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Great Falls CONNECTION

Artists Defy Weather To Paint Great Falls

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Archery Hunting of Deer Begins in County Parks

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What's In Your Well Water? Get Tested

NEWS, PAGE 3

Plein air artist KC Rajendra paints Colvin Run Mill during the annual Paint Great Falls: Plein Air Competition.

PHOTO CONTRIBUTED
OPINION, PAGE 4 ♦ ENTERTAINMENT, PAGE 8 ♦ CLASSIFIEDS, PAGE 10

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PUBLIC NOTICE

Public Hearing on the McLean Community Center's FY 2020 Budget (July 1, 2019-June 30, 2020)



McLean Community Center Governing Board

Wednesday, Sept. 26, 7:30 p.m.

Residents who wish to speak at the Public Hearing are asked to call 703-790-0123, TTY: 711, to be placed on the speakers list. The draft budget proposal is available on the Center's website. Copies will be available at the Public Hearing.

Written comments may be delivered to the Center's temporary Administrative Offices (see address below) marked "Attention: Executive Director," or sent by email to george.sachs@fairfaxcounty.gov. Written comments may be provided after the Public Hearing up through Monday, Oct. 22.

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

OBITUARY



Mark Wilson

Mark Christopher Wilson

Mark Christopher Wilson died on Aug. 9, 2018 after a sudden cardiac arrest from unknown causes. Mark was 24 years old and grew up in Great Falls. He was a 2012 graduate of Langley High School in McLean and earned his undergraduate degree in Petroleum Engineering from the University of Oklahoma in 2016. The day after his death, Mark was to graduate from Texas A&M University with a Masters in Chemical Engineering.

Mark is survived by his mother, Teresa A. Rutledge of Reston; his brother Matthew G. Wilson of Dallas, Texas; along with his father Grant Wilson, his sisters Laura Wilson and Katie Herries (husband Brad Herries, children Hannah and Hunter), all of Austin, Texas. Mark is also survived by his grandmothers Ruth Rutledge of Cape Girardeau, Mo., and Lucy Northcutt of Norman, Okla., and his grandfather Bob Wilson of Kingston, Okla. More can be read about Mark at [Mark C. Wilson Memorial Fund](http://www.cfnova.org/for-donors/foundation-funds/donor-funds/the-mark-c-wilson-memorial-fund) (www.cfnova.org/for-donors/foundation-funds/donor-funds/the-mark-c-wilson-memorial-fund).

A Celebration of Life service and reception were held Saturday, Sept. 8, at McLean Bible Church. A memorial service will be held in Norman, Okla., on Oct. 13. Mark was honored by Texas A&M University in College Station, Texas, at the Silver Taps ceremony on Sept. 4.

In lieu of flowers, donations may be made to the Mark C. Wilson Memorial Fund online (Mark C. Wilson Memorial) or by mail to The Community Foundation for Northern Virginia, 2940 Hunter Mill Road, Suite 201, Oakton, VA 22124.

www.cfnova.org/for-donors/foundation-funds/donor-funds/the-mark-c-wilson-memorial-fund

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SEPTEMBER IS SUICIDE PREVENTION MONTH

Suicide takes nearly 45,000 Americans each year. We all have a role in keeping our community suicide safer.

This September, join PRS CrisisLink and Connection Newspapers to learn how you can help save lives.

1-800-273-TALK
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Archery Hunting of Deer Begins in County Parks

The Fairfax County Deer Management Archery Program, conducted in parks and other locations throughout the county, will run through Saturday, Feb. 23.

The archery program began in FY 2010 and is part of an integrated Deer Management Program to reduce and stabilize the white-tailed deer population in Fairfax County in efforts to minimize safety and health hazards related to an overabundance of deer. These impacts include deer-vehicle collisions, potential spread of diseases, and environmental damage attributed to deer that can impact the ecosystem.

The program was approved by the Board of Supervisors in 2000 and is recognized as a safe and efficient method of deer population control by the Virginia Department of Game and Inland Fisheries.

Because of its track record of safety, archery is a preferred deer management method in Fairfax County, according to county officials; archery is a compatible use with residential areas and community parks, allowing for deer population management in urban and suburban areas.

Since Virginia began tracking hunting injuries in 1959, no bystanders have been injured by an archer hunting deer anywhere in the Commonwealth.

Last year, 95 percent of the to-

Archery Cluster	Parks	Acres
Colvin Run Cluster	Colvin Run Stream Valley	44
	Difficult Run Stream Valley	285
	Colvin Run Mill Park	58
	Wolftrap Stream Valley	48
	Lake Fairfax	110
Great Falls Cluster	Riverbend Park	394
	Scotts Run Nature Preserve	379
	Hickory Run School Site	11
	Lexington Estates Park	15
	Langley Oaks Park	102
	Windemere Park	24
	Pimmit Run Stream Valley	41
Reston Cluster	Difficult Run Stream Valley	258
	Fred Crabtree Park	208
	Garnchayne	21
	Little Difficult Run Stream Valley	135
	Foxvale Park	25
	Waples Mill Meadow	18
Vienna Cluster	Clarks Crossing Park	124
	Difficult Run Stream Valley	237
	Lahey Lost Valley Park	23
	Tamarack Park	21

Details

List of parks and acres can be found at www.fairfaxcounty.gov/wildlife/archery-program

pleted additional training through the International Bowhunter Education Program to participate in the Fairfax County Deer Management Program.

All archers participating in the program must also pass a criminal background check.

Parks remain open to the public during the archery program. Fluorescent orange signs are posted in parks where hunting is authorized. Hunters will only hunt from elevated tree stands; hunting from the ground level is prohibited in county parks.

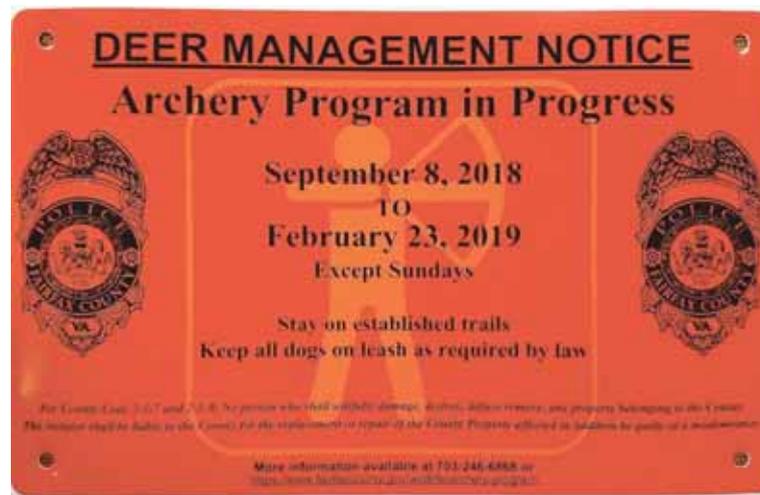
Tree stands must not be located closer than 100 feet from property lines or closer than 50 feet from established park trails. Archers are not allowed on private property without permission by the owner or tenant.

Archers are approved to hunt at assigned sites Monday through Saturday during legal hunting hours, 30 minutes prior to sunrise until 30 minutes after sunset. No hunting is allowed on Sundays in county parks.

More information about the Fairfax County Deer Management Program can be found at www.fairfaxcounty.gov/wildlife/deer-management-program.

Source: Fairfax County Police Department

These signs are posted in archery program areas.



tal deer harvests in the Fairfax County Deer Management Program were through the use of archery.

Fairfax County's Archery Program standards require that all archers meet state hunter licensing, education and safety requirements and must pass qualifications to demonstrate skill and marksmanship, in addition to carrying program identification. Archers are also required to have com-

Fairfax County to Hold Well Water Clinic

Do you know what's in your drinking water? While public water supplies are tested daily for contaminants, most private water supplies, like wells and springs, are rarely tested. It is recommended that well owners test their water at least annually for bacteria and nitrates. Learn about the quality of your water and how to care for your water system at the Fairfax County Well Water Clinic.

Pre-registration is required, register online: www.fairfaxcounty.gov/neighborhood-community-services/virginia-cooperative-extension There is a \$55 registration

fee which covers the cost of a water quality test which analyzes a sample of your home's drinking water for 14 different chemical and bacteriological constituents. Comparable tests undertaken through a private commercial lab can cost more than \$300. Payment can be made via check or money order made payable to Treasurer, Virginia Tech.

❖ Monday, Sept. 17 - Kick-Off Meeting, 7 to 9 p.m.

Pennino Building, Room 206 (12011 Government Center Parkway, Fairfax) Brief informational meeting, receive water sample kits and instructions for collecting water samples.

❖ Wednesday, Sept. 19 - Sample

Drop-Off, 6:30 to 10:30 a.m.

Pennino Building Lobby Turn in water samples and questionnaires.

❖ Wednesday, Oct. 24 - Test Results & Interpretation, 7 to 9 p.m.

Pennino Building, Room 206 Receive confidential test results, an explanation of what the numbers mean and information on how to handle any problems that are present.

Contact: Adria Bordas, 703-324-5369

More Details: Virginia Household Water Quality Program - Well Water Clinics at www.wellwater.bse.vt.edu/clinics.php.

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.

REGISTRATION OPEN

Girls on the Run Fall 2018 season will begin the week of Sept. 24. The program serves approximately 5,000 girls annually with over 900 volunteer coaches throughout the Northern Virginia region. GOTR NOVA envisions a world where every girl knows she has the ultimate power to be her best. For more information about the Fall 2018 registration and team sites for Girls on the Run of NOVA, visit www.gotrnova.org.

VOTER REGISTRATION EVENTS

The Fairfax County Office of Elections (12000 Government Center Parkway Suite 323, Fairfax) is open daily during normal business hours to provide county residents the opportunity to register to vote or obtain a free voter photo ID if needed. Applicants will need to complete a photo voter ID application, have a

photo taken and sign a digital signature pad. Call 703-222-0776. The following special events will also provide opportunity to register to vote and/or get a photo Virginia Voter card.

- ❖ Monday/Sept. 24, 10 a.m.-2 p.m., Goodwin House Bailey's Crossroads, 3440 South Jefferson Street, Falls Church.
- ❖ Thursday/Sept. 27, 10 a.m.-2 p.m., Lewinsville Retirement Residence, 1515 Great Falls Street, McLean.
- ❖ Tuesday/Oct. 9, 10 a.m.-2 p.m., Arleigh Burke Pavilion at Vinson Hall Retirement Community, 1739 Kirby Road, McLean.

THROUGH SEPT. 23

Pool Closure: Spring Hill RECenter. Four Fairfax County Park Authority RECenter pools will be closing for regular, periodic cleaning and maintenance next month. Consider trying out another county pool during the temporary shutdown. RECenter passes are valid at all nine Park Authority RECenters. Dates are subject to change. Visit www.fairfaxcounty.gov/parks/recenter for more.

SEE BULLETIN, PAGE 15

OPINION

County's 275th Anniversary Continues

With motorcycle charity ride.

BY SHARON BULOVA
CHAIRMAN,
BOARD OF SUPERVISORS

If you enjoyed Fairfax County's 275th Anniversary Celebration last year, the adventure continues! Lord Nicholas Fairfax (a direct descendent of our county's namesake) will be back in town on Sept. 22-25, 2018 to lead a motorcycle charity excursion to benefit four local charities here in Fairfax County: Bethlehem Baptist Church Community Support Program, Fairfax County Sheriff's Office Project Lifesaver, Fairfax-Mason Research Fund at George Mason University, and The Lamb Center.

If you are a history buff and/or motorcycle enthusiast, this event is for you. Participants can ride via motorcycle or car on a one-day, two-day or four-day trip around the boundaries of the original Fairfax Land Grant. This vast and beautiful area, which has been associated with the Fairfax family since the late 1600s, spans between the Potomac and Rappahannock rivers from the Chesapeake Bay to the Fairfax Stone in West Virginia. Along the way, there will be opportunities for camping, seeing multiple historic sites, witnessing historic sign unveilings, hearing stories from colonial era re-enactment groups, and meeting plenty of great people who share of love of Fairfax history.

The ride kicks off at the Patriot



Sharon Bulova and John Mason at the Fairfax Stone in fall of 2017.

Harley-Davidson store in the City of Fairfax on Sept. 22 at 8 a.m. To register for the Lord Fairfax Char-

ity Ride and to make a donation to the charity partners, please visit www.lordfairfaxride.org.

Clinical Trials Are Lifeline For women with gynecologic cancers.

BY BARBARA
COMSTOCK
U.S. REPRESENTATIVE
(R-10)



Clinical trials are the engines driving medical progress and for ovarian cancer patients, often offer the best hope for individual treatment. But alarmingly, fewer and fewer women are participating in clinical trials for ovarian and other gynecologic cancers.

Between 2011 and 2015, there was a 90 percent reduction in patient enrollment in phase III gynecologic cancer trials under the National Cancer Institute's Cancer Therapy Evaluation Program (NCI CTEP). In other words, six years ago, a woman with a gynecologic cancer was 10 times more likely to participate in one of these trials than she is today.

That's why I partnered with my Democratic colleague Rep. Jamie Raskin (D-Md.) to lead a congressional letter to the House Appropriations Committee requesting language directing the National Cancer Institute (NCI) to address the crisis in gynecologic cancer clinical trials.

The stakes are particularly high for ovarian cancer, which is the deadliest gynecologic cancer and fifth leading cause of cancer deaths in U.S. women. As the National Academy of Medicine found in a 2016 review, there remain

"surprising gaps" in the fundamental knowledge and understanding of ovarian cancer.

Treatment options for ovarian cancer are limited, chances for recurrence are high, and the five-year survival rate

has long remained static at less than 50 percent. Faced with this prognosis, the opportunity to enroll and participate in clinical trials is often a lifeline for ovarian cancer patients and their families. My constituent and friend, Laura Forte, knows all too well the challenges facing women diagnosed with ovarian cancer and the unique opportunities clinical trials can provide for patients and their families. Laura's sister, Denise, was diagnosed with Stage IV ovarian cancer in 2011.

Before her devastating diagnosis, Denise was an incredibly fit, active woman with a thriving medical practice who always found the time to be a bossy older sister to Laura. Denise was one of the 85 percent of women who are diagnosed after the cancer has metastasized because the symptoms, if any, are so vague.

Upon her diagnosis in July of 2011, doctors told Denise that with standard chemotherapy, she would only live a year. After receiving this devastating news, Denise vowed that she wasn't going down without a fight.

Clinical trials were vital to

Denise's survival. Following her frontline chemotherapy treatment, Denise entered her first phase I clinical trial and went on to participate in additional trials thereafter. While none resulted in eliminating the cancer from her body, the trials she participated in gave her the gift of time. And just as valuable, her quality of life remained high.

Denise put it best when after a night of corn hole with Laura and their sons, she whispered into Laura's ear, "I've been able to make more happy memories for our boys." Denise's experience illustrates the value of clinical trials to extending an individual's life and buying them and their loved ones time to create precious memories.

And yet, adult oncology trials have long struggled to recruit patients. Evidence shows that a number of factors are to blame – from high out-of-pocket costs for patients to a lack of awareness in providers and perceptions around safety and risk.

For many cancer patients, however, the overarching issue is a general lack of availability in open trials for their stage and histology. A 2017 review of the clinical oncology landscape found that "studies consistently show that once a patient has access to cancer care, the absence of an available clinical trial precludes participation for about half of all patients."

Denise lost her battle and died earlier this year — and while her

life was extended by six precious years thanks to clinical trials, her death emphasizes that more progress is needed to make long-term survival a possibility for all women diagnosed with ovarian cancer.

The current downward trend in clinical trial participation for ovarian and other gynecologic cancers not only translates into missed opportunity for today's patients to receive potentially life-extending treatment, it slows the engine of progress and delays breakthrough discoveries that could benefit the patients of tomorrow.

I will continue to fight to bring these issues to the forefront in Congress and continue the increase in funding we have put forward to advance treatments and cures. I appreciate the partnership of the Ovarian Cancer Research Fund Alliance (OCRFA) in advocating and advancing clinical trials and better treatment and the expertise and passion they bring to this important mission. I look forward to continuing this fight with OCRFA and working together to end ovarian cancer.

U.S. Rep. Barbara Comstock represents the 10th District of Virginia and is the only female member of the Virginia Congressional Delegation. The Ovarian Cancer Research Fund Alliance (OCRFA) awarded her the "Carolyn Pultz Brown Advocacy Award" this year for elevating the issue of clinical trials and directing the National Cancer Institute to address the decline in patient participation in gynecologic cancer clinical trials.

Great Falls
CONNECTION

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NEWS DEPARTMENT:
greatfalls@connectionnewspapers.com

Kemal Kurspahic
Editor ♦ 703-778-9414
kemal@connectionnewspapers.com

Andrea Worker
Contributing Writer
aworker@connectionnewspapers.com

Jean Card
Production Editor
jcard@connectionnewspapers.com

ADVERTISING:
For advertising information
sales@connectionnewspapers.com
703-778-9431

Salome Howard-Gaibler
Display Advertising
703-415-5394
salome@connectionnewspapers.com

Debbie Funk
National Sales
703-778-9444
debfunk@connectionnewspapers.com

David Griffin
Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Classified & Employment Advertising
703-778-9431

Editor & Publisher
Mary Kimm
mkimm@connectionnewspapers.com
[@MaryKimm](https://twitter.com/MaryKimm)

Executive Vice President
Jerry Vernon
703-549-0004
jvernon@connectionnewspapers.com

Editor in Chief
Steven Mauren
Managing Editor
Kemal Kurspahic
Art/Design:
Laurence Foong, John Heinly,
Ali Khaligh
Production Manager:
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CIRCULATION
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PHOTOS COURTESY OF PATTI STRATTON

The tastes and sounds of Bavaria will come alive from 7 p.m. until midnight at the Great Falls Rotary Club's Oktoberfest on Oct. 20.

Rotary Club Brings Back Oktoberfest

Philanthropic fun returns to Great Falls.

BY ADRIENNE WEST
THE CONNECTION

The Rotary Club of Great Falls will host their third annual Oktoberfest fundraiser event at the River Bend Golf & Country Club on Oct. 20, 2018. From 7 p.m.-midnight, the tastes and sounds of Bavaria will come alive with traditional music, dancing, yodeling, and German beer, wine, and food.

Each year, millions of people worldwide celebrate this tradition started in 1810 in honor of the marriage between Bavarian Crown Prince Ludwig and Princess Therese von Sachsen-Hildburghausen. A group from Great Falls will attend this year's Oktoberfest in Munich as a sort of "advance planning group" for the local celebration. The teen members of Interact will decorate River Bend with blue and white "Bavarian" decorations to help make the event look as authentic as possible. Last year's event was attended by more than 400 residents and raised between \$20,000-25,000. This year is sure to be as memorable as years past so get your tickets now and break out the lederhosen - say organizers.

Torsten Kracht, a Rotary Club member for more than 5 years and a Great Falls resident since 2006, got involved to learn about the community and the history of the area.

"Rotary does a lot of great [things around the world and it's a rewarding] organization to be a part of," Mr. Kracht shared. "The Oktoberfest event is just a fun way [for everyone to get together] and raise funds."

Tickets are \$110 per person (\$125 after Oct. 1), and corporate and local business sponsorship opportunities are still available. Go to <https://greatfallsoktoberfest.com> for more information.

Profits from the event support the many local and international service activities of the Rotary Club and its teen counterpart, the Interact Club. A non-denominational service organization, the Rotary Club is devoted to causes such as providing support for diabetes research, local road cleanups, support of local charity organizations, assistance for families of cancer patients, humanitarian relief efforts around the world, and more. Jeffrey Thinner, a resident since 1996, founded the local Rotary Club in June 2011 because of his past experiences with national and international clubs. "[As a student in Indiana,] I received a Rotary Foundation Ambassadorial Scholarship to study in Germany. It changed my life. I had such a great experience there and with the Rotary in McLean that I wanted to [bring that to Great Falls]." Visit <http://www.rotarygreatfallsva.org/> to learn more about this impressive organization.



Profits from the event support the many local and international service activities of the Rotary Club and its teen counterpart, the Interact Club.

Tell us what you think

submit your letter to the Editor to editors@connectionnewspapers.com

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Design Upgrades for Fall

Minor elements can make an major impact as seasons change.

By MARILYN CAMPBELL

As the time of year where more time is spent indoors slowly approaches, sprucing up an interior space can help ease the transition. From pillows and candles to wreaths and area rugs, local designers show how small touches can make a big impact as seasons change.

A new rug can set the tone for an entire room. "I just finished a living room where we added a luxurious leather sofa that's both elegant and timeless," said designer Sally Kane of Chantilly. "There is a loveseat in a chintz fabric and circular rug with warm shades of brown beige and turquoise. It's almost too pretty to walk on and can be changed out as the seasons change. It shows how adding the right rug can elevate a room."

Throw pillows in bold hues can add a burst of autumn color into a space, easing it from summer to fall. "I'm currently working on a family room where a deep, hunter green is the base color," said Todd Granger, interior designer and design graduate students at Marymount University. "I'm adding throw pillows with a yellow palette, including mustard, citrus and chartreuse."

"The Pantone color of the year for 2018 was Ultra

Violet and I'm definitely seeing bold, deep purples being used this fall in interior design," continued Granger. "I'm incorporating them in spaces for my clients who appreciate bold colors. Buying throw pillows is an easy and inexpensive way to make your space match the season."

Table linens and serveware are a simple way to transition to fall when entertaining, advises Alexandria-based interior designer Beth Mahoney. "For my own home I purchased some dark blue, monogrammed linen napkins that pick up a shade of blue in my china pattern," she said. "Placemats, tablecloths and candles are all inexpensive things that can make an big impact when it comes to changing seasons."

A wreath in the rich autumnal colors hanging on the front door is a definite harbinger of fall, adds Mahoney. "Wreaths made with pretty combinations of fall foliage like pine cones, berries and even pumpkins can be hung in a foyer or the front door," she said. "Gooseberry, lavender and herbs like sage and bay also make great additions to a wreath."

Accessories in warm, rich shades can help transition a home's interior from summer to autumn.

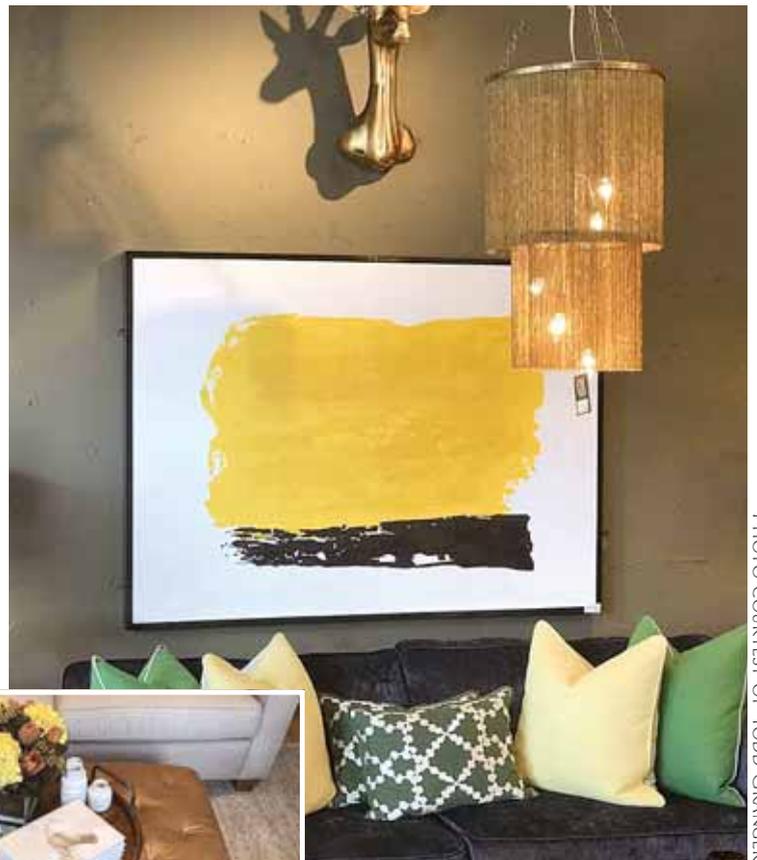


PHOTO COURTESY OF TODD GRANGER

Throw pillows in bold autumn colors can add warmth to a space as the season changes from summer to fall.



PHOTO COURTESY OF THE NEST EGG

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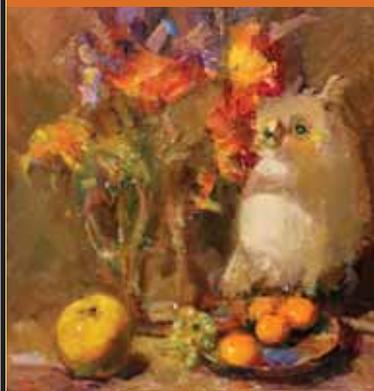
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FALL ADULT CLASSES

Portraiture Theory & Practice with Michela Mansuino | **Select Mondays 10am-2pm**
 Improve your portrait skills with theory and practice. This graduate course equivalent will have students moving from drawing in graphite to painting in both open and closed grisaille (or duotone).

Jewelry Design in Metal Clay with JJ Singh | **Tuesdays 9:30am-12:30pm**
 JJ will open her studio to beginning and continuing students interested in exploring the world of metal clay and its design possibilities.

Still Life Plus Personal Painting Projects with Jill Banks | **Tuesdays 10:30am-1:30pm**
 Still life provides a great tool to hone skills. Students of all levels are welcome and may also work in other genres and personal projects.

Evening Paint with Jill Banks | **Tuesday Evenings 6:30-9:30pm**
 Focus on the fundamentals of oil painting with two sessions devoted to still life, two to photo landscapes, and two to portrait/ clothed figure from a live model.

Big Vibrant Flower with Joyce Lee | **Wednesdays 10am-1pm**
 Capture the quality, feeling, and spirit of flowers, while learning new techniques to paint large flowers in oil.

Floral Still Life and their Vases with Elizabeth Floyd | **Wednesdays 2-5pm**
 This class concentrates on capturing the natural beauty found in flowers and the vases they partner with. We work directly from life using oils.

Painting with Oils with Elizabeth Floyd | **Wednesday Evenings 6-9pm**
 Students will concentrate on mastering color and paint handling with oils focusing on still-life painting.

Plein Air Landscapes with Jill Banks | **Thursdays 10am-2:30pm**
 Class is taught in plein air at outdoor locations -including farms and nearby towns. Students will learn site selection, developing the compositional sketch, breaking "things" down into abstract BIG shapes, dealing with architecture, moving objects, and working in direct color.

Mixed Media Collage with Jennifer Duncan | **Thursdays 1-4pm**
 Learn to create paintings that include elements of collage, working with nature as our inspiration. Limited to 8 students

Jump Start into Pastels with Lori Goll | **Thursday Evenings 6-9pm**
 This weekly class is designed to give you a jump-start into the wonderful world of pastel painting.

Basics of Oils with Donna Robinson | **Fridays 10am-1pm**
 Whether you are a novice or simply desire a greater depth of the basic principles of oil painting, this is the class for you!

Open Studio with a Model Fridays **2pm-4:30pm**
 Join us on the 2nd and 4th Fridays each month from 2-4:30pm for Open Studio (no instruction) painting and sketching with a figurative or costumed model.

FALL WEEKEND WORKSHOPS for Adults

Robert Johnson
"Still Life & Florals"
 Friday Nov. 9th (6-9 pm)
 Sat. Nov. 10th, Sunday Nov 11th
 (9:30am-5:00pm)

YOUTH OFFERINGS

Teen Metal Clay Jewelry Workshop
 Nov. 6th 9:30am - 4:30pm

Young Artists' Friday Art Club
 (Ages 6-12) 5:00-6:15pm
 Starting Sept. 14th

Youth Studies with Michela Mansuino
 - Beginner: Classical Drawing (Saturdays once a month)
 -Intermediate: Drawing & Painting (Saturdays once a month)
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The Arts of Great Falls is a charitable non-profit offering art classes, artists' studio space for rent, and a gallery in Great Falls. Check out classes, activities & events at www.greatfallsart.org
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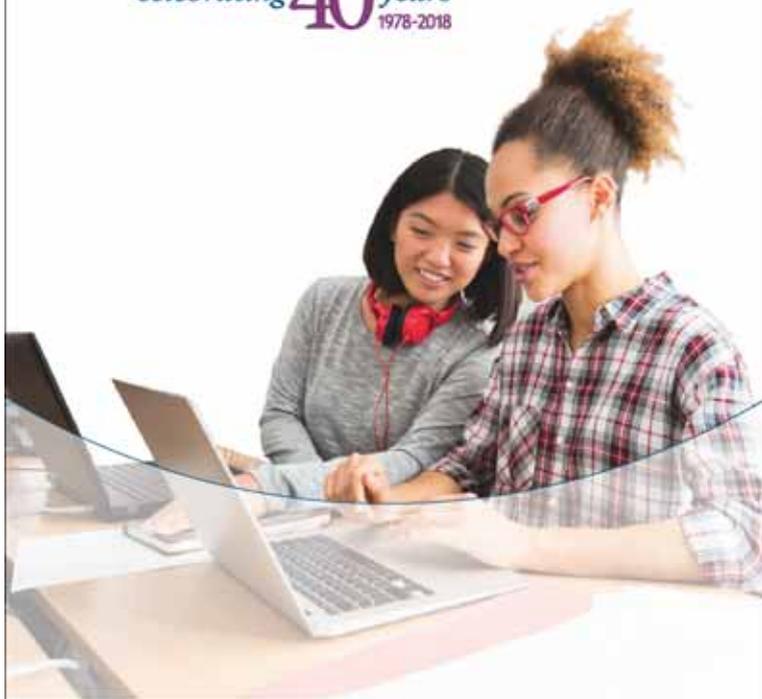
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ENTERTAINMENT

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

SATURDAY/SEPT. 15

14th Annual Merrifield Fall Festival. 11 a.m.-6 p.m. at Mosaic District. Presented by the Greater Merrifield Business Association (GMBA), in conjunction with URBnmarket and Mosaic, and held will be in the heart of the Mosaic District with food vendors, a beer garden, music and entertainment, as well as a pre-holiday handmade and vintage market. Children's activities including: Vienna Singing Princesses, pumpkin painting, face painting, hair braiding, sack races, karate, peace mural painting, carnival games and more. Visit greatermerrifield.org/merrifield-fall-festival.

Tea Tasting Seminar. 1-3 p.m. at Colvin Run Mill, 10017 Colvin Run Road, Great Falls. Teas from Across Africa a tea tasting seminar with Certified Tea Specialist Chef Laurie Bell. The diversity of Africa's tea production is evident from the black teas of eastern Africa to South Africa's Rooibos and Honeybush, to Morocco's famous mint tea, and Egypt's chamomile. Tea infused treats and a take home tea sampler included. \$35. Use class activity code 266 407 0401 and visit www.fairfaxcounty.gov/parks/parktakes or call 703-222-4664 to register.

Kayak Tour in the Parks. 5:30-6:55 p.m. at Riverbend Park, 8700 Potomac Hills St., Great Falls. "Kayak Tour-Wildlife of the Potomac" is designed for participants age 14 to adult. Watch for deer foraging on the islands and osprey and bald eagles searching for fish. This is not a whitewater tour. No previous experience is required. \$39 per person. Kayaks are provided; one person per kayak. This tour will be canceled in the event of inclement weather or hazardous river conditions. Call 703-759-9018 or visit www.fairfaxcounty.gov/parks/riverbend.

Wish Upon a Star. 6:30-9:30 p.m. at Turner Farm, 925 Springvale Road, Great Falls. Take the family out for a night of star-gazing and other out of this world activities at the "Astronomy Festival" at Observatory Park at Turner Farm. Events will include guided stargazing, looking through a telescope and listening to ancient stories about the constellations around the campfire. Join in games and other activities throughout the evening. Hot chocolate and snacks will be available for purchase. Designed for family members age 3-adult. \$10 per person. The Astronomy Festival will be canceled in the event of rain. Call 703-324-8618 or visit www.fairfaxcounty.gov/parks/turner-farm.

Movie on the Green: E.T. 7:30 p.m. on the Great Falls Village Centre Green (behind the Old Brogue). Bring your blankets, snacks and drinks. Popcorn provided. Free. Visit celebrategreatfalls.org.

SATURDAY-SUNDAY/SEPT. 15-16

Bonsai Show. Saturday, 10 a.m.-5 p.m.; Sunday, 10 a.m.-5 p.m. at Meadowlark Botanical Gardens, 9750 Meadowlark Gardens Court, Vienna. Bonsai show in Meadowlark Botanical Gardens visitor center. Auction Sunday only in Lilac pavilion. Free admission. Email info@nvbs.us or visit nvbs.us.

SUNDAY/SEPT. 16

Breakfast Buffet. 8 a.m.-noon at

The HO model railroad layout includes an extensive trolley system with lots of activity. This is prototypical to the Western North Carolina Railroad as they used trolleys to move employees from the town to the Southern rail yard. In the background is a national award winning scale model of the Spencer train station.



Model Train Open House

Come watch model trains and trolley activities that realistically depict an actual railroad that existed in North Carolina in the 1950s, the Western North Carolina (WNC). Locomotive, rail car, and towns industry in this layout is modeled after those places and things as they looked in that era. Thomas and Friends are here too. Saturday, Sept. 15, 1-5 p.m. at Vienna Train Station, 231 Dominion Road, N.E., Vienna. Free. Call 703-938-5157 or visit www.nvmr.org.

Vienna American Legion Post 180, 330 Center St., N. Vienna. Get omelets, scrambled eggs, blueberry pancakes, bacon, sausage, biscuits and gravy and more. Adults \$10, children 12 and under \$4. Call 703-938-6580.

the camps and programs Riverbend Park offers throughout the year. Boat rides on the Potomac and s'mores by a campfire will also be available. Family-friendly. Admission for adults is \$50 per person (\$20 tax-deductible), \$25 per person for children under 21 (\$10 tax-deductible), and \$125 per family of three or more persons (\$50 tax-deductible). Register online at www.forb.wildapricot.org.

Movie on the Green: Ghostbusters (1984). 7:30 p.m. on the Great Falls Village Centre Green (behind the Old Brogue). Bring your blankets, snacks and drinks. Popcorn provided. Free. Visit celebrategreatfalls.org.

MONDAY/SEPT. 17

"Hemingway's Wives." Noon-2 p.m. at Emmanuel Lutheran Church, 2589 Chain Bridge Road, Vienna. Join the Shepherd's Center of Oakton-Vienna's (SCOV) Lunch N' Life. Entertainment: "Hemingway's Wives" as portrayed by Elaine Flynn. Event sponsor is Care with Love (a non-medical care agency). Lunch is \$15 per person. Prepayment required by Wednesday Sept. 14. No refunds. To register, call 703-281-0538.

Hurricane Florence

Due to predicted inclement weather, some events may be postponed or cancelled.

TUESDAY/SEPT. 18

GFSC Event. 10 a.m.-1 p.m. at St. Francis Episcopal Church, 9220 Georgetown Pike, Great Falls. Come and hear about the Native American Tribes of Virginia. In addition, there will be a tribute to Joy Trickett, Great Falls Senior Center president who died July 29. Mookie's BBQ will provide the lunch. Reservations required. Email pollyfitz1@verizon.net or call Polly at 703-759-4345 to reserve a space.

Wives of Mosby Rangers. 7:30 p.m. at Great Falls Library, 9830 Georgetown Pike, Great Falls. Author Eric Buckland will present stories about the lives and activities of women who married Mosby Rangers. Free. Email dougcoobb@me.com or visit gfhs.org.

SATURDAY/SEPT. 22

Riverbend Park Barbeque Benefit. 6-9 p.m. at Riverbend Park Visitors' Center, 8700 Potomac Hills St., Great Falls. The Friends of Riverbend Park (FORB) is sponsoring a fund-raising benefit. Enjoy a glass of wine or a bottle of beer on the deck, followed by a barbeque dinner catered by Mookie's of Great Falls. Explore the exhibits in the Riverbend Park Visitors' Center, and learn about all

SUNDAY/SEPT. 23

Photographer's Day at the Mill. 11 a.m.-3 p.m. at Colvin Run Mill, 10017 Colvin Run Road, Great Falls. Come to the mill and scout out the location as autumn begins. Staff

members will be available to answer questions about Park Authority photography at the site and commercial photo permits. Free. No reservations are required. Call 703-759-2771 or visit www.fairfaxcounty.gov/parks/colvin-run-mill.

SATURDAY/SEPT. 29

Kayak Tour in the Parks. 5:30-6:55 p.m. at Riverbend Park, 8700 Potomac Hills St., Great Falls. "Kayak Tour-Wildlife of the Potomac" is designed for participants age 14 to adult. Watch for deer foraging on the islands and osprey and bald eagles searching for fish. This is not a whitewater tour. No previous experience is required. \$39 per person. Kayaks are provided; one person per kayak. This tour will be canceled in the event of inclement weather or hazardous river conditions. Call 703-759-9018 or visit www.fairfaxcounty.gov/parks/riverbend.

Movie on the Green: Top Gun. 7:30 p.m. on the Great Falls Village Centre Green (behind the Old Brogue). Bring your blankets, snacks and drinks. Popcorn provided. Free. Visit celebrategreatfalls.org.



PHOTOS CONTRIBUTED

Jill Banks stands next to her winning painting "Station 12" with competition judge Lynn Mehta.

Artists Defy Weather to Paint Great Falls

The elements didn't stop plein-air painters coming from all over Northern Virginia to participate in Paint Great Falls: Plein Air Competition. The third annual event, sponsored by The Arts of Great Falls, challenged artists to paint Great Falls scenes in "plein air" (outdoors). The twenty outdoor painters braved hot humid in the first two days only to endure chilly temps and rain over the weekend to create art from the beautiful scenes in Great Falls which were submitted for hanging and then judged on Sunday, Sept. 9.

Favorite painting spots this year over the four-day competition were Great Falls Park, Colvin Run Mill, and Great Falls Village Centre. The community could join in by visiting artists' painting locations from an online list. From the 39 oil, watercolor, acrylic and pastel paintings submitted, competition judge Lynn Mehta (Alexandria) announced the winners at the Awards & Collectors Reception Saturday night sponsored by Rossen Landscape. Mehta awarded 1st Place \$500 to Jill Banks (Station 12), 2nd Place \$250 to Lori Goll (Bamboo Grove, Hidden Springs), and 3rd Place \$100 to KC Rajendra (Great Falls). The People's Choice \$150 voted on by the 50 guests attending the reception went to Rajendra KC (Farmer's Market Great Falls). Honorable mention was given to Alison Landry and Alexia Scott. Celebrate Great Falls Foun-



Great Falls scenes are captured in thirty nine paintings available to purchase in The Arts of Great Falls Gallery.

ation provided the prize money for the fourth year. "The quality of the art submitted always amazes me. It's fun to see the gallery walls filled entirely with Great Falls scenes, there is no other local exhibit like this," said Julie Casso, executive director of The Arts of Great Falls Foundation. The art will be exhibited through September in The Arts of Great Falls Gallery. Open hours for the show are Saturday mornings from 10 a.m.-noon, now through Sept. 30. All art is available for purchase.

New Location! St. Luke's School, 7005 Georgetown Pike, McLean, VA 22101

HARVEST HAPPENINGS!

SATURDAY, SEPT. 22
11 A.M. - 2 P.M.

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

OPINION

We Are Your Crisis Center

BY LAURA MAYER
PRS CRISISLINK, PROGRAM DIRECTOR



Laura Mayer: PRS call center volunteers provide the empathetic, trained voice that someone in crisis needs to reduce their pain and provide connections to care.



From an early age, we are all taught that if there is an emergency we should dial 9-1-1. We know when we make an emergency call, someone who is trained to help us will answer and eventually an ambulance, a fire truck or a police officer will soon arrive. I remember watching television shows as a child in which a 9-1-1 dispatcher was helping people provide CPR or bandaging a wound, and they had flip charts on their desks helping them guide a caller through their emergency.

For many people, their crisis does not fit this response. When the crisis is your own panic, fear, depression, anxiety, or trauma it is harder to know what to do. There are many numbers available for therapists, doctors, and services for which you can schedule an appointment to be seen for specific problems. But what happens when you are not sure what the problem is? What happens when your pain is emotional and unbearable, and you cannot wait for a few weeks or even a couple of days to talk about it? What is the 9-1-1 response for thoughts so painful it might not feel like you can live another moment?

The number is 1-800-273-8255 or 1-800-273-TALK. This is the National Suicide Prevention Lifeline and this number is answered in your very own community. This

number is not a call center in another state; this number is answered locally by people who are just like you. As the director of PRS CrisisLink, I am often asked why people call our crisis center; what problems are they experiencing and how do we help them? The answer is simple: people connect with us when they are in emotional pain. They have limited options in their lives and they need someone to help them sort it out. They need someone who cares to listen and help them find solutions. PRS CrisisLink is staffed with a mix of highly trained employees and volunteers. Many of our crisis workers have been through their own difficulties and are using their experiences to help others. Some are in school working towards becoming a mental health provider and some have lost

loved ones to suicide and helping others is a way to honor those who died. Our crisis workers are all people living and working in your community and who have empathy for the challenges life throws at us.

We do not use flip charts or standardized responses. We use our humanity and our kindness to offer a safe place to work together to find solutions; sometimes the solution is feeling cared for, heard and understood.

We know that for every person who dies by suicide in our community, roughly 250 people live through those thoughts. We want you to know that we are here for you, night or day, no matter your need, we are here to help live through your thoughts. We are your local, community-based crisis center, and we care.

Sanctuary for Deer?

To the Editor:

Reading your article, Fairfax Station: A sanctuary (Connection, August 23-29, 2018), I would like to comment that, for the most part, residents like myself appreciate the beauty of nature that abounds in this area: the birds, the raccoons, the occasional fox and the deer. We love the trees and the privacy provided by the wooded areas, yet have accessibility to resources needed for daily living.

However, as I gaze at the serenity of a doe and her small fawn, a few feet from her, I cannot help but be saddened by the fact that these creatures are not really in a sanctuary. They may soon be slaughtered by hunters using an archaic and inhumane method (bows and arrows) as they venture toward Burke Lake Park. This practice does not discriminate regard-

ing bucks, nursing does or their fawns (which if not killed will be left to starve).

It would be more of a sanctuary if this barbaric practice would be replaced by humane wildlife management practices, which could include some sterilization projects or even sharp shooting.

These practices are limited to a week or two rather than the cur-

rent stalking and killing or wounding which last nearly 8 months. A deer sterilization project like the one done in Fairfax City could be conducted in one or two parks and be sponsored by contributions to the parks designated for non-lethal wildlife management programs.

Elaine Miletta
Fairfax Station

Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

Letters to the Editor
The Connection
1606 King St.
Alexandria VA 22314
Call: 703-917-6444.

By e-mail: north@connectionnewspapers.com

FROM PAGE 3

THURSDAY/SEPT. 13

Innovation Breakfast Event. 9-10:30 a.m. at Valo Park, 7950 Jones Branch Drive, Vienna. The Community Foundation for Northern Virginia hosts The Innovation Breakfast Series to bring a fresh perspective on the challenges and opportunities facing our region and the role that innovation and philanthropy can play in addressing them. \$40. Call 703-879-7636 or visit www.cfnova.org/innovationbreakfast for more.

New and Prospective Member Orientation. 11:30 a.m.-1 p.m. at Tower Club, 8000 Towers Crescent Drive, Suite 1700, Vienna. Learn more about the Tysons Regional Chamber of Commerce and how to make the most of Chamber membership through the various events, committees, member benefits and marketing opportunities. Meet the Chamber staff and hear from Board Members how membership benefits small, medium, large and non-profit companies. Lunch included. Must register. Visit business.tysonschamber.org/ for more.

Community Meeting: McLean Traffic Analysis. 7 p.m. at McLean High School, 1633 Davidson Road, McLean. Second meeting to give input on potential pilot to mitigate neighborhood congestion at Georgetown Pike/I-495/VDOT and County staff will give an update on input received since the first community meeting in early August, and be available to answer questions. Visit virginiadot.org/projects/northernvirginia/mclean_traffic_analysis.asp for more.

FRIDAY/SEPT. 14

Closed. Fairfax County Public Libraries will be closed for a staff training day. Visit www.fairfaxcounty.gov/library for more.

Application Period Extended. The Fairfax County Park Authority (FCPA) is accepting applications for the rehabilitation and long-term maintenance of the historic Ash Grove House, located at 8881 Ashgrove House Lane in Vienna. The Resident Curator Program provides the unique opportunity for individuals, non-profit and for-profit organizations to secure long-term lease agreements in beautiful public park settings such as Ash Grove Historic Site in Fairfax County. Visit www.fairfaxcounty.gov/parks/resident-curator-program for call Stephanie Langton at 703-324-8791.

SATURDAY/SEPT. 15

Information Meeting. The Fairfax County Alumnae Chapter of Delta Sigma Theta Sorority, Inc., is now accepting applications for their Delta Academy and Delta GEMS programs for young ladies. Delta Academy is a program for young ladies ages 11-14, offering mentoring, educational activities, cultural events, career exploration and community service opportunities. Delta GEMS is a program for girls grades 9-12 with opportunities for self-reflection, individual growth as well as College and Career Planning. Visit www.fcacd.org to download an application and to RSVP for the information meeting.

Community Garage Sale. 9 a.m.-1 p.m. 1420 Beverly Road, McLean. Participate in the biggest garage sale in McLean. This sale features a special Kids' Corner sale for children up to age 15. Residents selling used household items are welcome as well as a limited number of commercial and flea market vendors. Vendor spaces are available on a first-come, first-served basis. Registration deadline: Wednesday, Sept. 12. To register, call 703-744-9365 or email registrar@mcleancenter.org.

MONDAY/SEPT. 17

Welcoming Inclusion Network. 6:30 p.m. at the Herrity Building, Rooms 106/107, 12055 Government Center Parkway, Fairfax. For parents of a child with developmental disabilities, or those interested in being part of an effort to help create and foster inclusive and integrated community: join the Welcoming Inclusion Network (WIN). The goal of the WIN collaborative is to build opportunities for increased information and resource sharing, ensure service equity and efficiency, and boost employment opportunities through existing and new service models. Call 703-324-7006, email wwwcsb@fairfaxcounty.gov or visit www.fairfaxcounty.gov/csb.

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

A Declaration of Semi Independence



By KENNETH B. LOURIE

Now that I've spent the last two publishing weeks moaning and groaning about my potentially life-changing CT scan results from my upcoming Sept. 26 scan, I think it's time to buck up, don't you? I mean, how long can I continue to drone on before I bore even myself? Talk about putting the cart before the horse, I'm putting myself before the cart.

If I've learned/assimilated anything in my nine and half cancer years, it is that waiting for results rather than presuming or anticipating and/or especially overreacting to them in advance of anything actually being confirmed as negative/problematic is, highly recommended. Much easier said than done I understand, but the alternative "batters no parsnips," to quote Mrs. Patmore from the Downton Abbey kitchen.

And if one has been compromised, as I have been by a "terminal" diagnosis (2/27/09), followed by years of chemotherapy and the variety of associated side effects, wasting any time or energy on pursuits which don't enhance life, liberty and the pursuit of happiness, is a pursuit not worth pursuing.

Moreover, given how little control one has over the entire cancer experience - from initial screening/testing/diagnosing/staging to lab-testing/treating/maybe even "surgerizing" (to use of my late father's made-up words), it would seem the sooner the patient/survivor accepts and sort of embraces their place in the cancer feedback loop, the better. Otherwise, the process likely becomes even more excruciating than it already is.

The problem is that cancer can be, shall we say, uncooperative.

Adding to its "uncooperativeness" is its effect on a patient (yours truly) who has lived years beyond the presumptive treatment guidelines oncologists refer to. Generally speaking, stage IV, non-small cell lung cancer survivors of nearly 10 years are few and far between so there's very little empirical evidence/information available advising oncologists how to treat the anomaly. (I've been called worse.)

They're challenged enough determining how to treat the 234,030 new cases projected for 2018 (according to the American Cancer Society). When it comes to treating an old case - mine, common sense and trying to not make things worse seems as much a reasonable course of action as any, especially as I try not to count the days until my next scan. It will get here soon enough - or not - so I see no advantage in obsessing about it and staring at the calendar.

Oddly enough, outliving one's prognosis by as many years as I have presents its own peculiar set of problems.

I never thought I'd be quoting/invoking a Doris Day song but, "Que sera, sera, Whatever will be, will be, The future's not ours to see, Que sera, sera. What will be, will be." And though I realize Doris wasn't singing about cancer per se, it was more so about life.

Nevertheless, if there's one subject that us cancer patients could use all the uplifting lyrics sung and/or talked about, it is words which can minimize the slings and arrows of the outrageous misfortune which has befallen us and to help find a way to make the best of the extraordinarily difficult circumstances life has us living.

So what if I have to wait a month for the other shoe to potentially drop? I'm alive and reasonably well. Besides, there's no guarantee that the shoe dropping will be the cancer shoe. Maybe it will be the non-cancer shoe?

Regardless, whatever shoe drops on or about Sept. 26, I'll be there to pick it up, find some bootstraps, buckle up and get on with it.

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

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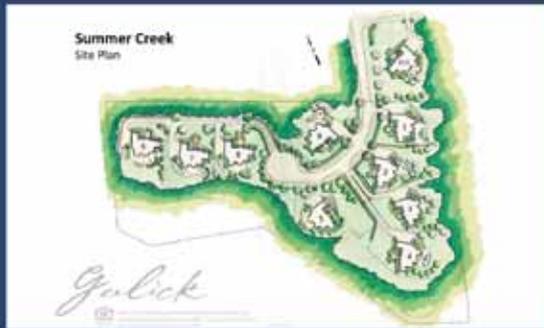
495 River Forest Dr, Great Falls \$2,099,000



1495 Lily Loch Way, Great Falls \$1,600,000



11196 Branton Ln, Great Falls \$1,850,000



Summer Creek Community Starting at \$1,849,500



10709 Falls Pointe Dr, Great Falls \$1,450,000



10210 Mallory Estate Dr, Great Falls \$2,295,000



10929 Beach Mill Rd, Great Falls \$875,000



700 Strawfield Ln, Great Falls \$3,499,000



11617 Rolling Meadow Dr, Great Falls \$1,365,000



1040 Springvale Rd, Great Falls \$1,250,000



616 Nalls Farm Way, Great Falls \$1,249,000

Dianne Van Volkenburg and her team of real estate agents and marketing specialists are unsurpassed in providing first-class service to buyers and sellers. In fact, Dianne and her team have one of the highest rates of repeat clients in all of Northern Virginia as former clients, families and friends trust them for their real estate needs.



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