

McLean CONNECTION

HOMELIFESTYLE
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Stakeholders, dignitaries, guests and others meet in the heart of Tysons, at Capital One Headquarters, Washington Metropolitan area's tallest private building to celebrate ten years into the activation of the County's Comprehensive Plan.

PHOTO BY MERCIA HOBSON/THE CONNECTION
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NEWS

Electrical Event Causes McLean House Fire

On Monday, March 2, at approximately 5:51 p.m., units from Fairfax County Fire and Rescue Department and Arlington County Fire Department were dispatched for a reported house fire in the 800 block of Dolley Madison Boulevard in the McLean area of Fairfax County.

Units arrived on the scene of a large two and a half story, single-family home with smoke showing. Crews located fire between the first and second floor that was extending upward. A second alarm was requested which included two units from Montgomery County Fire and Rescue. Firefighters continued with an interior fire attack but were faced with numerous remodeled areas in home with void and inaccessible spaces. Fire continued up into the attic and began to extend through the roof. A third alarm was requested. Units evacuated the home and master streams and hand lines were used to continue extinguishment from outside. One civilian was transported to a hospital for evaluation. No firefighter injuries were reported.

Seven occupants were home at the time of the fire. The fire was discovered when one of the occupants heard a loud noise described as crack-



PHOTO COURTESY OF FAIRFAX COUNTY FIRE AND RESCUE DEPARTMENT

Damages as a result of the fire are approximately \$3,523,850.

ling. She then saw smoke coming from the light switch and outlets on the top floor. Smoke alarms sounded after the fire was discovered. Another occupant noted fire in the basement and attempted to extinguish it unsuccessfully. All occupants self-evacuated prior to fire department arrival.

Fire Investigators determined that the fire was accidental in nature and started in the basement. The fire was caused by an electrical event with the wiring to the air handler. This then spread to ordinary combustibles in close proximity.

Seven occupants were displaced because of the fire. Red Cross assistance was requested and later declined. Damages as a result of the fire are approximately \$3,523,850.

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

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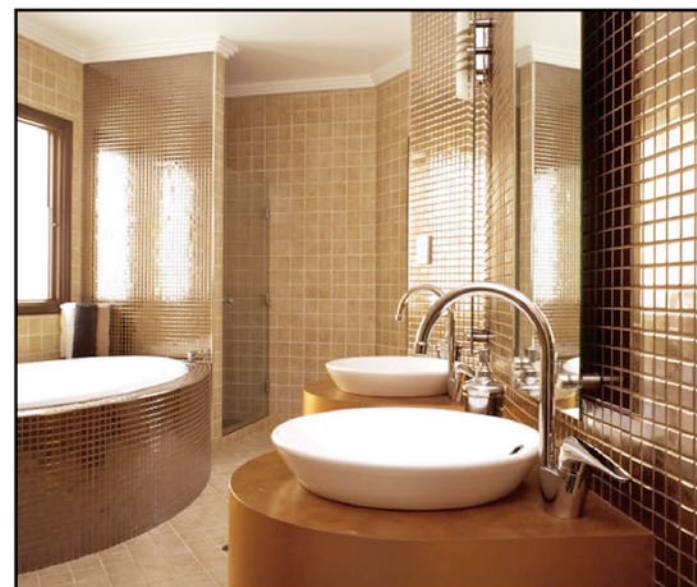
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Farmland Catapults to Economic Engine of the County

Tyson Partnership celebrates the 10th anniversary of the adoption of the Comprehensive Plan for Tysons.

BY MERCIA HOBSON
THE CONNECTION

By now, nearly everyone should know the name is Tysons, one word; and the new Tysons is rising to be America's next great city, a nexus of mobility conducive to cycle-friendly living and walkability. Accessed via the Dulles Toll Road, Jones Branch Connector, Beltway 495, Silver Line Metro and Rt 123. "(Tysons is) evolving from the inside out, with the construction of exciting new places to live, work and play. By 2050, Tysons will add 50M SF of new construction and will be home to more than 100,000 residents and 200,000 jobs. Three-quarters of this future growth will be concentrated within a half-mile of each of Tysons' four Metro stations. A new grid of streets, sidewalks and bike paths will connect Tysons' new neighborhoods creating a walkable urban center," according to tysonspartnership.org.

On Wednesday, March 4, Tysons Partnership, designated as the Implementation Entity for the Tysons 40-Year Comprehensive Plan and composed of more than 100 member organizations with stakeholder interests in Tysons, celebrated the 10th-anniversary of the adoption of the Comprehensive Plan for Tysons by the Fairfax County Board of Supervisors. The plan is to transform Tysons into that great American city.

STAKEHOLDERS, dignitaries, guests and others met in the heart of Tysons, at Capital One Headquarters, Washington Metropolitan area's tallest private building.

Jeff Tarae, Chair, Tysons Partnership Board of Directors and Managing Director, Newmark Knight Frank greeted those gathered and said, "Spurred on the completion of the Metro Silver Line, Tysons has transformed into a vibrant, urban center that Capital One is proud to call home. Tysons has become a hub for top talent, especially in tech, and continually provides us with a skilled workforce that we need to succeed." Tarae added what was happening at Tysons was not happening anywhere else in the region, country, and likely the world. "We're seeing tremendous commercial, residential and retail development and the implementation of numerous forms of transportation which connects Tysons to the Greater Washington region," Tarae said.

Introducing Chairman Jeffrey McKay, Fairfax County Board of Supervisors, Tarae said that Chairman McKay and his colleagues on the Fairfax County Board of Supervisors played an integral part in everything that Tysons Partnership was doing to shape the future of Tysons.

McKay opened, saying that Fairfax County residents expect certain things from the Board of Supervisors. "Good financial man-



Jeff Tarae, Chair, Tysons Partnership Board of Directors, Managing Director, Newmark Knight Frank

agement, Triple-A bond rating, predictability, high-quality public services (and) schools, low crime, human services, compassion, and a welcoming environment for people all over the world to come to Fairfax County and succeed. Those are the hallmarks of Fairfax County; that will not change," he said.

McKay said the Board had a sense of urgency to address other challenges in the County, such as affordable housing. "That is a goal I know our County Board is going to hit the accelerator on as we move forward. Climate change is another issue this Board will tackle. We will tackle it in a way that complements economic development," he said.

According to McKay, when it came to Tysons, the Board's job was to partner with the community, "to make sure we achieve the long-range goal for Tysons." McKay added that while it was essential to recognize that everyone in the County would benefit from the success of Tysons, a place he called "the economic engine of the County," it was necessary to create other economic engines in other parts of the County too.

"We have a moral obligation to lift up all parts of the County. We can have smaller economic engines throughout Fairfax that complement Tysons and aren't in competition with it," McKay said. "But as we move forward, we know Tysons is the economic engine, and this Board is cognizant of that...We will make the necessary investments."



Chairman Jeffrey McKay, Fairfax County Board of Supervisors, says, "We know Tysons is the economic engine, and this Board is cognizant of that...We will make the necessary investments."

PHOTOS BY MERCIA HOBSON/THE CONNECTION



Capital One Headquarters is a 470-foot-tall tower completed in 2018 and is the Washington Metropolitan Area's tallest private building.

McKay said the Board was at a critical junction currently with Tysons. He said, "I know there's angst out there in the community about infrastructure, keeping pace with development." McKay added that the Board had a job to do, as partners and political leaders, to remind the County "this is a long haul."

"Tysons Plan was not developed to be implemented in a year or two. It was predicated on the need that we are in this for the long haul. And that means, at some point in time, pieces of it get accelerated faster than others. But we have to maintain the vision for achieving the ultimate goal... creating a place called Tysons...where people want to live, where we continue to have job growth, but we also have the public infrastructure in place to support that growth," he said.

MCKAY cautioned that Tysons Partnership, the County and the community had to operate as a team. "And frankly, there's a lot of eyes on us. You know, not only is Fairfax County the economic driver of the Commonwealth of Virginia, we know that statistically, 22 percent of all revenue going into Virginia comes from Fairfax County. We know that Tysons Corner is the economic driver of the County, so there are a lot of eyes on us making sure that this experiment that we've entered into works. We know it will...When you make a commitment, to do what we've done in Tysons, which is huge, you can't stop midway, or you're left with

the worst-case scenario, which is scattered high density in parts of Tysons with no connectivity, no sense of place, no character, no personality," said McKay.

"We have come too far not to continue to make sure we complete this journey, and I need your help," McKay said. "We need everyone in Tysons Partnership's help. I can assure you, from my standpoint, we are going to continue to press our County staff in trying to be more responsive to the market, to send a strong message that Tysons is an innovative, outstanding place to live, work and to attract young people to come into Tysons Corner. We know that's a challenge... I need all of your voices to help us send a message out there, that this is a place where young people want to be able to come to work and where we want them to be in Fairfax County."

According to McKay, the County invests \$14,000 per student per year. Then the student goes off to college and ends up moving elsewhere because they don't think Fairfax County is "cool enough or they can't afford housing."

McKay said, "Think of the investment that we've made in the public sector and those kids, only to

lose it to other parts of the country. We have to attract those people here through affordable housing opportunities, employment opportunities, but most importantly, to make sure that Tysons is seen as a cool, innovative, state of the art, a forward-thinking place where people want to come and live. And we're halfway there."

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.

COMMENTARY

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.

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. Rais-

ing 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:

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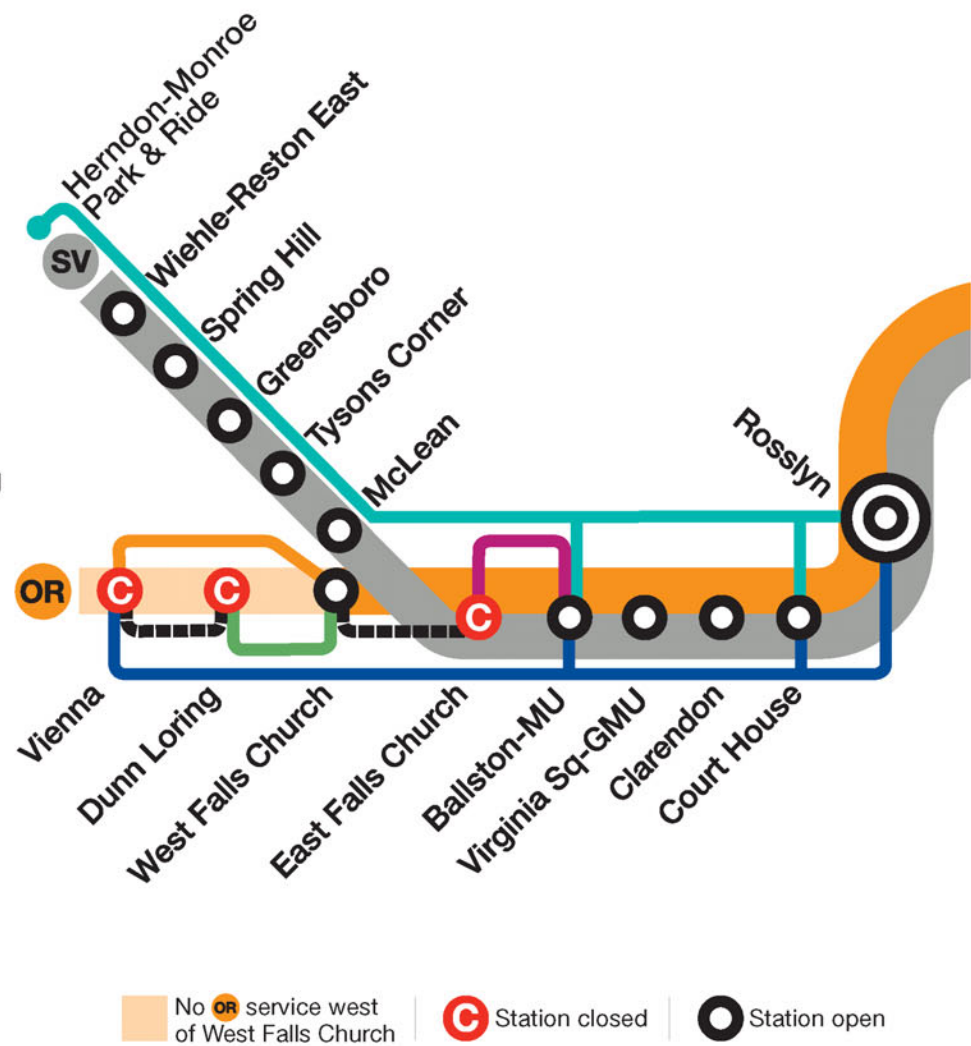
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HOmelifestyle



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DESIGNER SHOW HOUSE

To Benefit



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 Cancer 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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Fairfax Couple Presumed Positive for COVID-19

County, state, health professionals provide answers, advice.

BY BONNIE HOBBS
THE CONNECTION

A Fairfax City man in his 80s and his wife have both tested presumptive positive for the coronavirus (COVID-19). Both were infected as a result of international travel, and the husband – who contracted it first – appears to have transmitted the virus to his wife.

“We know the risk of coronavirus disease increases among close contacts of infected persons,” said Fairfax County Health Director Dr. Gloria Addo-Ayensu on Monday. “Based on the results of our investigation to date, the [couple] had limited contact with others outside the home while ill, so the risk to the general Fairfax community remains low.”

Out of privacy concerns, their names are not being revealed, but health officials say the couple traveled on a similar, Nile River cruise as other positive coronavirus patients elsewhere. The husband began developing symptoms of respiratory illness on Feb. 28, was hospitalized last Thursday, March 5, and is currently in stable condition.

According to the Virginia Department of Health (VDH), when he was tested, his wife was asked to self-quarantine at home and she complied. When she developed minor respiratory-illness symptoms herself, specimens were collected from her and sent to the Virginia state laboratory, Sunday, March 8. She, too, is doing well, but was hospitalized during her tests.

Meanwhile, Fairfax City Manager Rob Stalzer has confirmed that six members of the City’s Fire Department were also potentially exposed to the disease when they responded to the couple’s home, the afternoon of Feb. 28, and are now under quarantine.

“Based on the recommendation of the county Health Department and the CDC [Centers for Disease Control and Prevention], they’ll be ‘furloughed’ for 14 days in their homes, in an abundance of caution,” said Stalzer. “And the Fairfax County Health Department has already made contact with them.”

STATE AND LOCAL public-health leaders held a press conference, Sunday afternoon, March 8, at the Sherwood Center in Fairfax, sharing what information they could. They also advised people to take normal precautions to remain healthy, while reassuring them there’s no reason to panic.

Ironically, the Sherwood Center was scheduled to host the City Fire Department’s annual awards ceremony, Sunday afternoon. But it was postponed to a later date, said Stalzer, “out of respect for the firefighters and their families.” In addition, Mayor David Meyer had planned to hold



PHOTOS BY BONNIE HOBBS/THE CONNECTION

Listening to Dr. Ben Schwartz speak are (from left) Dr. Lilian Peake, Dr. Norm Oliver, Dr. Gloria Addo-Ayensu, Jeff McKay, Dr. Denise Toney, Dr. Alison Ansher, David Meyer and John Silcox.



Fairfax County Health Director, Dr. Gloria Addo-Ayensu, discusses the coronavirus at Fairfax City press conference, while Jeff McKay listens.



Dr. Ben Schwartz



State Health Commissioner, Dr. Norm Oliver, talks while Jeff McKay listens.

his re-election-campaign kickoff that same afternoon, but postponed it, as well.

According to State Health Commissioner, Dr. Norm Oliver, “A coordinated, health response is already underway to identify people who had contact with the [ones] infected and may be at risk, themselves.”

State Epidemiologist, Dr. Lilian Peake said the Fairfax man’s test was also done in Richmond at Virginia’s public-health lab and would be confirmed by the CDC in a few days. Until then, his positive result – which came back Saturday, March 7 – is considered presumptive. The same is true of his wife, who received her positive result Monday, March 9 – the day after the press conference.

On Sunday, Peake said, “By 9 a.m. this morning, 44 Virginians have been tested. Thirty-six have come back negative so far, and we’re awaiting the rest of the results.” She also noted that the Commonwealth wasted no time springing into action in response to this worldwide threat.

“The Virginia Department of Health

[VDH] has been working on this since January,” she said. “It set up a Website that’s continually updated, plus an information line.” The Website is www.vdh.virginia.gov/coronavirus/ and the information phone number is 1-877-ASK-VDH3. And, she added, “If anyone has symptoms including a light fever, cough and difficulty breathing – especially if they’ve traveled out of the country recently – please call your healthcare provider.”

Dr. Ben Schwartz, director of epidemiology with the county Health Department, said the Fairfax City man was hospitalized March 5 with a fever, cough, fatigue and shortness of breath. “If other people are found to have been exposed [to the virus through him], we’ll guide them on what to do and monitor them closely,” said Schwartz.

He also said the public need not take any additional precautions at this time beyond the normal things anyone would do to prevent the spread of a virus. “Wash your hands thoroughly with soap and water for 20 sec-

onds,” said Schwartz. “Cover coughs and sneezes, stay away from people who are sick, and stay home if you’re sick, yourself.”

County Board of Supervisors Chairman Jeff McKay addressed the crowd, as well. “There’s a lot of misinformation out there,” he said. “So I implore you to come to Fairfax County as a trusted source of information.” The county’s Website and information line are: www.fairfaxcounty.gov/health/novel-coronavirus and 703-267-3511.

“Fairfax County has sophisticated plans to deal with this kind of event, and they’ve been in place for over a decade,” continued McKay. “So no one should panic as this situation evolves. We’ll constantly message out information to the community.”

Regarding children, he said, “If your child is having symptoms, don’t send them to school. But at this time, there’s absolutely no reason to close the schools – and they’re closely monitoring the situation. I also encourage all parents to sign up for messages from FCPS directly.”

Schwartz said the county is currently investigating whether the Fairfax man came into contact with any school-aged children or anyone else in a hospital setting. “We’re not releasing the name of the hospital he’s in, but he’s not in intensive care,” said Schwartz. “And to our knowledge, [he was on] a different boat than the other [Nile cruise] cases have been on.” Furthermore, he said, “We aren’t recommending any events be canceled or venues shut down.”

Like McKay, Peake said, “Stay tuned to what’s going on and get your information from a trusted source like the VDH, CDC or Fairfax County. And take measures to prevent the spread of respiratory diseases.”

Also speaking was Dr. Denise Toney, director of the Department of General Service’s Division of Consolidated Laboratory Services – the state’s public-health lab in Richmond. “Virginia has two test kits in house, and we hope to have several more next week,” she said. “Each kit can test 150-200 patients. We have the capacity to handle the volume of patients we have now, and we anticipate access to testing to increase each day.”

AT THE END, Mayor Meyer thanked all the health professionals for coming to the City. “I hope their presence here today will give you confidence that the health officials in state and local government are staying on top of this,” he told the audience. “The City and county are one entity when it comes to health management. We contract with the county for our comprehensive, public-health services, so our City residents can be assured that they’re receiving the best, public-health services available.”

As for the six, quarantined, City firefighters, Addo-Ayensu said the county Health Department is “monitoring them daily to see how they’re doing and to advise them what they should look for, going forward. In conjunction with the other symptoms, a fever of at least 100 or 101 is

SEE CORONAVIRUS, PAGE 9

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 HVI'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/VacationBibleSchool/>

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 Workshop. 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.

New Entertainment Theatre Venue Opens in The Boro

Tysons Showplace ICON Theatres feature 14 screens and premier amenities.

BY DAVID SIEGEL
THE CONNECTION

Entertainment options in Tysons expanded with the opening of the Showplace ICON Theatres in The Boro. A short walk from the Silver Line's Greensboro Metro Station along with ample nearby parking, the Showplace ICON has fourteen screens with seating for nearly 1800. There will be a wide gamut of films screened. "We are thankful for the opportunity to share our deep passion for creating an unparalleled movie-going experience with the ever-growing Tysons neighborhood," said Tony Kerasotes, CEO of Showplace ICON.

"Showplace ICON has created a premier destination that expands beyond the movie to our family-friendly from scratch restaurant, the ICON Bistro, as well as a full selection of local craft beers, wines and specialty cocktails in our Lobby Lounge," said Kerasotes.

The Tysons Showplace ICON Theatres feature leading edge Dolby Atmos sound, 4K laser projection, Wall-to-wall screens, and heated recliners with adjustable headrests. The fourteen film-viewing auditoriums have various seating capacities from 226 to under 100.

Beyond the premium screening experience, the Showplace ICON will offer guests a chef-inspired American style cuisine menu which includes everything from small-plate options to full meal. There will also be small-plate items specially selected to enjoy before or during the movie. There is a Lobby Lounge for guests over 21 with a from-scratch-kitchen alongside curated selections of craft cocktails, wine, and locally sourced craft beer.



Showplace ICON CEO Tony Kerasotes.



Tysons Showplace Theatre ICON auditorium image.

PHOTOS COURTESY OF SHOWPLACE ICON



Tysons Showplace Theatre ICON loveseat recliners.

Where and When

Tysons Showplace ICON Theatres in The Boro, 1667 Silver Hill Drive, McLean. For movie show times and other information visit www.showplaceicon.com

Beyond guest greeters in the Lobby, to enhance the overall movie-going experience for guests, there is an ICON Extras program and even a monthly subscription program that provides additional opportunities for tickets, ticket prices and food and drink discounts.

The Tysons Showplace Theatres are from Kerasotes, a family-owned business with a 110-year history with movies. It began in 1909 as a nickelodeon in Illinois. Now it is a boutique collection of luxury theatres.

"Our main goal is to create a premium movie-going experience," added Tony Kerasotes.



PHOTO COURTESY OF VDOT

Ribbon-cutting for the new Jones Branch Connector in Tysons.

Improved Access and Travel Connections in Tysons

The Virginia Department of Transportation and Fairfax County celebrated a joint effort Thursday, March 5, to construct a crucial new link for drivers, transit users, bicyclists and pedestrians.

Scotts Crossing Road, a half-mile of new roadway and bridges over the Capital Beltway from Jones Branch Drive to Route 123, is now fully open, including two travel lanes, a bicycle lane and lighted sidewalk in each direction, to improve access to destinations such as the I-495 Express Lanes and McLean Metro Station. A wide, raised median is also reserved to accommodate future transit.

By providing an alternate route across the Beltway and linking the Tysons East and Central areas, the project is expected to relieve traffic along Route 123, at the Route 123/I-495 interchange and at other intersections, said Helen Cuervo, P.E., VDOT's Northern Virginia district engineer. Scotts Crossing Road is expected to carry more than 21,000 vehicles a day this year and more than 32,000 by 2040.

"This project provides much needed connectivity and additional access for all commuters," said Cuervo.

"The completion of the Jones Branch Connector marks a milestone in our collaborative efforts to improve our transportation network to support the growth of Tysons," said Fairfax County Board of Supervisors Chairman Jeffrey C. McKay. "This project helps us move more people more efficiently and continues to build upon a grid of streets that encourages the use of multi-modal transportation alternatives."

Fairfax County led design and development of the project, while VDOT broke ground in 2017 to administer construction. In December 2018, the new crossing opened to one lane of traffic in each direction, providing a direct connection from Jones Branch Drive to Route 123 for the first time. Final detail work on the project will occur this month without major traffic impacts.

Archer Western Construction LLC is the contractor for the \$60.2 million project, which is financed with federal, state and county funds.

This is the first Tysons-wide project in the Tysons Comprehensive Plan Amendment, approved by the Fairfax County Board of Supervisors in 2010, to be completed.

Health Professionals Provide Local Coronavirus Update

FROM PAGE 7

especially the critical symptom, because fever is a hallmark of this disease. And we always do other tests to rule out anything else."

"It's a new virus, but the approaches we take are tried and tested and are things we do every day," she continued. For now, said Addo-Ayensu, the elderly – and especially those with underlying medical conditions – seem to be the most vulnerable. And while there's no indication so far that coronavirus affects children, she acknowledged that "We're still learning about it."

She also noted that COVID-19 doesn't spread through brief, casual contact. Rather, it's mainly contracted via respiratory droplets produced when an infected person coughs or sneezes.

Afterward, City Councilman Sang Yi said he, too – as a Councilman, parent and City resident – is keeping a close eye on the virus' potential spread here. "The City of Fairfax is a tightknit community, and I'm praying that our resident who tested presumptively positive makes a full and speedy recovery. The safety and health of our fellow neighbors and residents is our top priority. It's important we all take appropriate precautions and follow health-safety guidelines outlined by the CDC."



BONNIE HOBBS/THE CONNECTION

Dr. Gloria Addo-Ayensu listens to Jeff McKay at the podium.

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FROM PAGE 2

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.

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

TUESDAY/MARCH 17

CNM Toastmasters "Open House." Come and observe a meeting to see how to improve communication and

leadership skills, time management, impromptu speaking, and listening skills within a friendly environment. Everyone is welcome. 6:20 p.m. in Room 1611 at McClean Bible Church, Leesburg Pike. A light supper will be served. Club meets on the 1st and 3rd Tuesday of every month from 6:30 to 7:45 p.m. Call 703-509-1902 or email: cnmtoastmasters@gmail.com for more information.

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

SEE BULLETIN, PAGE 11

Legals

Legals

NOTICE

ABANDONED WATERCRAFT

Notice is hereby given that the following watercraft has been abandoned for more than 60 DAYS on the property of: Mr. mien S. niu at 1008 Dead Run Drive, McLean VA 22101, 202-345-2101.

Jon Boat: Tracker Marine Topper 10' (green), made in 2017, Reg. #: "MD 7181 CS", Hull Id #:BUJ50562L617

Application for Watercraft Registration/Title will be made in accordance with Section 29.1-733.25 of the Code of Virginia if this watercraft is not claimed and removed within 30 days of first publication of this notice. Please contact the Virginia Department of Game and Inland Fisheries with questions.

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FROM PAGE 10

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.

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

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

Virginia Chronic Pain Support Group Meets from 1:30-3 p.m. the 2nd Wednesday of each month at Kaplan Center for Integrative Medicine, 6829 Elm St., Suite 300, McLean. Group leader, Jodi Brayton, LCSW. 703-532-4892.

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.

Volunteer Victims Needed. Virginia Task Force 1 (VA-TF1) is holding a full scale exercise and needs volunteers to act as victims in need of rescue. The exercise will take place from the evening of Monday, April 23 through afternoon of Thursday, April 26. A minimum shift of six hours is expected - overnight volunteers are especially needed. "Victims" will need to be able to crawl in and out of rubble piles, capable of sitting or lying in place for extended periods of time, and don't mind getting dirty. Contact Christopher Yorty at christopher.yorty@fairfaxcounty.gov.

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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 drowsiness: 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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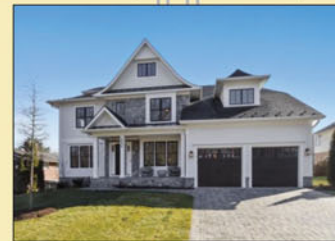
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