

CONNECTION McLean ♦ Vienna and Oakton

Early birds are first in line at the Taste of Vienna 2022.



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PHOTO BY MERCIA HOBSON/THE CONNECTION

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Taste of Vienna Returns

Fundraiser supports the Vienna Volunteer Fire Department.

BY MERCIA HOBSON
THE CONNECTION

After a two-year COVID pause, the family-friendly Taste of Vienna, presented by the Vienna Volunteer Fire Department, returned on Saturday, May 1, 2022, to showcase the great dishes from local restaurants and food trucks and raise funds. The Vienna Volunteer Fire Department's Taste of Vienna food festival in 2020 would have been the organization's ninth annual event.

This year's free event, which took place in the Vienna Fire Station parking lot at 400 Center Street South, included beverages and food for purchase, live music, and a moon bounce for the little ones. Members of the Vienna Business Association served the beer, while the wine was served by Vienna Vintner, a local, independent wine store and event venue.

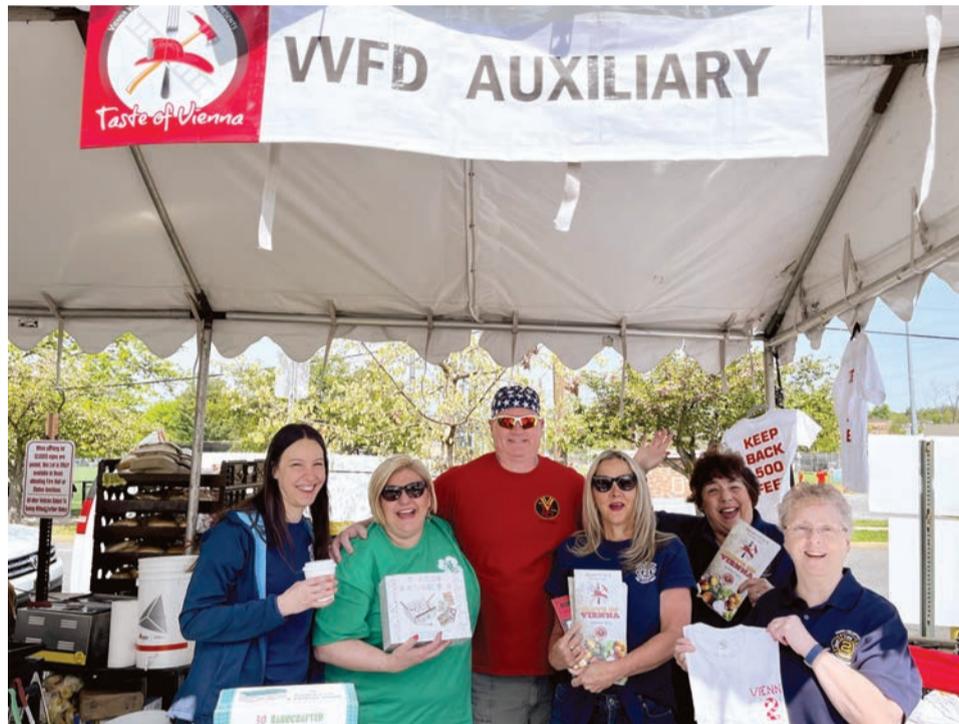
This event benefited the Vienna Volunteer Fire Department founded in 1903 and organized as a community-focused, volunteer 501(c)(3) non-profit organization. While the VVFD works in partnership with the Fairfax County Fire & Rescue Department to provide 24-hour front-line staffing with paid firefighters and paramedics on three shifts, the VVFD owns and maintains the station and the equipment.

"The Vienna Volunteer Fire Department (VVFD) was thrilled to be able to finally bring back the Taste of Vienna after a two-year delay due to COVID. The Taste of Vienna is our second largest fundraiser following our weekly Sunday night bingo, so it was great to finally have it back and generating funds that can be put to furthering our emergency response and community outreach efforts, including the acquisition of a new frontline engine for the station," said Reagan N. Clyne, Taste of Vienna chair Vienna Volunteer Fire Department.

"Additionally, as a community event that everyone looks forward to every year, it was also wonderful to be able to once again bring the community together as a whole and support our local restaurants and food businesses. With the beautiful weather, we had a phenomenal turnout and a good time was had by all," said Clyne.

The mission of the Vienna Volunteer Fire Department is to protect

www.CONNECTIONNEWSPAPERS.COM



Lori Stevens of Centreville and Paige Williamson, Jim Williamson, Mary Beth Schultz, Linda Carol Blevins, and Jane Towle.



Within minutes of opening, crowds begin to converge at Taste of Vienna 2022.



The Coozies perform at Taste of Vienna.

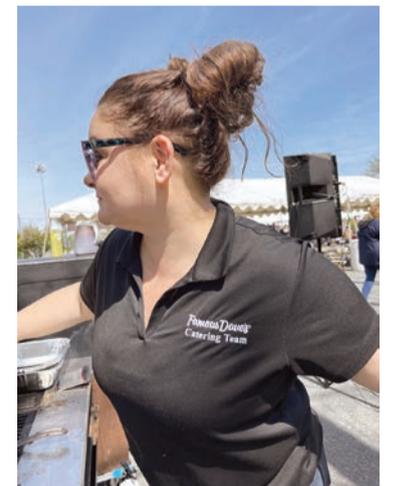


PHOTOS BY MERCIA HOBSON/THE CONNECTION

It is all hands on deck to support the Vienna Volunteer Fire Department's Taste of Vienna 2022.



Crystal Kimbro of Reston, the Famous Dave's catering market manager for the DMV from the Oakton restaurant, grills up some barbecue.



Crystal Kimbro of Reston, the Famous Dave's catering market manager for the DMV from the Oakton restaurant, grills up some barbecue.

and preserve the lives and property of the citizens of the Town of Vienna and Fairfax County from fire, medical, and other emergencies. Volunteers work with county professionals, providing supplemental staffing on the career fire engine and paramedic unit and additional units such as an ambulance and engine. The fire department also runs educational campaigns to teach people about fire safety and how to save their lives in the event of a fire.

A tax-deductible contribution would be greatly appreciated, especially since the Taste of Vienna, a major fundraiser for VVFD, was forced to be canceled two years in a row. To learn more, visit the Vienna Volunteer Fire Department webpage.

No Kid Hungry Grants \$839,552 for Child Nutrition

No Kid Hungry recently distributed \$839,552 in grants to help 33 Virginia school districts and community organizations enhance child nutrition and emergency food programs during the school year and summer months. Since March 2020, the nonprofit has invested more than \$5 million to ensure Virginia's children stay

nourished and ready to learn. Food insecurity remains a pressing issue in the commonwealth. According to No Kid Hungry, one in eight children in Virginia may face hunger this year, in the wake of the coronavirus pandemic, millions of kids could face hunger this year. No Kid Hungry is working to end childhood hunger by helping launch and improve programs that

give all kids the healthy food they need to thrive. This is a problem we know how to solve. No Kid Hungry is a campaign of Share Our Strength, an organization committed to ending hunger and poverty. School districts and community organizations play an essential role in ensuring kids have access to the nutritious meals they need to learn and grow. However, right

now they face both logistical challenges and added costs, making it more difficult to provide meals for the kids who need them. Currently, 92% of school districts nationwide cite trouble sourcing the food they need due to ongoing supply chain disruptions and nearly 75% report staffing challenges. SEE NO KID HUNGRY, PAGE 10



— 20th ANNIVERSARY —
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WELLBEING

The Truth About Lies

During mental health awareness month local therapists discuss how the web we weave is linked to one's well-being.

BY MARILYN CAMPBELL
THE CONNECTION

He 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 Marymount 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."

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 psychology 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."

"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."

— Emily Simonian, licensed marriage and family counselor

BULLETIN BOARD 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

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

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>

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**PUBLIC HEARING ON
MCLEAN COMMUNITY CENTER'S
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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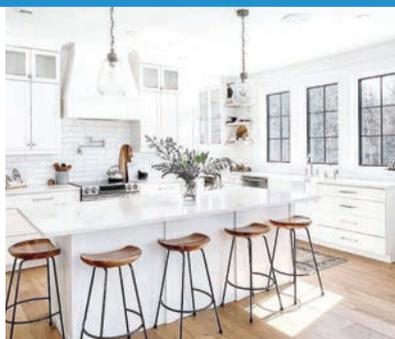
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NEWS

Oakton Woman Rides To End Alzheimer's

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

The 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.

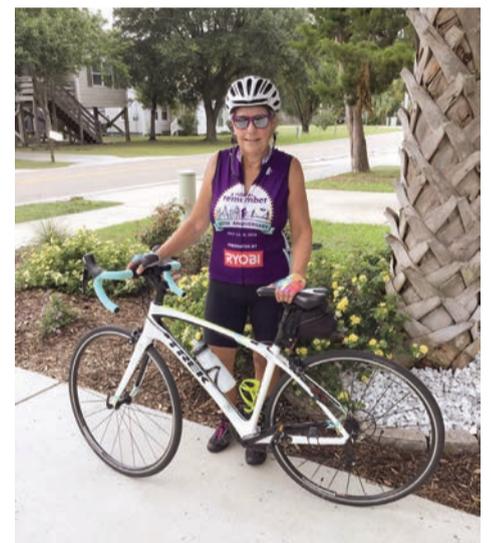
Oakton resident Carol Stone is the co-chair of the local volunteer Community Engagement Committee responsible for planning and promoting the new event. Stone has participated in Ride to End ALZ events in Colorado and Texas, as well as other Alzheimer's Association cycling events, including the South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

Register for the Ride to End ALZ at alz.org/ride.



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



Carol Stone with her mother and two sisters.

Morven Park in Leesburg. Check in opens at 6 a.m., with the ride 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/ride. Select the Nation's Cap-

SEE OAKTON WOMAN, PAGE 7



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

Oakton Woman Rides To End Alzheimer's

FROM PAGE 6

ital 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..



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

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- 5/4/2022.....Wellbeing
- 5/11/2022.....HomeLifeStyle
- 5/18/2022.....A+ Camps & Schools
- 5/25/2022.....Senior Living

JUNE

- 6/1/2022.....Wellbeing
- 6/8/2022.....HomeLifeStyle
- 6/15/2022.....A+ Camps & Schools
- 6/22/2022.....Senior Living
- 6/29/2022.....Summer Fun

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

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.
\$40/\$30 MCC district residents

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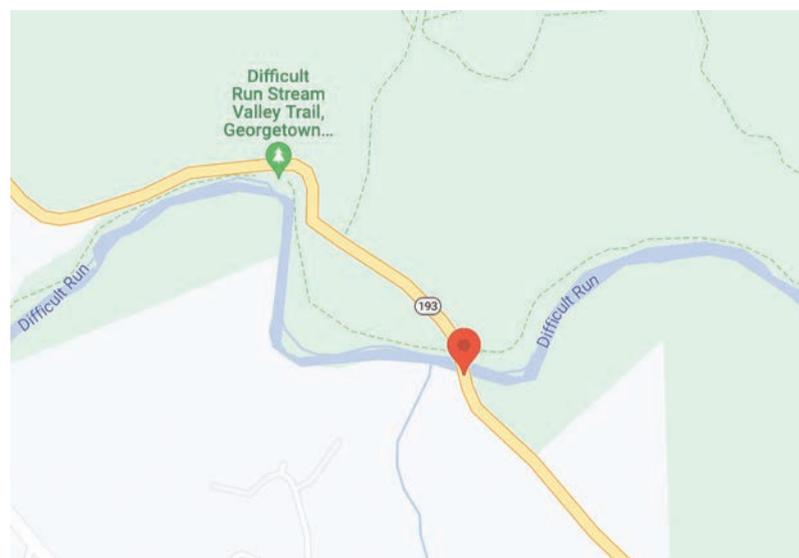
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NEWS



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

FROM PAGE 5

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 Unitarian 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 are encouraged to create their own schedule - attend classes all day or attend only one class. For a complete listing of classes or to register, visit the ALL page on the

SCNOVA website at SCNOVA Adventures in Learning Spring 2022 or call the office at 703-281-0538. Visit www.scnova.org or contact the Office at 703-281-0538.

VRE TO CONTINUE TO ALLOW BICYCLES ON ALL TRAINS

The Virginia Railway Express Operations Board has made permanent a policy implemented during the COVID-19 pandemic to allow full-size bicycles on every VRE railcar each weekday.

VRE's bicycle policy has several requirements to protect the safety of passengers and crew. Cyclists must tether their bike to a railcar's south end bench seats with a bungee cord and may not ride the bicycle on platforms or trains. Learn more at www.vre.org.

SHEPHERD'S CENTER SEEKS NEW VOLUNTEER DRIVERS

Shepherd's Center of McLean-Arlington-Falls Church (SCMAFC), an all-volunteer organization, is seeking volunteers to drive seniors to medical and dental appointments or run errands to grocery stores and pharmacies.

SEE BULLETIN, PAGE 10

CALENDAR

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.

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 vienna.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.

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.statementshakespeare.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>

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



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

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

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.

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

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

Improvisation of Northern Virginia. 7 p.m. At The Alden at McLean Community Center, McLean. Improvisation 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 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

SEE CALENDAR, PAGE 11

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No Kid Hungry

FROM PAGE 2

The latest round of funding will help organizations and schools adapt to meet the ever-changing needs of students and families. Recent grant recipients include:

- Alexandria City Public Schools – \$120,000
- Annandale United Methodist Church (Fairfax County) – \$5,000
- Husayn for Humanity (Fairfax County) – \$10,000
- Immigration and Refugee Outreach Center (Fairfax County) – \$50,000
- La Cocina VA (Arlington County) – \$20,000
- Northern Virginia Family Services (Fairfax County) – \$50,000
- Our Lady Queen of Peace (Arlington County) – \$10,200
- Real Food for Kids (Arlington County) – \$50,000
- Virginia Hospital Center (Arlington County) – \$10,000

“Local school and community nutrition teams continue to go above and beyond to connect kids and families with meals during the pandemic, and this latest round of funding will help strengthen their work,” said No Kid Hungry Virginia Director Sarah Steely. “The grants will help teams leverage a variety of strategies to increase food access, such as purchasing meal service supplies and equipment, while supporting staffing and food costs.”

To learn about local meal programs, visit your school district’s website for details.

Go to state.nokidhungry.org/virginia for more information.

BULLETIN BOARD

FROM PAGE 8

In addition to driving volunteers, Shepherd’s Center is also seeking volunteers to assist with event planning, recruiting, and marketing (newsletter, website and social media) as well as administrative tasks. To apply for services, you have to be over 50 years old and live in the McLean, Arlington, or Falls Church area. There are three ways to apply: Online: scmaf.org/contact; email: contact@scmaf.org; or phone: 703-506-2199. Visit scmaf.org or call 703-506-2199.

SEE BULLETIN, 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 Schutzta, 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.

CALENDAR

FROM PAGE 9

diverse group of painters, potters, photographers, fiber artists, sculptors, printers-lithographers, and jewelry makers, all represented at the ArtFest. Visit www.greatfallstudios.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 sportsdrive2022@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. Website: 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 Rogers 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 or call 703-790-0123.

BULLETIN BOARD

FROM PAGE 10

PUBLIC INVITED TO REVIEW FLOOD MAPS

FEMA is proposing updates to the Flood Insurance Rate Map (FIRM) for Fairfax County. Community partners are invited to participate in a 90-day appeal and comment period.

The updated maps were produced in coordination with local, state and FEMA officials. Significant community review of the maps has already taken place, but before the maps become final, community partners can identify any corrections or questions about the information provided and submit appeals or comments.

The 90-day appeal period will begin on or around April 22, 2022. Residents, business

owners and other community partners are encouraged to review the updated maps to learn about local flood risks and potential future flood insurance requirements. They may submit an appeal if they perceive that modeling or data used to create the map is technically or scientifically incorrect.

An appeal must include technical information, such as hydraulic or hydrologic data, to support the claim.

Appeals cannot be based on the effects of proposed projects or projects started after the study is in progress.

If property owners see incorrect information that does not change the flood hazard information—such as a missing or misspelled road name in the Special Flood Hazard Area or an incorrect corporate boundary—they can submit a written comment.

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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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