on Dr. Martin Luther King Jr. Day. The event will include a variety of hands-on service projects for all ages. Visit the website www.GoodShepherdVA.com

TUESDAY/JAN. 21

Unique and Spontaneous Floral Designs. 10 a.m. At Vienna Presbyterian Church, 124 Park Street NE, Vienna. The Five Hills Garden Club presents a program titled Unique and Spontaneous Floral Designs with Jeanne Ha, co-founder of DC Metro Flower Design School and co-owner of Park Florist, one of the oldest florists in the DC area. A silent auction of her designs will follow.

Toddler Tales. 10:30 a.m. At Oakton Library, 10304 Lynnhaven Place, Oakton. Have fun and build early literacy foundations for reading success. Books, songs and rhymes. Age 18 months-3 years with adult. Visit <https://www.fairfaxcounty.gov/library/branches/oakton>

Canasta Group. 12:30 p.m. At Oakton Library, 10304 Lynnhaven Place, Oakton. Enjoy socializing while you play Canasta. Beginners welcome. Adults. Visit <https://www.fairfaxcounty.gov/library/branches/oakton>

Job Club. 4 p.m. At Oakton Library, 10304 Lynnhaven Place, Oakton. Have questions about finding or excelling in a job? Receive one-on-one help from a specialist. Presented by Service Source. Age 16-Adult. Visit <https://www.fairfaxcounty.gov/library/branches/oakton>

Teen Knitting Club. 5 p.m. At Oakton Library, 10304 Lynnhaven Place, Oakton. Learn knitting techniques to make beautiful creations. Teens. Visit <https://www.fairfaxcounty.gov/library/branches/oakton>

JAN. 21 AND JAN. 22

Auditions. 7-9 p.m. At McLean Community Center, 1234 Ingleside Ave., McLean. The Alden's youth production open auditions for "Dorothy Meets Alice or The Wizard of Wonderland" on Tuesday and Wednesday, Jan. 21 and 22, 7-9 p.m. To schedule an audition time, email danielle.vanhook@fairfaxcounty.gov.

NEWS

Colvin Run Mill Park manager Mike Henry near the corn bolter, a period piece which dates back to the early 19th century. It has been named 'Elvis' by staff members at the park. A Restoration Celebration will take place at Colvin Run Mill Historic Site on April 19, 2020.



CONNECTION ARCHIVE PHOTO

Great Falls Historical Society to Honor Mike Henry

The Great Falls Historical Society has announced that the 2020 recipient of the Annual Tibbetts award is Mike Henry. He has served as the site administrator for the Colvin Run Mill for more than 30 years. Through the years, Henry has worked tirelessly to restore the 200-year-old Mill for tourists and Great Falls residents. Henry has been in charge of many repairs and restoration projects from massive to small and he is always seeking more and more ways to keep the mill running smoothly. Because of him, visitors from near and far can enjoy a picnic on the grounds after taking a tour or hearing a lecture from Henry himself. His efforts have ensured that visitors to the Mill can witness the only working 19th-century water-powered mill

in the Washington, D.C. area and be a part of the history of land once owned by George Washington.

A graduate of the University of Kentucky, Henry received his bachelor's degree in history with a concentration on the Industrial Revolution. Shortly afterwards, he earned his MA at George Mason University with a concentration in Museum Studies. Henry currently lives in Leesburg with his wife, Patty, who he met when she volunteered at the Mill.

Great Falls Historical Society will honor Mike Henry on Tuesday, Feb. 4, at 6:30 p.m. at The Old Brogue in Great Falls. Visit www.gfhs.org to register.

—KATIE WHITMAN

State Farm Insurance G. STEPHEN DULANEY

IN GREAT FALLS



AUTO • HOME • LIFE
FINANCIAL SERVICES

Like A Good Neighbor, State Farm Is There.®

Open Saturdays

Complementary Insurance and Financial Review

Visit www.gstephendulaney.com



703-759-4155

731-C WALKER RD. • GREAT FALLS, VA

State Farm Insurance Companies
Home Office Bloomington, Illinois

Proud Supporter of Military Appreciation Mondays

**Same Company, Same Employees,
Same Great Value - Now Celebrating 20 Years!**

TWO POOR TEACHERS

Kitchen and Bathroom Remodeling

10% down
nothing until the job
is complete for the
past 17 years



- Master Plumber
- Master Electrician
- Master HVAC

Fully Insured & Class A Licensed
Since 1999



Free Estimates

703-999-2928 Visit our website: www.twopoorteachers.com

Cleaning Service



Nais's Cleaning Services LLC
Great Service
Residency Cleaning
Laundry & Cleaning
Attention To Detail
Very Thorough
Weekly, Bi-Weekly, Monthly
703-992-3907

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

Announcements

Employment

Forget Daily Commuting

Print and digital media sales consultant for area's most popular and trusted local news source

Manage your own hours from home
Enjoy flexible schedule plus no daily commute
Help local businesses grow
Unique opportunity to be a voice in your community
Competitive compensation

Call Jerry Vernon
703-549-0004

Connection Newspapers & Digital Media
Trusted Connection to Local Communities

Announcements



Lifetime METAL ROOFING
by VA CAROLINA BUILDINGS, INC.
40 YEAR WARRANTY ON THE FINISH - ENERGY EFFICIENT
SUPERIOR DURABILITY - SENIOR CITIZEN DISCOUNT
FACTORY DIRECT - WE FINANCE - CALL NOW!
WWW.METALROOFOVER.COM 1-800-893-1242

Announcements

Announcements

OUTER BANKS, NC - VACATION RENTALS



Over 500 vacation homes from S. Nags Head to Corolla's 4x4!
877-642-3224
www.brindleybeach.com

Announcements

Announcements



TEACHER JOB FAIR
Saturday, January 25, 2020
Salem Civic Center, Salem VA
Filling 2020 - 2021 Teaching Vacancies
21 VA School Districts hiring in Southwest Virginia
REGISTER TODAY • www.wvpec.org

NEWS

Great Falls Gains Medicine Disposal Box at the CVS Pharmacy

The Rotary Club of Great Falls has announced that, in response to its request, CVS has placed a medicine disposal box at the CVS pharmacy in the Great Falls Center at 9871 Georgetown Pike. Its purpose is to make it easier for community residents to safely dispose of unused medicines from their homes.

Many families have been holding onto unused drugs for fear of contaminating water supplies if disposed of improperly, or because of the inconvenience of dropping off drugs at distant disposal sites. The lack of easy access for medicine disposal is a contributing factor to the opioid crisis in Fairfax County. CVS will accept medications that are either prescribed or over-the-counter, as well as liquid medication bottles under four ounces and contained in a zip lock bag. The Rotary Club congratulates and thanks CVS for making this service available for the residents of Great Falls — the only

local CVS community to receive a medicine disposal box this year.

"Our goal is to make unused drugs less accessible to potential first-time abusers," said June Kelly, Ph.D., Chair of the opioid initiative of Rotary Great Falls. "The medicine cabinet is the primary source of access for these individuals. We now have a safe means of

medicine disposal available in our community."

The Rotary of Great Falls provides service above self through many local and international initiatives, tackling human trafficking, feeding the homeless, providing wells in Africa, support for disease eradication, and community economic development.



Auctioning 'Sunflowers' in Support of Children's Hospital

Brightview Great Falls resident and artist, Sema Hamarat, is auctioning her painting "Sunflowers" off to raise funds for Innova's Children's Hospital. Tickets can be purchased at the concierge desk at Brightview for \$10 each. The auction will take place on the evening of Friday, Jan. 17.

Announcements

Announcements

FREDERICKSBURG BOAT SHOW
Fredericksburg VA
JANUARY 17-18-19, 2020
Fredericksburg Expo & Conference Center



Use as \$1 OFF COUPON at the Door!

Friday, Jan 17
1:00 pm - 7:00 pm

Saturday, Jan 18
10:00 am - 7:00 pm

Sunday, Jan 19
11:00 am - 4:00 pm

Adults: \$9, Seniors: \$8
Kids under 12 Free
Seniors: \$5 (Friday Only)

See the newest:
Ski Boats, Bass Boats,
Pontoon Boats,
Jet Boats,
Personal Watercrafts
& much more!

BOATING SEASON STARTS HERE!
WWW.FREDERICKSBURGBOATSHOW.COM

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

Be a part of our **Wellbeing** pages, the first week of every month.

Delight in our **HomeLifeStyle** sections, the second week of every month. Peek at the top real estate sales, glimpse over-the-top remodeling projects, get practical suggestions for your home.

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@connection
newspapers.com
or call 703-778-9431

THE CONNECTION
NEWSPAPERS

BULLETIN

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

NOW THRU JAN. 21

Spring Class Registration. The Literacy Council of Northern Virginia (LCNV) is hosting February to April classes for beginning-level adult English language learners. Classes are held at various locations in Northern Virginia, including Alexandria, Annandale, Falls Church, Herndon, Lorton, and Springfield. Registration continues through Tuesday, Jan. 21. The classes are designed to provide adult English language learners the fundamental skills to understand and communicate in English, helping them to better engage in the community and advance their careers. In addition to beginning English classes, LCNV offers skills-based classes, family learning programs for parents and children, as well as intensive English classes for job seekers. Classes are \$85 with books and assessment included, and scholarships are available. In-person registration is required, and students may attend any registration for any class location. Visit <https://lcnv.org/learn/>, or call 703-237-0866.

WEDNESDAYS THRU JAN. 29

Active Aging Wellness Exercise Class. 11 a.m. to noon. At Oakton Church of the Brethren, 10025 Courthouse Road, Vienna. The classes focus on low impact aerobics, balance, coordination and stretching. Class meets for 1 hour, once a week. Cost is \$40 for 8 week session – payable to Sun Fitness LLC. Questions or to Register contact Casey Tarr, eileentarr1@verizon.net or 703-821-6838.

WEDNESDAY/JAN. 15

Breakfast Honoring MLK. 7:45 a.m. At Tysons Corner Marriott, 8028 Leesburg Pike, McLean. Help honor Dr. Martin Luther King on his birthday, Jan. 15. Attendees will receive a briefing from Congressman Rob Wittman (VA-1) on the recently formed House of Representatives Suburban Caucus and the legislation the Caucus is championing including his chairmanship of the Task Force on Infrastructure and Transportation.

THURSDAY/JAN. 16

Caregivers Support Group. 10-11:30 a.m. At Unitarian Universalist Congregation of Fairfax, Program Building, 2709 Hunter Mill Rd., Oakton. Shepherd's Center of Oakton-Vienna (SCOV) hosts a support group for caregivers of adult family members with dementia the first and third Thursdays of each month, year round. SCOV support group meetings are free. Contact a facilitator, Jack Tarr, at jtarr5@verizon.net or see the SCOV web site: www.scov.org.

THURSDAY/JAN. 23

Open House — Adventures In Learning Registration. 10 a.m. to noon. At Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton. Stop by the Open House and check out what's in store for the Shepherd's Center's Winter semester of Adventures in Learning. Classes begin January 30 – March 26. Stay for one or all classes that day. \$45 per semester. Call 703-281-0538. View the schedule of classes and registration form at <http://www.scov.org/ail-open-house>.

FRIDAY/FEB. 7

Preschool Transition to Kindergarten for Students with Disabilities. 10 a.m. to noon. At Dunn Loring Center for Parent Services, 2334 Gallows Road, Dunn Loring. The transition to kindergarten is a big one for kids and can be even more so for children with disabilities. Learn how parents can collaborate with FCPS to ensure their students have a smooth transition to Kindergarten.

TUESDAY/FEB. 11

Valentine's Day Luncheon. 12 noon to 2 p.m. At Vienna Community Center, 120 Cherry Street, SE, Vienna. Cost is \$18/person. Hosted by SCOV and The Vienna Community Center. Registration required by Feb. 3. Call 703-281-0538. You must be registered to attend. No walk-ins please.

WWW.CONNECTIONNEWSPAPERS.COM

BUSINESS DIRECTORY

WWW.CONNECTIONNEWSPAPERS.COM

CALL 703-549-0004 FOR ADVERTISING INFORMATION

LANDSCAPING A&S CONSTRUCTION SOD, Mulch, Clean-Up Leaf Removal Hauling. 703-863-7465		Good is not good, where better is expected. -Thomas Fuller	
ELECTRICAL K & D ELECTRIC COMMERCIAL / RESIDENTIAL SERVICE Family Owned & Operated Recessed Lighting Ceiling Fans Phone/CATV Computer Network Cabling Service Upgrades Hot Tubs, etc... Licensed/Bonded/Insured Office 703-335-0654 Mobile 703-499-0522 lektrkman28@gmail.com		LANDSCAPING LANDSCAPING Quality Tree Service & Landscaping Reasonable prices. Licensed & insured. Winter Cleanup... Tree removal, topping & pruning, shrubbery trimming, mulching, leaf removal, planting, hauling, gutter cleaning, retaining walls, drainage problems, etc. 25 years of experience – Free estimates 703-868-5358 24 Hour Emergency Tree Service	
GUTTER GUTTER CLEANING Gutters and Downspouts Cleaned Small Repairs • Gutter Guards PINNACLE SERVICES Lic/Ins 703-802-0483 free est. email jamie@lawnsandgutters.com web: lawnsandgutters.com Friendly Service with a Friendly Price!		IMPROVEMENTS IMPROVEMENTS TILE / MARBLE TILE / MARBLE BATHROOM REMODELING by Brennan Bath and Tile Partial or Full. Kit. Floors, Backsplashes. Specializing in Ceramic, Porcelain, Glass Tiles and Natural Stones. Also repair work. 35 yrs exp. www.brennan-tile.com 703-250-2872 Licensed • Bonded • Insured	
A&S Landscaping <ul style="list-style-type: none"> • All Concrete work • Retaining Walls • Patios • Decks • Porches (incl. screened) • Erosion & Grading Solutions • French Drains • Sump Pumps • Driveway Asphalt Sealing 703-863-7465 LICENSED Serving All of N. Virginia		IMPROVEMENTS IMPROVEMENTS Power Washing Free Estimates Holiday Special Go from green to clean houses. We clean houses, decks, sidewalks, patios and other surfaces. We also welcome small drywall jobs. LICENSED & INSURED 703-987-5096 email: jnave@comcast.net	
RN. CONTRACTORS, INC. Remodeling Homes, Flooring, Kitchen & Bath, Windows, Siding, Roofing, Additions & Patios, Custom Deck, Painting We Accept All Major Credit Cards Licensed, Insured, Bonded • Free Estimates • Class A Lic Phone: 703-887-3827 E-mail: rncontractorsinc@gmail.com www.rncontractors.com		Find us on Facebook and become a fan! www.Facebook.com/connectionnewspapers THE CONNECTION Newspapers & Online The Connection to Your Community www.connectionnewspapers.com	
LANDSCAPING LANDSCAPING Patios & Drainage Your neighborhood company since 1987 703-772-0500		J.E.S. Services Free Estimates • Fully Licensed & Insured <ul style="list-style-type: none"> • Planting & Landscaping Design • Drainage & Water Problems • Concrete Driveways, Replacement or New • Patios and Walks • Masonry Work or Dry Laid • Paver, Flagstone, Brick, any style you choose • Retaining walls of all types All work Guaranteed	

Still Waiting for "Canswers"



By KENNETH B. LOURIE

As I half expected, with my oncologist out on vacation this week, he and the endocrinologist didn't speak. As a result, after sitting in the examining chair, the first question the doctor asks is "So you have thyroid cancer?" I snickered and said something like "Hopefully," before I began to elaborate. Though she had access to my medical records, I can't say she was prepped and ready for our appointment. As she listened to my story, I could she see was simultaneously trying to review my medical history on her computer. In fact, as I hemmed and hawed in response to some of her medical questions, I kept saying/pointing to her computer for her to get the proper answer.

Nevertheless, eventually we were able to move forward in the determination of exactly what kind of cancer I have: thyroid cancer or lung cancer - or both (it's possible, she said). To that end-result, the doctor performed a biopsy on my "Adam's Apple" tumor, as I call it. The biopsy I had two weeks prior was from a lymph node. The results from which caused my oncologist to call me with his "exciting news." Apparently, those results were not enough for the endocrinologist (who had never seen me before) to make a definitive judgment, so in her office, that day, this second biopsy was performed. Fine with me since a second biopsy from a different tumor is absolutely moving the ball forward, as if is so often said these days; I just hope it leads to a touchdown instead of another possible fumble.

For the last nearly 11 years, I've been diagnosed with non small cell lung cancer, stage IV. Now after two biopsies, not so much. Right now, the assessment of my cancer status is somewhere between a definite maybe and a confirmed I don't know.

Will I now know - in another week's time (when the results of this most recent biopsy are confirmed) whether my non small cell lung cancer is actually thyroid cancer or will there be additional biopsies, additional diagnostic scans, injections of isotopes, etc., to make a once-and-for-all confirmation of what the heck is going on (or has been going on) in my body? If so, it's been a long time coming. I first went to the Emergency Room Jan. 1, 2009 so it's sort of an anniversary of sorts as I write this column. I'd just as soon we get it right this time, if in fact it was ever wrong.

I have a few questions, some of which were answered by the endocrinologist. Yes, I can have two types of cancer. Could my lung cancer have changed to become thyroid cancer? No. And the underlying curiosity/question: During this cancer life that I have lived, I have been told - and seen multiple times on discharge-type paperwork I've received that I have "metastatic cancer" meaning that the cancer has moved. Moreover, when one considers the staging aspect, my cancer was stage IV. Stage IV means, among "relevancies," (like inoperable) that the cancer has moved from its "primary" location. I remember asking my oncologist where did my lung cancer come from (I'm a lifelong non-smoker with no cancer history in my immediate family). His answer, if I recall correctly, and I may not due to "chemo brain," a confirmed side effect of chemotherapy) was that he didn't know, and if I further recall correctly, he wasn't particularly interested in finding out and accordingly no additional tests were ordered. Perhaps we misunderstand the need to know now or misunderstood the answers we were given then (Feb., 2009). But as of this past Friday, Team Lourie is sort of wondering as was the endocrinologist.

As of this moment, our focus is on hearing back from the endocrinologist. Until then, we'll try to move forward. What's done is done and we'll hear back when we hear back. I have what I have (and have had what I've had) and right now, all we can do is wait.

That being said, we are having a little difficulty restraining ourselves. We can't get past the fact that my oncologist called us in the first place, and in the last place, if he wasn't so sure, why call us and get our collective hope sky high? Why go out on such a presumptive limb? In spite of that call, somehow, we have to internalize and compartmentalize and try to synthesize fact from fiction. So far, it's proving extremely difficult.

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

If you're buying or selling a home, think of this as a defining moment.



Great Falls

\$1,099,000



Great Falls

\$1,649,000



Great Falls

\$1,249,000



Great Falls

\$3,699,000



Great Falls

\$1,799,000



Great Falls

\$1,099,000



Great Falls

\$990,000



Great Falls

\$555,000



Great Falls

\$1,150,000



Great Falls

\$1,350,000



McLean

\$2,995,000

Dianne Van Volkenburg
and her team of real estate agents and marketing specialists are unsurpassed in providing first-class service to buyers and sellers. In fact, Dianne and her team have one of the highest rates of repeat clients in all of Northern Virginia as former clients, families and friends trust them for their real estate needs.



DIANNE VAN VOLKENBURG

Buy with Confidence. Sell with Success.

LONG & FOSTER | **CHRISTIE'S**
REAL ESTATE INTERNATIONAL REAL ESTATE

9841 Georgetown Pike, Great Falls, VA 22066
703-759-9190 • GreatFallsGreatHomes.com

703-757-3222

For more information on these and our other available listings visit greatfallsgreathomes.com