MPAartfest Celebrates Arts in McLean

Pendulum Politics in Northern Virginia?

‘Passion For Fashion’ To Help Abused Children

People browse the artist booths at the 11th annual MPAartfest in McLean Central Park on Sunday, Oct. 1, 2017.
CONGRESSWOMAN
BARBARA COMSTOCK
YOUR VOICE IN CONGRESS
PROUDLY REPRESENTING VIRGINIA’S 10TH CONGRESSIONAL DISTRICT

SOME OF THE WAYS WE CAN HELP:

› Internship Opportunities
› Assistance with Various Federal Agencies
› Assistance with Veterans Benefits
› Assistance with Medicare and Medicaid
› Passport Assistance
› 10th Congressional District Young Women Leadership Program
› Military Academy Nominations
› Applying for Federal Grants

Washington, DC
229 Cannon House
Office Building
Washington, DC 20515
☎ 202.225.5136

Loudoun County
21430 Cedar Drive
Suite 218
Sterling, VA 20164
☎ 703.404.6903

Shenandoah Valley
117 E. Piccadilly St
Suite 100 D
Winchester, VA 22601
☎ 540.773.3600

COMSTOCK.HOUSE.GOV
Pendulum Politics in Northern Virginia?

With Vince Callahan gone, House District 34 has swung to the left then the right then back to the left, with increasing margin.

By Michael Lee Pope
The Connection

Northern Virginia’s wealthiest suburbs are also some of its most hotly contested battleground precincts, the House of Delegates district surrounding Great Falls that’s swung left and right and left again in recent years. What once was the home of legendary Republican Vince Callahan has become kind of jump ball after he announced his retirement a decade ago. It’s now represented by Democrat Kathleen Murphy (D-34), who narrowly won a special election when Republican Barbara Comstock was elected to Congress in 2014. Now Republican Cheryl Buford is challenging Murphy from the center right, wagering a campaign that strays from Republican orthodoxy on issues like closing the gun show loophole.

“There isn’t a good reason not to do it now,” says Buford. “One of the reasons why people said we shouldn’t close the gun show loophole is that it was too expensive to get law enforcement there to approve people. But now there are regulations that there has to be someone on the premises who will approve people.”

Following in footsteps of Comstock, Buford is trying to thread a delicate needle in a district that’s hoping could swing either way politically. She’s promising to get rid of needless regulation without being on the record about specifics. When pressed for details, Buford couldn’t name any regulations she would reduce or eliminate. Instead, she says she wants to review the administrative code. On the campaign trail, she’s attacked Murphy for being a “part-time” lawmaker. When pressed for an explanation about what that line of attack means, Buford says she hadn’t seen her opponent knocking on doors in her neighborhood. Murphy says she’s spent lots of time in Buford’s neighborhood working on transportation issues.

“I’ve worked very hard with the neighborhoods out there where she lives along Route 7 to make sure their voice is heard with VDOT as they are planning exits and turn lanes and getting things done as Route 7 has expanded,” says Murphy. “You ask other people over there, and they’ll tell you I’m there all the time.”

THE 34TH HOUSE DISTRICT stretches from Fort Marcy through Langley and Great Falls into the eastern edge of Loudoun County. It includes the CIA headquarters, Wolf Trap and Trump National Golf Course. The median household income is $175,000.

Cheryl Buford  Kathleen Murphy

making it one of the wealthiest districts in Virginia. Callahan represented the seat for more than 20 years, but his retirement created a swing district that has parties battling for dominance ever since. Democrat Margi Vanderhye won it in 2007, although she was ousted two years later by Comstock.

After Comstock was elected to Congress in 2014, Murphy won a hotly contested election against Republican Craig Parisot, bearing him by three points. In a 2015 rematch between the two, the margin was even tighter.

But Donald Trump won only 38 percent of the vote last November to Hillary Clinton’s 56 percent. U.S. Sen. Mark Warner (D) won the district by 51 percent to Ed Gillespie’s 47 percent.

While it will be tough for the GOP to win any seats currently held by Democrats in 2017, this is one of the few such seats with a recent track record of competitiveness,” says Geoff Skelley at the University of Virginia Center for Politics. “So I don’t think we can entirely count out Buford.”

Recent statewide elections have seen the district lean slightly to the left, although Mitt Romney and Barack Obama were essentially tied here in the 2012 presidential election. Republican Bob McDonnell beat Democrat Creigh Deeds here in the 2009 campaign for governor, although Democrats are usually able to win a little more than half the vote in more recent elections.

The outlier was the 2016 presidential election, when Democrat Hillary Clinton swamped Republican Donald Trump by almost 20 percentage points in the district.

“Murphy may be buoyed by the district’s sharp turn left in 2016,” says Skelley. “President Trump plays very poorly in this neck of the woods, which will make it tough for the GOP to take it back in 2017.”

BUFORD, 64, is a native of Topeka, Kan. She was raised in a suburb of Kansas City, and she has a bachelor’s degree in education and a master’s degree in family economics, both from Kansas State University. She also has a master of public affairs from the LBJ School of Public Affairs at the University of Texas. Professionally, she started her career as a home economics teacher in Chicago. After that, she became a consultant for government agencies specializing in transportation and economic development.

She says she was recruited to run for the House of Delegates by Jo Thoburn, chairwoman of the 10th Congressional District Republican Committee.

“There was an opportunity here, so I said yes I wanted to give back to the community,” says Buford. “I have different policy priorities than our current delegate.”

On some issues, Buford is a traditional Republican. She says she would vote against expanding Medicaid, for example. She also says she would vote in favor of hospital construction standards for abortion clinics. On other issues, she takes a more moderate tone. In addition to voting to close the gun show loophole, Buford says she would vote in favor of allowing local governments to remove Confederate statues. If elected, she says, she would fight the opioid epidemic. But when pressed for details, she says she doesn’t have any specific proposals in mind other than following the lead of state Sen. Bryce Reeves (R-17). One of her key campaign issues is recalculating the Local Composite Index to give more money to school divisions who have a high percentage of students who speak English as a second language.

“We are not getting credit for the English as a second language students who require additional assistance,” says Buford. “We should receive that as should schools across the commonwealth.”

“I work well with the other side,” says Murphy. “It isn’t always reflected in legislative bills, but I’ve been endorsed twice now by the Northern Virginia Chamber of Commerce because I’m good for business.”

This year, she passed a bill helping pharmacists dispense with prescription drugs in a way that prevents them from getting into the ground water. She passed another bill requiring for-profit schools to inform students if their credits are transferrable and if the school is accredited.

Yet another new law she introduced requires school boards to report student-teacher ratios in middle schools and high schools. If re-elected, she says, she wants to introduce legislation to reduce the class size of science labs to reduce the opportunity for accidents. And she says she’s also likely to expand on her previous work to keep guns out of homes where protective orders are in place. She also says she wants to make sure female veterans get all the services they need.

“I serve on the Board of Veterans Services for the state, and I’m working very hard on women’s veterans issues,” says Murphy. “I’m working very hard to get a women’s coordinator for veterans affairs because we have a very large number of women veterans here in Virginia.”

The 34th House District stretches from Fort Marcy through Langley and Great Falls into the eastern edge of Loudoun County.
MPAartfest Celebrates Arts in McLean

By Colin Stoecker
The Connection

On Sunday, Central Park in McLean was crowded with families who attended the MPAartfest, annual arts festival in McLean. Local artists from the area displayed their artwork, paintings, photography and much more under canvas tents set up all over the park. A band played under the gazebo and food trucks were present for people looking to have lunch.

The event was sponsored by the McLean Project for the Arts, which is in its 55th year of promoting arts in the community in downtown McLean. Sunday was the 11th annual MPA Artfest.

The New Dominion Women’s Club, a non-profit focused on community engagement and empowering women, organized an arts walk at the entrance to the park – 13 local schools within a few miles of McLean participated by showcasing their artwork.

“I love the arts walk. It’s inspiring,” said Shreem Ramineni, a McLean resident and a stay at home mom and tax attorney. Her son Vasav, a 4-year-old student at Country Day Montessori School proudly pointed to his artwork, the 3D fish tank. “My kids love art and see what the other kids do at school, I have an art background so I encourage it,” she said.

“The New Dominion Women’s Club had 15 of their members helping out at the event. The children’s art walk was part of the MPAartfest but the club committed financial support and coordination. “It catches people as they walk in and celebrates art in its rawest form,” said Desi Wolfman, current president of the New Dominion Women’s Club. “It’s the glue because it brings the families looking for the art that they did at school,” she said.

Supervisor John Foust (D-Dranesville) was a big supporter of the children’s art at the art fest and has been supporting the festival for years. “It’s awesome. I have three major paintings, murals that they put together for me after the art fest in my office,” he said.

“Kids being active in the arts and community building in McLean’s most central venue helps to create the kind of community that we want here,” said Foust.

Katherine Li, sophomore at McLean High and her sister Sofia, eighth grader at Longfellow Middle School were volunteers at Sunday’s event. “I really like art!” said Katherine Li.
Meet Brendan.

The small town values of Vienna are what drew Brendan to raise his family here. Those same values are also what drew Brendan to Schwab, because he understands that values like straight talk and accountability have a place in wealth management. And he knows that trust anchors any good relationship. If you find this modern approach to wealth management compelling, stop by the Schwab Tysons Corner branch or give Brendan a call.

Brendan Hughes, CFP®
VP, Sr. Financial Consultant
Tysons Corner
703-781-1570

Wealth Management at Charles Schwab
PLANNING | PORTFOLIO MANAGEMENT | INCOME STRATEGIES | BANKING

For a full list of branches in the DC area, visit us at Schwab.com/DC

Brokerage Products: Not FDIC-Insured • No Bank Guarantee • May Lose Value

There are eligibility requirements to work with a dedicated Financial Consultant.
Branch located at 1650 Tysons Blvd., Suite #150, Tysons Corner, VA 22102.
To see how Schwab stands behind our word, visit www.schwab.com/satisfaction

*Charles Schwab received the highest numerical score in the J.D. Power U.S. Full Service Investor Satisfaction Study. The January 2017 survey was based on 6,576 total responses from 20 firms that measured the opinions of investors who used full-service investment institutions. Your experiences may vary. Visit jdpower.com

Wealth management refers to products and services available through the operating subsidiaries of The Charles Schwab Corporation, among which there are important differences, including, but not limited to, the type of advice and assistance provided, fees charged, and the rights and obligations of the parties. It is important to understand the differences when determining which products and/or services to select. The Charles Schwab Corporation provides a full range of securities brokerage, banking, money management, and financial advisory services through its operating subsidiaries. Its broker-dealer subsidiary, Charles Schwab & Co., Inc. (“Schwab”), member SIPC, offers investment services and products, including Schwab brokerage accounts. Its banking subsidiary, Charles Schwab Bank (member FDIC and an Equal Housing Lender), provides deposit and lending services and products.

©2017 The Charles Schwab Corporation. All rights reserved. 001227440 (0516-F01) A0912933B0MC-01 (08/17) 00195326
OPINION

Challenges Remain for Police Reform

Including communications and body cameras.

By Phillip Niedzielski-Eichner

On October 22, 2015, the Fairfax County Board of Supervisors approved a pilot project that will deploy cameras on all police patrol vehicles. (Photo: Flickr/John & Lisa Miller)

The commission also called for all officers to be outfitted with body worn cameras, contingent on the enactment of laws, policies and procedures that protect individual privacy. These cameras are to complement the dashboard cameras now mounted in each Fairfax patrol vehicle.

While a potential aid to criminal prosecution, the body-worn camera’s equally important contribution is to foster greater transparency and accountability of all parties during the interactions of the police with the public. As the American Civil Liberties Union noted in an October 2014 report, body-worn cameras “have the potential to be a win-win, helping protect the public against police misconduct, and at the same time helping protect police against false accusations of abuse.”

While the county leadership has committed to deploying this technology, its approach has been appropriately methodical. Key considerations are operational, privacy, data security and cost. For example, the supervisors have approved a pilot project that will deploy cameras in two of the county’s nine magisterial districts and the department is currently evaluating proposals from prospective suppliers.

THIS PILOT PROJECT needs to generate answers to following questions, among others: the county needs to establish when cameras will be running and how will the public know the cameras are on? When can biometric technology – such as facial recognition – be used? How will the video footage be secured from hackers? Who will have access to the data and under what procedures?

How will the massive amount of video data be stored and for how long? As the county understands and appreciates, the cost of deploying body-worn cameras is not in the cameras themselves, but the storage of the massive amount of data that is generated. As reported by the Center for Digital Government and Government Technology magazine, “When it comes to [body-worn cameras], data storage is the 800-pound gorilla in the room. Video … is a data hog.”

This reality generates cost-driven data-retention policy considerations. How long should non-evidentiary video be maintained? Some police departments say it should be 60-90 days, others say less or more. With regard to evidentiary data used in criminal prosecutions, the Virginia Commonwealth requires that evidence be stored for 99 years. Finally, who controls access to the data? This question is becoming an increasingly significant issue nationally. Protecting evidence chain-of-custody for purposes of criminal prosecution is a necessary but not sufficient role to warrant the cost and the data protection risks inherent in the deployment of body-worn cameras. The real return-on-investment is the potential for influencing the behavior, through greater transparency and accountability, of all parties in a law-enforcement engagement.

The drive to use this technology is inexorable. A recent CATO Institute/YouGov poll found that 92 percent of the public supports the use of body-worn cameras. Implicit in this level of support are high public expectations that this technology will make a difference in law enforcement practices. Heightened expectations alone should give our policymakers pause, particularly when we know that no technology deployment is free of all mistakes and errors. The only thing worse in today’s context than not collecting the data during a controversial use-of-force incident, is for the public to learn that video data under the Police Department’s control is missing.

We should therefore challenge the assumption that video-camera data must be maintained under the sole access control of the Police Department. Options that should be given explicit consideration by the Board of Supervisors, Police Department and Commonwealth’s Attorney include assigning video data access control to the Independent Commonwealth’s Attorney for all controversial use-of-force incidents, is for the public to learn that video data under the Police Department’s control is missing.

The real return-on-investment is the potential for influencing the behavior, through greater transparency and accountability, of all parties in a law-enforcement engagement.

This reality generates cost-driven data-retention policy considerations. How long should non-evidentiary video be maintained? Some police departments say it should be 60-90 days, others say less or more. With regard to evidentiary data used in criminal prosecutions, the Virginia Commonwealth requires that evidence be stored for 99 years. Finally, who controls access to the data? This question is becoming an increasingly significant issue nationally. Protecting evidence chain-of-custody for purposes of criminal prosecution is a necessary but not sufficient role to warrant the cost and the data protection risks inherent in the deployment of body-worn cameras. The real return-on-investment is the potential for influencing the behavior, through greater transparency and accountability, of all parties in a law-enforcement engagement.

The drive to use this technology is inexorable. A recent CATO Institute/YouGov poll found that 92 percent of the public supports the use of body-worn cameras. Implicit in this level of support are high public expectations that this technology will make a difference in law enforcement practices. Heightened expectations alone should give our policymakers pause, particularly when we know that no technology deployment is free of all mistakes and errors. The only thing worse in today’s context than not collecting the data during a controversial use-of-force incident, is for the public to learn that video data under the Police Department’s control is missing.

We should therefore challenge the assumption that video-camera data must be maintained under the sole access control of the Police Department. Options that should be given explicit consideration by the Board of Supervisors, Police Department and Commonwealth’s Attorney include assigning video data access control to the Independent Commonwealth’s Attorney.

On this second anniversary of the Ad Hoc Police Practices Review Commission, the county and Police Department have many accomplishments to be proud of with regard to implementing the commission’s recommendations.

Quality-driven change is hard; some changes are especially difficult. Body-worn camera deployment is one that requires careful study and diligent attention to complex legal and operational details. I commend the county for taking the appropriate measured response to meeting this recommendation and, especially with regard the matter of access to video data, challenge the conventional wisdom that access control to such data must be under the sole purview of the Police Department.

Phillip A. Niedzielski-Eichner is a member of the Fairfax County Planning Commission, served on the Ad Hoc Police Practices Review Commission and a former member of the Fairfax County School Board.
Volunteering Keeps 70-Year-Old Former CEO Young

Finding the right volunteer opportunity.

By Rob Paine
RSVP Northern Virginia

RSVP Northern Virginia volunteer Ken Kozloff moves through the pool at Providence Recreation Center encouraging the child with special needs he is teaching to swim, to “stroke, breathe, and kick.”

Kozloff high-fives his students at the end of each lap and asks, “Are you having a good time?” All the while he is keeping an eye on two other volunteers he is mentoring during a Fairfax County Park Authority Adapted Aquatics class.

Kozloff will continue to do this for about 90 minutes on a Sunday morning without much of a break. Sometimes he lifts students half his weight into the air so they can experience the joy of splashing into the pool. One would never guess that the former INOVA Alexandria Hospital CEO turned 70 years old in August. “I don’t feel 70, I feel like 25,” he said.

Kozloff donates more than 40 hours of his time each month as an RSVP Northern Virginia volunteer, helping autistic children learn how to swim, mentoring economically disadvantaged citizens to manage their finances, and directing other volunteers at large events for RSVP including the Northern Virginia Senior Olympics in September.

RSVP (Retired and Senior Volunteer Program) is the region’s largest volunteer network for people 55 and older and provides individualized support to seniors seeking service opportunities in and around Fairfax County, Arlington County and the City of Alexandria.

When he is not volunteering for other organizations, he is a volunteer engagement leader for RSVP acting as a nonprofit evangelist of sorts, spreading the word on why RSVP is such a great program. “What’s unique about RSVP is the approach it takes to new volunteers, helping them to find what they’re looking to do, not where we are looking to place them,” he said.

RSVP asks each prospective volunteer, “How can we help you find that volunteer opportunity that is going to mean something to you?” Kozloff said. He has been with RSVP for over a year and a half.

Five years ago, he began volunteering with the Fairfax County Park Authority’s Adaptive Aquatics program, teaching children on the autism spectrum to swim. He later added another afternoon of classes at Spring Hill Recreation Center in McLean, teaching special needs adults to swim, including those with neurological issues or physical impairments. The park authority honored Kozloff in 2015 as the Adaptive Aquatics Outstanding Volunteer of the Year.

He then started working with Our Daily Bread (now called BritePaths) where he has volunteered for four years as a financial mentor. He is also a volunteer classroom instructor with Junior Achievement in Elementary, middle, and high school students. He also teaches students with special needs in this program.

In an eight-day span in September, the RSVP volunteer managed volunteers at several community projects including the NVSO’s indoor track meet in Arlington and its swimming championships in Sterling and a gardening project at River Farm in Alexandria.

“I love to help others,” Kozloff said. “I enjoy volunteering with RSVP not only for what I do as a volunteer, but also for the social aspect of working with other people.” During the senior Olympics he managed anywhere from 10 to 30 volunteers at the different events.

WHAT SEPARATES RSVP from other volunteer organizations is its leadership and the approach it takes, treating each volunteer as an individual, according to Kozloff.

As an engagement leader, Kozloff tells prospective volunteers: “We are going to show you things and talk to you about specific opportunities that you can relate to.”

RSVP offers an array of opportunities for volunteers including providing rides, support and meals to older neighbors, assisting local veterans in need and helping prepare communities for disasters. RSVP also recruits volunteers for various community events.

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.

“The big thing that I get out of volunteering is the satisfaction of helping others,” he said. “I love to help others, find out what their goals are and help them achieve them, whether it is teaching an autistic child to swim from one side of the pool to the other, or teaching a stroke patient who would like to learn to swim again.”

He also enjoys working with other volunteers and letting them know how important it is to make other people feel good. He tells them that they will feel twice as good because they are helping people.

See Keeping Young, Page 11
Vinson Hall Retirement Community
Supported by Navy Marine Coast Guard Residence Foundation

Explore our community as a future resident, supporter, or employee through our brand new website.

Visit: www.vinsonhall.org

Independent Living ★ Assisted Living ★ Nursing Care Memory Support ★ Short-term Rehabilitation

6251 Old Dominion Drive ★ McLean, Virginia 22101
Be Useful, Fit, and Have Fun

Staying busy and remaining productive in the “Golden Years.”

By Eden Brown
The Connection

For active “seniors,” there is nothing worse than when the bank teller and the waitress start calling you “sweetie” or “dear,” and the passengers in priority seating on the bus get up to offer you a seat.

Old? Of course none of them feel old. The hair may be graying, the shoes may be sneakers, and the membership may be AARP but Northern Virginia is a haven for people who want to stay active and useful after retirement.

Join a Musical Group

Sallie Klunk of Arlington says she plays in a small musical group at a local nursing home. “I play flute with three other instrumentalists and about 10 singers once a week at Powhatan Nursing Home. Residents are provided with song sheets. My husband Dave and I played at Powhatan Nursing Home for 10 years as a piano and flute duo before I joined my present group.”

During her time in the nursing home in Fairfax, she learned about Pets on Wheels, and saw the impact it had on residents. “For the residents, singing and enjoying animals are enriching experiences.”

Volunteer for Pets on Wheels

The Fairfax Pets on Wheels program requires six steps: submit an online application; attend an orientation on the first Wednesday of each month, starting at 7:30 p.m. Get a pet behavior assessment. Pet Handler teams are required to pass a behavior assessment to evaluate the pet’s controllability, aggression, reaction to strangers, and overall behavior and level of stress in unfamiliar surroundings. Step 4: Get a Fairfax County Government Appointee Background Form. Step 5: Certify your pet’s wellness. A FPOW health certificate is completed by your pet’s regular veterinarian certifying that the pet is healthy and vaccinated. Step 6: Attend training at the facility of your choice.

To learn more, email dfspetsonwheels@fairfaxcounty.gov or call 703-324-5406.

Wednesday Mid-Week Hikers

“Another way to stay fit and social is the Wednesday Mid-Week Hikers,” Nora Palmati said. “We have a large listerv and someone organizes a hike each week, then you go or not.”

Kate Hughes provided details: “Initially organized in the late 1970s, the PATC Mid-Week Hikers are an enthusiastic collection of retirees, semi-retirees and others that love to hike. While the pace varies somewhat within the group, participants need to be very fit as most hikes are a brisk 8-12 miles, with up to 3,200 feet of elevation gain. Including a lunch break, most hikes last 5-6 hours. Hike locations include the Shenandoah National Park, the George Washington National Forest in Virginia, Sugarloaf Mountain and Catoctin National Park in Maryland. Hikes are posted on the PATC website calendar (top of the homepage www.parc.net) a few days before each hike.”

The Potomac Appalachian Trail Club (PATC) also has an easy hikers group. There are dozens of other hiking meet-ups in the Northern Virginia area, and finding them is easy:

www.meetup.com/topics/hiking/us/va/arlington/

Master Gardeners

The Virginia Cooperative Extension (VCE) Master Gardener program trains participants in best management practices of gardening and landscaping techniques that preserve and sustain the environment. Offered by the Arlington County Office, in partnership with the City of Alexandria, The Master Gardener Training classes are offered once a week several times a year. The class is 9 a.m-3:30 p.m. with a break for lunch from 12-12:30 p.m. The cost of the 2017 volunteer training is $235 for Arlington/Alexandria residents and $285 for non-residents.

Limited scholarship assistance is available. Contact coordinator Leslie Fillmore, at 703-228-6426 or leslief7@vt.edu or look up activities on www.mgnv.org.

The Mid-Atlantic’s Largest Professional Estate Sales, Auctions and Appraisals Company since 1972.

40 YEARS

- On-Premises Estate and Moving Sales
- Live Auctions
- Personal Property Inventory Services
- Consignment Sales
- Downing/Transition Specialists
- Certified Appraisals

For a FREE CONSULTATION
301-580-9542 | 703-256-8300

www.ConnectionNewspapers.com

October 4-10, 2017
Household Re-Forms, And Looks Forward

Sun Design Remodeling’s in-law addition complements existing architecture.

By John Byrd

Julia grew up in the Fort Hunt section of Alexandria in a close-knit family. She started dating a neighbor’s son, Jack MacInnis, while still in high school and, in time, the two friends married. In the late 1990s, Julia’s father, Don Clark, died leaving her mother, Lita Clark, alone in the family home. A survivor of the Japanese occupation of the Philippines, Clark (as always) remained upbeat, independent; a loving mother and friend.

Fast forward a few years and Jack and Julia MacInnis own a house not far from Clark with whom they are in daily contact. Then, in 2010 — with two sons growing quickly — the couple purchased a four-bedroom home in Fairfax. It’s only a half hour drive from Clark, but the timing for a larger house was just right.

In the intervening years, Clark (who turns 84 this month) would visit the MacInnis property regularly, often staying over one or two nights a week. At this stage, the three of them began actively planning ways to augment the household by building an in-law suite on some part of the existing property. Eventually, attention focused on a side of the existing house directly parallel to the lower level. A 25-foot annex constructed outside the existing house. Lead designer John Benedetto’s “massing” of the new suite’s interior that proves memorable. The three primary living areas were designed to personal requirements. There were two twin beds that had been in the family for years,” Julia MacInnis said. “A chest of drawers, an old vanity. Sun Design used these pieces as focal points for shaping the bedroom and sitting room. And it’s not just that everything fits well … but also that the floor plan is well-rationalized — soil compaction being a key part of the equation.

The sitting area includes a bistro table for four with a view of the surrounding woodland. The entire household, nonetheless, share meals and kitchen duties together every day. By the same token, Julia and Jack MacInnis and sons (Jackson and Harry) are free to drop-in on Clark just about any time. “It’s a very comfortable, harmonious arrangement,” Clark said. “Very much what we hoped for.

That said, engineering the suite’s durable footprint was something of a feat. “Because of the site’s grading, we ended up designing a slab foundation with both stem walls and integral footings,” said John Benedetto, the addition’s lead designer. “To assure structural integrity, there were two concrete pours: one to form the stem walls on the new addition’s left side; a second to form the slab with integral footings on which the addition is built.”

Footings are placed 30-inches below grade; the slab itself is approximately one foot above grade. The goal: assure that the weight of the new structure is adequately supported — soil compaction being a key part of the equation.

FOR ALL THE DEFT engineering, it’s the suite’s interior that proves memorable. The three primary living areas were designed specifically to profile heirlooms, furnishings and other personal items that Clark brought from the Fort Hunt residence. “There were two twin beds that had been in the family for years,” Julia MacInnis said. “A chest of drawers, an old vanity. Sun Design used these pieces as focal points for shaping the bedroom and sitting room. And it’s not just that everything fits well … but also that the floor plan is well-rationalized. The twin beds, for instance, fit perfectly under high windows that assure privacy, yet allow a lot of natural light. Overall, the entire suite is spacious, and quite comfortable.”

On that note, the new addition has been fitted with a mini-split HVAC unit that allows Clark to adjust the suite’s temperature to her requirements. Meanwhile, the bathroom has a heated floor with its own thermostat.

The addition’s exterior elevations are blended with the existing house. Vinyl siding, fascia and soffits, gutters, and downspouts are all matched. Low-E Argon glass vinyl windows allow for abundant natural light and views while keeping temperatures where the thermostat requires.

In all, a comfortable accommodation within a thriving household.

Sun Design Remodeling frequently sponsors tours of recently remodeled homes as well as workshops on home remodeling topics. Headquartered in Burke, the firm has a second office in McLean. For more information, call 703-423-5548 or visit www.SunDesignInc.com.

John Byrd (byrdmace@gmail.com) has been writing about home improvement for 30 years.
Keeping Young

From Page 7

“Ken is one of our most active volunteers and a great example of what it means to stay active after retirement,” said Nadia Hoonan, program manager for RSVP Northern Virginia. “He truly exemplifies the diversity of opportunities that our program offers, from leading a variety of service projects for our volunteers to cleaning up garden grounds at American Horticultural Society. No task is too small for Ken. We want more volunteers like Ken to be willing to be on the front lines of volunteering in Northern Virginia and share their lifetime experience to make a great impact in our community,” Hoonan said.

RSVP has several upcoming opportunities during which those interested can learn more about the program including orientations at the Fairfax Regional Library, Oct. 10 and at the Beatley Central Library in Alexandria, Oct. 25. RSVP will hold a special meet and greet event for current and prospective volunteers at Huntley Meadows Park, Oct. 13.

Those interested in learning more about RSVP or in signing up for any of these events should contact RSVP Northern Virginia Volunteer Specialist Carly Hubicki at 703-403-5360, email Hubicki at chubicki@volunteerfairfax.org or visit the RSVP website at rsvpnova.org.

A Gift That Pays You Income!

<table>
<thead>
<tr>
<th>Charitable Gift Annuity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age: 75</td>
</tr>
<tr>
<td>$25,000</td>
</tr>
<tr>
<td>Fixed Annual Payments at 5.8%*</td>
</tr>
<tr>
<td>Tax-free portion of Payments</td>
</tr>
<tr>
<td>Income Tax Deduction</td>
</tr>
<tr>
<td>Effective Annuity Rate**</td>
</tr>
</tbody>
</table>

*Rate as of October 2017 based on age.
**Includes all tax savings. www.childrensnational.org/planagift

Call today!
Rita S. Corwin
301-565-8524

Children’s National

LONG TERM CARE MEDICAID APPLICATION SUPPORT

by Nelson-Childers, Inc.

We know how stressful, challenging, and costly it can be when a loved one needs full time skilled care. You may want to apply for Medicaid. We can help.

Set up a FREE CONSULTATION
www.Nelson-Childers.com
(703) 999-3499

LIKE US ON FACEBOOK, PLEASE

www.facebook.com/connectionnewspapers

COME FOR A TOUR AND JOIN US FOR LUNCH AT THE JEFFERSON!

Ideally located just a block away from Ballston Common Mall and Ballston Metro, this all-encompassing independent living community offers active seniors choices about how they want to live, ranging from preference of condominium home size and design to a robust schedule of social events, meals and personalized services.

We provide the peace of mind of on-call assistance in a maintenance-free, service-rich environment, so residents can focus on enjoying a fulfilling, independent lifestyle. That’s why The Jefferson is the paramount choice for seniors who want to enjoy all the comforts of home.

The Jefferson is also the premier retirement community for federal retirees in the DC Area. Come visit us to find out why so many retired federal personnel call us home.

Pricing & Availability: 703-351-0011
Contact Us To Schedule A Tour!

900 North Taylor Street | Arlington, VA 22203

The Jefferson
A SUNRISE SENIOR LIVING CONDOMINIUM COMMUNITY

www.ConnectionNewspapers.com
Transform 66 Outside the Beltway
Fairfax County & Prince William County
Design Public Hearings
All hearings at 6-8:30 p.m. Brief presentation at 7 p.m.

Monday, November 13, 2017
for project segment from Route 50 to I-495
Oakton High School Cafeteria
2900 Sutton Road, Vienna, VA 22181

Tuesday, November 14, 2017
for project segment from Route 29 to Route 50
Stone Middle School Cafeteria
5500 Sully Park Drive, Centreville, VA 20120

Thursday, November 16, 2017
for project segment from Gainesville to Route 49 in Centreville
Pinney Branch Elementary School Cafeteria/Gym
8301 Linton Hall Road, Bristow, VA 20136

Find out about plans to transform 22.5 miles of I-66 from I-495 (the Capital Beltway) to University Boulevard in Gainesville to provide congestion relief and enhanced safety, as well as new travel choices and reliability. The project will include two new express lanes alongside three regular lanes in each direction, new and expanded transit service and park-and-ride lots, and interchange improvements. For exact locations of project segments, see design plans.

Stop by between 6 p.m. and 8:30 p.m. to view the design plans submitted by I-66 Express Mobility Partners, VDOT's selected partner for the project, and learn more about the proposed improvements. Attend the formal presentation at 7 p.m., followed by a public comment period. VDOT and I-66 Express Mobility Partners staff will be available to answer your questions during the open house.

Review project information, including design plans, project schedule, and environmental, right of way and civil rights information, at www.Transform66.org, at the hearings, or at VDOT's Northern Virginia District Office at 4975 Alliance Drive, Fairfax, VA 22030 beginning October 13, 2017. Please call 800-FOR-ROAD (800-367-7623) or TTY/TDD 711 to ensure the availability of appropriate personnel to answer your questions.

Give your oral or written comments at the hearings. You may also email comments to Transform66@VDOT.Virginia.gov, or mail them to Susan Shaw, P.E., Megaprojects Director, at the VDOT Civil Rights Office at 4975 Alliance Drive, Fairfax, VA 22030. Please include “Transform 66 Outside the Beltway” in the subject line. Comments must be postmarked, emailed or delivered to VDOT by November 29, 2017 to be included in the public hearing record.

VDOT ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you need more information or special assistance for persons with disabilities or limited English proficiency, contact VDOT's Civil Rights at 800-272-1122. Comments may also be filed against the driver, according to FCPC.

One Man Dead
After Shooting in Office Building

An investigation is underway after a shooting late Wednesday afternoon, Sept 27 in an office building in the 8100 block of Gatehouse Road in Falls Church. Initial calls came in to the dispatch center for shots fired at 4:50 p.m. Officers quickly responded to the scene and determined the shooter was isolated to a law office on the fourth floor. The shooter, who has been identified as 52-year-old John Francis Wood of Vienna, died according to FCPD. No one else was injured.

The officers were able to secure the building and evacuate hundreds of people, including children who were at a daycare on the premises. Those children were re
Obituary

Zachary Austin Heuple

Zachary Austin Heuple, of Vienna, died unexpectedly on Sept. 26, 2017 while traveling in Spain. He was a junior at Miami University in the Farmer Business School and was studying abroad in Luxembourg. He was a 2015 McLean High School graduate.

Zachary is survived by his devoted parents, Michael and Laurie; his loving brother Colton; his paternal grandparents, Larry Heuple (Aurora) and Christy Fackenthall Heuple; his maternal grandparents, Peter and Elizabeth Baumbusch; his aunts Heidi Heuple and Cheryl Russ; his aunt and uncle, Stephen and Colette Baumbusch; his cousins Carter and Mariel Russ, and Ryan and Alexandra Baumbusch. Many friends and brothers of Alpha Sigma Phi also survive him.

Zack always knew how to make everyone smile. He cared for all who walked into his life. A compassionate, intelligent and quick-witted young man, he made the best of all situations. Zack lived his life to the fullest.

He loved to play ice hockey and did so whenever he had a chance. Zack was a proud brother in his fraternity, Alpha Sigma Phi that helped to mold him into who he was.

Celebration of Zack’s life will be held on Oct. 7 at Vienna Presbyterian Church located at 124 Park St. NE, Vienna, at 10 a.m. There will be a reception immediately following the service.

In lieu of flowers the family is encouraging donations to: The Zachary Heuple Memorial Foundation. This fund was established to honor Zachary's love for others, as well as his love of books, hockey and Alpha Sigma Phi.

Week in McLean

From Page 12

united with their families at a nearby middle school. The investigation is ongoing.

Used Book Sale to Be Held Oct. 6-8 in McLean

The McLean Area Branch of the American Association of University Women (AAUW) will host its annual Used Book Sale on Friday, Oct. 6, Saturday, Oct. 7, and Sunday, Oct. 8, at the Spring Hill Recreation Center, 1239 Spring Hill Road, McLean. In past years, the sale has been held at the McLean Community Center, which is closed for renovation. The sale hours are: Friday 9 a.m.-7 p.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, an International Fellowship, and two Research and Projects Grants.

Planting and Protecting Trees in McLean

Tree Talk: Trees in McLean’s Changing Landscape – Planting and Protecting, will be held on Wednesday, Oct. 18, 7-9:30 p.m. at Churchill Road Elementary School Cafeteria, 7100 Churchill Road, McLean.

Sponsored by the McLean Citizens Association, the McLean Trees Foundation, and others. Introduction by Dranesville District Supervisor John Foust. Topics to be discussed: County staff and tree rules; McLean Trees Foundation and planting the right kinds of trees; and local and regional homebuilders’ perspective. Exhibits. www.mcleancitizens.org.

School Notes

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

Two hundred twenty-three Fairfax County Public Schools (FCPS) students from 17 high schools have been named semifinalists in the 2018 National Merit Scholarship Program. Thomas Jefferson High School for Science and Technology (TJHSST), which also serves as the Governor’s Regional School for Northern Virginia, has 145 semifinalists. All semifinalists are eligible to compete for 7,500 National Merit Scholarship awards worth $32 million, to be awarded in spring 2018. FCPS 2018 National Merit semifinalists are:

Madison High School: Sudharshan Balasubramani, Claire Hogan, Allison Janowski, Revali Joshi, Samantha Lane, Benjamin Liu, Lauren McCormick, and Shankar Radhakrishnan.


FALL OPEN HOUSES

Grades 3–8: Tuesday, October 17 – 8:30 AM
Little Hearts Early Childhood Program–Grade 2: Wednesday, October 18 – 8:30 AM

Stone Ridge School of the Sacred Heart

Empowering leaders to serve with faith, intellect, and confidence.
www.stoneridgeschool.org

Stonebidge School of the Sacred Heart is a Catholic, independent, college preparatory school for girls, Grades 1-12, with a co-educational Early Childhood Program, infants through Kindergarten. Located in Bethesda, Maryland. DC, MD and VA bus transportation available.
Karen Huger of Great Falls lends her reality star status to charity to raise funding and awareness for the fight against Alzheimer’s disease.

A reality television star moved to northern Virginia and she’s on a mission.

Karen Huger of Great Falls, Virginia is continuing to lend her reality star status from “The Real Housewives of Potomac” to charity to raise funding and awareness for the fight against a disease that has impacted her family: Alzheimer’s disease.

Huger’s Mother-in-law, Odessa Huger was the first family member to battle the debilitating and deadly Alzheimer’s disease. Huger’s father was recently diagnosed with the disease. Her mother also suffers from early onset dementia, making the battle against the progressive disease that destroys memory and other important mental functions near and dear to her heart.

“It was a wonderful evening,” Huger said when talking about the charity dinner she hosted for the Alzheimer’s Association. Family, friends and TV personality Carson Kressley united to raise awareness and funds for a great cause. D’Angela “Dia” Simms, president of Combs Enterprises, was also featured as the event’s special guest speaker, telling guests about her personal connection with Alzheimer’s. The executive of Sean “Diddy” Combs’ ventures also made sure Ciroc Ultra Premium vodka and DeLeón tequila from Combs Wine & Spirits was on hand for guests’ cocktails.

Chris Broullire, the president of the Alzheimer’s Association’s National Capital Area Chapter, which is headquartered in McLean and serves northern Virginia, suburban and southern Maryland and D.C., was the final speaker of the evening.

Broullire spoke about his organization and told guests how their donations would be used: To fund programs and services that assist people living with Alzheimer’s and their caregivers and to fund Alzheimer’s research.

“Candidly, the cure, or at least the treatment for Alzheimer’s, is several years away,” Broullire said. “Until then, we help people locally. We help people with Alzheimer’s and we help their caregivers.”

For every person with Alzheimer’s, there might be three people who are giving care to that person and there are more women than men who are caregivers, according to Broullire.

“So, there’s a real burden on women, especially,” he said. “How do they manage all of that? [The Alzheimer’s Association] helps them. We can give them ideas about how to handle the stress and ideas of what to expect.”

Broullire likes to emphasize to those affected by Alzheimer’s that they are not alone.

“If you’re a caregiver, you sometimes think, ‘Am I the only one in the world who is going through this?’ I feel so alone and my loved one doesn’t even remember my name, they can barely speak; they’re not themselves. What do I do?” he said. “Of course, they’re not the only ones going through this.”

Housewife’s Mission

As a reality TV star who has dealt with and continues to confront Alzheimer’s, Huger is in a position to make a difference.

“I’m planting a seed this year,” Huger said. “It’s my way of saying, ‘Join us in this fight against this devastating disease. If you or a loved one is affected by this disease, please know that you are not alone, together we can find a cure…”

“This is just the beginning,” she said. “I look forward to the day when we can say we have the first person living alive and well that has defeated this debilitating disease. That day is not far away. I have every hope and desire that there will be a cure and it will happen in my lifetime.”

Walk To End Alzheimer’s

In Virginia, Maryland and Washington, D.C., there are 249,000 people living with Alzheimer’s and 774,000 caregivers, according to the Alzheimer’s Association.

“No matter what path you’re on, you’re not excluded from the possibility of having Alzheimer’s touch your life,” Huger said. “We need to be proactive in finding a cure today.”

Broullire invited Huger to participate in the Alzheimer’s Association Walk to End Alzheimer’s, which are held annually in more than 600 communities nationwide to raise awareness and funds for Alzheimer’s care, support and research.

In 2016, 16,000 walkers and donors raised more than $1.5 million in the region. The opening ceremonies for each walk are memorable, referred to as the “Promise Gardens,” where participants are asked to hold up flowers representing their promise to remember, honor, care and fight for those living with Alzheimer’s disease and their caregivers. Through color, these “Promise Flowers” represent motivations for the walkers:

❖ Blue: I have Alzheimer’s/dementia
❖ Yellow: I am supporting or caring for someone with Alzheimer’s/dementia
❖ Purple: I have lost someone to Alzheimer’s/dementia
❖ Orange: I support the cause and the Alzheimer’s Association vision of world without Alzheimer’s

“You get this huge plethora of flowers,” said Cindy Schelhorn, spokesperson for the Alzheimer’s Association National Capital Area Chapter. “It is a really remarkable and beautiful display.”

“I have every hope and desire that there will be a cure and it will happen in my lifetime.” — Karen Huger

The walks this year will plant a new hopeful element to the garden.

“We are walking for the first survivor and we believe that that person is actually out there somewhere and they will survive if we do what we need to do through this walk; through the fundraising; through the awareness; through encouraging our members of Congress to make sure that money is there for critical research to find this eventual cure,” she said.

At this year’s walks, there will be a single, white flower that will represent the first survivor.

“We know the first survivor is out there,” Schelhorn said.

2017 Walk to End Alzheimer’s – Washington, D.C.

Time: Saturday, Oct. 14, 8 a.m.
Location: National Mall
Route Length: 2 miles
Fundraising Goal: $1.1 million
Contact: Stefanie McHugh, 703-766-9009, smcugh@alz.org

[Image 230x639 to 587x838]
Peaches Larson, daughter of the event’s co-chair Melissa Larson, walked the runway last year with Pecos, SafeSpot’s facility dog. The yellow Labrador retriever comforts children at the center and also escorts them to court when needed.

Brennan Schaller, son of Melissa Mollet of NBC4, who emceed last year’s event and will do so again, walked the runway in a red, coyote-fur-trim Canada Goose parka with white duck down.

‘Passion For Fashion’ Show To Raise Funds for Child Victims of Abuse

By Fallon Forbush

I really, truly believe that kids are our most precious resource and we have to protect them, and that everybody’s job,” said Bootsie Humenansky, founding member of the Board of Directors of the SafeSpot Child Advocacy Center, which provides intervention, investigation, prosecution and treatment of sexual abuse and severe physical abuse of children in Fairfax County.

SafeSpot’s Fifth Annual “Passion For Fashion” Show will hit the runway on Sunday, Oct. 15, at 9:30 a.m. in Bloomingdale’s at the Tysons Corner Center mall in McLean, and Humenansky wants everyone in the community to be involved.

“It doesn’t matter who you are, [abuse] is there,” Humenansky said about the center receiving cases in even the most affluent neighborhoods in the county. “We try to help people understand what it is, that it exists and that they can do something about it.”

The purpose of the fashion show is to raise awareness of child abuse in the community and to raise funds for SafeSpot’s services.

The event will begin with champagne, a light brunch, a raffle and a silent auction before the main event: A fashion show featuring adult and child models — professional and from the community — wearing Bloomingdale’s merchandise. Melissa Mollet of NBC4 will emcee the show for the second year.

The event will end with a shopping event in which the store will contribute 10 percent of sales from associated merchandise to the center. The store will also give more shoppers time to shop in support of SafeSpot by extending the 10 percent contribution of associated merchandise sales for the entire week.

Sponsorships are also available from $250 to $15,000 on SafeSpot’s website: www.safespotpassionforfashion.com.

The fashion show is an example of friends and neighbors coming together to help their community. The volunteers coordinating the event are Marge Odeen of McLean, who is chairman of the event, and Annette Kerlin of Great Falls, Kara Hourihan of McLean, Jill Peeko of Vienna and June Pennewell of McLean, who are all co-chairing the event.

Odeen and Kerlin are also members of the SafeSpot Board of Directors.

“This is really being done by families of Fairfax County for kids and families of Fairfax County,” said Odeen. “Almost all of the donations are either from very small local businesses or from individuals. This is really a family event.”

Many of the models participating in the show are mother-daughter combinations.

“In fact, there’s even one that’s a mother-daughter-granddaughter combination … this is really kind of neat,” Odeen said.

The physical and sexual abuse cases the center handles have all been reported to law enforcement in Fairfax County, according to Odeen. The staff and board make sure the center is calm and welcoming for the families that visit seeking help.

“The little center, which is such a child-friendly environment, rather than in the police department, or at the hospital, or in the back seat of a police car, or in the principal’s office at school,” Odeen said. “It’s nice to have a warm and caring place for these kids at a tough time.”

The center is also equipped with a certified facility dog trained by Canine Companions for Independence, who comforts and provides companionship to children who visit.

“This dog actually even goes to court with the kids if they think it’ll be a soothing thing for them,” Odeen said.

Getting Help

To report child abuse, SafeSpot recommends calling the Fairfax County Child Protective Services Hotline at 703-324-7400. With a referral from CPS or law enforcement, SafeSpot can provide the following services:

❖ trauma-focused cognitive behavioral therapy;
❖ video recorded forensic interviews of children;
❖ expert court testimony; and
❖ training to community professionals on abuse and neglect indicators.

Annette Kerlin of Great Falls, Kara Hourihan of McLean, Jill Peeko of Vienna and June Pennewell of McLean, who are all co-chairing the event.

Odeen and Kerlin are also members of the SafeSpot Board of Directors.

“This is really being done by families of Fairfax County for kids and families of Fairfax County,” said Odeen. “Almost all of the donations are either from very small local businesses or from individuals. This is really a family event.”

Many of the models participating in the show are mother-daughter combinations.

“In fact, there’s even one that’s a mother-daughter-granddaughter combination … this is really kind of neat,” Odeen said.

The physical and sexual abuse cases the center handles have all been reported to law enforcement in Fairfax County, according to Odeen. The staff and board make sure the center is calm and welcoming for the families that visit seeking help.

“The little center, which is such a child-friendly environment, rather than in the police department, or at the hospital, or in the back seat of a police car, or in the principal’s office at school,” Odeen said. “It’s nice to have a warm and caring place for these kids at a tough time.”

The center is also equipped with a certified facility dog trained by Canine Companions for Independence, who comforts and provides companionship to children who visit.

“This dog actually even goes to court with the kids if they think it’ll be a soothing thing for them,” Odeen said.

Annette Kerlin of Great Falls, Kara Hourihan of McLean, Jill Peeko of Vienna and June Pennewell of McLean, who are all co-chairing the event.

Odeen and Kerlin are also members of the SafeSpot Board of Directors.

“This is really being done by families of Fairfax County for kids and families of Fairfax County,” said Odeen. “Almost all of the donations are either from very small local businesses or from individuals. This is really a family event.”

Many of the models participating in the show are mother-daughter combinations.

“In fact, there’s even one that’s a mother-daughter-granddaughter combination … this is really kind of neat,” Odeen said.

The physical and sexual abuse cases the center handles have all been reported to law enforcement in Fairfax County, according to Odeen. The staff and board make sure the center is calm and welcoming for the families that visit seeking help.

“The little center, which is such a child-friendly environment, rather than in the police department, or at the hospital, or in the back seat of a police car, or in the principal’s office at school,” Odeen said. “It’s nice to have a warm and caring place for these kids at a tough time.”

The center is also equipped with a certified facility dog trained by Canine Companions for Independence, who comforts and provides companionship to children who visit.

“This dog actually even goes to court with the kids if they think it’ll be a soothing thing for them,” Odeen said.

Annette Kerlin of Great Falls, Kara Hourihan of McLean, Jill Peeko of Vienna and June Pennewell of McLean, who are all co-chairing the event.

Odeen and Kerlin are also members of the SafeSpot Board of Directors.

“This is really being done by families of Fairfax County for kids and families of Fairfax County,” said Odeen. “Almost all of the donations are either from very small local businesses or from individuals. This is really a family event.”

Many of the models participating in the show are mother-daughter combinations.

“In fact, there’s even one that’s a mother-daughter-granddaughter combination … this is really kind of neat,” Odeen said.

The physical and sexual abuse cases the center handles have all been reported to law enforcement in Fairfax County, according to Odeen. The staff and board make sure the center is calm and welcoming for the families that visit seeking help.

“The little center, which is such a child-friendly environment, rather than in the police department, or at the hospital, or in the back seat of a police car, or in the principal’s office at school,” Odeen said. “It’s nice to have a warm and caring place for these kids at a tough time.”

The center is also equipped with a certified facility dog trained by Canine Companions for Independence, who comforts and provides companionship to children who visit.

“This dog actually even goes to court with the kids if they think it’ll be a soothing thing for them,” Odeen said.

Annette Kerlin of Great Falls, Kara Hourihan of McLean, Jill Peeko of Vienna and June Pennewell of McLean, who are all co-chairing the event.

Odeen and Kerlin are also members of the SafeSpot Board of Directors.

“This is really being done by families of Fairfax County for kids and families of Fairfax County,” said Odeen. “Almost all of the donations are either from very small local businesses or from individuals. This is really a family event.”

Many of the models participating in the show are mother-daughter combinations.

“In fact, there’s even one that’s a mother-daughter-granddaughter combination … this is really kind of neat,” Odeen said.

The physical and sexual abuse cases the center handles have all been reported to law enforcement in Fairfax County, according to Odeen. The staff and board make sure the center is calm and welcoming for the families that visit seeking help.

“The little center, which is such a child-friendly environment, rather than in the police department, or at the hospital, or in the back seat of a police car, or in the principal’s office at school,” Odeen said. “It’s nice to have a warm and caring place for these kids at a tough time.”

The center is also equipped with a certified facility dog trained by Canine Companions for Independence, who comforts and provides companionship to children who visit.

“This dog actually even goes to court with the kids if they think it’ll be a soothing thing for them,” Odeen said.

Annette Kerlin of Great Falls, Kara Hourihan of McLean, Jill Peeko of Vienna and June Pennewell of McLean, who are all co-chairing the event.

Odeen and Kerlin are also members of the SafeSpot Board of Directors.

“This is really being done by families of Fairfax County for kids and families of Fairfax County,” said Odeen. “Almost all of the donations are either from very small local businesses or from individuals. This is really a family event.”

Many of the models participating in the show are mother-daughter combinations.

“In fact, there’s even one that’s a mother-daughter-granddaughter combination … this is really kind of neat,” Odeen said.

The physical and sexual abuse cases the center handles have all been reported to law enforcement in Fairfax County, according to Odeen. The staff and board make sure the center is calm and welcoming for the families that visit seeking help.

“The little center, which is such a child-friendly environment, rather than in the police department, or at the hospital, or in the back seat of a police car, or in the principal’s office at school,” Odeen said. “It’s nice to have a warm and caring place for these kids at a tough time.”

The center is also equipped with a certified facility dog trained by Canine Companions for Independence, who comforts and provides companionship to children who visit.

“This dog actually even goes to court with the kids if they think it’ll be a soothing thing for them,” Odeen said.

Annette Kerlin of Great Falls, Kara Hourihan of McLean, Jill Peeko of Vienna and June Pennewell of McLean, who are all co-chairing the event.

Odeen and Kerlin are also members of the SafeSpot Board of Directors.

“This is really being done by families of Fairfax County for kids and families of Fairfax County,” said Odeen. “Almost all of the donations are either from very small local businesses or from individuals. This is really a family event.”

Many of the models participating in the show are mother-daughter combinations.

“In fact, there’s even one that’s a mother-daughter-granddaughter combination … this is really kind of neat,” Odeen said.

The physical and sexual abuse cases the center handles have all been reported to law enforcement in Fairfax County, according to Odeen. The staff and board make sure the center is calm and welcoming for the families that visit seeking help.

“The little center, which is such a child-friendly environment, rather than in the police department, or at the hospital, or in the back seat of a police car, or in the principal’s office at school,” Odeen said. “It’s nice to have a warm and caring place for these kids at a tough time.”

The center is also equipped with a certified facility dog trained by Canine Companions for Independence, who comforts and provides companionship to children who visit.

“This dog actually even goes to court with the kids if they think it’ll be a soothing thing for them,” Odeen said.
World Disturbances-Quieted by the Law of God

First Church of Christ, Scientist
1683 Chain Bridge Road,
McLean, VA 22101
Sunday 10:30 a.m., Wednesday 8:00 a.m.
All are welcome

To learn more about Christian Science visit:
spirituality.com, ChristianScience.com
christianscienceDC.org

McLean Area AAUW
48th Annual USED BOOK SALE
Used Books, CD’s & DVD’s
For Adults & Children
Spring Hill Recreation Center
1239 Spring Hill Road, McLean, VA
Friday, October 6th • 9am-7pm
Saturday, October 7th • 10am-4pm
Sunday, October 8th • 12:00-4pm
Proceeds support Scholarships for Women American Association of University Women
For more info: (703) 527-4206
auawbookfair@gmail.com

Vienna Oktoberfest
On Saturday, Oct. 7, it’s the Vienna Oktoberfest 11 a.m.-7 p.m. along Church Street, Vienna. Live entertainment on three stages, beer, food, games, German Auto Show. Visit www.viennaoctoberfest.org/

SATURDAY/OCT. 7
Stuff the Truck Food Drive. 9 a.m.-4 p.m. at Safeway, 9851 Great Falls Pike, Great Falls. Benefit for Committee for Helping Others (CHO) and Artemis House to provide emergency food aid to those in need in Vienna, Oakton, Dunn Loring and Merrifield.
Artemis House is Fairfax County’s only 24-hour emergency shelter for victims of domestic and sexual violence, stalking and human trafficking. Sponsored by The Church of Jesus Christ of Latter-day Saints and the Great Falls Bahá’ís as part of the regional Day to Serve initiative.
Visit www.daytoserve.org/. Vienna Oktoberfest 11 a.m.-7 p.m. along Church St., Vienna. Live entertainment on three stages, beer, food, games, German Auto Show. Visit www.viennaoctoberfest.org/. Fall Fest 3-7 p.m. at Francis Episcopal Church, 9220 Georgetown Pike, Great Falls. Featuring local food, music, wine tasting, children’s activities, and a fabulous silent auction. Call 703-450-0321 or visit www.artfrancisgreatfalls.org/.
2017 Oktoberfest 6-9 p.m. at The Pavilions of Turkey Run, 6310 Great Falls Pike, McLean. Attend the Claude Moore Colonial Farm’s 2017 Oktoberfest to help support the programs and services of this privately operated local National Park and living history working farm. $35 Adults, $25 Volunteers, $12 Kids 6-12. Kids under 6 free admission. Email jennifer1771@verizon.net.

TUESDAY/OCT. 10
McLean Historian. 7:30 p.m. at the Falls Church Government Center 1457 Balls Hill Road. Jim Lewis will address “The Consummate Citizen-Soldier, Charles Russell Lowell, Jr.” Call 703-356-8223.

WEDNESDAY/OCT. 11
Oktoberfest Potluck. 6:30 p.m. at Great Falls Grange, 9818 Georgetown Pike, Great Falls. Great Falls Historical Society is holding an Oktoberfest Potluck, and speaker Jim Lewis will present “How Fairfax and Loudoun Counties Finally Agreed on Border.” Visit www.gfnhs.org. FRIDAY/OCT. 13
British Car Tour for Military Kids. 9:30 a.m. A 750-mile maiden American tour through the hills and autumn foliage of Maryland, West Virginia and Virginia. Called the DC Area America’s Reliability Run, it’s a fundraiser for Our Military Kids, a nonprofit in McLean, Virginia. Visit www.sxcfamiliefalls.org or call Judy McSadden at 703-734-6654.

World Disturbances-Quieted by the Law of God

First Church of Christ, Scientist
1683 Chain Bridge Road,
McLean, VA 22101
Sunday 10:30 a.m., Wednesday 8:00 a.m.
All are welcome

To learn more about Christian Science visit:
spirituality.com, ChristianScience.com
christianscienceDC.org

McLean Area AAUW
48th Annual USED BOOK SALE
Used Books, CD’s & DVD’s
For Adults & Children
Spring Hill Recreation Center
1239 Spring Hill Road, McLean, VA
Friday, October 6th • 9am-7pm
Saturday, October 7th • 10am-4pm
Sunday, October 8th • 12:00-4pm
Proceeds support Scholarships for Women American Association of University Women
For more info: (703) 527-4206
auawbookfair@gmail.com

Vienna Oktoberfest
On Saturday, Oct. 7, it’s the Vienna Oktoberfest 11 a.m.-7 p.m. along Church Street, Vienna. Live entertainment on three stages, beer, food, games, German Auto Show. Visit www.viennaoctoberfest.org/

SATURDAY/OCT. 7
Stuff the Truck Food Drive. 9 a.m.-4 p.m. at Safeway, 9851 Great Falls Pike, Great Falls. Benefit for Committee for Helping Others (CHO) and Artemis House to provide emergency food aid to those in need in Vienna, Oakton, Dunn Loring and Merrifield.
Artemis House is Fairfax County’s only 24-hour emergency shelter for victims of domestic and sexual violence, stalking and human trafficking. Sponsored by The Church of Jesus Christ of Latter-day Saints and the Great Falls Bahá’ís as part of the regional Day to Serve initiative.
Visit www.daytoserve.org/. Vienna Oktoberfest 11 a.m.-7 p.m. along Church St., Vienna. Live entertainment on three stages, beer, food, games, German Auto Show. Visit www.viennaoctoberfest.org/. Fall Fest 3-7 p.m. at Francis Episcopal Church, 9220 Georgetown Pike, Great Falls. Featuring local food, music, wine tasting, children’s activities, and a fabulous silent auction. Call 703-450-0321 or visit www.artfrancisgreatfalls.org/.
2017 Oktoberfest 6-9 p.m. at The Pavilions of Turkey Run, 6310 Great Falls Pike, McLean. Attend the Claude Moore Colonial Farm’s 2017 Oktoberfest to help support the programs and services of this privately operated local National Park and living history working farm. $35 Adults, $25 Volunteers, $12 Kids 6-12. Kids under 6 free admission. Email jennifer1771@verizon.net.

TUESDAY/OCT. 10
McLean Historian. 7:30 p.m. at the Falls Church Government Center 1457 Balls Hill Road. Jim Lewis will address “The Consummate Citizen-Soldier, Charles Russell Lowell, Jr.” Call 703-356-8223.

WEDNESDAY/OCT. 11
Oktoberfest Potluck. 6:30 p.m. at Great Falls Grange, 9818 Georgetown Pike, Great Falls. Great Falls Historical Society is holding an Oktoberfest Potluck, and speaker Jim Lewis will present “How Fairfax and Loudoun Counties Finally Agreed on Border.” Visit www.gfnhs.org. FRIDAY/OCT. 13
British Car Tour for Military Kids. 9:30 a.m. A 750-mile maiden American tour through the hills and autumn foliage of Maryland, West Virginia and Virginia. Called the DC Area America’s Reliability Run, it’s a fundraiser for Our Military Kids, a nonprofit in McLean, Virginia. Visit www.sxcfamiliefalls.org or call Judy McSadden at 703-734-6654.

Drumming and Drum Circle Workshop
7-8:30 p.m. at The Old Firehouse, 1440 Chain Bridge Road, McLean. Drum circle and master artist Kofi Dennis for an introduction to djembe drumming skills and improvisation. $15/$10 MCC district residents. Visit www.mcleancenter.org.

SATURDAY/OCT. 14
Watershed Cleanup Day, 9-11:30 a.m. at Riverbend Park, 8700 Potomac Hills St., Great Falls. An opportunity for individuals, students, families, scouts and other community groups to be part of this year’s International Coastal Cleanup. Help clear the earth’s arteries by collecting tires, bed springs, bottles, cans and other debris from the local waterways.
Visit www.FCPheritageClean or call 703-755-9018.

Watershed Cleanup Day, 9-11:30 a.m. at Stony Run Nature Preserve, 7400 Georgetown Pike, McLean. An opportunity for individuals, students, families, scouts and other community groups to be part of this year’s International Coastal Cleanup. Help clear the earth’s arteries by collecting tires, bed springs, bottles, cans and other debris from the local waterways.

Naming Ceremony. 10 a.m. at Ken Lawrence Park, 8081 Jones Branch Drive in Tysons. Jones Branch Fields and Arbor Row Park will be consolidated to form the new Ken Lawrence Park in Tysons. Call 703-324-8662 or email Parkmail@fairfaxcounty.gov.

OCT. 14-15
Cello Concert. Various times at several locations around town, such as the McLean Project for the Arts Chain Bridge Gallery, 1446 Chain Bridge Road, McLean; Mediterranean Library, 1244 Oak Ridge Ave.; and Spring Hill RECenter, 1239 Spring Hill Road. The Alden in McLean presents internationally renowned cellist Matt Haimovitz in a memorable performance of “A Moveable Feast.” Call 703-799-9221.

www.ConnectionNewspapers.com
Supporting SafeSpot for Children Victims of Abuse

The funds from the fashion show last year helped fund a new family advocate position for the center. “This year, we desperately need another therapist because we give free therapy to the kids and families as needed,” Odeen said. “The whole service deal is a free situation to the people.”

While each state has its own definitions of child abuse and neglect, the federal Child Abuse Prevention and Treatment Act defines child abuse and neglect as, at a minimum: Any recent act or failure to act on the part of a parent or caretaker which results in death, serious physical or emotional harm, sexual abuse or exploitation; or an act or failure to act, which presents an imminent risk of serious harm.

Most states recognize four major types of maltreatment: neglect, physical abuse, psychological maltreatment and sexual abuse. Although any of the forms of child maltreatment may be found separately, they can occur in combination.

Nationwide, there were 683,000 victims of child abuse and neglect reported to child protective services in 2015, an increase of 3.8 percent since 2011, according to the U.S. Department of Health and Human Services Administration for Children and Families “Child Maltreatment 2015” report, which was published in January 2017. Three-quarters, 75.3 percent, of victims were neglected; 17.2 percent were physically abused; and 8.4 percent were sexually abused, according to the report.

The Fairfax County Child Protective Services receives an annual average of 2,400 validated reports of child abuse, according to Humenansky. Child victims often know the people who perpetrate the abuse.

In Virginia, there were 5,014 adults identified as perpetrators of reported child abuse committed in 2015, who were labeled with these relationships to their victims: 3,649 parents; 126 child daycare providers; 15 foster parents; 14 legal guardians; 250 other; 63 other professionals; 401 other; 7 group home and residential facility staff members; 165 unmarried partners of parents; 125 unknown; and 199 individuals with multiple relationships to the victim, according to the report.

“I can talk about [SafeSpot], I can raise money for it; I can no more do the hands-on work than fly,” Odeen said. “I would just be a wreck. You can’t believe where you live this would ever be a problem. Uncovering this and making people aware is something that we also do.”

Located in Fairfax, the SafeSpot Child Advocacy Center is a public-private partnership with Fairfax County law enforcement, child protective services, the Commonwealth Attorney’s Office, Inova Fairfax Hospital and the Fairfax-Falls Church Community Services Board.

“If you suspect abuse, call the hotline, Humenansky said. “Let the professionals take over. People think they have to have proof or something; if you suspect something, your instincts are often right. Help save a child and speak up for them. They’re too small, too inexperienced, too scared, too confused to know what is even happening to them sometimes.”

Going National

Last week the United States Tennis Association hosted the 14U Junior Team Tennis National Championships at the USTA National Campus in Orlando, Fla. Fairfax team (4Star Junior Aces) competed in the tournament, finishing 16th in the intermediate division. Pictured, back row, from left: Michael Yao (Great Falls), Evan Zhu (McLean), Elyse Ladia (Chantilly), Drew Winters (Arlington), Lucas Mew (Centreville), Maia Barrett (Fairfax), Coach Grace Kim. Front row: Chelsea Nguyen (Springfield), Smriti Balasubramanian (Chantilly), Mia Kim (Fairfax), and Kyra Li (McLean).
News

Run, Walk, and Wheel in Tysons’ ‘Race for Everybody’

The annual 5K Walk and Wheel held at Tysons Corner on Sunday.

By Colin Stoecker
The Connection

Sunday Morning, Sept. 24 the starting line of the 5K at the Sports & Health Club at Tysons Corner, was filled with people waiting to wheel their way to victory.

The annual 5K Walk and Wheel is a community benefit for Adaptive Sports Programs at MedStar National Rehabilitation Network in Washington, D.C. The race sponsors sports programs like yoga, basketball, bocce ball, cycling, fitness, quad rugby, and rowing, for people with disabilities.

The race is held each year to honor those in the surrounding community. It was named after Harry Freedman who lost his leg — the Super H.

Although many of the racers aren’t disabled, plenty of people were there to run alongside those in wheelchairs and bikes.

Pete Brown of Alexandria accompanied Ryan Brown, a patent examiner from Alexandria who was participating in the race for the first time. “It’s going to be a good race,” said Ryan Brown. “I’m just here to accompany him,” said Pete Brown.

Funds raised from the Super H 5K have helped MedStar’s NRN wheelchair basketball team compete in their national wheelchair basketball tournament and paralympic athletes reach the U.S. paralympic team which helps athletes with disabilities compete in the Olympics.

Don Brazelton, a financial professional and fitness instructor was wearing a superman suit and holding a megaphone. He was the official announcer of the race and as one of the original organizers has been a megaphone. He was the official announcer of the race for the first time. “It’s going to be a good race,” said Ryan Brown. “I’m just here to accompany him,” said Pete Brown.

Funds raised from the Super H 5K have helped MedStar’s NRN wheelchair basketball team compete in their national wheelchair basketball tournament and paralympic athletes reach the U.S. paralympic team which helps athletes with disabilities Compete in the Olympics.

Don Brazelton, a financial professional and fitness instructor was wearing a superman suit and holding a megaphone announcing the start of the Super H 5K race Sunday morning, Sept. 24 in Tysons Corner.

Recently, Brazelton and Freedman did a short segment for local channel 9 on the race.

“It’s very inspiring to see athletes of all ages. The course is somewhat hilly and it makes you realize that as a healthy person you really can’t complain!” said Brazelton.

Top three men finishers:
Megan Heidt, Silver Spring, Md.; Emily Riffle, Washington, D.C.; and Megan Moran, Chantilly, Va.

Top three men finishers:
Anthony Caparella, Silver Spring, Md.; Bryce Doody, Rockville, Md.; and Joseph Baremore, Silver Spring, Md.

Don Brazelton, a financial professional and fitness instructor was wearing a superman suit and holding a megaphone announcing the start of the Super H 5K race Sunday morning, Sept. 24 in Tysons Corner.

Race preparations began on Sunday morning with the 5K race Sunday morning in Tysons Corner.

Photos by Colin Stoecker/The Connection

Racers prepare to begin the 14th annual Super H 5K race Sunday morning in Tysons Corner.

Photos by Colin Stoecker/The Connection

Don Brazelton, a financial professional and fitness instructor was wearing a superman suit and holding a megaphone announcing the start of the Super H 5K race Sunday morning, Sept. 24 in Tysons Corner.

Recently, Brazelton and Freedman did a short segment for local channel 9 on the race.

“It’s very inspiring to see athletes of all ages. The course is somewhat hilly and it makes you realize that as a healthy person you really can’t complain!” said Brazelton.

Top three men finishers:
Anthony Caparella, Silver Spring, Md.; Bryce Doody, Rockville, Md.; and Joseph Baremore, Silver Spring, Md.

Don Brazelton, a financial professional and fitness instructor was wearing a superman suit and holding a megaphone announcing the start of the Super H 5K race Sunday morning, Sept. 24 in Tysons Corner.

Recently, Brazelton and Freedman did a short segment for local channel 9 on the race.

“It’s very inspiring to see athletes of all ages. The course is somewhat hilly and it makes you realize that as a healthy person you really can’t complain!” said Brazelton.

Top three men finishers:
Anthony Caparella, Silver Spring, Md.; Bryce Doody, Rockville, Md.; and Joseph Baremore, Silver Spring, Md.

Don Brazelton, a financial professional and fitness instructor was wearing a superman suit and holding a megaphone announcing the start of the Super H 5K race Sunday morning, Sept. 24 in Tysons Corner.

Recently, Brazelton and Freedman did a short segment for local channel 9 on the race.

“It’s very inspiring to see athletes of all ages. The course is somewhat hilly and it makes you realize that as a healthy person you really can’t complain!” said Brazelton.

Top three men finishers:
Anthony Caparella, Silver Spring, Md.; Bryce Doody, Rockville, Md.; and Joseph Baremore, Silver Spring, Md.

Don Brazelton, a financial professional and fitness instructor was wearing a superman suit and holding a megaphone announcing the start of the Super H 5K race Sunday morning, Sept. 24 in Tysons Corner.
**BUSINESS DIRECTORY**

**To Advertise Your Business, Call Karen at 703-778-0422**

---

**THURSDAY/OCT. 5**

**Caregivers Support Group**

10:11-30 a.m. at UUCF Unitarian Universalist Congregation of Fairfax - Program Building, 2709 Hunter Mill Rd, Oakton. For caregivers or family members with dementia, first and third Thursdays of every month. Free. Call 703-821-6838 or email jiar5@verizon.net.

**SATURDAY/OCT. 7**

Metro – Fund It/Fix It. 9:30 a.m. to 2 p.m. at National Retail Contractors Corporation, 4301 Wilson Blvd. The League of Women Voters of Alexandria, Arlington County and the City of Alexandria (LWVCA) and the Coalition for Smarter Growth (CSG) will hold a free forum for the public to learn about funding and financial requirements for D.C. area Metro system. Event is free. Lunch will be available for purchase ($10), but a request for lunch must be made at the time of registration. Register at www.eventbrite.com and search “Metro fund it.”

**TUESDAY/OCT. 10**

**NARFE Chapter Meeting.** 1 p.m. at American Legion Post 110, 1033 North Royal Street, Alexandria, Virginia. Audience: Members of the Consumer Product Safety Commission, will discuss “How Safe is Your Home?” $30. Visit www.eventbrite.com and search “Metro fund it.”

**WEDNESDAY/OCT. 18**

McLean Newcomers Luncheon. 11:30 a.m. to 12:30 p.m. at Myers Grill, 6238 Old Dominion Drive. Nancy Harvey Sweerts, a former chairman of the Consumer Product Safety Commission, will discuss “How Safe is Your Home?” $30. Visit www.McLeanNewcomers.org or email McLeanNewcomers@yahoo.com.

**FRIDAY/OCT. 20**

**Retailer Job Fair.** 1-8 p.m. at Tysons Corner Center-Fashion Court, 1961 Chain Bridge Road. Tysons Corner Center will be hosting a multi-retailer job fair showcasing over 30 retailers and restaurants. Come meet the brands, engage with potential coworkers, and come ready for on-the-spot interviews. Email becca.willcox@macerich.com or call 703-770-1123 for more.

**SUPPORT GROUPS**

**Are You A Caregiver?** Shephard’s Center of Oakton: “Visually Impaired Caregivers’ Support Group” takes place first & third Thursday of each month, February 2nd and 16th, 2017 from 10:00 a.m. to 11:30 a.m. Join us at the UUFC Unitarian Universalist Congregation of Fairfax (UUFC) - Program Building, 2709 Hunter Mill Rd, Oakton, VA. For more info contact facilitator, Jack Tarr, 703-821-6838 jiar5@verizon.net.

**Haven of Northern Virginia Support Group.** 703-941-7700, www.havenofnova.org or havennonva@verizon.net.

**Virginia Chronic Pain Support Group**

Meets from 1:30 - 3 p.m. the 2nd Wednesday of each month at Kaplan Center for Integrative Medicine, 6829 Elm St., Suite 300, McLean. Group leader, Jodi Brayton, LCSW. 703-532-4892.

**VOLUNTEERS NEEDED**

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. sign up for an upcoming orientation, email Carly Huberski at chuberski@brownsfarms.org or call RSVP at 703-403-5360. To learn more about RSVP, visit www.rsvp-virginia.org.

**Master Gardener Training.** The Fairfax County Master Gardener Association offers plant clinics, home turf training or speakers for homeowner’s meetings. Fees vary. Visit fairfaxgarden.org or call MG Help Desk at 703-324-8556 for more.

---

**A Question Which begs What Answer**

By KENNETH H. LOURIE

Twice recently, in print, I have been asked the same question. Once on an evaluation of a previous doctor appointment, and within the last week, on a pre-registration form for an oral surgeon.

The question: “How is your health?” “Excellent,” “Good.” “Better.” “The two times I saw this question, I snickered. I mean, I have cancer. Stage IV non-small cell lung cancer in fact, the terminal kind.

And even though I’ve lived way beyond my original “13 month to two-year” prognosis, (right and a half years and counting, always counting), I’m still undergoing treatment. I see my oncologist every three months. I’m not in remission. My tums, so far as I’ve been told, are not necrotic (dead). I’m still scheduling CT Scans, brain MRIs and PET Scans quarterly, semi-annually and yearly, respectively. And while amazingly thrilled to be still alive, my fate turns on the results of any one of these diagnostic scans so I wonder about my health. In the two most recent opportunities I’ve had, other than cancer, this question, I have erred on the side of reality (my reality) and answered “Poor.” Whether I’m up and about or down and out, “Poor” is sort of the definition of ‘poor,’ isn’t it? Let’s be honest: who wants to receive a diagnosis of cancer, regardless of type or/and stage. Moreover, it’s hardly the gift that keeps on giving. Quite the opposite. It’s like the houseguest who never leaves. It’s always there and the more it’s around, the worse it’s likely to get.

As much as one tries, a cancer diagnosis is hard to forget. Whether you’re still undergoing treatment as I am, or have been told you’re cancer-free/in remission/N.E.D. (no evidence of disease), the prospect of a life unaltered by the experience is unrealistic, especially so when questions are asked pertaining to your health. It’s not as if you become stigmatized by your cancer diagnosis and/or medical history, but you do become a lifetime member of a club you’d rather not have joined the more serious and exact opposite of a feeling expressed by Groucho Marx when he so famously joked that he wouldn’t want to belong to a club that he wouldn’t have joined (the more serious and funny.

A straight forward question about one’s health which requires a thoughtful and honest answer. Yet, an answer which somehow must, in my opinion, educate the asker. I’m not a normal respondent (no comments from the peanut gallery please, the more serious and funny.

Presumably, my immune system is somewhat compromised. What’s good for the goose is probably not good for this gander. My life experience is unrealistic, especially so when questions are asked pertaining to your health. It’s not as if you become stigmatized by your cancer diagnosis and/or medical history, but you do become a lifetime member of a club you’d rather not have joined the more serious and exact opposite of a feeling expressed by Groucho Marx when he so famously joked that he wouldn’t want to belong to a club that he wouldn’t have joined (the more serious and funny.

As much as one wants to delude myself otherwise, the writing, if not necessarily on the walls, is certainly in multiple books and journals. And not that there aren’t exceptions to every rule (my survival is proof of that), generally speaking, a cancer diagnosis “spells trouble with a capital ‘T,’’ if I may invoke the late actor, Groucho Marx when he so famously joked that he wouldn’t want to belong to a club that he wouldn’t have joined (the more serious and funny.

Yet, an answer which somehow must, in my opinion, educate the asker. I’m not a normal respondent (no comments from the peanut gallery please, the more serious and funny.

On a pre-registration form for an oral surgery consult last week, on a pre-registration form for an oral surgeon.

The question: “How is your health?” “Excellent,” “Good,” “Better.” “Poor.” “Don’t you want to take a vacation?” “No, I want the best outcome, please.” “What is the outcome?” “I’ll gladly check it. I want the best outcome,” I said. The question: “What is the outcome?” “I don’t know, I don’t know.” “But why not?” “I don’t know.”

Yet, an answer which somehow must, in my opinion, educate the asker. I’m not a normal respondent (no comments from the peanut gallery please, the more serious and funny.

The question: “What is the outcome?” “I don’t know.” “But why not?” “I don’t know.” “But how does one add an asterisk to a standardized form. And given the evolving nature of our almost-inhuman (non-human) electronic contact, where does one go/what does one say, to separate and be heard? I want to be treated, but as a cancer patient, I’m not. I’m different. If there’s a box for that, I’ll gladly check it. I want the best outcome, please.” (An asterisk next to the word “poor.”)

Groucho Marx when he so famously joked that he wouldn’t want to belong to a club that he wouldn’t have joined (the more serious and funny.

The question: “What is the outcome?” “I don’t know.” “But why not?” “I don’t know.” “But how does one add an asterisk to a standardized form. And given the evolving nature of our almost-inhuman (non-human) electronic contact, where does one go/what does one say, to separate and be heard? I want to be treated, but as a cancer patient, I’m not. I’m different. If there’s a box for that, I’ll gladly check it. I want the best outcome, please.”

**By KENNETH H. LOURIE**

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

---

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

**ELECTRICAL LANDSCAPING TILE / MARBLE**

Master Gardener Training. The Fairfax County Master Gardener Association offers plant clinics, home turf training or speakers for homeowner’s meetings. Fees vary. Visit fairfaxgarden.org or call MG Help Desk at 703-324-8556 for more.
JD Sold More Homes Last Year in 22101 Than Any Other Agent!

704 Live Oak Drive, McLean
*WONDERFUL * 5BR/4.5BA home on .61 acre in picturesque McLean location! Private & treed oasis-like views; yard with 2 decks, patio & waterfall! Gourmet kit with granite counters & breakfast bar! Family room with 2-story ceilings & wall of windows! 4BR on UL includes master w/luxury BA & walk-in closets! 20 MINUTE COMMUTE DC!

Offered for...$1,324,000

1823 Solitaire Lane, McLean
*LIGHT and BRIGHT * 5BR/4.5BA home on 3 finished levels in park-like McLean location! This home features hardwood floors; eat-in kitchen with island & breakfast bar; UL master bedroom with walk in closets and en suite BA; large bedrooms; finished walk-out LL; 4 fireplaces; 2-car garage! Just 2 lights to DC!

Offered for...$1,525,000

1619 Linway Park Drive, McLean
*WONDERFUL * 5BR/3.5BA home on 3 levels in super McLean location! Spacious colonial with lots of updates! Park-like setting at end of cul-de-sac; eat-in kitchen with granite counters; renovated BAs; LL rec room; guest room & walk out to patio; deck with wooded views; Chesterbrook, Longfellow & McLean schools! Just 1 light to DC!

Offered for...$1,199,000

Call Me Today for a Free Analysis of Your Home’s Value!