

From left: Barry Byer, M.D. Fairfax County Opioid and Drug Abuse Task Force, William Hazel, M.D. Former Commonwealth Secretary for Health and Human Services, Kelly Rankin, Fairfax County Public Schools Substance Abuse Specialist, Langley High School and PFC Mario F. Colorado Crime Prevention, Fairfax County Police Department, at Operation Drug Prevention forum in Great Falls.



Proactive Response To Opioid Abuse

NEWS, PAGE 3

Women's Group Presents Checks to Charities

NEWS, PAGE 9

Cars In Art Exhibit at the Arts of Great Falls

NEWS, PAGE 9

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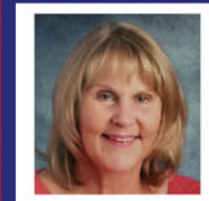
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Bob Nelson



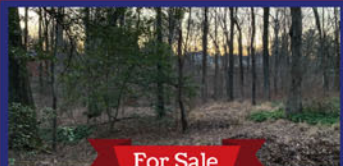
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For Sale

VAFX1114354 | \$1,100,000 - Great Falls
815 Walker Rd: 5 Acres
Rarely available sub-dividable lot close to Great Falls center. Five acre lot zoned R-1. Engineering drawings are available showing locations for three septic perc sites.



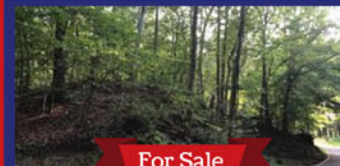
Contract

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



Coming Soon

VAFX1115700 | \$495,000 - Centreville
14925 Jaslow St: 4BR, 3FB
Updates throughout including remodeled bathrooms and an upgraded kitchen with stainless steel appliances. Screened porch overlooks fantastic yard and county park.



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.

The Great Falls Market is Booming!

Owning a home in Great Falls is the dream of countless Virginia homebuyers. Enhancing the community with recently updated homes and great new neighbors is even more valuable.

As you have most likely been reading, the 2020 real estate market is off to an amazing start and quality homes in the Village are selling well. Seventy-five homes are either under contract or have sold in the first two months of this year! **Don't miss the boat if you are considering a move.**

In 2018, a total of only 78 homes sold in Great Falls ranging in price from \$550,000 to \$3.2 million. During the same period in 2019, 254 Great Falls homes sold, ranging in price for \$470,000 to \$7,000,000. This was greater than a three-fold increase in sales from one year to the next. The 2020 market is even hotter... don't let anyone tell you buyers don't want Great Falls!

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Join us for our next Seller Seminar scheduled for 9:30 am Saturday, March 21st at The Old Brogue in Great Falls. For more information and to RSVP visit <https://bobn.us/32ISeller>



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.



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 | \$455,000 - 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

VAFX1109524 | \$505,500 - Herndon
1421 Kingsvale Cir: 3BR, 3FB
Exquisitely remodeled corner lot home with hardwood floors, plush carpet and fresh paint throughout. Updated bathrooms and beautiful kitchen with high-end appliances.

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Proactive Response to Opioid Abuse

It could be your son or daughter, dad or mom, your spouse.
It could be the secret you.

BY MERCIA HOBSON
THE CONNECTION

The opioid epidemic and drug abuse continue in Virginia and Fairfax County. Drug craving combined with addiction stigma can prevent users from speaking up and accessing treatment - the first time, the second time, the third time. Drug overdoses happen. Some individuals who overdose on opioids can be revived with naloxone, a drug that counters an opioid overdose, others cannot. According to the Virginia Department of Health as of March 8, 2020, Drug Overdose Emergency Department Visits for Opioid in Fairfax County decreased slightly as reported in 2018 and 2019 Totals but January 2020 reports show an upwards trend.

Operation Drug Prevention panelist Barry Byer, M. D. serves on the Fairfax County Opioid and Drug Use Task Force. The County Board of Supervisors convened the task force in 2018 to address opioid misuse and disorders in Fairfax County. Byer recently retired after 40 years of medical practice in Falls Church, having served as a clinical professor of medicine at Georgetown and Chief of Family Practice at Virginia Medical Center for over three decades. As the second speaker at the public forum held in Great Falls, on Feb 29, Byer underpinned his remarks with sourced data and personal accounts. He described opioid/drug abuse, and target interventions, followed by treatment and drug storage/disposal means available in the County.

BYER initiated his remarks echoing those by Keynote Speaker, William Hazel, M.D. Byer said the euphoria of opioids takes control of users. "It's very different... It lasts a long time, and it's much more powerful... People that are under these drugs get this sense of well-being that transcends anything that you typically feel. This drug has a powerful effect on the brain. People that are addicted feel trapped... They are trapped by the pills that are inside the pill bottle. They can't imagine their lives without these substances," he said.

Byer said that it devastated him to see accidental overdoses happening to his patients. "I remember a 16-year old who was top of his class, fabulous student, all sorts of plans. Got addicted and never made it to college." Then there was the 35-year old attorney and mother of three children who died of an accidental overdose a few weeks after Byer saw her. She had been "in three or four residential programs," he said. Byer recalled the last time he saw her; she told him: "I finally got it. I'm not going to ever do this again." Byer said, "Can you imag-



Barry Byer, M.D.

Barry Byer, M.D. Fairfax County Opioid and Drug Abuse Task Force

Part Two of the Series

The Great Falls Connection published Part One of the Two-Part Series-Opioids and Drug Abuse Escalate Locally in its March 4, 2020 edition. Part One featured remarks by Keynote Speaker William Hazel, M.D. Former Commonwealth Secretary for Health and Human Services, who spoke at "Operation Drug Prevention - Our Community Takes on Opioids and Drug Abuse," a public forum presented by Rotary Club of Great Falls and Great Falls Citizens Association. Part Two of the Two-Part Series, features remarks by three panelists who spoke at the forum, Barry Byer, M.D. Fairfax County Opioid and Drug Abuse Task Force, Kelly Rankin, Fairfax County Public Schools Substance Abuse Specialist, Langley High School and PFC Mario F. Colorado Crime Prevention, Fairfax County Police Department.

ine, (the) families... If any of you here have family, friends (or) acquaintances that have children or loved ones, people that have been hooked on these medications and have had these very negative outcomes, you see the devastation that it causes."

According to Byer, non-misusers are generally committed to doing well in school, motivated and concerned about the dangers and they have a good relationship with their parents who have stated "a strong disapproval of substance abuse." However, young people are vulnerable. They may have some or all the boxes checked and still be mis-users. "It doesn't mean you're 100 percent protected...Two-thirds (of users) got their



Kelly Rankin, Fairfax County Public Schools Substance Abuse Specialist, Langley High School, McLean



PFC Mario F. Colorado Crime Prevention, Fairfax County Police Department

PHOTOS BY MERCIA HOBSON/THE CONNECTION



Public at Operation Drug Prevention - Our Community Takes on Opioids and Drug Abuse, presented Sat. Feb 29, by Rotary Club of Great Falls and Great Falls Citizens Association.

first (pill) from a friend or relative," he said.

Byer described the strong effort required by family and friends to prevent drug use/abuse. "I didn't know what words to use, I would just say it takes a very robust effort, but the success rate is high... As a parent, as a grandparent, as a loved one, you have

to really be proactive," he said. On the other hand, once a loved one or friend is addicted, it is a whole different level and very hard to get them separated. "As you move from early addiction to... residential programs, to end-stage where it's just worse, the success rate would go from good to moderate, to not so good," he said.

Byer provided specific risk management actions "the team," physician, pharmacist and individual, could take in their efforts to reduce addiction rates. For the physician, "The concept...not so long ago... was get ahead of the pain. Don't let the person experience pain, because if you do, it'll be much more difficult to get it under control...Start them on this powerful pain medicine, early. That's all very different, now... They will be told something like this: I'm going to give you enough for five or six days. After that, switch to ibuprofen. You'll be fine." In addition, in 2016, the Virginia General Assembly passed a law that authorized the Board of Medicine to require 2 hours of continuing education on controlled substances each biennium.

As for pharmacists, they too can educate as one in Great Falls did, Byer said. When the pharmacist received a prescription to fill for an opioid, Byer quoted the pharmacist: "You know, you can contact your doctor and see if there's something else he can give you that is not as addicting." Consumers also need to be proactive, according to Byer. They should ask the physician if there are non-narcotic options, list the side effects and explain how to get rid of the leftover prescriptions.

"Unused, leftover, outdated medicines in your medicine cabinets are like a time bomb waiting to go off. You have to get rid of them; they are a great temptation, an addiction risk. That is a huge problem...Drug disposal will reduce the risk," Byer said. He called attention to Fairfax County Government's Operation Medicine Cabinet Cleanout and its secure method of unused medication

collection on given dates and at given District Police Stations, and the availability of secure prescription drug collection boxes at local pharmacies. Drug deactivation and disposal pouches Byer said offered at-home

SEE NEW BATTLE. PAGE 7

OPINION

2020 General Assembly: 39 Surovell Bills Passed

BY SCOTT SUROVELL
STATE SENATOR (D-36)



The 2020 General Assembly finished work on all legislation this past Sunday, except we did not pass a final state budget or elect new judges to fill vacancies. We will return to Richmond on Thursday, March 13, to complete that work and adjourn for this year.

This was my most successful session in passing bills in my eleven years in the General Assembly. The legislature sent 39 of my bills to Governor Ralph Northam. We carried over nine bills and referred them to study commissions. The legislature also carried over my legislation to abolish the death penalty to be potentially considered over the summer.

I will highlight some of the other major bills we passed and discuss more bills and the budget in future columns.

I carried a bill with Norfolk Delegate Jay Jones to authorize Virginia to join 20 other states that allow community net metering for electricity. This bill, which passed both chambers with large bipartisan majorities, opens the door to solar energy for Virginians who live in communities with heavy tree cover, apartments, condominiums or for businesses that do not own their roofs. It will enable them to purchase solar power and net the energy against their home meters, while reducing car-

bon-generated energy usage and purchasing a share of the energy generated by a solar project.

Both bodies sent my bill banning hydraulic fracturing or “fracking” for natural gas east of Interstate 95 to Governor Northam for signature. Both chambers also finalized my legislation requiring each state agency to designate an energy manager and energy reduction goals to help coordinate a reduction in energy usage by state agencies. Thank you to my constituent Elizabeth Beardsley with the Green Buildings Council for the concept.

The House also passed my bill to authorize the State Corporation Commission to approve 2,700 megawatts of energy storage, enough to power 2.7 million homes. As we transition to a clean energy economy, we must also develop technology for night-time storage of energy generated during the day. This requires significant advances in energy storage. My legislation is a first step.

Virginia will become the seventeenth state plus the District of Columbia to authorize temporary driver privilege cards for undocumented immigrants. The legislation I carried with Senator Jennifer Boysko and Delegate Kathy Tran passed with a bipartisan vote in both chambers. It will pay for itself and likely generate significant long-term benefits for taxpayers, in addition to simply fostering a better quality of life for our newest Virginians and their families. This legislation is projected to help about 240,000 drivers plus their children.

The Majority Leader asked me to help negotiate the final minimum wage legislation with Mount Vernon Delegate Paul Krizek as mem-

bers of the joint, six-person conference committee. The final bill raises Virginia’s minimum wage to \$9.50 per hour effective January 1 and up to \$12.50 by January 1, 2023 in annual \$1/hr steps. The wage can rise to \$15.00 per hour in 2026 with an additional vote, narrows exemptions for disabled individuals while preserving exemptions for high school and seasonal workers. The bill also requires various agencies to conduct a study to determine whether Virginia should enact regional minimum wage rates before moving wages to \$15/hour. A \$15-per-hour wage would be nearly 90 percent of median family income in nearly two dozen Virginia localities.

My legislation to authorize Fairfax and Arlington Counties to adopt ordinances to address retailers who fail to control their shopping carts passed both bodies with bipartisan majorities. I have now removed over 230 shopping carts from Little Hunting Creek itself since 2014. Residents in Springfield and Crystal City also reached out to me about their ongoing challenges when they heard of our problems in Hybla Valley. Local governments will now be able to act.

The House approved my bill to allow people to expunge public records relating to dismissed evictions. There are over 200,000 dismissed eviction cases in Virginia each year. Since most tenant application screenings are now done by automation and most algorithms do not distinguish between dismissed evictions and actual evictions, this will help potential tenants to clear their records.

I encourage you to email me at scott@scottsuovell.org with your comments.

LETTERS TO THE EDITOR

Supporting \$15 Minimum Wage

To the Editor:
I am writing in response to the article titled, “Opinion: We Both Deserve \$15. Why Don’t Our Senators Think So?”, published in your newspaper on February 28, 2020. I agree with that the minimum hourly wage in Virginia should be

raised to \$15/hour. Northern Virginia is an expensive area to live and the wage you receive often determines the choices you are able to make.

Oftentimes, people are constrained by their education in what job they are able to acquire. Raising

the minimum wage will help those who may start out further behind everyone else due to socioeconomic status. If we take a step back from individuals, and look at our community as a whole, we will see that amongst many well-off families, there are some families

in poverty. Raising the minimum wage to \$15/hour, will allow families in lower socioeconomic statuses to “catch up” to other people in their community.

Hannah Johnson
Centreville

Deserve \$15?

Nick Riviere’s and Tony Hedgepeth’s op-ed insisting that all Virginia workers deserve a \$15/hour minimum wage, regardless of cost-of-living in their locale, fails to factor in economic reality. In high-cost locales such as ours, employers should be able to afford \$15, but in low cost ones, such a minimum wage might put too many out of business. The final minimum wage, once it is fully phased in, not only should be inflation-adjusted, but should be based on cost-of-living in the locale where the job is located. This would be a proper model for the federal government to consider.

The \$15/hour minimum wage’s advocates fail to fully understand the drawbacks. The \$15/hour

minimum wage is really a “living wage” designed to lift full-time workers out of poverty, different in concept from the traditional minimum wage which was a wage floor that put a moral limit on how little an employer could pay and still maintain a worker’s dignity. \$15/hour minimum wage advocates are engaging in a bit of deception in that they are trying to change the underlying understanding of what minimum wage means. In this respect, the \$15/hour minimum wage is a radical notion which moderate Democrats rightly would insist be phased in more carefully than advocates desire.

Even moderate Democrats are engaging in abuse of language

when they call doubling minimum wage in barely a decade “gradual” when it is really radical. That it is not radical enough for some could create a backlash even redistricting (thought to add four House of Delegate seats to blue Northern Virginia) cannot overcome. Because ten percent is sometimes

considered the limit of de minimis, smaller annual increases of 50-70 cents per year would make more sense. This would take even high-cost Northern Virginia until 2032 to reach the “living wage” threshold.

Dino Drudi
Alexandria

Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

Letters to the Editor
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1606 King St., Alexandria VA 22314
Call: 703-917-6444.

By e-mail: north@connectionnewspapers.com

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

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LETTERS

Recovered Addicts Deserve a Second Chance

To the Editor:

I am writing in response to the article titled "Opioids and Drug Abuse Escalate Locally" (Great Falls Connection, March 4-10, 2020). In the article, the author states that the keynote speaker at the event theorized that in order to stop the drug crisis from progressing, we, as a community, must rebuild our social ties with those who have re-entered society from recovery.

I completely agree with this statement. I believe that if we were to sever our relationships with people who are in a major state of vulnerability to drugs, they will feel more provoked to return to their addiction. Additionally, I admired the fact that the

author emphasized the speaker's point that the people must unite in order to solve this community-related issue. The author presents an issue that makes me believe the community must shed the stigma against people coming from recovery, and rid of that toxic group-belief. I think that we should transition that belief into a new group-belief that feel recovered addicts deserve a second chance from the community, too. By having a more positive popular belief, individuals will feel like they are continuing recovery within their own neighborhoods.

Emily Rejas
Springfield

BULLETIN BOARD

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

THURSDAY/MARCH 12

The Economic Case for Inclusivity — 2020 Shape of the Region Conference. 8-11:45 a.m. At Ernst Cultural Center, Northern Virginia Community College, 8333 Little River Turnpike, Annandale. Registration is \$65 and includes continental breakfast.

Contact Tara Nadel at the Community Foundation at 703-879-7637, tara.nadel@cfnova.org.

THURSDAY/MARCH 12

VDOT Public Hearing. 7 p.m. At Langley High School, 6520 Georgetown Pike, McLean. The Virginia Department of Transportation (VDOT) will hold a Location and Design Public Hearing to present proposed design plans and findings

from the 495 NEXT project's Draft Environmental Assessment. The project involves plans to extend the 495 Express Lanes by approximately three miles from the Dulles Toll Road interchange to the George Washington Memorial Parkway in the vicinity of the American Legion Bridge to reduce congestion, improve safety and travel reliability, and provide additional travel choices. The project will involve a change in limited access control. Materials and information can be accessed in advance on the project website (495NorthernExtension.org), or during business hours at VDOT's Northern Virginia District Office at 4975 Alliance Drive, Fairfax, VA 22030. Call 703-691-6715.

SEE XYXYXYXY XYXYXYXY, PAGE XX

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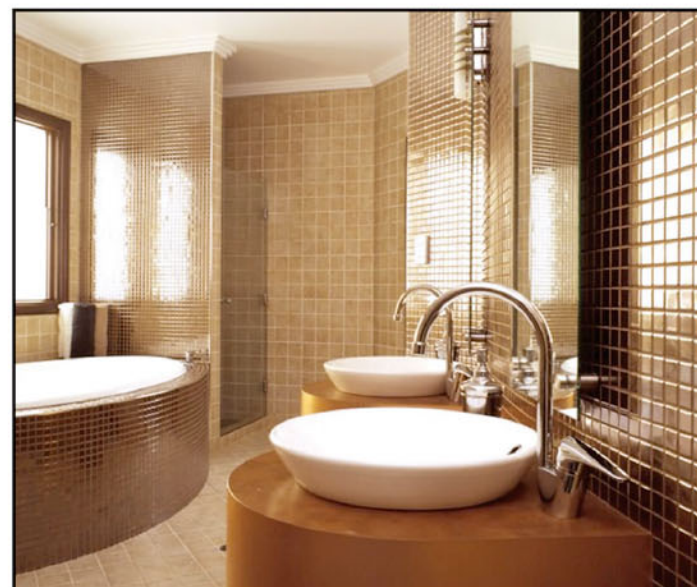
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HOME LIFESTYLE



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Aspire Design Home in McLean will be open to the public from May 9 through June 7.

Local Designers Donate Talent for a Cause

A home in McLean Gets a Makeover to Benefit Can- cer Support Community.

BY MARILYN CAMPBELL
THE CONNECTION

Some local interior design gurus are joining tastemakers from around the country to revamp the Aspire Design Home in McLean, Virginia, as part of an effort to raise money for charity.

The effort will give visitors a chance to see the latest trends in home design while supporting the Cancer Support Community, the largest professionally led, nonprofit network of cancer support worldwide dedicated to providing emotional support and navigation for individuals impacted by cancer, including their families and friends.

"I have had the enormous privilege of working with many of the talented creatives whose submissions and design work were selected to complete the interiors of this remarkable house," said Mary Douglas Drysdale, design chair of the McLean 2020 Design House.

"The final show house will be exceptional."

The makeover event has drawn 31 designers from around the world and local designers including Allie Mann of Case Design/Remodeling in Bethesda, MD and Falls Church, VA, Michael Winn of Winn Design + Build in Falls Church, Maria Galiani of Galiani McLean, Josh Hildreth of Josh Hildreth Interiors in Reston, Jonas Carnemark of Konst Siematic in Bethesda, MD, Paul Lobkovich of Lobkovich in Tysons, Federica Asack of Masseria Chic in McLean, and Pamela Harvey of Pamela Harvey Interiors in Oak Hill, Va.

The home itself is described as an innovative marriage of classical Monticello elements and on-trend materials and design techniques. Among those materials is a whimsical green hue, cheetah pattern wall covering created by Allie Mann of Case of Design/Remodeling for the upper level bathroom.

"Bathrooms in general are these little gems that

can be both public and private where great design can live," she said. "In this show house bathroom, the tile is the biggest part of the space where I'll incorporate materials that are a little edgier or unexpected in terms of color or saturation and that will really create a dramatic space. I also love the different play with the pattern of the tile."

It was a personal connection that influenced the upper level bedroom created by Josh Hildreth of Josh Hildreth Interiors.

"Our bedroom is dedicated to my inspiring mother and all of those who fight or have fought the brave fight against cancer," he said. "This enchanted aerie creates a quiet respite that exists for relaxation and renewal inside of a large and sprawling home."

He says that his design process is often instigated by the discovery of what he describes as animating objects. "For instance, in January I traveled to Paris and uncovered some wonderful items from some favorite sources," said Hildreth. "Our retreat reflects a love for the beauty of France and artfully mixes French and other design elements across the centuries into a jewel box space that delights the eye and promises hope for a better tomorrow."

While guest bedrooms often accommodate one's in-laws, Annie Elliott of Annie Elliott Design says that the space she is re-imagining doesn't fit that mold. "This isn't 'granny chic,' she said. "It's 'uncle chic, with masculine furnishings paired with traditionally feminine elements to create a warm and inviting retreat."

Wallpaper made of subtle pink grasscloth encompasses masculine, modern elements such as the quasi-industrial étagère, which has tiny brass rivets on metal strapping and a black-caned bench at the foot of the bed, says Elliott. "The bed is canopied, but in Cowtan & Tout's Rutland – a sophisticated woodland scene in browns, greens, and blues – to counter the sweetness of the pink walls," she said. "We repeat the fabric on the drapes, layering it over woven wood shades for depth and texture. The room is a mix of vintage, and vintage-look furnishings."

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New Battle Looms - Meth and Cocaine Laced with Opioids

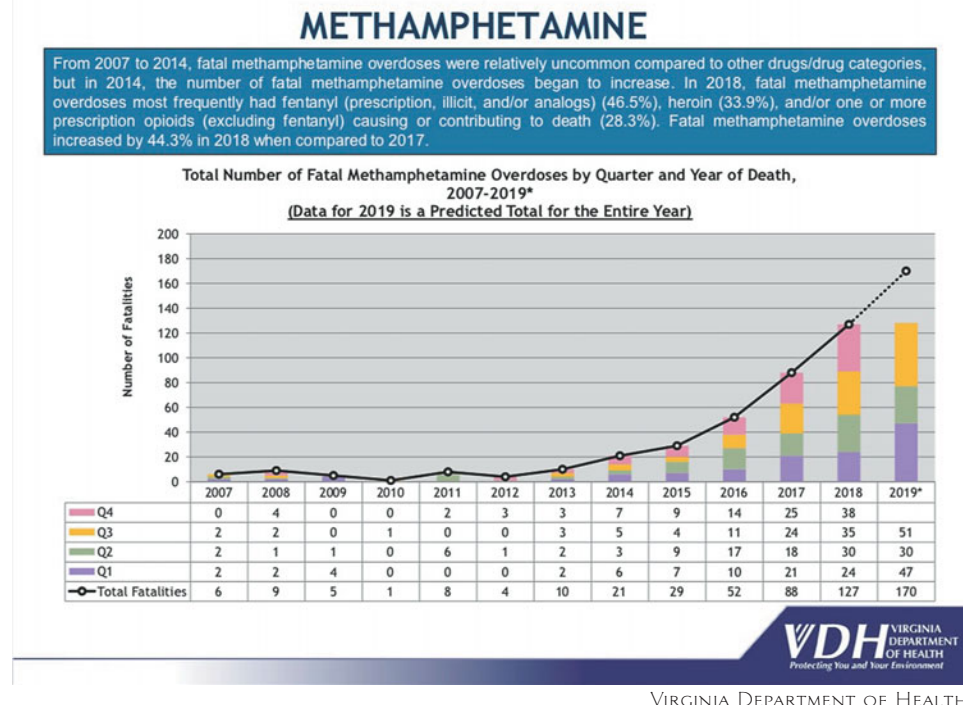
FROM PAGE 3

disposal solutions to get rid of opioids and other addictive and non-addictive substances. The pouches prevented still potent drugs from contaminating the water supply. "They don't expire and hold lots of medicine," Byer said. Byer displayed medication boxes and pill bottles with combination locks available for free at the Fairfax-Falls Church Community Services Board, 12011 Government Center Pkwy, Fairfax.

"As a caregiver, learn the facts, understand how the medicines work, be proactive and then be in conversation with your loved ones and your health care providers. Monitor and secure your medications and dispose of them safely," he said.

PANELIST Kelly Rankin is a Fairfax County Public Schools Substance Abuse Prevention Specialist, hired for the Langley, McLean and Justice Pyramids. According to Rankin, data drove Fairfax County Public Schools Substance Abuse education programs and intervention models. In her presentation, Rankin referenced a Fairfax County 2018 Youth Survey that showed, overall, only 5.2 percent of eighth, 10th, and 12th-grade students used painkillers or prescription medications in the past 30 days without a doctor's order. "You think that opioids are not really an issue in our schools. When I see it, I know some kids are trying opioids in our schools," Rankin said.

Other substances such as marijuana, alcohol and vaping were worrisome, said Rankin as she viewed the Fairfax County 2018 Youth Survey. According to Rankin, Fairfax County Public Schools vaping rates were higher overall than the national average, 19.8 percent vs. 19.2 percent. "What I see with vaping and with nicotine is, it hits the same receptors in the brain that opioid does as far as how much dopamine it releases. So it's just as hard to quit nicotine as it is for an opiate addict, to get off of heroin," Rankin said. She discussed how middle school students who vape at school were not being defiant but vape at school because they could not make it through the day without the nicotine. "I work with the parents and their pediatrician on how we're going to get them (the student) off of nico-



Continued increase in fatal methamphetamine overdoses laced with fentanyl, heroin and or prescription opioids cause or contribute to death. 2019 appears to be one of the deadliest years for methamphetamine overdose to date in Virginia.

line," she said.

Rankin compared Fairfax County Fatal Overdose Data for 2018: total 1103 deaths vs. 2017: total 1351. She noted the downward trend. "One of the things that we're doing in Fairfax County now is working with the attendance officers. Why isn't this kid in school? Let's reach out to the parents - is there a drug issue at home... Let's try... catching (it at) the beginning," she said.

Response by Fairfax County Public Schools (FCPS) increased in 2018-2019 when Fairfax Opioid Task Force provided funds for FCPS to hire 6 Substance Abuse Prevention Specialists (SAPs) to support pyramids, according to Rankin. In addition, in 2019-2020, the School Board approved funding for an additional 11 SAPs to be hired and support school pyramids, and in 2020-2021, there is a goal of acquiring additional funding to hire enough SAPs, so each school pyramid has their own specialist.

Rankin described the County's multi-tiered alcohol and other drug intervention

program. She said after a student gets in trouble at school for substance abuse, a CRAFT assessment is performed. The student is asked if they use in the car, to relax, alone, for fun, and if they have gotten into trouble before. If the student scores high on the assessment, a referral is made to Fairfax County Coordinated Services Planning, where they have a 10-week program that is for adolescent substance prevention. She stressed follow-up actions were very important throughout the support program.

Finally, Rankin shared six tips on what parents can do: "Communicate early and often. Do not save medications. Network with other families. Monitor your child's spending; some students have separate Uber accounts.

Monitor Internet. YouTube has everything."

Panelist, PFC Mario F. Colorado, Crime Prevention, Fairfax County Police Department provided statistics by County districts, which concurred with data presented by other panelists. Colorado said that they

Fairfax County Statistics

2018 Total Annual Overdose Visits - 669, Average Monthly Rate per 100k population - 4.7

2019 Total Annual Overdose Visits - 522; Average Monthly Rate per 100k population - 3.7

January 2020 Average Monthly Rate per 100k population - 5.2.

have four detectives dedicated to investigating opioid cases, with 47 current active investigations underway. "These detectives are assigned to investigate those deaths...They're doing what they can to bring those to justice involved in the sale of this stuff," he said. Colorado said that other narcotic detectives do the undercover work. "They go get the search warrants, and then they go after these guys. They go as far away as Baltimore all down... 81, they'll go wherever they need to bring justice," said Colorado.

Fatal Overdoses on the Rise

According to the Virginia Department of Health (VDH) Office of the Chief Medical Examiner Fatal Drug Overdose Quarterly Report for 3rd quarter 2019, publication date: Jan. 2020: "Fatal drug overdose has been the leading method of unnatural death in Virginia since 2013... There has not been a significant increase or decrease in fatal prescription (Rx) opioid overdoses over the 12-year time span (2007-2019)...Fatal non-opioid illicit drug overdoses are on the rise. In 2018 compared to 2017, fatal cocaine overdoses increased 11.8 percent (446 compared to 399 respectively) and fatal methamphetamine overdoses increased 44.3 percent (127 compared to 88)."

The Office of the Chief Medical Examiner is predicting the number of fatal methamphetamine overdoses for 2019 at 170, the deadliest year yet. In 2018, fatal methamphetamine overdoses most frequently had fentanyl, heroin and/or one of more prescription opioids causing or contributing death. In 2018, over 65 percent of cocaine deaths also included fentanyl. Final reports by VDH are anticipated to be released in April.

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CALENDAR

Editor's Note: Be aware that many events could be cancelled as precaution to the spread of COVID-19. Please check before heading to events.

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

ONGOING

Vienna Time Machine. At Freeman Store & Museum, 131 Church Street, NE, Vienna. Welcoming visitors to HVT's newest exhibit is a U-2 pilot suit worn by Lt. Col. Sam Crouse. Other timepieces include iconic toys from the decade such as a GI Joe, Etch A Sketch, and Easy Bake oven. Posters commemorate some of the 1960s' most pivotal films, including 2001: A Space Odyssey and Rosemary's Baby. Other posters and images nod to the issues that rocked the 1960s: Vietnam, the Civil Rights Movement, and segregation/integration. HVI encourages visitors to add a personal – and local – touch to the exhibit by sharing their story. A message board accompanying the exhibit will feature anecdotes, historical moments, and personal stories about the decade. The Freeman Store & Museum is open from 12-4 p.m. Wednesday-Sunday.

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

21st Lenten Devotional. Now thru April 12. At The Church of the Good Shepherd (United Methodist), 2351 Hunter Mill Road, Vienna. The church is publishing its 21st annual Devotions for Lent. The publication will be available on the church's website at www.GoodShepherdVA.com, beginning on Ash Wednesday, Feb. 26, through Easter on April 12. The church also will post each day's devotion on its Facebook page at www.Facebook.com/goodshepherdvienna. Printed copies will be mailed to neighborhoods surrounding the church, and a limited number of copies will be available at the church. Additionally, the church plans to hold weekly gatherings in members' homes to discuss the devotionals. Free. Visit the website: www.GoodShepherdVA.com

Finding God in Your Body. Now thru April 4. 9:30-10:45 a.m. At Holy Comforter Episcopal Church, 543 Beulah Road, NE, Vienna. Five Saturdays: 2/29, 3/7, 3/14, 3/28, 4/4. Lent is a season to look within, to go deeper with God. Join the Rev. Ann Gillespie for five Saturday mornings of her signature brand of Finding God in Your Body class. Through a combination of yoga, meditation, and God, we will make more space in our bodies, minds, and hearts for the divine—the better to hear God's still small voice within us. All levels of physical ability are welcome, including those who have never tried yoga. Wear comfortable clothes you can move in and bring a yoga mat and a journal to write in. Visit www.HolyComforter.com.

WEDNESDAY/MARCH 11

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.

Mystery Book Club. 1 p.m. At Oakton Library, 10304 Lynnhaven Place, Oakton. Join in the



Lee's Photography

Stuff the Truck

Stuff the Truck for SHARE.

SATURDAY/MARCH 14.

Stuff the Truck for SHARE. 9 a.m. to 5:30 p.m. At the Giant Food Store, 1454 Chain Bridge Road, McLean. Stuff the Truck for SHARE. New Dominion Women's Club is sponsoring a food drive for SHARE! Stuff the truck with donations to fill the SHARE food pantry. Share serves more than 200 families in the 22101 and 22102 Zip codes who need food, clothing, or housing assistance. Middle school and high school students are welcome to volunteer and will receive service hours. A maximum of three students may volunteer for each shift. Go to www.NDWC.org.



The Band Unity

The Band Unity will appear at Jammin' Java on Friday, March 13 at 9:30 p.m.

FRIDAY/MARCH 13

The Band Unity. 9:30 p.m. At Jammin' Java. It's part of the annual 311-day celebration that Unity has hosted at Jammin' Java every year since 2013. Unity will be sharing the stage with The Sonic Boom, a high-energy party band that will be covering the hardest hits from the '90s.

monthly unraveling of a whodunit or thriller. The March selection is The Janus Stone by Elly Griffiths. Adults.

Father-Daughter Enchanted Evening Dance. 7-10 p.m. At McLean Community Center, 1234 Ingleside Ave., McLean. Spend a magical evening at the McLean Community Center's Father-Daughter dance. This new program is open to children and parents of all ages. Come dance and play games after your walk down the red carpet! Make sure you bring your camera for red carpet pictures. Light refreshments will be provided. Space is limited so register early. Each participant must register separately. Cost is \$25.

THURSDAY/MARCH 12

Dungeons and Dragons. 5 p.m. At Oakton Library, 10304 Lynnhaven Place, Oakton. Play the Dungeons and Dragons game. Beginners welcome! Age: 12-17.

FRIDAY/MARCH 13

She Suite Summit. 8:30 a.m. to 4 p.m. At The Ritz Carlton Tysons Corner, 815 Ferncliff Dr., McLean. Experience a day of transformation and proven strategies to design a purpose-driven

career and life. The 2020 theme, “We Are What's Next,” is forging powerful partnerships to level up. Beyond a day of inspiration, you will leave with a Personal Brand Partnership and Promotion Action Plan to elevate your recognition in the next 90 days. Plus, automatically become a part of The She-Suite Community, where relationships built at the Summit can exist far beyond a single day. Cost: \$375. Visit the website: <https://thesesuitesummit.com/>

SATURDAY/MARCH 14

Lenten Prayer Worship. 9 a.m. to noon. At Lewinsville Presbyterian Church, 1724 Chain Bridge Road, McLean. Have you ever told anyone “I will pray for you” and then never got around to it? Does your prayer life feel stale? Then come to the Lenten Prayer Workshop to explore and experience ways to include prayer consistently in daily life, expand our hearts, and be more fully in God's presence. In this hands-on workshop led by Pastors Scott, Jen Dunfee, and Dan Thomas, prayer techniques will be shared and demonstrated in a series of mini workshops. These prayer techniques will include Lectio Divina, Centering Prayer, Praying in Color, Praying the Hours, and a Lewinsville Prayer

Walk. Make a reservation at <https://www.lewinsville.org/events/prayer-workshop/>. Childcare will be provided. You do not need to be a member of Lewinsville to attend. Still have questions? Call 703-356-7200.

Craft Show. 10 a.m. to 3 p.m. At Park View High School, 400 W. Laurel Ave., Sterling. The show includes 75 vendors in the school's gym with a variety of jewelry, accessories, soaps, candles, wreaths, pet treats, and more. There is something for everyone. Proceeds from vendor fees benefit Park View's Project Graduation. Free. Email: ParkViewCraftandVendorShows@gmail.com. Visit the website: <https://www.facebook.com/ParkViewCraftShow/>

Read to the Dog. 10:30 a.m. At Oakton Library, 10304 Lynnhaven Place, Oakton. Gain reading confidence by reading to one of our therapy dogs. Age 5-11.

Savoring Green Teas. 1-3 p.m. At Colvin Run Mill, 10017 Colvin Run Road, Great Falls. Think you don't like green teas? After this focused tasting of various styles of green teas (no, they do not all taste alike!), and with proper brewing techniques demonstrated, you may find the perfect green for you. It's Pi Day so they'll enjoy some tea-infused pie. A take home tea sampler included. Use ID Code 52F.67D6. Register at www.fairfaxcounty.gov/parks/parktates or call 703-222-4664.

Depolarizing Workshop. 1-5 p.m. At Unity of Fairfax, 2854 Hunter Mill Road, Oakton. Today's political polarization is driven by how we talk with like-minded people about people on the other side. Too often, we stereotype, dismiss, or ridicule our fellow citizens who support the other political party, its leaders, and its policies. Who can come? Anyone interested in examining their own inner polarization. Free. Visit the website: <https://depolarizing.eventbrite.com/>

The ABC's of CBD and Medical Marijuana. 2 p.m. At Oakton Library, 10304 Lynnhaven Place, Oakton. Learn from Dr. Robert Posner, a medical expert about the benefits of medical marijuana, how to obtain it legally and whether it can help you or someone you know. Adults. No registration required.

Humanities Lecture. 7 p.m. At Oakcrest School, 1619 Crowell Rd, Vienna. Dr. Evelyn Birge Vitz, Professor Emerita of French Literature, Thought and Culture at New York University, will speak about “Beauty, Piety and Fun in Medieval Literature.” The event is free and open to the public. Register for the event at <http://bit.ly/2020HumanitiesLecture>.

SUNDAY/MARCH 15

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

Danú “Saint Patrick's Celebration.” 3 p.m. At McLean Community Center, The Alden Theater, 1234 Ingleside Ave., McLean. Hailing from historic County Waterford, Danú is one of the leading traditional Irish ensembles of today. Their standing room-only concerts throughout Ireland are true events featuring high-energy performances and a glorious mix of ancient Irish music and new repertoire. Cost is \$50/\$45 senior/\$35 MCC tax district residents.

SUNDAYS: 3/15, 3/22, 3/29, 4/5

Discover Who You Are with LifeKeys. 12:30-2:30 p.m. At Holy Comforter Episcopal Church, 543 Beulah Road, NE, Vienna. LifeKeys is a program designed to assist you in exploring the gifts God has given you—life gifts, spiritual gifts, personality, values, and passions. Different tools illuminate the ways in which you are unique and wonderfully made, encouraging you to go deeper as you seek to discover what God may be calling you to do. All can benefit from this journey of exploration. Register by February 23. The materials fee is \$30. Light snacks provided. Bring a bag lunch. For more information and to register, email wellspirit@holyccomforter.com. Visit www.HolyComforter.com.

MONDAYS 3/16, 3/23, 3/30, 4/6

Centering Prayer with the Rev. Jon Strand. 1:30-2:30 p.m. At Holy Comforter Episcopal Church, 543 Beulah Rd, NE, Vienna in the new Contemplative Prayer room on the third floor. Contemplative prayer is a form of prayer in which one may experience God's presence within us, closer than breathing, closer than thinking, closer than consciousness itself. This method of prayer is both a personal relationship and a discipline to deeper foster one's relationship with God. Visit www.HolyComforter.com.

From left:
Lissa Carter,
Judie Keithley,
Diana Lahey,
Jennifer
Dalessio,
Adrienne West,
Rachna
Krishan, Joe
Meyer,
Candace
Bovee, and
Kathy Matay.

PHOTOS BY
TERESA YURT



Women's Group Presents Checks to Charities

Great Falls Friends & Neighbors gives donations to three local charities.

BY ADRIENNE WEST

Helping women and children in need is the common thread among Great Falls Friends & Neighbors (GFFN), our local women's club, and the charities they support. On Thursday, March 5, GFFN presented checks during their monthly meeting at the Great Falls Grange to Artemis House, the Women's Center, and GFFN's Scholarship Fund.

Throughout their calendar year, which runs from June to May, GFFN's philanthropy group organizes several events to benefit these non-profit charities. Their annual White House ornament sale has been a staple in our community for almost ten years. Other events included a holiday tea held at Katie's Coffee House, and a cooking demonstration at L'Auberge Chez François. Future events like the Bluebells & Bald Eagle Walk in April will benefit a fourth organization, the Friends of Riverbend Park (FORB).

Artemis House, located in Herndon and part of the larger Shelter House organization, is the only 24-hour emergency shelter in Fairfax County for victims of domestic abuse, sexual violence, stalking, and human trafficking. <https://shelterhouse.org/>

The Women's Center offers free and subsidized counseling, support, and education to local women, men, and children, in addition to acting as a leading teaching institution for mental health professionals. <https://thewomenscenter.org/>

Great Falls Friends & Neighbors Scholarship Fund (GFFNSF) provides scholarships to women over the



From left: Diana Lahey, Judie Keithley and Adrienne West of GFFN, Christie Lavin, Candace Bovee, and Lissa Carter of GFFNSF.

age of 25 who attend Northern Virginia Community College or George Mason University, maintain good grades, and demonstrate financial need. <https://www.gffnsf.org/>

Friends of Riverbend Park (FORB), is a group of local citizens that work to preserve and share the beauty of Riverbend Park along the Potomac River, as well as offer educational trips and fundraising events to the public. <http://www.forb.wildapricot.org/>

In addition to supporting local charities, Great Falls Friends & Neighbors provides opportunities for women in our community to socialize and enjoy cultural outings and adventures in the greater DC area. <https://gffnva.org/>



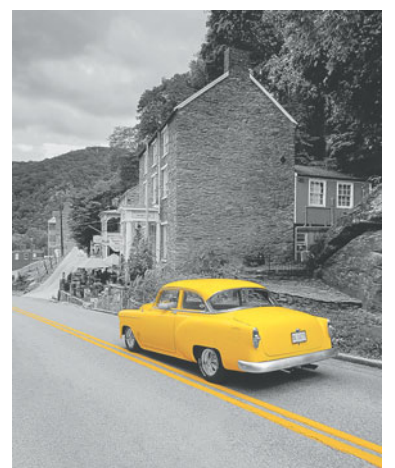
PHOTOS COURTESY OF THE ARTS OF GREAT FALLS

Award winning photographer Terri Parent visits the Cars in Art exhibit now showing at The Arts of Great Falls.

Cars In Art Exhibit at the Arts of Great Falls

Two of Great Falls' favorites came together in March for an exciting juried exhibit in The Arts of Great Falls Gallery (756 Walker Road in Great Falls). "Cars in Art" is a collection of 40 pieces in a variety of mediums from 28 artists across the DVM area. Artwork will be on display until March 29. The people will choose the exhibit winner by voting for their favorite and the Fan Favorite Award will be given to the art with the most votes. Stop in during gallery open hours Wednesdays 12 – 4 p.m. and Saturdays, 6 a.m. – 2 p.m. or any other time an Atelier artist is in the studio. Executive Director Julie Casso said, "This show is so unique! It's fun to see new pieces from talented and award-winning artists from all over hanging together. People will enjoy high-quality oil paintings, photographs, and pastels. There's something for everyone." The community is welcome to attend the Awards Reception on Saturday, March 28 from 6-7:30 p.m.

All artwork is for sale and 30 percent benefits The Arts of Great Falls, a community supported, 501 (c) (3) nonprofit foundation. More info is available at greatfallsart.org.



"Cruising" by Gerry D'Onofrio (Photography).



Junk? by Lori Goll (Pastel)

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PHOTOS BY WILL PALENSCAR/THE CONNECTION

Bri Johns #4 fires a shot over Valerie Dirkse #22



Charlotte Jewell #22 drives to the basket as she is defended by Christina Trivisonno #21.

Edison Beats Marshall in State's First Round

The Edison Eagles (16-5) girls basketball faced the Marshall Statesmen (22-6) in the 1st round of the VHSL Class 6 State Championships held at Westfield High School in Chantilly on March 6. The winner advancing to the 2nd round to face the winner of

Colgan HS and Western Branch game. The teams ended the fourth quarter deadlocked at 39-39. In overtime it was all Edison: They would hold Marshall to just two points, while scoring 10 and advancing to the next round with the 49-41 win.

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BULLETIN

FROM PAGE 5

FRIDAY/MARCH 13

MCC Governing Board 2020 Elections.

Friday, March 13, at 5 p.m. is the filing deadline for Dranesville Small Tax District 1A residents who want to run for seats on MCC's 2020 Governing Board. Residents can still enter the race. The all-volunteer Board sets policy and provides general oversight for MCC facilities, which include the Robert Ames Alden Theatre and the Old Firehouse Center. Candidates are required to obtain the signatures of 10 tax district residents in order to have their names placed on the election ballot. Nominating petition forms are available at the Center, which is located at 1234 Ingleside Ave., McLean.

FRIDAYS IN MARCH

Ethics Days are coming up Fridays in March for sixth-graders in elementary schools that feed to Langley and McLean high schools. This 19th annual event will work with over 1,100 students from eight area schools. It will take place at Holy Trinity Church, 850 Balls Hill Rd, McLean, 9:30 am - 1 p.m. each day. Sixth Grade Ethics Day is designed to help prepare students for the transition to middle school by providing strategies to help them work through ethical decisions in all aspects of their lives: socially, academically, and within their own families. The Ethics Day schedule:

- ❖ March 13 - Haycock and Chesterbrook
- ❖ March 20 - Franklin Sherman and Churchill Road
- ❖ March 27 - Timber Lane and Spring Hill

WEDNESDAY/MARCH 25

Fill Us In Public Hearing. 7:30 p.m. At McLean Community Center, 1234 Ingleside Ave., McLean. The McLean Community Center is asking residents of Small District 1A-Dranesville, who pay a real estate tax surcharge to support the center, to "Fill Us In" on what kinds of new programs and services they would like to see offered and/or improved upon in the planning for FY2022 fiscal year. MCC is holding a Public Hearing on FY 2022 Programs. The hearing is the first step in planning for the FY2022 budget cycle, which begins July 1, 2021 and ends June 30, 2022. MCC's divisions include the Robert Ames Alden Theatre and The Old Firehouse Center. New this year, residents can participate in the meeting remotely using GoToWebinar, an online video conferencing app. Residents can access the meeting on their computer, tablet or smartphone, at tinyurl.com/mcc-programs-2022, then sign in with the webinar ID: 324-478-547. Call the Center at 703-790-0123, TTY: 711, or visit: www.mcleancenter.org.

TUESDAY/MARCH 31

GFES Kindergarten Orientation. 9:15 to 10:15 a.m. At Great Falls Elementary School, 701 Walker Road, Great Falls. Children who are age 5 by September 30, 2020 are eligible to enter kindergarten for the 2020-2021 school year. To confirm Great Falls Elementary School serves your particular address, visit the FCPS website, click on the boundary link, and type in your address. Parents and eligible children are invited to an overview of the Great Falls Elementary School kindergarten program. Rising kindergarten students will meet our kindergarten teachers in the classroom for a special welcome and activities. Parents will meet in the cafeteria to receive an overview of the kindergarten program, including curriculum and the daily schedule. This is an excellent opportunity for parents unsure of whether or not their child is ready for kindergarten to come, listen, and make an informed decision. Registration packets are available online www.fcps.edu

SUPPORT GROUPS

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

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Now Where Was I Again?



By KENNETH B. LOURIE

And here I was thinking I was such a big shot, a thyroidectomy patient with nary a blemish on his body 30 days out from surgery. Metabolic balance? Ha! What metabolic balance! I was having none of it. A month into my post-surgical recovery and all I had to show for my troubles was one extra lab visit to measure/adjust my calcium and magnesium levels. Other than that, as Brooks said in "Shawshank Redemption" to Andy DuFresne about delivering library books to their fellow inmates: "Easy peasy." No fuss, with no muss whatsoever. Famous last words, or in my case, infamous first words.

It all began innocently enough with some bilateral shaking of my arms and some associated dropsies: items seemed to just slip from my grasp with no apparent reason - or awareness on my part. Then I began experiencing some "wicked," as we say in New England, pain in my lower back by my kidneys. Next came some forgetfulness and bouts of confusion. I knew who I was and I knew where I was but I definitely knew something had happened to me. I just didn't know if I was simply a victim of my own circumstances, so to speak, or had something more insidious taken root. I mean, I am a cancer patient with two types of cancer now.

I decided to email some of my doctors and share these new symptoms. My oncologist, in conjunction with my otolaryngologist responded. He arranged for me to see a neurologist which I did so the next day. The neurologist gave me the once over twice and ordered some additional lab work which I completed the next day after a 12-hour fast. Later that same day, Friday, Feb. 28, I received a call from my oncology nurse. She had received my lab results and after discussing them with my oncologist, advised me to go to Urgent Care immediately as I was at risk of a possible heart attack. My calcium levels, a previously well balanced component of a functioning thyroid gland had levels nearly off the chart, literally, 40% above normal. And since we couldn't exactly put my thyroid back in, off to Urgent care I went.

After excusing myself to the front of the waiting line, I was led back to an examining room where I was treated pending transportation - or not, to somewhere else. After spending an awkward night on site, I was eventually transported by ambulance to a local hospital where I would spend the next four and a half days trying to wean my body off its own elevated calcium. Finally, on Tuesday, I was pronounced fit enough to be released. My ordeal seemed nearly over. By late Tuesday afternoon, I arrived back home where I collapsed in my own bed for the first time in nearly a week and began to recover once again. The rest of the story consists of bits and pieces, fragments of recollections and words-to-the-wise in an attempt to prevent a recurrence.

I can't really say that I've learned my lesson because I did nothing wrong. I was simply following doctor's orders. Adjusting one's calcium and magnesium levels is a proactive part of life without a thyroid gland, though it's hardly a matter of routine, and I have no doubt there's still some tinkering yet to occur. Nevertheless, onward and upward I go. with hopes that future episodes will be met with similar vigilance.

Now, back to the previous cancer-themed column. I'm meeting with the endocrinologist on Tuesday to determine a course of action to eliminate the remaining 10% or so thyroid cancer embedded under my collarbone. Once we get that process straightened out then we can get back to treating my underlying non small cell lung cancer.

I imagine I'll live to write about it, but I'd be lying if I didn't admit to being a bit scared. When one treatment is delayed due to the treatment of another, I can't help thinking there should be penalty called for piling on. I don't mind carrying my share but two cancers is hardly share and share alike. Too much of a bad thing is just plain bad.

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

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