

Hadeed
ORIENTAL RUG CLEANING
AND IN-HOME SERVICES

FALL SAVINGS!

IN-PLANT RUG CLEANING

15% OFF!

Valid on Our Signature Washing of Your
Fine Rugs Or the Hadeed One Week
Express Service for Rugs that Qualify!
A Trusted Resource Since 1929!

703-836-1111 | JoeHadeed.com | FREE PICKUP & DELIVERY! Hurry Offer expires 10/14/18. Not valid w/any other offers. †Some restrictions apply.

HomeLifeStyle

PAGE 8

McLean CONNECTION

OPINION, PAGE 6 ♦ ENTERTAINMENT, PAGE 13 ♦ CLASSIFIEDS, PAGE 14

The crowd at the MPA ArtFest
on Sunday, Oct. 7, 2018 at
McLean Central Park in McLean.

MPA ArtFest in McLean Draws Crowds

NEWS, PAGE 3

On Domestic Violence: 'Make the Call'

NEWS, PAGE 2

500 Runners Take Part in McLean 5K Run

NEWS, PAGE 12

PHOTO BY STEVE HIBBARD/THE CONNECTION

ATTENTION POSTMASTER:
TIME SENSITIVE MATERIAL
REQUESTED IN HOME 10-11-18

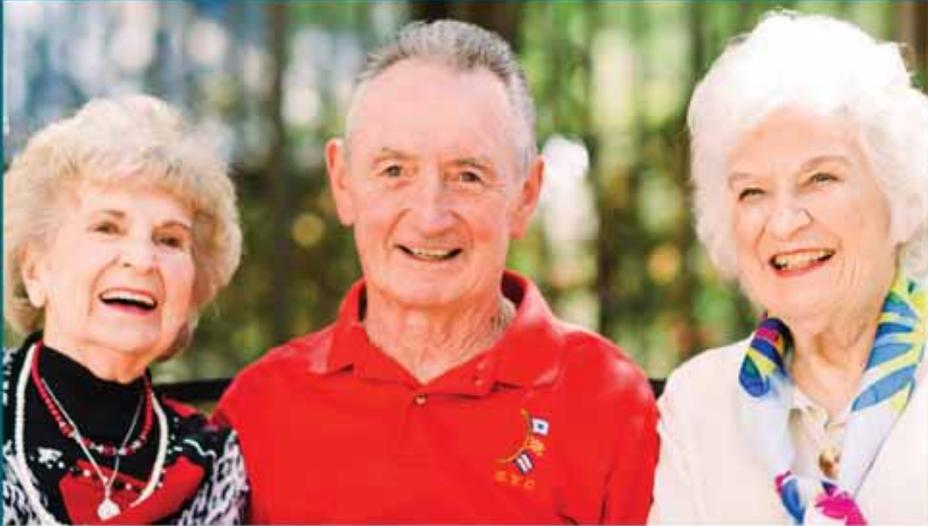
PRSRRT STD
U.S. POSTAGE
PAID
EASTON, MD
PERMIT #322

OCTOBER 10-16, 2018

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM

GREAT THINGS ARE DONE
BY A SERIES OF SMALL THINGS
BROUGHT TOGETHER

— Vincent Van Gogh —



Togetherness is good for your heart

Be together at The Kensington

THERE ARE SOME THINGS you can't do alone, such as give a hug or sing a duet. There are some things you shouldn't do alone, such as grieve or cut your own hair. There are other things you can do alone but when done together instead, become magical.

Shared experiences offer companionship, which is especially beneficial to seniors. Companionship provides social connection that keeps depression at bay. It lowers the risk of developing heart disease and protects against dementia. It accelerates healing after surgery or illness. And, it provides peace of mind, which contributes positively to overall health and well-being.

At The Kensington, we have a healthy respect for independence and privacy, but companionship is part of the lifestyle. And it's good for your heart.

Be together. Join us for brunch. There's magic at our table.

PLEASE JOIN US FOR A BRUNCH OPEN HOUSE

Sunday, October 14, 2018 • 11:00am-2:00pm
RSVP to 703-992-9868 or conciergefs@kensingtonsl.com



THE KENSINGTON
An Assisted Living Community

FALLS CHURCH

(703) 992-9868

700 West Broad Street, Falls Church, VA 22046

www.TheKensingtonFallsChurch.com

Kensington Park, another Kensington community located nearby in Kensington, MD



NEWS



PHOTOS BY MERCIA HOBSON/THE CONNECTION
Del. Eileen Filler-Corn (D-41), elected in 2010, has sponsored bills dealing with campus sexual assault and getting the Commonwealth's Attorney involved to be sure each case is investigated thoroughly.



Del. Kathleen Murphy (D-34), shared, for the first time, that she is a survivor of sexual assault. "I want you to know in this Sexual Assault and Domestic Abuse Awareness Month, there are a lot of stories out there that have never been told. That doesn't mean they didn't happen."

County Urges Public to 'Make the Call'

**"Stop domestic violence and sexual assault
for your friend, your neighbor, yourself."**

BY MERCIA HOBSON
THE CONNECTION

Del. Kathleen Murphy (D-34) shared her personal story: "It's taken me a long time to stand here and say that I am a survivor. I was a victim of sexual assault in college, so I understand what Dr. Blasey has been saying. This is the first time in public I've ever said this. You are the first people I've ever admitted this to. I know what it's like to hide. I know what it's like to know that people probably won't believe you if you tell them."

She was speaking at the Fairfax County presentation "Make the Call" in recognition of Domestic Violence Awareness Month 2018. The Thursday, Oct. 4 presentation offered personal perspectives from five Fairfax County leaders at the hour-long event.

Presenters addressed domestic violence in their own way, either as moderate Tom Goodwin said, "by telling a story because it is in the interest of advancing understanding of the dangers and challenges posed by domestic violence, or whether it is to advance public policy."

The county's 2017 campaign "Look Again" helped the public recognize that domestic violence occurs between people of all ages, races, ethnicities, creeds and status, Goodwin said.

The 2018 campaign, "Make the Call" was a "logical continuation which would feature not only the 24-hour hotline number 703-360-7273 but also information on how victims react and who has become sufficiently engaged and involved."

The presentation was planned by the county's Domestic and Sexual Violence Services and Domestic Violence Prevention, Policy & Coordinating Council.

BRADDOCK DISTRICT Supervisor John Cook emphasized domestic violence is not someone else's issue. It impacts a significant portion of the population.

One in four women and one in seven men are victims of abuse, and "then there are the children," he said. Whenever there is a victim of domestic violence, Cook noted, there is also a perpetrator. A quarter of the population is impacted by domestic violence.

"Children, even if they're not directly the recipient of violence, by being in a home where there is violence, by observing violence, because they are young, even infants have been proven to have lifelong impacts," said Cook. "If we don't help early and now, we will see them again in the criminal justice system; we'll see them in the human services system."

This month the county launched an ini

SEE MAKE THE CALL, PAGE 10

WWW.CONNECTIONNEWSPAPERS.COM



A crowd shot at the MPA Art Fest on Sunday, Oct. 7, 2018 at McLean Central Park in McLean.



The Rose Moraes Trio band performs.

PHOTOS BY STEVE HIBBARD/THE CONNECTION

MPA ArtFest in McLean Draws Crowds

McLean Central Park transformed into mini art galleries showcasing artwork from 40 artists.

BY STEVE HIBBARD
THE CONNECTION

With beautiful weather, several thousand people attended the 12th annual MPA Art Fest on Sunday, Oct. 7, 2018, at McLean Central Park in McLean. The park was transformed into a landscape of mini art galleries showcasing artwork from 40 artists from the Mid-Atlantic region. Highlighting the day was an Art Walk sponsored by the New Dominion Woman's Club, which featured artwork from students in the Langley and McLean Pyramids. The event also offered STEAM (STEM+Art) and art activities to engage creative minds and captivate art-lovers of all ages. In addition, seven bands, under the direction of musical director Ken Avis, performed. And, seven food vendors from local restaurants were on hand as well.

"It's a great coming together of so many community organizations and supporters," said Deb Bissen, Director of Communications and Development, McLean Project for the Arts. "Thanks to the generosity of our area sponsors (including TTR Sotheby's) and supporters, we're able to put on this annual



Amalia Cristina Munoz Gonzalez with her daughter Kim Alderman, 9, a fourth-grader at Franklin Sherman Elementary School. Her work is titled "Time Flies."

festival every year to bring the community together and celebrate the arts," she said.

"It is a little bit of a fund-raiser but it's a more of a fun-raiser too. We get generous sponsorships that help provide money that defrays some of the costs," she added.

According to Jennifer Salopek, President,



Del. Kathleen Murphy (D-34) with special needs/autistic artists Lee Jaworek (autistic) and Jasmine Iskander, a contemporary abstract artist. (Not pictured): Conner Cummings, an autistic photographer.

New Dominion Women's Club, there were 150 students who participated in the student Art Walk set up along the walkway. "New Dominion Women's Club has been proud to sponsor the Children's Art Walk for over five years. We collect artwork that has been selected by the art teachers at all of

the elementary schools at the Langley and McLean Pyramids, including private schools and parochial schools. We mount them, label them and display them here along the walkway and it's known as the Children's Art Walk. And it really is so incredibly gratifying to us when we see our young artists out here standing next to their work, having their picture taken, and very proudly showing their family and friends their work."

Added Bissen of the Art Walk: "I think it's a fun thing for young children in the area who are interested in art to aspire to and a fun way for them to show their friends and their parents and grandparents what they are doing."

Del. Kathleen Murphy (D-34) sponsored a booth that highlighted the work of three special needs artists: Lee Jaworek (autistic), Jasmine Iskander, a contemporary abstract artist, and Conner Cummings, an autistic photographer. "I put this together because all of these kids have put their artwork on display down in the General Assembly and I've admired it for a long time and I thought it was really important for them to become part of the larger art community that we have up here in McLean," she said. "And this was a good opportunity for them to display their art and hopefully even sell it, because several parents have mentioned to me that they are wanting to make sure their kids can make a living going forward. And I think this is a great idea."



Allegra Valenti, 7, a second-grader at Franklin Sherman Elementary School with her "Self-Portrait."



McLean Art Society Past President Judith Landry with her "Beached at Sunset" oil on canvas with Luda Del Rose, Treasurer.

NEWS



CROP Walk participants gather to register.

A Beautiful Day for a Walk

Vienna's CROP Walk hits a significant milestone in its 14th year.

By C.J. GRECO
THE CONNECTION

An initially cloudy sky gave way to a particularly bright October sun, and the folks gathered beneath that sun at the Town Green in Vienna on Sunday afternoon couldn't have been more pleased.

"I love the motto for this walk," said Vienna Mayor Laurie DiRocco as she addressed the gathering. "We walk because they walk".

Mayor DiRocco went on to describe an experience she had in Kenya in 2009. There, she was able to go on a water walk with the women and girls who made a mile-long march for dirty water five times a day.

"[I love the motto because] it speaks to community, and the strong sense of community we have here in Vienna".

Following the speeches from Mayor DiRocco and others, live folk music played from the Green's amphitheater and over the Walk's 1:15 p.m. registration, an occurrence that was absent during last year's event.

"Last year there was just basically a virtual walk," explained Jayne McLaughlin, a volunteer at the event.

This year, however, members of five different Vienna congregations came together under the sponsorship of Church World Service (CWS) to make the CROP Walk more of a tangible community affair.

"Now, it's community-wide, and it's great," continued McLaughlin.

While the Vienna walk is certainly special, CROP walks sponsored by Church World Service have been taking place in communities across the U.S. since their inception in 1969. The first CROP (Christian Rural Overseas Program) Walk took place in Bismarck, N.D. on Oct. 17 of that year. Today more than 2,000 American communities take part in more than 1,000 CROP Walks each year.

"We focus on the most desperate situations," said Rev. Patrick Walker, the CWS representative who aided in the establishment of the Vienna walk.

"As we know, there is hunger and poverty everywhere," Rev. Walker continued, "We try to address issues that will help the community continue on a path of development and self-sufficiency".

With connections in seventy-five countries around the world, two of those issues addressed by CWS are world hunger and thirst. While twenty-five percent of the funds raised on Sunday will be used to alleviate those issues in Vienna, the remaining seventy-five percent is used by CWS to combat them around the globe.

"Twenty-five percent stays here," said Rev. Walker, "and because we're working in so many other communities there's not another that will receive a larger portion of what's raised here than Vienna."

At 2 p.m. the participants, clad in "CROP Walk" t-shirts as warm and yellow as the day's sun, gathered for a quick photo before setting out in solidarity.



A group of CROP Walk Participants begins their symbolic journey.

PHOTOS BY
C.J. GRECO
THE CONNECTION

4 BEAUTIFULLY CRAFTED NEW HOMES
NOW SELLING IN WEST MCLEAN!
TOUR THE FURNISHED MODEL!

1 SOLD, 3 REMAIN!
OPEN: SUN 1:30-4PM

1462-1470 Spring Vale Avenue, McLean, VA
5 bed, 4.5 bath homes, 5,083 sq. ft.

Designed with open layouts, contemporary features and extraordinary craftsmanship.
Pricing starts at \$1,699,550.

Schedule an appointment for a private showing.
Contact: Julie Zelaska, Smith | Schnider
703.282.9266 | Julie.Zelaska@SmithSchnider.com

Built by: Madison Homes Marketing & Sales: Smith | Schnider

Let us know about an upcoming event
www.connectionnewspapers.com/Calendar

GREAT FALLS STUDIOS
ART TOUR 2018

FREE TOUR

OVER 40 ARTISTS AT 20 LOCATIONS

OCTOBER 19-21
10:00AM - 5:00PM

Begin at Tour Headquarters
TD BANK • 9901 GEORGETOWN PIKE

For Information and a Free Map
GreatFallsStudios.com/studiotour

Sponsored by TD Bank
 TD Bank
America's Most Convenient Bank®

NEWS BRIEFS

Cancelled: 10th District Candidate Forum

The League of Women Voters of the Fairfax Area announced they had to cancel the 10th Congressional District Candidates Forum that was to be held on Oct. 24, 7-9 p.m.

"While Senator Jennifer Wexton has accepted, Congresswoman Barbara Comstock did not respond to our invitation. Therefore, in accordance with the non partisan policy of The League of Women Voters,

wherein we neither support nor oppose any candidates for office or any political parties, we are unable to host an event with only one candidate in attendance. Our co-host for the 10th District Congressional Candidates Forum, the Sully District Council of Citizens Associations, concurs; it has the same policy," said The League of Women Voters of the Fairfax Area in their statement.

Fatal Pedestrian Crash in McLean

Crash Reconstruction Unit detectives are investigating a fatal crash involving a pedestrian in the intersection of Dolley Madison Boulevard and Madison McLean Drive.

Philip John Dietz, 75, of McLean, was attempting to cross Dolley Madison Boulevard around 9:55 p.m. Oct. 2. According to FCPD, the driver of a 2002 BMW was traveling southbound in the right lane of Dolley Madison Boulevard when he hit Dietz in the intersection. Investigators are

working to determine if Dietz used the marked crosswalk with the pedestrian signal at the time of the crash. Speed and alcohol do not appear to be factors for anyone involved.

The driver remained at the scene and was taken to the hospital with non-life-threatening injuries. Once the investigation is complete, the Office of the Commonwealth Attorney will review the case and determine if the driver will be charged.

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.

home. WRAP's Halloween SoberRide promo code will be posted at 5 p.m. on Oct. 27 on www.SoberRide.com. The code is valid for the first 1,500 Lyft users.

SOBER-RIDE FOR HALLOWEEN

Free Sober Rides. Saturday, Oct. 27, 10 p.m. through Sunday, Oct. 28, 4 a.m. Area residents, 21 and older, may download Lyft to their phones, then enter a code in the app's "Promo" section to receive a no cost (up to \$15) safe ride

WEDNESDAY/OCT. 10

Walk to School. Fairfax County Public Schools (FCPS) will participate in International Walk to School Day in an effort to promote physical

SEE BULLETIN, PAGE 9

JOHNS HOPKINS
KRIEGER SCHOOL
of ARTS & SCIENCES

Join Us!
OCT. 27
for our FALL
OPEN HOUSE

Fall Forward.
Advance Your Career Here.

JOHNS HOPKINS IN DC

LEARN MORE
ADVANCED.JHU.EDU/OPENHOUSE

1717 Massachusetts Ave. NW, Suite 101 | Washington, DC 20036
1.800.847.3330 | 202.452.1940

A re-newed focus: you.

New customers can qualify for a **\$500** bonus,* and get access to our team of personal bankers who are there to help you with your banking needs.

In order to qualify, you must be a new Wells Fargo customer and:

- Open a new consumer checking account with a minimum deposit of \$25, and within 150 days set up and receive at least 3 consecutive monthly direct deposits of \$500 or more a month, **and**
- Open a new consumer savings account with a minimum deposit of \$25, and within 10 days, deposit at least \$25,000 in new money, and maintain a balance of at least \$25,000 for 90 days
- **This limited-time offer expires November 16, 2018. Visit a participating* Wells Fargo branch and talk to a banker today!**

Your bonus will be deposited into your new consumer checking account within 45 days after eligibility and qualifications are met.

Established 1852
Re-Established 2018

Find a branch near you:
wellsfargo.com/locator



*Important things to know about this offer:

Checking and Savings Bonus Eligibility: Only certain consumer checking accounts are eligible for this offer, including non-interest-bearing checking accounts. Ask a personal banker for details. Teen Checking,™ Greenhouse by Wells Fargo, and the prepaid Wells Fargo EasyPay® Card are not eligible for this offer. All consumer savings accounts are eligible for this offer, excluding Time Accounts (CDs). This is an exclusive, non-transferable offer. A valid bonus offer code will be provided to each customer while meeting with a banker. You cannot be a current owner on a Wells Fargo consumer checking or savings account, a Wells Fargo team member, or a recipient of a consumer checking or savings bonus in the past 12 months (limit one bonus per customer). Offer is only available to customers in the following states: AK, DC, ID, MN, NJ, NE, TX, WY.

Bonus Qualifications: To receive a \$500 bonus: 1. Open a new, eligible consumer checking account with a minimum opening deposit of \$25 by November 16, 2018. Within 150 days of account opening, set up and receive at least three consecutive monthly qualifying direct deposits of at least \$500 each month. During this time, your account balance must be at least \$1.00 or more. A qualifying direct deposit is the customer's salary, pension, Social Security, or other regular monthly income of an accumulated \$500 or more, electronically deposited through the Automated Clearing House (ACH) network to this checking account by your employer, or an outside agency. A non-qualifying direct deposit is a transfer from one account to another, or deposits made at a Wells Fargo branch or ATM. **AND** 2. Open a new, eligible savings account with a minimum opening deposit of \$25 by November 16, 2018 and within 10 days of account opening, deposit at least \$25,000 in new money into either the new checking or new savings account, and maintain at least a \$25,000 cumulative account(s) balance for 90 days. New money is defined as at least \$25,000 in new deposits from sources outside of Wells Fargo Bank, N.A., or its affiliates. Due to the new money requirement, accounts may only be opened at your local branch. Offer subject to change and may be discontinued at any time. Offer cannot be paid without a valid U.S. Taxpayer Identification Number (W-9) combined with any other consumer deposit offer. Minimum new money deposit requirement of at least \$25,000 is for this offer **only** and cannot be transferred to another account to qualify for any other consumer deposit offer. If you wish to take advantage of another consumer deposit offer requiring a minimum new money deposit, you will be required to do so with another new money deposit as stated in that offer's requirements and qualifications. Those who take advantage of this Savings bonus offer cannot also take advantage of any New Dollar promotional interest rate offer during the same promotional period. Offer cannot be reproduced, purchased, sold, transferred, or traded. **Bonus Payments:** We will deposit the \$500 bonus into your new consumer checking account within 45 days after eligibility and qualifications have been met. Checking account must remain open in order to receive the bonus payment. You are responsible for any federal, state, or local taxes due on your bonus, and we will report as income to the tax authorities if required by applicable law. Consult your tax advisor. New account open subject to approval. Checking and savings accounts are subject to monthly service fees; please refer to the Consumer Account Fee and Information Schedule (available at www.wellsfargo.com/online-banking/consumer-account-fees) or speak to a banker for more details. The consumer savings accounts eligible for this offer are interest-bearing accounts with variable interest rates. For example, Wells Fargo Way2Save® Savings pays an Annual Percentage Yield (APY) of 0.01% on all balances and requires a minimum opening deposit of \$25. The APY is accurate as of 9/13/2018 and may change at any time without notice. Fees may reduce earnings.

© 2018 Wells Fargo Bank, N.A. All rights reserved. Member FDIC.

OPINION

Check Voter Registration

Confirm your voter registration before Oct. 15; vote early if you qualify.

If you plan to vote in Virginia, you should hop online now to check that you are still registered to vote at your current address. Nevermind that the last time you went to the polls, you were able to vote. You should check again. Monday, Oct. 15 is the deadline. Go to elections.virginia.gov or call your local Elections Office. The Fairfax County Elections office at 703-222-0776.

If for any reason you didn't vote on the last Election Day or the one before that, and you might have missed a possible postcard asking you to confirm your residence, it's important to check that you are registered to vote. A Supreme Court decision specifically

EDITORIAL

allows states to move forward with purging voters under some relatively common circumstances. Whenever names are purged from a list, the likelihood of mistakes is present. Voting is so important, no matter what your inclinations, this year. Check your registration now.

To determine whether eligible and registered to vote in this election, visit the Virginia Department of Elections website at elections.virginia.gov or call Fairfax Elections office at 703-222-0776.

To vote on Tuesday, Nov. 6, 2018, 6 a.m.-7 p.m. (General Election)

❖ Register/update address by: Monday, Oct. 15. Or ...

❖ Request absentee ballot by mail by: 5 p.m. Tuesday, Oct. 30. Or ...

❖ Vote early, in-person absentee, by appearing in person by 5 p.m. Saturday, Nov. 3

Really, if you qualify for any of about 20 reasons to vote absentee, there is no reason to wait until Election Day Nov. 6 to vote.

Early voting is already well underway.

One of the 20 reasons is if you might be working and commuting to and from home for 11 or more hours between 6 a.m. and 7 p.m. on Election Day. Check the Virginia Department

of Elections list to see if you are eligible: <https://www.elections.virginia.gov/casting-a-ballot/absentee-voting/index.html>

There are two ways to vote absentee, in-person and by mail. To do either, you should first check your voter registration status to make sure it is up-to-date. If you vote absentee in-person you will fill out the application when you arrive at the in-person absentee location.

Early Voting Locations, Dates and Hours

Through Saturday, Nov. 3 at the government center, and Oct. 13-Nov. 3 at the satellite locations.

Fairfax County Government Center, 12000 Government Center Parkway, Conference Room 2/3, Fairfax, VA, 22035

Until Oct. 12:

Monday, Tuesday, Wednesday, and Friday, 8 a.m. to 4:30 p.m.

Thursday, 8 a.m. to 7 p.m.

Oct. 15-Nov. 3, Monday-Friday, 8 a.m. to 7 p.m.

Saturdays, Oct. 6-Nov. 3, 9 a.m. to 5 p.m.

Satellite Locations are open Oct. 13 - Nov. 3

Weekdays: Monday thru Friday, 3 p.m. - 7 p.m.

Saturdays: 9 a.m. - 5 p.m.

Sundays: Closed

❖ Franconia Governmental Center, 6121 Franconia Road, Alexandria, VA 22310

❖ Lorton Library, 9520 Richmond Highway, Lorton, VA 22079

❖ Mason Governmental Center, 6507 Columbia Pike, Annandale, VA 22003

❖ McLean Governmental Center, 1437 Balls Hill Road, McLean, VA 22101

❖ Mount Vernon Governmental Center, 2511 Parkers Lane, Alexandria, VA 22306

❖ North County Governmental Center, 1801 Cameron Glen Drive, Reston, VA 20190

❖ Providence Community Center, 3001 Vaden Drive, Fairfax, VA 22031

❖ Sully Governmental Center, 4900 Stonecroft Boulevard, Chantilly, VA 20151

❖ West Springfield Governmental Center, 6140 Rolling Road, Springfield, VA 22152

Virginia Voter ID

You must show identification to vote. Acceptable forms of valid identification: Virginia driver's license, Virginia DMV-issued photo ID, United States passport, Employer-issued photo ID, Student photo ID issued by a school, college, or university located in Virginia, Other U.S. or Virginia government-issued photo ID, Tribal enrollment or other tribal photo ID, or Virginia Voter Photo ID card

Need a Photo ID?

If you don't have an ID, go to your voter registration office to get a free Voter Photo ID, even on Election Day. You will be required to complete a photo ID application, have your photo taken and to sign a digital signature pad.

Forgot your photo ID on Election Day?

If you get to your polling place without acceptable photo ID, you can vote a provisional ballot. You will be given instructions on what to do so your vote can count. A voter will have until noon on the Friday following the election to deliver a copy of the identification to the local electoral board or to appear in person to apply for a Virginia Voter Photo ID Card.

For more information on voting in Fairfax County:

Fairfax County Office of Elections
12000 Government Center Parkway Suite 323

Fairfax, VA, 22035

Voter Registration: 703-222-0776, TTY 711
Absentee Fax: 703-324-3725

Email: voting@fairfaxcounty.gov

Election Officer Info: 703-324-4735, TTY 711

For 24-hour recorded information call 703-324-4700

LETTERS TO THE EDITOR

Meeting on VDOT Proposed Pilot

To the editor:

VDOT's Proposed Pilot Project to limit access to the Beltway off Georgetown Pike between 2 and 7 pm on weekdays will be discussed at an upcoming public meeting on Oct. 18.,2018 at 7 p.m. at the McLean High School.

This proposal is designed to relieve the cut-through traffic currently adversely impacting residential neighborhoods in Great Falls and McLean without adversely impacting peak hour traffic over the American Legion Bridge into Maryland.

In northern Virginia, rapid economic growth in eastern Loudoun County and the Tyson's Corner areas have greatly increased evening traffic and the numbers of vehicles seeking to enter Maryland via the American Legion Bridge via the Georgetown Pike causing significant problems in residential neighborhoods in the area.

Long term our traffic problems will continue to grow worse until the number of lanes crossing the Potomac River is expanded. Early engineering studies of these issues in both Virginia and Maryland are underway, but actual construction seems years or even decades away. Thus we need interim solutions.

I hope that all concerned citizens will attend the Oct. 18 public meeting, learn more about VDOT's

analysis about the impacts of the proposed action and register comments on their support of or opposition to this proposal.

Vic Kimm
McLean

Northern Virginians Deserve Better

To the Editor:

Over the past 19 months a Republican Congress and Administration have continued to chip away at Obamacare (Affordable Care Act) with U.S. Rep. Barbara Comstock (R-10) toeing the party

line. Cutting subsidy payments, shortening the enrollment period to sign up, eliminating funds to nonprofits that assist with enrollment and ending the employer mandate have meant higher costs for families. Already high, premium costs are predicted to spike next year. Cigna and CareFirst BlueCross BlueShield, both of which offer plans in Virginia under Obamacare, have filed for increases with the Virginia Bureau of Insurance. CareFirst requested a 64 percent increase; Cigna an average premium hike of 15 percent.

Jennifer Wexton, candidate for the 10th Congressional District and

SEE LETTERS, PAGE 15

McLean CONNECTION

www.ConnectionNewspapers.com

An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to connectionnewspapers.com/subscribe

NEWS DEPARTMENT:
mclean@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

Trisha Hamilton
Display Advertising
703-624-9201
trisha@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:
Geovani Flores

CIRCULATION
circulation@connectionnewspapers.com



NEWS

Potomac School Breaks Ground for New Center for Athletics and Community

Rain was in the forecast for Sept. 7, the first Friday of the new academic year at The Potomac School, but sunny skies prevailed, allowing the school's traditional Opening Assembly to be held outdoors as planned.

The annual ceremony includes a procession of seniors and kindergartners, remarks of welcome, and the presentation of Potomac's Excellent Teaching Award. This year, something special and entirely new was added to these traditions: a ceremonial groundbreaking for the school's



Potomac School dignitaries participate in the groundbreaking. From left: Matthew Giuliano '19, president of the Student Government Association; John Mathews, head of the Middle and Intermediate Schools; Nancy Powell, head of the Lower School; John Kowalik, head of school; Dr. Marjorie Brennan, chair of the Board of Trustees; Tim Jaeger, assistant head of school; Doug McLane, head of the Upper School; Daija Yisrael '19, vice president of the Student Government Association.

Center for Athletics and Community.

Technically, the ground at the construction site was broken before the school year began, with site preparation having gotten underway in July. But with the students back on campus, this was the first opportunity for the Potomac community to celebrate this milestone moment together. Head of School John Kowalik notes, "This new building is for the benefit of our students, and we want them to be informed and excited about it. So we decided to hold our groundbreaking at a time and place where the students could be part of the fun." And fun it was, with all the members of the Potomac School community donning white construction hats and the school's mascot, the Potomac Panther, distributing the ceremonial shovels and high-fiving the groundbreakers as they prepared to turn over dirt that had been trucked in from the construction site.

POTOMAC SCHOOLS' 76,500-square-foot Center for Athletics and Community will include a gymnasium with one competition basketball court and three practice courts; an indoor jogging track; seven squash courts; a weight room, cardio room,

and multipurpose activity room; and flexible gathering spaces. In combination with the school's existing facilities, the center will support a robust athletics program that fields teams in 26 interscholastic sports. In addition, the new facility will meet the school's need for an indoor gathering space large enough to accommodate the entire Potomac School community.

John Kowalik explains, "Potomac is committed to being a connected community, and we have events throughout the academic year that are designed to bring our entire K-12 community together. With 1,050 students plus faculty and staff – and, for some events, parents – we do not have an interior space large enough to accommodate everyone. We can hold certain events outdoors; but when the weather fails to cooperate, we have to move into our current gym and decide whom to exclude. Not a happy decision – and one that we will no longer have to face when the new center comes on line."

He adds, "The limitations of our current athletic facilities also affect scheduling, negatively impacting both athletics and academics. The new center will give us increased flexibility and be an important asset for our overall program."

Architect's rendering of the Potomac School's Center for Athletics and Community.



Joseph Ribkoff

Trunk Show
October 11 - 13th, 2018
Thursday-Friday-Saturday
10 am - 5 pm

Door Prizes
Register now for drawings for **\$1000.00** in Joseph Ribkoff Gift Certificates
Come in • Browse • Register


josephribkoff.com

Mae's Dress Boutique
1319 Chain Bridge Rd
McLean, VA 22101
703-356-6333

THE CONNECTION

Newspapers & Online

Reaching 15 Markets throughout Northern Virginia and Potomac, Md

Available in print and digital PDFs online, through email and social media



visit connectionnewspapers.com/PDFs to subscribe for free

LOCAL MEDIA CONNECTION
Newspapers & Online
703-778-9431
www.ConnectionNewspapers.com

Reaching Suburban Washington's Leading Households

- Alexandria Gazette Packet
- Arlington Connection
- Burke Connection
- Centre View
- Charlottesville Connection
- Fairfax Connection
- Fairfax Station/Clifton/Lorton Connection
- Great Falls Connection
- McLean Connection
- Mount Vernon Gazette
- Oak Hill/Hemdon Connection
- Potomac/Arlington
- Reston Connection
- Springfield Connection
- Vienna/Dakota Connection



PHOTO COURTESY OF ANNE WALKER

In a coastal home, interior designer Anne Walker chose Capiz shell chandeliers over the dining table and Capiz shell pendants over the kitchen counters. “The result was beautiful and the cost was effective,” she said.

Holiday-Ready Kitchen

Minor changes deliver big impact in time for holiday gatherings.

BY MARILYN CAMPBELL

Though Halloween is still three weeks away, the holidays are not far behind the ghosts and goblins. Thanksgiving ushers in the start of a season of festive entertaining for family and friends. As the kitchen is often a gathering place and command central for celebratory gatherings, this is the time to give your eating space a pre-holiday spruce-up. Local design aficionados say there is still time to make upgrades to make a kitchen welcoming for guests and functional for the chef.

A refrigerator that is functional, spacious and stylish is at the top of the must-do list of Reston-based interior designer Rachel Grandin’s holiday kitchen spruce-up list. “With all of the delicious food that we make during the holidays, it’s critical that we have a space to store it safely,” she said. “If your refrigerator doesn’t seem reliable, this is the perfect time to replace it. A stainless steel French double-door refrigerator can hold a large turkey and all of the sides, but more importantly it’s eye-catching and chic and will probably be one of the first things guests notice when they enter your kitchen. It’s a quick way to give your kitchen an updated look.”

Lighting is a critical element in any kitchen, advises Potomac-based Anne Walker, “Changing a light fixture might be the easiest and quickest way to make a big design statement before the holidays,” she said. “In a Potomac kitchen I designed, sea glass beaded pendant lights, which reference not only the shimmering aqua glass backsplash tiles, but also the custom Willem Smith bar stools with aqua leather seats.”

New flooring can take the design of a kitchen to

the next level, says Alexandria-based interior designer Courtney Grace, “Right now, I see hardwood and ceramic tile flooring as being on trend,” she said. “I just finished a kitchen for a client and we installed ceramic tile that was actually made to look like wood. So she was able to get the look she wanted, but with a material that was more durable. New flooring can really transform a space without the expense and the time of total kitchen remodel. Choose something durable, for the holidays and beyond.”

If you’re on a budget, consider a new kitchen rug, advises Grace. “Rugs can add color and warmth to a kitchen, and an indoor-outdoor rug can stand up to high-traffic and things like spills.”

Cabinets are usually the biggest part of any kitchen design and renovation project, advises Walker “If your cabinets are structurally sound, you can save a lot of money, but make a huge impact by having the cabinets professionally painted.”

Gray is still the most popular color for kitchen cabinets, followed closely by white, suggests Walker. “I recently renovated a small, charming home for resale, and did just this: had the kitchen cabinets

painted a soft shade of gray,” she said. “What a difference. You will want to have a professional paint the cabinets for you. This is not the time for DIY. With all of the heat, grease, and daily use, paint can easily chip if not applied professionally.”

“Changing a light fixture might be the easiest and quickest way to make a big design statement before the holidays.”

— Anne Walker, Anne Walker Design LLC

Walker also recommends new cabinet hardware. “Soft brass and bronze has made a resurgence in popularity lately, so if the other elements of your kitchen, [such as] paint color and light fixtures would support it, warm brass hardware would add an elegant, updated look to your kitchen,” she said.

A new coat of paint is a simple change that can make a big impact, advises Walker. “Walls and trim get so much wear and tear in a kitchen” she said. “It’s the room we use most, and it takes a beating. Make sure to use a medium sheen so it will be wipeable. I most often use Farrow & Ball’s Modern Emulsion in kitchens. Their colors are sublime and the paint holds up well in high traffic areas.”

HADEED

Oriental Rug Cleaning & In-Home Services

FREE PICKUP & DELIVERY!
Includes: Furniture Moving & Rolling & Laying the Rugs!†



NOW OFFERING A NEW MENU OF SERVICES FOR ALL TYPES OF RUGS!

That Are Faster! | Will Save You Money! | Same Quality! | Same VIP Treatment!

The Same Deep Down Professional Clean you Expect from Joe Hadeed

NEW EXPRESS SERVICE*

Handmade Tufted Rugs | Machine Made Synthetic Rugs | Machine Made Wool Rugs

*FOR RUGS THAT QUALIFY.

HADEED SIGNATURE SERVICE!
Handmade Wool Rugs

In-Plant Rug Cleaning

Express or Signature Services. Expires 10/14/18. Not valid w/any other offers.

15% off

In-Plant Rug Restoration

Expires 10/14/18. Not valid w/any other offers.

10% off

Wall-to-Wall Carpet Steam Cleaning or

Hardwood Floor Cleaning & Polishing

Expires 10/14/18. Not valid w/any other offers.

20% off

535 W. Maple Avenue
Vienna, VA

4918 Wisconsin Ave.
DC/MD

3206 Duke Street
Alexandria, VA

6628 Electronic Dr.
Springfield VA

3116 W. Moore Street
Richmond VA

703-836-1111 | JoeHadeed.com

†Available in MD, DC, & VA. Min. order required, some restrictions apply. Doesn't include breakables. Call for details.

NEWS



PHOTO CONTRIBUTED

His Royal Highness Prince Edward [center] stands with the young Prince's Court Tennis players from McLean Sport & Health Club. Court Tennis is the original racquet sport from which the modern game of tennis is derived.

Prince Edward Comes to McLean

Last month British Royal, Prince Edward, visited Washington as part of a two week national program of engagements in support of The Duke of Edinburgh's International Award USA.

The visit included an afternoon of Court Tennis matches at the iconic Prince's Court at McLean Sport & Health where His Royal Highness played alongside young Court Tennis players, as well as amateur and professional adults.

Following his own personal Award journey, His Royal Highness has embarked on a series of Real Tennis (also known as Court Tennis in the United States) matches, as part of a program of activity to raise awareness and support for the Award in the United States and around the world.

His Royal Highness developed a passion for the sport more than 30 years ago, when completing his own Gold Award.

Prince Edward's visit will see His Royal Highness attend dozens of engagements across nine cities, over 12 days. During the visit, he will also meet and celebrate the achievements of current Award participants and Award holders.

Prince's Court is the only court in the Washington D.C. area at which to play court tennis, the original game of tennis. It has approximately 100 members, including several of the top junior players in the world. It is located in the McLean Sport & Health at 1800 Old Meadow Road.

Introductory lessons are available. Call 703-556-8801.

BULLETIN BOARD

FROM PAGE 5

THURSDAY/OCT. 11

Hispanic Connect NOVA. 8:30-9:30 a.m. at 8300 Boone Blvd., in the Partners' Conference Room, Suite 450, Vienna. Join the Virginia Hispanic Chamber for this recurring event series designed for chamber members and newcomers alike. RSVP at vahcc.com/hispanic-connect-nova.

Post-Secondary Education Options

- Coffee and Conversation. 10 a.m.-noon at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 - Room 100, Dunn Loring. In this workshop hosted by FCPS Career and Transition Services, find information on post-secondary education options for students with disabilities. Visit www.fcps.edu/resources/family-engagement/parent-resource-center to register.

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 a membership. Registration is required. Free for new and prospective members. Sandwiches provided. Visit www.tysonschamber.org.

FRIDAY/OCT. 12

Rethink Church, Rethink Mission Conference.

7-9 p.m. at McLean Bible Church, 8925 Leesburg Pike, Vienna. Hear from authors David Platt ("Radical"), Francis Chan ("Crazy Love") and Andrew Scott ("Scatter") as they cast clear vision for every Christian to go and make disciples. \$25. Visit crazylove.scatterglobal.com for tickets.

SATURDAY/OCT. 13

Spiritual Gifts Workshop.

9:30-3 p.m. at Unity of Fairfax, 2854 Hunter Mill Road, Fairfax. Opportunity for to discover hidden spiritual gifts and talents. BYO lunch. Free (donations appreciated). Call 703-239-2471 or visit www.eventbrite.com/e/spiritual-gifts-workshop-tickets-50920594870 for tickets.

WEDNESDAY/OCT. 17

Hormone Seminar.

6-7 p.m. at Rose Wellness, 2944 Hunter Mill Road, Suite 101, Oakton. Functional Medicine Physician Sushma Hirani and Acupuncturist Virginia Mitchell

SEE BULLETIN, PAGE 15

REMODELED HOME TOUR IN LAKE BARCROFT SATURDAY, OCTOBER 13TH, 2018

Come see how redesigning existing and adding space created better function, flow, and light in this home. Showcasing a two-story foyer addition, gourmet kitchen, powder room, outdoor pizza oven kitchen, access ramp, and more!

Location: 6321 Crosswoods Circle, Falls Church, VA 22044



Major Remodels • Additions • Kitchens + Baths • Basements • Exteriors
703.425.5588 | SunDesignInc.com

SUN DESIGN 30TH

Men fully alive

Admissions Open House

Sunday, October 21 from 12:30-4:00 pm

HEADMASTER'S PRESENTATION AT 2:00



THE HEIGHTS SCHOOL

The Heights is an independent preparatory school for boys in grades 3-12 located in Potomac, MD

BUS SERVICE AVAILABLE FROM VIRGINIA

10400 SEVEN LOCKS ROAD POTOMAC MARYLAND 20854
T: 301.765.2093

www.heights.edu

Visit The Heights Forum for book reviews, interviews, and articles: www.heights.edu/forum
A resource for parents and teachers of "Men Fully Alive!"

Citizens Encouraged to 'Make the Call'

FROM PAGE 2

tiative to help children recover from domestic violence. Cook said if children involved are not supported, the economy is impacted. Later in life, Cook said, "They're not able to be a full participant in our society, our neighborhoods, in our community." If such a large portion of our population is so negatively impacted, then all of us are feeling that impact whether we know it or not."

DEL. EILEEN FILLER-CORN (D-41) sponsored bills dealing with campus sexual assault, and even though earlier versions did not pass, the last bill became a driving force in the passage of a Memorandum of Understanding between campus law officials and law enforcement agencies.

Filler-Corn said she helped sponsor HB 1343 dealing with campus sexual assaults and requiring reporting to the local Commonwealth's Attorney. Filler-Corn said that although that bill and the language were rolled into another bill, "the entire language was actually incorporated and signed into law."

Bill HB 659, which Filler-Corn sponsored did not focus on punishment but rather prevention through Family Life Education. The curriculum incorporated age-appropriate, evidence-based learning centered on domestic violence, healthy relationships, sexual assault, and the meaning of the word "consent." Although Bill HB 659 passed, Filler-Corn said the words "meaning of consent" were stripped out. However, in 2017 she introduced a bill, one of the first in the country to pass which actually codified teaching the meaning of consent in a family life education.

MURPHY SAID, before sharing her personal story, that much of her focus in the legislature had been on guns and getting guns out of the hands of domestic abusers: "Statistics are too clear that guns in their hands mean victims can be killed."

Murphy sponsored a bill to make the second conviction for domestic abuse a felony. However, it failed she said because it would have cost the Commonwealth \$15 million.



PHOTO BY MERCIA HOBSON/THE CONNECTION

"I encourage everyone here to make the call," said Fairfax County Sheriff Stacey A. Kincaid during the Fairfax County panel presentation in recognition of Domestic Violence Awareness Month 2018. "I was a witness; I was a victim; I am a survivor. It happened to me, it could happen to you."

"Why is that possible? Because there were over 11,000 men or people convicted for the second time of violent domestic abuse," Murphy said.

In sharing that she is survivor of sexual assault, Murphy said her experience echoed other victims of domestic and sexual assault: the fear of not being believed; wanting to hide; social attitudes as the abuser is seen as charming by others; and the fact that assault can happen to anyone.

"I'm here because of the bravery of that woman [Dr. Christine Blasey Ford]. It's contagious ... I believe when we stand together, side by side; when we look at our past and can acknowledge what happened, and we can say it, out loud, 'We are victims of abuse, domestic violence ... we demonstrate bravery. We also demonstrate we can move forward and win ... And that is why I strongly support all of the efforts to prevent gun violence toward victims of domestic abuse and

why I want to support Eileen's many bills for keeping our campuses safe for our children. And why I want people to understand that you don't have to be poor. ... I want you to know in this Sexual Assault and Domestic Abuse Awareness Month, there are a lot of stories out there that have never been told. That doesn't mean they didn't happen."

DEL. MARK LEVINE (D-45) said that since he had been involved in Domestic Violence Awareness Month, dozens of people have come forward and told him their stories. He also explained how he had seen first hand how two factors, shame and stigma, perpetuate victim blaming and under-reporting of domestic violence and sexual assault.

During the panel presentation, Levine recounted how rape victims themselves are questioned: "Why were you out with that

person? Why were you alone? Why were you wearing that dress? The anger isn't at the bastard who did the crime; the anger is at the victim. I don't know of any other crime where that happens," Levine said.

Levine recalled how 22 years ago his sister confided to him that her husband threatened to kill her. "To my everlasting shame, I didn't think he would do it ... She didn't think he'd do it either. She died because she was ashamed to be with a man who abused her ... We should all be ashamed of a culture that gives women that blame."

After his sister's murder, Levine's niece and nephew, then ages 6 and 2 were taken care of by his parents, their grandparents, immediately after his sister's death. "But he came back for his kids and literally ripped my niece, then age two from his grandmother's arms crying and screaming ... They would eventually end up in Mexico ... it was the closest place to run to ..."

Levine recalled how it took them 10 years to get the children back. "We had to get those kids back home. She was gone, but we had to save their lives ... it took us 10 long years to get justice." Levine said eventually his brother-in-law faced murder charges, and the court found him guilty; he is now serving 56 years in a Tennessee penitentiary.

However, it was not considered child abuse if one killed the mother of a child, Levine said, adding he became the primary lawyer for the case in Tennessee arguing the children should come back to his parents. Contradicting then Tennessee law, Levine maintained to the courts, "If you kill a mother of the child, that counts. That's child abuse and should be considered in custody decisions. Eventually, Levine pushed a bill to reflect such. "The law passed unanimously in Tennessee, every Republican, every Democrat voted for it," said Levine. Levine's current goal is for a similar law to pass in Virginia.

VALISHA JACKSON, secretary, Shelter House, said, "As I stand here today, in October 2018, I am happy to say ... there is a month dedicated to awareness, resources,

SEE 'MAKE THE CALL', PAGE 11

Home of the \$6,850 Bathroom Remodel
From Now to WOW in 5 Days Guarantee
TWO POOR TEACHERS
 Kitchen and Bathroom Remodeling

10% down nothing until the job is complete for the past 17 years

Select your products from our Mobile Showroom and Design Center
 Fully Insured & Class A Licensed Since 1999
 LEAD-SAFE 3EPA CERTIFIED FIRM

Free Estimates
703-999-2928
 Visit our website: www.twopoorteachers.com

THE CONNECTION
 NEWSPAPERS

Alexandria Gazette Packet
 Mount Vernon Gazette
 Potomac ALMANAC CENTRE VIEW

You can read any of this week's 15 papers digital editions here:
www.ConnectionNewspapers.com/PDFs

'Make the Call'

FROM PAGE 10

support and countless individuals and organizations resisting domestic abuse of any kind."

In 1981, Jackson and her mother survived domestic abuse at a time when there were no laws to protect them, no collective effort to create an escape plan, only, as she acknowledged to the audience, "Friends and neighbors willing to be the lookout while my mother attempted to sleep."

In 2018, Fairfax County offers a shelter, a network of safe houses, resources dedicated to those surviving domestic violence, a bipartisan push by elected officials to the people of Fairfax County to "Make the Call."

"We must do more," Jackson said. Congregations are silent when church leaders tell them their salvation is in jeopardy if they divorce their abuser. Women who defend themselves against their abusers are incarcerated due to mandatory minimums and inflexible sentencing guidelines. Resources are taken away from health and human services, "To make the rich richer, keeping women financially dependent on the abusers, rather than structuring our system to be the safety net and community that we promised to be," Jackson said.

Jackson pointed out, "We say make the call, but we make the pragmatic fear of police brutality a subject for political debate, with a side to pick, rather than ensuring that nobody hesitates when dialing 911 for fear



PHOTOS BY MERCIA HOBSON/THE CONNECTION

Valisha Jackson, secretary, Shelter House at the Fairfax County panel presentation "Make the Call" held Thursday, Oct. 4, said, "I am happy to say ... there is a month dedicated to awareness, resources, support and countless individuals and organizations resisting domestic abuse of any kind." But, "We must do more."

they or their loved ones will be killed at the hands of those who are sworn to protect them. We say make the call, but we interrogate the victim of abuse."



"Domestic Violence affects people from all walks of life," said Supervisor John C. Cook (R-Braddock) after the panel presentation. "I admire the courage of these elected officials who shared their very personal experiences in an effort to help others through awareness and reducing stigma."

FAIRFAX COUNTY Sheriff Stacey A. Kincaid said, "I was a witness; I was a victim; I am a survivor. It happened to me, it could happen to you."

Kincaid told her story as a means to advance the understanding of the dangers and challenges posed by domestic violence. Kincaid shared that after her mother divorced and remarried, all seemed fine. No one knew though what went on behind closed doors.

"The man she married beat her, my brother and he beat me. He blamed and shamed her to the point she actually believed it.

"This went on for seven years," said Kincaid. She revealed how they escaped one night, found themselves homeless, and although it took a long time, they rebuilt their lives. Kincaid revealed she first told her story two years ago and was helped through the process.

"This is not the society we expect to have, where people think it's OK to put your hands on anyone, especially a child. People do not come forward due to fear, embarrassment, and humiliation. And of course, they believe no one will believe them ... I believe you, we believe you, there are people that believe you," said Kincaid.

Fine art, redefined.



Art by Gregory Ferrand, booth #36, Adah Rose Gallery

SUPER FINE

! the fair.

Channel your inner collector.

**10.31 - 11.4
@ Union Market**

**1,000s of works
in the \$100s and \$1,000s**

50% DMV artists + galleries

**[www.superfine.world
/washington-dc](http://www.superfine.world/washington-dc)**



About 500 runners took part in the 10th Annual McLean 5K Run, which took place on Saturday, Oct. 6, 2018, at the McLean Square Shopping Center in McLean.



PHOTOS BY STEVE HIBBARD/THE CONNECTION

Ellen Yates of N2 Shape leads exercises before the race with Linda Moran (right).

500 Runners Take Part in McLean 5K Run

About \$15,000 in proceeds will benefit the McLean Community Foundation.

BY STEVE HIBBARD
THE CONNECTION

About 500 runners and walkers took part in the 10th Annual McLean 5K Run, which was held at the McLean Square Shopping Center on Saturday, Oct. 6, 2018. Hosted by the McLean Community Center with the support of sponsors Century 21 New Millennium and the Greater McLean Chamber of Commerce, the proceeds, estimated at \$15,000, benefitted the McLean Community Foundation charitable organization. Competitive runners, casual runners, walkers, strollers and pets all took part in the race.

The first-place male finisher was Omari Daughtridge, 32, of Fort Washington, Md., with a time of 16:16. The first-place female finisher was Alanna White, 31, of Alexandria and originally from McLean. Her time was 22:07.

"I really appreciate everything the McLean Community Center does, especially events like this which creates a sense of community in McLean," said Supervisor John Foust. "It brings people of all ages together to have fun and do something im-



The first-place male finisher was Omari Daughtridge, 32, of Fort Washington, Md., with a time of 16:16.

portant and it's what makes McLean a wonderful place to live in."

"It's a fun run; it's not just about a competitive race. It's a walk, run, stroll, walk your dogs through this course in and around downtown McLean," added George Sachs,



The first-place female finisher was Alanna White, 31, of Alexandria and originally from McLean. Her time was 22:07.

Executive Director of McLean Community Center.

"It's in McLean, it's for McLean, and it's by McLean. That's our tag. Here in McLean, it's put on by us and all the volunteers and the businesses in this community have gotten

together to do this as an annual thing; this is our 10th year in doing this race," he said.

Added Janet Tysse, President of McLean Community Foundation, "All the proceeds from the race will go into the endowment for the McLean Community Foundation. We've been around since 1981; we've given about \$1.5 million to 501-c-3 charities in McLean that benefit McLean citizens — schools, parks, seniors, public safety, and the environment." She said the all-volunteer Foundation with 11 trustees helps the McLean Community Center and the McLean Fire Department, among other groups, by dispersing funds in McLean.

Added Del. Kathleen Murphy (D-34): "This is really something to bring the community together and energize us and let everybody meet everybody. It's a way for neighbors to meet neighbors. It's a great event every year and lots and lots of people show up, and you can run or you can walk or you can watch, which is what I do."

The top male and female winners won a seven-day Wyndham vacation anywhere in the world, courtesy of Century 21 New Millennium. A third vacation went to a random bib number called at the awards ceremony.



From left: Dranesville District Supervisor John Foust, George Sachs, Executive Director of the McLean Community Center; and Del. Kathleen Murphy (D-34).



Members of Cub Scout Pack 1576 from the Adams Islamic Center before the race.

ENTERTAINMENT

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

THROUGH SUNDAY/OCT. 14

Vienna Wireless Society

Celebrates. This year marks the 55th anniversary of the Vienna Wireless Society (VWS), the premier Amateur Radio Club in Northern Virginia. Learn more about amateur radio or VWS at viennawireless.net.

WEDNESDAY/OCT. 10

Great Falls Historical Society

Program. 7 p.m. at the Great Falls Library, 9830 Georgetown Pike, Great Falls. Speaker Carole Herrick is author of "Ambitious Failure: The First Bridge Across the Potomac River." Free and open to the public. Visit gfhs.org.

Author Event: Immaculée

Ilibagiza. 7-9:30 p.m. at Oakcrest School. Immaculée Ilibagiza will speak at Oakcrest School about finding God in the midst of the horrors of the Rwandan genocide. Free and open to the public. There will be a book signing after the program. Seating is limited, pre-registration at bit.ly/oakcrestimmaculee is required. Learn more at Oakcrest.org.

McLean Historical Society

Meeting. 7:30 p.m. in the temporary office of McLean Community Center, McLean Square Shopping Center, 6641 Old Dominion Drive, McLean. The McLean Historical Society meeting will feature Anna Eberly, the Managing Director of the Claude Moore Colonial Farm, who will discuss "The History and Future of Claude Moore Colonial Farm." Everyone is invited. Contact Carole Herrick at 703-356-8223.

FRIDAY/OCT. 12

Riverbend Bird Walks.

8-10 a.m. at Riverbend Park - Visitor Center, 8700 Potomac Hills St., Great Falls. Riverbend Park is offering free birding walks in October. Participants should be prepared to walk about two miles in comfortable, closed-toed shoes. There likely will be gentle uphill and downhill stretches on slightly uneven terrain. Bring binoculars. Rain or shine. Call 703-759-9018, or stop by the Visitors' Center front desk to register.

Movie: "Jurassic Park" (1993).

7 p.m. at The Old Firehouse Teen Center, 1440 Chain Bridge Road, McLean. Revisit (or discover) the Spielberg movie that spawned a whole army of sequels. Then, join The Alden on Saturday, Nov. 17, for "Hold on to Your Butts," the ingenious and hilarious live, two-person-plus-Foley-artist, scene-for-scene recreation of the movie. \$4; \$2 MCC district residents. Call 703-790-0123 or visit www.mcleancenter.org.

SATURDAY/OCT. 13

Bulb Sale.

8 a.m.-noon at Town of Vienna Farmers Market, on the grounds of the Vienna Community Center. The Ayr Hill Garden Club presents its annual bulb sale supporting the community gardening efforts of the Ayr Hill Garden Club. Email emilielarson@rcn.com.

LOOK. LISTEN. LEARN.

10 a.m.-4 p.m. Open House at all Fairfax County Fire Stations. In celebration of Fire Prevention Week, all Fairfax County Fire and Rescue Stations will be hosting an Open House. Stop by a local station that day to meet firefighters, see the fire trucks, join in the activities and learn about fire safety. Find a local Fairfax County Fire & Rescue Department Fire Station at bit.ly/2ReXaHk.



Vienna's Anne Davis and Team 'Rudy's Friends' are taking part in DogFest DC Benefiting Canine Companions for Independence



Debra and Stephen Push, of McLean.

DogFest Walk 'n Roll DC

Last year, hundreds joined in the biggest celebration to support Canine Companions for Independence with an agility course, demonstrations, treats, freebies, raffles, and best of all, stories of graduate teams who live and work in and around D.C. Admission is free, parking is free and our event is accessible. Create a fundraising page and share the story of a family pet. Saturday, Oct. 13, 11:30 a.m. at Reston Town Center, 11900 Market St., Reston. Visit cci.org or call 1-800-572-BARK.

Halloween on the Green. 10:30 a.m.-12:30 p.m. on the Town Green. The Town of Vienna is getting in early on spooky fun for children ages 2-10. Costumed kiddos are invited to haunt away at Halloween on the Green. In the event of inclement weather, call 703-255-7842 for event status.

Improv Master Class for Teens. 11 a.m.-12:30 p.m. at MCC Class Programs/Registration Office, 6645 Old Dominion Drive, McLean. Participants will learn several games they can play just about anywhere, learn how to develop scenes, create characters within seconds and learn exercises to help create "group mind" to better work and act together. Designed for 9th-12th graders who are on an improv team, who are involved in theater or are interested in improvisation. \$8, \$5 MCC district residents. Call 703-790-0123 or visit www.mcleancenter.org.

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.

Indie Author Day Celebration. 3-5 p.m. at Patrick Henry Library, 101 Maple Ave. E., Vienna. Northern Virginia is fertile ground for writers. Drop in and meet some of them. Find new books and authors. Learn about the experiences of independent writers in developing their craft and getting their work published. Featured authors include: Russell Ginns (Children's Fiction), Joyce C. Grand (Fiction); Aimee Hix (MYS), Margaret Placentia Johnston (Religion); Donna Migliaccio (Fantasy), and Martin Wilsey (SciFi). All ages. Call 703-938-0405 or visit librarycalendar.fairfaxcounty.gov/event/4402316.

Opening Concert: Tysons McLean Orchestra. 7:30 p.m. at The Falls Church Episcopal auditorium, 115 E. Fairfax St., Falls Church. Opening concert of Tysons McLean Orchestra's 49th season. European Travelogue featuring Miriam Burns, Music Director and Conductor with soloist Sean Lee, violinist performing Rossini L'italiana in Alferi; Wieniawski Violin

Concerto Number 2 in D. minor. Adults \$40, seniors \$30, youth/educators \$15. Visit tysonsmcleanorchestra.org or call 703-893-8646.

SATURDAY-SUNDAY/OCT. 13-14

Make a Scarecrow. Noon-2 p.m. at Colvin Run Mill, 10017 Colvin Run Road, Great Falls. Make a "friend" for the garden or lawn. Bring pants and a shirt to outfit a scarecrow, plus an old pair of panty hose for the head and body. The folks at Colvin Run will supply the stuffing and know-how. No reservations required. \$6 per scarecrow. Panty hose can be purchased on site for an additional \$1. Call 703-759-2771 or visit www.fairfaxcounty.gov/parks/colvin-run-mill.

"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

Reston Chorale Concert. 4 p.m. at Saint Luke's Catholic Church, 7001 Georgetown Pike, McLean. Reston Chorale "Out of the Shadows" concert highlights 900 years of music composed by women. Guest artists are Ysaye Barnwell, composer and former member of Sweet Honey in the Rock and P. Lucy McVeigh, soprano. Tickets are \$20-\$25 on line; \$25-\$30 at door. Active military and youth under 17 free. Visit www.RestonChorale.org.

FRIDAY/OCT. 19

Dining with Dorothy. 12:30 p.m. at Red Galenga Modern Asian, 144 Church St NW, Vienna. Join with friends or make new ones. Newcomers are always welcome. To reserve space, contact event chair, Dorothy Flood at dflood1706@gmail.com.

The Old Firehouse Haunted Friday

Night Trip. 4:30-11 p.m., leave from The Old Firehouse Teen Center, 1440 Chain Bridge Road, McLean. Teens can get in the Halloween spirit and spend a spooky Friday night with the Old Firehouse. Only the brave-hearted are invited on this journey. The night will start with a group dinner beforehand so participants can stay alert for ghosts, zombies and whatever creepy creatures might appear in the night. \$60, \$50 MCC district residents. Call 703-790-0123 or visit www.mcleancenter.org.

FRIDAY-SATURDAY/OCT. 19-20

"Emilie: La Marquise Du Chatelet Defends Her Life Tonight." 8 p.m. at Vienna Community Center, 120 Cherry St. SE, Vienna. Kathleen Barth makes her Vienna Theatre Company directorial debut when "Emilie: La Marquise Du Chatelet Defends Her Life Tonight" is staged the final two weekends of October and the first weekend of November. Tickets are \$14. Advance tickets may be purchased online at viennava.gov/webtrac or in person at the community center; if available, tickets may be purchased at the door.

SATURDAY/OCT. 20

Riverbend Bird Walks. 8-10 a.m. at Riverbend Park - Nature Center, 8700 Potomac Hills St., Great Falls. Riverbend Park is offering free birding walks in October. Participants should be prepared to walk about two miles in comfortable, closed-toed shoes. There likely will be gentle uphill and downhill stretches on slightly uneven terrain. Bring binoculars. Rain or shine. Call 703-759-9018, or stop by the Visitors' Center front desk to register.

Lax-O-Ween Tournament. 8 a.m.-4 p.m. at James Madison High School, 2500 James Madison Drive, Vienna. Lax-O-Ween 2018 is sponsored by JMHS Athletic Boosters. \$65. Email monicaschmude@yahoo.com.

Becky Love Foundation 5K/1K Fun

Run. 9-11 a.m. at Turner Farm, 925 Springvale Road, Great Falls. Walk or run to support those who struggle, have lost a loved one or have been affected by mental illness or depression. Race proceeds fund tools for those impacted. \$35. Email

sarah.blfound@gmail.com or visit www.beckylovefoundation.org/events-1/5k-for-mental-health. See www.beckylovefoundation.org for a map and more details.

Tea Tasting Seminar. 1-3 p.m. at Colvin Run Mill, 10017 Colvin Run Road, Great Falls. Exploring Teas of the Himalayas - this focused tea tasting seminar with Certified Tea Specialist Chef Laurie Bell will awaken taste buds to high grown premium teas. Tea infused treats and a take home tea sampler included. \$35. Use class activity code 266 407 0501 and visit fairfaxcounty.gov/parks/parktakes or call 703-222-4664 to register.

Uncorking a Rich, Full Life. 5-8 p.m. at the home of Supervisor John Foust and Dr. Marilyn Jerome Foust. Wine/Beer Tasting and Benefit Auction to raises funds for Langley Residential Support Services programs and activities. Discover the perfect wine or beer for upcoming holiday meals and gatherings, enjoy a delicious buffet of hearty hors d'oeuvres, socialize and network with interesting people, and bid on great silent and live auction items. \$100 per person. Register at langleyresidential.org/wine-beer-tasting-benefit-auction.html.

Make our Garden Grow: Music of Bernstein and Sondheim. 8 p.m. at Church of the Holy Cross, 2455 Gallows Road, Dunn Loring. Voce Chamber Singers joins the worldwide celebration of the 100th anniversary of Bernstein's birth in a program of the composer's best-loved hits from Candide, West Side Story, and more, alongside works of his friend and frequent collaborator, Stephen Sondheim. Join the celebration to kick off Voce's 30th anniversary season. \$25 general admission; \$20 age 62+; \$10 student (18+); children under 18 free. Call 703-277-7772 or visit www.voce.org.

SUNDAY/OCT. 21

Breakfast Buffet. 8 a.m.-noon at 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.

Make our Garden Grow: Music of Bernstein and Sondheim. 4 p.m. at Church of the Holy Comforter, 543 Beulah Road NE, Vienna. Voce Chamber Singers joins the worldwide celebration of the 100th anniversary of Bernstein's birth. Join the celebration to kick off Voce's 30th anniversary season. \$25 general admission; \$20 age 62+; \$10 student (18+); children under 18 free. Call 703-277-7772 or visit www.voce.org.

20th Anniversary Gala. 5:30-10 p.m. at Westwood Country Club, 800 Maple Ave. E, Vienna. Shepherd's Center of Oakton-Vienna hosts 20th Anniversary Gala featuring Bobby McKey's Dueling Pianos. Join the party for an evening of laughter, singing and dancing as SCOV celebrates their 20th anniversary of service to the community. Visit www.scovgala.org or call 703-281-0538.

MONDAY/OCT. 22

Film Screening: "Tidewater." 7:30-9:30 p.m. at Vinson Hall, Kathy Martin Community Building, 1735 Kirby Road, McLean. Following award-winning 40-minute film, "Tidewater," senior military experts discuss challenges our military must meet to protect our national security in a changing climate, and respond to audience questions. Free. Call 571-225-9671 or visit tidewater-mclean.eventbrite.com to RSVP.

Announcements

**We pay top \$ for STERLING,
 MEN'S WATCHES,
 JEWELRY, COSTUME JEWELRY,
 FURNITURE, PAINTINGS AND CLOCKS.**

Schefer Antiques
 703-241-0790
 theschefer@cox.net

Employment

**Forget Daily
 Commuting**

Print and digital media
 sales consultant for area's
 most popular and trusted
 local news source

Manage your own hours from home
 Enjoy flexible schedule
 plus no daily commute
 Help local businesses grow
 Unique opportunity to be a
 voice in your community
 Competitive compensation

Call **Jerry Vernon**
703-549-0004
 Connection Newspapers & Digital Media
 Trusted Connection to Local Communities

Legals

ABC LICENSE

Urban Plates LLC trading as Urban Plates, 2400 Tysons Galleria, McLean, Fairfax County, Virginia 22102-3909. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On Premises license to sell or manufacture alcoholic beverages. Saad J. Nadhir, CEO authorizing advertisement. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

**LIKE US ON
 FACEBOOK**

[www.Facebook.com/
 connectionnewspapers](http://www.Facebook.com/connectionnewspapers)



NEWS



PHOTOS BY HUTOMO WICAKSONO

Super H 5K Run, Walk & Wheel drew more than 200 participants in Tysons and raised more than \$50,000 this year.

Super H 5K Raises Over \$50,000 for Adaptive Sports

MedStar National Rehabilitation Network's 15th annual Super H 5K Run, Walk & Wheel drew more than 200 participants and raised more than \$50,000 this year. The race, which benefits athletes who participate in MedStar NRN's adaptive sports programs, was held in very wet, rainy conditions on Sunday, Sept. 23 in Tysons.

MedStar NRN's adaptive sports programs enable athletes with disabilities to compete in various sports such as wheelchair basketball; wheelchair tennis; adaptive rowing; sled hockey; quad rugby; Boccia ball; hand cycling, and more.

Funds raised from the Super H race have also enabled all of MedStar NRN's adaptive sports teams to compete at the national level. Their wheelchair basketball team is currently ranked number 3 in the nation. Additionally, one of its players, Trevon Jenifer, is a gold medalist on the U.S. Paralympic basketball team, while Hallie Smith is a member of the U.S. Paralympic Rowing team. MedStar NRN's programs range from introductory clinics to elite competitions.

"We sincerely appreciate all of the generosity of our sponsors and those who attended this year's race," said Joan Joyce, director of recreation therapy and community relations for MedStar NRN. "Our adaptive athletes are very grateful for all of the support they receive as well as those coming for our fitness classes. It really means a lot to everyone."

Next year's race takes place in September of 2019. Stay tuned for information on the date and time.

To contribute to adaptive sports even though the race is over go to: MedStarNRH.org/SuperH5K (www.medstarnrh.org/ways-to-give/events/super-h-5k-run-walk-and-wheel/#q={}).



The race was held in very wet, rainy conditions on Sunday, Sept. 23.



The 2019 Super H race will take place in September.



Funds raised from the Super H race have enabled all of MedStar NRN's adaptive sports teams to compete at the national level.

Past issues of

**THE
 CONNECTION
 NEWSPAPERS**

**back to 2008
 are available at**

<http://connectionarchives.com/PDF>

Announcements

Announcements

LUXURY GROUP AUCTIONS
 A Division of Williams & Williams Worldwide Real Estate Auction

97.5+/- ACRE EQUESTRIAN FARM



**3258 Thompsons Mill Rd
 Goldvein, VA**

5BR 3.5BA 7,000+/- sf main home with 1,800+/- sf attached garage and horse barn with ten stalls. Includes an original 3BR 2BA 1,600+/- sf house
Open: 1-4pm Sun Oct 14
Auctions: 12pm, Tue Oct 23 on site or bid online

800.801.8003 • luxurygroupauctions.com/Goldvein

VA PAMELA L. MCKISSICK RE LIC: 0225218610; WILLIAMS & WILLIAMS RE LIC: 0226 023368
 BUYER'S PREMIUM (BUYER'S FEE IN VA) MAY APPLY.

BULLETIN

FROM PAGE 2

will speak about their integrative approach for balancing male and female hormones and the various health benefits of acupuncture. Free. Call 571-529-6699, option 3 to RSVP or visit www.rosewellness.com.

8th District Congressional Candidates Forum. 7-9 p.m. at Grace Presbyterian Church, 7434 Bath St., Springfield. Both of the certified candidates – Thomas S. Oh (R) and Donald S. Beyer Jr. (D) (incumbent) – have been invited. The questions for the candidates will be written on cards by the audience and sent to the moderator. This event is free and open to the public. Email voterserviceslwvfa@gmail.com.

Open Membership Meeting. 7-9 at Vienna Community Center, 120 Cherry St. SE, Vienna. Since 1955, the Vienna Woman's Club has been uniting women in common interests, activities, education, welfare, philanthropy, civics, values and arts. This is a great opportunity to hear a guest speaker and join the Vienna Woman's Club. Free. Visit www.ViennaWomansClub.org.

THURSDAY/OCT. 18

Caregivers Support Group. 10-11:30 a.m. at UUCF Unitarian Universalist Congregation of Fairfax - Program Building, 2709 Hunter Mill Road, Oakton. For caregivers to adult family members with dementia. First and third Thursdays of every month. Hosted by Shepherd's Center of Oakton-Vienna. scov.org. Contact facilitator Jack Tarr at 703-821-6838 or jtarr5@verizon.net.

Congestion Solutions Meeting. 7 p.m. at McLean High School, 1633 Davidson Road, McLean. Join the Virginia Department of Transportation and Fairfax County for a second community meeting on efforts to identify potential congestion solutions for neighborhoods near I-495 (the Capital Beltway). 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 www.virginiadot.org/projects/northernvirginia/mclean_traffic_analysis.asp.

SATURDAY/OCT. 20

FACEing the Future Together. 8 a.m.-3:30 p.m. at Thomas Jefferson High School for Science and Technology, 6560 Braddock Road, Alexandria. Family and community engagement (FACE) is at the center of everything that PTAs accomplish. Join the launch of a new effort to welcome and encourage all families throughout Fairfax County to become active participants in their school community. \$10 (includes continental breakfast, lunch and snacks). Scholarships are available for the conference and can be requested on the registration form. Interpreters will be available. Go to www.fcpta.org to register.

WEDNESDAY/OCT. 24

MCC Governing Board. 7:30 p.m. at the MCC Administrative Offices, 6631 Old Dominion Drive, McLean. All meetings of the Governing Board are open to the public. Tax district residents (Dranesville District-1A) who wish to speak during the "Citizen Comment" portion of the meeting are asked to call the Center at 703-790-0123, TTY: 711 to be placed on the agenda. Visit www.mcleancenter.org.

LETTERS TO THE EDITOR

FROM PAGE 6

currently State Senator (33rd District) has a proven record of working with legislative colleagues in Richmond for affordable healthcare. She worked to expand Medicaid to those Virginians needing care that is expected to bring more than \$10 billion back to Virginia's economy. Underlying Wexton's effort is her belief that access to affordable healthcare is a right for all Americans. Northern Virginians have a skilled champion ready to work on our behalf. Vote for Jennifer Wexton in November.

Sharon Canner
Reston

BUSINESS DIRECTORY

WWW.CONNECTIONNEWSPAPERS.COM

CALL 703-549-0004 FOR ADVERTISING INFORMATION

LANDSCAPING A&S CONSTRUCTION SOD, Mulch, Clean-Up Leaf Removal Hauling. 703-863-7465		Good is not good, where better is expected. -Thomas Fuller	LANDSCAPING LANDSCAPING Patios & Drainage Your neighborhood company since 1987 703-772-0500	
ELECTRICAL ELECTRICAL K & D ELECTRIC COMMERCIAL / RESIDENTIAL SERVICE Family Owned & Operated Recessed Lighting Ceiling Fans Phone/CATV Computer Network Cabling Service Upgrades Hot Tubs, etc...		Licensed/Bonded/Insured Office 703-335-0654 Mobile 703-499-0522 lektrkman28@gmail.com	Free Estimates - Fully Licensed & Insured <ul style="list-style-type: none"> Planting & Landscaping Design Drainage & Water Problems Concrete Driveways, Replacement or New Patios and Walks • Masonry Work or Dry Laid Paver, Flagstone, Brick, any style you choose Retaining walls of all types All work Guaranteed	
GUTTER GUTTER GUTTER CLEANING Gutters and Downspouts Cleaned Small Repairs • Gutter Guards PINNACLE SERVICES Lic/Ins 703-802-0483 free est. email: jamie@lawnsandgutters.com web: lawnsandgutters.com Friendly Service with a Friendly Price!		TILE / MARBLE TILE / MARBLE Quality Tree Service & Landscaping Reasonable prices. Licensed & insured. Fall Cleanup... Tree removal, topping & pruning, shrubbery trimming, mulching, leaf removal, planting, hauling, gutter cleaning, retaining walls, drainage problems, etc. 25 years of experience - Free estimates 703-868-5358 24 Hour Emergency Tree Service		
IMPROVEMENTS IMPROVEMENTS Power Washing Go from green to clean, do you have mold on your siding rotten wood that's a hoar violation? We do houses, decks, fences, side walks, etc. Deck and fence repair, deck staining and sealing. Licensed & Insured • Free Estimates email: jnave@comcast.net 10% 703-987-5096 Senior/Military Discount		PAVING PAVING GOLDY BRICK CONSTRUCTION Walkways, Patios, Driveways, Flagstone, Concrete FREE ESTIMATES Licensed, Insured, Bonded 703-250-6231		
A&S Landscaping <ul style="list-style-type: none"> All Concrete work Retaining Walls • Patios Decks • Porches (incl. screened) • Erosion & Grading Solutions French Drains • Sump Pumps Driveway Asphalt Sealing 		MASONRY MASONRY Alfredo's Construction Company, Inc. <ul style="list-style-type: none"> Concrete Driveways Patios • Sidewalks Stone • Brick Phone: VA: (703) 698-0060 • MD: (301) 316-1603 www.alfredosconstructioncompany.com		
RN. CONTRACTORS, INC. Remodeling Homes, Flooring, Kitchen & Bath, Windows, Siding, Roofing, Additions & Patios, Custom Deck, Painting We Accept All Major Credit Cards Licensed, Insured, Bonded • Free Estimates • Class A Lic Phone: 703-887-3827 E-mail: rncontractorsinc@gmail.com www.rncontractors.com		You can read any of this week's 15 papers digital editions here: www.ConnectionNewspapers.com/PDFs		
Find us on Facebook and become a fan! www.Facebook.com/connectionnewspapers THE CONNECTION Newspapers & Online The Connection to Your Community www.connectionnewspapers.com		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		

News I Know Now - And You Do, Too



By KENNETH B. LOURIE

Stay the course. Meaning, to write short a long story: same three week chemotherapy interval, same medicine/dosage, same quarterly scan to be followed up by usual and customary same post-scan appointment nine days later with my same diagnosis-to-date oncologist.

The reason being, to lengthen a short paragraph: the tumors that had slowly progressed – which at some point, generally speaking, was not totally unexpected, given the underlying diagnosis, and which had precipitated the most recent series of columns exploring my anxiety concerning tumor growth after five-plus years of mostly “stable” CT scan results – have once again been stabilized.

My doctor's thinking/hope is that returning me to the more aggressive/frequent treatment interval: three weeks between chemotherapy infusions versus the previous seven-week infusion intervals, might have nipped the previous growth in the bud; not enough medicine and too infrequently administered. However, just a theory because I did have a tumor, previously noted radiologically but mostly off the radar that has grown significantly.

But the doctors can't say with any certainty if this 'significant' growth occurred during the preceding months when my treatment interval had been extended to seven weeks or had it grown during the most recent seven weeks when I had three separate infusions and thus had actually stopped the growth as compared to the October 2017 scan referenced by the radiologist.

Not knowing definitively which scenario was correct, and rather than switch off the horse that we rode in on so successfully, we decided to commit to another familiar quarter of alimta every three weeks, etc., and re-assess in 12 weeks when my next typically/regularly scheduled CT scan will occur. Then we can re-evaluate our options.

If in the interim however, I feel this newly acknowledged tumor growing, and given its location directly under my Adam's Apple, it's likely I will feel/see something unlike I would with any of the other tumors located throughout my lungs, I will, as they say, alert the authorities.

To be clear – as clear as layman Kenny can be after hearing an oncologist's answer to one of Kenny's muddled what-if cancer questions – this currently focused-on tumor does not represent “spread:” movement in non-medical terms. And movement/“spread” in the cancer-patient's world is not good. So far as I understand anyway.

However thankful I am that this tumor's appearance doesn't indicate ‘spread,’ its growth is nonetheless concerning. Unfortunately, for our sanity, the best course of action, all things considered, per Friday's appointment/discussion/agreed-on strategy going forward, is to wait and see.

Hardly ideal. But in the cancer treatment business, there is some reactive rather than proactive pursuits.

As much as I want and expect my oncologist to know answers/outcomes in advance, he doesn't/just can't. Cancer is in control and what it decides to do is anybody's guess. For my oncologist, it's an educated guess. For the patient (yours truly, anyway), it's not a guess, it's a hope and a prayer.

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



JD CALLANDER

Direct: (703) 606-7901
 Office: (703) 821-1025
 jd@newNOVAhome.com
 www.newNOVAhome.com

#1 Agent Companywide
 Top 1% Realtors Nationwide
 Top 10 Realtors in Virginia
 NVAR 80+ Million Dollar Sales Club



JD Sold More Homes Last Year in 22101 Than Any Other Agent!

***OPEN*
SUN 10/14
2-4pm!**

Offered for... \$2,549,000

5906 Calla Drive, McLean
***DON'T MISS* this SPECTACULAR new construction!** 6BR/5.5 BA home featuring spacious living areas throughout; gourmet chef's eat-in kitchen w/ island, Thermador appliances and gorgeous custom cabinetry; owner's suite with sitting room, his/her closets and luxury bath; sparkling hardwood floors; 3-car garage; patio; wrap-around porch!

***OPEN*
SUN 10/14
2-4pm!**

Offered for... \$919,000

6832 Chelsea Road, McLean
***LIGHT and BRIGHT* lovely 4BR/3.5BA home** on quiet McLean street features beautiful vaulted ceilings with skylights; gourmet kitchen with granite counters opens to family room; finished walk out LL with rec room; ML hardwood floors; open floorplan; stunning MBR suite! Just moments to downtown McLean; Langley High School pyramid!

***OPEN*
SUN 10/14
2-4pm!**

Offered for... \$1,249,999

1425 Highwood Drive, McLean
***STUNNING* 8BR/5BA Colonial home on quiet cul-de-sac in Chesterbrook Woods!** Leave the city stress behind in your personal woodland retreat! Entertainers deck that backs to parkland; screened porch w/ a Charleston swing bed; granite kit with 2 bar areas opening to breakfast rm & family rm w/fireplace; fully finished walk - out LL w/ upscale rec room!

BEST WASHINGTONIAN 2017



1115 Lincoln Avenue
 Falls Church City, 22046
 \$1,125,000



700 Park Avenue
 Falls Church, 22046
 \$1,249,000



623 Laura Drive
 Falls Church, 22046
 \$840,000



1531 Forest Lane
 McLean, 22101
 \$1,150,000



1911 Corliss Court
 McLean, 22101
 \$2,995,000



9100 Falls Run Road
 McLean, 22102
 \$1,599,000



6805 Lumsden Street
 McLean, 22101
 \$1,795,000

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