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Great Falls CONNECTION

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Grange Hall: Local organizations banded together several years ago to start the process of getting the Great Falls Grange back as the center of community life.

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‘Results vs. the Resistance’ or ‘Common-sense vs. Out-of-touch’?

Comstock and Wexton present stark choice for voters during first debate.

BY VICTORIA ROSS
THE CONNECTION

U.S. Rep. Barbara Comstock (R-10) charged directly at Democratic challenger Jennifer Wexton in her opening statement during the candidates’ first debate Friday, casting Wexton as “the most left-wing state senator” who “wants to represent the resistance and who threatens economic growth and tax cuts.”

Wexton, a former prosecutor and current state senator, shot back, calling Comstock a “political chameleon” who “paints herself as a bipartisan problem-solver” but “won’t stand up for her constituents” against President Donald Trump.

“I fear how much damage can be done by this President and the Congress that enables him,” Wexton said, emphasizing her bipartisan work in the Virginia legislature.

The 90-minute debate, organized by the Loudoun County Chamber of Commerce and held in the National Conference Center ballroom in Leesburg, was attended by a record crowd of 550 members.

Frequently punctuated by applause and whistles from supporters on both sides of the aisle, the debate was the first faceoff in one of the most closely watched congressional races in the nation.

VIRGINIA’S 10TH Congressional District has been held by a Republican for 38 years, but Democrats believe demographic shifts in the sprawling district — which include sections of Fairfax and Prince William counties and all of Loudoun County — and growing opposition to President Trump, will lead to a Democratic victory. In the 2016 election, Trump lost the district by 10 percentage points while Virginia Gov. Ralph Northam, a Democrat, won the district by double digits in 2017.

Wexton has a record of bipartisan success in Richmond, where she passed more than 40 bills while in the minority.

But Comstock’s supporters say she has demonstrated her ability to successfully navigate politics in the “Age of Trump” through her relentless campaigning, fast and furious fundraising, hands-on mastery of local issues and personal connections to people in her district.

“If there is a ribbon cutting or picnic, you can bet Barbara will be here,” said Loudoun County developer David Garmand, who attended Friday’s debate. “She sticks to what’s important to the average business person.”

Sidestepping direct support for Trump, Comstock credited her party for low unemployment, economic growth, increased defense spending and GOP tax cuts, saying those have benefitted Loudoun County.

“These are results to celebrate, not resist,” Comstock said, to loud applause.

Comstock broke with Trump, however, on the key issue of imposing tariffs on U.S.



U.S. Rep. Barbara Comstock (R-10) responds to questions from Loudoun County Chamber of Commerce panelists during 90-minute debate Sept. 21, at the National Conference Center in Leesburg while her challenger, state Sen. Jennifer Wexton (D-33) looks on.

goods, declaring herself a “free trader” who has always “opposed tariffs.”

Wexton agreed that tariffs hurt Virginia farmers and businesses. “President Trump needlessly and recklessly imposed tariffs that are hurting Americans,” Wexton said. Regarding the administration sending bailout checks to farmers, Wexton said “They don’t want a bailout from the government. They want to sell their goods on the open market.”

As with their shared opposition to the tariffs, the candidates mirrored one another on several other issues.

Both said they oppose Congressional moves to expand service at Reagan National Airport at the expense of Dulles International Airport, which is located in the district. Both agreed that the opioid epidemic is a serious public health problem, and that addicts need to be treated, not just punished. Both expressed opposition to President Trump’s proposed freeze on the pay of federal workers, thousands of whom call the 10th District home.

But when the candidates addressed immigration reform, the debate took a heated turn.

Comstock and Wexton both said they supported comprehensive immigration reform, including the expansion of programs enabling tech businesses to bring in skilled immigrants to fill cyber jobs.

“I do support having additional immigra-

tion,” Comstock said. “But it needs to be legal and in a fair system. I have supported increasing H1B visas so we can get those high-quality workers.”

“We need to address our immigration challenges in a bipartisan and comprehensive way,” Wexton said, “but President Trump’s divisive rhetoric and policies are only making that more difficult. Immigration is vitally important to our Northern Virginia economy; we have many tech businesses that rely on H1B visas and we have over 30,000 unfilled cyber jobs here in Virginia. Our farmers rely on seasonal immigrant laborers, and we need to make sure that they have them.”

Wexton added that Republicans, who have controlled Congress for years, “have sat on their hands and put kids in cages.” Her comment drew loud and sustained cheers and boos from supporters of each candidate, prompting an “order please” request from the event moderator.

DIFFERENCES between the candidates were also sharply defined on the GOP’s tax reform bill passed last year. Wexton called it the “Trump-Comstock Tax Scam” which she said gives 80 percent of tax cut benefits to the wealthiest one percent of taxpayers and increases the annual deficit by a trillion dollars, instead of helping middle-class families. Comstock said she wanted to expand personal tax cuts and pursue more



State Sen. Jennifer Wexton (D-33) shakes hands with U.S. Rep. Barbara Comstock (R-10) at the end of the candidates’ first debate Sept. 21, at the National Conference Center in Leesburg. The candidates are vying for Virginia’s 10th Congressional District seat.

small business tax cuts.

While both candidates touted their work supporting funding for the Metro system, Wexton said Comstock’s proposals for Metro were so extreme they have failed to earn the support of any other members of Congress in the region. Wexton sharply criticized Comstock for voting against Metrorail’s Silver Line expansion, “but that didn’t stop her from showing up at the ribbon cutting.”

The candidates also split over the Affordable Care Act. Comstock said “Obamacare was a totally partisan bill,” calling it “deeply flawed.” She said she did not support repeal, but instead would seek to fix the problems “piece by piece.”

Wexton said there were steps the federal government could take to improve the system, but that “access to quality affordable healthcare is a right for all, not a privilege of the few” and that the Medicaid expansion she helped pass was providing “access to affordable healthcare to 400,000 needy Virginians.”

In their closing statements, the candidates reiterated their campaign rhetoric:

“My record is one of getting results on your priorities with results, not resistance,” Comstock said.

“[Republicans’] actions show that they have no interest in real solutions, only sabotage. Unlike them, when I go to Congress, I’ll work across the aisle to find real solutions,” Wexton said.

PHOTOS BY VICTORIA ROSS/THE CONNECTION

OPINION

How We Can Bring Criminal Fine Reform to Fairfax County

BY SUPERVISOR JOHN C. COOK
(R-BRADDOCK)



Criminal justice reform is about making sure that the criminal justice system achieves its goals and works equally for everyone. One issue being examined is whether assessing traffic and court fines and costs, regardless of ability to pay, and then punishing those who do not pay, is achieving any desired goal. Court fines and fees can be assessed for criminal or traffic offenses, such as speeding or parking violations. When someone receives a ticket or is ordered to pay a fine for an infraction, they also have to pay court and processing fees. This system is in place to deter people from committing these crimes, and also as a way to reimburse the cost of expenses associated with processing the cases and pay back to society for the cost of any damage caused by their actions.

For some, paying fines is not a problem. For others who are struggling to get by, it may be difficult or impossible to pay. The penalties for failing to pay fines and fees end up having a much greater impact on those in poverty than the rest of the population. If someone cannot pay their fine or traffic ticket, penalties for non-payment increase the amounts they could not pay in the first place. Overdue fines often go to collection agencies and the mountain of debt grows even higher, since a 17 percent collection fee can be added on to

the existing balance.

Compounding the issue is that if someone fails to pay their fines, the state can take their driver's license away. The Legal Aid Justice Center found in January that almost one million (974,349) Virginians had their licenses suspended due to unpaid fines and other charges. Two-thirds of that group (638,003) had their licenses suspended solely because of unpaid fines. When the courts suspend driver's licenses for unpaid fines, those individuals are not able to legally drive to work. Many people choose to drive illegally on their suspended licenses so they do not lose their income. If they are caught, then even more legal fees are added to their debt and some have to serve jail time. This vicious cycle makes it impossible for the courts to ever collect their fines and for those who owe to meet their obligations. It also means that people are pushed out of jobs and potentially into applying for government benefits.

Fortunately, in Fairfax County there are several programs to help individuals avoid these escalating penalties. Defendants can enter into a monthly payment plan with a down payment due at the time of their conviction. If a monthly payment is missed, then the defendant will go into default, which could result in additional fines and/or jail time. Another option is to

Almost one million Virginians have had their licenses suspended due to unpaid court fines and other charges.

defer the entire payment until a later date. Defendants may also be eligible for the Fines Option Program, which allows defendants to perform community service in lieu of paying fines and fees. Those who sign up for this option go to the Magistrate's office on a Saturday morning, sign in, and take a bus to the George Mason University campus to perform tasks such as picking up litter, landscaping, or painting. Work hours are credited at the rate of \$15 an hour toward payment of fines.

While we have some remarkable programs to assist those who cannot afford to pay off their fines, many people still fall through the cracks. We need to implement a new system to help determine a person's ability to pay before they go to trial. The judge and clerk's office need the ability to set fines that can actually be paid. We need further opportunities for the alternative of assigning community service with more flexible schedules for those who cannot make the Saturday morning sessions.

Fine reform cannot truly take place without significant changes by the General Assembly. However, the County can help in the process by assisting the courts in bolstering their programs and making them more effective. We defeat the purpose of fines if we cause people to lose their jobs and the ability to support their families. Alternatives are important to a more just system.

Celebrating with Understanding

BY KENNETH R. "KEN" PLUM
STATE DELEGATE (D-36)



Next year will be the quadricentennial — four hundred years — of important events happening in Virginia in 1619. Those events are not the rah-rah kind of happenings that are too often recognized with simple merriment. They are not examined for what we can learn from whence we came to understand how we got to where we are. The English established their first permanent colony in what became America in 1607; they did not "discover" America. There were an estimated 50,000 residents on the North American continent when the English bumped into the continent on their way to the riches of the Far East. The Spanish had visited the mid-Atlantic region decades before the English arrived but did not stick around for they found no gold or fountain of youth.

The indigenous people living in what the English named Virginia had a form of government in a confederation under the Great Chief Powhatan, an agricultural system, environmental protection, and a religion based on the natu-

ral spirits. They resented the people showing up in great ships and booming guns and taking land on which their forbearers had lived for as many as 15,000 years. There should be no surprise that the indigenous people begrudged these illegal immigrants coming and taking their land and responded with what some people called savagery.

Joining the new settlers at the community they called Jamestowne in 1619 were an essential component of keeping a community thriving into the future — women.

Just in time for the 2019 celebration, the Women's Commission has construction underway for a monument celebrating the contributions of women in making Virginia thrive. Not a bit too soon!

Women were invited to join the men at Jamestowne to help start a new life in a new world.

Not invited to join the white men and women were the enslaved Africans who were dropped off at Jamestowne without their consent and with an indentured servant agreement that could never be paid off. The enslaved Africans

in 1619 were the first that would be brought to the colony to work in the tobacco fields and to do the hard labors without any of the benefits a new start in life was supposed to bring.

The relationship between the white and black populations in Virginia were to dominate so much of the history of the state to the senseless killings of the Civil War and the complexities of race relations today.

In 1619 representatives of the plantations in the colony of Virginia met together in the mud-dab constructed church in Jamestowne to form a local government, much like a homeowner's association, because the real power of governance continued to reside in London. That meeting is celebrated as the first meeting of representative government tracing its beginning in 1619 through the Revolutionary War, with a slight deviation of the Civil War, to today.

Please keep up with the celebrations for next year by visiting the website of <https://www.americanevolution2019.com/> or watch for announcements of events in my electronic newsletter, *Virginia E-News*, available by free subscription (sign up at kenplum.com). In our celebrations, let's continue to critically examine where we are in light of where we have been.

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PHOTOS COURTESY OF ADRIENNE WEST/THE CONNECTION

Residents learn more about the plan for management and use of the Grange.

Grange to Become 'Heart of the Village' Again

Foundation works to regain control of the Grange.

BY ADRIENNE WEST
THE CONNECTION

A town hall meeting was held by the Great Falls Citizens Association (GFCFA) on Sept. 18 to approve the upcoming budget and hear a presentation from the Great Falls Grange Foundation on the management of the Grange complex.

Used by the community since 1929 for meetings and social gatherings, Grange Hall was sold to the Fairfax County Park Authority in 1981 when the cost of upkeep and compliance became too much. The complex includes the Grange Hall, the Forestville Schoolhouse, the Pavilion, and related grounds and parking areas. It does not include the playground, picnic pavilion or sports fields.

Local organizations banded together several years ago to start the process of getting the Grange back and formed the Great Falls Grange Foundation. Eric Knudsen, the immediate past president of the Great Falls Citizens Association and an executive board member, is the liaison to the Great Falls Grange Foundation. He led the discussion on the Grange by covering detailed PowerPoint slides and answering questions from the 33 residents in attendance.

One of the biggest concerns is the need for upgrading Grange Hall so it will attract more renters, therefore bringing in revenue to pay for maintenance and improvements. Ultimately it is where free events for residents will take place, but the revenue from catered events such as birthday parties and small weddings will ensure the success of this facility. Landscaping, Wi-Fi, and a new air conditioning system are at the forefront



Eric Knudsen and James Trent of GFCFA field questions on the budget and the Grange.

of GFGF's to-do list. The GFGF will meet with Dranesville District supervisor Foust to further discuss the agreement for management and is still hoping for turnover in early 2019.

Residents are asked to contact the Grange Foundation with their ideas on how the complex might be used and on improvements to the property that would ensure its use as "the heart of the village" while maintaining its historic character.

To learn more and get involved, please go to <https://gfca.org/>.



Grange Hall: Local organizations banded together several years ago to start the process of getting the Grange back as the center of community life.



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PHOTOS BY ADRIENNE WEST/THE CONNECTION

Scholarship Fund board members and recipients.

Christie Lavin introduces the scholarship recipients.

Great Falls Friends & Neighbors Club Gives Back

Money awarded to deserving local women at annual luncheon.

BY ADRIENNE WEST
THE CONNECTION

When a group of like-minded women gets together, anything is possible. This was clear when the Great Falls Friends & Neighbors (GFFN) philanthropic group gathered at River Bend Golf & Country Club on Sept. 14 for its annual kick off luncheon.

As more than 75 new and current members mingled over appetizers, the topic of giving was ever-present in their conversations. With two special prizes up for grabs during the event, the ladies purchased raffle tickets and raised more than \$800 to donate to The Women's Center of Vienna. A special thanks goes out to the prize donors: Toka Salon and Paul's Wine and Spirits. Another table at the luncheon displayed the annual White House Christmas ornaments, whose sales will again be donated to Artemis House, a local shelter for victims of domestic violence.

Finally, a special presentation was given to highlight the various scholarships awarded by GFFN's Scholarship Fund board. The board reviews entry essays from women over the age of 25 who are residents of Northern Virginia and attend George Mason University or Northern Virginia Community College. A dance scholarship is also given each year to a George Mason University student in honor of former club member, Betty Carter.

Christie Lavin, the board's Director of scholarships, introduced the recipients and spoke about the purpose and goals of the scholarship fund. This year's eight recipients included three women at the luncheon: Christina Gleason, Bernice Anyang, and Regina O'Brien. Other recipients not in attendance were Madison Long, Farah Gutierrez, Amanda Gatling, Fatima Wehelie, and Gwen Palmer. Each student was chosen for their financial need and their academic standings of a 3.0 GPA or higher. And, perhaps more importantly, for their impressive back-



PHOTO COURTESY OF CHRISTIE LAVIN.

From left - Great Falls Friends & Neighbors Club Scholarship recipients Christina Gleason, Bernice Anyang, and Regina O'Brien.

ground stories and their goals of obtaining degrees in a wide range of disciplines, from cyber security to forensic psychology to accounting to teaching ballet.

Lavin shared the goal of the scholarship board this year. "We [want] to make a real, tangible difference in the lives of other women. Our goal this year is to increase everyone's awareness of our fundraising efforts so we can raise more money [to provide] scholarships to more women. We had [to turn away] so many applicants this year; at NOVA alone, 55 women applied and we could only offer two." More information can be found and tax-deductible donations made at <https://www.gffnsf.org/>.

To learn more about GFFN and its other philanthropic and community-focused programs, please go to <http://www.gffnva.org/>.



PHOTO BY ADRIENNE WEST/THE CONNECTION

From left: Erin Lobato - FES parent and golf committee co-chair, Julie Ryan - FES PTA treasurer/former PTA President, Meralee Fredenburgh - FES parent and golf committee member, Ken Junge - CRES Principal, Sara Harper - GFES Principal, Todd Franklin - FES principal, Lisa Cuomo - CRES parent and golf committee member, Meredith Broome - GFES parent and golf committee member, Barbara Morehouse - golf committee co-chair, Kristin Dailey - GFES parent and golf committee member, Children - current students. Not pictured, golf committee members: Diane Emery (CRES), Larisa Caicedo DeThero (GFES), Julie Rothmeijer (FES), Maryellen Moline (FES), Matt Matay (GFES).

Charity Golf Equals Big Checks for Local Schools

Annual event continues to support elementary schools' students.

BY ADRIENNE WEST
THE CONNECTION

With the swing of a golf club, the annual Celebrate Great Falls Foundation Golf Tournament (CGFF) exceeded its goal and raised \$39,000, thanks in part to a generous donation from the hosting venue, Hidden Creek Country Club in Reston. The golf committee was able to present each of the three Great Falls elementary schools with a check for \$13,000. The principals from each school want to extend thanks to CGFF and the community:

"We thank Celebrate Great Falls, its sponsors and our school communities for their continued support for our teachers and schools. Their contribution will directly impact student learning and is a testament to what can happen when schools and communities share a common focus and commitment to education," said Kenneth Junge, Colvin Run Elementary (CRES) principal.

"The statement 'It takes a village' rings true when we consider the wonderful contributions of the annual Great Falls golf tournament to our schools.

SEE TOURNAMENT, PAGE 10

SPORTS

Langley's Franke a Force at the Net

Wake Forest commit leads Saxons to win.

BY JON ROETMAN
THE CONNECTION

Olivia Franke stepped up to serve early in the fourth set of a recent Liberty District match against South Lakes with a chance to extend Langley's lead.

Instead, the 6-foot-4 Saxon middle hitter smashed the ball into the back of teammate Kylie Allen's head, giving a point to the Seahawks.

Franke apologized to Allen before heading to the bench, where she received a ribbing that included a reference to her older sister, former Saxon standout Allison Franke.

"She hasn't done that since she was a freshman," Langley head coach Susan Shifflett said. "Her sister used to give her crap about that, so I told her, I'm calling your sister and letting her know what you just did."

Olivia Franke's service error provided the Langley volleyball team with a moment of humor during Thursday's match. Unfortunately for South Lakes, Franke also provided the Saxons with plenty of points.

FRANKE was a dominant force at the net, totaling 16 kills and four blocks and the Saxons defeated the Seahawks 3-1 (26-24, 18-25, 25-18, 25-21) on Sept. 20 at South Lakes High School.

Langley graduated six seniors from last year's 6A state championship-winning team, including setter Elena Shklyar, the 2017 VHSL state Player of the Year, who now leads Michigan State in assists as a freshman. Also gone is Franke's sister, Allison, a first-team all-state selection who now plays for Franklin & Marshall College.

The Saxons, however, do return the younger Franke, a Wake Forest commit who was a first-team all-state selection as a sophomore. No. 13 is an imposing ball-striker who can help lead Langley while the 2018 team discovers its identity.

"As a freshman, she came in outstanding," Shifflett said. "In the state finals last year, Elena got her the ball, but Olivia finished it. ... She's a great kid. She's a great leader, she's a great player, she's so pleasant to teach and coach."

Against South Lakes, Franke helped Langley navigate through a match that Shifflett called "ugly." After the teams split the first two sets, Franke produced two kills, four blocks and an ace in the third set, giving the Saxons a 25-18 win and control of the match.

"She's smart," Shifflett said. "She understands the game, she studies the game. She knows when she has to go, she knows when to ease off. She sees the court, she's just a really smart volleyball player."

Opponents can experience joyful moments if able to find success against the talented and towering Saxon.



PHOTO BY JON ROETMAN/THE CONNECTION

Langley junior Olivia Franke is committed to play volleyball at Wake Forest University.

"She's a great leader, she's a great player, she's so pleasant to teach and coach."

—Langley head coach Susan Shifflett

South Lakes sophomore middle Brianna Scott, whose primary sport is basketball, blocked Franke during Thursday's match.

"It gave me inspiration because if I can block her, then I can probably block anybody," Scott said when asked how it felt to block a Division I-level player. "She's a really good hitter. It felt really nice to block her."

When talking about her role on the team, Franke said the Saxons look to seniors for leadership, but said she hopes to help younger players build confidence.

"I hope to step up, also, as a junior," Franke said, "just to our freshmen, specifically, so they know they that they are just as important on the court and they can do just as well as any other senior or junior on the court."

Against South Lakes, four of Franke's teammates finished with at least four kills. Freshman Helena Swaak and senior Hailey Chapman each had six kills, sophomore outside hitter Allen totaled five and senior captain Jackson Friedman added four.

Junior setter Stephanie Liu finished with four aces.

ON SATURDAY, Langley lost to Robinson, 3-2, and defeated Briar Woods, 3-1, moving the Saxons' record to 10-4.

Langley will travel to face Yorktown at 7 p.m. on Thursday, Sept. 27.

"The whole chemistry is totally new and they are still trying to get used to each other," Shifflett said. "We have communication issues on the court because they're not used to playing with each other. It's just one step at a time. They're trying to live up to last year and they're a different team. ... We're a good team, but we're a different team. Once they find their identity and they're comfortable with the identity, they'll be fine."

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"Spring in the Garden 3" by Kathy Bodycombe.

"Fall into Color" 2018

ValeArts will present an all new "Fall into Color" fine art show featuring Lynn Martin and Kathy Bodycombe in addition to ValeArts members Linda Lovell, Lorrie Herman, Meredith Hannon, Kim Davis, Laura Barringer and Jenna Klimchak. All varieties of fine art in a historic setting. Free and family friendly. Friday, Sept. 28, 10 a.m.-9 p.m.; Saturday and Sunday, Sept. 29-30, 10 a.m.-6 p.m. at Vale Schoolhouse, 3124 Fox Mill Road, Oakton. Artist reception Friday, Sept. 28, 7-9 p.m. Call 703-860-1888 or visit www.valearts.com for more.

CALENDAR

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

ONGOING

Row by Row Junior. Through Oct. 31, local quilt shop proprietors like Jinny Beyer Studio (776 Walker Road, Great Falls) are welcoming children participating in Row by Row Junior to their shops. It's the junior version of the summertime travel event for quilt making fans known as Row by Row Experience. Kids visit shops in person, collect a free sewing pattern, and find inspiration in colorful, creative world of sewing. At home, families can find free tutorial support and activities online by visiting rowbyrowexperience.com or jinnybeyer.com for local quilting.

Great Falls Farmers Market.

Saturdays, 9 a.m.-1 p.m., 778 Walker Road, Great Falls. Music, vendors, fresh produce, fresh prepared food, delightful bakery, spices from around the world, wild-caught fish, grass-fed, free-range meats, organic-fed poultry and eggs. Email kathleen@greatfallsfarmersmarket.org.

Colvin Run Mill open 11-4 p.m. daily, closed Tuesday. 10017 Colvin Run Road, Great Falls. Fairfax County's operational 19th century water powered gristmill, offers recreational and educational activities for all ages through daily tours, school programs and special events. Fees: \$7/adult, \$6 students 16+ with ID, \$5 children & seniors. Admission to park is free except for some special events.

Fishing Rod Rentals. Riverbend Park, 8700 Potomac Hills St., Great Falls.

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

THURSDAY/SEPT. 27

Join Scouting Night. 7-8 p.m. at Christ the King Church, 10550 Georgetown Pike, Great Falls. Families with children in grades K-4 who are interested in Cub Scouting are invited to attend Pack 673's "Join Scouting Night" to learn about the program and meet returning scouts. Although this first meeting will be held at CTK Church, pack and den meetings are typically held at Great Falls Elementary. Free. Call 202-669-2502 or visit pack673greatfalls.ScoutLander.com.

SATURDAY/SEPT. 29

Fall Festival. 8 a.m.-1 p.m. at Great Falls United Methodist Church, 10100 Georgetown Pike, Great Falls. Children's activities; bake sale; White House ornaments; jewelry and accessories; used books, games and cds; silent auction; apple butter and apple cider; tools; Kitchen Kupboard vendor; and yard sale. Visit www.greatfallsunc.org.

St. Francis Fall Fest. 3-7 p.m. at St. Francis Episcopal Church, 9220

A Bucket List for Fall

Activities that will add spice to the season.

BY MARILYN CAMPBELL

When the leaves turn colors and the air is crisp, Caitlin Upton gathers her family and pulls out a whiteboard and a marker. She's careful to jot down all of the ideas, shouted in rapid-fire fashion from her three children.

"We always create a fall bucket list of things that we want to do as a family," said Upton, who is a mother of three children ranging in age from two to seven. "This year, the kids want to go on a hayride and pick pumpkins. It's not too original, but they love it and get really excited about it. It gives us something to look forward to during the week when we're so busy."

Creating a fall bucket list — a compilation of experiences or achievements that one wants to accomplish — is an important way to create lasting family traditions and memories, while enjoying all that the season has to offer. From hayrides to pumpkin-carving, fall ushers in enough family-friendly activities to create an overflowing list of activities that make the most of the season's bounty.

"The start of a new season is a perfect time to create bucket list, and during fall there are so many fun things to do," said Upton, a marriage and family therapist in Burke. "So often, people have ideas of things that they want to do either with their kids, their friends or just personal things, but never get around to them. It's important to write them down and commit to doing them. I write our list on a white board in our kitchen, but I keep it short and attainable so we don't get overwhelmed. Carving out quality time to spend with family is important."

Foraging for vibrantly color fallen leaves in shades of orange and yellow is at the top of Bella Middleton's bucket list. Middleton, who is an art

instructor in Bethesda, gathers her two preschool-age children and collects leaves with the goal of turning nature into art. "Sometimes we do something as simple as taking branches with leaves that have turned orange and put them in vases that we display around the house. I mix pumpkins with leaves to create a centerpiece for the dining room table.

Making wreaths and collages is another project that Middleton does with her family. "This is really one of the most inexpensive and fun projects that you can do," she said. "My kids and I go to a park and gather fallen leaves. Then I get some construction paper and glue sticks or spray mount and let my kids attached the leaves to the paper in any way they want, then I display their works of art around the house. It's a great way to welcome the season."

Turning leaves into candle holders is another project that Middleton and her family enjoy. "You take leaves and glue them to the inside of mason jars and let them dry. You can attach the leaves with a craft glue called Modge Podge, which dries clear. Tie a pretty ribbon around the mouth of the jar and you have a beautiful decorative piece for fall."

Spending a day enjoying a scenic drive to Shenandoah, passing through the so-called Apple

Trail, is must-do task for Arlington mother Camilla Kendrick and her family.

"It's a beautiful drive down. We stop and pick apples and then we come home and make apple doughnuts," said Kendrick, who works as a private chef. "They're messy, so the kids think they're fun to make. I also make apple cider doughnuts for some of my clients."

Taking a local fall foliage drive with her four children is something that Lauren Bickle puts on her bucket list each fall. "It's certainly not as breathtaking as the fo-

liage in some place like New England, but this area has a lot to offer," she said. "There's Great Falls of course, and then Mount Vernon and Arlington National Cemetery have some great colors. If you're up for a longer drive, Harper's Ferry in Maryland is fantastic for a fall day trip."

Apple Doughnut Recipe

Ingredients
2 cups flour
1/4 cup sugar
1 teaspoon baking powder
1 teaspoon cinnamon
1/2 teaspoon nutmeg
1/2 teaspoon salt
1 egg
3 tablespoons buttermilk
1/3 cup whole milk
5 Granny Smith apples, cored and sliced vertically into three pieces to create doughnut shapes.
2 cups olive oil for frying
1/2 cup powdered sugar, for coating

Directions: Stir together flour, sugar, baking powder, cinnamon, nutmeg, and salt to create the batter. Gradually stir-in buttermilk, whole milk and egg. Coat each apple ring with batter. Heat the oil in a deep frying pan. Place the doughnut rings in the pan and fry on each side for three minutes or until golden brown. Drain doughnuts on a paper towel and allow to cool. Sprinkle with powdered sugar.

Georgetown Pike, Great Falls. Fall festival and wine tasting with bluegrass music by Andrew Acosta Band and Mookie's BBQ. Silent auction and fun activities for the children. Free admission. Email laurenmchewning@gmail.com or call 434-566-8302.

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. 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.

SEPT. 30-OCT. 26

Art Exhibition: Colors in Memory. Gallery hours at Aryan Gallery, 2236-C Gallows Road, Vienna. Colors in

Memory featuring art by Rafat is open to all. Opening reception Sunday, Sept. 30, 5-8 p.m. is limited to adults. Call 202-391-1669 or visit www.rafatart.com.

WEDNESDAY/OCT. 3

Movie Screening: "Shock and Awe." 7-9 p.m. at Lewinsville Presbyterian Church, 1724 Chain Bridge Road, McLean. Movie screening and discussion with Lewinsville's own John Walcott in Fellowship Hall. "Shock and Awe" is the story of a team of four Knight Ridder reporters who dared to ask

FALL FUN

the questions their colleagues did not regarding the reasons behind the Bush Administration's 2003 invasion of Iraq. Director Rob Reiner brings the real life drama to the big screen in "Shock and Awe." Popcorn and movie treats provided. Rated R (Language); 90 min. running time. Free. RSVP at www.lewinsville.org/event-items/special-movie-presentation/. Call 703-237-0358 or visit lewinsville.org.

Author Event: Nancy MacLean.

7:30-9 p.m. at the Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton. Nancy MacLean will give a presentation on her new book "Democracy in Chains: The Deep History of the Radical Right's Stealth Plan for America." The book discusses an organized campaign by radical libertarians to seize the agendas of the nation's universities and political institutions, aided by money from the Koch brothers. Free. Tickets at www.eventbrite.com/e/nancy-maclean-on-democracy-in-chains-tickets-49888104664.

THURSDAY/OCT. 4

Hitchcocktober: Rear Window (1954). 7 p.m. at Angelika Film Center - Mosaic, 2911 District Ave., Fairfax. Every Thursday night in October a classic film by Sir Alfred Hitchcock will be featured with a bonus screening of PSYCHO on Halloween. Tickets are \$10. Visit angelikafilmmcenter.com.

HVI Fall Membership Meeting.

7:30 p.m. in Patriot Hall, American Legion Post 180, 330 Center St. North, Vienna. "Finding Treasures on your Bookshelves" with speaker Cameron Rittenhouse-Smith, antiquarian book dealer. There will be a brief Historic Vienna, Inc. business meeting. Refreshments will be served. Visit www.historicviennainc.org, email historicviennava@gmail.com or call 703-938-5187.

FRIDAY/OCT. 5

Raise Region Gala. 6:30-10 p.m. at Hilton McLean Tysons Corner, 7920 Jones Branch Drive, McLean. Join 600 business, philanthropic, and community leaders to celebrate the Community Foundation for Northern Virginia's 40th Anniversary at the annual Raise the Region Gala event recognizing the growth of philanthropy in the area and its potential to help shape the future of the region. \$300. Call 703-879-7636 or visit www.cfnova.org/gala.

SATURDAY/OCT. 6

The McLean 5K. 7 a.m. at 6631 Old Dominion Drive, McLean (McLean Square Shopping Center). The race

features a certified course through the heart of McLean and is designed to appeal to runners of all abilities. The event will also promote Public Safety Appreciation and serve as a celebration of the first responders from McLean Volunteer Fire Department and McLean District Police Station. Visit www.McLean5K.com or email McLean5k@mcleancenter.org.

2018 DC-Metro Modern Home

Tour. 11 a.m.-5 p.m. The 9 homes on this year's tour are located in the following towns and neighborhoods: Takoma Park, Bethesda, Chevy Chase, Pinehurst Parkway Park, Arlington, and McLean. Modern Home Tours give people a chance to explore and view examples of modern architecture via a self-guided tour. 12 and older. \$40. Visit www.dcmetromodernhometour.com.

Author Event: Kim Ventrella.

1-2:30 p.m. at Patrick Henry Library, 101 Maple Ave. E., Vienna. Kim Ventrella, who worked at Patrick Henry Library, is now a Scholastic-published book author of The Skeleton Tree. Learn more about Stanly Stainwright's life and the inexplicable presence of a bone growing in his backyard. Books available for sale and signing. Grades 3 and up. Free. Call 703-938-0405 or visit librarycalendar.fairfaxcounty.gov/event/4122764.

Live Music: Hot Lanes Big Band.

1 p.m. at Jammin' Java, 227 Maple Ave. E., Vienna. Performance will feature all original music by bandleader Bobby Jasinski. Visit www.jamminjava.com.

Oktoberfest.

6-9 p.m. at Claude Moore Colonial Farm, The Pavilions of Turkey Run, 6310 Georgetown Pike, McLean. Enjoy a Bavarian-themed festive event with all proceeds benefitting the local living history museum and working 18th century farm. DJ, music and dancing. Cider and beer tasting. Catered meal and cash bar. Silent auction. Adults, \$35; farm volunteers, \$25; children 6-12, \$12; children under 6, free. Purchase tickets in advance at 1771.org/events-item/oktoberfest/ or e-mail Catherine Anderson at canderson@1771.org.

Live Music: Nora Jane Struthers.

7:30 p.m. at Jammin' Java, 227 Maple Ave. E., Vienna. A performance by Nora Jane and her band is full to the brim with unexpected arrangements that blur the lines between folk, roots, and rock. \$15-25. Visit www.jamminjava.com.

SATURDAY-SUNDAY/OCT. 6-7

"A Tuna Christmas." Friday, 8 p.m.; Saturday, 2 p.m. at Vinson Hall Community Building Ballroom, 1735 Kirby Road, McLean. The McLean

Community Players will present "A Tuna Christmas" by Jaston Williams, Joe Sears, and Ed Howard. "A Tuna Christmas" is the second in a series of comedic plays set in the fictional town of Tuna, the third-smallest town in Texas. MCP's cast of seven will play 22 roles. \$18-\$20 at 1-800-838-3006, www.McLeanPlayers.org or at the door.

THURSDAY/OCT. 11

Hitchcocktober: Shadow of a Doubt (1943). 7 p.m. at Angelika Film Center - Mosaic, 2911 District Ave., Fairfax. Every Thursday night in October a classic film by Sir Alfred Hitchcock will be featured with a bonus screening of PSYCHO on Halloween. Tickets are \$10. Visit angelikafilmmcenter.com.

SATURDAY/OCT. 13

Model Railroaders Open House. 1-5 p.m. at the Vienna Depot, 231 Dominion Road NE. Northern Virginia Model Railroaders hold an open house at the Vienna Depot each month and on Vienna celebration days, including Viva! Vienna and the Vienna Holiday Stroll. Free admission. Call 703-938-5157 or visit www.nvmr.org.

SATURDAY-SUNDAY/OCT. 13-14

"A Tuna Christmas." Friday, 8 p.m.; Saturday, 2 p.m. at Vinson Hall Community Building Ballroom, 1735 Kirby Road, McLean. The McLean Community Players will present "A Tuna Christmas" by Jaston Williams, Joe Sears, and Ed Howard. "A Tuna Christmas" is the second in a series of comedic plays set in the fictional town of Tuna, the third-smallest town in Texas. MCP's cast of seven will play 22 roles. \$18-\$20 at 1-800-838-3006, www.McLeanPlayers.org or at the door.

SUNDAY/OCT. 14

Live Music: Bobby Long. 7:30 p.m. at Jammin' Java, 227 Maple Ave. E., Vienna. British singer-songwriter Bobby Long (musicbobbylong.com/) has established a reputation as a consistently engaging performer since relocating to New York nine years ago. Visit www.jamminjava.com.

THURSDAY/OCT. 18

Hitchcocktober: Strangers on a Train (1951). 7 p.m. at Angelika Film Center - Mosaic, 2911 District Ave., Fairfax. Every Thursday night in October a classic film by Sir Alfred Hitchcock will be featured with a bonus screening of PSYCHO on Halloween. Tickets are \$10. Visit angelikafilmmcenter.com.



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NEWS



Diving at Dusk - diptych, acrylic - by Linda Jones



Linda Jones: Flying Geese - acrylic.

Linda Jones Exhibits at Katie's Coffee House

"Feathers," an exhibit of acrylic and watercolor bird paintings by Linda Jones, will be hung at Katie's Coffee House at The Old Brogue, from Oct. 2 to Nov. 2. Katie's Coffee House is at 760 Walker Road, in Great Falls Village Center. This exhibit is in response to the artist's love of painting themes from nature, particularly birds, and a celebration of 2018 as The Year of The Bird. This recognition by The National Geographic and Audubon Societies marks the centennial of the Migratory Bird Treaty Act, which has protected and saved millions of birds since 1918, and aims to continue to do so in the future. While up for the whole month of October, the show is also featured as part of the Great Falls Studios Annual Stu-

dio Tour, Oct. 19 - 21. The Old Brogue and Katie's Coffee House are stop E on the tour map, where you are invited to enjoy the art with your coffee or lunch. Jones's art will also be on display during the tour at TD Bank, 9901 Georgetown Pike, at the intersection of Georgetown Pike and Walker Road. TD Bank is a major sponsor for the 2018 Studio Tour, and will host tour headquarters, venue A and studio 17 on the map. Jones will be there to demonstrate her work, and help visitors plan a tour of the other studios open around town during the weekend. For more details and to download a tour map, visit www.greatfallsstudios.com and click on 2018 Art Tour, or contact Linda Jones at 703 442 9251.

Tournament

FROM PAGE 6

The support and collaboration between our families, school staff, and community highlight how very fortunate our students are to attend school in Great Falls. At Great Falls Elementary (GFES), we plan to use the funding to continue to provide innovative and engaging learning experiences for our students – including technology enhancements; a hands-on science lab, and STEAM (Science, Technology, Engineering, Arts, and Math) initiatives," said Sara Harper, Great Falls Elementary School (GFES) principal

"As an administrator for more than 13 years in this community, I am always so grateful for what the families do for our students and our schools. Working with such a supportive PTA and knowing that we are all doing what we can to provide our students with the instructional opportunities and resources to be successful is what makes each school year a successful experience. [We

are excited at the possibility of updating laptops in] our classrooms, in addition to other instructional materials. All of us here at Forestville (FES) want to thank each member and volunteer associated with the Celebrate Great Falls Foundation and our parent community for their constant energy and support and providing us with additional funding to meet the needs of our students," said Todd Franklin, FES principal.

Founded in 1995, the tournament raised money for a number of local charities before adopting the local schools as the ongoing beneficiaries. Since 2012, the tournament has raised more than \$150,000 for those schools. Erin Lobato, golf committee co-chair, gave acknowledgement to the volunteers that helped make the event such a success. "We cannot stress [enough] our appreciation for this committee's hard work. [They] are the reason this was possible. We know [not everyone is able to return next year] so we wanted to specifically thank Diane Emery and Julie Rothmeijer for all their help the past couple of years. It has been

"The statement 'It takes a village' rings true when we consider the wonderful contributions of the annual Great Falls golf tournament to our schools."

— Sara Harper, Great Falls Elementary School (GFES) principal

a pleasure working with both of them and they will be missed. Another special shout out [goes to] Matt Matay and Barbara Morehouse for their incredible help the past 10 years. They have been an instrumental part of taking this tournament from a small but vibrant tournament, to the blockbuster fundraiser that it is today."

New this year was the introduction of a kids' putting contest (sponsored by AOG Wealth Management) to involve the youngest golfers in the tournament. Kids and their families enjoyed a short putting lesson followed by the putting contest. The tournament wrapped in the evening with a BBQ dinner buffet.

For more information on CGFF and next year's golf tournament, go to <https://celebrategreatfalls.org/event/annual-charity-golf-tournament/>.

BULLETIN

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

VOTER REGISTRATION AND ID 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.

- 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.

WEDNESDAY/SEPT. 26

2018 Virginia Senatorial Debate. 5-8 p.m. at Capital One Bank. Sen. Tim Kaine (D) and Chairman Corey Stewart (R), Chuck Todd of NBC's Meet The Press, will moderate, televised live on NBC4.

THURSDAY/SEPT. 27

Planning Study Open House. 7-9 p.m. at McLean High School Cafeteria, 1633 Davidson Road, McLean. The community will have the opportunity to view the drafts of the McLean Community Business Center vision plan and provide feedback. This open house will focus on the initial draft of the vision plan, referred to as a framework plan, which will outline major elements of the vision. Visit www.fairfaxcounty.gov/planning-zoning/mclean-cbc-study for more.

FRIDAY/SEPT. 28

Google Classroom 101. 10 a.m.-noon at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 - Room 100, Dunn Loring. Start the school year off by attending this workshop to learn how Google Classroom works and what parents need to know. Eric Fleming, FCPS Assistive Technology Services. Visit www.fcps.edu/resources/family-engagement/parent-resource-center to register.

Military Academy Nomination Application Deadline. 5 p.m. Students interested in applying for a nomination by the 10th District Service Academy Advisory Board to one of the nation's military academies can mail or hand deliver applications to U.S. Rep. Barbara Comstock's Sterling office at 21430 Cedar Drive, Suite 218, Sterling, VA 20164. Interested students can request an Academy Nomination Application at comstock.house.gov/services/military-academy-nominations.

Work and Play in Tysons. 6:30-9 p.m. at Tower Club Tysons, 8000 Towers Crescent Drive, Suite 1700, Vienna. Join the Tysons Regional Chamber of Commerce in the heart of Tysons to support the Chamber as they entice people in Tysons to stay there after work. Attendees will enjoy distillery tastings and drink specials from Virginia Distillers as well as heavy appetizers while developing and expanding their networks. \$75. Visit business.tysons-chamber.org/

SATURDAY/SEPT. 29

Fall Festival. 8 a.m.-1 p.m. at Great Falls United Methodist Church, 10100 Georgetown Pike, Great Falls. Annual Fall Festival will be held rain or shine. Reserve a 10'x10' outdoor space for \$25 (check made out to and mailed to Great Falls United Methodist Church) to sell arts, crafts, junk and treasures. Spaces are limited so reserve early. Visit www.greatfalls-umc.org or call 703-759-3705.

Mental Health and Wellness Conference. 8 a.m.-1:30 p.m. at Fairfax High School, 3501 Rebel Run, Fairfax. Dr. Amy Przeworski, associate professor in the Department of Psychological Sciences at Case Western University, will give the keynote presentation, Using Stress to Your Advantage in Achieving Academic Success and Emotional Well Being. For the first time, the conference will also include an Our Minds Matter Teen Summit for middle and high school students. Participants will be able to choose from a wide variety of breakout sessions, and there will be many resource tables available. Free. Visit www.fcps.edu/mentalhealthwellnessconference

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Woe I'll Never Be



By KENNETH B. LOURIE

Not on hold with the Oncology department today. Not elbowing Twinkle or Biscuit off my writing tablet as I sit and write this week's column. And not going hungry from the previous Friday's infusion (a week plus has passed so the worst side effect of the treatment has passed).

In general, aside from waiting for my upcoming CT scan on Sept. 26, I am glad that soon I can get on with my life.

You'll note I didn't say fate. That word has too negative a connotation. And my nature, as you regular readers know, is as a positive/glass half full kind of person. So, as I approach this next milestone, I view it not so much as a millstone but more so as just another rock that hopefully leaves me not in a very hard place.

The pre-existing cancer diagnosis is already hard enough. But after living with it for so long and enduring as many rounds of chemotherapy, side effects, lab work, diagnostic scans, 24-hour urine collection and all the associated anxiety surrounding a "terminal" diagnosis as I have, one, at least this one, has learned to live with the miscellaneous demands.

It's not to imply that doing so is easy, but not doing so is so much more difficult. To that end, which ultimately won't be my end, assimilating the good, bad and the incredibly worrisome into some sort of mental spreadsheet seems the only logical pursuit.

Either you learn to take it in stride or you'll die not trying.

And since dying, so far as we know anyhow, is so much less appealing than living, I'm striving to balance my equilibrium and never get too high or too low no matter the news. (Yes. I'm a Libra so balance is very much a part of my process.)

That's not to say that there aren't incredible pressures and challenges that us cancer patients have to manage, it's more that to say that laughing in the face of death is not a sign of weakness but more so a sign of enlightened strength.

Part of that strength is respecting the process with which cancer patients are all too familiar and moreover, and most importantly, understanding and respecting what we don't have control over. There's an element of letting go which enhances one's quality of life and minimizes obstacles as well.

Doing what you can and not fretting about what you can't, in addition to keeping an open mind, combines to smooth out the rough edges and to focus on the path ahead. The 'path ahead' being the goal.

I remember that exact philosophy being expressed by my oncologist at the original Team Lourie meeting back in late February 2009. When it was suggested that my mother's smoking of Chesterfield King cigarettes in my youth or my dalliances in college in the '70s might be relevant/have had an impact on my lung cancer diagnosis, my oncologist would have none of it.

Retrieving fragments of history and/or assigning blame for less-than-ideal behavior was irrelevant to him. His concern was not the past, it was the present/future. We were to be looking/planning ahead and treating forward.

And so here I sit, very much having been treated forward.

At present, I am my oncologist's prize cow, a stage IV, non-small cell lung cancer survivor, alive and reasonably well nine years and nearly seven months into an initial "13 month to two year" prognosis. After hearing that grim prognosis, I never would have imagined that in August 2018, I'd still be alive.

But here I am. Not a victim of my own circumstances.

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

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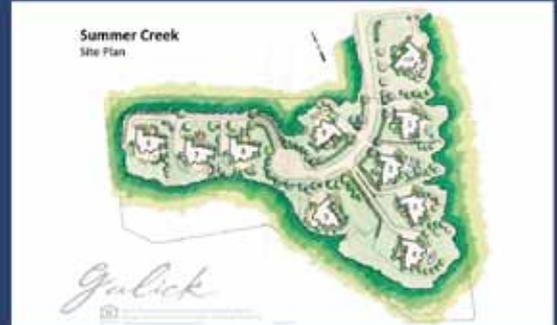
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