

Great Falls CONNECTION

HOME LIFE STYLE

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Children and adults snuggle under the cozy blankets fighting off the wind chill, ready to set off on a horse-drawn carriage ride through Reston Town Center celebrating Valentine's Day 2020.

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HOME LIFE STYLE

Traditional-Style Makeover Satisfies

A second act for family home.

BY JOHN BYRD

Sometimes the second act requires a set change. In the case of a Reston couple seeking to re-vitalize the home they had occupied for 30 years, agenda-busy lives had come to a reflective pause.

The kids were now in senior high school and college— mostly living at home. The lower-level family entertainment area, meanwhile, belonged to a bygone era. The master suite was, likewise, an anachronism.

The circa 1990s kitchen in the northwest corner of the first floor provided easy access to both an adjacent family room with fireplace, and a dining room/ living room— which, nonetheless, were being used less frequently. In short: the house was ready for new beginnings, revisions more properly aligned to a dynamic family's actual needs.

"Of course, large-scale life changes don't necessarily require a whole house makeover," Sun Design president Bob Gallagher admits. "We advocate an incremental approach focused on what is needed now, and what changes will satisfy the whole regimen of foreseeable requirements."

On the other hand, when a homeowner is discovering an interior design style that speaks to them, "the process may build momentum," he adds, "especially when the owners have been given the tools needed to explore ideas in depth."

By tools Gallagher refers to multi-faceted space-planner/ lead designer Ericka Williams, and the project team at Sun Design Remodeling.

"It was an inspiring collaboration," Gallagher allows. "The owners had attended Sun Design seminars earlier, toured several remodeled homes and talked to our past clients...so they knew what to expect. Turns out, this was just the beginning of their discovering more about their personal tastes."

To start at the top: that summer the owners had celebrated 23 years of residency in their two story, four bedroom production house, and were taking stock of what they wanted from the years ahead.

At just over 1,000 square feet, the home's primary level living area seemed adequate relative to living space requirements. The problem was that the original space plan and interior finishes were quite dated. Bathrooms designed in the 1990s featured oversized bathtubs, small showers and a vanity illuminated by Hollywood strip lighting. The children's playroom in the lower level had been set up for grade school activities. Walls formed to define rooms also blocked the light, and obstructed visual continuum.

The food prep island in the kitchen, meanwhile, nearly abutted a breakfast table which was, in turn, sequestered from the family room by a half wall. When entertaining was underway, the kitchen was beyond the conversational reach of both social gathering zones. Moreover, with the microwave above the cooktop and refrigerator to the right, the cook's work triangle was often in the center of traffic bottlenecks.

"There was a wall with an HVAC duct separating the kitchen from the dining room/ living room," Williams recalls. "The original Formica countertops didn't function well as a working surface for hot pots and pans."



Glass-facing cabinets, a 25-bottle wine refrigerator and a granite-topped serving station now unify the kitchen and the family room.

PHOTOS BY GREG HADLEY



To generate more light and living space in a circa 1990s house, Sun Design Remodeling removed a wall between the kitchen and great room. A granite food prep and dining counter replaces a stand-alone breakfast table. The wine refrigerator is convenient to the re-designed family room.

Elsewhere, main level carpet and tiling were becoming threadbare. While the dining room and kitchen had been originally conceived for formal entertaining, the reality was a 24 ft x 16 "great room" – mostly reserved for holidays.

"Interior lines were not well articulated," Williams says. "The first level rooms were large enough, but the space seemed looming, almost empty."

What was needed was an "open" plan with interactive, clearly defined activity zones.

Seizing the day, Williams proposed a custom buffet as a way to differentiate the dining zone and from the living room. The piece would function as a service station and storage unit from both sides.

To better articulate the main level interior, Williams re-routed the HVAC duct work and converted the wall into a pair of arched openings crowned. Taupe-hued walls combined with a soft white trim confer a stately elegance on uncluttered sightlines.

Glass-facing cabinets, a 25-bottle wine refrigerator and a granite-topped serving station now unify the kitchen and the family room. The fireplace surround is MSI Gray Oak tile in a straight lay pattern. The new flooring is 5-inch plank gray-stained solid maple.

Upstairs, the new spa bath features a large walk-in shower with a bench seat, "cubbies" designed for personal-use and hand-held shower sprays. Among the lighting enhancements: overhead LED recessed lighting and decorative sconces.

The lower level now boasts a state-of-art entertainment center and is equipped with refrigerator and wet bar.

Sun Design Remodeling frequently sponsors design and remodeling seminars as well as tours of recently remodeled homes. For more information, visit www.SunDesignInc.com/Events or call 703-425-5588.

JOHN BYRD (BYRDMATX@GMAIL.COM) HAS BEEN WRITING ABOUT HOME IMPROVEMENT FOR 30 YEARS.

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Clip Cloppin' to That Lovin' Feeling

Horse-drawn carriage rides in Reston Town Center.

BY MERCIA HOBSON
THE CONNECTION

Reston Town Center offered a bit of that lovin' feeling Valentine's Day, Fri., Feb. 14. Once again, picturesque horse-drawn carriages pulled by teams of Belgian Draft horses toured the downtown center and attracted couples, families and friends to the magical fun. Proceeds benefited the Scholarship Fund of Leadership Fairfax.

The crisp air was not a deterrent to Chloe Richmond and Brendan Miers of Chantilly, who climbed aboard for a fairytale clip-clop ride down Market Street. With driver John Moore of Harmon's Horse Drawn Carriages at the reins, the couple snuggled under a blanket in the forward seat at the rear of the vis-à-vis. Richmond said she planned the evening for Miers. "It's my Valentine's Day gift. Next, we're going to dinner and seeing a movie," Richmond said.

Karen Cleveland, President and CEO of Leadership Fairfax, also enjoyed the opportunity for a bit of magic. "We love celebrating at Reston Town Center with all the happy couples and families on Valentine's Day. The carriage rides bring nostalgia into Reston and add the perfect romantic touch. My husband and I plan to take a ride before having dinner at Mon Ami Gabi," said Cleveland. As the evening wore on, the carriage rides delighted not only couples but also families and friends alike, topping off their Valentine's Day celebrations with a little fun.

Leadership Fairfax is a registered 501(c) 3 non-



PHOTO BY MERCIA HOBSON/THE CONNECTION

Chloe Richmond and Brendan Miers of Chantilly prepare for a romantic tour of Reston Town Center in a horse-drawn carriage on Valentine's Day.

profit organization. According to its website, the nonprofit offers community leadership development programs to a broad range of applicants. For some, the Scholarship Fund allows them to participate in the program and, as graduates, better reflect the community in which they live and work. Visit www.leadershipfairfax.org for more information.



PHOTO CONTRIBUTED

The community will vote on the winners while they are on display in the Library April 20-May 6.

Great Falls Library to Hold Peeps Diorama Contest

The Great Falls Library is holding a contest for Peeps dioramas designed around a book, scene or theme from literature.

Entries must be submitted in a standard shoebox, using only Peeps as characters (for examples, Google "Peep Diorama") and turned in with an entry form to the Great Falls Library between April 13-18.

Entry is free, and each entrant will receive a coupon for a free book at the Great Falls Library Book Sale. The 3 prize categories are age 11 and under, ages 12-17, and over 18. Yes, adults are welcome (no 50 Shades of Peep entries, please).

An optional Peeps workshop will be held on March 31 from 6:30-8:30 at the library, at 9830 Georgetown Pike in Great Falls.

The rules are few: no food other than Peeps in the entry, which must be appropriate for public viewing, centered on a literary theme, using Peep figures only, in a standard shoebox, with entry form required.

The community will vote on the winners while they are on display in the Library April 20-May 6. Winners will be announced at the Great Falls Library Book Sale at noon on May 9 in the library meeting room.

Opioids and Drug Abuse Program in Great Falls

Four civic associations are teaming up to present a special program for residents on Saturday, Feb. 29 from 10 to 11:30 a.m. to discuss drug abuse issues in the community. Opioids are the leading cause of death in Fairfax county; 80 percent



Dr. William Hazel

of heroin users started with opioids. "Operation Drug Prevention" will discuss the parameters of drug abuse and will offer ways in which residents and their families can recognize and address the signs of drug use. Keynoting the program will be Dr. William Hazel, former Commonwealth Secretary for Health and Human Services. Panelists include: Dr. Barry Byer, a

member of the Opioid Drug Use Task Force; Kelly Rankin, a Fairfax County Public Schools substance abuse specialist assigned to Langley High School; and Fairfax County police officer, Mario Colorado. The public is invited. Cosponsoring this event are the Rotary Clubs of Great Falls and McLean, the Great Falls Citizens Association, and Celebrate Great Falls. Operation Drug Prevention will be held at Christ the King Lutheran Church, 10550 Georgetown Pike in Great Falls (across from Turner Farm); seating is limited; parking and entrance are in the back of the church.

Applications Accepted for Community Fire and Rescue Academy

Want to learn more about the Fairfax County Fire and Rescue Department? Want to participate in an interesting, fun-filled, eight-week program that will show you what firefighters and paramedics do every day?

You can now apply to the Community Fire and Rescue Academy (CFRA)! The CFRA is open to persons 18 and older who live in Fairfax County. Each session will cover different aspects of the organization, providing an in-depth overview of the department and its uniformed and civilian workforce. Program topics include: fire suppression, emergency medical services, training, recruitment, special operations, and other interesting topics.

CFRA Application will be accepted until March 9, 2020. The Academy will begin March 26, 2020, and will meet for eight consecutive Thursdays, from 6 p.m. to 9 p.m. and ending on May 14, 2020. There is no charge to participants.

To learn more about the program and to sign



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Graduates of the 2017 Citizens Fire and Rescue Academy class.

up, go to: <https://www.fairfaxcounty.gov/fire-ems/cfra>

It is important to note the Community Fire and Rescue Academy is a vehicle that provides an overview of, and in-depth look at, the Fairfax County Fire and Rescue Department. The Community Fire and Rescue Academy is not intended to train participants as firefighters/EMTs or to assist in an emergency situation.

OPINION

Black History Month 2020

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



A tradition in the House of Delegates that has come about in recent years is to have a speech at the beginning of each daily session during February about a Black person. Some speeches are about well-known historic figures; most are about lesser-known Black persons who have made contributions to their communities and to the state. After all, the point of Black History Month is to have all of us gain a greater knowledge and appreciation of Black persons' contributions to our history. The Legislative Black Caucus organizes the event, and I am pleased to have been invited to speak each year at one of the daily sessions. This year I spoke about the late Gwen Ifill of PBS NewsHour and Washington Week in Review who was the first Black woman to become a national news commentator. I always appreciated receiving the daily news from her in her calm and professional manner. Not all speeches are about historic figures; one delegate spoke

this year about his experiences of growing up Black.

I predict that in future years a speech will be made on the floor of the House of Delegates about the 2020 Virginia General Assembly being a transformative event in Black history. Black experience accounts for a major portion of the story in a state that unfortunately has been known for centuries for its racist policies. The first enslaved Africans were brought to Virginia in 1619, and the slave codes that were enacted to keep them subjected as slaves were inhumane. When the tobacco fields were no longer productive, Virginia's chief source of income became the selling of slaves into the deep South. Even the freeing of the slaves with the Civil War did not bring equal rights to Virginia's Black population. Slave codes were replaced by Jim Crow laws. Voting by Blacks was restricted. Their separate schools and other accommodations were not equal.

Supreme Court decisions and the Civil Rights Act of 1964 and the Voting Rights Act of 1965 brought about changes that started Black people on the way to greater freedom. A suc-

cessful lawsuit against gerrymandering in the state along with greater voter participation brought about a record number of Black candidates being elected to the General Assembly. Black legislators took on greater roles of responsibility in the 2020 session of the legislature. The first Black woman was elected Majority Leader of the House of Delegates, and the first Black woman was elected President of the State Senate. While there had been a few Black committee chairs over the years in the House of Delegates, half of the fourteen committee chairs are now Black. Vestiges of Jim Crow laws that remained in the Code even though they had been overturned by the courts are being stripped away. Localities are being given permission to deal with Confederate monuments that were the symbols of Jim Crowism. Laws that were unevenly applied to Black persons are being amended or repealed. Black cemeteries are being cared for as the Confederate cemeteries were for many years. A commission is going to look at the teaching of Black history in our schools to ensure that it tells the whole story. Major strides are being made in this month of Black history!

Arriving at Crossover with Many Bills Moving

Driver privilege, minimum wage, class action lawsuits, marijuana decriminalization ...

BY SEN. SCOTT SUROVELL
(D-36)



The sixth week of the General Assembly brought us to "crossover" – the day each chamber is required to cease work on their own bills and work on bills from the other chamber.

The last two days brought furious action on many major bills. Forty-three of my own bills crossed over to the House of Delegates. Last week, the Senate passed my legislation creating driver privilege cards for undocumented immigrants for the first time and on a bipartisan basis. We still have work to do in order to reconcile the House and Senate bills, but it will change the lives of over 100,000 Virginia residents.

We also passed my legislation authorizing state-level class action lawsuits. Forty-eight other states and the District of Columbia already allow similar lawsuits. The lack of such remedies in Virginia means that corporations can steal money from Virginians in smaller amounts and never face justice.

The Senate also approved my bill allowing people to expunge evictions that have been dismissed. Companies have begun to collect and disseminate eviction records to landlords and the existence of multiple dismissed and unfounded eviction cases can present a barrier to property rental. My bill will allow people to clear unfounded lawsuits from their third party data files.

We also passed my bill to create the Virginia

Efficient and Resilient Buildings Board. It requires each state agency to designate an energy manager to monitor and reduce energy consumption over time. Energy efficiency is America's cheapest energy resource to access and I appreciate the collaboration with my constituent Elizabeth Beardsley and the United States Green Buildings Council who brought this concept to my attention.

The Senate also approved my bill I am carrying with Del. Kathleen Murphy to create two hundred \$4,000 college scholarships for children in families who receive Temporary Need for Families (TANF). The bill has passed the Senate four times but always dies in the House. This year will be different.

Beyond my own bills, we took action on majority legislation. Sen. Adam Ebbin's marijuana decriminalization bill passed with a large bipartisan majority. The bill is not perfect, but an appropriate first step as we move towards legalization.

I helped to negotiate the Senate's proposed minimum wage increase. The bill increases the state minimum wage to \$9.50/hour starting January 1, 2021. The wage then increases \$1/hour per year starting July 1, 2022 until it reaches \$15/hour and then increases with the Consumer Price Index. Other parts of Virginia would be divided into Wage Regions and the wage increased on a basis relative to their Median Family Income compared with Northern Virginia. We also created an exemption for training employees and students employed

part-time while in college or high school. The House approach is much different and must be reconciled.

Both chambers passed legislation allowing collective bargaining by public employees, ending Virginia's ban on project labor agreements, and allowing localities to require prevailing wages to be paid in public contracts. We also passed legislation creating private actions for worker misclassification, employer retaliation for reporting illegal conduct, and wage theft.

On the energy front, we passed bills endorsing a renewable energy portfolio standard or mandate that utilities shift to renewable energy by certain deadlines. We created a framework to authorize a \$2 billion investment in offshore wind that will make Virginia and Hampton Roads a national leader in technology deployment.

We also passed legislation to officially join the Regional Greenhouse Gas Initiative (RGGI) also known as "Reggie." Joining this compact will give the Commonwealth greater flexibility in reducing carbon emissions and net the Commonwealth \$100 million per year in revenue given the progress we have made this far relative to other compact states.

We also passed Senator Adam Ebbin's legislation authorizing a statewide tax on plastic bags of \$0.05 per bag. It only applies to bags in grocery, convenience, and drug stores, but not restaurants. The monies will go to the General Fund and retailers will be allowed to keep \$0.02 of the tax to defray the costs of collection.

Each chambers' proposed budgets will come out before this goes to print and we will also begin work on legislation from the opposite chamber and the state budget. Please send me any feedback at scott@scotturovell.org.

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Chantilly High School
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Bloomberg Finds Support and Opposition in Virginia

BY CONOR LOBB
CAPITAL NEWS SERVICE
RICHMOND, VA.

Roughly two weeks before Super Tuesday, former New York Mayor Mike Bloomberg was in Richmond looking for support from voters and from many of the lawmakers whose campaigns he helped fund.

The day after Valentine's Day, the Democratic presidential candidate campaigned around the city, stopping first for an afternoon speech at Hardywood Park Craft Brewery. The event attracted about 900 people, according to his campaign staff. In the evening, Bloomberg attended the Blue Commonwealth Gala at Main Street Station in downtown Richmond. The gala is an annual fundraiser hosted by the Democratic Party of Virginia.

"This is the event that keeps the lights on," said Andrew Whitley, executive director of the Democratic Party of Virginia.

Bloomberg also campaigned in Arlington earlier in the week, appearing with D.C. Mayor Muriel Bowser. Bowser also appeared for Bloomberg at an event and straw poll at Mount Vernon Unitarian Church. Former U.S. Senator Chris Dodd (D-CT) spoke for former Vice President Joe Biden at the Mount Vernon event. Bloomberg's campaign garnered 63 votes to win the straw poll there at the gala sponsored by the Mt Vernon District Democratic Committee. Amy Klobuchar was second with 24 votes, and Pete Buttigieg third with 22. Other votes were: Elizabeth Warren, 18; Bernie Sanders, 14; Joe Biden, 12.

During the Hardywood and Blue Commonwealth Gala events, Bloomberg apologized for the controversial stop-and-frisk policy in place when he was New York's mayor. He said the policy disproportionately affected young men of color. Stop and frisk is a procedure where a police officer stops a person on the street they believe might be armed and pats them down to search for weapons. In 2011, during Bloomberg's ninth year as mayor, the New York City Police Department stopped over 685,000 people under the stop-and-frisk policy, according to the New York Civil Liberties Union. A majority of those searches were performed on Black or Lantinx people (87%). The NYCLU said that 88 percent of people stopped were innocent.

"I defended it for too long, I think, because I didn't understand the unintended pain it caused to young black and brown kids and to their families," Bloomberg said. "And for that, I have apologized."

Bloomberg pledged that if elected, he'd prioritize dismantling systems of bias and oppression. He did not elaborate what those systems were or how he would change them.

The Virginia Citizens Defense League, a gun rights advocacy group, protested at both of Bloomberg's Richmond events. VCDL protesters, who are opposed to Bloomberg's gun control policy, entered



PHOTO BY CONOR LOBB/CAPITAL NEWS SERVICE
Presidential candidate and former New York Mayor Mike Bloomberg was in Richmond looking for support from voters and from many of the lawmakers whose campaigns he helped fund.



U.S. Rep. Don Beyer was master of ceremonies at a Mt Vernon District Democratic Committee (MVDDC) straw poll and Mardi Gras fundraiser Sunday. MVDDC chair Maritza Zermeno joins him on stage.

Hardywood brewery and called Bloomberg a fascist while he was speaking. They were removed from the brewery by Bloomberg supporters and staff and resumed their post outside. They did not enter Main Street Station but lined the street outside, where other anti-Bloomberg protesters were gathered.

Anti-Bloomberg sentiment was also visible inside the gala. Jasmine Leeward, a board member of Richmond For All, approached the podium while Bloomberg was speaking and attached a sign that read: "He protects racist systems, will you?" It was quickly taken down and Leeward was es-

corted away from the stage. Richmond For All is a coalition that fights for housing, education, environmental rights and racial justice.

Leeward explained the sign, saying that Bloomberg protects racist systems by only offering an apology and "not actually repaying for the harms that were caused by his stop-and-frisk policies."

"I saw a lot of politicians, both at the city and state level, kind of forgiving or not being truthful and honest about how dangerous he would be as a president," Leeward said. "And so I did what I felt like I needed to do, which was to talk to the people who

have the power to get him elected and ask them if they support racist systems and protect them, as I feel Mike Bloomberg does."

After the sign was removed, Bloomberg said, "It's always nice to be welcomed."

At the gala, six Democratic candidates for president were represented by surrogates, influential people who campaign for candidates at events, but Bloomberg was the only candidate who appeared. Virginia's key leaders were in attendance, including Gov. Ralph Northam, Lt. Gov. Justin Fairfax, House Speaker Eileen Filler-Corn, Attorney General Mark Herring, and Virginia Congresswomen Elaine Luria, Abigail Spanberger and Jennifer Wexton.

"I want to thank Mayor Bloomberg for helping to turn Virginia blue."

— House Speaker Eileen Filler-Corn

Bloomberg received support from Filler-Corn during her speech at the gala.

"I want to thank Mayor Bloomberg for helping to turn Virginia blue," Filler-Corn said.

Bloomberg said winning in Virginia is a key part of his electoral strategy.

Everytown for Gun Safety, a gun control advocacy group largely funded by Bloomberg, has spent \$3.8 million since 2017 to help usher in Democratic legislators. After the 2019 elections, the Democrats gained a majority in Virginia's executive and legislative branches for the first time since the early '90s.

Bloomberg said that defeating President Donald Trump is one of the main reasons he entered the race.

Charles Bissett, an Army veteran who is leaning toward voting for Bloomberg, said that he thinks that Bloomberg will have the best chance of implementing Democratic policy. In particular, Bissett supports how Bloomberg handled education reform as mayor of New York.

Under Bloomberg's administration, the graduation rate for high school students went from less than half to nearly two-thirds, according to a 2013 article by *The Atlantic*. Bloomberg also said he raised teacher salaries in New York by 43 percent.

Bloomberg ranks third in an average of national polls for the Democratic presidential nomination, according to polling data from RealClearPolitics that also has Sen. Elizabeth Warren closely trailing him.

BULLETIN

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

THURSDAY/FEB. 20

Adventures in Learning. At Unitarian Universalist Congregation of Fairfax, Program Building, 2709 Hunter Mill Road, Oakton.
10 - 10:55 a.m. "Let it Go-Dealing With the Emotional Connection to Items" - Terri Blanchette;
11 - 11:55 a.m. "History of Popular Music - South of the Potomac" - Ken Avis "Real Downton Abbey and Surrounding Neighborhood" - John Capps;
1-2 p.m. "Media Bias and Impact of Technology" - Steve Miska;
Cost is \$45 per semester. To Register/Questions: Call 703-281-0538. View the schedule of classes and registration form at <http://www.scov.org/ail-open-house>.

FRIDAY/FEB. 21

Parenting Your Teen. 10 a.m. to noon. At Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1, Room 100, Dunn Loring. Learn important strategies to help form a positive relationship with your teen. Topics include:
Understanding the development of the teen brain;
Recognizing ways to create a positive climate in the home;
Identifying constructive discipline approaches;
Increasing more productive and effective communication strategies;
Presented by Michele Tureaud, FCPS Behavior Intervention Teacher.

SATURDAY/FEB. 22

Career and Transition Meeting. 8:30 a.m. to 12:15 p.m. At Luther Jackson Middle School, 3020 Gallows Road, Falls Church. It is never too early or too late to start planning for a successful transition from school life to life as a young adult. Learn about Career and Transition Services (CTS) programming and course options for students with disabilities. Breakout sessions will cover:
In-school as well as postsecondary support services.
Employment and postsecondary education considerations.
Student self-determination as an evidence-based predictor of post school success.

MONDAY/FEB. 24

Possible Arts Center at Clemyjontri Park. 7 p.m. The Fairfax County Park Authority (FCPA) and the McLean Project for the Arts (MPA) will host a public open house to discuss the potential for development of an arts and education center at Clemyjontri Park. The meeting will take place in MPA's Emerson Gallery at the McLean Community Center, located at 1234 Ingleside Avenue in McLean.

WEDNESDAY/FEB. 26

Town Hall Meeting. 7-9 p.m. At James Madison High School, Lecture Hall, 2500 James Madison Dr., Vienna. With Hunter Mill District Supervisor Walter Alcorn.

THURSDAY/FEB. 27

Adventures in Learning. At Unitarian Universalist Congregation of Fairfax, Program Building, 2709 Hunter Mill Road, Oakton.
10- 10:55 a.m. "The Joy of Planning Ahead" - Rachel McLean;

Langley Pyramid Packages Meals for Rise Against Hunger

An estimated 450 FCPS Langley pyramid families, students, and community members teamed up with Rise Against Hunger to package meals for the world's hungry last weekend. This is the sixth year the Langley Pyramid schools have worked with Rise Against Hunger to orchestrate the event at Colvin Run Elementary and provide students and families with an opportunity to impact students and families in developing countries while teaching students about the importance of service learning and its impact on others. This event raised the funding to package 93,000 meals in a collective effort to Rise Against

Hunger. Students and families saw the importance of being part of a global community and working together to impact and support the education of more than 500,000 students around the world. Meal packaging events are a volunteer-based program that coordinate the streamlined packaging of highly nutritious dehydrated meals comprised of rice, soy, vegetables, and 23 essential vitamins and minerals. The Rise Against Hunger website reports that volunteers packed 531,551,638 meals to provide meals to some of the more than 800 million people who lack adequate food around the world.



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SEE BULLETIN, PAGE 11

Here's What's Happening at MCC!

Presented by The Alden

 **Midday Movies: Foreign-Language Films**
Wednesday, Feb. 26, 1 p.m.
Free admission

Take a Day Away

 **McLean Traveler 2020 Philadelphia Flower Show**
Monday, March 2
\$144 per person
\$139 MCC district residents


The Old Firehouse

 **Teacher Workday Trip Indoor Trampoline & Movie**
Tuesday, March 3, 8 a.m.-6 p.m.
\$55/\$45 MCC district residents


Presented by The Alden

 **Unruly Theatre Project Improv Performance**
Friday, March 6, 7 p.m.
The Old Firehouse
1440 Chain Bridge Rd.
Free admission

Presented by The Alden

 **Movies for Children and Families**
Wednesday, March 11, 12:30 p.m.
In the Community Hall
Free admission

Making Memories

 **Father-Daughter Enchanted Evening Dance**
Friday, March 13, 7-8:30 p.m.
\$25 per participant



The McLean
Community Center
www.mcleancenter.org

Home of The Alden Theatre
www.aldentheatre.org

1234 Ingleside Ave. McLean, VA 22101

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CALENDAR

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

ONGOING

Hogwart's Vacation Bible School Registration. At Holy Comforter Episcopal Church, 543 Beulah Road, NE, Vienna. The camp dates are June 22-26, 2020 for morning or afternoon sessions. Children 5 through 11 years old are invited to participate in this popular and unique summer camp experience which explores the Christian themes and lessons in the Harry Potter stories. Holy Comforter Episcopal Church in Vienna is magically converted into Hogwarts School where children attend "classes" taught by favorite professors including Professors McGonagall, Snape, Hooch, and Binns. Teenage prefects lead age level groups to their activities and all students share a closing snack in the Great Hall. This year's theme will be based on book 2, Harry Potter and the Chamber of Secrets. Registration forms will be in the Church Office and online. More information: http://www.holycomforter.com/Children/Vacation_Bible_School/

The Golden Girls of Northern Virginia, a senior women's softball league, is looking for players. Any woman over the age of 40 is encouraged to join. All skill levels are welcome. They play on Wednesday evenings and Saturday mornings in Vienna. For more information, visit the web site www.goldengirls.org

Library Display Features Church. Thru March 1. A display at Dolley Madison Library in McLean is featuring St. John's Episcopal Church, 6715 Georgetown Pike, McLean. The display illustrates the church's history and close relationship with the community of McLean and presents a newly published book recounting the church's first 150 years. The book, *This Far by Faith, A History of St. John's Episcopal Church, McLean, Virginia 1866-2016*, was co-authored by parishioners Deborah Watson, Sandy Smoot, and Ramona Speicher. The book is available for purchase through the church office (703-356-4902).

WEDNESDAY/FEB. 19

Preschool Storytime. 10:30 a.m. At Oakton Library, 10304 Lynnhaven Place, Oakton. Have fun with your child and build early literacy foundations for reading success. Age 3-5 with adult.

Volunteer for the Environment. 6:30-8:30 p.m. At Providence Community Center, 3001 Vaden Drive, Fairfax. Join in working to combat climate change and global warming. Activities include campaigning on massive data centers and fighting oil and gas pipelines in Virginia. Come be part of the solutions. Free. Email sbonney001@aol.com.

THURSDAY/FEB. 20

Brain and Breathing. 10-11 a.m. At Vienna Community Center, 120 Cherry Street, Vienna. In this course, you will learn breathing exercises designed to help support brain function. Instructor: Dr. Charles Masarsky of Vienna Chiropractic. Free. Call 701-255-7801.

Adventures in Learning. 10 a.m. At Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton. "Let it Go-Dealing With the Emotional Connection to Items" - Terri Blanchette. Cost is \$45 per semester. To Register/Questions: Call 703-281-0538. View the schedule of classes and registration form at <http://www.scov.org/ail-open-house>.

Acoustic Autumn Live Music. 6:30-9 p.m. At Blend 111, 111 Church Street, NW, Vienna. Laissez Fouré is an acoustic swing quartet playing classics from the '30s and '40s. The group consists of acoustic bass, swing rhythm guitar, saxophone/clarinet, and trumpet. In the tradition of New Orleans jazz, the quartet emphasizes an acoustic sound when feasible and plays charts by Armstrong, Ellington, Count Basie and others from the era.

The ABCs of CBD and Medical Marijuana. 7:30-9 p.m. At Patrick Henry Library, 101 Maple Ave., E, Vienna. The discussion will provide medical information about CBD/THC, the differences between CBD and medical marijuana, and how people can legally obtain medical marijuana in Virginia. Free. Visit the website: <https://librarycalendar.fairfaxcounty.gov/event/5843108>

FEB. 20 TO MARCH 1

ReelAbilities Film Festival. The 8th Annual ReelAbilities Film Festival: Northern Virginia, powered by the Pozez Jewish Community Center of Northern Virginia, will present a lineup of 17 films in select venues across Northern Virginia, Maryland, and the District from Feb. 20-March 1. The festival is comprised of contemporary international films and post-film programs as well as a fine arts exhibit, all selected to be engaging, empowering, and championing the lives, stories, and artistic expressions of people with different abilities. Visit the website <https://www.thej.org/reel-abilities/reelabilities-film-festival-northern-virginia/>

FRIDAY/FEB. 21

Karate for Kids. 5 p.m. At Oakton Library, 10304 Lynnhaven Place, Oakton. Join the Karate to gain powerful



Celtic Concert

Beth Patterson will appear at the Old Brogue Irish Pub on Feb. 23.

SUNDAY/FEB. 23

Beth Patterson Performs. 5 p.m. and 7:15 p.m. At The Old Brogue Irish Pub, 760-C Walker Road, Great Falls. The Old Brogue Irish Pub and Barnaby Productions, Inc. present the 31st season of family friendly, Winter Traditional Celtic Concerts. Featuring internationally recognized Celtic musicians, the concerts are performed in a listening room by the fireside. Tickets must be purchased in advance at www.oldbrogue.com: \$20 general admission/\$15 children under 12. Visit oldbrogue.com or call the Old Brogue at 703-759-3309.

tools for self-defense, inner-strength and a strong, healthy body. Ages 4 and up.

Young Adult Game Night. 7:30 p.m. At Lewinsville Presbyterian Church, 1724 Chain Bridge Road, McLean. Guests will gather in the chapel for some games, snacks, and fellowship. Please bring friends and games you are interested in playing. We can't wait for a little healthy competition. Call 703-356-7200. Visit the website: <https://www.lewinsville.org/events/young-adult-game-night/>

Nora Jane Struthers Concert. 8 p.m. At Jammin Java, 227 Maple Ave., E, Vienna. Nashville-based singer/songwriter Nora Jane Struthers is a rootsy artist with a bent toward mixing traditional country and contemporary rock stylings into her passionate Americana sound. Also on stage, Sarah Borges and the Broken Singles. Tickets \$15-\$25. Visit www.jamminjava.com

SATURDAY/FEB. 22

Storytime with Officer Twombly. 11 a.m. At Oakton Library, 10304 Lynnhaven Place, Oakton. Enjoy stories read by a real life police officer! All ages.

Boolean Girl Clubhouse. 1-4 p.m. Campus of Virginia Tech Falls Church, Think a Bit Lab, 7054 Haycock Road, Falls Church. Join Arlington-based nonprofit Boolean Girl at the clubhouse. Hosted in partnership with Virginia Tech, girls and non-binary individuals will learn to code and build electronics in a fun, collaborative setting. Scholarships available for families in need by registering for the Boolean Girl Clubhouse Scholarship. All experience levels are welcome. Cost is \$5-\$65. Email brian.moran@booleangirl.org. Visit the website: booleangirl.org/clubs

Getting out of Debt. 2 p.m. At Oakton Library, 10304 Lynnhaven Place, Oakton. Are you 100% sure that you will have a great retirement, or do you have some doubt? They can show you how to get out of debt including your mortgage and personal loans in 9 years or less without spending any additional money. Adults.

Winter Wine & Beer Tasting. 7-10 p.m. At The Great Falls Grange, 9818 VA-193, Great Falls. The 2020 Winter Wine and Beer Tasting (chaired by Missy Perkins) turns the Great Falls Grange into a WINEter Wonderland with Frosty Beer served on the lower level. Sample a variety of red wines, white wines and locally crafted beers featuring wines selected by Rich Ashton of Classic Wines in Great Falls and beers of the Lost Rhino Brewery in Ashburn. This year's beer selections include Papa's Pilsner, which is made from the hops that are grown locally in Chef Jacques' garden at L'Auberge Chez Francois. Tickets are \$50 per person and on sale through 2/20/20 (or until sold out).

SEE CALENDAR, PAGE 9

CALENDAR

FROM PAGE 8

Washington Sinfonietta. 7:30 p.m. At The Falls Church Episcopal, 166 E. Broad Street, Falls Church. Conducted by Music Director Joel Lazar, the program will feature three of Beethoven's masterworks: Musik zu einem Ritterballet, Symphony No. 4 in B-Flat Major, and the Triple Concerto. Distinguished artists Aaron Berofsky, violin, Tobias Werner, cello, and Catalin Dima, piano, join the Sinfonietta as soloists in the Triple Concerto. Advance tickets for the performance, \$15 for adults, \$10 for seniors and students, plus a small service fee, are available at washingtonsinfonietta.org. Tickets at the door are \$20 for adults and \$15 for seniors and students. Children under 18 are always admitted at no charge.

SUNDAY/FEB. 23

Pancake Breakfast Youth Fund-Raising Event. 8 a.m.-1 p.m. At Holy Comforter Episcopal Church, 543 Beulah Road, NE, Vienna. All are welcome for food, fun, and fellowship. The Holy Comforter Youth will be serving pancakes, eggs, bacon, sausage, juices, milk, coffee, and tea. Gluten free options will be available. Proceeds go to support Holy Comforter Youth Ministries and this summer's mission trip to Puerto Rico to care for local children and adults struggling with poverty and the aftermath of Hurricane Maria and the recent earthquake. \$7 per person, \$25 per family, children 2 and under eat free. Visit www.HolyComforter.com.

Jazz Worship & Pancake Brunch. 10 a.m. to 12 p.m. At Lewisville Presbyterian Church, 1724 Chain Bridge Road, McLean. A jazz quartet, the Chancel Choir, and the Lewisville Choristers will help lead worship. Music will include excerpts of Bob Chilcott's Little Jazz Mass, and the music of Duke Ellington and Moses Hogan. After the service, join us in Fellowship Hall for pancakes, breakfast quiches, casseroles, and crepes. Share fellowship with friends, enjoy a pancake brunch and join in the Pancake Games for the kids. Call 703-356-7200. Visit the website: <https://www.lewinsville.org/events/jazz-worship-pancakes/>

Maple Syrup Boil-Down. Noon to 2 p.m. At Colvin Run Mill, 10017 Colvin Run Road, Great Falls. How does maple syrup get from the tree to your breakfast table? See the old-fashioned process from beginning to end at the "Maple Syrup Boil-Down at Colvin Run Mill." When the sap starts to rise, the maple trees are tapped at Colvin Run and the drip, drip, drip begins. Now, it's sugaring time! Bundle up, watch and learn as sap is boiled down into sweet syrup

over an outdoor, open fire. Cost is \$8 per person. No reservations are required. Call 703-759-2771 or visit <https://www.fairfaxcounty.gov/parks/colvin-run-mill>.

Relay-Palooza. 1-4 p.m. At Jammin Java, 227 Maple Ave., E, Vienna. Join Relay For Life of Northern Virginia for the annual Relay-Palooza Battle of the Bands kickoff celebration benefiting the American Cancer Society. Local acts may register to perform on the Jammin Java stage and then they need your vote to choose a winner. The winner of Relay-Palooza will get the chance to headline the 2020 Relay For Life event. This is a family-friendly event. Donations benefit the live-saving mission and programs of the American Cancer Society. Ticket purchase: eventbrite.com/e/89780709519. Contact: Anusha Nallapat at nush@vt.edu. Visit the website: relayforlife.org/northernvirginia

Taizé Contemplative Worship. 5 p.m. At Holy Comforter Episcopal Church, 543 Beulah Road, NE, Vienna. Taizé contemplative worship is a powerful and moving combination of song and scripture featuring lush greenery, candles, icons and considerable time spent in silent meditation. It is a unique opportunity to decompress and prepare for the week ahead. Visit www.HolyComforter.com.

Ask-a-Pastor/Doubt Night. 6 p.m. At Lewinsville Presbyterian Church, 1724 Chain Bridge Road, McLean. Lewinsville Presbyterian Church is hosting an "Ask-A-Pastor/Doubt Night." This will be your opportunity to ask Pastor Scott Ramsey, Pastor Annamarie Groenenboom, and Pastor Jen Dunfee questions you've got about the Christian faith, the Bible, theology, the church, spirituality, and more. You don't need to be a member of Lewinsville to attend. Visit the website: <https://www.lewinsville.org/events/ask-a-pastor-doubt-night/>. Call 703-356-7200.

Capitol Steps Performance. 7 p.m. At Langley High School Auditorium, 6520 Georgetown Pike, McLean. The Capitol Steps will perform with new material for the 2020 election. Tickets cost \$37. This is a one-time event and the main fundraiser for the Langley High School Class of 2020 All-Night Grad Party (ANGP). Buy online at <https://form.jotform.com/LangleyPTSA/angp2020>.

MONDAY/FEB. 24

Baby Storytime. 10:30 a.m. At Oakton Library, 10304 Lynnhaven Place, Oakton. Have fun with baby while building early literacy foundations for reading success. Birth -18 months with adults.

Ayr Hill Garden Club Meets. 12:30 p.m. At Emmanuel Lutheran Church,

2589 Chain Bridge Road, Vienna. The topic is Weeds in Your Yard with speaker Tony Makara, a Fairfax County Master Gardener and Home Turf Director. In his presentation, Tony will identify the more prominent nuisance weeds that can be found throughout the year. He will discuss how these weeds establish themselves and offer several options for prevention or eradication. Email emilielarson@rcn.com

Pokémon Club. 6:30 p.m. At Oakton Library, 10304 Lynnhaven Place, Oakton. Bring your Pokémon trading cards to trade or play the Pokémon game. Age 6-12.

TUESDAY/FEB. 25

A Wise Woman's Guide to Financial Planning. 10:30 a.m. to noon. At McLean Community Center, 1234 Ingleside Ave., McLean. Longevity, healthcare, earnings, expectations and life paths often mean that women should follow different rules when it comes to planning for and living in retirement. In this class, they talk about how to address healthcare planning, asset management, social security and estate planning. Learn the challenges women face when it comes to financial planning and how to overcome them. Presented by: Kelly Campbell of Campbell Wealth Management. Cost is 1 lesson @ 1.5 hrs, \$7/\$5 MCC district residents.

AAUW Speaker Event. 7:30 p.m. At Patrick Henry Library, 101 Maple Ave., E., Vienna. Audrey Davis, Director of the Alexandria Black History Museum, will discuss the history of Alexandria's African American residents. AAUW is the nation's leading voice promoting equity and education for women and girls. Founded in 1881, AAUW members examine and take positions on the fundamental issues of the day—educational, social, economic, and political. Visit <https://vienna-va.aauw.net/>

WEDNESDAY/FEB. 26

Playdate Meetup. 10:30 a.m. At Oakton Library, 10304 Lynnhaven Place, Oakton. Toys and play space for children. Birth-5 with adult.

Ash Wednesday Services. 12 p.m. and 7:30 p.m. At Lewinsville Presbyterian Church, 1724 Chain Bridge Road, McLean. Lewinsville Presbyterian Church will hold two services of worship for Ash Wednesday: a Service of Worship at noon with imposition of ashes and a Service of Worship at 7:30 p.m. with imposition of ashes and communion. The Rev. Dr. Scott Ramsey will preach. Call 703-356-7200. Visit the website: <https://www.lewinsville.org/events/ash-wednesday-services/>

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NEWS

**Catholic Charities Gala Raises Funds to
Help Those in Need**

On Feb. 7, 2020, Catholic Charities of the Diocese of Arlington held its 38th Annual Ball at The Ritz-Carlton in Tysons Corner. The event was sold out with more than 1,000 attendees. It is the largest annual fundraiser for Catholic Charities, raising a significant portion of the resources needed to support 21 programs serving those in need throughout the 21 counties and seven cities of the Diocese. This year's theme was, "With Love and Charity."



PHOTO BY JENIFER MORRIS PHOTOGRAPHY.

Attendees Mr. and Mrs. Ray and Laura Bennett.

"I am incredibly grateful for yet another successful Catholic Charities Ball, and for the sacrifices those in attendance made to support the many Catholic Charities ministries which uplift the needy and vulnerable in our Diocese," said Bishop Michael F. Burbidge, Catholic Diocese of Arlington. "It is inspiring to see so many people compelled to model Christ's own love for us through generosity and faith. They have shown tre-

mendous compassion and opened their hearts to the light of Christ's message. The Catholic Charities Ball has a long tradition of helping those in need through the generosity of those who attend. I pledge my continued support for the Ball and pray that we only increase the number of people we serve in years to come."

For more information, visit www.cdda.net.

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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@connectionnewspapers.com or call 703-778-9431



BULLETIN

FROM PAGE 7

11 – 11:55 a.m. “Generational Differences for Personality Traits” - Bill Weech;
1-2 p.m. “Journey to the Top of the World”- Colonel Phil Walsh;
Cost is \$45 per semester. To Register/Questions: Call 703-281-0538. View the schedule of classes and registration form at <http://www.scov.org/ail-open-house>.

TUESDAY/MARCH 3

Resident Curator Proposal for Lahey Lost Valley. 7 p.m. The Resident Curator Evaluation Team for the Lahey Lost Valley property will hold a public meeting at the Oakton Library, 10304 Lynnhaven Place in Oakton. This meeting provides an opportunity for the applicant to present a proposal to the evaluation team in a public forum. This will be the evaluation team’s opportunity to ask questions, provide feedback to the applicant, and to receive public comment on each proposal. The Lahey Lost Valley House is a mid-18th-century brick hall-parlor house with a 1940s brick addition. The house is located on land granted to William Gunnell in 1730. His son Henry Gunnell, together with Henry’s wife, Catherine, built a working plantation on the site by 1760. The Gunnell family were leaders in Fairfax County throughout the 18th and 19th centuries. The family continued to own the property through the 1930s. Call 703-324-8791.

TRAFFIC SIGNAL COMPLETE

A new traffic signal aimed at improving safety for drivers, bicyclists and pedestrians is complete at Westpark Drive and Westbranch Drive in Tysons, according to the Virginia Department of Transportation. The project’s other safety improvements include:

- ❖ Four Accessible Pedestrian Signal (APS) crossings (expected to be active in the coming weeks);
- ❖ Bicycle detection;
- ❖ Americans with Disabilities Act (ADA) compliant curb ramp upgrades;
- ❖ Pavement markings;
- ❖ Signage.

DEMENTIA CONSULTATIONS

Caring for a person with Alzheimer’s disease or other dementia is a life-encompassing experience that spans generations. Everyone has a role: spouses, siblings, children of all ages, and friends each play a part on the care team. It requires thought, strategy and, most importantly, a plan. Care consultations with the Alzheimer’s Association are a free Chapter service that offers in-depth, personalized care planning, education and support. A consultation is more than just a meeting with a dementia expert. Highly trained staff help to develop a road map to navigate through the thoughts, emotions and questions that family members, care partners and the diagnosed person may have, including:

- ❖ Assessment of the functional status of the person with dementia;
- ❖ Navigating difficult caregiving decisions and role changes in the family;
- ❖ Information and resources to assist with legal and financial matters;
- ❖ Available community resources;
- ❖ Partnering with the physician and/or health care provider;
- ❖ Safety concerns.

To schedule a consultation, call the Alzheimer’s Association 24/7 Helpline at 800-272-3900.

VOLUNTEERS NEEDED

STEM Professionals Needed. Volunteers are needed to assist K-12 STEM teachers in northern Virginia as part of the American Association for the Advancement of Science’s STEM Volunteer Program, stemvolunteers.org, during the 2019-20 school year, beginning in September. Please contact Don Rea at 571-551-2488 or donaldrea@aol.com.

Assistance League of Northern Virginia, a volunteer nonprofit, invites community members to join the organization to participate in its Reading Express program. Volunteers provide one-on-one tutoring to first grade students during the school year. To learn more contact VP Membership Mary Gronlund at gronbiz@aol.com or Program Coordinator Lynn Barron at lynnieb517@verizon.net.

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One Step Forward, Hopefully Not Two Steps Backward



By KENNETH B. LOURIE

And so, what happens next? There’s calm and then there’s an eventual storm. The storm to which I refer is what will happen after the March 2nd meeting with my endocrinologist when she will assess and determine the next step in my post-thyroidectomy treatment. Presumably, in conjunction with my oncologist, a coordinated plan will be implemented for treating my two cancers. I can’t imagine however, that being treated for two cancers, simultaneously, will be easier than being treated for one. And I doubt, although I don’t know, that one medicine will be recommended for the treatment of both my non-small cell lung cancer and my thyroid cancer. We’ll know soon enough.

In the interim, I intend to acknowledge and appreciate how easy these next few weeks will be. No appointments with doctors, no diagnostic scans, no procedures, no medicine - and no side effects, and no lab work other than as needed, to measure my calcium and magnesium levels and any other thyroid-related effects. Moreover, I am free to come and go as I please. And it does please me. Because I’ve earned it. I deserve it and I’m going to bask in it. You think being a cancer patient under constant treatment - for nearly 11 years is in any way amusing? Hardly. I make fun of it to make light of it. Otherwise, the weight of it would crush me. And even though my father always said I had broad shoulders, I’m always fearful that the next result will be the straw that finally breaks this camel’s back. After all, I’m only human.

But for now, February 9, as I sit and write, I am three weeks and one day to my next reckoning. And since it’s early days yet to know what life will be like after that March 2nd appointment (radiation and/or chemotherapy possibly), I will try to be blissfully ignorant and not think too much how easy and unencumbered my life is at the present. As a cancer patient, ceding control where you can and securing it where you thought you couldn’t are keys to managing expectations and minimizing aggravation. Unfortunately, there is no one key that unlocks all doors. And there are plenty of doors, and plenty of doctors too, and plenty of fear waiting for one of your doctors to walk through any of these doors to deliver the results from your most recent cancer-related whatever.

None of which concerns me right now, or rather it shouldn’t. And if there’s any port in this storm where I can offload some anxiety and get in a little R&R, literally, figuratively, hypothetically, magically, unexpectedly, I should jump at the chance. I am reminded of a conversation I had with my oncologist years ago when I experienced a similar interval between treatment. The medicine I was on had stopped working so we needed to start another, another with unknown benefits and side effects. My oncologist suggested that since I felt good, perhaps we should delay the beginning of the next infusion and that I should take that trip I had always dreamed of because I might never feel this good again. I didn’t then and I won’t now. When I jump however, I can barely get off the ground.

I haven’t exactly been presented this time, with this kind of do-before-you-die opportunity, but there is an eerie familiarity to my circumstances. And though I’ve been down this road trying-to-find out before, I can’t be at all certain to what kind of twists and turns await. The last thing a cancer diagnosis provides is a guarantee. Actually, that’s wrong. A cancer diagnosis does provide a guarantee: that there are no guarantees. And so, as I prepare for the next phase of my life, the one that begins 11 years after being diagnosed with non-small cell lung cancer, stage IV and being given a 13 month to two-year prognosis to boot, I will quote the late, great Satchel Paige: “Don’t look back. Something might be gaining on you.”

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