

Library Jubilee Fundraiser Held in McLean

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A guest admires the Silent Auction items during the eighth annual Library Jubilee: A Dolley Madison Squeeze, hosted by Dolley Madison Library in McLean on Saturday, Oct. 15.

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CONFERENCIA EN ESPAÑOL - TOMAR DECISIONES CORRECTAS



PHOTO COURTESY OF COMSTOCK CAMPAIGN

Rep. Barbara Comstock, the Republican incumbent in the 10th District Congressional race, met with members of the Indian-American community during a Meet and Greet Sunday at the home of Fairfax resident Amod Desai.



PHOTO BY VICTORIA ROSS/THE CONNECTION

LuAnn Bennett, the Democratic challenger in Northern Virginia's heated 10th Congressional district race, rallies volunteers at a Canvass Kick-Off event in Great Falls Sunday morning. She was joined by Maryland State Sen. Jamie Raskin (left), who delivered brief remarks to rally volunteers.

Race Tightens in Heated 10th District

Comstock, Bennett crisscross Northern Virginia in all-out effort to reach key voters.

BY VICTORIA ROSS
THE CONNECTION

It's a few minutes before 9 a.m. Sunday morning, and LuAnn Bennett, the Democratic candidate for the 10th District Congressional seat, is sipping coffee in her stocking feet and greeting volunteers arriving at the Great Falls home of Mary Yang.

Bennett, a newcomer to politics seeking to unseat one-term incumbent Republican Barbara Comstock, appears comfortable and confident in her role as candidate.

Unfazed by the boisterous children sliding across Yang's spacious basement floor, Bennett is forceful when she addresses the crowd of shoeless volunteers (Yang's house rules) heading out to canvas Democratic supporters and make sure they turn out to vote on November 8.

She delivers a brief, energetic stump speech, touting her background as a small-business owner and working mom from McLean.

"I will bring those real-life skills to Congress," she says. "Somewhere along the line, elected officials stopped focusing on governing and started focusing on money. Governance has gotten lost in the shuffle and we need to get it back."

IN THE FINAL, frantic days of the one of the most unpredictable and unprecedented elections in modern history, both candidates spent the blustery fall weekend crisscrossing the sprawling, diverse 10th district -

meeting residents, rallying volunteers and campaigning hard for voters' support.

Comstock, known as an indefatigable campaigner, ended her long weekend in Fairfax, at a "Meet and Greet" with members of the Indian-American community at the home of Fairfax resident Amod Desai.

"She is the one person who understands the dynamics of this district, the issues, the culture, what's important," said Puneet Ahluwalia, a Fairfax County Republican official who organized Sunday's event. "She has been a presence in our community since she was a delegate...Her inclusivity has made a dramatic difference to us, especially with impressionable children."

"Our kids got the opportunity to share their thoughts directly with a Congresswoman," said Abhijit Adhikari, who also attended Sunday's Meet and Greet.

Both candidates began the weekend with a joint appearance at the ADAMS (All Dulles Area Muslim Society) in Sterling on Friday evening. Earlier in the day, the American Muslim Women Political Action Committee (AMW PAC) endorsed Bennett in the race against Barbara Comstock.

This is the first Congressional candidate the AMW PAC has ever endorsed, said Mirriam Seddiq, founder of AMW PAC, adding that "we truly believe that Ms. Bennett will be a strong ally for Muslim women in Congress."

Each candidate had some breaking news to share with supporters this weekend.

On Saturday, Comstock was buoyed by two key endorsements. The Winchester Star praised Comstock for knowing and working with her diverse constituencies. She also received the endorsement from the editorial board of The Washington Post, which surprised many Democrats, since the paper had never endorsed Comstock in the past.

"Yes, it was a little surprising to me," Comstock said during a phone interview on

Monday. "To get both of these endorsements...it demonstrates our depth and breadth of knowledge and our broad support across our district."

"It is a crazy time, but I'm energized by all the challenging work," Comstock said. "That's why I make sure to make those relationships and keep those partnerships throughout the district. People know me, and it's a privilege to help them."

In Comstock's latest ad, which her campaign released Tuesday, she looks directly at the camera and touts her ability to work across the aisle. The ad features the banner "Endorsed by The Washington Post" at the end. Comstock's campaign emphasized that it was a "100 percent positive" ad, in a political season which has featured much negativity.

"While others seek to divide us I get results that unite us," claims Comstock in the spot. "I approve this message because working together...works."

Bennett's campaign got a boost from a Democratic poll which showed her leading Comstock for the first time, by 46 to 42 percent, among likely voters. Pollster Expedition Strategies in September had shown Bennett behind by four points.

That recent poll was conducted Oct. 10-12, after the revelation of GOP presidential candidate Donald Trump's hot-mic comments boasting about groping and kissing women. There has been much speculation that problems with Trump's candidacy will hurt "down-ticket" Republicans like Comstock.

After Trump's comments were made public, Comstock issued an unequivocally scornful statement, calling Trump's comments "vile, disgusting, and disqualifying," and declaring she would not endorse or vote for Trump. She also made it just as clear she would not vote for Democratic nominee Hillary Clinton.

THE 10TH DISTRICT Congressional seat has been held by Republicans for many years. Comstock won the election in 2014 to replace her former boss, Frank Wolf, who had been in office since 1981. However, the District voted for Barack Obama in both the 2008 and 2012 presidential elections and is viewed by many political analysts as a swing district which reflects the changing demographics which have made Virginia a swing state.

The Cook Political Report, a non-partisan election tip sheet, moved the Comstock-Bennett race from "lean Republican" to "toss up" on Wednesday, Oct. 19, citing Trump's unpopularity in much of the district.

The apparent tightening of the Virginia 10th district race has attracted attention nationally. Both candidates have benefited from spending by outside groups, which have poured more than \$3.7 million into the race, according to data compiled by the Virginia Public Access Project.

Bennett has the support of Emily's List, whose President Stephanie Schriock campaigned for Bennett last weekend. The Congressional Leadership Fund, a super PAC supporting House Republican candidates, announced Friday an additional \$1.2 million for cable, broadcast and digital advertising in the district, bringing the GOP super PAC's total spending there to \$2.7 million.

Democrat Jamie Raskin, who is likely to win his own Congressional race in Maryland's 8th District, spoke to Bennett's gathering in Great Falls on Sunday, and participated in the door knocking that followed.

The Democrats holding the three statewide offices in Virginia, Gov. Terry McAuliffe, Lt. Gov. Ralph Northam and Attorney General Mark Herring, recently hosted a fundraiser for Bennett at a winery.

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- › Started the "10th Congressional District Young Women Leadership Program" for junior high and high school young women.

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Barbara Comstock

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Paid for by Comstock for Congress

Marshall Academy, GMU to Host Cybersecurity Youth Conference

In recognition of Cybersecurity Awareness Month, Marshall Academy—a Governor’s STEM (science, technology, engineering, and math) Academy—and George Mason University (GMU) will host the first Cybersecurity Youth Conference on Saturday, Oct. 29, at GMU’s Fairfax campus. The conference is designed to expose elementary, middle, and high school students and their parents to cybersecurity fundamentals. The event is sponsored by Northrop Grumman, IBM, Booz Allen, Symantec, and the University of Virginia (U.Va.).

Check in begins at 9:30 a.m. and the conference will run from 10 a.m. to 2 p.m. Included will be keynote speakers, breakout sessions, an exhibit hall, and hands-on activities.

The event will feature keynote speakers Ruthe Farmer, director of strategic initiatives, National Center for Women and Information Technology, who focuses her efforts on increasing girls’ participation in technology and engineering, and Virginia Secretary of Education Dietra Trent.

Breakout sessions and their sponsors include:

- ❖ “That wasn’t what I meant to delete...”, Federal Bureau of Investigation.
- ❖ “Internet of Me,” IBM
- ❖ “An Introduction to IoT (Internet of Things) through Home Automation,” Cisco.
- ❖ “Incident Response and MalwareTriage,” FireEye.
- ❖ “Security and Privacy Issues in UAV (Unmanned Aerial Vehicle),” Volgenau School of Engineering, GMU.
- ❖ “Capture the Flag,” Carnegie Mellon University.
- ❖ “Software Defined Radios in a Vehicular Applications,” Volgenau School of Engineering, GMU.
- ❖ “Cybersecurity in an IoT World,” Virginia Tech Hume Center for National Security and Technology.
- ❖ “Career Steps – Using Social Media to your Advantage,” George Washington University.
- ❖ “Fingerprints,” “Facial Recognition,” and “Who Stole the Lunch? DNA in Forensic Science,” College of Science, GMU.
- ❖ “How to Tell if Your Kid is a Black Hat (Hacker),” Marymount University.
- ❖ “Digital Citizenship and Internet Safety,” The Source of Learning.
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Participants can register online at <http://ist.gmu.edu/CyberConference/>

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THE CONNECTION
NEWSPAPERS

NEWS



Vietnamese Campaign for Clinton

As Election Day is near, Vinh Cam, Ph.D., Chair, Vietnamese Americans for Hillary (center, front, at Eden Center in Falls Church) is campaigning in area's Vietnamese community to "work together to elect Hillary Clinton, Tim Kaine, and our Congressional candidates. ... This is your chance to engage in the most consequential election of our lifetime," she said in a message, inviting the community members to help with phone bank for Clinton scheduled for Wednesdays, Oct. 26 and Nov. 2, 6-9 p.m. at 5710 Hampton Forest Way, Fairfax. Vietnamese delicacies will be served. For registration and more information contact vietamco@gmail.com



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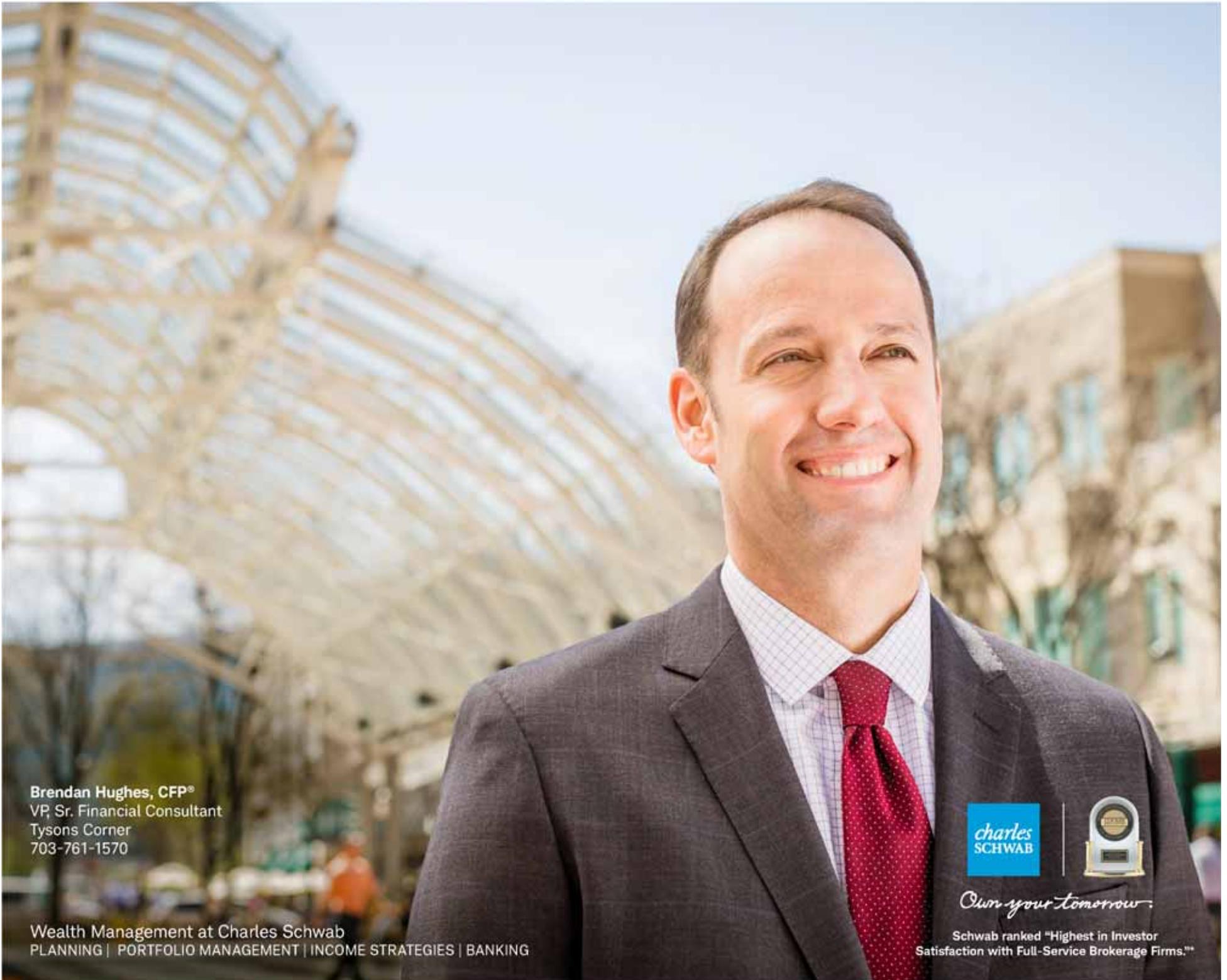
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Bulova: Vote Yes A legally binding commitment that 70 percent would go to the Fairfax County Public Schools.

BY SHARON BULOVA
CHAIRMAN, BOARD OF SUPERVISOR

I was elected chairman in 2009, just as the Great Recession settled over this country like a stubborn storm cloud. The market value of property in Fairfax County plummeted, resulting in historic reductions in both residential and commercial tax revenues. At the same time, more people than ever turned to the county for assistance. Former County Executive Tony Griffin's prediction, in the throes of the Recession years, that "this will be our new normal" has proven prescient.

Recovery from the recession has been sluggish, exacerbated by the effects of sequestration and cutbacks in our commercial sector's bread and butter, federal contracting. To maintain fiscal equilibrium; real estate tax rates were raised, hundreds of millions of dollars were eliminated from the budget, salaries were frozen and reductions-in-force require our workforce to do more with less. County cost-cutting measures that were accepted as necessary when the Recession first materialized eventually have caused some "fraying around the edges," per The Washington Post, (April 2, 2016). I am providing this backdrop to lend some context to our board's decision to put the question of a meals tax to

the voters.

In Virginia, towns and cities are allowed a greater array of revenue tools, including the right to adopt a meals tax. Most cities and towns within and around us have a meals tax: Alexandria, Arlington, Herndon, Vienna, Falls Church, Fairfax City, Leesburg, and Manassas. Counties on the other hand must rely primarily (almost 80 percent of our budget) on real estate and property taxes to provide local services. Other revenues are capped or controlled by the state.

Counties in Virginia (which were rural farmland when early tax authorities were allocated) are only able to implement a meals tax following a successful voter referendum. This question will be put to Fairfax County voters on Nov. 8.

If the referendum is successful, and a 4 percent tax on restaurant meals and prepared foods is adopted, it would raise almost \$100 million, equivalent to over 4 cents on the Real Estate tax rate. The language on the ballot question becomes law and revenue from the meals tax must be used per the ballot language.

If authorized by the voters, the Board of Supervisors would hold a public hearing to adopt an ordinance defining specifics of the tax. Already we have made the legally binding commitment that 70 percent would go to the

Fairfax County Public Schools. The School Board has committed that its share, estimated to be about \$70 million in new funding, would be used primarily to address teachers' salaries, which have lagged behind those in neighboring jurisdictions. Fairfax County today is spending \$800 less per pupil than in 2008.

The remaining 30 percent would go toward other county needs, including public safety, parks, libraries, and mental health. The meals tax is intended to diversify and enhance county revenue — to supplement and not supplant — support for school and county services.

While our county continues to work hard to identify efficiencies and to stimulate our commercial tax base, we are also hoping to diversify the local revenue available to provide the quality services our residents value and rely upon — top notch schools, safe communities, and compassionate human services.

I am proud to lead Fairfax County, one of the best-managed, safest and well-educated jurisdictions in the country. Residents love Fairfax because of our great schools and because we are a safe and welcoming community. Maintaining that quality is a top priority for the Board of Supervisors and our partners on the School Board. It isn't, however, a simple or easy job given constraints under state law.

I hope you will vote "yes" on the meals tax referendum on Nov. 8.

COMMENTARY

LETTERS TO THE EDITOR

Enhancing Learning for All Students

To the Editor:

Tim Peterson, in reporting available 2016 Fairfax County Public School (FCPS) SAT scores ("Fairfax County SAT Scores Above Virginia, National Levels," Connection, October 19-25, 2016), highlighted an achievement gap.

Peterson focused on "achievement gap" without identifying it as SAT score differences between "students of color" and other students. He loosely opined that "outcomes are not improving for far too many students of color." Of course, one could label educational outcomes as not improving enough for too many students. Critically, he offered no supporting facts (while no one doubts a gap). Anyone could focus on student gaps, but educators should enhance average learning for all students.

The Virginia Board of Education President Billy K. Cannaday Jr. evidently does not push hard for improving education for all. As the article notes, Cannaday said "Narrowing and ultimately closing these gaps is the state board's top priority." One could refer to this statement as a racist statement

since it pits certain groups against others. It also reflects dangerous performance goals. A dubious way to achieve this gap goal is to require all white and Asian students to drink only beer and avoid libraries. Shame on Billy for focusing badly and implicitly dividing groups instead of improving education for all.

Peterson's second point, higher FCPS SAT scores than Virginia and U.S. scores, is no achievement. The reason is FCPS family education and income levels are far higher. Crucially, average 2016 FCPS scores flatline, edging up 1 point to 1668. Virginia public schools scores far lower average SATs than all other Virginia students. We should ask how to ensure accountably improved education for all students.

Dr. David V. Pritchett
McLean

Focus on Economy and National Security

To the Editor:

I am writing to express my support, and that of my family, for Congresswoman Barbara Comstock.

The most important issues facing those of us who live in North-

ern Virginia, and indeed the entire country, are the economy and national security. Our economy has been stagnant throughout this decade and is beginning to further weaken after years of meager, sub-standard growth. The threat of foreign and domestic terrorism is real and growing.

Congresswoman Comstock understands both of these important issues. During her time in Congress, she has focused on efforts to strengthen our economy and taken strong stands on issues of national security. We can count on her. Comstock sponsored the Research and Development Efficiency Act, legislation that would reduce federal regulatory burdens on important research and development projects that can lead to breakthrough innovations and most importantly - new jobs. She also co-sponsored legislation to make permanent a tax credit for research and development that will help support new jobs.

Gordon Milbourn
McLean

Experience to Get Things Done

To the Editor:

I am an informed voter raised here in McLean who cares deeply

about my country and my little corner of Virginia. Our Commonwealth lost a great deal of clout when Rep. Frank Wolf retired, and is again losing a lot of experience this year with three more Virginia House members departing and the possibility of our junior senator ascending to the vice presidency. These departures are not just bad for Northern Virginia, but the entire Metropolitan Washington Region.

If not for Comstock and her allies in Congress, we would have lost the \$150 million federal share of Metro funding. Federal employees would have been targeted for pay freezes, attrition, and unjust terminations. And we would have lost a critical battle to stop other representatives from altering rules governing Dulles and Reagan Airports, which would have threatened Dulles' long-term financial viability.

Luann Bennett, as a freshman member in the minority, would not have the know-how or the clout to be able to secure our district's priorities, whereas Comstock has already done so. I ask that my fellow McLean residents to put aside ideological and emotional tendencies, think pragmatically, and vote for Comstock.

Nikhil Verma
McLean

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Parcel 2: (Nguyen) 6418 Columbia Pike, Annandale; Mason District; River View Heights, Lot 20; 9,526 sq. ft.; Tax Map #0613-12-0020; Acct. #408273783

Parcel 3: (Ox Group) 9333 Lee Highway, Fairfax; Providence District; Hatmark, 17,906 sq. ft.; Tax Map #0484-01-0002; Acct. #408216571

Parcel 4: (US Bank) 6801 Custis Parkway, Falls Church; Providence District; Mason Terrace, Lot 450; 20,437 sq. ft.; Tax Map #0504-05-0450; Acct. #408230100

Parcel 5 (Improved): (Walsh) 9111 McNair Drive, Alexandria; Mt. Vernon District; Woodlawn Manor, Lot 27; Sec.1; 21,780 sq. ft.; Tax Map #1101-05-0027; Acct. #408435007



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Parcel 5

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CONNECTION FAMILIES

Teaching Gratitude and Charitable Giving

Experts offer suggestions for instilling these practices in children.

BY MARILYN CAMPBELL
THE CONNECTION

As the holiday season approaches, many begin to think about expressing thankfulness and giving to those who are less fortunate. Teaching gratitude and establishing a sense of charity in children also becomes a priority for many parents.

Those lessons should begin long before it's time to put the turkey in the oven or trim the tree, however. Experts say practicing gratitude and demonstrating charitable giving year-round in age-appropriate ways are keys to raising compassionate children.

In fact, regular conversations between parents and children about charitable giving and gratitude increase the chances that youngsters will be willing to give to charity, according to a recent study. Research from the Women's Philanthropy Institute at Indiana University's Lilly Family School of Philanthropy showed that children whose parents spoke to them about the importance of giving to those in need were 20 percent more likely to give than those whose parents did have such conversations.

"The conversations don't need to be formal or contrived," said Marcia Rosen, a marriage and family therapist in Bethesda, Md. "They can be as simple as sharing an experience about helping a friend who might need help running an errand, so we change our plans so that we can give the gift of our time to a friend. There are plenty of examples all around us everyday."

"The ability to empathize and take another's perspective increases as a child gets older and less egocentric," said Dr. Linda Gulyan, a professor of psychology at

Local charities such as Interfaith Works offer families a variety of opportunities for benevolence this holiday season.

Marymount University in Arlington. "For example, make a thank you note to grandma for the birthday gift. With little kids, there might be a positive consequence for writing a note, for example [saying] 'After you write the note, we can watch the video.' As kids get older, have them take Grandma's perspective: 'You know how it feels to be appreciated, don't you?'"

Encourage children to find their own ways to express gratitude and give charitably. "For example, when thanking their soccer coach for helping them all season, have them come up with ways to thank him, even if it's clumsy or kid-like," said Gulyan. "[Parents] often do it for them. For example, parents take up a collection of money from other parents and then they buy and present a fancy gift to the coach, and the kids are not that involved."

"Gratitude often relates to expectations and entitlements," said Amy L. Best, chair



PHOTO COURTESY OF INTERFAITH WORKS

of the Department of Sociology and Anthropology, George Mason University. "It is important that young people develop some sense of entitlement. They are entitled to dignity and have rights of care. Without a sense of entitlement, claims to care, recognition, justice and dignity are more difficult to articulate. But too much entitlement can elevate expectations to too high a level so that disappointment prevails and gratitude is difficult to muster."

Children must learn to be in the moment to take those chances, however. "Dwelling too much in the past, through endless rumination for instance, or always looking to the future undermines our ability to just be, to soak in and soak up a moment," said Best. "Consideration of past, present and future should be in healthy balance. Young people are often pressured to focus on the future, and some feel a sense of hopelessness to-

"It is important to understand the suffering of others and to feel a sense of empathy toward the struggles of others to feel gratitude."

— Professor Amy L. Best, chair of the Department of Sociology and Anthropology, George Mason University

ward the future. Both make it difficult to be in the moment.

"Cultivating mindfulness of self and your connection to others and the world is important," she added. "It is important to understand the suffering of others and to feel a sense of empathy toward the struggles of others to feel gratitude. Too much ambivalence toward others, or too focused on the self, makes it difficult to cultivate a disposition of gratitude."

Local charities offer a variety of options for families interested in giving this holiday season and throughout the year. Interfaith Works, a Montgomery County, Md. nonprofit organization with a goal of meeting the needs of the poor and homeless, holds annual drives for coat and cold-weather gear including mittens, scarves and hats. The organization is opening a new women's homeless shelter and is in need of supplies. "We need things like sheets, blankets and pillows to make the women feel at home and welcomed when they move into their new residence," said Charlotte Garvey of Interfaith Works. "So families can shop online for the ladies."

For more information, visit www.iworksmc.org.

Making Sandwiches for Martha's Table

Churchill Road Elementary School continued its long-standing community service tradition by making sandwiches for Martha's Table, a nonprofit organization in Washington, D.C. that serves sandwiches to those in need. On Wednesday, Oct. 19, more than 100 Churchill Road first, and third and fifth graders, along

with family members, banded together to make 2,000 sandwiches during the initial sandwich-making event of the year. The sandwiches were warmly received by the volunteers at Martha's Table when delivered by the PTA Community Service Committee co-chairs Robin Hoeymans and Sarah Walter.



Churchill Road third graders Beck Heberlig, Timothy Sedaca and Logan Schwartz were part of a production line while making sandwiches for Martha's Table.



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4 Must-Dos Before Beginning a Remodeling Project



Thinking about remodeling your home and not sure where to begin? To help ensure success, keep these things in mind as you begin this very exciting process.

1. Have a clear vision of the end result. Visual references are so important to the process. In addition to drawings of the project, pictures from magazines and the Internet will give you great ideas to share with your designer.

2. Make a five-year plan. Even if you are embarking on a small renovation project, it should be approached as part of the big picture, a step in the direction of the end goal. This ensures that efforts are not duplicated, and that the sequence of projects makes sense. Prioritizing a list like this gives you something to work, budget, and plan for.

3. Get recommendations for a design build company. You'll be working together in your home, possibly for months, so a good, respectful relationship is key. Recommendations from friends, work you've seen and admired, and neighbors' similar projects are a great way to find a remodeling company.

4. Create a realistic schedule. Your remodeler is like an orchestra conductor, bringing all the players in a logical sequence to make things run as smoothly, efficiently, and economically as possible. Have a genuine understanding of how long your project will take, so that you can make arrangements to move out, eat out, or be present for critical decision-making along the way.



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CALENDAR

Send announcements to connectionnewspapers.com/Calendar/.
Deadline is Friday at noon for the following week's paper. Photos/artwork encouraged.

ONGOING

The Pumpkin Patch beginning Monday Oct. 10 4 - 7 p.m. then open daily Sunday - Friday 11 - 7 p.m. and 10 - 6 p.m. on Saturdays through Oct. 31, at St. Thomas' Episcopal Church 8991 Brook Rd McLean. All of the money raised by our pumpkin patch is donated to support local charities. 703-442-0330.

Meadow Farms Fall Festival Great Falls Oct. 3 - Oct. 31 Monday through Friday 8 - 7 p.m. Saturday 8 - 6 p.m. Sunday 9 - 6 p.m. 10618 Leesburg Pike, Vienna. There will be pumpkins, gourds, cornstalks, mums, pansies, and star bales. A huge selection of pumpkins. There will also be moon bounces, giant

scarecrows, haunted buses and pipes for kids to go through, weekend concessions and much more. Let your kids have a blast while you pick out your pumpkins and all your fall needs. meadowsfarms.com

WEDNESDAY/OCT. 26, 2016

70th Annual Vienna Halloween Parade 7 p.m. Maple Avenue, Vienna. "Celebrating 125 Years of the Town of Vienna" come in costume to celebrate Halloween. Vienna.gov
The Cinderella Dream Celebration at Karin's Florist begins at 3:30 p.m. located at 527 Maple Avenue East in Vienna. 70th annual Vienna Halloween Parade in a horse-drawn Cinderella carriage adorned in thousands of fresh flowers. A special

guest will also be joining the royal couple. A lucky little girl will be chosen via social media contest to ride in the Cinderella carriage with the Royal Couple and live the life of a princess for one night. Sixty tickets will be available on a first-come first-serve basis until all the tickets are given out. At 4:00pm, there will be an introduction of the Royal Couple and the Little Princess winner. Guests with tickets will have the opportunity to take photos and talk with Cinderella and Prince Charming on the red carpet. The Vienna Halloween Parade starts at 7:00pm and ends at 9:00pm.

10 a.m.- noon hosted by McLean Art Society at the McLean Community Center, 1234 Ingleside Ave. Mr. Spollen will be using pastels to demonstrate drawing with spontaneity and pastel painting. Guests are welcome and refreshments are served. 703 790-0123

SATURDAY/ OCT. 29

Concert: The David Trio 4 - 6 p.m. Saint Francis Episcopal Church 9220 Georgetown Pike Great Falls VA 22066. This Italian ensemble brings the sound of violin, cello, and piano to St. Francis chancel.

FRIDAY/OCT.28

Meeting of the McLean Art Society

SEE CALENDAR, PAGE 19



Visit Our Information Center at 1212 W Broad St Community Opening Early 2017

Making Decisions for an Older Adult When It Feels Like There's No Good Option

with Housecall Doctor Steve Simmons & Eldercare Consultant Jodi Lyons

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— RSVP to kakers@KensingtonSL.com or 703-570-8671 —

Families of an aging loved one often reach a point where they know their loved one needs a lifestyle change. Glaring signs of decline—such as poor hygiene, frequent falls or social withdrawal—beg for attention. Memory loss or other dementias can be cause for even greater alarm. Unfortunately, guilt, grief, confusion or overwhelm can get many families stuck looking for help before they ever get started. All the while, the deterioration continues.

Join us for advice, information and reassurance from a housecall physician who specializes in working with homebound older adults and those with complex medical needs; an eldercare industry leader who specializes in helping seniors and their families make ideal

lifestyle decisions; and a colleague who experienced the process with her own family and has helped hundreds of others as they've done the same. You'll learn how to:

- Understand the main challenges of making transitions
- Anticipate where transition points are likely to be, and how to incrementally plan for them
- Realistically assess your resources (including time and money) and seek financial assistance
- Get "unstuck" when you find yourself immobilized
- Manage stress effectively and care for the caregiver
- Identify and implement a "good" decision



Steve Simmons, MD, DocTalker Family Medicine

Dr. Steve is a physician who makes housecalls to bring medical care to homebound adults.



Jodi Lyons, CEO, Senior Sherpa

Jodi is an eldercare consultant who helps older and special needs adults across the country find care.

Learn as if you were to live forever; live as if you were going to die tomorrow.

—John Wooden



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Mark Hartley, MD
Wednesday, November 9, 6:30 – 7:30 p.m.
Reston Hospital Center, Classroom C, West Wing

"The Latest Advancements in Total Shoulder Replacement"

Christopher Annunziata, MD & David Novak, MD
Tuesday, November 15, 6:30 – 7:30 p.m.
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Planning Ahead: Expansion of Langley Fork

BY KEN MOORE
THE CONNECTION

In April, the Board of Supervisors authorized planning staff to research the Mackall-Hall house and Turkey Hill Road for a possible expansion of the Langley Fork Historic Overlay District.

Fairfax County Board of Supervisors created the The Langley Fork Historic Overlay District in 1980 to protect historic structures clustered around the intersection of Old Chain Bridge Road and Georgetown Pike.

The historic overlay district encompasses 83.8 acres and a cluster of six historic structures included Langley Ordinary, Langley Tolly House, Gunnell's Chapel, the Langley Friends Meeting House, the Mackall House and the Kennedy's Hickory Hill.

On Oct. 26, the Fairfax County Planning Commission will hold a public hearing on the proposal to expand the district. After the commission makes its recommendation to the Board of Supervisors, the Board will hold its public hearing on the proposed expansion on



KEN MOORE/THE CONNECTION

The Planning Commission and Board of Supervisors are scheduled to hold public hearings on the expanding the Langley Fork Historic Overlay District to include The Mackall House, originally built as a church in 1858.

Nov. 1, 2016 at 4 p.m.

Historic Overlay Districts are special zoning districts under the county's zoning Ordinance, and consist of "property or group of contiguous related properties determined to be of architectural, historic or archaeological significance"

to county residents.

The proposed change is the second proposed boundary change of the 13 overlay districts in the county; The Centreville Overlay District was expanded in 2007.

According to Planning Commission staff reports, The Mackall

House was originally built as a church in 1858. The Mackall family converted the church into a residence in the late 19th century and occupied the house until the 1940s. The building is now used as a day school, according to staff reports.

The properties were originally part of a 540-acre tract of land named Langley by Thomas Lee for the ancestral estate in England. It was sold to B. Mackall in 1838, according to commission documents. "A Union Army Civil War camp was situated on part of the property and the house served as a tenant house for a sheep farmer postmaster during the late 19th century."

After two owners occupied the house from 1949-1961, Dorsey and Cynthia Richardson purchased the two parcels of property and maintain it today.

The Fairfax County History Commission voted in July to expand the historic district to include the Mackall-Hall House and vacant parcel at 1013 and 1011 Turkey Run Road.

The Fairfax County Architectural Review Board also voted this summer to recommend the expansion.

Langley Fork Historic Overlay District

"Beginning in the early 19th century, the village of Langley grew around the juncture of the Georgetown-Leesburg Turnpike and Chain Bridge Road. Both roads date from the colonial era. The Georgetown-Leesburg Turnpike was an important east-west road linking farmers with the merchants of Georgetown. Fairfax County had few towns and clusters of houses and other buildings developed around crossroads, near mills, or at other convenient locations. These settlements dotted the rural 19th- and 20th-century landscape. Langley Fork is the most intact and recognizable of these rural crossroads villages remaining in Fairfax County. Six buildings, in addition to the roads themselves, remain from the previous century. Two, the mid-19th-Century ordinary and toll house, illustrate the area's importance as a stopping point for travelers. The ordinary served as both headquarters and hospital for troops in the Civil War. The Mackall House was built in 1858 as Trinity Methodist Church, but was later converted into a house and is now a school. Two other churches survive, the Langley Friends Meeting House, built in 1893 as the second church of the Trinity Methodist congregation, and Gunnell's Chapel, built after 1865 as the Colored Methodist Episcopal Church. The sixth structure, Hickory Hill, was constructed shortly after the Civil War, probably by the same man who built the ordinary. In the 1930's the house was extensively remodeled." <http://www.fairfaxcounty.gov/dpz/historic/overlaydistricts/langley.htm>

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Guests mingle during the eighth annual Library Jubilee: A Dolley Madison Squeeze, hosted by Dolley Madison Library in McLean on Saturday, Oct. 15.



(Pictured from left: Carol Herrick, author of eight books; Ameer Burgoyne, president of the McLean Community Foundation; and Del. Kathleen Murphy (D-34), representing McLean and Great Falls.

Library Jubilee Fundraiser in McLean

About 200 guests attend Dolley Madison Library's 'Squeeze'-themed party.

About 200 guests attended the eighth annual Library Jubilee: A Dolley Madison Squeeze, hosted by Dolley Madison Library in McLean on Saturday, Oct. 15. The Library Jubilee is the library's largest fundraising event each year, with the goal of raising \$150,000 this year; last year's Jubilee raised \$197,000. The Signature Sponsor, Friends of Burke Centre Library, gave \$25,000 this year. The money provides funding for scholarships, the library's Summer Reading Challenge, the Changing Lives Through Literature program, and purchasing extra books, eBooks and materials.

"We raise money to enhance the library beyond the taxpayer funded budget, which includes the library," said Brian Engler, Chairman of the Board of Directors of the



Lilla Richards, former Dranesville Supervisor and founder of the McLean Community Foundation, with Ameer Burgoyne, president of the McLean Community Foundation.

Fairfax Library Foundation. "We run programs called Changing Lives Through Literature for juvenile first-time offenders; another one is called Ready to Read Early



Harpist Francesca Savoia of Vienna.

Literacy Outreach for preschoolers in conjunction with public schools and the library. Our theme is based on the fact that Dolley

Madison had a lot of parties called 'Squeezes' — because you had to squeeze into them at the White House."

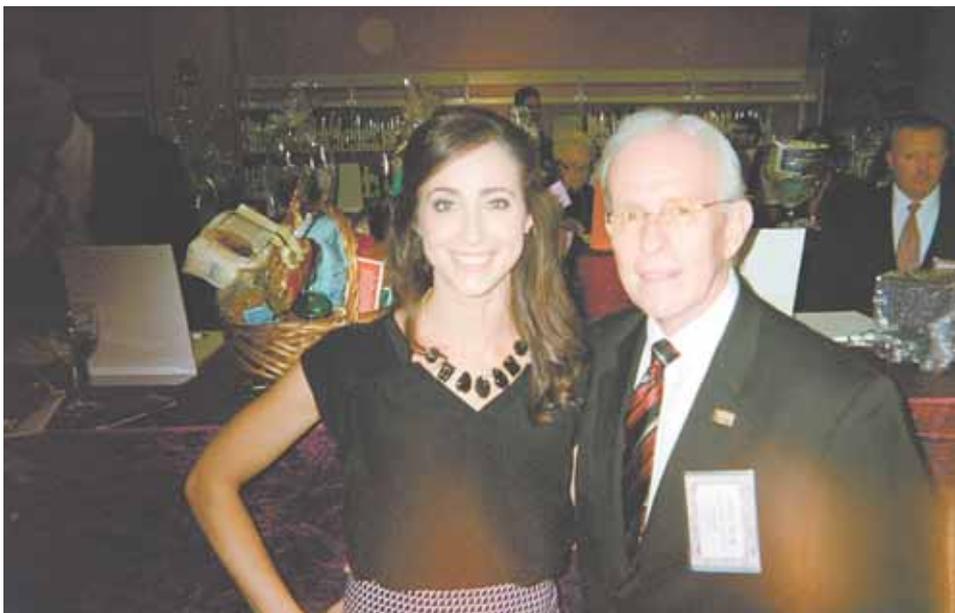
"It's really a celebration of the library. It brings together the different groups who support the library. We have elected officials, foundation staff, volunteers, librarians, authors and community business partners," added Abigail Fine, Director of Development at the Jubilee.

The special guest was New York Times Bestselling author Linda Castillo who writes mysteries and thrillers, including the popular Kate Burkholder series—crime thrillers set in Amish country. Castillo has published more than two dozen works, and has received industry honors including the Daphne du Maurier Award of Excellence, the Holt Medallion, and a nomination for the Rita.

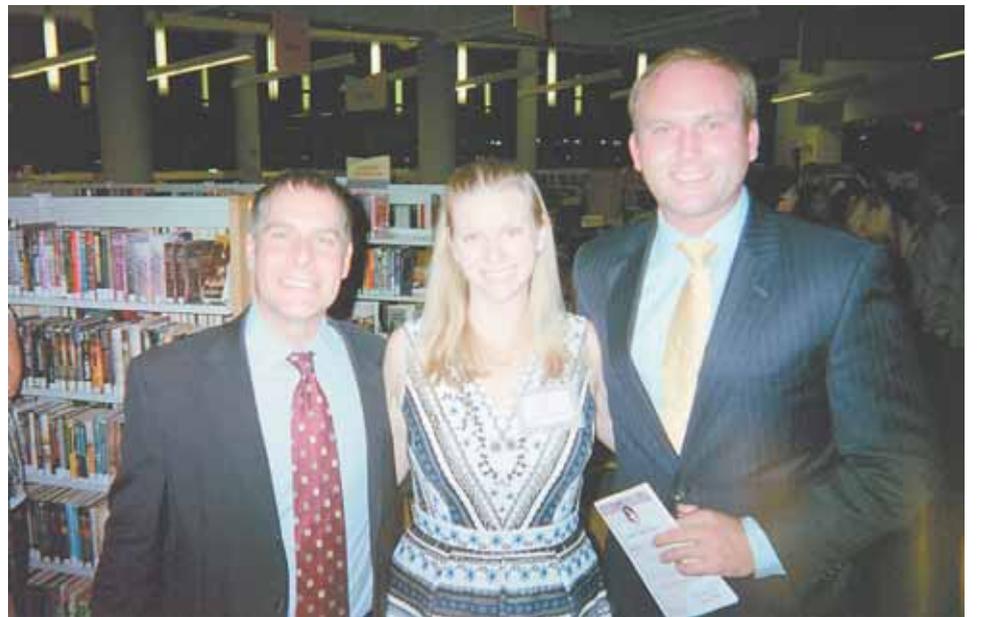
The event included a silent auction, 50/50 raffle, open bar with cocktails, hors d'oeuvres, and a harpist for musical entertainment. In following the tradition of the Squeezes, they even served Dolley Madison's famous pink peppermint ice cream in her honor.

— STEVE HIBBARD

PHOTOS BY STEVE HIBBARD/THE CONNECTION



Brian Engler, Chairman of the Board of Directors of the Fairfax Library Foundation, with daughter Rachel.



(From left to right): Darren Ewing, Library Board of Trustees member; Jessica Hudson, Director of the Fairfax County Public Library System; and Paul Kohlenberger, President of the Fairfax County Historical Society.

NEWS

Guests check out the silent auction items during the Arc of Northern Virginia's Motown Experience Gala on Saturday, Oct. 22, 2016, at the McLean Hilton in Tysons Corner.



The Arc of Northern Virginia Stages Motown Experience Gala

Some 250 guests wine and dine to Motown hits while supporting people with disabilities.

PHOTOS BY STEVE HIBBARD/THE CONNECTION

About 250 guests attended the Arc of Northern Virginia's Motown Experience Gala on Saturday, Oct. 22, 2016, at the McLean Hilton in Tysons Corner. With the goal of raising between \$115,000 to \$200,000, the event included a silent auction, live auction and special outreach appeal. After the guests dined on hors d'oeuvres, an open bar and a sit-down dinner with filet and salmon, the band David Akers and the Soul Shakers played Motown music. The event honored two companies that have demonstrated dedication to providing employment opportunities to people with intellectual and developmental disabilities — Booz Allen Hamilton of McLean and Evolver of Reston. Peggy Fox, Reporter-Anchor and Virginia Bureau Chief at WUSA9, was the emcee for the evening.

"We're really excited about this evening's Motown Experience Gala, which is the signature fundraiser for the Arc of Northern Virginia and to help make possible all of the programs and services to support people with disabilities and their families throughout Northern Virginia," said Rikki Epstein, Executive Director of The Arc of Northern Virginia.

"This is our bi-annual gala. I think of it as an evening of fundraising and education," said Lucy Beadnell, Director of Advocacy with The Arc of Northern Virginia. "Our programs and speakers are all focused around learning more about people with devel-



John Burke, Past Board Member with the Arc of Northern Virginia; with Rikki Epstein, Executive Director of Arc; and Bryn and Bill Burke.



Rikki Epstein, Executive Director of the Arc of Northern Virginia with Del. Mark Keam (D-35).



Del. Marcus Simon (D-53) of Falls Church.

opmental disabilities as well as supporting them and their families in having a life like yours."

There are more than 34,000 families in Northern Virginia that

have loved ones that are affected by some form of intellectual or developmental disability.

— STEVE HIBBARD

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Colvin Run Elementary School
1400 Trap Road, Vienna, VA 22182

Meeting Time: 6:30 p.m. to 8:30 p.m.
Presentation: 7 p.m.

Find out about plans to widen Leesburg Pike (Route 7) from four to six lanes between Reston Avenue and the west end of the bridge over the Dulles Toll Road (a 6.9 mile segment), to increase capacity, decrease congestion, and improve safety, in conformity with the Fairfax County Comprehensive Plan.

The project would also include intersection improvements, as well as a 10-foot shared-use path on both sides of the road to increase mobility for cyclists and pedestrians.

In accordance with the National Environmental Policy Act (NEPA), Section 4(f) of the USDOT Act, 23 CFR 771 and 23 CFR 774, an environmental document in the form of an Environmental Assessment has been prepared and will be available for public review. In compliance with the National Historic Preservation Act, Section 106 and 36 CFR Part 800, information on potential effects of the proposed improvements on properties listed in or eligible for listing in the National Register of Historic Places will also be available.

Stop by between 6:30 p.m. and 8:30 p.m. to view displays and learn more about the project. VDOT staff will be available to answer your questions. A brief presentation will begin at 7 p.m.

Review project information at www.ConnectRoute7.org, at the public hearing, or during business hours at VDOT's Northern Virginia District Office at 4975 Alliance Drive in Fairfax. Please call ahead at 703-259-2950, 800-367-7623 or TTY/TDD 711 to ensure appropriate personnel are available to answer your questions.

Give your written comments at the meeting, or submit them by December 2, 2016 to Mr. William Dunn, P.E., Virginia Department of Transportation, 4975 Alliance Drive, Fairfax, VA 22030, or email ConnectRoute7@VDOT.virginia.gov. Please reference "Nov. 15 Design Public Hearing" in the subject line.

VDOT ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you need more information or special assistance for persons with disabilities or limited English proficiency, contact VDOT's Civil Rights at 703-259-1775 or TTY/TDD 711.

State Project: 0007-029-128, P102, R202, C502, B610 UPC: 52328
Federal Project: DEMO-5A01(439)

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21 Announcements

ABC LICENSE
A Deli, Inc. trading as A Deli Italian Food & Wine, 1301 S Joyce St, Unit D 25, Arlington, VA 22202. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine & Beer On & Off Premises license to sell or manufacture alcoholic beverages.
Kawal Kapoor President
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

21 Announcements

NOTICE TO ESTABLISH A NEW BRANCH
Notice is hereby given that TD Bank, N.A., 2035 Limestone Road, Wilmington, DE 19808, has applied to the Office of Comptroller of the Currency on or about October 21, 2016, as specified in 12 C.F.R. §5 for permission to establish a new branch to be located at 9901 Georgetown Pike, Great Falls, County of Fairfax, Commonwealth of Virginia, 22066. Any person wishing to comment on this application may file comments in writing to Ms. Marva Cummings, Director OCC Northeastern District, 340 Madison Avenue, 5th Floor, New York, NY 10173 within 30 days of this publication.

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21 Announcements

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Two Much



By KENNETH B. LOURIE

Having just been there and done that, I have to tell you, it was a gruesome week. Although I'm fine now (I know, it's a relative description), this past week, I was not. And what specifically I am referring to is, the odd confluence of two recurring elements of my cancer existence: a CT Scan and a chemotherapy infusion. Not at the same time, of course, but at the same place and for the same reason: being an active cancer patient.

The CT Scan (scheduled quarterly), though not a difficult, invasive or time-consuming procedure doesn't generally result in an immediate interpretation/assessment from my oncologist/radiologist. Quite the contrary. Typically, I wait up to a week for results (as I've occasionally written about in the past). Certainly not ideal, but over time (seven-plus years) and hill and dale, I've been able to assimilate the wait into my life and go on about my business, semi-normally; it's been more difficult for my wife, Dina, however, to do so. Nevertheless, with respect to the CT then, the waiting is the hardest part. Its all psychological/emotional. There are no physical side effects, the side effects are all mental: fear, loathing, anxiety, stress, among many similarly impactful affects. It's not all bad, but it is all-consuming. I'm really only ever sure how I'm doing cancer-wise, when I receive my results, since rarely have I been symptomatic.

On the other hand, the chemotherapy infusion, which presently alternates/occurs every four/five weeks, does not — for me — generally, have any psychological/emotional side effects. It is what it is, and whatever it was or will be, I'm way past having any anxiety or stress about the process or the reasons for it. However, there are/I do experience physical side effects (which unfortunately do weaken my emotional resolve): fatigue, lethargy and most significantly, eating challenges which keep me from eating "normally" for up to a week. This lack of food/comfort, results in a lack of energy, lack of interest/motivation, messed up sleeping pattern and a fragile emotional state. I derive no pleasure from eating and my overall mood reflects that very necessary element — for me. As a result, I'm miserable.

In and of themselves, this post-CT-Scan-waiting and post-chemotherapy-infusion-not-eating are difficult, but manageable. However, having them occur during the same week — which had never happened before, was not exactly like being between a rock and a hard place but rather like being under a rock and in a hard place. Not only was there a wait and a weight, there was the inescapability of it to consider. I had no place to go emotionally/psychologically. Aside from there being no rest for this weary stage IV lung cancer patient, there was no respite or reprieve, either. I couldn't stop myself from going down, so down I went.

And there was nothing I could do to stop it, although there was everything still needing to be started. But all I could do was sit tight (literally), and sure enough, as is the pattern, about six or so days later on the Thursday afternoon following the preceding Friday infusion and the Wednesday CT Scan, I received an email from oncologist with the news "CT looked good. Brain MRI clear." "Great news," as I replied, "with which I can live." Coinciding as well as it usually does, with the eating fog beginning to lift and the transitioning from not eating to eating a bit to eating normally beginning to occur.

It was a bad week to be sure. Not only was I whipsawed, I was undercut, too. I had nothing to hang onto, not even my hat. I just had to endure and try to remind myself what my Auntie Irene so often said: "This too shall pass." And as of Saturday night at 1:53 a.m., as I sit and write this column, it mostly has. Thank God!

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

HALLOWEEN 2016 PREVIEW

WEDNESDAY/OCT. 26, 2016

70th Annual Vienna Halloween Parade 7 p.m. Maple Avenue, Vienna. "Celebrating 125 Years of the Town of Vienna" come in costume to celebrate Halloween. Viennava.gov

FRIDAY/OCT. 28, 2016

Spooktacular. 6:30-8 p.m. Herndon Community Center, 814 Ferndale Ave., Herndon. Enjoy ghoulish games, a spooky craft and a children's show. Fee: \$10/child in advance or \$15/child on day of event. www.herndon-va.gov.
Bradley Farm Haunted House Friday & Saturday 6 - 10 p.m. 13159 New Parkland Drive, Herndon. The guided tours are \$5 www.BFHauntedHouse.com.

SATURDAY/OCT. 29

Clifton Haunted Trail 7 - 10 p.m. in the historic town of Clifton. Admission: Ages 13+ \$15 Ages 12 and under \$10. www.cliftonhauntedtrail.com/

SATURDAY/OCT. 29 - OCT 31

Roer's Zoofari Trick-Or-Treat 5 - 7 p.m. 1228 Hunter Mill Rd. Vienna. Roer's Zoofari welcomes families from all areas to a new way of trick-or-treating this year. Kids can trick-or-treat for candy and treats, bounce around in our kids zone, and meet bugs at our creepy crawly station. Admission: \$10 per child, free for adults. www.roerszoofari.com/

SATURDAY/OCT. 29

Howl-O-Ween at Lake Anne, 1-3 p.m. Plaza Activities. Free. Join us on the Plaza dressed in Halloween flair (adults + pets) for a Howling good time! Dogs, cats, and all types of furry friends are welcome to participate. Pet Costume Contest starts at 1:30 p.m.: Pet Parade, Live DJ, Pet Friendly Beer Garden, Window Decorating Contest, Yappy Hour Specials from 1-5 p.m., Treats, Tricks & More From Local Merchants. www.lakeanneplaza.com

SUNDAY/OCT. 30

Trunk or Treat Great Falls United Methodist Church 11 a.m. 10100 Georgetown Pike in the church parking lot. Children are invited to wear Halloween costumes and go from trunk to trunk to collect candy. There will be refreshments, games and face painting. umcgreatfalls.org/

MONDAY/OCT. 31

Halloween Spooktacular at Great Falls Village Green and Great Falls Center, 5-7 p.m., with Pet Parade at 4 p.m. (all dogs must vacate the green by 4:50 p.m.) Boy Scout Troop 55 will create some spooky fun for everyone in the Haunted House; The Langley Marching Band performs in the Wells Fargo parking lot; Linda Waitkus of Great Dogs of Great Falls is leading the Pet Parade starting at the Gazebo. Look out for the Great Falls Volunteer Firefighters in the Safeway parking lot.

CALENDAR

FROM PAGE 12

SUNDAY/OCT. 30

Wildfire's Spooktacular Pumpkin Carving Classes 3 - 4 p.m. at Wildfire, Tysons Galleria, 3rd floor, McLean. Executive Chefs Moreno Espinoza and Edwin Amaya teach kids their secrets for carving the spookiest pumpkin. There will be a face painter and a costume contest. Cost: \$20.00 per child plus tax (gratuity not included). 703-442-9110

Voce Chamber Singers "Autumn Nocturne" Concert 4 - 5:30 p.m. Church of the Holy Comforter 543 Beulah Rd NE Vienna. Celebrate autumn and its imagery with Voce Chamber Singers. The program includes works of Brahms, Schubert, and Lauridsen, and features Brahms's



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1821 Westmoreland St., McLean \$1,299,000
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