



McLean CONNECTION

From left are Donna Carlson, baker and cashier; Sonia McCormick, publicity chair; Joellen Quint, head kitchen coordinator; and David Baroody, protodeacon, at Holy Transfiguration's 27th annual Middle Eastern Food Festival Saturday.

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PHOTO BY COLIN STOECKER/THE CONNECTION



Cultures Meet, Blend at Middle Eastern Food Festival

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Gun Store Leaves Community After 2 Years

NOVA Firearms moves from McLean to Falls Church.

BY FALLON FORBUSH
THE CONNECTION

NOVA Firearms, which was located directly behind the Franklin Sherman Elementary School on Chain Bridge Road, has left McLean for Falls Church.

Hundreds of people protested outside of the store when it first opened in September 2015 because of its location.

Victoria Manoogian of McLean, who organized the protest two years ago, started a Change.org petition, "Keep Nova Firearms out of Franklin Sherman Elementary's Backyard," which received 2,638 supporters out of its goal to reach 5,000 supporters.

Though opponents of the firearms store lost the battle, they were relieved to hear the store was relocating.

"We are relieved that the gun store is moving out of the building next to Franklin Sherman Elementary School," Jane Strauss, who represents the Dranesville District on the Fairfax County Public School Board and was a past president of the elementary school's parent-teacher association, wrote in an email. "Many parents of students were very uncomfortable with a store so close to the school and playground."

Strauss demonstrated outside of the shop two years ago. John Foust, who represents the Dranesville District on the Fairfax County Board of Supervisors, also showed up to protest two years ago. He was also glad to see the gun retailer move its brick and mortar store.

"I believe it's inappropriate to operate a gun shop next door to an elementary school," Foust wrote in email. "I and other community leaders tried to stop the gun shop from opening next to the Franklin Sherman Elementary School. Unfortunately,



PHOTOS BY FALLON FORBUSH/THE CONNECTION

A "For Lease" sign has been placed over a sign at its former retail location, which bordered the Franklin Sherman Elementary School, after NOVA Firearms announced it was relocating to retail space at 412 W. Broad Street in Falls Church.

state and federal law did not support our efforts and the owner refused to voluntarily consider moving the gun shop to another site. That was very disappointing. Two years later, I am pleased to hear that the McLean gun shop has closed and re-located from the school site."

The Connection was unable to secure an interview with representatives of NOVA Firearms.

THE GUN RETAILER'S new location at 412 W. Broad St. in Falls Church is no stranger to firearms. Since 2012, the spot was home to The Gun Dude, which sold firearms, espresso and coffee, until it closed on Aug. 31.

"By now you have likely heard that The Gun Dude is closing its Falls Church location as of Aug. 31," Joshua Karrasch, the owner of the store, posted on the home page of TheGunDude.com. "It has been our pleasure to serve the Northern Virginia firearms community and we wish you the best in the future."

Karrasch listed his espresso maker, coffee grinder and accessories for sale on Facebook Marketplace and Craigslist for \$3,000. He also listed a refrigerator for sale.

"I need some help selling these items to cover debts as we close," said an Aug. 30 post from The Gun Dude Facebook page.

Coordination with the government is required to run a firearms business.

The Virginia Department of State Police developed the Virginia Firearms Transaction Program in 1989 to enforce legal mandates involving the sale and possession of firearms with licensed firearms dealers in the commonwealth.

All firearms sellers and employees in Virginia are required by law to submit to a national and state criminal history record information check by the Department of State Police and Federal Bureau of Investigation in order to be issued an Employee Identification Number (EIN) by the Department of State Police.

Licensed firearms dealers are also required by law to perform a criminal history

record information check on their customers prior to the sale, trade or transfer of a firearm, according to the Virginia Department of State Police.

Sellers can conduct these checks on prospective purchasers over the Internet through the Department of State Police's VCheck system or by calling the Virginia Firearms Transaction Program's 800-telephone number. For sellers to enroll in the VCheck system, they must complete a Firearms Dealer Registration application, Form SP-69, and submit a completed fingerprint card to the Virginia Firearms Transaction Program. Dealers who have a valid federal firearms license issued by the federal Bureau of Alcohol, Tobacco and Firearms agency may submit a sworn and notarized affidavit to the Department of State Police with a Firearms Seller Exemption Request, Form SP-69B, in lieu of submitting fingerprints, according to the Department of State Police.

There are also age restrictions for those who want to buy guns.

TO PURCHASE OR POSSESS a firearm in Virginia, a person must be at least 18 years old, according to the Virginia Department of State Police. To purchase a handgun from a licensed firearms dealer, a person must be at least 21 years old, pursuant to federal law.

Virginia law does not address age requirements for purchasing ammunition, but federal law requires that an individual must be at least 21 years old to purchase handgun ammunition and at least 18 years old to purchase rifle or shotgun ammunition, according to the Virginia Department of State Police.

Machine guns in the commonwealth are required by law to be registered with the Department of State Police within 24 hours of acquisition. A certificate of registration is issued once the Machine Gun Registration Application, Form SP-115, is completed. Failure to do so is a Class 3 misdemeanor, which is punishable by a fine of up to \$500, but no jail time.

Chamber to Honor Gerald T. Halpin

In honor and remembrance of Gerald T. Halpin (Feb. 15, 1923 – Aug. 14, 2017), the Greater McLean Chamber of Commerce will host a breakfast to hear about his contributions to the Greater McLean community. Jerry Halpin was among those most responsible for the development of the Tysons Corner area as a preeminent commercial hub. Halpin co-founded West*Group in 1962, starting with the purchase of 125 acres between Lewinsville and Tysons Corner from the Ulfelder family. Within 15 years, West*Group had purchased 560 acres

and developed two McLean office parks, West*Gate and West*Park, that represented over half of the office space in Fairfax County. In recent decades, Halpin was a leader of efforts to adapt the Tysons Corner area to future needs and opportunities, including advocating for the extension of heavy rail. John Ulfelder will speak about Jerry Halpin and his legacy, and about the development of West*Group over the decades. Ulfelder, a former Partner and Senior Vice President at West*Group, currently serves the Dranesville Magisterial District on the Fairfax County Planning

Commission. A past-president of the Great Falls Citizens Association, Ulfelder has a distinguished record of civic engagement, and has served on the boards of: WETA, Inova Health System Foundation, McLean Project for the Arts, McLean Historical Society, and Great Falls Heritage, Inc.

"Mr. Halpin and West*Group had a tremendous impact on the Greater McLean business community, and Mr. Halpin made enormous contributions to the civic and cultural life of Northern Virginia. We are delighted to present this opportunity to learn about his legacy and enrich our understanding of our

past as we look forward to the exciting changes going on about us," said Paul Kohlenberger, President of the Greater McLean Chamber of Commerce. "We are honored to have Mr. Ulfelder share his experiences, and the story of West*Group, with us," Kohlenberger added.

Breakfast – Remembering Jerry Halpin and the West*Group Legacy will be held at j. Gilbert's Wood-fired Steaks & Seafood – 6930 Old Dominion Drive, McLean, on Thursday, Sept. 14, 2017; 7:30-9 a.m. Fees: Chamber Members: \$20; Future Members: \$30.



The Fairfax County Board of Supervisors presented a proclamation to declare September as Suicide Awareness and Prevention Month.



PHOTOS CONTRIBUTED

The walk in 2016 raised awareness and funds to help prevent suicide.

September Is Suicide Prevention Month

Area agencies, organizations and citizens engage to raise awareness and prevent deaths.

BY ANDREA WORKER
THE CONNECTION

At its meeting on July 11, the Fairfax County Board of Supervisors presented a proclamation, designating September 2017 as Suicide Awareness and Prevention Month.

Suicide is the 11th leading cause of death in Virginia. On average, one person dies by suicide every eight hours in the state. According to the statistics published for 2017 by the National Capital Area branch of the American Foundation for Suicide Prevention (AFSP), suicide is the second leading cause of death for ages 15-34 in Virginia, third for ages 10-14, and fourth among people 35-54.

“So many of these tragedies are preventable,” said Ellen Shannon, area director for the region’s AFSP chapter, “if only we can end the stigma and get people talking. It’s not a conversation that we’re comfortable having, but if we listen, and talk, we might just save a life.”

Studies show that more than 50 percent of all people who attempt suicide tell someone about their intentions, but too often people considering suicide are afraid to ask for help, and those who think they see the signs of trouble are reluctant to be wrong and then offend, or cause embarrassment.

Wendy Gradison, CEO of Psychiatric Rehabilitation Services, Inc. (PRS) that runs Northern Virginia’s crisis hotline and textline, agrees. Gradison said that by “turning up the volume, we can make it OK to have a conversation, make a call or send a text. Making a call or sending a text [to our CrisisLink] saves lives.”

PRS reports that for every death, 278 people are able to move past that crisis moment, and the numbers could increase to the positive if more people can be reached. The nonprofit has contributed to those survival statistics, handling nearly 34,000 crisis calls and exchanging more than 33,000 crisis text messages from the

Northern Virginia region in 2016 alone through its CrisisLink program.

All of the area organizations that support mental health and fight against suicide are actively engaged in that battle all year long, 24/7, but during Suicide Awareness and Prevention Month, those efforts get magnified to engage as many citizens as possible in the conversation.

Who’s doing what to promote suicide awareness and prevention during September, and how can to get involved? Here are just a few of the events and activities taking place in the area:

Out of the Darkness Walk

The 10th annual Fairfax/NoVA Out of the Darkness Community Walk to benefit the American Foundation for Suicide Prevention, National Capital Area Chapter, (AFSP) takes place on Saturday, Sept. 16, starting at 11 a.m. Check-in begins at 9 a.m. The walk begins and ends at the Fairfax County Government Center in Fairfax.

Online registration for the event at www.afsp.donordrive.com is open until noon on the Friday before the walk, but individuals and teams can still register in person at the walk from check-in until the start of the walk.

The event is family and pet friendly. Walkers and spectators are encouraged to come early in order to explore the resources area. Representatives from local agencies and non-profits will be on hand to offer information and news about upcoming events. The organizers say it’s also a good time to simply “connect and gain support” from others with similar experiences.



From left: Capt. II Dennis Kotecki, Wellness and Fitness Program Manager, Fairfax County; Karrie Leigh Boswell, retired Fairfax County firefighter and chair of the Out of the Dark Community Walk; and Ellen Shannon, area director, National Capital Area, American Foundation for Suicide Prevention.

Working closely with the AFSP and leading the charge for the walk for the second year in a row is retired Fairfax County firefighter, Karrie Leigh Boswell, who has been an advocate for firefighter line-of-duty death benefits during her 27-year career. She got involved in the cause to prevent suicide deaths when “trying to make sense” of the suicide “of one of our own, Nicole Mittendorf.” Mittendorf was a firefighter

from Woodbridge, who took her own life in April last year and whose death sparked investigations into cyberbullying as a possible contributing factor in her death.

Boswell says she felt compelled to get involved and do her part for suicide prevention for everyone, but particularly for her “brother and sister” firefighters and rescue personnel. “If you think there’s a stigma among the general public when it comes to talking about your mental health or feelings of suicide,” said Boswell, “it’s even greater in those ranks and with law enforcement. We feel like we’re supposed to be the ones helping, not the ones needing help.”

Boswell is committed to doing what she can personally and to building a community to tackle the tragedies of suicide. “Nothing ever gets done without a broad-based coalition,” she said.

“Last year we had about 1,000 walkers and raised about \$150,000,” said Boswell. Those numbers made the Fairfax Walk number 18 of the 411 AFSP-sponsored walks that took place across the country in 2016. Her goals for this year? “Double? Triple? Ultimately to break a million dollars.” Boswell is pleased that half of the funds raised will remain here in

the community, with the other half going to fund scientific research, and national suicide prevention and advocacy efforts.

AFSP.org offers seminars and workshops for clinicians as well as the general public. The group also raises funds for research and resources and advocates at all levels of government to “find better ways to prevent

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WWW.CONNECTIONNEWSPAPERS.COM

September Events Highlight Suicide Prevention Month

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suicide, to educate and to procure resources.”

Contact information: Website www.afsp.org, Twitter @AFSP_NCAC and on Facebook.

24 Hour Work-Out of the Darkness

Organized by Fairfax County’s LiveWell program and Fire and Rescue’s Well-Fit program, this 24-hour workout event is a “great companion piece” for the Out of the Darkness Walk,” said Capt. II Dennis Kotecki, wellness and fitness program manager with Fairfax County. The action also takes place at Government Center, starts at 8 a.m. on Friday, Sept. 15, and concludes an hour before the Walk check-in begins on Saturday morning.

“We are really looking for ways to help our county employee community stay fit, physically and mentally ... and it’s just a great, fun experience and way to support efforts to prevent suicide.”

The Workout is open to all Fairfax County government employees, retirees, family members and first responders from surrounding jurisdictions. The activities are divided into 30-minute sessions and include opportunities for individual exercise as well as group fitness classes.

“We’ll have it all going on,” said Kotecki. There will be cycling, Zumba, a walking labyrinth, a kids’ fitness zone, kettleballs and routines using TRX equipment.

Like the Out of the Darkness Walk, the Work-Out will also have a mental wellbeing expo, from 11 a.m.-2 p.m. on Friday, with information about community resources, as well as county employee benefits.

Eligible participants can learn more, register and select workout activities and timeslots at m.signupgenius.com/#!/showSignUp/20f04aba92fa1fbg-workout2.

#CallTextLive

PRS, Inc. is launching its third annual #CallTextLive campaign, using that hashtag to reach out directly through social media to engage the community and encourage those in need to make contact with people who can help. The campaign works to educate the community about what resources are available, and what they can do to get help, or give it.

On the PRS website, the organization has posted an interactive Calendar of Events. Throughout the month of September on the calendar, viewers can click on links that guide them to resources, training classes, ways to volunteer or donate, inspirational messages, and actions that anyone can take to help raise awareness and prevent suicide.

On Sept. 10 on the PRS calendar, there’s information about World Suicide Prevention Day. Sept. 21 invites people to join in on “Selfie Day!” by sharing pictures on PRS’s social media platforms dressed in a #CallTextLive T-shirt. Sept. 16 and 17 di-



PHOTO CONTRIBUTED

Rowing to raise funds — from the 2016 “Work-Out of the Darkness, which precedes the Out of the Darkness Walk to prevent suicide. For the second year, Fairfax County will host a 24-hour workout event for county employees, family members and firefighters and law enforcement from neighboring jurisdictions, from 8 a.m. on Friday, Sept. 15, until 8 a.m. on Saturday, Sept. 16.

rect viewers to information about, and registration for, a two-day ASIST training session. ASIST is a suicide intervention workshop. The sessions are open to “virtually anyone older than 16, regardless of prior experience or training.”

In addition to running the CrisisLink Hotline and Textline, PRS offers training workshops and programs such as “CareRing Services” to maintain supportive contact with area older adults.

Contact information: Website – prsinc.org. The Crisis Hotline number is 703-527-4077. Text “CONNECT” to 85511 to reach the PRS Textline.

NAMI Northern Virginia “Help Shine a Light” Walk

The local affiliate of the National Alliance on Mental Illness will host its annual Walk on Saturday, Sept. 23, in Tysons Corner, with check-in starting at 9 a.m.

NAMI Northern Virginia has been serving residents of Fairfax, Arlington, Alexandria, Falls Church and Loudoun County for 40 years. They offer numerous classes, clubs, and support for individuals living with mental health conditions, as well as support groups, sessions and resources for the families, partners, and friends of those individuals.

Contact information: Website www.nami-northernvirginia.org. Helpline 571-458.7310 Email at info@nami-vova.org.

Other mental health resources are available through the county on line at www.fairfaxcounty.gov, and through the Fairfax-Falls Church Community Services Board. Emergency mental health services with the CSB are available 24/7 by calling 703-573-5679, or coming directly to the Merrifield Center at 8221 Willow Oaks Corporate Drive, lower level, rear entrance, in Fairfax.

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Disparity, Poverty Hidden by Communities' Wealth

“How hard would it be for someone to invite me in for a bowl of soup?”

COMMENTARY

BY STEPHANIE BERKOWITZ
NORTHERN VIRGINIA FAMILY SERVICE



The U.S. Census Bureau confirmed in July what we already know: many Northern Virginia residents are doing well financially. In fact, Loudoun County, the City of Falls Church and Fairfax County are the three wealthiest jurisdictions in the U.S. while Arlington and Prince William counties and the City of Fairfax also rank in the top 20.

The new Census Bureau numbers mask the fact that there are pockets of poverty throughout our region, and many of our neighbors are struggling.

Having worked at Northern Virginia Family Service (NVFS) for 18 years, I have met countless residents who come to us for help finding affordable housing, food, healthcare, medications and job training. Without support, these issues continue to negatively impact the families around us, creating larger barriers to self-sufficiency and the opportunity to thrive in our booming region.

I'm thinking of Zaheer Iqbal, who emigrated to the U.S. from Pakistan with a master's degree in English literature, a Fulbright scholar-

ship and having worked with the U.S. military in Pakistan fighting the Taliban. In spite of his experience and education, the best job he could find was cleaning toilets and working as a cashier at an Annandale gas station. (Did I mention he also speaks seven languages?) Zaheer “graduated” to a job as a hotel night clerk in Fairfax, leaving that job every morning to go to our six-month Training Futures job program. Training Futures saw his potential and helped him make valuable connections within the business community.

He recently landed a job with a government contractor. But it took Zaheer four years of sleepless nights and uncertainty about how he would support himself and his twin boys to get to that point.

When I think about the disparity in our region, I think of the 77-year old woman who has been coming to our Hunger Resource Center in Manassas on and off for 20 years as her situation changes. (She asked that I not use her name because she doesn't want her family to know she continues to rely on the food bank.) When she was raising her son as a single mother and working as a waitress, there were times when she had to choose between paying the mortgage and feeding her family. At one point, her house was in foreclosure. Today, she is living off her monthly social security check, which doesn't cover her basic expenses. She is drawn

to the fruits and vegetables at the Hunger Resource Center and, on the days they have eggs, she “celebrates” by making an omelet. As a senior living alone, she says she feels invisible to her neighbors. “How hard would it be for someone to check up on me or invite me in for a bowl of soup?” she asks through tears.

And when I think of the challenges facing so many of our neighbors I am thinking of Carla Rocha, who grew up in Reston and graduated from high school in Sterling. All she wanted was a safe, affordable place to live with her son. Instead, she lived in her car, slept on friends' floors and stayed in transitional housing provided by Second Story – one of many outstanding nonprofits in Northern Virginia that provide a safety net for vulnerable children and youth.

Carla moved five times in six years. “I could adapt easily,” she told me. “It was harder on my son. That is a lot of change for a kid.”

With support from nonprofits like NVFS and Second Story, Carla has a great job and has been able to buy her own place. But for many other residents, living wage jobs and affordable housing remain elusive.

For nearly 100 years, NVFS has been committed to helping vulnerable residents become self-sufficient. If you are proud to call Northern Virginia home, help us in creating a stronger community where all families and individuals can thrive. Maybe you can start by inviting someone in for a bowl of soup.

The writer is president and CEO of Northern Virginia Family Service.

LETTERS TO THE EDITOR

Fomenting Disunity and Hate

To the Editor:

I was appalled to read the letter (“American Values,” Aug. 30) by a group of Democrat politicians, libeling Donald Trump. No fair-minded person could honestly construe anything Mr. Trump said as a “defense of Nazism.”

Mr. Trump's initial response was: “We condemn in the strongest possible terms this egregious display of hatred, bigotry, and violence on many sides.” Who but an actual fascist could disagree?

Trump then re-stated: “Racism is evil — and those who cause violence in its name are criminals and thugs, including KKK, neo-Nazis, white supremacists, and other hate groups are repugnant to everything we hold dear as Americans.” No honest person — politician or not — could interpret this as support of Nazism.

As to the facts in Charlottesville, many of the original protestors were not neo-Nazis or Klansmen, but simply there to protest the re-

moval of Robert E. Lee's statue from the park named after him. Similarly, not all the counter-protestors were club-wielding, rock-throwing antifa — some just believed the statue should be removed. So again, Mr. Trump was undeniably correct that some [not all] on both sides were fine people.

It's hard to avoid the conclusion that the Democrat politicians who signed the defamatory letter to the Connection are primarily interested in fomenting disunity and hate by hyping fears of neo-Nazis among the voters.

Michael Crawford
Great Falls

For Tax Reform Benefiting All

To the Editor:

Trump wants to cut taxes for the rich who already have too much — who already translate their wealth into power to pervert our political and economic systems.

If Republicans are serious about tax reform, then why not go back to their favorite period in history — when Ike was president?

Under Ike's 90 percent top income tax, we had world-class living standards, science and research, public schools, road and media — we had Fairness Doctrine reporting with real investigative journalism.

Why? Because, instead of stealing from innocent hardworking Americans like my dad, the rich paid their fair share for membership in the society that benefits them most.

Go ahead and reform taxes, but do it to benefit all Americans, not just the top 1 percent.

A.J. O'Brien
Herndon

Deer Hunting Effects Misrepresented

To the Editor:

Did you receive a disturbing flyer in the mail about archery hunting in Fairfax County? The flyer displays a graphic depiction of a deer with an arrow through its face (from N.J.) and claims that

bowhunting is responsible for deer vehicle collisions (DVCs). This flyer from an anonymous source has raised many questions, as it was designed to do. However, the question you should be asking is: Are these claims true?

To not bury the lead, the answer is no. This flyer goes beyond a simple misunderstanding of ecological systems or DVCs. It falsely represents an analysis of VDOT data and takes a single sentence from the scientific literature out of context with the dubious intent of convincing you that the science supports their position when it does not. This flyer is full of lies.

But how do we know? The VDOT data used in the flyer were acquired through a Freedom of Information Act request. The DVCs in the data were mapped against the Fairfax County Deer Management Program in order to investigate the flyer's claim that 92 percent (287 of 310) of the DVCs occur within 1 mile of a park undergoing deer management. We found that claim was false. In order to include 287 DVCs, we had to count DVCs within one and a

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WEEK IN MCLEAN

Comstock Announces Service Academy Application Deadline

U.S. Rep. Barbara Comstock (R-10) announced that the deadline for students interested in applying for a nomination by the 10th District Service Academy Advisory Board to one of the nation's military academies for the Class of 2022 is 5 p.m. on Friday, Sept. 29, in her Sterling district office.

"Our Service Academies depend on young men and women who embody hard work, honor, and integrity to answer the call of service. Virginia's 10th District has distinguished students whom I have great confidence will lead our next generation. I hope each of our students who are inspired to serve their country will apply to be a part of the Class of 2022 so they can create their own legacy of excellence in a Service Academy. The 10th District Service Academy Advisory Board has the experience and commitment necessary to finding this year's dedicated class of students."

Applications can be mailed or hand delivered to Comstock's Sterling office at 21430 Cedar Drive, Suite 218, Sterling, Virginia 20164. Interested students can request an Academy Nomination Application from Comstock's Web site at comstock.house.gov/services/military-academy-nominations. The selection process is strictly a competitive one.

For more information about the congressional nominating process, contact Mary Ann Cannon in Comstock's Sterling office at 703-404-6903, or go to comstock.house.gov/ and click on Military Academy Nominations under the Services section.

LETTERS

FROM PAGE 6

half miles from parks, not one mile. Why does that matter? First, it is a blatant lie in the flyer and shows the author's willingness to reject reality and replace it with their own fantasy. Second, 92 percent of Fairfax County is within one and half miles of a property in the Deer Management Program. Therefore, 92 percent of the DVCs happen on 92 percent of the area of Fairfax County. The VDOT data do not support the claim that DVCs increase because of deer management activities.

There is a research project in the City of Fairfax investigating an experimental deer sterilization method. The flyer claims that only three DVCs occurred in the city during the time of the study. However, the VDOT data shows seven. The flyer goes on to attempt to claim that the sterilization study has decreased DVCs. To investigate this claim, I used VDOT data from 2005 to 2016 for the City of Fairfax. Prior to the study being implemented in 2014, the City of Fairfax averaged 1.3 DVCs per year (12 DVCs in 9 years). During the study, the City of Fairfax averaged 2.3 DVCs per year (7 in 3 years). The number of DVCs has actually increased during the time of the deer sterilization study.

However, as an honest man, I cannot suggest that this slight increase is a result of the sterilization project. The increase, while real, could be caused by any number of factors.

The flyer goes on to claim that an article published in the Jour-

nal of Wildlife Management in 1985 supports the long-held belief by those that oppose hunting that bowhunting actually increases deer populations. The article in question is "Reproductive Dynamics and Disjunct White-tailed Deer Herds in Florida" by Richter and Labisky. This study did find that female deer in hunted populations had an insignificant increase in fawns versus deer in non-hunted populations. Why? Here is where we lose the authors of the flyer because we have to apply a little ecological knowledge, or maybe read the entire article they misrepresent. This article goes on to explain that hunted deer populations are more healthy deer because they are in better balance with their environment and are better capable of reproducing than non-hunted deer because non-hunted deer are less healthy. That does not mean that hunting will increase the deer population. In fact, hunting reduces the deer population because it overcomes the slight increase in reproduction associated with healthy deer. Hunting is how deer populations are managed in Virginia and the declining deer herd in the state is testament to the efficacy of the method.

There are other false claims in the anti-hunting flyer, but I hope that I have made my point. Perhaps there is a reason the author of the flyer did not sign their work. They knew they were lying to you. I will sign mine.

Kevin R. Rose
Certified Wildlife Biologist

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VDOT Virginia Department of Transportation

Public Meetings Fall Transportation Meeting

You are invited to participate in public meetings held by the Commonwealth Transportation Board. The meetings will begin with an open house followed by a town hall style meeting. The open house will provide information on various transportation initiatives including proposed changes to Virginia's project prioritization process (SMART SCALE), recently funded projects in the Six-Year Improvement Program, Virginia's Statewide Transportation Improvement Program, VTrans Multimodal Transportation Plan, and Scenario Planning and Freight plans. Representatives from the Office of Intermodal Planning and Investment, Departments of Transportation and Rail and Public Transportation, along with Metropolitan Planning Organizations, Planning District Commissions, and Transit organizations will be in attendance to highlight their transportation programs and to discuss your ideas and concerns on Virginia's transportation network. The open house will be followed by a town hall session, where you can engage in discussion and ask questions about the various initiatives. Comments will be accepted informally at the meeting and may also be submitted via email, or online.

Meeting Dates and Locations

Open House begins at 4:00 pm in each of the locations:

Tuesday August 29, 2017 Germanna Community College Center for Workforce & Community Education 10000 Germanna Point Drive Fredericksburg, VA 22408	Thursday, August 31, 2017 The Prior Center at UVA-Wise 437 Stadium Drive Wise, VA 24293	Monday, September 11, 2017 Culpeper District Office Auditorium 1601 Orange Road Culpeper, VA 22701
Thursday, September 14, 2017 Chesapeake Conference Center 700 Conference Center Drive Chesapeake, VA 23320	Monday, September 18, 2017 NOVA District Office The Potomac Room 4975 Alliance Drive, Fairfax, VA 22030	Monday, October 2, 2017 Hilton Garden Inn Richmond South/Southpark 800 Southpark Boulevard Colonial Heights, VA 23834
Wednesday, October 4, 2017 Holiday Inn Lynchburg 601 Main Street Lynchburg, VA 24504	Tuesday, October 10, 2017 Blue Ridge Community College Plecker Center for Continuing Education One College Lane Weyers Cave, VA 24486	Thursday, October 12, 2017 Holiday Inn Valley View 3315 Ordway Drive Roanoke, VA 24017

Meeting materials will be available at <http://www.ctb.virginia.gov/planning/fallmeetings/> beginning August 29, 2017.

If you cannot attend a meeting, you may also send your comments on highway projects to Infrastructure Investment Director, VDOT, 1401 E. Broad St., Richmond, Virginia 23219, or SixYearProgram@VDOT.Virginia.gov and on rail, public transportation and transportation demand management to Public Information Officer, DRPT, 600 E. Main St., Suite 2102, Richmond, Virginia 23219, or DRPTPR@drpt.Virginia.gov. Comments will be accepted until October 20, 2017.

The Commonwealth is committed to ensuring that no person is excluded from participation in, or denied the benefits of its services on the basis of race, color or national origin, as protected by Title VI of the Civil Rights Act of 1964. If you need further information on these policies or special assistance for persons with disabilities or limited English proficiency, please contact the Virginia Department of Transportation's Title VI Compliance Officer at 804-786-2730 or the Virginia Department of Rail and Public Transportation's Title VI Compliance Officer at 804-786-4440 (TTY users call 711).

Democratic-Endorsed School Board Candidate Wins

Keys-Gamarra overcomes Republican-advantage in low-turnout August.

BY MICHAEL LEE POPE
THE CONNECTION

Guardian ad litem and Fairfax County Planning Commission member Karen Keys-Gamarra swamped Republican Chris Grisafe and two other candidates in a special election Aug. 29, one that Democrats say is a sign of strength for their party heading into the fall. The seat was vacated by Republican-endorsed former School Board member Jeanette Hough in May, days before the deadline for the race to be on the ballot in November. Democrats cried foul, attacking the Republicans throughout the campaign for trying to rig the vote by engineering an August special election so the voters would be older and whiter and ostensibly more inclined to vote Republican than the much larger pool of voters in November.

"It backfired," said at-large School Board member Ryan McElveen, adding that the cost to taxpayers was about \$300,000 for the special election. "That became the narrative, and it's what people were talking about."

After it was clear that she had won more than 60 percent of the vote, Keys-Gamarra arrived to a raucous crowd of campaign volunteers and party faithful assembled at the Elks Lodge in Pine Ridge. Lt. Gov. Ralph Northam introduced the victorious Democrat with a speech that some in the crowd compared to the kind of delivery popularized by professional wrestlers, a newfound sense of ebullience for the typically buttoned-down candidate for governor. Keys-Gamarra thanked those who worked on her campaign without the benefit of a list, which she said she said she had been too busy to

write.

"Today is so much bigger than me," said Keys-Gamarra. "This sends a message that every student, every citizen, deserves a voice."

ON THE CAMPAIGN trail, Keys-Gamarra focused on a theme of leveling the playing field for students across the county. She would frequently say that all students deserve the same opportunities no matter what ZIP code they live in. That was a message that resonated with voters in Virginia's most populous county, which has pockets of poverty scattered around some of the wealthiest neighborhoods in the county. Supporters say that was the right message for an at-large seat on the School Board, which represents all parts of the county.

"Karen was really focused on this issue of equity," said Tamara Derenak Kaufax, who represents the Lee District on the School Board. "She understands that poverty brings challenges, and that was something she talked about at every campaign appearance."

Some Democrats were worried that the controversy surrounding the recent vote on renaming J.E.B. Stuart High School might undermine Keys-Gamarra, who agreed with those wanting to change the name. But as the precinct numbers rolled in Tuesday night, it became clear that issue might not have been the flashpoint some had feared.



PHOTO BY ANDREA WORKER

Karen Keys-Gamarra won the special election to fill the open school board seat vacated by Jeanette Hough.

Election Results

- ❖ Karen Keys-Gamarra: 41,436 votes, 64 percent
- ❖ Chris Grisafe: 21,315 votes, 33 percent
- ❖ Michael Owens: 1,408 votes, 2 percent
- ❖ Sandra Allen: 787 votes, 1 percent

"Today is so much bigger than me. This sends a message that every student, every citizen, deserves a voice."

— Karen Keys-Gamarra

Democrats were closely watching precincts like Belvedere and Barcroft for a sense that voters there might be pushing back against the move to strip the high school of its controversial Confederate name.

"If there was going to be a backlash, that's where you would have seen it," said U.S. Rep. Gerry Connolly (D-11). "But she won those precincts."

Campaign manager Peter Dougherty acknowledged that turnout for the August special election was low compared to November. But he said the numbers this week exceeded his expectations, which he as-

sumed would be maybe 6 percent or 7 percent of registered voters. Instead turnout was closer to 10 percent. Keys-Gamarra ended up with more than 41,000 votes — 64 percent, almost doubling the turnout of her Republican-endorsed opponent. Dougherty said he was surprised to see his candidate win in precincts like Fairfax Station, which is traditionally GOP territory.

"I think this shows that Democrats are really excited right now," said Dougherty. "Voters wanted someone who would stand up to what we saw in Charlottesville, and I think Karen's message was the antidote to that."

McLean Orchestra Names Gerald Fowkes Music Director of the McLean Youth Orchestra

The McLean Orchestra has named Gerald Fowkes the music director of its McLean Youth Orchestra (MYO). He has begun his duties over the summer and will conduct rehearsals and concerts beginning in September. He also will hold auditions at The Old Firehouse in McLean on Sept. 10. Fowkes is currently Director of Orchestras at Fairfax County High School. Prior to his tenure at Fairfax, he taught at Gar-Field High School, Woodbridge Senior High school and Stonewall Middle School. As a member of the artistic staff of the Youth Orchestras of Prince William, Fowkes is the conductor of the Concert Orchestra. He has conducted

All-County Orchestras in Albemarle, Fauquier, Loudoun, Prince William, Spotsylvania, and Stafford Counties and the 2014 VBODA District X Senior Honor Orchestra and 2016 VBODA South East.

Fowkes is a graduate of Louisiana State University where he graduated summa cum laude in Cello Performance. He is an alumnus of both the Youth Orchestras of Prince William and the American Youth Philharmonic, and is a past Virginia Governor's Scholar at the National Music Camp in Interlochen, Mich.

The McLean Orchestra, led by music director Miriam Burns, is the fully-professional orchestra in the McLean area, and

recently completed its 46th season of presenting fine orchestra repertoire. The MYO comprises auditioned high-school age musicians, who rehearse weekly during the school year and perform three concerts in the community building of Vinson Hall in McLean. Concerts include classical orchestra and concerto repertoire, giving young musicians high level ensemble and performing experience. These concerts are free to the community. The younger Repertory Orchestra of the MYO gives middle school musicians high-quality ensemble training, under the leadership of Veronica Jackson.

On Sept. 25 the McLean Orchestra will change its name to the Tysons McLean Or-

chestra. After 46 years of performing and now becoming a fully professional orchestra, this group finds itself in a position to need larger performance venues and increased support from the business community and residents from the growing Tysons area. The Tysons McLean Orchestra hopes to perform at some new performing arts centers planned for Tysons in the future. The Youth Orchestra will always be a part of the Tysons McLean Orchestra and the young musicians will have continued opportunities to perform side by side with the adult orchestra.

Visit www.mclean-orchestra.org.

Healthy and in Season

From juicy apples to hearty cabbage, how to reap the health benefits of fall produce.

BY MARILYN CAMPBELL

With her one-year-old daughter in tow, Ellen Knight poked at apples and caressed peppers on a Sunday morning at the Bethesda Farmers Market. The activity is part of her weekend ritual, searching for the freshest, most flavorful seasonal fruits and vegetables to use in meals throughout the rest of the week.

"I'm a little neurotic about produce and farmers markets," she said. "I try to only buy at farmers markets and only buy what's in season. I'm excited about fall and the new changes in what's coming in from the local farms."

As the weather gets cooler and temperatures drop, the bumper crops of fall can be found in flavorful abundance at farmers markets, grocery stores and even backyard gardens. Among the most nutritious and readily available produce are cabbage, peppers, squash, beets and other root vegetables, says Chef Pete Snaith of Culinaria Cooking School in Vienna.

"The fall harvest is a glorious time for peak-of-the-season vegetables and fruits," he said. "Farmers markets will be piled high"

With a flavor that can be the basis of both sweet and savory dishes, sweet potatoes are one of the most nutritious foods to debut in fall, says nutritionist Allison Speer of the Speer Nutrition Group in Alexandria. "They're loaded with potassium and vitamin E," she said. "In fall there's a greater variety available like Purple Stokes, Garnet and Hannah.

Choose small or medium-sized sweet potatoes that feel heavier than they look, advises Speer. "Store them in a dark place and keep them cool, but not cold," she said. "Letting them get cold ruins the flavor."

Winter squash is an umbrella

term for a wide-range of squash varieties with thick, tough skins, such as butternut and acorn. Most readily available beginning in early fall and slow to go bad, winter squash can be stored whole for several weeks, says Arlington-based dietitian Melissa Hawkins, RD. "They are full of vitamins A and C," she said. "They also have a lot of potassium and fiber, which can make you feel full and satisfied for a longer time."

Hawkins also touts the versatility of winter squash. "I like to use butternut squash or pumpkin in soup," she said. "Acorn squash can be made into a puree. One of my favorite things to do is to spiralize winter squash to make spaghetti or noodle-like strands that I use instead of pasta. It's super easy and deeply satisfying."

Though its trendier cousins kale and Brussels sprouts get more hype, Hawkins says that cabbage is a versatile superfood that should not be overlooked. "There are so many varieties like Savoy and Napa and it's full of vitamins C and B6 and fiber," she said.

Cabbage and other greens are low in calories and can be prepared in a myriad of ways, adds Speer. "One of the simplest ways to cook them is to roast them or stir fry them," she said. "Cabbage can also be stuffed or turned into slaw."

Most commonly seen in dark red, beets come in a variety of colors like white, pink and orange. They're earthy, sweet and nutritious, says Hawkins. "Eating beets is almost like taking a big multivitamin," she said. "You're getting vitamins, A, B and C, plus iron, potassium, folic acid and beta-carotene."

Beets can be eaten raw or prepared in a variety of ways, says Speer. "You can roast them, puree them or even make beet chips," she said. "They can stain your hands and clothing so you have to be careful when handling them."

Among the foods most often associated with fall are apples. With varieties ranging from tart Granny Smiths to sweet Fujis, there's an orb for every palate, says Speer. "Apples are packed with fiber and vitamin C," she said. "You can slice them or eat them whole, so they're accessible and easy to carry and eat."

Select apples that are firm and without blemishes or bruises, and coat them with lemon juice after they've been cut to keep them from turning brown, advises Speer.

Choosing produce that is fresh and in-season, makes it easier to prepare them with little fuss so that their nutritional value is preserved. "Fresh vegetables deserve

quick, simple, healthy preparation," said Snaith "Steaming, blanching, grilling, and roasting quickly come to mind. Apples, watermelon, and peaches are abundant now as well. You can top off a delicious meal with a light dessert of baked apples or grilled peaches with homemade vanilla ice cream."

JOIN THE FIGHT FOR ALZHEIMER'S FIRST SURVIVOR.



At the Alzheimer's Association Walk to End Alzheimer's®, people carry flowers representing their connection to Alzheimer's — a disease that currently has no cure. But what if one day there was a flower for Alzheimer's first survivor? What if there were millions of them? Help make that beautiful day happen by joining us for the world's largest fundraiser to fight the disease. Register today at alz.org/walk.



**Walk to End Alzheimer's
in Northern Virginia
Reston Town Center
September 24 | 2:00 pm**

Roasted Beet Salad

2 each, red and golden beets, wash but not peeled.
2 TBSP, olive oil
3 oranges, peeled and segmented
1/4 cup, fresh mint, chiffonade
4 oz., feta cheese, sliced into 1/2" cubes or crumbled^o
1 mango, sliced in 1/2" cubes
micro greens or pea shoots (optional)

Vinaigrette
1/2 cup, olive oil
2 TBSP., balsamic vinegar
1 TBSP., orange juice
salt and pepper to taste

1. Preheat the oven to 400° F.
2. Coat the beets with the olive oil and season with salt and pepper. Place the beets in a roasting dish and cover. Place in the oven and roast for about 1 to 1 and a half hours or until tender. Remove from the beets from the oven and let cool. Peel when cooled. Cut into 1/2" pieces
3. While the beets are roasting, prepare the vinaigrette. Place the ingredients in a bowl and whisk to combine.
4. Place the beets, mango, orange, and pea shoots in separate bowls. Drizzle each with a tablespoon of vinaigrette and toss to coat.
5. Arrange the salad attractively on the plate. Top with pea shoots and drizzle with the vinaigrette and top with the mint.



From left: Jill Garcia of California and Oakton residents Sofia Upchurch, 8, her mother, Natalia Upchurch, Andrew Upchurch, 1, Nathaniel Upchurch, 3, and father, Chris Upchurch at Holy Transfiguration Church's 27th annual Middle Eastern Food Festival Saturday.



PHOTOS BY COLIN STOECKER/THE CONNECTION

From left: U.S. Rep. Barbara Comstock (R-10); Ash Youssef, church member; Muhammad Akbar; and Ed Gillespie, Virginia gubernatorial candidate, at Holy Transfiguration's 27th annual Middle Eastern Food Festival Saturday.

Cultures Meet, Blend at Middle Eastern Food Festival

McLean Transfiguration Church festival brings together communities.

BY COLIN STOECKER
THE CONNECTION

Father Joseph Francavilla, a McLean resident, has been the pastor at Holy Transfiguration Greek Orthodox Church in McLean for 45 years, and for 27 of those has been leading the Middle Eastern Food Festival at his church. The Middle Eastern Food Festival that took place Saturday and Sunday attracted community members, churchgoers, and politicians like U.S. Rep. Barbara Comstock (R-10) and gubernatorial candidate Ed Gillespie to enjoy the wonders of traditional Middle Eastern cooking in McLean.

The Middle Eastern food served symbolizes the bringing together of Holy Transfiguration and the local community, but it also represents the roots of Christians who brought their religion west where it was historically practiced in ancient places like Syria, Lebanon, Iraq, Jordan, and Palestine.

"Sometimes people mistake our outreach for the notion of all middle easterners being Muslims. But this is not true, Christians are in the Middle East too and we want to



Father Joseph Francavilla, pastor at Holy Transfiguration for 45 years poses for a picture at the 27th annual Middle Eastern Food Festival Saturday.

be conscious of our biblical past," said Francavilla.

The festival was focused around the food, and there was a lot of it handmade treats



Pastries made by women of Holy Transfiguration Church for 27th annual Middle Eastern Food Festival Saturday. Baklava, Atayef Pancake stuffed with clotted cream, and pistachio and date stuffed pastries are pictured here.

by the women church members. Traditional Kibbee is the most popular, and is sometimes served raw, although it was cooked at the festival. Pita bread, rice, and eggplant

Baba ganoush, were also available. So were the grape leaves stuffed with meat and rice.

Washington D.C. has a large Middle Eastern population and that has expanded in recent years to outlying communities like McLean.

"Our festival has become the thing to do on labor day weekend, as in the past it has been an orphaned weekend with not a lot going on for people," said Francavilla.

"This festival really shows how international our community is in McLean," said Comstock. "The food is great; these are some of the best meals you can get in the area!"

Homemade pastries hand-made from pancakes, called Atayef and stuffed with clotted cream, dates, and pistachios were available for lunch and for sale. Baklava was present in its traditional form.

"The women of the church are proud of their hospitality, and in Middle Eastern cultures it is important for the host to be hospitable even if he doesn't agree with the visitor in politics," said Francavilla.

Kimberly Metzger, a Vienna resident, who belongs to the church, was new this year as a volunteer. "It's been wonderful. I met a lot of people, for the first time in 18 years I felt like I belong!" she said.



From left: McLean residents, Joe Baker of the Knights of Columbus, and Chris Hudson, grill chicken kabobs under a tent at the Holy Transfiguration's 27th annual Middle Eastern Food Festival Saturday.



Vienna resident and Holy Transfiguration member, Kimberly Metzger worked to organize pastries at Holy Transfiguration's 27th annual Middle Eastern Food Festival Saturday.

NEWS

Call to Support Detective's Family

The Police Benevolent Foundation (PBF) and the Virginia Division of the Southern States PBA would like to express their deepest sympathy and compassion to the family, friends and fellow law enforcement officers of Fairfax County Detective Paul "Tony" Basham. Basham, a Centreville resident, was assigned to the Criminal Investigation Section of the McLean District Station and was a 20+ year veteran of the Fairfax County Police Department. Basham died suddenly on Aug. 28 according to his obituary, and is survived by his wife, two young children and sister who is also a police officer.

Virginia PBA President Joe Woloszyn said, "Our thoughts, prayers and support go out to Tony's family during this difficult time. We are now calling on the community that he valiantly served to step up and help his family in this time of need. Detective Basham was a beloved officer, husband, father, son and brother who will be missed tremendously by all who knew him."

An account has been established under the Police Benevolent Foundation titled the Detective Paul "Tony" Basham Memorial Fund. Donations can be made through the account link on the Police Benevolent Foundation's website at www.pbfi.org. All donations made to this memorial fund are tax-deductible, and 100 percent of the money will go to Basham's family. The PBF is asking everyone to please pass this information along to friends and family. It is with a heavy heart that the PBF and VAPBA now ask for the help of the community to aid in efforts to provide much needed support for Basham's family.

FAITH NOTES

Faith Notes are for announcements and events in the faith community. Send to vienna@connectionnewspapers.com. Deadline is Friday at noon.

First Baptist Church of Vienna located at 450 Orchard St., NW, Vienna. Sunday services are held at 7:45 and 10 a.m. weekly. Wednesday Night with the Family service is held at 6 p.m. followed by corporate singing at 7 p.m. Bible studies take place Tuesday's at noon.

For those struggling physically or spiritually, on the first Sunday of each month, **Christ the King Lutheran Church** offers a rite of healing as part of worship; the opportunity to be anointed with oil and prayed over. During the healing rite, the pastor or another person says a short prayer while two people lay hands on the recipient. Then the pastor or helper anoints them with oil as a sign of God's healing and

SEE FAITH. PAGE 13



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VDOT Virginia Department of Transportation

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
Federal Project: NHPP-066-1(356)

CALENDAR

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 for more.

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

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

Weekly Storytime. Wednesday and Saturday, 11 a.m. Barnes & Noble, 7851 L Tysons Corner Center, McLean. Themes and titles vary. Free admission.

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

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.

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 for more.

SEPT. 7-9

Quarterly Book Sale. 11 a.m.-8 p.m.; Saturday 10 a.m.-2 p.m. at the Tysons 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 for more.

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 for more.

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 for more.

End of Summer Community Picnic. 4:30-6:30 p.m. at The Hunger Church - Charles Wesley UMC, 6817 Dean Drive, McLean. Free. Food, games, moon bounce. Visit www.thehungerchurch.org for more.

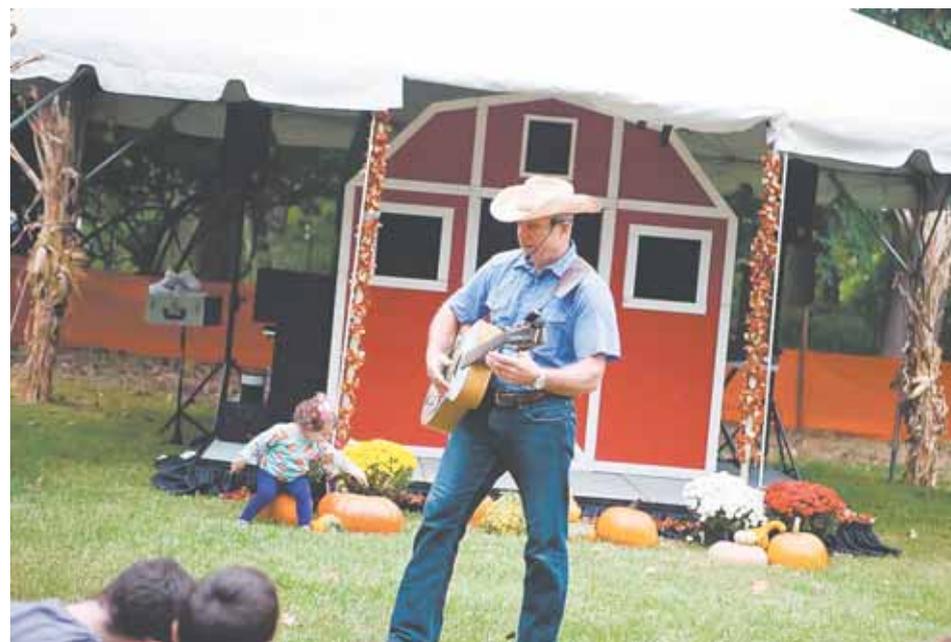
SEPT. 9-20

Northern Virginia Senior Olympics. Various



Garage Sale

The McLean Garage Sale is on Saturday, Sept. 16, 9 a.m.-1 p.m. at the parking lot, 1420 Beverly Road, McLean. The deadline to register is Wednesday, Sept. 13. Visit www.mcleancenter.org for more.



Harvest Happenings

On Saturday, Sept. 30, it's outdoors for "Harvest Happenings," 11 a.m.-2 p.m. at St. Luke's School, 7005 Georgetown Pike, McLean. Live entertainment, a petting zoo, crafts and games. All activities are free, except for the cost of purchasing pumpkins for crafts activities and food concessions. Visit www.mcleancenter.org for more.

times and locations, more than 50 different events taking place at more than 25 venues across Northern Virginia. Call 703-403-5360 or visit www.nvso.us for more.

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 for more.

THURSDAY/SEPT. 14

Remembering Jerry Halpin. 7:30-9 a.m. at J. Gilbert's Wood-fired Steaks & Seafood, 6930 Old Dominion Drive, McLean. Chaired by John Ulfelder, former West*Group SVP and Partner, currently Dranesville Planning Commissioner. \$20, future members \$30. Visit www.jgilberts.com or call 703-893-1034 for more.

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 for more.

FRIDAY/SEPT. 15

Tequila Tasting. 5:30-7:30 p.m. at the Härth Restaurant, Hilton McLean Tysons Corner, 7920 Jones Branch Drive. A free tasting event unveiling a new proprietary tequila from Herradura. Free, and open to anyone 21+ Call 703-847-5000 for more.

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 for more.

SATURDAY/SEPT. 16

American Legion Breakfast. 8 a.m.-noon at Post 180, 330 Center St., N., Vienna. Buffet includes omelets, blueberry, pancakes, sausage, bacon and more. Adults \$9, children 12 and under \$3. Call 703-938-6580 for more.

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 for more.

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 for more.

SEPT. 16-17

Bonsai Show and Auction. 10 a.m.-5 p.m. at Meadowlark Botanical Gardens, 9750 Meadowlark Gardens Court, Vienna. Sponsored by the Northern Virginia Bonsai Society and the Potomac Bonsai Association. Visit www.potomacbonsai.com for more.



Vivian Attermeyer

Painting Demonstration on Thursday, Sept. 14 at 7:30 p.m. at Vienna Art Center, 115 Pleasant St., NW, Vienna. Learn how award-winning artist Vivian Attermeyer creates her original artworks capturing different seasons and light conditions. Visit www.ViennaArtsSociety.org or call 703-319-3971 for more.

NEWS

McLean Community Foundation Awards \$4,500 to McLean High School

The McLean Community Foundation recently awarded \$4,500 to McLean High School for their recycling program pushing the total amount of grants awarded to McLean High School to more than \$50,000 in MCF's history and the total for grants to McLean area FCPS schools to more than \$100,000.

In total for the recent grant period, MCF distributed \$10,150. In addition to McLean High School, grantee organizations include the New Dominion Chorale, Insight Memory Care, and furniture for the children's play area at Halquist Memorial Inpatient Center, which often serves as "home" to families visiting patients in hospice.

The McLean Community Foundation (MCF) is a nonprofit formed in 1978 by the McLean Citizen's Association to meet the philanthropic needs of a growing McLean community. The focus is entirely on efforts that benefit the McLean community.



Check presentation to the McLean High.

PHOTO CONTRIBUTED

FAITH NOTES

FROM PAGE 11

forgiveness. Christ the King Lutheran Church, 10550 Georgetown Pike, Great Falls. Call 703-759-6068 or visit www.gflutheran.org.

Wesley United Methodist Church located at 711 Spring St., SE, Vienna, Virginia 22180, at the corner of Spring Street and Moore Avenue. 10:30 a.m. fellowship time in the fellowship hall; 11 a.m. traditional family worship in sanctuary. If you are seeking a church home which encourages: caring and supportive fellowship, an active and devoted prayer life and study of scripture, support for local and world missions, an open, responsive awareness to the presence and power of God's Holy Spirit.

Youth Activities at Wesley United Methodist Church. Activities are open to all 6th-12th graders. Youth Sunday School meets every Sunday at

10 a.m. in the upper room. Youth Bible Study will meet every Sunday at 4:30 p.m. off-site. Following bible study, ride together to the church for youth group. Email the Youth Ministry Staff for the address. The Anchor meets every Sunday from 6-8 p.m. in the fellowship hall. Join us for dinner, games, worship, and diving deeper into the Word. During the summer, Youth Sunday School meets most Sundays at 9 a.m. in the upper room.

To receive the newsletter or for more information contact youth@wesleyvienna.org.

St. Thomas' Episcopal Church, at the intersection of Lewinsville and Brook roads in McLean, invites you for a casual Saturday Service at 5 p.m., followed by conversation and fellowship or for Sunday Services at 8 a.m. or 10 a.m. Sunday School for Youth and Children takes place during the 10 a.m. Service. Check www.stthomasmcleanva.org for special events and services through the year. St.

Thomas' Episcopal Church, 8991 Brook Road, McLean, 703-442-0330.

Church of the Holy Comforter, 543 Beulah Road, NE, Vienna, offers a monthly Healing Eucharist with the Laying on of Hands and Anointing for Healing (first Sunday of the month, 5 p.m. at St. Mary's Chapel). The Healing Ministry is led by the Rev. Valerie Hayes and Alexandra MacCracken and includes a team of lay healers who have gone through intentional training and formation. Contact the Rev. Valerie Hayes at vhayes@holycorforter.com.

Yoga Class with a Christian Focus is held Saturdays, 3-4 p.m., McGill Hall or the Library at the Church of the Holy Comforter, 543 Beulah Road, NE, Vienna. This group is suitable for those with beginner and/or intermediate yoga experience. Dress comfortably and bring a mat. Feel free to bring a towel, block(s) or strap. Contact the Church Office at 703-938-6521.

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Saint Ann Catholic Church

SUNDAY LITURGY SCHEDULE:
 Saturday Vigil: 5:30 PM
 Sunday: 7:30, 9:00, and 11:00 AM
 1:30 PM Spanish Liturgy

DAILY EUCHARIST:
 Weekdays
 Monday-Friday, 8:30 AM
 Saturday, 8:30 AM

All Are Welcome!

5312 North 10th Street,
 Arlington, Virginia 22205
 Parish Office: 703-528-6276

PARISH WEBSITE:
www.stannchurch.org

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McLean Community Center
The Center of It All



Here's What's Happening at MCC

The Old Firehouse Friday Night Trips

Dave & Buster's

Friday, Sept. 8, 3:30-10 p.m.

\$55/\$45 MCC district residents

1440 Chain Bridge Rd., McLean, Va. 22101



The Old Firehouse Family Events

Family Fun



Friday, Sept. 15, 7-9 p.m.

\$10/\$5 MCC district residents

1440 Chain Bridge Rd., McLean, Va. 22101



Clear the Clutter!

McLean Community Fall Garage Sale

Featuring a Kids' Corner

Saturday, Sept. 16, 9 a.m.-1 p.m.

Free Admission

1420 Beverly Rd., McLean, Va. 22101

Presented by The Alden

John Eaton in Concert

Saturday, Sept. 16, 2 p.m.

\$20/\$14 MCC district residents

Vinson Hall Auditorium
 6251 Old Dominion Dr.
 McLean, Va. 22101



The Old Firehouse Teacher Workday Trip

Kings Dominion

Friday, Sept. 22, 8 a.m.-6:30 p.m.

\$80/\$70 MCC district residents

1440 Chain Bridge Rd., McLean, Va. 22101

Presented by The Alden

The Princess Bride PG

Quote-Along Movie

Friday, Sept. 22, 7 p.m.

Admission and popcorn are free.
 Prop bags are \$5 each.

The Old Firehouse, 1440 Chain Bridge Rd.,
 McLean, Va. 22101

The McLean Community Center

www.mcleancenter.org

Home of the Alden Theatre

www.aldentheatre.org

Administrative Offices
 6631 Old Dominion Dr.
 McLean, VA 22101
 703-790-0123, TTY: 711






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NEWS

PHOTO COURTESY OF SCOV

From left: Pastor Kyungsuk Cho, Wesley United Methodist Church; Rev. Dustin Parson Schwarz, Emmaus United Church of Christ; Pastor Jeff Haugh, Vale UMC; Pastor Austin Almaguer, Vienna Baptist Church; Rev. Kristin McBrayer, Emmaus United Church of Christ; Pastor Carl Sweatman, Antioch Christian Church; Rev. Jamie Samilio, Holy Cross Episcopal; Pastor CJ Cousins, Vienna Seventh Day Adventist; Rev. William Metzger, Our Lady of Good Counsel; Michelle Scott, ED Shepherd's Center of Oakton-Vienna; and Rev. John Dolan, Our Lady of Good Counsel.



Local Clergy and Guests Gather for a Minister's Breakfast Networking Event

This summer the Shepherd's Center of Oakton-Vienna (SCOV) hosted a Minister's Breakfast with local clergy attending. The purpose of SCOV's Minister's Breakfast was to provide an opportunity for local clergy to introduce the "old and the new" pastors currently serving in the Northern Virginia area to each other and to share the many services offered by the Shepherd's Center. The event was sponsored by The Arbor Terrace of Fairfax Senior Living and held in the Vienna Baptist Church fellowship hall. For more information about SCOV's services and programs for seniors (50+), visit their website at www.scov.org or their Facebook page at www.facebook.com/scov.org.

Founded in 1998, the Shepherd's Center of Oakton-Vienna is a volunteer-based nonprofit organization dedicated to providing opportunities for adults (50+) to seek rewarding lives and to live independently in their homes for as long as possible. The unique approach employed by SCOV has also allowed for mature adults to volunteer their time and skills providing vital services to the more vulnerable seniors needing assistance. In 2018 SCOV will be celebrating twenty years of service to the community.

As the country's population is living longer and oftentimes isolated from family support, "aging in place" becomes a challenge. The concept of "Seniors

Helping Seniors" truly defines the spirit and purpose of the Shepherd's Center of Oakton-Vienna. Their personal enrichment and volunteer opportunities reaches more than 3,000 older adults (50+) in the region.

Each year more than 250 volunteers at SCOV serve as medical drivers, companion drivers, friendly callers and visitors, health and wellness educators, office assistants, fundraisers, and grant writers. Volunteers also run programs such as SCOV's Lunch n' Life, Adventures in Learning, trips and outings, special events, and the caregivers' support group and caregivers treat event. Please LIKE and SHARE their Facebook page www.facebook.com/scov.org

Brought back by popular demand, SCOV's signature fundraiser to be held on Sunday, Oct. 22, 2017, 3 p.m. will again feature the Capitol Steps - Making DC laugh for over 35 years. Tickets are \$35. Organizers are suggesting tickets be purchased early as this show is expected to sell out. Visit www.scov.org/fundraiser-tickets or call 703-281-0538. Sponsorships are still available. Visit www.scov.org/Fundraiser-Sponsorship to view the corporate benefits provided with a sponsorship.

To volunteer, donate or learn more about how you can help, visit www.scov.org or contact the office at 703-281-0538, office@scov.org.

Senior Center to Host David E. Hoffman, Author

The Great Falls Senior Center (GFSC) will welcome David E. Hoffman as its guest speaker for Oct. 17 event. Hoffman is an American writer and a contributing editor at the Washington Post and has been a journalist for 30 years. He won a Pulitzer Prize in 2010 for a book about the legacy of the nuclear arms race.

Hoffman came to Washington, D.C., in 1977 to work for the Capitol Hill News Service. He covered Ronald Reagan's 1980 presidential campaign. In 1982 he joined the Washington Post to help cover the Reagan White House; he also covered the first two years of the George H.W. Bush presidency. His White House coverage won three national journalism awards. Later, he was diplomatic correspondent at the time the Soviet Union collapsed, and then served as Jerusalem correspondent, covering the Oslo

peace accords. From 1995 to 2001, he served as Moscow Bureau Chief. He was also the Foreign Editor and Assistant Managing Editor for Foreign News. His first book was "The Oligarchs: The Wealth and Power in the New Russia" followed by "Dead Hand: The Untold Story of the Cold War Arms Race and its Dangerous Legacy," and "The Billion Dollar Spy: A True Story of Cold War Espionage and Betrayal."

The Oct. 17 event will be held at St. Francis Episcopal Church, Great Falls, 9220 Georgetown Pike, 11 a.m.-1:30 p.m. and includes lunch. Reservations are required, contact Karen Emami at Karen.emami@globalinfotek.com or call 703-938-6411. Visit gfseniors.org.

The event sponsor is Adams-Green Funeral Home and Crematory, family owned and operated since 1885, 721 Elden St., Herndon.

BULLETIN BOARD

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

SENIOR VOLUNTEERS

RSVP, a volunteer network for seniors seeking service opportunities in and around Fairfax County, Arlington County and the City of Alexandria, offers a wide array of opportunities for volunteers 55 and older. RSVP volunteers enjoy flexible schedules, free accident and liability insurance while serving, optional mileage and meal reimbursement and are invited to volunteer group projects and social gatherings. To sign up for an upcoming orientation, email Carly Hubicki at chubicki@volunteerfairfax.org or call RSVP at 703-403-5360. To learn more about RSVP, visit www.rsvpnova.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 facilitator, 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.

MONDAY/SEPT. 11

Grupo Hispano de Unity of Fairfax. 7-9 p.m. at Unity of Fairfax, Conference Room, Unity of Fairfax, 2854 Hunter Mill Road, Oakton. This new ongoing Spanish-speaking group will celebrate spirituality with music, messages from The Daily Word, guided meditations and prayers. Weekly event every Monday. All are welcome. Free. Email grupohispano@unityoffairfax.org for more.

TUESDAY/SEPT. 12

MCC Finance Committee Meeting. 7:30 p.m. at MCC Administrative Offices, 6631 Old Dominion Drive, McLean. Residents of Dranesville District 1-A are invited to attend a meeting at 7:30 p.m. on Tuesday, Sept. 12, when the full MCC Governing Board will meet as a Finance Committee of the Whole to work on the details of the Center's FY 2019 draft budget proposal. Visit www.mccleancenter.org for more.

Emergency Preparedness Class. 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 beginning Sept. 12 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. For more information and to apply, visit bit.ly/2tXrP3L

IN-PERSON, TV DEBATES

The League of Women Voters of the Fairfax Area (LWVFA) will hold four in-person forums and three televised forums for the public and the press to learn about the candidates who are running for election to the Virginia House of Delegates. The League invited all certified candidates campaigning for office in their respective districts. At the in-person forums, question-and-answer sessions will be followed by an opportunity for informal conversations with individual candidates. The public and press are encouraged to attend. For more information about the candidates' priorities and positions, visit www.vote411.org.

In-person forums:

- ♦ **Sunday, Sept. 17** at 2:30 p.m. at Reston Community Center: Hunters Woods Village Center, 2310 Colts Neck Road, Reston.
- ♦ **Thursday, Sept. 28** at 7 p.m. at Providence Community Center: 3001 Vaden Drive, Fairfax.

The televised forums at Fairfax County Public Access are on Channel 10 or livestreamed on YouTube "Inside Scoop Livestream." The public can submit questions by email to theinsidescoopvtv@gmail.com or call 571-749-1142 between 7-8:30 p.m. Tune in on: **Monday, Sept. 11** at 8 p.m.; **Monday, Sept. 18** at 8 p.m.; and **Monday, Oct. 2** at 8 p.m.

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Nothing To Do With Cancer, Almost



By KENNETH B. LOURIE

How lucky am I? In the last two days, I have been the extremely lucky, though presumably random, recipient, of not one but two unsolicited phone calls offering me FREE accommodations at any number of Marriott and Hilton hotels, fairly reputable brands, I'd say. All I have to do is transport my wife, Dina, and myself to the agreed-upon hotel during the designated window of opportunity and voila, a semi-uncumbered vacation for two awaits. And believe me, the offer couldn't have come at a better time. Let's be honest, what more than a cure does a "terminal" cancer patient need than a reasonably priced, stress-free get away from his every day? Need I even characterize that previous question as rhetorical?

Now since I hung up rather quickly, I don't have all the details, other than their phone numbers of course. Because, as you might imagine, I still have a few questions I'd like answered — you know, to optimize the benefits/coordinate the timing of our vacation. But the 'unsolicited' nature of the call didn't enable me to organize my thoughts and ask all the appropriate questions. Nevertheless, the opportunity seems worthy of a follow-up phone call.

Ideally, what I'd like to do is bracket my vacation/air fare and the miscellaneous travel expenses I'm undoubtedly going to incur around the respective properties' availability. Meaning, I'd like to fly once and stay twice; staying in their respective properties in the same city/location switching out of Marriott after my first free weekend stay and then booking into the Hilton for my next free weekend stay (and I'd be willing to pay for my mid-week excursion during the transition). In effect, making the trip a two-for-one as opposed to a not-going-at-all. And in so arranging, using as much of corporate America's largess and marketing budget as is cleverly possible for a non-corporate America employee to exploit. Not having pursued this possible presumption quite yet because I've just had chemotherapy on Friday and I'm not really in the mood to tangle with a fast-talking, smooth operator, who though he/she may have my best travel plans at heart, may not exactly be feeling my strain. So I'm going to wait a few days until I regain my bearings — and patience, and tolerance and call them back unsolicited at a time convenient for me but possibly not so for them and see if we can make a deal.

Because, to tell you the truth, if I could coordinate two hotel reservations — along with all the amenities with which I'm likely to be showered for accepting these extraordinarily generous offers, combined with some free air miles I've accumulated with United Airlines/their travel partners, this indeed could be the trip that my oncologist encouraged us to take when he first delivered the life-changing/life-ending prognosis: "13 months to two years" back in late February 2009. Further adding that, before starting chemotherapy, was as good as I would likely feel for a long time. And as I have come to learn, the quality of my life is very important to my oncologist.

At that time however, I didn't feel the need and/or wasn't motivated to follow my oncologist's suggestion; I wanted to get started on my treatment. Now, eight and half years later, perhaps the timing is better, especially given that it presents itself at the beginning of a new Redskins football season. And if I may quote the late, great, former, head coach of the "Over the hill gang," George Allen: "The future is now." So let me sift through the offers this week and see if can indeed take the "trip we've always dreamed of." I know it's often said that you can't go back. Maybe we can still go forward.

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



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