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ENTERTAINMENT

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Great Falls CONNECTION

Live Nativity Presented in Great Falls

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Great Falls resident Diane Stamatelatos submitted photos taken at the Great Falls United Methodist Church Live Nativity.

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PHOTO BY DIANE STAMATELATOS

JANUARY 24-30, 2018

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NEWS

'The Color Orange' Promotes Understanding and Friendship

A different way to look at race, racism, and ways we can get along.

BY MERCIA HOBSON
THE CONNECTION

Reston Community Center (RCC) presented "The Color Orange," a hip-hop concert about friendship and multiculturalism featuring longtime friends rapper/poet Mohammed Bilal and hip-hop musician Josh "Boac" Goldstein. The afternoon performance was at the CenterStage in Reston, on Sunday, Jan. 21. The unlikely duo, who termed themselves "polar opposites" outlined 10 steps towards the path of cross-cultural communication and understanding through a fury of what RCC billed as "hip-hop, theatre, and sheer mayhem."

"THE COLOR ORANGE" was the final performance event in Reston Community Center's weeklong Reston Dr. Martin Luther King Jr. Celebration, part of the center's current series, "Building Community: Equity Matters. In its marketing booklet, RCC heralded the experiences as "...opportunities for individuals and groups to convene and engage with the continuing issues of social justice and equity as they are lived."

Paul Douglas Michnewicz, director of Arts and Events Reston Community Center, welcomed the audience to "The Color Orange" and introduced Goldstein and Bilal who in 1997 formed the underground hip-hop group, "Orange Flash." Michnewicz spoke about how for Bilal and Goldstein the name epitomized the moment of a great idea, their orange light-bulb moment of innovation and creativity. The two used their unlikely friendship and combined their loves of theatre with hip-hop to actively challenge the American labels of "black and white," Jew and Muslim, "urban and suburban."

"The Color Orange" was an original rap concert based on their friendship and would provide the audience a different modality to look at race, racism, and ways individuals and groups can get along.

A stool, chair, and table supporting a laptop and sound system comprised the minimalist set design for "The Color Orange." It effectively focused the audience's full attention on Bilal and Goldstein as they outlined the 10 steps toward multicultural understanding beginning with Step One: Knowledge of Self. Goldstein initiated and rapped a description of himself as a short wealthy Jewish Caucasian from San Francisco with a passion for hip-hop and rap. Bilal rapped a portrait of himself as a large African male who hailed from a struggling Washington, D.C., neighborhood with similar passions.

In steps two and three, Try Not to Judge and Take a Chance, the pair stressed the importance of not generalizing biases, of saying hi to people one passes. They urged



PHOTOS CONTRIBUTED

Josh Goldstein, hip-hop musician (left) and Mohammed Bilal, rapper-poet and award-winning producer of both music and film (right), performed in "The Color Orange," a hip-hop concert which detailed 10 steps to take toward true cross-cultural communication and understanding. The performance was held at the CenterStage, Reston, on Sunday, Jan. 21, 2018.

"This was phenomenal. A different modality for discussing the sensitive issues of race, racism, cultural, and diversity issues."

— Lisa Sechrest-Ehrhardt, member of Reston Community Center Board of Governors

audience members to get out of their neighborhoods, away from where they frequent and experience something different. "Feel a little uncomfortable," they said.

Goldstein retold the story of when a friend invited him to his neighborhood in a ghetto and how when left alone for a moment, he was initially frightened and mistook what was a friendly encounter with a black stranger, as a danger. Not wanting to put anyone in real danger, the pair offered audience members an alternative to go out and volunteer instead. "Take a chance," they chimed.

In the fourth step, the performers talked about discovering their Common Interests, and how Bilal a Muslim joined Goldstein in rap at his Jewish Community Center.

Step Five: One on One appeared to hold much merit for both Goldstein and Bilal. They stressed that through friendly meet-ups and talking to individuals on a one to one basis, the cultural belief that if someone is different, it is wrong, can be broken. "It can happen in the smallest commonality and interaction," the duo sang. The best place to connect, they said, is at community centers, like the one in Reston.

While Step six placed value on Cultural Understanding, not cultural identity, in the seventh step, Time, Goldstein and Bilal professed a minimum of three weeks to look past genetics. Otherwise, as they affirmed, "You will miss a friendship."

For the eighth step, Boundaries, the pair told the story of singer Sam Cook and the cross-cultural appeal of his music in 1952. When Cook performed in the south, segregated audiences were common with a rope between the whites and the blacks. "Like everything is fine, separated by a twine," Bilal rapped. Ropes may be gone now physically, the pair explained, but the ropes re-

main in people's minds. According to the performers, "We create the boundaries; we decide not to connect."

For the ninth step, Show Some Humanity, the rappers urged audience members not to dehumanize each other by buying into the propaganda of community views but instead seek to learn about the individual, the person. Ending the performance, Goldstein and Bilal shared the 10th tool. Simply put, the rappers said, "Laugh and have fun. Enjoy life."

Audience reaction to the performance appeared very positive. Lisa Sechrest-Ehrhardt, Ph.D. Diversity Trainer/Consultant and a member of Reston Community Center Board of Governors said, "This was phenomenal. A different modality for discussing the sensitive issues of race, racism, cultural, and diversity issues."

Audience member, Antonio Baylor of Fairfax said, "Sameness is not always rightness."

AFTER THE PERFORMANCE, Goldstein and Bilal each named what they

considered the most two important steps out of the 10. "Take a Chance," Goldstein said.

"It's really simple," he explained. "When you step out of your comfort zone, interesting things can happen. One on One resonates with me too, being it brings up a bit about our friendship," he said glancing at Bilal.

For Bilal, Knowledge of Self is key. "You have to understand yourself first before you can understand others," he said.

"And Time," Bilal said. He explained, "The time frame of three weeks came from bell hooks, American author, feminist and social activist when she talked about civil rights trouble. In the '60s, you could only talk about how anti-racist you were by the amount of time that others in the community saw you spending with people who were different."

When asked to provide a "thought nugget," something the performers wanted audience members to recall, both Goldstein and Bilal hesitated. "Diversity, equality, and inclusion are not about Others," spoke up Bilal. "And that's with a capital 'O.' It's about you."

As part of the tour and as an outreach activity to youth, on Monday, Jan. 22, Goldstein and Bilal took "The Color Orange" to students at Hughes Middle and South Lakes High schools in Reston, because as the rappers said about working with youth, "We love it."

VOLUNTEER EVENTS & OPPORTUNITIES

Fairfax County is offering a Free **Caring for You, Caring for Me** for caregivers of older adults. **Mondays, Feb. 26-March 26, 1-3 p.m.** at Insight Memory Care Center, 3955 Pender Dr., Ste. 100, Fairfax. Find out more at www.fairfaxcounty.gov/OlderAdults (under Hot Topics). Call 703-324-7577, TTY 711.

The **Fairfax Commission on Aging** meets on **Wednesday, Feb. 21, 1-3 p.m.** at the Mount Vernon Government Center, Rooms 2 & 3, 2511 Parkers Lane, Mount Vernon. The public is welcome to attend and join in the comment period that begins each session. Find out more at www.fairfaxcounty.gov/familyservices/olderadults/fairfax-area-commission-on-aging. Call 703-324-5403, TTY 711 for meeting access needs.

Fairfax County's **Family Caregiver Tele-**

phone Support Group meets by phone on **Tuesday, Feb. 13, 7-8 p.m.** This month's topic is Maintaining Relationships While Caregiving. Call 703-324-5484, TTY 711 to register.

Volunteer Opportunities at Senior Centers and Adult Day Health Care Centers
Reston/Herndon

◆ The Herndon Senior Center is looking for an experienced Yoga Breathing Instructor and SAIL Instructors. Apply online at volunteer.fairfaxcounty.gov.

◆ The Herndon Adult Day Health Care Center is looking for a Spanish Instructor to teach simple Spanish words to a small group of seniors, Monday, Wednesday or Friday, 10-11 a.m. once a month. Apply online at volunteer.fairfaxcounty.gov.

HOME SALES

In December 2017, 18 Great Falls homes sold between \$2,250,000-\$750,000.

Address	BR	FB	HB	Postal City	Sold Price	Type	Lot AC	Postal Code	Subdivision
1005 SHALLOW CREEK PL	6	5	1	GREAT FALLS	\$2,250,000	Detached	1.62	22066	ESTATES AT LONGWOOD
9900 BLACKMORE VALE WAY	6	6	2	GREAT FALLS	\$1,795,000	Detached	3.51	22066	FALCON RIDGE
9400 VERNON DR	5	7	1	GREAT FALLS	\$1,660,000	Detached	0.51	22066	KENMORE
504 SCENIC WAY	6	5	1	GREAT FALLS	\$1,399,000	Detached	1.89	22066	BEACH MILL ESTATES
11545 TRALEE DR	4	4	2	GREAT FALLS	\$1,350,000	Detached	1.78	22066	TRALEE ESTATES
125 COMMONAGE DR	5	4	1	GREAT FALLS	\$1,190,000	Detached	5.02	22066	SOUTHDOWN
338 CANTERWOOD LN	6	6	1	GREAT FALLS	\$1,175,000	Detached	5.76	22066	CANTERWOOD
11709 CRIPPEN CT	4	4	1	GREAT FALLS	\$1,075,000	Detached	0.84	22066	CRIPPENS CORNER
751 KENTLAND DR	4	3	1	GREAT FALLS	\$1,050,000	Detached	2.52	22066	SENECA RIDGE
10722 FAWN DR	5	4	1	GREAT FALLS	\$1,000,000	Detached	5.13	22066	MARTIN REDMON
8944 JEFFERY RD	3	3	1	GREAT FALLS	\$895,000	Detached	2.00	22066	ROUSSOS DIVISION
1029 CHALLEDON RD	5	3	1	GREAT FALLS	\$810,000	Detached	0.51	22066	LEXINGTON ESTATES
927 WELHAM GREEN RD	4	3	0	GREAT FALLS	\$805,000	Detached	1.51	22066	WINDERMERE
1026 RIVA RIDGE DR	4	3	1	GREAT FALLS	\$770,000	Detached	0.52	22066	LOCKMEADE
10604 SPRINGVALE CT	4	2	1	GREAT FALLS	\$767,000	Detached	0.61	22066	SPRINGVALE WOODS
934 HOLLY CREEK DR	4	3	1	GREAT FALLS	\$765,000	Detached	0.50	22066	HOLLY KNOLL
10112 SANDERS CT	4	3	1	GREAT FALLS	\$750,000	Detached	1.00	22066	HICKORY CREEK
12001 HOLLY CREST CT	4	3	1	GREAT FALLS	\$750,000	Detached	0.51	22066	HOLLY KNOLL

Copyright 2018 MarketStats for ShowingTime. Source: Bright MLS as of January 15, 2018.

FAITH NOTES

FROM PAGE 2

McLean Bible Church. Fitness Class at Body and Soul Fitness. Gain balance, energy and strength at 10 a.m. Mondays, Wednesdays and Fridays. Free childcare for registered students. Email bodyandsoul@mcleanbible.org.

Haven of Northern Virginia provides support, compassion, information and resources to the bereaved and seriously ill. To become a Haven volunteer, please call 703-941-7000 to request an orientation. Volunteers must complete a 30-hour training and commit to one year of service answering Haven phones (2.5 hours weekly). Next training is scheduled for fall 2017.

Unitarian Universalist Congre-

gation of Fairfax, 2709 Hunter Mill Road, Oakton, offers the Religious Exploration program for all children, from pre-K toddlers through high school seniors, emphasizing exploration of all religious traditions while developing a personal spiritual path. The program offers classes on Saturday afternoons and Sunday mornings. 703-281-4230.

Trinity United Methodist Church, 1205 Dolley Madison Blvd., McLean. Sunday worship services are at 8:30 and 10:30 a.m. Sunday School for young adults follows the 10:30 a.m. worship services and for children at 9:30 a.m. Youth Group for grades 7-12 meets Sundays at 5 p.m. A 20-minute service of Holy Communion is held each Wednesday at noon. 703-356-3312 or umtrinity.org.

Passages DivorceCare. For those experiencing the pain of separation or divorce, the caring community at Vienna Presbyterian Church offers Passages DivorceCare. This 15-week program offers a path toward healing. Vienna Presbyterian Church is located on the corner of Maple Avenue (Rt. 123) and Park Street in Vienna. Cost to cover materials is \$20, scholarships available. For more information or to register call 703-938-9050, go to www.viennapres.org, or send an email to Passages@ViennaPres.org.

The S.P.O.T for Youth, Wednesday's at 7 p.m. A place where youth can come together and pray, ask questions about the faith and receive mentorship. The spot is a ministry of First Baptist Church of Vienna, 450 Orchard Street, NW Vienna.



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GREAT FALLS CONNECTION ♦ JANUARY 24-30, 2018 ♦ 5

OPINION

What's Wrong with This Picture?

**Male, 60 percent; female 40 percent;
less than 2 percent poor; less than 2 percent
African American; less than 2 percent Latino.**

If these are the demographics to something, you know it needs to be fixed, no matter what "it" is. Especially something paid for with public dollars.

Male, 60 percent; female 40 percent.
Less than 2 percent poor.
Less than 2 percent African American.

Less than 2 percent Latino.

These are the demographics of this year's freshman class at our Governor's school, Thomas Jefferson High School for Science and Technology, known as TJ.

We also know that there are geographic disparities (some middle schools have many more students admitted than others; some have none).

State Sen. Scott Surovell represents a part of the county that tends to be under represented at Thomas Jefferson, and he is kicking off what no doubt will be a lively discussion

by introducing SB787, Governor's Schools; enrollment, which would use both economics and geography to change the admissions dynamics at Jefferson.

EDITORIAL

Summary:
"Requires any academic school Governor's School that has a focus on math, science, and technology and that has an overall enrollment of over 1,000 students to accept for enrollment (i) a sufficient number of students eligible to receive free or reduced price meals such that the total of such students is at least 50 percent of the weighted average of the participating divisions' percentage of such students in the previous school year and (ii) at least five students but no more than 15 students from each middle school in each school division eligible to matriculate students to such Governor's school who have completed at least two full years at such middle school."

The school divisions currently participating

in TJHSST are: Arlington County, Fairfax County (includes City of Fairfax), Falls Church City, Loudoun County, Prince William County.

We've said this before, because these demographics have been trending in this direction for more than a decade.

Fairfax County Public Schools has a single elite magnet school, Thomas Jefferson, and TJ is frequently referred to as the top high school in the country. Dramatic disparity in the makeup of admissions at TJ is an indicator of disparity in early identification of students as gifted and talented, of access to advanced classes and enrichment, and in the basic education that the Fairfax County Public school system offers to all of its students.

School leadership can't continue to act like there are things they can't do anything about. Surovell deserves credit for giving an incentive to get started.

Learn about the referral and screening and selection process for full-time (Level IV) and school-based (Levels II-III) Advanced Academic Programs at www.fcps.edu/registration/advanced-academics-identification-and-placement.

— MARY KIMM
KIMM.MARY@GMAIL.COM

LETTERS

Our American Story

To the Editor:

One hundred years ago, my grandparents left eastern Europe to take a chance in making it in America. They were poor, spoke no English, had little formal education and were probably not seen as particularly desirable immigrants.

They worked hard and started small businesses, a laundry and a candy store. Their sons fought in WWII and then they, our parents, got mostly blue-collar jobs. They, in turn worked hard, made sure we studied hard and we all got college educations.

Now, three and four (and beginning five!) generations into our American Story, we are teachers, social workers, engineers, counselors, and business people, working to improve our country and our communities.

Our family story has been repeated millions of times over. It may be your story, too.

All because America saw the value of allowing a large, diverse influx of people who were willing to work hard for the American Dream. The value of continuing that diversity is as true today as it was 100 years ago.

Mark Menzer
Reston

A Matter of Style

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

The experiences of the Virginia colonists with King George III taught them a lesson not forgotten even until today. Executive authorities are not to be trusted. Monarchies are likely to try to take away the people's rights and property.

The assertions of the Declaration of Independence were to make it clear that the people of America had sworn off monarchical government. They were not about to replace a king with a president or a government who might try to exert the kind of absolute executive power they had under the king.

Instead, controls were incorporated in the U.S. Constitution as well as state constitutions to keep the executive authority in check. Virginia's limitations on the governor were especially limiting. For example, the governor's term was one year. He could run for re-election more than once, but likewise he could be turned out after just one year.

We have loosened up somewhat in modern times by extending the term to four years, but there is a limitation of one consecutive term. The governor can run for an additional term, but it cannot be consecutive with the first. I think the one-term limitation is unnecessarily restrictive and have voted on more than one time to allow the governor to run for a second consecutive term. One term may keep a governor under control, but it can also limit his or her effectiveness.

Governor Terry McAuliffe was a high-energy, strongly motivated, hard-charging governor whose accomplishments exceeded those of his predecessors. He accepted the fact he had just one term, and he



worked energetically to get all he could done in the relatively short four-year term.

He pushed the legislature to get things done, and he did not hesitate to use executive authority when necessary. He was taken to court by the Republicans for restoring citizenship rights to those who had been incarcerated, but he won and restored citizenship rights to 172,000 ex-felons. He brought about a New Virginia Economy of high employment, job growth, and attractiveness to those seeking to locate a company here.

Governor Ralph Northam who served under the shadow of Governor McAuliffe as lieutenant governor was always recognized as being extremely able but without the show of high-energy and flair of the Governor. No one questioned his ability, but it was widely concluded that he would bring a different style to the governorship. Most expected a mild-mannered, cordial leader who would govern more by consensus.

Clearly the styles are different, but there may have been a bit of selling short Governor Northam because of his easy Eastern Shore manner. His inauguration speech as well his first speech to the General Assembly was anything but mild or equivocal. It was as strong and as direct as any that Governor McAuliffe delivered.

Calling upon his background as a physician, he built a hard case for the expansion of health services to the people in need in the Commonwealth. He is as direct as anyone I have heard speak about the need for common-sense gun control measures. He is emphatic in his defense of women's reproductive rights.

We may not have a second term for the governor in Virginia, but we have a governor taking over who is going to continue the policies of the first. The difference in the two will simply be a matter of style.

Great Falls
CONNECTION

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The Great Falls Elementary Art exhibit may be found in the meeting room of Starbucks in the Great Falls Village Center.

Great Falls Elementary Art on Exhibit at Great Falls Starbucks

Great Falls Studio and Great Falls Village Starbucks present Great Falls Elementary School children's art. The art on exhibit was selected by Caitlin Giroux, Great Falls Elementary Art instructor. The art was hung on Dec. 11, 2017 and will be displayed through Feb. 12, 2018. A reception was held for the artists and their parents on Thursday,

Jan. 11, 2018. Giroux presents an eclectic mix of her students' art in such mediums as collage, colored pencil, and ink prints. The exhibit may be found in the meeting room of Starbucks in the Great Falls Village Center. .

—KATHY OWENS



Adult Watercolor Workshop at Great Falls Library

Join artist Anne Heising at the Great Falls Library on Saturday, Jan. 27 at 3 p.m. as she teaches the basics of watercolor. Heising has been painting for 20 years and she wants to spread the joy of watercolor by teaching interested adults. She enjoys recording her travel adventures in pen and ink sketchbooks and later going over them in watercolor. Heising will teach how she does this along with basic watercolor elements including washes, lifting, form and cast shadows. All supplies are provided. No registration required.



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WINTER FUN AND ENTERTAINMENT

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

ONGOING

The 2018 Eclectic Essentials production features four plays that focus on relationships: For Whom the Southern Belle Tolls, Death Be Not Loud, Capsmittment and One Click Away. Eclectic Essentials: Relationships runs through Sunday, Feb. 4. Tickets are general admission and available for \$14 at the Vienna Community Center, online at viennava.gov/webtrac, or at the door, if still available. Visit viennatheatrecompany.org or e-mail vtcshows@yahoo.com for more information.

Friday Night Telescopes. The Roll-Top observatory is available to the public for viewing the skies on Friday Jan. 26, 7:30-9:30 p.m. The Analemma Society holds Friday Night Public Viewing Sessions at Turner Farm on Springvale Road in Great Falls. The public may use the newly mounted telescopes or bring their own telescope or binoculars to use outside. There is a lot to see in the night sky. Events are weather dependent. Please check the Analemma tweet page (or directly at @AnalemmaSociety) for updates on Friday viewing if the weather looks questionable. Visit www.analemma.org.

"Local Color." Through Jan. 31, Wednesdays 12-4 and Saturdays 10-2 at The Art of Great Falls School Gallery, located at 756 Walker Road, Great Falls. NOVA Plein Air Artists is a group of Northern Virginia artists who regularly paint together in outdoor settings; in local public and private gardens, parks, farms, wineries, and at other local sites. This show features their recent paintings showcasing floral still lifes, landscapes and florals, painted en plein air. Visit www.greatfallsart.org/school-of-art.

Art Exhibit. Through March 31 at Great Falls Library (Small Conference Room), 830 Georgetown Pike, Great Falls. View an exhibit of watercolors by Artist Betty Ganley featuring her love of nautical scenes. Visit bettyganley.com.

The Golden Girls of Northern Virginia, a senior women's softball league, is looking for players through April. Any woman over the age of 40 is encouraged to join. All skill levels are welcome. Games are on Wednesday evenings and Saturday mornings in Vienna. Visit www.goldengirls.org.

Great Falls Farmers Market. Saturdays, 9 a.m.-1 p.m., 778 Walker Road, Great Falls. Music, vendors, fresh produce, fresh prepared food, delightful bakery, spices from around the world, wild-caught fish, grass-fed, free-range meats, organic-fed poultry and eggs. Email kathleen@greatfallsfarmersmarket.org for more.

Free Tai Chi. Every Saturday, from 7:55-9 a.m., Introduction and Beginners' Practice, meet on the outdoor basketball court located directly behind the Dolley Madison Public Library, 1244 Oak Ridge Ave. in McLean Central Park, McLean. Call 703-759-9141 or visit www.FreeTaiChi.org for more.

The Freeman Store & Museum Wednesday through Sunday noon-4 p.m. 131 Church St. NE, Vienna. The Freeman Store & Museum is dedicated to Preserving and promoting Vienna's heritage through the identification, preservation, and interpretation of history significant places, events, and persons. Historicviennainc.org

Bingo Night. Sundays. 4 p.m. Flame Room, Vienna Volunteer Fire Department, 400 Center St. S, Vienna. \$10. www.vvfd.org/bingo.html.

Gentle Yoga. Thursdays, 6:30 p.m. Emmaus United Church of Christ, 900 E Maple Ave. E., Vienna. Saturdays, 9:30 a.m. Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton. Gentle Kundalini Yoga, one free introductory session, senior discounts. Increase flexibility, improve breathing and health, reduce stress. \$15 per session. www.edimprovement.org. 571-213-3192.

Colvin Run Mill open 11 - 4 p.m. daily, closed Tuesday. 10017 Colvin Run Road, Great Falls. Fairfax County's operational 19th century water powered gristmill, offers recreational and educational activities for all ages through daily tours, school programs and special events. Fees: \$7/adult, \$6 students 16+ with ID, \$5 children & seniors. Admission to park is free except for some special events.

CLASSES, CAMPS & WORKSHOPS

The Arts of Great Falls School offers winter classes for adults and children of all skill levels. Visit www.greatfallsart.org for more.



Combining Irish and American folk styles, The John Byrne Band is led by former Patrick's Head front man and Dublin native John Byrne.

Winter Traditional Celtic Concerts

The Old Brogue presents a series of six celtic concerts beginning Sunday, Feb. 4, 4 and 6 p.m. Tickets must be purchased in advance through the link at oldbrogue.com: \$18 general admission/\$12 children under 12. Season ticket: \$96/\$60 children. The Old Brogue Irish Pub, 760-C Walker Road, Great Falls. Call 703-759-3309.

Multi-instrumentalist Beth Patterson, formerly of the New Orleans based band, The Poor Clares, brings her traditional and original mix of her own compositions, Celtic, Cajun and folk music back to the Old Brogue.



THURSDAY/JAN. 25

Genealogy Meeting/Program. 7:30-9 p.m. at Kilmer Middle School, 8100 Wolftrap Road, Vienna. Fairfax Genealogical Society monthly member meeting and program. Librarian Leslie Anderson will discuss the Alexandria Library's resources and help available to family history and other researchers. Open to members and public. Snow date, Feb. 1. Free. Email education@fxgs.org, call 703-644-8185 or visit www.fxgs.org for more.

The Unruly Theatre. 7 p.m. at MPA@ChainBridge, 1446 Chain Bridge Road, McLean. The area's hottest professional teen improv troupe will bring you a hilarious night of comedy. Come help them spread some joy while being wildly entertained. Sponsored by The Alden. Free admission. Visit mcleancenter.org.

FRIDAY/JAN. 26

Splitsville & Paragon Village. 8 a.m.-6 p.m. at The Old Firehouse, 1440 Chain Bridge Road, McLean. The Old Firehouse teacher workday trip. Teens can experience glow-in-the-dark bowling with big screen video walls and a booming surround sound system that plays their favorite songs. It's a non-stop, high-fiving, unforgettable good time. Following bowling, the group will unwind with a movie. \$65/\$55 MCC district residents. Fee includes bowling, shoes, lunch and movie tickets. Bring additional money for movie concessions as desired. Visit mcleancenter.org.

McLean Art Society Meeting. 10 a.m.-noon at the Dolley Madison Library, 1244 Oak Ridge

Ave., McLean. Meg MacKenzie, known for her paintings of horses, will be the featured artist. Visit www.mcleancenter.org.

Artists Reception. 6-9 p.m. at Torpedo Factory Artists @ Mosaic, 2905 District Ave, Suite 115, Fairfax. Artist Susan Gulick will be there discussing her show "Uncommon Visions," which will be on display Jan. 24-Feb. 25. Visit torpedofactory.org for more.

SATURDAY/JAN. 27

Genealogy Education Session. 10 a.m.-1 p.m. at Dunn Loring Volunteer Fire Station, 2149 Gallows Road, Vienna. Librarian Leslie Anderson presents "Private Live, Public Records, and the 'Free Negro' Dilemma in Virginia—a discussion of the history and records available on the US Colored Cavalry, as well as on the Free Black community in Virginia. Snow date, Feb 3. Email education@fxgs.org, call 703-644-8185 or visit www.fxgs.org for more.

Painting in Great Falls. 3-5 p.m. at Great Falls Meeting Room, Great Falls Library, 9830 Georgetown Pike A, Great Falls. Learn the basic elements and techniques of watercolor painting. Sponsored by the Friends of the Great Falls Library. Adults. Visit librarycalendar.fairfaxcounty.gov/event/3652946?

Artists Reception. 4-6 p.m. at Vienna Art Center, 115 Pleasant St., NW. Jazz It Up! Exhibit open until March 3. Free and open to the public. Call 703-319-3971 or visit www.ViennaArtsSociety.org for more.

A Winter Serenade. 4 p.m. at Carderock Falls Manor, 1323 Calder Road, McLean. Tysons

McLean Orchestra presents A Winter Serenade Programme Musicale, a wine and hors'd'oeuvres reception with Carlos Ibay, pianist and tenor. With a special preview of Patrons' Gala 2018 "April in Paris." \$80 per person, \$150 per couple. RSVP by Saturday, Jan. 20 to 703-893-8646.

"Anchorman: The Legend of Ron Burgundy." 8 p.m. at The Old Firehouse, 1440 Chain Bridge Road, McLean. This 2004 comedy film starring Will Ferrell is a tongue-in-cheek take on the culture of the 1970s, particularly the new "action news" format. Join The Alden staff to quote along with the dialogue, recreating scenes with the help of props and onscreen subtitles and cues. Admission and popcorn are free. Prop bags are \$5 each. Visit www.mcleancenter.org or for Old Firehouse activities, call 703-448-8336.

Helping Hearts and Changing Lives. Alpha Kappa Alpha Sorority, Inc., Chi Beta Omega Chapter of Falls Church City is partnering with Lilly Pulitzer of Tysons Corner to elevate awareness of heart health to the Northern Virginia community. The Lilly Pulitzer store of Tysons Corner will host an all-day shopping event with 10 percent of retail sales for the day going directly to the American Heart Association. Visit www.chibetaomega-aka.com.

SUNDAY/JAN. 28

7th Annual McLean Chocolate Festival. 11 a.m.-5 p.m. at at McLean High School, 1633 Davidson Road, McLean. Taste the specialties of 17 area chocolatiers and the Children's Game Room features the bluegrass music of local artist Mike Mitchell, popular with all ages at last year's festival. Admission is \$2. Visit www.mcleanchocolatefestival.com for more.

"Best Worst Thing That Ever Could Have Happened." 2 p.m. at The Old Firehouse, 1440 Chain Bridge Road, McLean. "Best Worst Thing That Ever Could Have Happened" tells the story of "Merrily We Roll Along," the Stephen Sondheim/Hal Prince musical that opened to enormous fanfare and closed after just 16 performances. Directed by one of the musical's original cast members, it features interviews with the creators and original cast of the now-classic show as well as rare and never before seen footage from the rehearsal process. Free admission. Visit www.mcleancenter.org or for Old Firehouse activities, call 703-448-8336.

MONDAY/JAN. 29

Teacher Workday Trip: Skiing & Snowboarding. 8 a.m.-7 p.m. leaving from The Old Firehouse, 1440 Chain Bridge Road, McLean. Let's hit the slopes! Ski/snowboard rental, lift ticket and charter bus transportation are included in the fee. Participants should dress appropriately for the weather, including warm coat, gloves, hat, pants and waterproof clothing. Goggles highly recommended. Helmets are available upon request. \$140/\$120 MCC district residents. Visit www.mcleancenter.org or for Old Firehouse activities, call 703-448-8336.

MONDAY-TUESDAY/JAN. 29-30

Open Auditions for The Alden Spring Production. 7-9 p.m. at MCC Class Programs Office, 6645 Old Dominion Drive, McLean. The Alden's spring production is "The Snow White Variety Show" with a script by Brian D. Taylor. Students between the ages of 10-16 who live in the MCC tax district may audition for this production. Rehearsals will be held Tuesdays, Wednesdays and Thursdays, 7-9 p.m., from early February through mid-March. Performances will be on Saturday and Sunday, March 10-11, and 17-18, at 2 p.m. at the Old Firehouse Center. To schedule an audition time, contact Alden Youth Theatre Programs Director Danielle Van Hook at danielle.vanhook@fairfaxcounty.gov.

TUESDAY/JAN. 30

Once in a Blue Moon at Riverbend. 5:30-7:30 at Riverbend Park is located at 8700 Potomac Hills St., Great Falls. Plan for great viewing of the next supermoon in the dark skies at Riverbend Park. It will be the third supermoon in a row, and because it's the second full moon in one month, that also makes it a blue moon. This program is designed for participants age 3 to adult. \$10 per person. Children must be accompanied by a registered adult. Meet at the visitor center at Riverbend Park. Call 703-759-9018 or visit www.fairfaxcounty.gov/parks/riverbend.

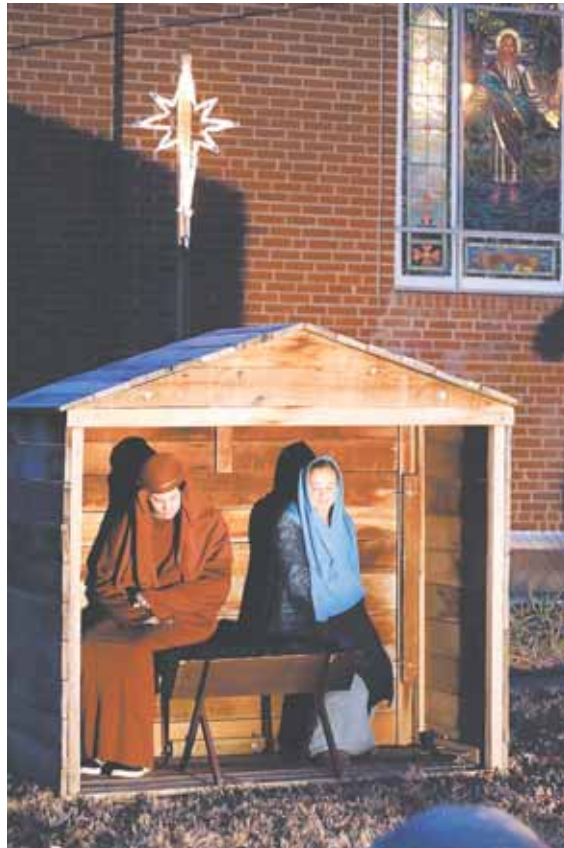
WINTER FUN



PHOTOS BY DIANE STAMATELATOS

Live Nativity Presented at Great Falls United Methodist Church

Great Falls resident Diane Stamatelatos submitted photos taken at the Great Falls United Methodist Church Live Nativity.



CALENDAR

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NEWS

Where Fun Meets Fitness

RTR Pilates debuts in Great Falls.

By SUSAN BELFORD
THE CONNECTION

It's time to figure out exactly how to tackle those New Year's resolutions for better fitness, toning and weight loss. What's the best inspiration and support for meeting your goals? Head to the Pilates reformer classes at RTR Pilates, recently opened in Great Falls Center.

RTR Pilates owner Reina Offutt said, "We recently launched our sixth RTR Pilates studio because we had many clients from Great Falls coming to our McLean location. We are opening with several classes each day and will be adding more classes at the most requested times. We have also staffed this location with tenured instructors and limited the reformers to only eight per class. Since we have new clients and a new studio, I want to make the experience personal and fun for everyone."

Offutt opened her first Pilates studio in 2006 and has built the business to include studios in Chevy Chase, Potomac, Palisades in D.C., McLean, Denver, Colo. — and now in Great Falls. RTR Pilates now has 600 active clients and 22 instructors. Offutt has



RTR Pilates recently opened in Great Falls Center.

worked diligently to ensure a thriving business for both her employees and clients. She said, "the classes afford an opportunity for a place where 'fun meets fitness.'"

Offutt has not always been in the fitness business. She holds a degree in Electrical Engineering from Tulane University and an MBA from George Washington University and is also the busy mother of two. She attended her first Pilates class while recuperating from a running injury, then decided

to build her own business. The rest is history.

Offutt says, "Our classes are not your typical Pilates classes. RTR Pilates provides a reformer Pilates which systematically takes the client through a choreographed class routine designed to lengthen and tone the mind and body. All classes use the Balanced Body Allegro II Reformer. Clients are challenged, sore — and quickly become addicted." Classes are offered in Level 1, Level



PHOTOS CONTRIBUTED

The Great Falls location is offering a special rate for 30 days of unlimited classes.

Open House

Visit the newest RTR Pilates on Saturday, Feb. 3, from 9 a.m.-1 p.m. to meet instructors, have a cup of coffee and take a demo classes. Demo classes are complimentary and will be offered at 9:15, 10:15, 11:15 and 12:15. Pre-register at www.RTRpilates.com.

2 and Level 3 Pilates with two types of classes – Reformer Pilates and Circuit Classes.

The Great Falls location is offering a special rate for 30 days of unlimited classes. This rate can be secured by going to the website www.RTRpilates.com, signing up for classes and putting in the code GREAT99. The studio is located at 9849 Georgetown Pike, Great Falls.

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SCHOOL NOTES

Send school notes to north@connectionnewspapers.com by noon on Friday.

Brendan McDonough, of Oakton, a sophomore Intelligence Analysis major at York College of Pennsylvania, has been named to the dean's list for the fall 2017 semester.

Margaret V. Baule, of Oakton, was named to the dean's academic honor roll for the 2017 fall semester at Baylor University (Waco, Texas).

Adam Joseph Putch, of Oakton, was named to the dean's academic honor roll for the 2017 fall semester at Baylor University (Waco, Texas).

Blake Prather-Johnson, of Vienna, earned dean's list status for the fall 2017 semester at Lehigh University (Bethlehem, Pa.).

Stephen Yenouskas, of Vienna, earned dean's list status for the fall 2017 semester at Lehigh University (Bethlehem, Pa.).

Tessa Smalley, of Vienna, has been named to the 2017 fall semester dean's list at Ohio Wesleyan University.

Benjamin Le has been named to the summer 2017 dean's list at University of the Sciences. Le, of Oakton, is a doctor of pharmacy student.

Mary Berset, of Vienna, a student at the University of San Diego, was selected for Mortar Board, a national honor society recognizing students for outstanding achievement in scholarship, leadership, and service. Berset is majoring in English with a minor in political science and expects to graduate in spring 2018. Berset plans to pursue a career in law.

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7th Annual McLean Chocolate Festival

Sunday, January 28, 2018

11 am - 5 pm

McLean High School



\$2 admission

Admission for children 3 and under is free

Taste the specialties of area chocolatiers. Enjoy fun for the whole family. The children's game room features Mike Mitchell!



The McLean Chocolate Festival is a fundraiser for McLean Rotary, with proceeds benefiting many local organizations.

Visit the website at: www.mcleanchocolatefestival.org

MAKE A DIFFERENCE IN YOUR COMMUNITY! Run for a Seat on the McLean Community Center Governing Board



PUBLIC NOTICE OF ELECTIONS MCLEAN COMMUNITY CENTER GOVERNING BOARD SMALL DISTRICT 1A OF THE DRANESVILLE DISTRICT FAIRFAX COUNTY, VIRGINIA



This **OFFICIAL NOTICE** of elections to select members of the 2018-2019 Governing Board of the McLean Community Center (the Governing Board) is given to residents of Small District 1A of the Dranesville District, Fairfax County, Virginia (referred to as "Small District 1A"). The McLean Community Center (MCC) operates as a Special District Agency of the Fairfax County Government through a Memorandum of Understanding between the Fairfax County Board of Supervisors and the Governing Board. On February 8, 1984, the Board of Supervisors approved the Memorandum of Understanding, which authorizes the elections. The MCC is funded by residents of Small District 1A in Greater McLean for their use through a real estate tax surcharge, the result of a 1970 Small District 1A bond referendum.

Elections are held on **McLean Day** at Lewinsville Park, 1659 Chain Bridge Road, McLean, Virginia. This year, McLean Day is on **Saturday, May 19, 2018. Voting on McLean Day takes place from 10:30 a.m. to 5 p.m.**

Candidate Qualifications:

Each resident who lives within Small District 1A is eligible to run for a seat on the Governing Board within the appropriate category. If you need help determining whether you reside in Small District 1A, please contact the MCC at 703-790-0123, or by emailing elections@mcleancenter.org.

ADULTS: Candidates must be residents of Small District 1A and must be at least eighteen (18) years of age on or before May 19, 2018.

TEENS: Candidates must be 15, 16, or 17 years old on or before May 19, 2018, live within Small district 1A, and live in the boundary area for either Langley or McLean high schools. You **do not** have to attend either high school. You may attend another school, including one that is outside of Small District 1A, or you may be home schooled. You can only run for the seat representing the high school boundary area where you live.

Available Governing Board Seats and Terms:

Three (3) adult Governing Board seats will be filled through the election. The candidates who receive the three (3) highest numbers of votes will serve three-year terms on the Governing Board.

One (1) Governing Board youth seat for teens living within the Langley High School boundary area will be filled for a one-year term.

One (1) Governing Board youth seat for teens living within the McLean High School boundary area will be filled for a one-year term.

Candidate Petitions Requirements:

ADULTS: Must get the signatures of ten (10) residents of Small District 1A who are 18 years old or older on or before May 19, 2018.

TEENS: Must get the signatures of ten (10) residents of Small District 1A who are 15, 16, or 17 years old on or before

May 19, 2018, and who live within the same high school boundary area as the candidate.

Petition Packets containing a petition, instructions, and all pertinent paperwork may be obtained at the McLean Community Center Administrative Office, 6631 Old Dominion Drive, McLean, Virginia, 22101. Candidates must pick up and return their own petitions.

DEADLINE: Each resident seeking election to the Governing Board shall file a completed petition with the MCC at the address shown below **by 5 p.m. on Friday, March 16, 2018:**

**McLean Community Center Administrative Office
6631 Old Dominion Drive
McLean VA 22101**

For more information about the elections, please call 703-790-0123, go to www.mcleancenter.org/about/candidates, or email the MCC at elections@mcleancenter.org.

Kat Kehoe, Chair
Elections & Nominations Committee
McLean Community Center Governing Board

NOTICE: Due to the ongoing renovation of the Ingleside Avenue facility, MCC has temporarily relocated to the McLean Square Shopping Center. The majority of MCC's classes will be held at 6645 Old Dominion Dr., McLean, VA 22101. MCC's administrative offices are located at 6631 Old Dominion Dr. (on the first floor of the Century 21 New Millennium building).

SPORTS



Seniors Samantha Simon, Jennie Korb, Carolyn Brown-Kaiser, Anna Brower and Lola Amaya were each given a team photograph with messages from all their teammates before the meet to celebrate Senior Night.



The McLean Highlands Gymnastics team celebrating after winning the six-team meet Thursday night.

PHOTOS BY JENNIFER KAYE/THE CONNECTION

State Champions Win Final Home Meet

The reigning gymnastics State Champions, McLean High School, took on Battlefield High School, Fairfax High School, Chantilly High School, Herndon High School and Wakefield High School on Thursday night. The meet marked the final regular season home meet for the Highlanders, and also Senior Night. Led by all-around champion Samantha Simon, McLean placed first with a total score of 143.350. Senior Carolyn Brown-Kaiser, who is currently out recovering from a torn achilles, describes her team as a group of extremely driven girls. She said, "I have absolute faith for them to do as well as they can, and as well as last year, if not better."

Team scores for the meet:

1. McLean High School, 143.350
2. Battlefield High School, 130.200
3. Fairfax High School, 129.700
4. Chantilly High School, 129.550
5. Herndon High School, 123.600
6. Wakefield High School, 113.650

The next meet for the Highlanders is Jan. 25 at 6:30 p.m. at West Potomac High School.

— JENNIFER KAYE



Anna Brower swinging through the air during an uneven bars routine.



Anna Brower jumping high on the balance beam.



Lola Amaya performing a jump on her balance beam routine.



Tara Stewart jumping backwards during her first place performance on the balance beam, scoring a 9.55



Senior Jennie Korb with a perfectly executed handstand during her routine on the balance beam.



Lola Amaya giving a powerful performance on her floor routine.

Talent on Display at Saxon Stage

BY SHANZEH UMERANI
THE CONNECTION

From tales of insanity to those of love, the drama students at Langley High School put their skills to use by directing and putting on their own shows on Friday, Jan. 19. A total of four “one-acts” flowed through the night as the Saxon Stage’s students directed and performed their sets without the help of an adult supervisor or teacher.

Theatre director of the Saxon Stage Valerie Karasek wanted to give this platform a go for her students so that they may be able to experience the responsibility as well as the excitement of all aspects of theatre from costumes to stage management. “[This] was a bit of an experiment,” said Karasek as she watched her students perform their given acts. “We usually do a winter selection of student chosen one-acts, [however] this year we didn’t have as many student directors who had the time to put it on — so we did something a little different,” Karasek explained. The plays consisted of a comedy called “Goldilocks on Trial,” a drama named “Booby Trap,” a love story titled “The Loveliest Afternoon of the Year,” and a thriller captioned “The Insanity of Mary Girard.”

Anneka Noe is an advanced drama student at the Saxon Stage and was the director for the VHSL chosen piece, “The Insanity of Mary Girard.” The act takes place in the year 1790, where Mary Girard has been seemingly imprisoned in an insane asylum due to her husband declaring her insane after figuring out she will have a child of another man. Mary Girard is wary and paranoid of her surroundings due to five “furies” that are fueling the idea of insanity around her, of which Mary eventually gives in to believing. The story is compelling and haunting as you begin to see the small transformations in the character; actress Danielle Generous surprises the audience with a powerful performance acting as the sane turned insane character alongside her castmates Will Baruch (The Warder), Claire Goldhush (Mrs. Lum), Mark Bosset (Stephen Girard), Adam Taffel (Mr. Phillips), Sofia Duque (Polly Kenton), and The Furies (Evelyn Marzol, Jessica Peros,



PHOTOS BY SHANZEH UMERANI/THE CONNECTION
The character called “The Soldier,” played by Aidan Herzig, converses with Major Harris (Michael Hoeymans) as the Major finds his man stuck in one place when he mistakenly sat on a landmine.



The Three Bears (from left: Manasi Uprety, Ben Hauptli, and Ana Grajdeanu) stand as they present their side of the story that Papa Bear (Hauptli) is explaining to the court and Judge Wallabee (Brooke Siegel).

Mary Peterson, Rachel Lesan and Samuel Buroker).

Drama one students, most of whom are freshman, were part of the first two acts — “Goldilocks on Trial” and “Booby Trap.”

“You get a lot of freedom [doing this],” said Devran Johnson, a freshman at Langley High School and member of the Saxon Stage. Johnson plays the role of Caitlyn in the one-act titled “Booby Trap.” The act revolves around a character called “The Soldier,” played by Aidan Herzig, who finds himself stuck in one place when he mistakenly sat on a landmine. The Soldier evi-

dently knows what is going to happen and starts looking back at his past and wonders how his wife and son back home will take the painful news. “Booby Trap” is a captivating and heart-breaking one act that was beautifully performed by Herzig, Johnson, Michael Hoeymans (Major Harris), Cole Sitalides (Captain Gruss), Cathy (Kaylie Gibbs), Tom (Kathryn Skeen), The Lieutenant (Luke Flaxman), Drill Instructor (Anderson Hauptli), Caitlyn’s Mother (Jenna Khatib), The Corporal (John Colligan), The Professor (Sam Chagoury), Sister Anne (Abby Dickerson), Abby (Julia Sensiba),

Molly (Mariana Pava), Mark (Lawson Haynes), Stephanie (Kimmy Tallant), and the Soldier’s Mother (Lily Calderwood).

This series of one-acts allows the students in the Saxon Stage to be themselves and do what they love most. “It’s the most amazing feeling [being on stage]; you get to build a[n] ensemble family and are able to perform and work together,” said Johnson after her performance in “Booby Trap.” The members of the Saxon Stage will be putting on their Spring play of Agatha Christie’s “And Then There Were None,” and tickets are available at www.saxon-stage.com.

Langley High drama students present four “one-acts.”



Actress Danielle Generous plays a paranoid and cautious Mary Girard who is surrounded by five “furies” (Evelyn Marzol, Jessica Peros, Mary Peterson, Rachel Lesan and Samuel Buroker) that are fueling the idea of her mental insanity. This one-act will be recorded and submitted to VHSL (Virginia High School League) in hopes that the Saxon Stage will win State Championships.



She (Jane Gerrard) is peacefully feeding her pigeons on a park bench. The Loveliest Afternoon of the Year cast only has two members, She (Gerrard) and He (Ryan Wilson, not pictured).

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An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.
-Werner Heisenberg

Announcements

NEWS

Fairfax-Loudoun Site Makes First Cut for Amazon HQ2

A site straddling Fairfax and Loudoun counties is one of the locations that has been selected for further consideration as Amazon's second headquarters. Fewer than 10 percent of the 238 sites proposed for "HQ2" are on the short list of locations that Amazon announced last week.

As part of the northern Virginia proposal, Loudoun and Fairfax counties collaborated with developer Open-Rebees to submit the largest non-developed site on Metro that checks all of the boxes that Amazon and other corporate users want and need. As home to a major backbone of the Internet, a top-notch workforce and Washington Dulles international Airport, the two counties are convinced that northern Virginia has all of the assets needed to merit serious consideration.

"We are very excited that northern Virginia is included on the short list as a potential location for Amazon's second headquarters. Fairfax and Loudoun counties are able to offer a great quality of life coupled with an innovative and business friendly culture for future Amazon corporate neighbors and employees. With our highly educated and talented workforce and a location close to Dulles International Airport and a new Silver Line train station, we hope we will have the opportunity to welcome Amazon HQ2 to Virginia," said Sharon Bulova, chairman of the Fairfax County Board of Supervisors.

Phyllis Randall, the chair of the Loudoun County Board of Supervisors, said, "This is a great example of how a region working together can tell a powerful story. The partnership between Loudoun and Fairfax County on a metro accessible site highlights our commitment to provide the best solution where Amazon and their employees can live, work, learn and play."

Gerald L. Gordon, Ph.D., president and CEO of the Fairfax County Economic Development Authority, noted that Amazon already has chosen Fairfax County for an east coast campus of Amazon Web Services (AWS). "We are excited to learn that Fairfax and Loudoun counties made the short list of sites that Amazon will consider for HQ2," Gordon said. "The Economic Development Authority, Loudoun County and partners stand ready to demonstrate to the company why our combination of business and quality-of-life assets make this a great location for HQ2 in addition to the mission-critical services AWS provides to the private and public sectors."

Buddy Rizer, executive director of Loudoun Economic Development, explained, "The site Amazon is considering is near Loudoun's Data Center Alley – the largest and fastest-growing data center market in the world. It will be more than fitting for an international e-commerce corporation of Amazon's stature to locate its second headquarters here."



Peter Beeman of Oakton and his daughters Charlotte, a sixth grader at Waples Mill Elementary School and Grace, a senior at Oakton High School (and a Waples Mill alumni) make Valentine's Day cards during Volunteer Fairfax's Give Together 2018 event, held Monday, Jan. 15, 2018 at the Jewish Community Center of Northern Virginia in Annandale. The deadline for nominations for the 26th annual Fairfax County Volunteer Service Awards presented by Volunteer Fairfax is Thursday, Feb. 1, 2018, at 5 p.m.

PHOTO BY ROB PAINE/RSVP NORTHERN VIRGINIA VOLUNTEER FAIRFAX

Deadline Nears for Volunteer Service Awards Nominations

The deadline for nominations for the 26th annual Fairfax County Volunteer Service Awards presented by Volunteer Fairfax is Thursday, Feb. 1, at 5 p.m.

If you know of a deserving volunteer or volunteer group that has made a positive impact on the Fairfax County community you are encouraged to visit www.volunteerfairfax.org and complete a service award nomination form today. The Fairfax County Volunteer Service Awards is a community-wide celebration of volunteerism that culminates in a breakfast hosted by Volunteer Fairfax, Friday, April 27, 2018, at The Waterford at Springfield.

There are now more than a dozen competitive categories open for nominations including for awards that recognize the top adult and youth volunteer groups; a lifetime achievement honor that recognizes an individual for his or her entire body of volunteer work and the RSVP Volunteer of the Year award that recognizes an outstanding RSVP Northern Virginia senior volunteer.

For a complete list of categories and guidelines and to access a short podcast that includes helpful tips on how to make a nomination shine, visit www.volunteerfairfax.org or call Kristen Moore at Volunteer Fairfax at 703-246-3531.

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.

KINDERGARTEN REGISTRATION

Child turning 5 years old by Sept.30? If so, contact your child's school to make arrangements for kindergarten enrollment. Most schools begin getting information together now for parents of incoming kindergartners, and many host an orientation or open house. All kindergarten programs are full-day and located in FCPS elementary schools. Check your school's webpage or contact the school directly for specific enrollment information and dates of orientation or visit www.fcps.edu/registration/kindergarten-registration.

FY 2019 SCHOOLS BUDGET

FCPS Superintendent Scott S. Brabrand will present the **2018-19 school year (FY 2019) Proposed Budget** at the School Board meeting on Thursday, Jan. 11, at Jackson Middle School at 7 p.m. The School Board plans to hold a budget work session on Jan. 22, and a public hearing on the Proposed Budget on Jan. 29, with additional hearings on Jan. 30 and Jan. 31, if needed. Get more information on the FCPS budget at www.fcps.edu/about-fcps/budget/fy2019.

WEDNESDAY/JAN. 24

MCC Monthly Meeting. 7:30 p.m. at MCC Administrative Offices, 6631 Old Dominion Drive, McLean. All meetings of the Governing Board are open to the public. Tax district residents (Dranesville District-1A) who wish to speak during the "Citizen Comment" portion of the meeting, should call the Center at 703-790-0123, TTY: 711, to be placed on the agenda.

FRIDAY/JAN. 26

Nomination Deadline. Nominations are being accepted by the Virginia Department of Transportation for Virginia's 2017 Outstanding Crossing Guard of the Year. Parents, students, and teachers are welcome to submit a nomination and photo online. Visit www.fcps.edu/news/nominations-open-2017-virginia-outstanding-crossing-guard for more.

SATURDAY/JAN. 27

Hospice Philosophy/Hospice 101. 10-11:30 a.m. at Charles Wesley United Methodist Church, *The Hunger Church*, 6817 Dean Drive, McLean. Local professional speakers to walk participants through the process of putting affairs in order and to answer questions. Free. Visit www.TheHungerChurch.org.

Bicycling

FROM PAGE 3

word that nominations for Outstanding Crossing Guard of the Year for 2017 were still wanted, with the deadline being Jan. 26 for the Feb. 14 announcement of the honorees on Crossing Guard Appreciation Day. Anyone can nominate a crossing guard by going to the Virginia Department of Transportation website at www.virginiadot.org and searching Safe Routes to School.

FAAB encourages all cycling enthusiasts of all levels of ability and cycling usage to join their organization to stay informed, to be better educated on cycling safety, and to participate in social rides and other FABB activities. FABB is on the web at www.fabb-bikes.org and has a Facebook page, as well. Its next meeting is Feb. 21 at 7:30 p.m. at the Patrick Henry Public Library in Vienna.

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Lost in Space



By KENNETH B. LOURIE

Not a reference to the iconic television series of my youth, but there was "danger," Ken Lourie, and it wasn't caused by Dr. Zachary Smith nor by "robot," (Robbie) either. And it wasn't a conspiracy. It was simply a confluence of absenteeism by my health care providers. Both my oncologist and internal medicine doctor were absent with leave and yours truly was caught in the crossfire, so to speak. Let me provide some context to help you appreciate my dilemma.

I have chemotherapy every six weeks. Accordingly, I have lab work the Wednesday before the Friday to check for anomalies – anomalies which over the years have occasionally delayed my infusion by up to two weeks waiting for my body to settle. In the early days of treatment, my white blood cell count was crucial; too low and no treatment; too high, it was never too high. No treatment and the cancer was left unchecked. An incredibly stressful occurrence when your treatment is stopped. Whether or not a week or two delay ultimately mattered in checking the cancer, it certainly mattered – emotionally, to the patient. You feel adrift, sort of, which is exactly how I felt during the first two weeks of January.

Typically, what my current lab work presents is my creatinine level and the associated glomerular filtration rate, measuring kidney function/efficiency. After nearly nine years of infused toxicity, I have suffered some collateral damage to a major organ. My oncologist and internal medicine doctor are incredibly sensitive and concerned about this damage. Per these results, every medical decision made concerning me; from prescriptions approved to "normal" internal medicine stuff to whether I get "contrast" when I have my scans and MRIs to what chemotherapy drug I infuse and how frequently its infused, is decided with my kidneys in mind. Nothing happens medically until my kidneys sign off on it, if you know what I mean?

As it happened, my creatinine level for my Jan. 12 infusion was higher than usual. When this measure occurs, I know to call the Infusion Center and ask the head nurse if I should come in for treatment. She will contact my oncologist and with his direction, will advise me what to do, except for this week. My oncologist was away and though another oncologist – whom I've never met – was covering, I'm not really sure she knows enough about my situation. Specifically that I'm a bit of a special case, per my oncologist's own characterization of me, and I've never gone seven weeks, let alone eight weeks without treatment. Delaying my infusion would break a multi-year precedent. In fact, around the holidays when I asked my oncologist if I could extend my infusion interval from six to seven weeks (to accommodate life), he emphatically said "No." Moreover (to complicate a covering physician's decision), my oncologist has also told me that if I were a new patient with creatinine levels as chronically high as mine, he wouldn't/couldn't treat me until those levels reduced.

So not only was I in the middle of an unprecedented one to possibly two-week delay in my infusion, but I also needed an oncologist – who I don't know and who doesn't know me – to decide/make an exception/maybe risk her medical license (if something were to happen to me), to authorize treatment for a patient whose creatinine levels fall outside of protocol, and me not having either of my two primary-care physicians available for consultation. And other than the default emails advising that both were out of town, I had nowhere to go and no one to turn to.

Heck, I might as well have been on another planet, given the limited choices I had.

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



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