

# Great Falls CONNECTION

Great Falls Studio member  
Begoña Morton specializes  
in oil painting and prints  
tea towels and coasters.

## Artfest: 25 Artists at Inaugural Grange Event

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# The Truth About Lies

BY MARILYN CAMPBELL  
THE CONNECTION

**H**e lived with his wife and four children in a sprawling home in Fairfax County. He was also maintaining a six-year relationship with his fiancé and their 9-month-old daughter in Alaska.

Hiding the fact that she was drowning in more than \$30,000 in credit card debt, she walked down the aisle at her wedding to marry her fiancé who thought she was financially stable.

These are examples of the extreme and long lasting lies that Natalie Martinez, an Alexandria based certified life transformation

coach, has witnessed.

Throughout the month of May, designated by the National Alliance on Mental Illness (NAMI) as Mental Health Awareness Month, local therapists look at the factors that lead to significant and habitual lying and therapies that can

correct it.

While habitual lying is not a diagnosable mental health issue, it can be a manifestation of other challenges. "It normally goes along with compulsive addictive behavior [like] substance abuse, compulsive spending or is a sign of

some other psychiatric issue," said Bethesda therapist Carol Barnaby, LCSW.

Children might resort to dishonesty to avoid a parent's anger or other unpleasant situations and can become a learned coping skill. "I believe such deception starts in childhood and becomes a habitual way of restoring one's low self-esteem," said Linda McKenna Guly, Ph.D., Professor of Psychology Marrymount University. "All of us often lie to preserve our self-esteem. Once children are old enough to take the perspective of another person, in early elementary school, they have the skills to manipulate another's belief. It often takes the form of exaggeration. ... For example, my grandpa used to play on the New York Yankees," McKenna said.

"Spouses may have developed a hypersensitivity to criticism, potentially from a very critical or hostile upbringing," added Kevin Coleman, Woodbridge Marriage and Family Therapist. "So, after years of hearing people imply, you're not good enough, they simply want to present an image of themselves that is acceptable to others."

As one ages, deceit can become habit forming. "In order to avoid confrontation, they don't tell their spouse about these little lies, and then they can escalate into huge, life-altering patterns of deceit if left unchecked," said Coleman. "One of the spouses may be very scared of confrontation with the other, so they develop a habit of covering up any conflict issues to avoid a fight. This intense fear of conflict may be rooted in past abuse from a previous relationship, or their family of origin."

Getting caught in a lie can motivate one to seek mental health treatment. "Often a spouse discovers paperwork that show that serious debt, or significant money spent at places they've never been to, evidence of gambling, or a significant savings account just in one name," said Martinez. "Also signing paperwork on behalf of their spouse to receive a loan. The list goes on."

"This level of dishonesty is fixable, but it is very difficult work," said therapist Greg Fisher, LCSW. "It is important to combine couples therapy with additional care for the offending partner. This may be addiction work and medication management from a psychiatrist related directly to what the offending partner is struggling with."



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# NEWS



PHOTO BY MERCIA HOBSON/CONNECTION NEWSPAPERS

Citizen scientists, Lisa Schlecht, Jauer Aguilar-Schlecht and Nancy Schlech join Tami Sheiffer for the City Nature Challenge 2022 at a site in Great Falls.



PHOTO COURTESY OF TAMI SHEIFFER

Jauer Aguilar-Schlecht and Nancy Schlech look at a harvestman (daddy longlegs).

## City Nature Challenge 2022 in Great Falls

### A snapshot of Observatory Park's natural world.

BY MERCIA HOBSON  
THE CONNECTION

Tami Sheiffer, a nature interpreter and Watch the Green Grow Coordinator at Fairfax County Park Authority, led the City Nature Challenge 2022 at Observatory Park in Great Falls on Saturday, April 30. The Challenge was held across the DMV at hundreds of locations. Sheiffer said Great Falls was in the fifth position for the number of sightings by shortly after 10 a.m. that morning.

According to Sheiffer, the City Nature Challenge gets people into nature, and gives them an opportunity to see and learn about the plants and animals around them. Smartphone technology and apps like iNaturalist would make it simple to record photographs and biological information about living species.

Sheiffer charged her Great Falls citizen scientists to find and identify as many species as possible in a short time. They planned to work together to gather data and gain a snapshot of an area's biodiversity. The observations made from Great Falls and in the Washington D.C. Metro area for this year's challenge can be viewed at <https://www.inaturalist.org/projects/city-nature-challenge-2022-washington-dc-metro-area>

"We are going to be looking for plants and animals today and take a walk in the meadow area. We will see some meadow flora and, maybe, some insects as well. Without a doubt, songbirds, if we can capture a decent

#### Map of Observations



Map of observations during the City Nature Challenge 2022 at sites in and around Great Falls. The map will be updated.

image of a bird," Sheiffer said.

The group would then explore the path beyond the fence line in the hopes of finding animals. They would most likely come across native and invasive plants as they explored the area. According to Scheiffer, humans bring invasive plants from other regions or parts of the world there. Because the creatures here have not evolved with the plants, they cannot eat them. The plants then go out of control and become invasive.

"Individuals can help protect nature, re-

store wildlife habitat and improve water quality by removing invasive plants and planting native plants in their yards," she said.

After the event, Scheiffer reported: "We observed native plants and invasive plants as well as animals like spiders, butterflies, birds, and deer."

Asked what the day's most interesting find was, Scheiffer said that at the Great Falls event on Saturday, they saw a Spring Beauty Miner, a type of native bee. "There

are almost 500 species of native bees in Virginia, and bees are important pollinators. Miner bees are solitary bees that nest in the ground, and they are non-aggressive," she said.

Accumulated data will take a few days to identify and tally the observed plants and animals. For information, visit the D.C. website <https://citynaturechallengedc.org/> or the worldwide challenge at <https://citynaturechallengedc.org/>. The collective global results will be announced on May 9.

## Keeping an Eye on Government

BY DEL. KENNETH R. "KEN"  
PLUM

The Joint Legislative Audit and Review Commission (JLARC) is the oversight agency of the Virginia General Assembly charged with the responsibility of reviewing and evaluating the operation and operations of state agencies and programs. The Commission consists of 14 legislative members and a staff of nonpolitical professional researchers, analysts, lawyers, and auditors who conduct studies and make recommendations for Commission approval. Some of the most professional work of the legislature is done by the JLARC staff. A high percentage of JLARC recommendations become bills that are introduced into and passed by the General Assembly.

For the past two years I was chair of the Commission but with the loss of a majority of Democrats in the House and the rotation of the chair between the two houses, I will be continuing as a member but not chair. My colleague and friend Senator Janet Howell will be serving as chair.



Each year JLARC adopts a work plan guiding its activities for the year. Topics for its work come from the Commission and from resolutions that are passed by the legislature. At its meeting this week JLARC will announce its work plans for this year with most of the activities planned already underway. It takes on the most difficult issues facing the legislature to define in a well-researched and factual way the substance of the issues and a well-defined range of policy recommendations for the General Assembly to consider.

Among the topics to be studied this year include the level of need for more affordable housing in the state and the effectiveness of the current efforts to stimulate the growth of more affordable housing. In another study JLARC will look at the progressivity of Virginia's individual income tax. There is a debate going on in the current conference committee on the budget on taxes and a possible doubling of the standard deduction. Most people acknowledge that the income tax, while structured to be somewhat progressive, in reality is regressive, and current tax proposals may make it even more regres-

sive. The study results, if followed by the General Assembly, could make a significant change in a tax that produces about seventy percent of general fund revenue.

Legalized gambling, referred to as "gaming," generates at least \$8.9 billion in sales and wagering. JLARC staff will take a close look at existing laws to see if they are adequate to protect the public and look at the current regulations to determine their effectiveness. This study comes about just as the state has legalized gambling casinos in several parts of the Commonwealth.

On education issues, the staff will undertake a study this year of higher education financial aid and dual enrollment funding. An equally important and challenging study will be the K-12 Standards of Quality funding formula for public schools. A long-needed study will be undertaken this year to evaluate the Community Services Boards system for community mental health services to determine if it meets the needs of the citizens who have behavioral, developmental, and mental health services needs.

There are other studies that will be undertaken this year along with the oversight responsibilities JLARC is assigned. For more information and to review past study results go to <http://jlarc.virginia.gov>.

### TEACHER APPRECIATION

## The Teacher who Taught Me That Teaching Matters

BY HELEN MONDLOCH

As another school year approaches its close, capped by the annual standardized testing season that hijacks the reasons any teacher teaches, I do what most teachers do: I ponder how I can get a better handle on things next year. Don't tell anyone, but there are moments when I also wonder if I can muster the energy to do it all again. This feeling has been heightened after a year of pandemic-induced learning setbacks, a spike in discipline issues at my school and many others, not to mention the culture wars that have landed at our doorstep, making education a frustratingly tricky business.

I've spent most of my adult life -- close to 30 years -- teaching high school English in Fairfax County schools. I've also moonlighted as a local journalist. On both fronts, I have always had a silent but indelible mentor in Patrick Welsh, my old English teacher at T.C. Williams, now Alexandria City High School, where he taught for 43 consecutive years before retiring in 2013.

After a typical day of teaching--the usual push-pull trajectory of explaining, expounding, prompting, teasing, and (to reference

sentiments once expressed by Mr. Welsh) feeling like I'm a good teacher, feeling like I'm a lousy teacher-- I often think of him.

I think of him as I'm walking to my car, feeling a little weary and weighed down by the papers lurking in my laptop. (Until last year's technology revolution in education, those papers filled my briefcase.) The trek has always conjured up the image of Mr. Welsh back in the late 70s: It's about 3pm on a weekday, and he is descending the steps outside the west end of the old T.C. Williams building. His neck is slightly craned to one side as he hauls his leather bag full of papers. If it's winter, he's wearing his tan overcoat, unbuttoned. If he sees you, his blue eyes cast a smile your way as he walks past. "See ya later," he says unassumingly.

Like the soul-searching characters of literature, we humans crave affirmation. My effervescent image of the thirty-something Mr. Welsh is more than a fond memory; it's a regular reminder that what I do matters. I serve as a foot-soldier in a campaign that never really ends, but I must never surrender to the idea that I am endlessly repeating the same tasks day after day, year after year, to no great end, as my jaded moments sometimes suggest. Mr. Welsh's prolific

career affirms the dignity of my profession and reminds me that a teacher's influence is ever-expanding. Touching the next generation, as Pat once said, is a miraculous privilege.

Of course, it's my memories of Mr. Welsh in action-- poised before the class, looking at us intently while expounding some passage in Macbeth, or Joseph Andrews, or one of those foggy Faulkner novels that so enthralled his fancy-- that stand out the most. I recall that on occasion, his own youthful memories seemed to rise to the surface during his lessons, like the time he

read us a poem by James Dickey, pausing with a passionate glimmer when he got to the last line: "Wild to be wreckage forever."

Then there were the times, and they occurred regularly, when he tried to make sense of our adolescent world by peering into it and asking in earnest what we were all about. He marveled over the music we listened to. I'll never forget our fourth-period class of seniors erupting in laughter the time he remarked, "'I wanna kiss you all over?' That's a normal song lyric?"

SEE TEACHER, PAGE 10

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Connection Newspapers welcomes views on any public issue. Letters must be signed. Include home address and home and business numbers; we will only print your name and town name. Letters are routinely edited for length, libel, grammar, good taste, civility and factual errors.

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## COMMUNITY



Great Falls Studio member Begoña Morton, oil painting, prints tea towels and coasters.

PHOTOS CONTRIBUTED



Great Falls Studio member Begoña Morton specializes in oil painting and prints tea towels and coasters.

# Great Falls Studios Spring ArtFest

Ribbon-Cutting marks inaugural event at the Grange and Schoolhouse.

BY MERCIA HOBSON  
THE CONNECTION

The two-day Great Falls Studios Spring ArtFest & Sale will be held on Saturday, May 7, and Sunday, May 8, from 10 a.m. to 5 p.m. The event will feature 25 artists in the fields of fine art. The painters, potters, photographers, fiber artists, sculptors, printers, lithographers, and jewelry makers will be available for visitors to engage with one-on-one.

The artists will sell their work at two locations in Great Falls. One site is the Great Falls Grange and the adjacent Forestville Schoolhouse at 9818 Georgetown Pike. The second location is one block away in the Village Center, studios 756, 766, and 776 Walker Road.

The Spring ArtFest is the inaugural event held at the Great Falls Grange and Schoolhouse. They are under new management and operation by the Great Falls Grange Foundation, a local nonprofit organization.

To mark the occasion, on Saturday, May 7, at 9:45 in the morning, there will be a ribbon-cutting outside the Grange and the Schoolhouse. Join Jorge Adeler, co-president of the Great Falls Grange Foundation, and Linda Jones, president of Great Falls Studios. All are welcome.

On Sunday, a children's art activity will be held downstairs in the Grange. Children can create a Mother's Day card. Visit [www.greatfallsstudios.com](http://www.greatfallsstudios.com) for further information.



Great Fall Studio member, Dean Souleles- photography

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DRAFT STRATEGIC PLAN**

**WEDNESDAY, JUNE 8, 7:30-9 P.M.**

The McLean Community Center (MCC) is seeking public input as it finalizes its strategic plan based on public feedback gathered from district residents over the last several months. MCC has hired AMS Planning & Research to help craft the plan and invites residents of Dranesville Small District 1A to express their ideas about the future programming and strategic priorities of the center at this public hearing. **Your opinion is important!**

If you want to give your input but are not able to attend the hearing, please fill out the **Strategic Planning Survey** linked at

**mcleancenter.org**



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## NEWS

# Oakton Woman Rides To End Alzheimer's

**Ride to End ALZ -  
Nation's Capital joins  
cycling fundraising  
program to support  
Alzheimer's, dementia  
research.**

**T**he Alzheimer's Association will hold its first ever Ride to End ALZ in the Nation's Capital on Sunday, May 15. To date, more than 200 riders from Maryland, Virginia and the District of Columbia, as well as from states as far away as Texas, Minnesota and Hawaii, have registered for the inaugural cycling event, which joins a growing list of Ride to End ALZ events held across the country to raise funds and awareness to advance research toward the first survivor of Alzheimer's.

Oakton resident Carol Stone is the co-chair of the local volunteer Community Engagement Committee responsible for planning and promoting the new event. Stone has participated in Ride to End ALZ events in Colorado and Texas, as well as other Alzheimer's Association cycling events, including the South Carolina Chapter's multi-day Ride to Remember, which is now part of the Ride to End ALZ family of events.

"After participating in the South Carolina ride, I knew that the passion, fundraising success and experience of such an event needed to be shared with others - so I set a goal of creating an Alzheimer's Association cycling event in my state," said Stone. "I am passionate about the Ride to End ALZ because I have witnessed firsthand the positive impact these events can have on the participants, volunteers, supporters, spectators and communities and on the fight against dementia."

Stone's paternal grandmother was diagnosed with senility in the 1960s, a time when little was known about Alzheimer's disease. Years later, her mother was diagnosed with Alzheimer's after she began to exhibit symptoms in her mid-70s. Stone's mother-in-law then developed the disease, living with the family for three years. "Like too many, my involvement with Alzheimer's is personal," said Stone. "My family and I have experienced the devastation of this disease and the difficulties faced by caregivers, whether family members or professionals dedicated to providing care. I have also witnessed their incredible kindness, compassion and sacrifice. While caring for my mother-in-law we were fortunate to have the support of the local community, including the Alzheimer's Association."

The Ride to End ALZ will take place in Loudoun County, with the start and finish at Morven Park in Leesburg. Check in opens at 6 a.m., with the ride

**Register for the Ride to End  
ALZ at [alz.org/ride](http://alz.org/ride).**



**Riding to end Alzheimer's, Carol Stone of Oakton.**



**Carol Stone with her mother and two sisters.**

starting at 7 a.m. Participants can choose a 25-mile, 45-mile, 70-mile, or 100-mile route with breathtaking views. The fully supported event will have rest stops along every route, as well as mechanics, SAG (support and gear), breakfast, lunch and live entertainment.

People can register for the Ride to End ALZ at [alz.org](http://alz.org).

SEE OAKTON WOMAN, PAGE 7  
[WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)



**As usual every year at this time, The Connection calls for submissions to our Mother's Day photo gallery.**

**Mother's Day is Sunday, May 8.**

This year we will continue to publish submissions through the May 18 edition. Photo submissions are due by Monday, May 16.

#Send photos of mothers, grandmothers, great-grandmothers, with children or without children in the photos. Please name everyone in the photo, the approximate date, describe what is happening in the photo and include your name, address, email address and phone number. We will not print your full address or contact information.

You can upload photos and information directly to [www.connectionnewspapers.com/mothersday/](http://www.connectionnewspapers.com/mothersday/) or email to [editors@connectionnewspapers.com](mailto:editors@connectionnewspapers.com).

This is a fine time for submissions for our annual Father's Day galleries. Online at [www.connectionnewspapers.com/fathersday/](http://www.connectionnewspapers.com/fathersday/)

**THE CONNECTION** **Alexandria Gazette Packet** **Mount Vernon Gazette** **Potomac ALMANAC**



Carol Stone of Oakton with her mother. Stone is riding to end Alzheimer's.

# Oakton Woman Rides To End Alzheimer's

FROM PAGE 6

org/ride. Select the Nation's Capital option to register for the event. All participants must be 13 years of age or older. Riders are required to make a registration donation to get started and agree to raise the fundraising minimum of \$500 in order to participate.

The registration donation will be counted towards that minimum.

One hundred percent of proceeds from the Ride will support Alzheimer's research. As the largest nonprofit funder of Alzheimer's research, the Alzheimer's Association is committed to accelerating the global progress of new treatments, preventions and, ultimately, a cure. Learn more about research at alz.org/research.

While the Ride's purpose is to raise funds to support critical dementia research, Stone notes there is an important personal aspect to the event: "Meeting

the volunteers and participating in the Ride is incredibly inspiring. Hearing their stories is emotional yet heartwarming. The connection to the mission and the support for each other is profound. It is magical! Build a team, donate, volunteer, spread awareness, advocate. You will be glad you did. There is so much we can and will accomplish together."

For more information on Ride to End ALZ Nation's Capital, visit alz.org/ride or contact Brenda Buchanan, director of the Ride at 512-572-0153 or at bbuchanan@alz.org.

The Alzheimer's Association leads the way to end Alzheimer's and all other dementia by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support. Our vision is a world without Alzheimer's and all other dementia. Visit alz.org or call 800-272-3900.



Carol Stone's mother as a child in 1925..

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Riding to end Alzheimer's, Carol Stone of Oakton.

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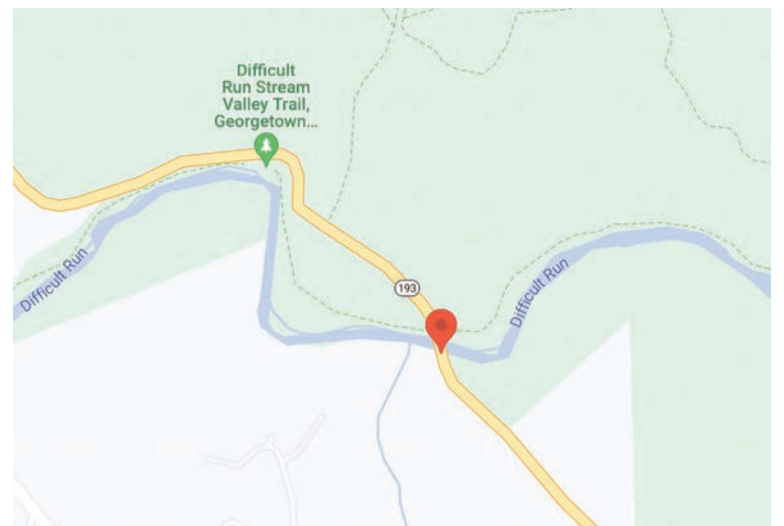
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## NEWS



8800 block Georgetown Pike, approximate location of the fatal crash.

### Juvenile Charged in Fatal Crash on Georgetown Pike

Detectives from the Fairfax County Police Crash Reconstruction Unit have charged a juvenile for the March 9 fatal crash on Georgetown Pike that involved three cars. Detectives determined the juvenile driver of the 2020 Audi A5 was traveling at a speed of more than 80 mph in the 35-mph speed zone. Detectives determined alcohol was not a factor in the crash. Yesterday, detectives obtained and served a petition for involuntary manslaughter for the 16-year-old. The juvenile was taken to the Fairfax County Juvenile Detention Center where he was held.

Victim advocates from our Major Crimes Bureau's Victim Services Division have been assigned to this case to ensure the victim's family is receiving appropriate resources and assistance.

FCPD reported that a 62-year-old woman had died Sunday, March 13, 2022, from injuries sustained in a crash that occurred March 9.

Officers responded to a crash around 3 p.m. on March 9 in the

8800 block of Georgetown Pike that involved three cars. The driver of a 2020 Audi A5 was traveling west on Georgetown Pike. The driver of a 2005 Nissan Sentra and the driver of a 1991 Toyota MR5 were both traveling east on Georgetown Pike. The driver of the Audi lost control of his car, crossed the double yellow line, and hit the Nissan head-on. The Audi then spun into the path of the Toyota, resulting in the Toyota rear-ending the Audi.

The driver of the Audi was treated for injuries at the scene. The driver of the Toyota was taken to the hospital for injuries not considered life-threatening. The driver of the Nissan, Karla Boggess, of Berryville, was taken to the hospital and succumbed to her injuries four days after the crash.

Anyone with information about this crash is asked to contact FCPD Crash Reconstruction Unit at 703-280-0543. Tips can also be submitted anonymously through Crime Solvers by phone -1-866-411-TIPS (866-411-8477).

### BULLETIN BOARD

Submit civic/community announcements at [ConnectionNewspapers.com/Calendar](http://ConnectionNewspapers.com/Calendar). Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before the event.

#### MAY 14 AND 21

Mental Health First Aid. 1-5 p.m. At Patrick Henry Library, 101 Maple Ave. E, Vienna. This is an 8-hour course, presented in 2 4-hour blocks on May 14 and 21, designed to give community members key skills to provide initial help and support to someone who may be developing a mental health or substance use problem. Visit the website: <https://librarycalendar.fairfaxcounty.gov/event/8882192>

#### SHEPHERD'S CENTER SPRING CLASSES

The Shepherd's Center of Northern Virginia will hold Spring classes from now thru June 9, 2022. All Classes will be held virtually on Zoom and in person at the Unitar-

ian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton. Registration: April 4-19, 2022. The Spring 2022 semester schedule includes 40-plus classes with a wide range of subjects -- from a Health and Wellness series to National and World Affairs.

The following classes are but a few of the classes to choose from:

- May 5 – "Monarch Butterflies – Life Cycle and Migration" – Scott Schroth
- May 19 – "Whale Watching in Baja" – Paul Wormeli
- May 26 – "Vienna African American Trailblazers and Liberty Amendments – Gloria Runyon/Sylvia/DeeDee

Students may attend one or all of the all spring classes for a \$55 fee and

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# CALENDAR



Lee Lessack and Johnny Rogers will appear at The Alden in McLean on Friday, May 13.

## NOW THRU MAY 8

"The Mamalogues." Thursdays at 7:30 p.m., Fridays at 8 p.m., Saturdays at 2 and 8 p.m., Sundays at 2 p.m. At 1st Stage, 1524 Spring Hill Road, Tysons. In this satirical comedy, three friends share the joys, challenges, and anxieties of being middle class single Black mothers in predominantly white suburbs. The story celebrates motherhood and community while exploring racial profiling on the playground and supporting your kid who is perpetually the Only Black Child (OBC). Follow their journey as they lean in and steer their children from pampers to college while navigating their own road toward retirement. Visit [www.1ststage.org](http://www.1ststage.org).

## NOW THRU MAY 7

"Death of a Salesman." Presented by Vienna Theatre Company. At 120 Cherry Street, SE, Vienna. Show times are: 8 p.m.: Fridays and Saturdays: April 29, 30; May 6, 7, 2022; 2 p.m.: Sundays: May 1, May 8, 2022. Arthur Miller's 1949 Pulitzer Prize-winning drama about the tragic shortcomings of an American dreamer, is widely considered to be one of the greatest plays of the 20th century. Purchase tickets at [viennava.gov/webtrac](http://viennava.gov/webtrac), in person at the Vienna Community Center, 120 Cherry St. SE during open hours, or before each performance if available. Visit [www.viennatheatrecompany.org](http://www.viennatheatrecompany.org).

## THROUGH MAY 7

"A Year with Frog and Toad." At George C. Marshall High School, Falls Church. The play is a warm and funny musical based on Arnold Lobel's beloved Frog & Toad children's books. Performances are Thursday, April 28 @ 7:30 p.m.; Friday, April 29 @ 4 p.m. and 7:30 p.m.; Friday, May 6 @ 7:30 p.m.; and Saturday, May 7 @ 4 p.m. and 7:30 p.m.. The box office opens at 3 p.m. for the matinees and 6 p.m. for evening shows. Tickets can be purchased online at [www.statesmentheatre.org](http://www.statesmentheatre.org).

## REGISTER FOR MAY 14

It's only a month away from a great opportunity to enjoy scenic bike routes through Hunter Mill District in the 2022 Tour de Hunter Mill sponsored by @WalterAlcornFFX, @BikeFairfax, and others. Register for May 14 ride here: <https://www.eventbrite.com/e/second-annual-tour-de-hunter-mill-tickets-293139206257>

## NOW THRU MAY 25

Watercolor Exhibition. At Great Falls Library, 9830 Georgetown Pike, Great Falls. Celebrating a Lifetime of Art showcases the watercolors of Catharine Noland (1920-2020). A reception will be held Saturday, May 14, from 2-4 p.m. Event start and stop times correspond to normal library hours, which are available at: <https://www.fairfaxcounty.gov/library/branches/great-falls>

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## WEDNESDAY/MAY 4

Ed Begley Jr. 8 p.m. As part of RCC's Professional Touring Artists Series, Ed Begley Jr. will bring his program Living Simply So Others Might Simply Live to the CenterStage. Tickets are \$15 (Reston)/\$20 (Non-Reston) and are available at the RCC Box Office or online. All ticket holders will be given a packet of wildflower seeds, and copies of Begley's book Guide to Sustainable Living will be available for sale at RCC. At 5 p.m. on May 4, Begley will join RCC and Reston Association for the dedication of a new pollinator garden adjacent to Hunters Woods Village Center.

## MAY 5-6

Big Truck Days. 9 a.m. to 3 p.m. May 5; 9 a.m. to 7 p.m. May 6. At the Town of Herndon Public Works Maintenance Complex, 1479 Sterling Road, Herndon. Big Truck Days is an opportunity for children – and their parents – to see the town's big trucks and heavy equipment on display. Large groups should call ahead. Visit the website: [www.herndon-va.gov/PublicWorks](http://www.herndon-va.gov/PublicWorks)

## FRIDAY/MAY 6

Daniel Tiger's Neighborhood Live! 2 p.m. and 6 p.m. At Tysons' Capital One Hall, 7750 Capital One Tower Road, Tysons. In this whimsical, family-friendly theatrical event, Daniel Tiger and his family and friends take audiences on an interactive and exciting adventure to the Neighborhood of Make-Believe, sharing stories of friendship, helping others, and celebrating new experiences. Visit [www.ticketmaster.com](http://www.ticketmaster.com).

## MAY 6-7

J.A.M. Broadway Revue. At Fredgren Studio Theatre at Ballet Nova, 3443 Carlin Springs Road, Falls Church. J.A.M. the Revue is a crowd-thrilling dance spectacular musical revue of songs from your favorite musicals. The show starts its journey by paying tribute to some of the rocking musicals set in the '60s the '70s, high kicking its way to the sexy songs of Broadway, and ending with an electrifying finale featuring songs from Broadway's hottest modern musicals. Times: Friday, May 6 at 8 p.m.; Saturday, May 7 at 8 p.m.; Sunday, May 8 at 5 p.m. Cost is \$25. Visit the website: <http://jambroadway.bpt.me>

## SATURDAY/MAY 7

Spring Pottery Show. 12:30-5 p.m. At Vienna Community Center, 120 Cherry Street, SE, Vienna. Over 25 area artists will bring their ceramic wares to Vienna. From functional to sculptural - everything is uniquely made by hand. Sponsored by The Kiln Club of Washington, D.C. More details: [www.kilnclubwdc.com/events](http://www.kilnclubwdc.com/events)

## Here's What's Happening at MCC!

### Pass on Plastic!



#EarthDayMcLean Contest  
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### The Old Firehouse



Bowling & Arcade  
Friday, May 6, 3:30-10 p.m.  
\$60/\$50 OFC members  
Preregistration recommended.

### Improvicon of Northern Virginia



Pres. by Dark Horse Theatre Co.  
and (the) Unruly Theatre Project  
Saturday, May 7, 7 p.m.  
\$20/\$15 MCC district residents

### Presented by The Alden



The Suzuki Duo  
Chamber Music Series  
Sunday, May 8, 2 p.m.  
\$10/\$5 MCC district residents

### The Old Firehouse



Family Trivia Night (In-Person)  
Friday, May 13, 7-9 p.m.  
\$5 per family of 4.  
Preregistration recommended.

### Presented by The Alden



"Live in Central Park [Revisited]:  
James Taylor"  
Friday, May 13, 7 p.m.  
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SEE CALENDAR, PAGE 11

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**ODE TO JOY, SATURDAY/MAY 14**  
Beethoven's Magnificent "Ode to Joy" The stars are aligned for a grand season finale performance of Beethoven's Symphony No. 9, featuring the Fairfax Symphony Orchestra with soprano Danielle Talamantes, mezzo-soprano Daryl Freedman, tenor Cameron Schutz, and bass-baritone Mark Doss. Enhance Your FSO Experience - Join at 7pm as Maestro Zimmerman and special guests share insight behind the music you will hear. The Pre-concert Talk is located on the stage in the Concert Hall. The program includes Leshnoff: Symphony No. 4 "Heichalos;" and Beethoven: Symphony No. 9. Visit FairfaxSymphony.org.

## Teacher

FROM PAGE 4

And I'll never forget the way Mr. Welsh would clench his jaw and punch the air with his fist to convey the tautness in a piece of writing. On one glorious occasion, the writing was an essay I had written. Thanks, Mr. Welsh.

And speaking of writing: what a treat, over the years, to unfold the Washington Post and find a Pat Welsh article. His essays on the issues facing educators still have all the elements that any writer would want to emulate -- vivid, sometimes searing imagery; spot-on analysis; passionate conviction; the very tautness he always touted; and not least, the courage to challenge conventional thinking. He once opined that education theories "come and go like viruses" -- a phrase that has played out in my head time and again throughout my career.

A few years ago, when I had the privilege of writing a profile article on Pat for Northern Virginia Magazine, I spent weeks poring over articles he had written for the Post and other publications over the course of more than twenty-five years—and also his 1987 book Tales Out of School—all of which affirmed the opinion of Post commentator Jay Matthews, who once called Pat "one of the best teachers and most deft essayists I know."

Sometimes when I'm up late agonizing over a story, not quite getting it right, there's another Pat Welsh-ism from high school that rises up and motivates me: "Sometimes, you just gotta get it written," he once said. Just get it written—what a priceless piece of wisdom for anyone who has ever wrangled with a sentence.

So thanks again, Mr. Welsh, for the memories and unending inspiration. I'll think of you in August as I'm mustering the energy to do it all again.

*Helen Mondloch is a veteran teacher in Fairfax County Schools, currently at Westfield High School, and a freelance journalist of many years.*

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# CALENDAR

FROM PAGE 9

## SATURDAY/MAY 7

Celebrate Pilates Day. At RTR Pilates, 9849 Georgetown Pike, Great Falls. Register for one of three free trial reformer classes at [RTRPilates.com/PilatesDay](http://RTRPilates.com/PilatesDay). Check out the studio, shop great retail, sip champagne and meet our community.

## SATURDAY/MAY 7

Spring Festival. 1-5 p.m. At Walker Nature Center in Reston. There is more outdoor fun to be found at Reston Association's Spring Festival at Walker Nature Center. The festival includes live animals, fishing activities, boat rentals, crafts and booths by environmental groups. Family-friendly entertainment is provided by Reston Community Center.

## SATURDAY/MAY 7

Annual Plant Sale. 8 a.m. to noon. At Falls Church Community Center, 223 Little Falls Street, Falls Church. Everything for your garden: unusual and standard plants, pots, tools, floral arrangements, gifts, décor. Visit <https://www.fallschurchgardenclub.org/> for the discount coupon and additional information about Falls Church Garden Club.

## SATURDAY/MAY 7

CGC Plant Sale. 9 a.m. to noon. Outside the Virginia Bagel Shop, Stone Road Village Center, Centreville. Centreville Garden Club annual plant sale at the Stone Road Giant Shopping Center. Potted spring bulbs, various perennials and deer resistant plants. Need gardening advise... lots of experts to talk with. Come purchase some beautiful healthy plants for your spring garden.

## SATURDAY/MAY 7

Author Pu-Chin Waide. 10:30-11:30 a.m. At Patrick Henry Library, 101 Maple Ave. East, Vienna. Pu-Chin Waide was born in China, and moved to India with her parents, where she lived until she was 18. Writing was always a joy to her and she recently completed two collections of short stories. These stories give glimpses of the places in Asia and elsewhere where she has lived: stories which she embellished, recreated, and made 'magical.' Visit the website: <https://librarycalendar.fairfaxcounty.gov/event/8927366>

## SATURDAY/MAY 7

Improvison of Northern Virginia. 7 p.m. At The Alden at McLean Community Center, McLean. Improvison of Northern Virginia is a friendly competition among several Northern Virginia-based improvisation companies. Presented by Dark Horse Theatre Company and the Alden's own (the) Unruly Theatre Project, this show will feature host Pete Bergen. Tickets are \$20, \$15 for MCC tax district residents. The Pundemics, Home Improv Mints, (the) Unruly Theatre Project and Calamity Improv

are scheduled to perform. Visit: [www.aldentheatre.org](http://www.aldentheatre.org) or call 703-790-0123.

## MAY 7-8

Great Falls Studios Spring ArtFest. 10 a.m. to 5 p.m. At The Grange and Old Schoolhouse, 9818 Georgetown Pike, and three art studios at the Village Center, Great Falls. Join them as they share their creativity with the community at the first event to be held at The Grange and Old Schoolhouse after The Great Falls Grange Foundation signed the agreement with the Fairfax Parks Authority to operate the venue. Great Falls Studios is a unique and diverse group of painters, potters, photographers, fiber artists, sculptors, printers-lithographers, and jewelry makers, all represented at the ArtFest. Visit [www.greatfallsstudios.com](http://www.greatfallsstudios.com)

## SUNDAY/MAY 8

Sporting Goods Charity Drive. 1 to 3 p.m. At Marshall High School. Boy Scouts Troop 345 and "Leveling the Playing Field" are collecting new and gently used sporting goods equipment to help local at-need athletes realize their dreams to play competitive sports. How to Help: 1. Bring your donations to Marshall High School on Sunday, May 8 between 1-3 p.m. 3. Too much to haul? Send an email to [sports-drive2022@gmail.com](mailto:sports-drive2022@gmail.com) and they'll arrange to have a volunteer pick up your donation.

## SUNDAY/MAY 8

Master Singers of Virginia. 7 p.m. At Herndon United Methodist Church, 701 Bennett Street, Herndon. The Master Singers of Virginia, Northern Virginia's premier mixed a cappella ensemble under the direction of Dr. Erik Reid Jones will present Of Heaven and Earth. This concert features Herbert Howells' "Requiem, Arise My Love" by Stephen Paulus and Poulenc's "Chansons Francaises" that are charming, snappy and short. Tickets are \$25 for Adults, \$20 for Seniors (65+) and \$15 for Students. Visit <https://www.msva.org/spring>

## MONDAY/MAY 9

Planning Committee CD22. 7-8:30 p.m. At Sully District Government Center, 4900 Stonecroft Blvd., Chantilly. The 30th annual Centreville Day is Saturday, Oct. 15, 2022. Join in the fun of planning the event with the Planning Committee on second Mondays. Email: [centrevilleFHC@gmail.com](mailto:centrevilleFHC@gmail.com). Website: [www.historiccentrevilleva.org](http://www.historiccentrevilleva.org)

## FRIDAY/MAY 13

Lee Lessack and Johnny Rogers. 7 p.m. At The Alden at McLean Community Center, 1234 Ingleside Ave., McLean. Lee Lessack and Johnny Rodgers perform "Live in Central Park [Revisited]: James Taylor," a concert based on Taylor's 1979 concert in Central Park. Tickets are \$40 for the public, \$30 for MCC district residents. Visit: [www.aldentheatre.org](http://www.aldentheatre.org) or call 703-790-0123.

ogy center. "One course of action could be to identify why the dishonest partner engages in the secret behavior. For example, financial infidelity might be caused by addictive behaviors or trouble with impulse control."

Relationships or marriages that have been tainted by dishonesty can be salvageable. "Lies can be forgivable if the partner feels they won't be lied to again," said Martinez. "I've seen it happen many times, but once forgiven, if the partner continues to be lied to for the same or multiple other things, it would not be healthy to continue such a relationship."

# The Truth About Lies

FROM PAGE 2

An objective third party can be helpful to couples who want to mend a relationship that has experienced a negative impact from deceit.

"Counseling is a great place to address this issue because it can be hard to admit when you've been dishonest. Having a counselor in the room to guide the conversation could make the experience less daunting," said Emily Simonian, a licensed marriage and family counselor with Thriveworks, a Washington-area therapy and psychol-

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# Compartmentalize This



By KENNETH B. LOURIE

With all the physical problems and emotional challenges, a typical cancer patient undergoing treatment experiences, one's attitude is a significant contributor to the eventual outcome. My approach has been to never let the mental anguish and disappointment in my presumptive adjusted life expectancy (I was originally diagnosed as "terminal." Now I'm not really classified since I'm in a rather unique situation. My current diagnosis of papillary thyroid cancer stage IV is not usually a "terminal" condition. However, due to a misdiagnosis, my thyroid cancer has progressed to the point where it's not nearly as "friendly" as it could have been. And by 'friendly,' I mean curable as papillary thyroid cancer is often called "the friendly cancer" due to its positive prognosis. Right now, I would say I'm precarious more than "terminal" though life goes on without too much ado/ negative effect) overwhelm me. In short, I still believe (certainly hope) I'm in it for the long haul.

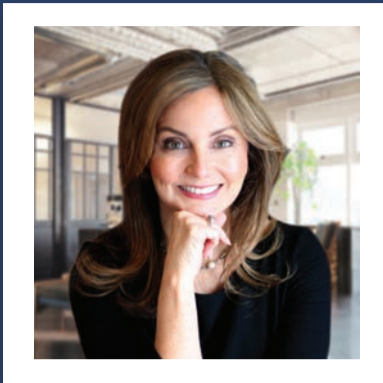
And being a cancer patient with or without non-small cell lung cancer stage IV (my original diagnosis) is indeed a long haul. As discussed in a previous column: "The Cancer Effect," there are innumerable and ongoing appointments and conditions making it difficult for one to ignore the very real fact that I have cancer and one that, due to years of mistreatment, the cancer has imbedded itself in my collarbone and as such, turned a curable form of cancer into an incurable one. Moreover, one whose treatment is simple enough (after having a thyroidectomy), one pill a day and no infusions. But a pill whose window of effectiveness ends in Sept. '23, three years after I started the regimen for papillary thyroid cancer (according to current medical data) and for which there's no better available medication waiting in the wings. Granted, medicine isn't arithmetic, and my window may be open longer - or shorter. Nevertheless, if I allow myself to think about it, I don't likely have left nearly as much life as I had long anticipated. But I don't think about it, and that's the point of this column.

Obviously, one can't ignore the fact that he or she has cancer. There are constant reminders; in how you feel, how you think, how you look, how you're reacted to by others and how you integrate all your cancer demons into something like a manageable routine. Somehow, it all must become normal and no big deal, and just another day at that. If you let its abnormality define and/or control your life, then cancer wins and maybe even makes you sicker than your physical condition would otherwise warrant.

Respecting that cancer is in and of itself, bad enough (physically), I'm not going to make it worse mentally by "woeing" is me and therein likely exacerbate my symptoms, further weaken my immune system, and much sooner rather than later, suffer severe consequences as a result.

My enduring philosophy: "I have cancer. So what?!"

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



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