



McLean CONNECTION

From left: Reese Bernstein, 14, freshman; Katie Fang, 17, senior; and Jon Bugge, 17, senior; pose for a photograph on the first day of school for the 2017-2018 school year at Langley High School Monday.

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PHOTO BY COLIN STOECKER/THE CONNECTION

Learning to Face Opioid Overdose Crisis

Chris Atwood Foundation hosts training on opioid overdose reversal.

BY ANDREA WORKER
THE CONNECTION

Ginny Atwood Lovitt is the executive director of the Chris Atwood Foundation (CAF), an organization that she founded with her family in honor of her brother Chris, lost to them from a heroin overdose. Their goal is to educate the public on the opioid crisis and to provide resources and support for those caught in its growing wake. CAF partnered with the Fairfax County Community Services Board and the Virginia Department of Behavioral Health and Developmental Sciences to create RE-VIVE! — the Commonwealth's education program on opioids and the use of the drug naloxone that can reverse the effects of an opioid overdose when administered properly and in time.

Lovitt became a certified trainer for the program, and since 2015, has trained more than 200 people. On Aug. 18, at the Unity Church of Fairfax in Oakton, she hosted another session. The difference between this class and those that had been offered before was historic. Thanks to the passage of Virginia Senate Bill 848-2017 and House Bill 1453, for the first time, Lovitt and RE-VIVE! were able to offer Naloxone to those who completed the course and submitted their registration.

Naloxone is a medication that attaches to the opioid receptors in the brain, in effect, “knocking the opioids off” and allowing the overdose victim's respiratory and cardiac functions to re-start for a short time.

The “Naloxone Accessibility” bills now allow agencies and organizations to offer doses of the medication to the general public on premises and immediately following the completion of the short approved training session.

Outside of its singular purpose at pushing aside the opioids, Naloxone has no other effect on body, so there is no danger to anyone who receives the drug accidentally. The dosage is the same for adults and children, so there is no fear of administering too much to a child.

“Before this, we were training, giving the knowledge, but not the tools,” said Lovitt.

Naloxone wasn't even a consideration, when Chris Atwood was a client at any of the numerous treatment programs in which his family had enrolled him. “I don't think it was even mentioned,” said Lovitt.

In 2013, she was the one who found Chris when he overdosed at the family's home. “There was nothing I could do but call 911 and wait,” she told the class. “If I had had access to Naloxone, maybe he would be



PHOTOS BY ANDREA WORKER/THE CONNECTION

Ginny Atwood Lovitt, director of the Chris Atwood Foundation, shows the class how to recognize the symptoms of an opioid overdose and how to respond. After the training, the CAF and REVIVE! made Narcan kits for reversing the effects of an overdose available.



The speakers at the Opioid Overdose Response training (from left): Del. John Bell (D-87); Del. Jennifer Boysko (D-86); state Sen. Jennifer Wexton (D-33); Ginny Atwood Lovitt, founder and director of the Chris Atwood Foundation; Roger Krone, Chairman and CEO, Leidos; and Special-Agent-in-Charge Karl Colder, Washington Division, Drug Enforcement Administration.

here with us today. I don't want anyone else, any family, to go through this.”

OPIOID ABUSE and overdoses are a serious health issue in Virginia. Twenty-three people died in Virginia from prescription opioid abuse in 1999, the first year in which the numbers were collected. By 2013 the number had jumped to 386 deaths — a 1,578 percent increase.

Factor in the deaths from all opioids — prescription and illicit opioid drugs, and the number rises to 683 lives lost that year. The numbers have not yet been finalized for

2016, but early data shows 1,133 deaths attributable to opioid abuse — an almost 40 percent increase from the previous year.

In 2014, Governor Terry McAuliffe issued Executive Order 29, establishing a task force to study the issue and make recommendations to address the growing crisis. In November of that year, the Governor supported the Virginia Commissioner of Health's declaration of the opioid abuse epidemic as a “public health emergency.” As of July, 2017, Virginia is one of six states to make such a declaration, according to the Network for Public Health Law.

The declaration of such an emergency “is like the state writing a prescription for the general public,” said Lovitt. A “standing order” was put into place, so that Virginians could go directly to their pharmacy and request Naloxone without seeing a medical provider.

A very important first step, “but that still wasn't enough,” said Lovitt, whose experiences show that too many people won't take advantage of the availability, whether because of the cost, or “more likely the stigma of asking for a drug to counteract an opioid overdose.” Lovitt took her story and her cause to her legislators and was “overwhelmed by the positive response.”

Three of the General Assembly members who championed the Naloxone accessibility bills in both the State Senate and the House were present at the training session.

State Sen. Jennifer Wexton (D-33) was one of the sponsors of SB 848-2017 and declared that she was proudest of its passage in the last legislative session. “Now we have to use it ... and remember that combating the stigma is as important as combating the addiction.”

Del. Jennifer Boysko (D-86) said she was more than happy to help, when Lovitt came knocking on her door. “The Atwood Foundation is a real beacon of light,” she said, “looking to address the root causes of the problem, as well as the effects.”

Boysko also stated that she was heartened by the fact that the House Bill was supported “by representatives from every part of the Commonwealth. In today's political climate, it ... was miraculous that the bill passed unanimously.”

Del. John Bell (D-87), a retired major in the United States Air Force, shared a personal experience with the attendees. “My son asked me to go public with his story. He has been struggling with an opioid addiction for years ... and we didn't know it. We had no idea what to look for.”

After a car accident years earlier, the younger Bell was given a 90-day prescription for opioids for pain, with five refills. “He was addicted before the end of the first prescription,” said Del. Bell.

“He has been clean now for months,” but the fear is still there for the delegate and his family and others in their situation. As he noted, overdoses often occur when an addict relapses after having been clean of opioids for a while. The drugs can have a greater effect, especially if the user takes a dose equal to what they were using before, after long-term opioid abuse. “And no one is immune because of status, age, demographics or economics.” Bell referenced cases in Virginia that spanned the age spectrum from an 11-year-old girl, to a 78-year-old grandmother.

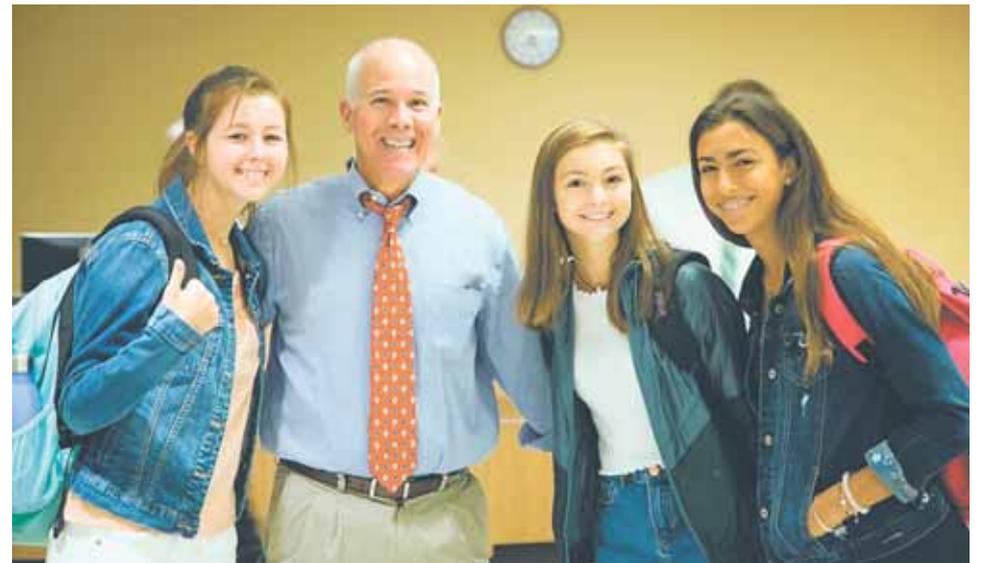
THE TRAINEES also heard from DEA Special-Agent-in-Charge, Washington Division, Karl C. Colder. “In 31 years in law enforcement,” said Colder, “I have never seen an

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PHOTOS BY COLIN STOECKER/THE CONNECTION

Students walk in the front doors for the first day of school for the 2017-2018 school year at Langley High School Monday morning.



From left: Thompson Brownlee, 17, senior; Principal Fred Amico; Kate Brownlee, 15, freshman; and Ayda Shakeri, 14; freshman, pose for a picture on the first day of school for the 2017-2018 school year at Langley high school Monday.

Back to Langley High

Students, teachers share the excitement of the new school year.

BY COLIN STOECKER
THE CONNECTION

At 7:30 a.m., seniors all the way down to freshman congregated by the stairs in front of the main office sharing hugs and hellos. Monday, Aug. 28, was the first official day back to school for the Saxons at Langley High School.

"It's another year, same old same old, but this time I am an upperclassman," said Caroline Stock, 16, a junior at Langley High. "You feel like you have more control, that you are more a part of the upper class," she said.

Sam Yi, 16, also a junior said, "I'm just

here not to fail a class!"

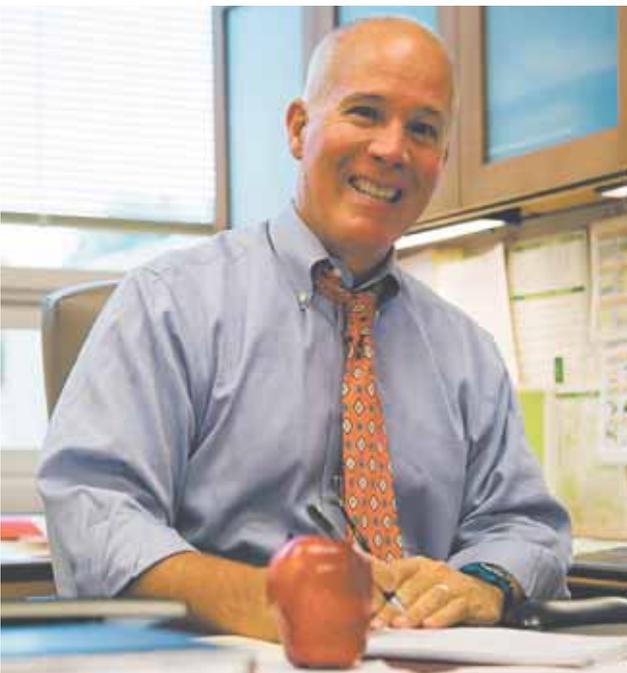
In addition to a throng of excited students, Fred Amico, in his third year as principal at Langley, was also very happy to be back in school. "We are very excited for the beginning of the new school year and for our new buildings," said Amico.

"I am really looking forward to getting the kids back to work and they always bring a good energy," he said.

Mary Landis, assistant principal was handing out parking passes to students Monday morning. "I am also the administrator for the high school seniors," she said. "So I am excited to see them get through their last year and get ready for graduation which is June 7 this year!" said Landis.



From left: Reese Bernstein, 14, freshman; Katie Fang, 17, senior; and Jon Bugge, 17, senior; pose for a photograph on the first day of school for the 2017-2018 school year at Langley High School Monday.



Principal of Langley High School Fred Amico, who is going into his third year, poses for a picture at his desk. He said he is excited about the new school year.



Students at Langley High school Caroline Stock, 16, junior, and Sam Yi, 16, junior, are excited to start back on the first day of school for the 2017-2018 school year at Langley High School Monday.



From left: Mary Landis, assistant principal, Mark Rogers, security specialist, and Philip Clark, librarian, hand out parking passes on the first day of school for the 2017-2018 school year at Langley High School Monday.

OPINION

Helping After Harvey

Give locally in Texas; give money not stuff.

The scenes of devastation from Hurricane Harvey in Texas will prompt many generous people to contribute to immediate relief efforts.

First, a reminder to give money, not stuff. The organizations on the ground need money now to address particular needs.

As a local paper, it fair to say that if we had a similar disaster here in Northern Virginia, we would want donated money

EDITORIAL

to go to local organizations that understand local needs, rules, supply chains, etc. Give locally.

Houston Food Bank

Displaced families and individuals will need to be fed for a long time.

Donate online www.houstonfoodbank.org
535 Portwall St.
Houston, TX 77029
713-223-3700

Greater Houston Community Foundation

Will coordinate the Hurricane Harvey Relief Fund to accept tax deductible flood relief donations for victims that have been affected by the recent floods.

Donate online ghcf.org
5120 Woodway Dr.
Suite 6000
Houston, TX 77056
713-333-2200

The Coalition for the Homeless of Houston/Harris County

Tens of thousands of people in and around Houston will be newly homeless as the floods recede.

Donate online www.homelesshouston.org
2000 Crawford Street, Suite 700
Houston, TX 77002
713-739-7514
www.homelesshouston.org/take-action/donate/

Houston Humane Society

Donate online at www.houstonhumane.org
[www.houstonhumane.org/\(Give\)/giving/general-donation](http://www.houstonhumane.org/(Give)/giving/general-donation)
14700 Almeda Road
Houston, TX 77053
713-433-6421

San Antonio Humane Society

Is housing pets of people displaced by Harvey who are taking shelter at the AT&T Center or other places in San Antonio.

Donate online at sahumane.org
4804 Fredericksburg Road
San Antonio, TX 78229
210-226-7461 or 210-518-9742.

Austin Pets Alive!

This rescue group partners with local rescues. Austin Pets Alive! has been helping shelters in the direct line of Hurricane Harvey. They've transported more than 330 animals to their shelter and are expecting hundreds more.

Donate online www.austinpetsalive.org/donate/donate-now/ or visit austinpetsalive.org/hurricane-harvey-evacuations/

#CallTextLive — A Hashtag to Remember

BY WENDY GRADISON
CEO, PRS, INC.

It's been a tough year in Northern Virginia as youth and young adult suicides bereaved families, communities and schools. Many adult family members, friends, neighbors and colleagues were lost to suicide as well. In the aftermath, lives were cut short and so much promise left unrealized.

COMMENTARY

Suicide, a serious issue locally and nationally that claims the lives of 44,000 people annually, is the 10th leading cause of death nationwide and second leading cause for people aged 15-24.

At PRS, Inc., a nonprofit that runs Northern Virginia's crisis hotline and textline, we are marking September's Suicide Prevention Month by launching the #CallTextLive Campaign. We've teamed up with Connection Newspapers for this third annual campaign to engage the community in discussing suicide and encouraging people to get help by calling or texting a hotline.

LETTER TO THE EDITOR

American Values

To the Editor:

The following open letter was addressed to Republican gubernatorial candidate Ed Gillespie.

On Aug. 11 and 12, we saw violence and hate we hoped we would never again witness on American soil. In Charlottesville, Neo-Nazis and white supremacists took to the streets, marched with torches, gave Nazi salutes, shouted that Jews "will not replace them," chanted the Fascist slogan "Blood and Soil," proclaimed white supremacy, and murdered a

woman who was brave enough to stand up to them. Then, instead of clearly rejecting this evil, the President of the United States twice defended those marching with the very Neo-Nazis who unleashed this deadly violence on one of Virginia's greatest cities.

After President Trump's press conferences, we were left shocked and then deeply saddened. Let's be clear. "Very fine people" don't march with people who are holding Nazi flags and chanting anti-Semitic slogans. We were heartened to see, in the wake of Donald Trump's horrifying comments, that leaders in

both parties came together to reject hate and renew our nation's founding principles of equality and inclusiveness. But instead of joining these leaders — including many prominent Republicans — we understand you have refused to speak out against the President's reaction to Charlottesville.

As Jewish members of the Virginia General Assembly, we write you because, as Virginians and Jews, we find your failure to denounce the President's reaction to Nazism deeply dis

using #CallTextLive. We have t-shirts available for purchase for PRS Selfie Day. We also encourage the community to join the PRS team (with #CallTextLive t-shirts) for the American Foundation for Suicide Prevention Fairfax Walk on Sept. 16 and the NAMI (National Alliance of Mental Illness) NOVA and Loudoun Walks, which are both taking place Sept. 23.

For every death, 278 people manage to move past thoughts of suicide and survive. PRS supports this through its CrisisLink program, which handled nearly 34,000 crisis calls and exchanged over 33,000 crisis text messages from the Northern Virginia region last year. Any time of the day or night, the PRS CrisisLink Hotline can be reached at 800-273-TALK [8255] and the textline by texting "CONNECT" to 85511.

Making a call or sending a text to PRS CrisisLink saves lives. Removing the stigma around reaching out, discussing issues that contribute to suicide and encouraging people to get help is key. By participating in #CallTextLive, we can turn up the volume, and make it OK to have a conversation, make a call or send a text.

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NEWS

Overdose Reversal

FROM PAGE 2

epidemic like this ... we now are even having babies born addicted."

After the remarks, Lovitt got down to showing the trainees what to look for, how to respond, in what order to take the necessary steps, and how to administer Narcan, the nasal inhalant version of Naloxone, using mannequins as the victims.

As she demonstrated, Lovitt kept up a steady stream of advice and safety tips. "Remember," she said, "the victim can revive suddenly ... it's like waking up to instant withdrawal for them. Ensure your own safety, as well as theirs."

The Narcan kits, including the instructions, two doses of the medication with an inhaler, and a CPR breathing mask and latex

gloves were then made available, free of charge thanks to the generosity of Reston-based, Fortune 500 Leidos, whose chairman and CEO, Roger Krone, also attended.

"Our involvement is really from the grassroots," said Krone. He received an email from one of the company's 32,000 employees who was directly impacted by a family member's overdose, and wanted to know if the company "would do something." They did. "This is the biggest, unknown health crisis in America. We need to be involved."

For information about upcoming REVIVE! Training, visit its website at revive@dbhds.virginia.gov. Read more about the Chris Atwood Foundation and their efforts, discover support and resources at www.chrisatwoodfoundation.org.

"The Atwood Foundation is a real beacon of light, looking to address the root causes of the problem, as well as the effects."

— Del. Jennifer Boysko (D-86)

Saint Ann Catholic Church

<p>SUNDAY LITURGY SCHEDULE: Saturday Vigil: 5:30 PM Sunday: 7:30, 9:00, and 11:00 AM 1:30 PM Spanish Liturgy</p>	<p>DAILY EUCHARIST: Weekdays Monday-Friday, 8:30 AM Saturday, 8:30 AM</p>
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 Parish Office: 703-528-6276

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Eco-Friendly Remodeling... It's All in the Details



It's not just how a remodel is built that makes it environmentally friendly. It's the finishing touches that are incorporated that can make all of the difference. Today's eco-friendly home products are not only good for the environment, but are great to look at and easy to maintain.

Paper-Based Countertops Made of tree pulp taken from strictly managed sustainable forests, paper-based countertops are a great alternative to stone and plastic surfaces. They come in a variety of colors and are mostly stain, scratch and heat resistant.

Bamboo Plywood Bamboo is a sustainable wood because it grows rapidly and reaches maturity in just four years. The plywood is laminated together using a low-VOC (volatile organic compound) adhesive. Bamboo is great for bathrooms because it stands up well in a moist climate.

Natural Linoleum Flooring Natural linoleum has been popular for over 100 years. It is made from all raw materials, including linseed oil, resins and wood flour and is easy to clean.

Recycled Glass Countertops Windshields, stemware and beverage bottles are bound together with concrete and fly ash (a waste by-product of coal-burning power plants) as opposed to a petroleum-based resin binder. The countertops are comparable to granite in terms of strength, scratch resistance, heat resistance and maintenance.

Cork Flooring To make this flooring, about one third of the cork-oak tree's trunk is stripped — the tree is left undamaged and quickly regenerates new bark. Cork flooring is durable, yet it is much softer than standard hardwood flooring and it's easy to install with a tongue-and-groove locking system.



Russ Glickman, founder of Glickman Design Build, is a Master Certified Remodeler and Certified Aging in Place Specialist. The award-winning Glickman Design Build team has completed thousands of general remodeling and accessible design projects in the Metro DC area and is passionate about the work they do. Their work has been featured in a variety of publications.

Visit GlickmanDesignBuild.com or call 301.444.4663 to learn more.



Lewinsville Montessori School, located at 1609 Great Falls Street, will open a second preschool room for the September school year.

Lewinsville Montessori School enrolls children ages 6 weeks to 6 years and operates on a full day, full year calendar.

For more information, please visit us: www.LewMontessori.School or call 703-356-4691 to schedule your private, personal tour.



I-66 Eastbound Connector Ramp to West Falls Church Metro Garage Fairfax County

Find out about plans to provide direct access from eastbound I-66 to the West Falls Church Metro station by constructing a new ramp connection between two existing ramps (eastbound I-66 to Route 7 and the eastbound I-66 collector-distributor road adjacent to the station's parking garage). Currently, vehicles on eastbound I-66 traveling to the West Falls Church Metro exit from I-66, turn right to head south on Route 7, turn left at the signalized intersection at Haycock Road, and then turn left onto Falls Church Drive. VDOT has identified operational and safety issues with this maneuver, especially during AM and PM peak periods. All improvements will be performed within existing VDOT right-of-way.

Review project information at www.virginiadot.org/projects or at VDOT's District Office at 4975 Alliance Drive, Fairfax, Virginia 22030. Please call ahead at 703-259-2734 or TTY/TDD 711 to ensure appropriate personnel are available to answer your questions.

If your concerns cannot be satisfied, VDOT is willing to hold a public hearing. You may request that a public hearing be held by sending a written request to Mr. Andrew Beacher, P.E., Virginia Department of Transportation, at the above address on or prior to September 16, 2017. If upon receiving public comments it is deemed necessary to hold a public hearing, notice of date, time and place of the hearing will be posted.

VDOT ensures non-discrimination 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 Division at 703-259-1775 or TTY/TDD 711.

State Project: 0066-96A-493, P101, C501, B686
 UPC: 110629
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Middle East Food, Culture on Display in McLean

Middle Eastern Food Festival to be Held on Labor Day weekend.

BY ALEXANDRA GREELEY
THE CONNECTION

For most Americans, Labor Day weekend closes the door on summer's activities. It invites folks to ramp up the backyard grill for one last warm-weather feast. But if you live in the metro area, Labor Day weekend can send another powerful message: time to eat at the Middle Eastern Food Festival in McLean.

Sponsored by the Festival at McLean's Holy Transfiguration Melkite-Greek Catholic Church and hosted as an area family favorite, the festival is celebrating 24 years of bringing the Middle East cultures and foods together to celebrate life and brotherhood. This year the festival begins on Saturday, Sept. 2 at 11 a.m. and will run from midday on Sunday until early evening. During that time, one parishioner estimated that about 3,000 people would attend. And besides fun and frolic, the very main attraction is...food, and lots of it.

What's on the menu? Just about every sweet and savory treat that embellishes a Middle Eastern feast table, from a splendid roast lamb dinner with rice, *fattoush*, and pita bread; a kibbeh platter with ground beef mixed with cracked wheat; *shwarma* sandwich with lamb and beef; falafel, or vegetable burger, with much more on offer such as a meat or spinach pie. But for all who have a sweet tooth, (and who doesn't?), the busiest part of the food line will likely be the dessert display, probably with more than 16,000 pieces ready for eating or taking home. The tempting Arabic sweets available include baklava in many flavors and numerous types of other pastries. (Note: "baklava" is a general term that describes a variety of filo-dough sweets originating in Syria, Lebanon, Jordan, and Egypt.)

Overseeing the summer festival baking is Samira Bailey, but her very active fellow parishioner, Lani Kanakry, pitches in to help get all the sweets baked as well as overseeing the fall festival.

A member of Holy Transfiguration since 1974, Kanakry helps solicit volunteers to join in with the assembling and baking of the countless goodies, and she is often on hand to help oversee the making and packaging of it all. "Some people are very good at making certain cookies," she said, "so if someone is good, I assign her to oversee that day of baking."

The ladies start baking in June, she said, and it is not just the sweets that get assembled. "We also prepare the kibbeh, eggplant dishes, and more," she said. But it is the 10 to 12 different varieties of baklava that really requires all-hands-on-deck, she said, including chocolate and hazelnut, and



Samira Bailey holding a tray of baklava

PHOTO CONTRIBUTED



Nikki Haddad points to some of the Middle Eastern dishes for sale at Holy Transfiguration Melkite Greek-Catholic Church's annual Middle Eastern Food Festival running over Labor Day weekend.

PHOTO COURTESY OF HOLY TRANSFIGURATION CHURCH



Thousands of pieces of Arabic sweets fill the tables at the Middle Eastern Food Festival.

FILE PHOTO

Baklava

The pastry of the gods! Unlike Greek baklava, Middle Eastern baklava is topped with a mellow butter/sugar syrup instead of honey. Served with a cup of unsweetened Turkish coffee, you will think you've traveled to heaven and back! No calories here! This recipe is published in "T'faddalouh...Welcome to our Table," a cookbook of Middle Eastern food compiled by Holy Transfiguration parishioner Nikki Haddad, and available for purchase at the festival at the Holy Transfiguration bookstore booth.

Makes 40 to 50 pieces
2 lbs. phyllo pastry dough
2 lbs. (8 cups) English walnuts, coarsely ground

3 cups unsalted butter, melted
æ cup sugar
2 Tbls mazaher (orange blossom water)
Syrup (attar):
2 □ cups sugar
1 □ cups water
□ tsp lemon juice
1 tsp mazaher

Butter a 13x7 baking pan. Place 1 pound of dough in pan, brushing butter between each sheet. Do not butter top sheet. Spread nut filling evenly on last layer. Place second pound of dough over nut filling, brushing butter over baklava. Bake in preheated 350-degree Fahrenheit oven for 15 minutes; reduce heat to 325F and bake for another 45 minutes. Pour cold attar over hot baklava and allow dessert to cool before cutting. When ready, cut straight lines vertically from one end of the pan to the other, then cut crosswise into diamonds. There will be small corners that are imperfect pieces, but fear not! Those are the coveted pieces, as the excess butter and syrup tend to gather there and these morsels will literally melt in your mouth!

Tips:

- ❖ Keep dough covered with a damp cloth or plastic while buttering layers to prevent it from drying out.
- ❖ You must use BUTTER with FRESH NUTS (no substitutes) for this recipe to be authentic and melt-in-your-mouth good.
- ❖ Baklava can be made into various shapes and filled with different nuts – pistachios, cashews or almonds can be ground coarse and replace walnuts

these may be shaped in squares or "nests." After assembling the baklava, the ladies tightly seal the trays, and freeze them. "Samira and I will bake them the beginning of the week of the festival," she said.

Fortunately, Kanakry truly loves her parish baking tasks, explaining that when she readies for the Fall Middle Eastern Sweets Sale (in time for Christmas), her shopping lists include 300 pounds of butter, 300 pounds of sugar, 250 pounds of flour, and 150 pounds of pistachios.

Whether you have a sweet tooth or just crave delectable Middle Eastern cooking, be sure to attend the festival over Labor Day weekend. The Middle Eastern Food Festival is held Saturday, Sept. 2, 11 a.m. – 11 p.m. and Sunday, Sept. 3, Noon – 6 p.m. Admission and parking are free. Holy Transfiguration Melkite Greek Catholic Church, 8501 Lewinsville Road, McLean. To learn more, visit www.middleeasternfoodfestival.com or call 703-734-9566.

CONNECTION FAMILIES

Time for School

Making the transition from summer to the classroom.

BY MARILYN CAMPBELL

As children savor the last days of summer, many families are gearing up for the start of a new school year. From first day anxiety to new bedtime routines, local educators offer suggestions for a seamless transition to the classroom.

"I have always loved the rhythms of the school calendar because of the beginnings and endings and the possibilities for reflection and a chance to refresh and renew..." said Amy L. Best, Ph.D., professor and chair, Department of Sociology and Anthropology, George Mason University. "I think the ritual of back-to-school shopping, whether that means a new binder and notebook, a new backpack, or a pair of new sneakers ... remains important for us because it offers opportunity to think about school anew."

The start of a new school year is an ideal time to help children set reasonable expectations, an important concept for high school students who begin to manage an increasing amount of responsibility and must learn to create a balance in their lives, says Best. "Put things in perspective," she said. "Sometimes the goals [that are] focused on personal growth, like learning how to advocate for yourself with a teacher, or navigating the halls, are as important as identifying academic milestones."

"It's useful to revisit points of struggle and perhaps more importantly, triumphs from the previous year. Reminding a student how they successfully managed a difficult issue is helpful," said Best.

Gone are the days of staying up late and sleeping in the next day. A healthy bedtime routine must be re-established gradually, advises Sean Aiken, head of school, BASIS Independent McLean.

"Consider easing into the early morning routine by adjusting your sleep schedules several days before school starts with progressively earlier wake up times," said Aiken. "Building the routine before the first day of school will help the adjustment on day one."

"In the week before the school year begins, families should revisit the expectations for bedtimes and morning routines and choose an evening and following morning to practice the routines," said Jalene Spain Thomas, Lower School Director St. Stephen's and St. Agnes School in Alexandria. "Children will appreciate knowing that the new routine for this school year includes a slightly later bedtime or more time for independent reading or shared reading with a parent."

For younger students, separation anxiety may become an issue as they move into a parent-free envi-



PHOTO BY MARILYN CAMPBELL

The ritual of back-to-school shopping offers an opportunity to think about school anew, says Amy Best of George Mason University.

ronment each day, says Aiken. "In these cases, contact the school and establish a go-to adult for your child to talk to in the event they miss you too much during the day," he said.

Focusing on the positives about a child's school environment can help ease anxiety. "Younger students may want to draw a picture of what they think their new classroom will look like," said Thomas. "Older students may enjoy writing a list of what they hope to accomplish in the school year that the family opens together in January."

Start with an organized workspace and shared family calendar to keep the family organized from day one, advises Aiken. "Folders and binders for home organizational systems are just as important as those your child will bring to school," he said. "Post a large calendar in a common area of the home so early due dates, back to school nights, and extracurricular activities can be seen by everyone in the family."

"Parents, remember to take some time for yourselves in those early days, too," said Aiken. "You've worked hard all summer arranging camps, play dates, and other great activities. Maybe it's time to take a long lunch break together or catch a cheap matinee once you're safely assured that you children are off and running in their new learning adventures."

"Consider easing into the early morning routine by adjusting your sleep schedules several days before school starts with progressively earlier wake up times."

— Sean Aiken, head of school, BASIS Independent McLean



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NEWS

Left: Jamie Goodson received her scholarship at The Cappies; Right: Linda Sullivan presents Nicole Orsolini with her scholarship at The Scholastic Arts & Writing Awards.



Langley Art Students Awarded Scholarships

Nicole Orsolini and Jamie Goodson of Langley High School were awarded scholarships to support their continued education in visual and performing arts by the Arts Council of Fairfax County. Orsolini received a \$1,500 scholarship at the annual Scholastic Art & Writing Awards ceremony for her outstanding achievements in graphic design, and Goodson was awarded a drama scholarship at the

annual Cappies Gala at the Kennedy Center on June 11. In addition, Claire Griese, a student at Chantilly High School who dances at Encore Theatrical Arts Project, was the recipient of a dance scholarship. The Arts Council provides arts scholarships at the bequest of the Howard Uphoff estate to assist high school students in the fulfillment of their dream for artistic training.

MPA to Unveil Bullock | Hitt Gallery at MPA@ChainBridge

The gallery in MPA@ChainBridge, McLean Project for the Arts' second location, will be formally dedicated as the Bullock | Hitt Gallery during its exhibition opening on Sept. 7, 7-9 p.m. Matthew Bullock and Todd Hitt each donated \$25,000 towards the build-out of MPA@ChainBridge.

"We are so grateful to Matthew Bullock and Todd Hitt for this generous donation, which will allow MPA to continue with our mission to exhibit contemporary art by critically acclaimed mid-Atlantic artists, and offer high-quality educational programs and art classes," said MPA Executive Director Lori Carbonneau. "In recognition and appreciation of Mr. Bullock and Mr. Hitt's deep support, our gallery at MPA@ChainBridge is named the Bullock | Hitt Gallery for these two years while our permanent space in the McLean Community Center is under renovation."

"Now more than ever, we need to step up and support our creative organizations," said Hitt, President of global alternative asset management firm Kiddar Capital. "The arts are an essential cornerstone of our culture and enrich all of our lives. Our lives would be much emptier without them."

Bullock, CMO of Walnut Industries Inc. and a major supporter of the arts, maintains that it is a creative approach to business that has been the most important factor in building his companies. Bullock sees his support of MPA@ChainBridge "as a vehicle to encourage youth to channel the power of innovative and creative solutions in facing complex chal-

lenges. As such, it was an honor to help bring the Bullock | Hitt Gallery to fruition."

MPA relocated in December 2016 from the McLean Community Center, its home of 25 years, to accommodate major renovations in the building. Through the generous support of McLean Properties, MPA conceived MPA@ChainBridge as a second, temporary location in the Chain Bridge Corner Shopping Center. MPA@ChainBridge will serve as MPA's primary gallery, classroom, and office space for about two years.

To cover the costs of converting and staffing their new space (formerly a retail store), MPA launched the MPA@ChainBridge Build-Out Fund, which was met with tremendous support.

"The funding and opening of this new space was a true community collaboration, and we could not have done it without the support of our committed and generous partners," said Carbonneau. "Many individuals and organizations contributed to our capital campaign, including 100 percent of the MPA Board of Directors. Additionally, the McLean Community Foundation bestowed a \$10,000 grant towards the build-out of the McLean Community Foundation Education Studio within MPA@ChainBridge. Examples like these showcase the munificent and unwavering support MPA has in the heart of the amazing McLean community, of which we are so thankful to be members."

For more information, visit mpaart.org.

LETTER TO THE EDITOR

Filling the Gap on Climate Change

To the Editor:

I'm heartened to see Governor Terry McAuliffe stepping up his leadership around climate change mitigation and want to thank him for enacting a Clean Power Plan for Virginia. He understands that when the federal government neglects its duty to protect the environment and citizens, states need to fill the gap. However, we don't need natural gas pipelines running across our state (not to mention offshore drilling). Instead strong incentive programs for home solar and more investment in wind and geothermal energy are key.

I hope Governor McAuliffe will follow the lead of Representative Don Beyer and call for more thorough environmental assessments and increased public input on the Atlantic Coast and Mountain Val-

ley pipelines. The last thing we need are pipelines interfering with the Appalachian Trail or a disastrous spill into clean water sources and wildlife habitats.

I'm glad to see that Ralph Northam vows to carry the Clean Power Plan forward if elected. His relationship with Dominion Power, a company that has obstructed the development of renewable energy across the state, is still troubling. At a time when scientists believe we have a tiny chance of hitting the 2 degree C warming limit set by the Paris Climate Accord, we need politicians to be bolder in their strategies.

Melanie De Cola
McLean

Member of Virginia Democracy Forward, Natural Resource Defense Council and Citizens' Climate Lobby.

NEWS BRIEF

Meetings Set for MCC's Budget

The McLean Community Center (MCC) Governing Board is holding two meetings in September to discuss and develop the Center's fiscal year 2019 budget. Residents of Small District 1A-Dranesville are invited to attend these meetings and to submit suggestions and/or comments. The first meeting, the Finance Committee Meeting of the Whole, will be held at 7:30 p.m. on Tuesday, Sept. 12. The second meeting, a Public Hearing on the FY 2019 Budget, will be held at 7:30 p.m. on Wednesday, Sept. 27. The Center's temporary administrative offices are located at 6631 Old Dominion Dr.

The FY 2019 budget year begins July 1, 2018 and ends June 30, 2019. MCC is supported by a 2.3 cents real estate tax surcharge paid by residents of Small District 1A-Dranesville. At the Finance Committee Meeting of the Whole, chaired by MCC Governing Board Treasurer Merrily Pierce, the full board will work on the FY 2019 budget. Each Board committee evaluates MCC departmental budget proposals on continuing and new programs, as well as the facilities and management of the Center. The departmental and consolidated budget proposals will include a review of FY 2017 year-end actuals, the current year's budget (FY 2018) and new proposals for FY 2019. The preliminary consolidated budget that will be approved at the Sept. 27 meeting will be posted on the MCC website, www.mcleancenter.org, by Monday, Sept. 18, a week before the public hearing.

The FY 2019 Budget Public Hearing will give residents another opportunity to review and comment on the Center's FY 2019 budget. District residents who wish to speak at the public hearing are asked to call 703-790-0123, TTY: 711, to have their names placed on a speakers' list. In addition, written comments may be sent to the Governing Board by mail (address to: McLean Community Center, 6631 Old Dominion Dr., McLean VA 22101), fax (703-653-9435) or email Executive Director George Sachs at george.sachs@fairfaxcounty.gov.

McLean Project for the Arts Receives Grant

McLean Project for the Arts (MPA) has been awarded a \$10,000 Arts Engagement in American Communities grant from the National Endowment for the Arts (NEA) to support its upcoming exhibition, "Nature as Prototype."

"The National Endowment for the Arts is proud to support the excellence and diversity of arts programs across the country, including organizations like McLean Project for the Arts that make the arts accessible to people in McLean and the greater Washington D.C. area and further enhances the vitality of their community," said NEA Chairman Jane Chu.

McLean Project for the Arts will present an exhibition of works by three contemporary artists from the Mid-Atlantic region whose work explores how art, science and nature can be integrated or re-mixed through digital formats. The work will serve as an opportunity for experimentation and for developing conversation and partnerships between artists, engineers and scientists.

Participating artists include sound artist Yoko K, Danish fiber artist Grethe Wittrock, and installation/experimental media artist Adam Nelson. The exhibition will be curated by artist and educator Elsabé Johnson Dixon and art historian Betsy Johnson.

The community will be actively engaged in the project through educational programming. MPA will host a panel discussion between exhibiting artists, engineers, inventors and scientists; the exhibiting artists will hold public workshops to demonstrate their process and techniques. In addition, MPA ArtReach Director Sharon Fishel will provide Fairfax County Public School (FCPS) students in-gallery educational programs that relate the exhibition content with the FCPS Standards of Learning.

Key partnering organizations include Fairfax County Public Schools, SPARC Solutions program for adults with disabilities, Lewinsville Senior Center, James Lee Community Center, Herndon Senior Center, and

Lorton Senior Center. Fishel and Nancy Sausser, MPA Director of Exhibitions, will also offer gallery tours to members of the general public, senior communities and groups with physical and intellectual challenges.

McLean Project for the Arts (MPA) is one of the Mid-Atlantic region's most respected contemporary visual arts organizations. MPA provides high-quality art exhibitions showcasing the work of established and emerging artists, educational programs, art classes, MPAartfest, summer STEAM camp, and ArtReach, an award-winning program serving students in grades K-12, seniors, and individuals with special needs. Visit www.mpaart.org.

ENTERTAINMENT

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

ONGOING

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.

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.

Fishing Rod Rentals

8700 Potomac Hills St., Great Falls. Rentals available during visitor center hours. Fishing tackle and live bait are available for purchase. Reservations required for group rentals. \$6/rental (2 hour max). Valid driver's license required. Rod/reel combinations are perfect for beginners and children. A Virginia or Maryland freshwater fishing license is required for those 16 years or older. The park does not sell fishing licenses. www.fairfaxcounty.gov/parks/riverbend-park/

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.

Fundamentals of Watercolors.

Mondays 10 a.m.-1 p.m. at The Arts of Great Falls, 756 Walker Road, Great Falls. Artist Lorrie Herman will help students get comfortable working with watercolors and understanding this medium. Visit www.greatfallsart.org.

Still Life Painting.

Tuesdays 10:30 a.m.-1 p.m. at The Arts of Great Falls, 756 Walker Road, Great Falls. Still life provides a great tool to hone skills. Recommended for students of all levels. Visit www.greatfallsart.org.

Evening Painting.

Tuesdays 6:30 - 9:30 p.m. at The Arts of Great Falls, 756 Walker Road, Great Falls. Jill Banks focuses on oil painting fundamentals with two sessions each of still life, landscapes, and portrait/clothed figure from a live model. Visit www.greatfallsart.org.

Intro to Jewelry Design.

Tuesdays 9 a.m.-noon at The Arts of Great Falls, 756 Walker Road, Great Falls. JJ Singh teaches a class for anyone interested in exploring the world of metal clay and its design possibilities. Visit www.greatfallsart.org.

AUGUST

Fairfax Family Golf Month.

At Oak Marr Golf Complex is located at 3136 Jermantown Road, Oakton. In August, parents pay for their 9-hole round of golf and accompanying children and teens (ages 8-17) will receive a round at no charge. This is also good at Jefferson District Golf Course is located at 7900 Lee Highway, Falls Church, and Pinecrest Golf Course, 6600 Little River Turnpike, Alexandria. Visit www.fairfaxcounty.gov/parks/golf.

SEPT. 2-3

24th Annual Middle Eastern Food Festival.

Various times at the Holy



Family Bingo Night

B-I-N-G-O is his name-o, on Friday, Sept. 16 from 7-9 p.m. at The Old Firehouse, 1440 Chain Bridge Road, McLean. Players can win prizes, play guessing games and enjoy light refreshments. Advance registration is required. Visit www.mcleancenter.org for more.

Transfiguration Melkite Greek-Catholic Church, 8501 Lewinsville Road, McLean. Featuring authentic Middle Eastern food, music, pastries and dancing. Free. Call 703-734-9566 or visit www.MiddleEasternFoodFestival.com.

venues across Northern Virginia. Call 703-403-5360 or visit www.nvso.us.

TUESDAY/SEPT. 5

Lecture on Downton Abbey.

12:15 p.m. at Trinity United Methodist Church, 1205 Dolley Madison Blvd., McLean. The McLean Woman's Club presents food and travel writer CiCi Williamson describing the food and its preparation on the 6-year show, along with the history of Highclere Castle, where the filming took place. Free. visit www.mcleanwomensclub.org or call 703-556-0197.

WEDNESDAY/SEPT. 6

McLean Newcomers and

Neighbors. 11 a.m.-12:30 p.m. in the Community Room, Regency at McLean, 1800 Old Meadow Road, McLean. Visit www.McLeanNewcomers.org.

SEPT. 7-9

Quarterly Book Sale.

11 a.m.-8 p.m.; Saturday 10 a.m.-2 p.m. at the Tyson's Library, 7700 and 7704 Leesburg Pike. Large selection of books and media for all ages and interests. Visit tysonslibraryfriends@gmail.com or 703-338-3307.

FRIDAY/SEPT. 8

Dave & Buster's Adventure.

3:30-10 p.m. leaving from The Old Firehouse, 1440 Chain Bridge Road, McLean. 7th- through 9th-graders, teens will have all access to Dave & Buster's private dinner buffet and a \$25 game card with unlimited arcade game play is included in the trip fee. \$55/\$45 MCC district residents. Visit www.mcleancenter.org.

SATURDAY/SEPT. 9

Virginia Indian Festival.

10 a.m. at Riverbend Park, 8700 Potomac Hills St., Great Falls. Activities include hands-on activities and live demonstrations such as American Indian storytelling, shooting bow and arrows, throwing spears and making stone tools. Additional activities include building a dugout canoe, and a visit to a marketplace of American Indian crafts, pottery and jewelry. \$8. Call 703-759-9018 or visit online at www.fairfaxcounty.gov/parks/riverbend-park.

SEPT. 9-20

Northern Virginia Senior

Olympics. Various times and locations, more than 50 different events taking place at more than 25

SUNDAY/SEPT. 10

The Old Dominion

Chrysanthemum Society. 2:30 p.m. at the Falls Church Community Center, 223 Little Falls St., Falls Church. A discussion and demonstration on preparing and presenting Mums for a flower show. Free. Call 703-560-8776 or visit www.odcsmums.org.

WEDNESDAY/SEPT. 13

Riverboat Cruise.

10-11:30 a.m. at Shepherd's Center of Oakton-Vienna (SCOV) 541 Marshall Road SW, Shepherd's Center of Oakton-Vienna hosts day trip to Georgetown Harbor via riverboat cruise from Alexandria to Georgetown for shopping, exploring and lunch. Will return by riverboat to Alexandria, then the bus trip home to Vienna. \$85 includes transportation and riverboat cruise. Call 703-281-0538 or visit www.scov.org.

Live after Five.

6-9 p.m. at Jammin Java, 227 Maple Ave. E, Vienna. Hors d'oeuvres and local musicians highlight the tour. Visit www.jamminjava.com.

SEPT. 14-16

Fall Book Sale.

Various times at Oakton Community Library, 10304 Lynnhaven Place, Oakton. Free. Visit www.fairfaxcounty.gov/library/friends/ok/ or call 703-281-0300.

FRIDAY/SEPT. 15

Chillin' on Church.

6:30 p.m. at Church St., Vienna. Water games, Chump Change band playing rock. Visit www.viennava.gov or call 703-255-6360.

Family Fun Bingo.

7-9 p.m. at The Old Firehouse, 1440 Chain Bridge Road, McLean. Players can win prizes, play guessing games and enjoy light refreshments. Advance registration is required. Visit www.mcleancenter.org.

SATURDAY/SEPT. 16

McLean Community Fall Garage

Sale. 9 a.m.-1 p.m. at the parking lot, 1420 Beverly Road, McLean. This year's sale features a Kids' Corner area where children will sell their toys, clothes, games and other items. The deadline to register is Wednesday, Sept. 13. Visit www.mcleancenter.org.

John Eaton in Concert.

2 p.m. at Vinson Hall Auditorium, 6251 Old Dominion Drive, McLean. Jazz pianist, brilliant historian and local legend John Eaton will perform a concert of Great American Songbook tunes. \$20/\$14 MCC district residents. Visit www.mcleancenter.org.

PUBLIC NOTICE

Public Hearing on the McLean Community Center's FY 2019 Budget

(July 1, 2018-June 30, 2019)



McLean Community Center Governing Board Wednesday, Sept. 27, 7:30 p.m.

Residents who wish to speak at the Public Hearing are asked to call 703-790-0123, TTY: 711, to be placed on the speakers' list. Copies of the draft budget proposal will be available during the public hearing.

Written comments may be delivered to the Center's temporary Administrative Offices (see address below) marked "Attention: Executive Director," or sent by email to george.sachs@fairfaxcounty.gov. Written comments may be provided after the public hearing up through Monday, Oct. 23.

The date of the **Finance Committee Meeting of the Whole**, a full board budget work session, is **Tuesday, Sept. 12**, at 7:30 p.m. at the Center's temporary Administrative Offices (see address below).



The McLean Community Center

Temporary Administrative Offices
6631 Old Dominion Dr., McLean VA 22101
703-790-0123/TTY: 711 | www.mcleancenter.org

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Saturday, Sept. 2, 11:00 am-11:00 pm

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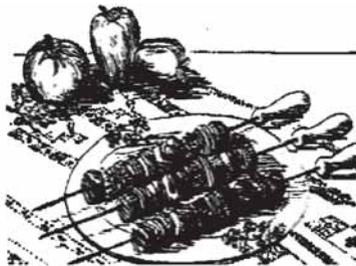
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Announcements

NEWS



Fertility Center Opens in Tysons

CCRM Network opened the Northern Virginia fertility center on July 26 at 8010 Towers Crescent Drive, Vienna. CCRM Northern Virginia is led by board certified reproductive endocrinologists Mark Payson, M.D. and Vasiliki Moragianni, M.D. The new fertility center includes a dedicated on-site physician team, IVF laboratory, procedures area, and comprehensive diagnostic services. Visit www.ccrmivf.com/northernvirginia/.

AREA ROUNDUPS

Emergency Preparedness Class Coming to McLean

The Fairfax County Community Emergency Response Team (CERT) will offer CERT 129, a basic training class, on seven Tuesday evenings in September and October at the McLean Fire Station, 1445 Laughlin Ave., McLean on Sept. 12, 19, 26 and Oct. 3, 10, 17, 24 from 7-10:30 p.m. Students are required to attend all seven class sessions and the final. This training does not require any physical strength or agility. This CERT Basic training follows the FEMA curriculum, and is tailored to address potential local disasters and hazards.

CERT Basic Training Class on emergency preparedness is co-sponsored by the Fairfax Co. Fire and Rescue Dept. and the McLean Citizens Association (MCA).

For more information and to apply, visit bit.ly/2tXrP3L

Fundraiser to Support SHARE of McLean

A fundraiser for SHARE, Inc. of McLean has been announced by HBC Group's (Keller Williams Realty) Community Charity Champions. Come to dinner on Tuesday, Sept. 12, from 5 to 8 p.m. at Pulcinella Italian Host in McLean to support SHARE. Enjoy dinner and know that approximately 70 percent of the proceeds from food and drink will go to SHARE as long as the diner brings the flyer for the event. Contact HBC Group at 703-734-0192 or visit www.HBCGroupKW.com to receive a flyer.

SHARE, Inc. of McLean is a non-profit, nonsectarian, all-volunteer community relief organization helping people in need in McLean, Great Falls and Pimmit Hills area for more than 45 years. They provide as-

sistance through their food pantry, where people and families in need throughout the community can go for assistance with groceries. SHARE also provides emergency financial assistance, used furniture pick-up and delivery, distributes grocery gift cards at Thanksgiving and the holidays, holiday gifts, and school supplies.

Sponsors of the event are: Karen Briscoe and Lizzy Conroy with the HBC Group of Keller Williams Realty, Marcus Simon with EKKO Title, Kevin Dougherty of Pillar to Post, Kathy and Justin Neal of The Neal Team/SunTrust Mortgage, Jim Harris of BOWA, The McLean Chamber of Commerce, and Moe Jebali with Pulcinella Italian Host.

Used Book Sale To Be Held at Spring Hill Recreation Center

The McLean Area Branch of the American Association of University Women (AAUW) will host its annual Used Book Sale on Friday, Saturday and Sunday, Oct. 6, 7 and 8 at the Spring Hill Recreation Center, 1239 Spring Hill Road, McLean. The sale hours are Friday 9 a.m.-7p.m., Saturday 10 a.m.-6 p.m., and Sunday noon-4 p.m. An added feature this year will be the auction of a signed Washington National Max Scherzer shirt and cap.

For 48 years with Book Sale proceeds, the McLean Area AAUW Branch has raised more than \$550,000 for fellowships, scholarships, and grants and has endowed an American Fellowship, International Fellowship, and two Research & Projects Grants. Nationally AAUW is one of the largest sources of funding for graduate women. For the 2017-2018 academic year AAUW provided more than \$3.7 million for 250 fellowships and grants to outstanding women and nonprofit organizations.

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-Werner Heisenberg



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LETTER

FROM PAGE 4

turbing. The events in Charlottesville recall the darkest moments in both the history of this country and the Jewish people. What we saw on Friday and Saturday was an assault on our democratic society and the very values this country was founded upon. Yet the President of the United States, the leader of our country, has not once but twice defended those who would march with the Neo-Nazis and their ilk.

Our country at its best has been a beacon of hope and safety for all peoples. Hundreds of thousands gave their lives so that the forces that destroyed Europe would never set foot on American soil. President Trump's reaction to Charlottesville represented a betrayal of that noble legacy and our core American values.

Donald Trump is the leader of your party. Your refusal to speak out against him is a colossal failure of leadership, a moral abdication, and deeply troubling to Virginia's Jewish community. We urge you to break your silence and immediately denounce Donald Trump's hateful and inadequate response to the Charlottesville attack.

We are living through a moral reckoning, a time when all citizens of our great commonwealth and nation are called to defend the most fundamental values of our democracy. We ask you to immediately stand up, loudly and clearly, against those who would condone violence and hatred.

As Americans, Jews, and Virginians, we urge you to join us and immediately condemn the President's dog-whistle defense of Nazism.

Senate Democratic Leader **Dick Saslaw**, Sen. **Adam Ebbin**, Del. **Eileen Filler-Corn**, Del. **Marcus Simon**, and Del. **Mark Levine**

BULLETIN BOARD

Submit civic/community announcements at ConnectionNewspapers.com/Calendar. Deadline is Thursday at noon, at least two weeks before event.

THURSDAY/AUG. 31

LGBTQ Students Information. 7-8 p.m. at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 - Room 100, Dunn Loring. Program called "Resources for Supporting LGBTQ Students and their Families." Visit FCPS.edu for more.

SATURDAY/SEPT. 2

Open House. 10 a.m.-noon at Patrick Henry Library, 101 Maple Ave. East, Vienna. The Vienna branch of the American Association of University Women (AAUW) will hold a free, informational open house. AAUW is the nation's leading voice promoting equity and education for women and girls. Membership dues discount. Refreshments. Visit www.aauw.org.

THURSDAY/SEPT. 7

Shepherd's Center Caregivers Support Group. 10-11:30 a.m. at UUCF Unitarian Universalist Congregation of Fairfax - Program Building, 2709 Hunter Mill Road, Oakton. This support group is designed for caregivers of adult family members. For more info contact Jack Tarr, 703-821-6838, jtarr5@verizon.net.

Adventures In Learning. 10 a.m.-noon at Unitarian Universalist Congregation of Fairfax, Program Building, 2709 Hunter Mill Road, Oakton. Open House to see what's on the Shepherd's Center's fall semester of Adventures in Learning. Call 703-281-0538 or visit www.scov.org.

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Bathroom Humor



By KENNETH B. LOURIE

I write this column in all sincerity, but what are you asking me for? A rhetorical question if there ever was one. To what I refer is the question I was asked earlier this morning by one of the home-improvement tradesman working on my upstairs bathroom. Having made significant progress on the bathroom in the five weeks or so since I published "And So It Begins," a column detailing the few facts I retained about the demolition/renovation and the anxiety I felt about it, today's task was waterproofing the shower enclosure/bathroom floor in preparation for the tile, if I understand correctly. Now, as further context, I know very little about home improvement (car repairs, computer technology, lawn and garden; shall I go on?). Moreover, I know very little Spanish. Combine the two, as happened this morning, and you are asking (literally) for trouble.

The waterproofing man arrived at 8:45 a.m. The day before, his boss/presumably the owner, had stopped by for a walk-through and to drop off materials for the job. I thought I would see him again, I was wrong. The only person on the job is the person whose English is better than my Spanish and the only Spanish I know, I know from a cartoon character, "Speedy Gonzales, the fastest mouse in all of Mexico." I grew up watching on Saturday-morning television. After directing him to the upstairs bathroom, within a few minutes, the man walked downstairs and asked/motioned for me to follow him back upstairs, I figured there was likely a question that needed answering so immediately I got off the couch to assist.

Once we were both inside the bathroom, he started pointing to the walls (front, back and sides), ceiling, niche and planned-for bench within the enclosure, to ask for - so far as I could understand, what needed to be waterproofed (I'll spare you any details about the process since I'm unlikely to do so accurately). Now, other than asking the project manager Simple-Simon-type questions about what is going on, what has gone on (literally and figuratively) and what is planned to be going on, I am out of any kind of loop. The workmen come in. I point them upstairs. Then I go into my office and mind my own business. I rarely check their progress. Generally speaking, I only look to see what's been done after they've left. I am not in anybody's way and I don't serve as any kind of resource other than answering the most basic questions: "Is that the basement door?" "Do you mind if we shut off the water?" "Is there a hardware store nearby?" As such, I am the least-bit helpful.

The man working today is new to me/the project. He's not been here before. But I did open the door to let him in and I did direct him to the upstairs bathroom. For all he knows/has experienced so far, I seem to be somewhat helpful. Ergo, after a bit, rather than calling his boss, he came back downstairs to solicit my help. Limited though I knew it would be, I was happy to try. As the conversation began, it became clear to me that not only did I not know what he was talking about (job wise), I couldn't even understand what it was that he was saying. I was lost in translation and lost in intention. As I attempted to answer/explain/guess what he was asking while we were both pointing/gesturing/talking, I quickly realized that this was a language match not made in heaven. Nevertheless, we eventually came to some sort of an understanding of the task at hand and back downstairs I went.

Sitting on the couch, I began to feel uncomfortable about the instructions I think I had just given/agreed to. As a result, I considered calling my project manager at home on a Saturday morning to get some clarity/confirmation about what I think had just transpired upstairs. Not at all bothered by my weekend intrusion, and after listening to a condensed version of this column, Stefan assured me that what seemed to be happening here was supposed to be happening.

And here I thought outliving my lung cancer prognosis by six-plus years was a miracle.

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



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