



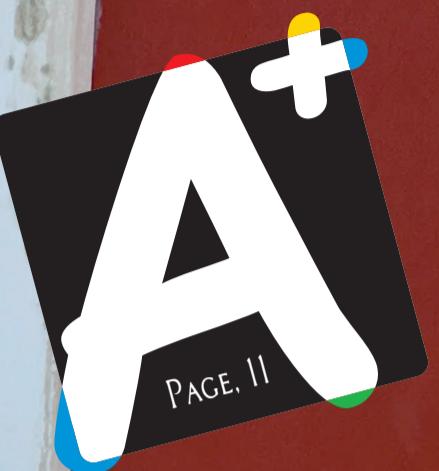
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Vienna Volunteer Fire
Department's "Two-
Way-Out-House."

Open House Promotes Closed Doors

NEWS, PAGE 16

Wolf Trap Park Camp Out

News, Page 8

Police Reform: Success, More to Be Done

News, Page 3

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NEWS

The stone labyrinth at Unity of Fairfax was recently completed and was dedicated in a ceremony on Oct. 7.



PHOTO CONTRIBUTED

Unity of Fairfax Invites Community to Walk New Labyrinth

Unity of Fairfax has issued an open invitation to the public to enjoy the spiritual practice of walking on the new labyrinth that was recently completed on the grounds of the spiritual center at 2854 Hunter Mill Road in Oakton. The stone labyrinth, which has been a dream at Unity of Fairfax for many years, was recently completed and was dedicated in a ceremony on Oct. 7. The labyrinth is wheelchair accessible, free, and open for walking 24 hours a day, 7 days a week.

"One of our intentions was to create a gift to the community of a spiritual practice that could bring peace, mindfulness, and emotional well-being to those who walk it," said Rev. Russell Heiland. "There is a rich history of walking labyrinths in many of the world's sacred traditions, and we are happy to be able to experience and share those traditions at Unity of Fairfax."

The Breamore Labyrinth was selected as being unique in the region, providing labyrinth enthusiasts a rare opportunity to walk this sacred pattern. The 11-circuit design features molded shapes to replicate the delicate sacred geometry from Chartres Cathedral in France. It is estimated that the labyrinth's winding path is approximately a quarter of a mile to the center, providing the opportunity for a half-mile walking meditation when walked to the center and back out.

Unity of Fairfax will hold various labyrinth events and programs throughout the year, but walkers are welcome to visit any time. In addition, it can be used for weddings or celebrations as well. Anyone wishing to learn about events on the labyrinth can sign up for email updates at www.unityoffairfax.org.

Unity of Fairfax also has a canvas labyrinth available for rent for organizations wishing to host their own labyrinth event.

Unity of Fairfax is a positive, inclusive spiritual community focused on transformation of consciousness and awakening the spiritual light in everyone. As a spiritual center for education, practice and service, Unity offers a wide array of classes, study groups, programs, and service projects which put spiritual principles into action. Regular services are held on Sundays at 9 a.m. and 11 a.m. Unity of Fairfax is a member of Unity Worldwide Ministries and is affiliated with Unity World Headquarters, which publishes the well-known magazine, Daily Word. Visit www.unityoffairfax.org for information and to watch live-streamed services on Sunday.

Public Safety Career Fair to Be Held Oct. 20

The public safety agencies of Fairfax County invite residents to learn more about career opportunities available at the Fairfax County Public Safety Career Fair on Saturday, Oct. 20.

Along with Fairfax County Fire and Rescue, the Sheriff's Office, Department of Public Safety Communications and Police Department will have personnel on site discussing employment opportunities available at each agency, demonstrating what they do every day, discussing the training opportunities available, and answering any questions.

Learn why Fairfax County is a great place to work in public safety. Apply for positions on site or sign up for 'Job Alerts.'

The event will be from 10 a.m. until 3 p.m. at the Government Center located at 12000 Government Center Parkway.



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Police Reform: More to Be Done

Five years after an officer shot and killed John Geer in Springfield, Implementation Group offers look at successful reforms, and recommends action in other areas.

BY KEN MOORE
THE CONNECTION

Despite police departments not being “known for embracing change,” said Phillip Niedzielski-Eichner, “we’ve seen Fairfax County and its Police Department achieve substantial and meaningful reform.”

Since the county’s Ad Hoc Police Practices Review Commission formed after a county officer shot and killed John Geer in 2013, the county has implemented 88 percent (179 of 202) of the actions recommended by the Commission.

“The report of the commission could have remained on the shelf since its release three years ago,” said Niedzielski-Eichner, chair.

Board of Supervisors Chairman Sharon Bulova encouraged seven commission members to continue to assist and advise the county and police department as commission recommendations were assessed and implemented.

The informal implementation group issued a Final Report on Fairfax County Police Reform on Oct. 10. The report was undertaken by the group on its own initiative, believing that the community might benefit from an independent discussion of progress.

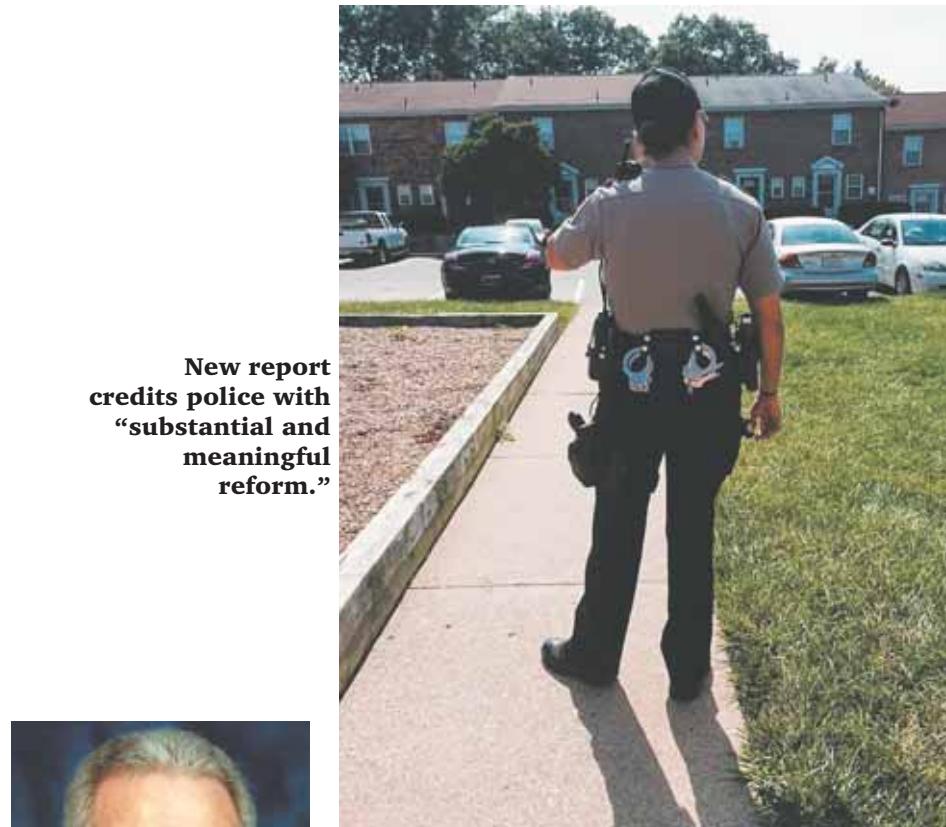
POLICE REFORMS will increase police accountability, divert those with mental illnesses into treatment instead of incarceration, reduce use of force injuries and death, open public access to incident information, and maintain public confidence in the police department, according to the Implementation Group.

Implemented highlights, according to the Final Report, issued last week, include:

- ❖ Diversion First, alternatives to incarceration for people with mental illnesses or developmental disabilities
- ❖ Revisions to the police department’s Use of Force General Order, with de-escalation as the strategy of first resort when confronted with a threat rather than the use of deadly force
- ❖ An Independent Police Auditor who reviews investigations of death or serious injury cases
- ❖ A Civilian Review Panel to review investigations of civilian complaints regarding “abuse of authority” or “serious misconduct” by an officer
- ❖ A Media Relations Bureau led by a civilian professional who reports directly to the Police Chief
- ❖ A predisposition to disclose information by making revisions to information-related general orders in order to increase



Police Chief Ed Roessler speaks last November in Mount Vernon about the new Civilian Review Panel and Independent Police Auditor. Also pictured, Shirley Ginwright, who served on the Ad Hoc Police Practices Review Commission and Implementation Group; Adrian Steel, inaugural chairman of the Civilian Review Panel; and Richard Schott, the Fairfax County Independent Police Auditor.



New report credits police with “substantial and meaningful reform.”



Phillip Niedzielski-Eichner

“More is possible to further build and maintain community trust.”

— Phillip Niedzielski-Eichner

public visibility of the department’s daily activities and performance,

❖ Revisions to policies governing vehicle pursuit that constrains their use and strengthens supervisory oversight

❖ Recruitment of high-caliber personnel that reflects the county’s diverse population

SOME RECOMMENDATIONS have been approved, but are still in the process of being implemented, including a call for full deployment of body-worn cameras and each patrol officer being equipped with “tasers” as less-lethal alternatives to the use of a firearm.

“Still, we believe more is possible to further build and maintain community trust,” said Niedzielski-Eichner.

The Implementation Group recommends the Board of Supervisors direct the police department to formally respond to findings of an Independent Police Auditor and a Civilian Panel, and to give the public an opportunity to comment on the findings and recommendations. As the group understands, the Chief of Police has chosen not to respond because the Board of Supervisors did not specifically direct him to do so.

The Chief of Police and his command leadership should maintain a “neutral public posture pending an investigation of a police-involved use of force incident,” the report recommends.

THE INDEPENDENT POLICE Auditor’s responsibilities could expand in several areas. The implementation group advocates for: monitoring and reviewing investigations of Sheriff Deputies involved in shootings, in-custody deaths, and any use of force incident resulting in serious injury or death; auditing police use of body worn cameras, providing an annual report to the Board and the public with findings and recommendations; and participation on two internal police review committees, the Use of Force Technical Review Committee and the Vehicle Pursuit Review Committee.

“The Implementation Group urges Chief Roessler and his commanders to sustain FCPD’s reform efforts and, in particular, to unfailingly meet the ‘predisposition to release information’ standard with regard to openness and transparency, and to commit to respond to findings from the Independent Police Auditor and the Civilian Review Panel.”

The report also calls for a data-driven monitoring program that fully leverages data on police use-of-force and other data now being collected in response to the Commission’s recommendations.

Continued public involvement will be key to continuing to build trust with the community, the report says.

“Continued successes and improvements will depend on Chief Roessler, his commanders and continued meaningful collaboration with citizens engaged in implementation,” said group member Randy Sayles.

For more, see www.fairfaxcounty.gov/policecommission/

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NEWS

ARTSFAIRFAX to Present Arts Awards

Event recognizes extraordinary contributions of artists and arts organization and those who support the arts.

BY DAVID SIEGEL
THE CONNECTION

For the past seven years ARTSFAIRFAX has recognized both individuals and organizations that have made significant contributions to the creative economy in Fairfax County, the City of Fairfax, and the City of Falls Church. Beyond entertainment, cultural and educational activities for local residents, the arts strengthen the local economy with jobs and with taxes paid.

ARTSFAIRFAX is the organization that helps support the arts and provides a voice for the arts. A study developed by Americans for the Arts in collaboration with ARTSFAIRFAX indicated that more than \$270 million is generated annually in economic activity from the arts and culture industry in Fairfax. Additionally, more than \$9 million of local government revenue is generated as patrons at nonprofit arts events spend close to \$25 per person, per event, beyond the cost of admission on items such as meals, parking, and even babysitters.

This year's ARTSFAIRFAX's honorees have exhibited "individual and collective dedication to the arts, helping grow the cultural and economic economy in Fairfax County," said Linda Sullivan, ARTSFAIRFAX president & CEO.

The 2018 award recipients include Claude Moore Charitable Foundation, American Youth Philharmonic Orchestras, Wolf Trap Foundation for the Performing Arts, and Virginia McGehee Friend. The awardees were selected by ARTSFAIRFAX and community representatives. Nominations were received from the public.

"We are delighted to honor our 2018 Arts Awards recipients for their extraordinary contributions to Fairfax County and beyond," said Sullivan. "Our honorees have



Former U.S. Rep. Tom Davis, ARTSFAIRFAX 2018 Arts Awards Event Master of Ceremonies.



Virginia McGehee Friend

PHOTO BY YASSINE EL MANSOUR/COURTESY ARTSFAIRFAX

Where and When

ARTSFAIRFAX presents annual Arts Awards, at the Fairview Park Marriott, 3111 Fairview Park Drive, Falls Church, Friday, Oct. 26, from 12 to 2 p.m. Additional information and details about the annual Arts Awards event is located at <https://artsfairfax.org/arts-awards-2/> or call 503-642-0862.

enabled thousands of arts programs and services, benefiting millions of people."

Master of Ceremonies for the 2018 ARTSFAIRFAX event is former U.S. Rep. Thomas M. Davis, currently director for Government Affairs at Deloitte in Washington. He is also an adjunct professor of Political Science at George Mason University, and also serving as rector (chairman, Board of Visitors).

"The arts awards recognize arts organizations that are county and national leaders in innovative and creative programs that educate and entertain all ages," said Davis. "A creative economy fuels innovation that provides jobs and creates a sense of place where people want to live, work and play."

Each year, ARTSFAIRFAX commissions a Fairfax County artist to design a keepsake award to commemorate the honorees. For 2018, award-winning artist, David Barnes will design the Arts Awards. His studio is at the Workhouse Arts Center. He is known for creating glass works that achieve unusual lighting effects throughout each work.

Leadership Fairfax to Celebrate 30th Anniversary

Leadership Fairfax, a nonprofit dedicated to training and inspiring community leaders celebrates its 30th anniversary on Thursday, Oct. 25, from 6 – 9:30 p.m. at Inova Center for Personalized Health at 3225 Gallows Rd. Fairfax. Co-hosted by Northern Virginia Chamber of Commerce, the founding organization, the event will feature TEDx style talks from 21st Century Innovators, music, signature cocktails, a wide selection of food, games and a silent auction, the proceeds of which help Leadership Fairfax continue its mission of service and leadership development. Tickets can be purchased online at leadershipfairfax.org.

Leadership Fairfax graduated its first class in 1988 and now boasts over 1,800 alumni from cor-

porate, nonprofit and government sectors. Graduates have contributed thousands of hours of volunteer service to Fairfax County, the region and beyond, through service on committees, boards and engagement with the community.

The nonprofit offers three training courses: Leadership Fairfax Institute (LFI), Emerging Leaders Institute (ELI) and the Lifetime Leadership Program (LLP). The programs are designed to inspire, develop, connect and engage leaders to positively impact issues facing Fairfax County and the region.

Learn more and buy tickets: leadershipfairfax.org or call 703.752.7555

Leadership Fairfax offices are located at 8230 Old Courthouse Rd. #100, Vienna, VA 22182.

NEWS

October Is Attention-Deficit/Hyperactivity Disorder (ADHD) Month

With October as ADHD (Attention-Deficit/Hyperactivity Disorder) Awareness Month, the 2018 CHADD (Children and Adults with Attention-Deficit/Hyperactivity Disorder) Resource Fair, "Building a System of Support" will be held Saturday, Oct. 20 from 8 a.m. to 1 p.m. at BASIS Independent McLean in McLean, at 8000 Jones Branch Drive. Free and open to the public.

The event will showcase more than 30 exhibitors with community resources to support those with ADHD.

Keynote speaker, Kathleen Nadeau, Ph.D., has practiced in the Washington, D.C. area for more than 30 years, specializing in the diagnosis and treatment of ADHD. She is an internationally recognized authority on ADHD and has served on the national professional advisory boards of both CHADD and ADDA, the two major advocacy organizations for individuals with ADHD.

An expert panel will also be available to include: Judith Bass, CEP of Bass Educational Services, LLC; Robert Chase, Ph.D. of Chesapeake ADHD Center; J. Thomas Giroux, Ph.D. of Inova Kellar Center; and Carey Heller, Psy.D. of The Heller Psychology Group, LLC.

Breakout sessions include: Joni Johnson, M.D. with Pediatric Partners for Attention and Learning, Inc. discussing 'ADHD Reimagined: From Fear to Acceptance,'



PHOTO CONTRIBUTED

Kathleen Nadeau, Ph.D., keynote speaker for CHADD Regional ADHD Awareness Month Resource Fair and ADHD expert.

Rebecca Resnik, Psy.D. of Rebecca Resnik and Associates discussing "You and What Army? Building Your Powerhouse ADHD Team;" and Rick Silver, M.D. of The THRIVE Center for ADHD discussing "The Struggling to Launch Young Adult: From Failure to Success."

Event sponsors include Commonwealth Academy, The Ross Center, LearningRx, Inova Behavioral Health Services of Virginia, CHADD and Dominion Hospital—an HCA Virginia Health System.

More information on ADHD, go to www.chadd.net.

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OPINION

Yes, America, Religious Freedom Began in Fairfax County

BY CHAP PETERSEN
STATE SENATOR (D-34)

The Vienna Metro station is the epicenter of suburban northern Virginia. Thousands of commuters come and go every morning, dropping off loved ones or catching the Orange Line into the urban core of the DMV. None of them are aware that just a few hundred yards away one of the most significant (and least known) Americans lived 250 years ago on a modest farm.

Jeremiah Moore was typical of English settlers who migrated to rural Fairfax County in the colonial era to clear fields and establish farms. Unlike most of his neighbors in Anglo-dominated Tidewater Virginia, he was a religious dissenter who found inspiration in the "Baptist" movement that spread through Great Britain in the mid-18th century.

The Baptists were not welcome in colonial Virginia. Its political and economic structure was based upon allegiance to the Church of England, which was the only permitted church. Indeed, a pastor could not open a church or preach without a license from the Church. Regardless, Moore in the early 1770s became an itinerant preacher fearlessly promoting the Gospel, without a license, to the farmers and



rapidly and Moore's neighbors did not agree with his imprisonment. Indeed, when the case came to trial, a Fairfax County jury acquitted Moore and sent him back to farm and presumably his speaking engagements.

A movement was starting. Inspired by Moore's notorious case, another Fairfax County landowner and attorney, George Mason, added "freedom of religion" to his "Fairfax County Resolves" which was read to the Fairfax County militia when they mustered to join General Washington in May 1775. A member of the Virginia House of Burgesses, Mason added the same language to his Virginia Declaration of Rights, which later became part of the Virginia Constitution.

During the Revolutionary War, as the cause of liberty became national, Moore re-emerged as a spokesman for religious minorities. In

tradesmen in northern Virginia.

When the Fairfax County Sheriff found out about Moore, he confined him in the County jail, then located at the County seat of Alexandria. According to family lore, Moore continued to preach through the cell bars, thereby undoubtedly driving his captors to distraction.

This incident would have been forgotten but for one remarkable fact – colonial Virginia in 1773 was changing

1779, he presented a petition signed by 10,000 Virginia freeholders – an impressive number in an era without mass media or big cities – to Gov. Thomas Jefferson asking Virginia to adopt Jefferson's Virginia Statute of Religious Freedom. In 1786, after years of Moore's lobbying, the Assembly finally did so.

Moore never backed off. In his senior years, he was still writing letters to now-President Jefferson decrying the "the most glaring violation of Rights that has ever disgraced a Free People," namely Virginia's requirement that eligible voters own at least 50 acres.

Moore died in 1814 at his farm. His grandson Thomas became a prominent attorney in the town of Fairfax and his great-grandson Walton Moore served in the U.S. Congress. Descendants continue to live in the area as attorneys, Virginia lawmakers and even as Anglican clergy.

Jeremiah Moore's real legacy, of course, has been the idea of religious freedom which has been enshrined in the U.S. Constitution since 1791, when Mason's "Fairfax County Resolves" found their home in the Federal Bill of Rights. Indeed, the "establishment of religion" prohibition in the First Amendment directly harkens back to Moore's imprisonment in 1773.

Today, the American ideal of freedom of religion is still a work in progress. Yet it also provides a beacon to billions around the globe who seek to practice their faith in peace. And it all begins in Fairfax County.

A Warning Too Dire to Ignore

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



COMMENTARY

For those who like to plan where you will be and what you will be doing in twenty years a complicating factor that has for too long been ignored must be considered: climate change. The Intergovernmental Panel on Climate Change brought together by the United Nations issued a report earlier this month, written and edited by 91 scientists from 40 countries and based on a review of more than 6,000 scientific reports, predicting much more dire consequences of climate change much earlier than previously had been expected.

Conditions that have been visibly happening with much more regularity in recent years of intense rains and hurricanes, droughts, excessive heat, flooding, and wildfires will be getting worse. Forget retirement to that beach

house you have been fixing up; there is a high probability it may be under water as the beach disappears. Rising costs of living may eat into our retirement savings yielding them inadequate.

What about life for our children and grandchildren? What will it be like? The evidence presented is too compelling to ignore. To sustain a future quality of life for our posterity we must take aggressive action now.

As reported in The New York Times, the authors found that if greenhouse gas emissions continue at the current rate, the atmosphere will warm up by as much as 2.7 degrees Fahrenheit above preindustrial levels by 2040 inundating coastlines and intensifying droughts and poverty. The

new report shows that many of the most serious changes will come much earlier than expected.

The report said to prevent 2.7 degrees of warming, greenhouse pollution must be reduced by 45 percent from 2010 levels by 2030 and 100 percent by 2050.

The use of coal as an electricity source would have to drop from nearly 40 percent today to less than 7 percent. Renewable energy such as wind and solar, which makes up about 20 percent of electricity generation, would have to increase to as much as 67 percent.

While the report talks about the science involved, the politics of the issue present the greatest challenge. With a federal administration filled with climate-change deniers and with a pledge to bring back coal for greater energy production, there seems to be a great likelihood that the United States will indeed withdraw from the Paris Climate Agreement. (Under the terms of the agreement, the U.S. wouldn't actually be able to withdraw until November 2020.)

The administration also may eliminate more regulations that were put in place to reduce climate change if those regulations stand in the way of greater business profits.

Until sanity returns at the national level, it is important that actions — as small as they may seem — be taken at state, local, community and family levels to preserve our climate and our planet. We have a responsibility to our children and others to live our lives in a way that recognizes the clear and present dangers our planet faces. The warning is too dire to ignore.

Write

The Connection welcomes views on any public issue. Send to:

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By e-mail:
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BULLETIN

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

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

WEDNESDAY/OCT. 17

Vienna Woman's Club Meeting. 7-9 p.m. at Vienna Community Center, 120 Cherry St. SE, Vienna. Vienna Woman's Club invites prospective members to its open membership meeting with a guest speaker on a common interest subject. Visit www.ViennaWomansClub.org for more.

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 jtar5@verizon.net.

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. Meet the Chamber staff and hear from Board Members how membership benefits small, medium, large and non-profit companies. Registration is required. Free for new and prospective members. Sandwiches provided. Visit www.tysonschamber.org.

Community 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. Residents and commuters are invited to send comments to meetingcomments@vdot.virginia.gov by Nov. 12, 2018 and include "McLean Area Traffic Analysis" in the subject line. Visit www.virginiadot.org/projects/northernvirginia/mclean_traffic_analysis.asp for more.

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.fccpta.org to register.

ADHD Resources Fair. 8 a.m.-1 p.m. At BASIS Independent McLean, 8000 Jones Branch Drive, McLean. Event will showcase 30 exhibitors. Keynote speaker, Kathleen Nadeau, Ph.D., has practiced in the area for more than 30 years, specializing in the diagnosis and treatment of ADHD. Coincides with October as ADHD (Attention-Deficit/Hyperactivity Disorder) Awareness Month. Entrance is free and open to the public. Visit www.chadd.net

SEE BULLETIN, PAGE 15



YOU NEVER KNOW WHEN YOU'LL NEED THE AREA'S ONLY UVEITIS SPECIALIST.

Isn't it Good to Know He's Close to Home?



The Retina Group of Washington (RGW), the country's largest provider of retinal and macular care, has added yet another subspecialty to better serve the eye-related needs of people throughout Montgomery County.

RGW is pleased to announce that **Dr. Brian Do** has joined the practice and is seeing patients in the Chevy Chase office. **Dr. Do is the only retinal surgeon in the entire Washington, DC metro area specially trained to treat Uveitis**, an often-misdiagnosed and mistreated group of inflammatory diseases that can destroy eye tissue and lead to blindness.

We hope our current patients will have the opportunity to meet and be treated by Dr. Do sometime soon. And for anyone who requires the expertise of the area's only Uveitis specialist, he is ready and available whenever you need him.



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Wolf Trap Park Camp Out

Fifth and sixth graders learn camping skills and experience the great outdoors.

BY ANDREA WORKER
THE CONNECTION

The ninth edition of the First Time Campers Program at Wolf Trap Park is officially in the books.

Held between Sunday, Oct. 7 and Monday, Oct. 8 at Wolf Trap Park — with a special permit in the otherwise no-camping, no-fires park — some 40 campers from schools around the region and a small army of adult and youth volunteer leaders, enjoyed pitching tents, setting up camp, cooking their own meals using dutch ovens, and activities like fishing, archery, hiking, bird watching, rock wall climbing and more.

Sponsored by the Friends of Wolf Trap and Wolf Trap National Park for the Performing Arts and organized and supervised by Scout Leader Gary Pan and his experienced Troop 55 Scouts, the program was piloted in 2014 as a way to help local youngsters, some from Title I schools and lower income families, enjoy a fun-filled overnighter right in their own backyard.

The 30-plus hour outing is not strictly for camping “newbies” only, said Pan, Scoutmaster of Troop 55 of Great Falls. “Kids who came to the first Camp Out are here today and we love that they want to keep coming back.”

Pan is thrilled that quite a few return to the bi-annual adventure as volunteers, helping the first timers to make the most of the experience, like Herndon Middle Schooler Tommy Maxson, who started as a camper 3 years ago, and is now a patrol leader.

“I like this,” said Maxson. “Our job is to help out the Senior Leaders whenever we are needed, and to set a good example at all times, and help others learn how to do all the tasks properly and just make sure that everyone has a great time, safely.”

Pan may be the camp director, but it’s youngsters like Maxson, and Senior Youth Patrol Leaders and other young volunteers who are really in charge of the action.

Nick Hodge, of Great Falls and a Langley High School student, who’s been attending the event since the first outing, heads the male campers’ section. His fellow Langley school mate, MaryEllen Keating, does the honors as the female Senior Youth Leader.

“It’s really cool,” said Keating. “I especially love seeing the kids who are experiencing this for the first time, watching them as they find out what they can really do.”

Just as being a First Timer isn’t a requirement for participation, neither is being a Boy or Girl Scout. “Kids come here, they may or may not want to get involved with Scouting afterward, but all are welcome,”



Gathering of all the troops at the 9th First Time Campers adventure at Wolf Trap Park.



Taking on the Wall: Some of the youngsters at the First Time Campers overnighter challenge themselves on the rock climbing wall.



It takes a lot of volunteers to work with and supervise 40-plus young campers, many trying the experience for the first time. Camp Director Gary Pan, scoutmaster of Troop 55 of Great Falls, and Langley High School students MaryEllen Keating, female Senior Youth Leader and Nick Hodge, male Senior Youth Leader are just a few of those who give their time and expertise to making the camping adventure fun and safe for all.

district manager.

In addition to his Troop 55 and Venture Crew 364 of Great Falls, The Friends of Wolf Trap, the Potomac Appalachian Trail Club, Wolf Trap Park and the Park Service, Pan, and Day say that the assistance and participation of The Great Falls Rotary Club, Orvis of Tysons, Paxton Companies, Ranger Surplus, Panacea Consulting, BOWA, Meadowlark Gardens Master Gardener, the Audubon Society of Northern Virginia and Sara Holtz, of Scouting BSA with her Master Certification in “Leave No Trace” with many other unsung heroes, makes this adventure not only possible, “but a true learning experience all while having fun.”

Thinking about joining in on all the fun? The next outing is scheduled for April 5-6, 2019. Check out the website at www.fotw.info or send an inquiry to firstrimecampers@gmail.com.

PHOTOS CONTRIBUTED
BY GARY PAN

SPORTS



PHOTO BY WILL PALENSCAR

Oakton QB Chris Neary #7 runs with the ball in his team's loss to Westfield on Friday night.

Bulldogs Dominate Cougars

The Westfield Bulldogs and Oakton Cougars played in a conference matchup in Chantilly on Oct. 12. The Bulldogs came in at (6-0) (0-1), looking for their 31st consecutive win. Oakton would enter the game winless in their first six games.

The Bulldogs started early scoring four 1st quarter touchdowns. The first came with 8:21 to play in the quarter when Ryan Moses intercepted Oakton quarterback and raced in from 15 yard out to put Westfield up 7-0 after a Riley Nugent extra point.

Westfield tacked on their second touchdown when Alex Richards took a pass from Westfield QB Noah Kim 15 yards for a score, with 5:32 remaining.

Then with 3:06 remaining the secondary of Westfield intercepted the Oakton QB again, this time it was Saadiq Hinton, who sprinted 40 yards for another pick 6, Westfield was then up 21-0 after a Riley Nugent extra point. Taylor Morin then took a direct snap and

rushed in from 40 yards out, increasing the lead to 28-0 with :21 seconds in the quarter.

Early in the 2nd quarter Sean Goodman ran in from 24 yards out giving the Bulldogs a 35-0 advantage. Westfield added another score on the last play of the first half when Michael Richie ran in from 20 yards out, and Daniel Fahmy added an extra point.

After halftime Westfield's dominance continued when Donovan Mansapit powered his way in from 34 yards out with 4:12 remaining in the 3rd quarter.

In the final quarter Michael Richie burst in from 61 yards out to complete scoring for the game.

Westfield improved to (7-0) (2-0), with the 56-0 win. Oakton fell to (0-7) (0-2). Oakton will host Chantilly on Friday, Oct. 19. Westfield will face conference rival Centreville (7-0) (2-0) who has given up just 8 points in their last three games, and 43 points all season. With three games remaining in the regular season the winner will be the favorite to win the district.



PHOTO BY WILL PALENSCAR

Ian Roudybush #23 runs the ball and attracts the attention of multiple Westfield defenders.

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Free Halloween Lyft Rides Offered in Area

Preparing to combat that time of year when, according to the National Highway Traffic Safety Administration (NHTSA), nearly half (44 percent) of all U.S. traffic deaths involve drunk drivers, free Halloween Lyft rides will be offered to deter impaired driving throughout the Washington-metropolitan area beginning Saturday, Oct. 27.

Offered by the nonprofit Washington Regional Alcohol Program (WRAP), the 2018 Halloween SoberRide program will be in operation beginning at 10 p.m. on Saturday, Oct. 27 and continue until 4 a.m. on Sunday, Oct. 28, as a way to keep local roads safe from impaired drivers during this traditionally high-risk holiday.

During this six-hour period, area residents age 21 and older celebrating with alcohol may download Lyft to their phones, then enter a SoberRide code in the app's "Promo" section to receive their no cost (up to \$15) safe transportation home. WRAP's Halloween SoberRide promo code will be posted at 5 p.m. on Saturday, Oct. 27 on www.SoberRide.com.

Last year, a record 715 persons in the Washington-metropolitan area used WRAP's Halloween

SoberRide program rather than possibly driving home impaired. The charity also offers its SoberRide program on St. Patrick's Day, Cinco de Mayo, Independence Day, and the winter holidays.

(Last year, WRAP announced a partnership with the ridesharing service Lyft to provide WRAP's SoberRide service in the Washington-metropolitan area.

"Nearly half (44 percent) of all U.S. traffic fatalities during Halloween involve drunk drivers according to the National Highway Traffic Safety Administration," said Kurt Gregory Erickson, WRAP's president.

SoberRide is offered throughout Lyft's Washington, D.C. coverage area which includes all or parts of: the District of Columbia; the Maryland counties of Montgomery and Prince George's; and the Northern Virginia counties of Arlington, Fairfax, Loudoun and Prince William.

Since 1991, WRAP's SoberRide program has provided 73,123 free safe rides home to would-be drunk drivers in the Greater Washington area.

More information about WRAP's SoberRide initiative can be found at www.SoberRide.com.

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Carving Made Easy

BY MARILYN CAMPBELL

Ick, this is so gross," said one 11-year-old girl with shoulder length blonde hair. "Those are the guts," said her classmate, a 12-year-old, white apron-clad boy, as he pulled a handful of stringy, orange pulp out of a fat pumpkin.

"It's part of the process. You have to clean out the messy insides before you can start carving a beautiful design," said Lisa Searby, who was offering an in-home lesson in carving Halloween pumpkins to a group of middle school students and their parents.

A drive around most neighborhoods during this, the spookiest season of the year, will likely reveal the efforts of many to carve a sophisticated pumpkin. From frightening to fanciful, the art of pumpkin carving is a skill that eludes many. So on a chilly Sunday afternoon, Searby, who lives in Bethesda, Md. trekked to the Fairfax home of Katie and Luke Gunther to offer a class in pumpkin carving. With a few tricks and the right tools, Searby says that almost anyone can create a front-porch worthy gourd.

After the parent-child duos have donned aprons and the pumpkins are placed atop tables covered with plastic and topped with newspaper, the instruction begins. A set of



Investing in a set of carving tools helps create impressive Halloween pumpkins.

carving tools is something that Searby recommends to anyone who wants to create an impressive design.

"You don't have to break the bank, but you need to get a set of tools that are sturdy enough to stand up to the heft of a thick-

A lesson in creating a front porch worthy Halloween pumpkin.

skinned pumpkin," she said. "You can usually find them online pretty easily. Choose a set that has a tool for each step of the process, like a little serrated saw to cut a hole in the top and a scooper to clean out the flesh. It makes carving so much easier."

It appears that parents agree. "I didn't realize that there was such a thing, but these little tools are awesome," said Luke Gunther, the father of 12-year-old twins. "We usually use a kitchen knife and it's hard to cut through and the edges of the designs are always jagged, but the tools make a much smoother cut."

Once the tops of the pumpkins are removed and the pulp, flesh and seeds area cleared, the artistry begins. "Use a dry-erase marker to sketch the design that you want to carve on the front of your pumpkin," said Searby. "Does anyone know why we're using a dry-erase marker instead of a Sharpie? Because if you make a mistake or don't like your drawing, you can wipe off a dry-erase marker and start over. Sharpies are permanent."

Three hearts are what Theresa Holt and her 12-year-old son and 11-year-old daughter choose for the front of their pumpkin. "This is such a fun thing to do, even if you don't care about the outcome, it's a great way to spend time together as a family," she said.



PHOTOS COURTESY OF LISA SEARBY
Front-porch ready Halloween pumpkins.

Those who choose to use one of Searby's pre-designed templates are instructed to attach the template to the pumpkin and use the spike tool to trace the design onto the gourd, leaving tiny pinholes in its thick flesh. Next, the class uses one of the carving tools to cut out the facial features or other designs and, voila, in less than 30 minutes the group produces six pumpkins that are ready for Halloween.

"If you're going to use candles illuminate your pumpkins at night, make sure you put the candles in a glass candle holder first," said Searby. "Now the clean-up begins. It's a messy process after all."

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CALENDAR

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

ONGOING

Art Exhibition: Colors in Memory. Through Oct. 26, 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 for more.

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. www.rowbyrowexperience.com or jinnybeyer.com for local quilting.

Vienna Farmers Market. 8 a.m.-noon, Saturdays, through Nov. 3 at Vienna Community Center, 120 Cherry St. S.E., Vienna. The Vienna Farmers Market, hosted by the Optimist Club of Greater Vienna, has more than 30 vendors from across the region, the Vienna Farmers Market provides locally-sourced fruits and vegetables and homemade eats. Throughout the year, great music will be featured. Visit www.optimistclubofgreatevienna.org for more.

McLean Farmers Market. Fridays through Nov. 16, 8 a.m.-noon at 1659 Chain Bridge Road, McLean. Visit www.fairfaxcounty.gov/parks/farmersmarkets/mclean.

Oakton Farmers Market. Saturdays, 9 a.m.-1 p.m. at Unity of Fairfax Church, 2854 Hunter Mill Road, Oakton. Year-round weekly farmers market in Oakton. Local produce, meats/eggs, dairy, baked goods, and more. Visit [community-foodworks.org](http://www.foodworks.org).

The Freeman Store & Museum Wednesday through Sunday noon-4 p.m. 131 Church St. NE, Vienna. The Freeman Store & Museum is dedicated to Preserving and promoting Vienna's heritage through the identification, preservation, and interpretation of history significant places, events, and persons. HistoricViennainc.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.

WEDNESDAY/OCT. 17

Local Songwriter Showcase. 6-10 p.m. At Jammin Java, 227 Maple Ave., East, Vienna. Cost \$12-\$15. Nine musicians perform for "The 9 Songwriter Series." Featuring Justin Trawick, Chris Timbers, Nardo Lilly, Katie & Kelly, Kentucky Avenue, Caroline Weinroth (Cinema Hearts), Abby Rasheed, Chris Cassaday, and Novo. Contact Caroline Weinroth at cinemaheartsmusic@gmail.com

Righteous Minds Course. 7-9 p.m. at Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton. This four-class Meetup course (Wednesday through Nov. 7) studies Jonathan Haidt and other authors who examine how humans think and act in cultural and political environments. Free. Visit www.meetup.com/Righteous-Minds-Trying-to-Understand-Other-Political-Tribes-for-details.

THURSDAY/OCT. 18

Strong Girls Celebration. 6-9 p.m.



PHOTO COURTESY OF SHEPHERD'S CENTER OF OAKTON-VIENNA

Folks at the Shepherd's Center of Oakton-Vienna (SCOV) are gearing up to celebrate their 20th anniversary. Join the party for an evening of laughter, singing and dancing. From left: Tom Portman, Fundraising Chair and SCOV Board member; Jayne Young, Fundraising Committee member and SCOV Board member and John Tate, Fundraising Committee member and Founding SCOV Board member. Order tickets online at www.scovgala.org or call 703-281-0538.

20th Anniversary Gala

Shepherd's Center of Oakton-Vienna hosts 20th Anniversary Gala featuring Entertainers 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. Sunday, Oct. 21, 5:30-10 p.m. at Westwood Country Club, 800 Maple Ave. E, Vienna. Visit www.scovgala.org or call 703-281-0538.



Becky Love Foundation 5K/1K Fun Run

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. Saturday, Oct. 20, 9-11 a.m. at Turner Farm, 925 Springvale Road, Great Falls. \$35. Email sarah.blfound@gmail.com or visit www.beckyliefoundation.org/events-1/5k-for-mental-health. Gather at the north entrance to Turner Farm Park on Saturday. The 5K race will start at 9, the 1K Fun Run shortly after. This a certified course. See www.beckyliefoundation.org for a map and more details.

At The Atrium at Meadowlark in Vienna. Girls on the Run of NOVA (GOTR NOVA) is hosting its Strong Girls Celebration, a fundraiser to support financial aid for the young girls most in need of GOTR NOVA's youth development program. Tickets are on sale now at www.gotrnova.org/strong-girls-celebration.

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.

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

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.beckyliefoundation.org/events-1/5k-for-mental-health. See www.beckyliefoundation.org for a map and more details.

Vale Club Fair. 11 a.m.-3 p.m. at Vale Schoolhouse, at the intersection of Vale and Fox Mill roads, Oakton. Children's games, costume parade, activities and prizes, pony rides, pie-eating contest, and a caricature artist. Art and craft exhibit and sale by Vale members. Barbecue and bake sale by Vale members. Free parking and admission. Email Christinahjames@yahoo.com

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 to register, visit www.fairfaxcounty.gov/parks/parktakes or call 703-222-4664

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. To register, see www.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 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.

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MONDAY/OCT. 22

Technology Workshop. 1-3 p.m. at Great Falls Library, 9830 Georgetown Pike A, Great Falls. Email questions regarding photo management or one on one help. Space is limited; RSVP early, no later than Oct. 15, to GFSCTECH@gmail.com.

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.

WEDNESDAY/OCT. 24

72nd Annual Halloween Parade. 7 p.m. On Maple Avenue in downtown Vienna. Don't miss out on the costumes and floats, the marching bands, the performances, and the sense of camaraderie and community as the parade moonwalks down the road for the 72nd time. Costumed children and families who wish to march in the parade should meet at 6:30 p.m. in the parking lot of United Bank, 374 Maple Avenue E. The parade is sponsored by the Town of Vienna and the Vienna Business Association. Contact the Vienna Parks and Recreation Department at 703-255-6360.

FRIDAY/OCT. 26

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.

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Here's What's Happening at MCC!

The Old Firehouse Friday Night Trip



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The Old Firehouse
1440 Chain Bridge Rd.
\$60/\$50 MCC district residents

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Unruly Theatre Project, 7 p.m.
McLean Project for the Arts
1446 Chain Bridge Rd.
Free admission

The Old Firehouse Teacher Work Day Trip



Massanutton Waterpark
8 a.m.-6 p.m.
The Old Firehouse
1440 Chain Bridge Rd.
\$65/\$55 MCC district residents

The Old Firehouse Teacher Work Day Trip



iFly and Movie, 8 a.m.-6 p.m.
The Old Firehouse
1440 Chain Bridge Rd.
\$100/\$90 MCC district residents

Sponsored by The Alden



Intro to Djembe Drumming and Drum Circle
7-8:30 p.m.
The Old Firehouse
1440 Chain Bridge Rd.
\$12/\$8 MCC district residents
Includes admission and drum rental.



Closing Notice



MCC & OFC will be closed
Veteran's Day



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www.mcleancenter.org

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LETTERS

'Socialized' Healthcare Works

To the Editor:

Last week, at Walter Reed National Military Medical Center waiting for an appointment, I marveled at their quality and efficiency.

We have had "socialized" healthcare in one form or another much of my adult life. At home and abroad, from City, military, and Medicare, the quality of care was generally excellent.

According to the Merriam-Webster online dictionary, the definition of socialized medicine is: "medical and hospital services for the members of a class or population administered by an organized group (such as a state agency) and paid for from funds obtained usually by assessments, philanthropy, or taxation."

My Medicare and military healthcare are both socialized medicine. The satisfaction rate is high for both and Medicare has certainly enhanced the quality and length of life for senior citizens. The bargain is a good one for the elderly, the taxpayer and the family. Costs are manageable and the quality is generally high.

Trained in economics, I cannot understand the numerous and repeated Republican efforts to deny affordable, quality healthcare for everyone.

Instead, Republicans seek the worst of all possible healthcare outcomes, reducing both access and quality at the greatest cost to the taxpayer, both personally and collectively.

Republicans shout socialism as

if a curse; yet few are able to define the word correctly. Clearly, they do not know the definition of the words, socialized medicine. Whether from ignorance or deceit, Republicans use the word "socialist" broadly so as to condemn any cooperative effort to make all citizens' lives better at the lowest cost. They do a great disservice to every citizen but especially our young, ill, challenged and elderly. I will not vote Republican because of healthcare; their policies badly harm America and Americans. In November, I will vote for Jennifer Wexton, a proven healthcare warrior who gets results.

Hal Donahue
Great Falls

Girls on the Run Announces Natasha Cloud as Guest

Girls on the Run of NOVA (GOTR NOVA) is hosting its Strong Girls Celebration on Oct. 18 at The Atrium at Meadowlark in Vienna. This event will feature Natasha Cloud of the Washington Mystics who will share her story about the importance of inspiring young women. The Strong Girls Celebration is a fundraiser to support financial aid for the young girls most in need of GOTR NOVA's youth development program and to help them grow into their best selves. Last year, GOTR NOVA was able to provide \$164,209 in financial aid and program subsidies.

"The Strong Girls Celebration is an event for one to be inspired and to ensure girls across our Northern Virginia region are given the opportunity to become strong, healthy and confident," says Strong Girls Celebration event chair, Christine Klein.

"I am proud to be a part of the Strong Girls Celebration event", says Cloud. "I am part of a team. A team made up of strong women and one that has been greatly successful because we support each other and we work together. Communities need to come together to support young girls and ensure they have the tools they need to be strong and confident."

The Strong Girls Celebration will be emceed by Kelly Collis. Guests will enjoy cocktails, hors d'oeuvres, a silent auction, and an opportunity to network with many who want to inspire girls to be independent thinkers and make healthy decisions. All funds raised at the Strong Girls Celebration will go to support local programming through Girls on the Run of NOVA. Tickets are on sale now at www.gotrnova.org/strong-girls-celebration.

ARTSFAIRFAX to Host Arts Accessibility Workshop

Participants will hear from the following speakers:

❖ Niyati Dhokai, Ph.D., Research Assistant Professor, George Mason University, College of Visual and Performing Arts

❖ Marit Majeske, Front of House and Community Inclusion Manager, Hylton Center for the Performing Arts

❖ Shanna Sorrells, 1st Stage Accessibility and Education Fellow

❖ Katrina Clark, Creative Captioning

ARTSFAIRFAX is requesting that interested participants RSVP to grants@artsfairfax.org.

Additional information may be found at ARTSFAIRFAX.org.

BULLETIN

FROM PAGE 7

OCT. 22-NOV. 9

Food Drive. Drop-off canned goods at Sheehy INFINITI of Tysons, 8527 Leesburg Pike, Vienna. Sheehy Auto Stores will collect canned goods and non-perishable food as part of the company's annual Fall Harvest Food Drive to benefit food banks serving each community. Benefiting food banks include the Oxon Hill Food Pantry, ECHO, Manna Food Center, Central Virginia Food Bank, Ashland Christian Emergency Services (ACES), Fauquier Food Bank, House of Mercy, Emmaus Center, Samaritan Project, The Light House, Western Fairfax Christian Ministries, Perry Hall United Methodist Church, SERVE, Fredericksburg Regional Food Bank and Food for Others.

TUESDAY/OCT. 23

2017 Tax Law and You. 7:30-9 p.m. At Patrick Henry Library, 101 Maple Ave., East, Vienna. Free. The Tax Cuts and Jobs Act of 2017 (Trump Tax Plan) An overview of the changes and implications to financial planning. Topics include: retirement planning, education savings, charitable giving, rules for the self-employed. Presented by Greg Bernhard CFP. Contact Deborah Smith-Cohen at dsmit1@fairfaxcounty.gov. Visit the website: <https://librarycalendar.fairfaxcounty.gov/event/4388077>

WEDNESDAY/OCT. 24

Tysons 2050. 4-8 p.m. at Hilton Tysons, 7920 Jones Branch Drive, Tysons. Tysons 2050 is a community-building event, focused on sharing insights and visions from thought-leaders helping transform Tysons. Panelists will discuss the challenges, opportunities, and developments that are on the immediate and distant horizon. \$75. Call 703-281-1333 or visit www.tysonschamber.org/tysons-2050 for more.

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 for more.

THURSDAY/OCT. 25

Public Comment Deadline. The Virginia Department of Rail and Public Transportation (DRPT) announces a 45-day public comment period for its proposed policy and guidelines for transit capital prioritization and urban transit agency strategic plans. Proposed plans are online at drpt.virginia.gov/transit/tsdac/public-comment. Comments to Jen DeBruhl at DRPTPR@drpt.virginia.gov or DRPT, 600 East Main St., Suite 2012, Richmond, VA 23219.

SATURDAY/ OCT. 27

VolunteerFest. A region-wide day of community service helps nonprofits accomplish tasks they would not have time or resources to do on their own. Visit www.volunteerfairfax.org/ individuals/volunteerfest.php for more.

THURSDAY/NOV. 8

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 a refined draft that will incorporate input from the first open house. Visit www.fairfaxcounty.gov/planning-zoning/mclean-cbc-study for more.

MONDAY/NOV. 12

32nd Annual Caregivers Conference. 8 a.m.-3:30 p.m. at First Baptist Church of Alexandria, 2932 King St., Alexandria. 32nd Annual Caregivers Conference: Finding Hope & Harmony in Caregiving is presented by the Northern Virginia Dementia Care Consortium. \$35. Register online at www.eventbrite.com/e/32nd-annual-caregivers-conference-finding-hope-harmony-in-caregiving-registration-48699561700. View or download the conference brochure at alz.org/media/nca/documents/NoVA_Dementia_Care_Consortium_Conference_2018.pdf.

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"Movin' On Up"



By KENNETH B. LOURIE

Not "to the east side" and not "to a deluxe apartment in the sky," but if fictional New York City cleaning business icon George Jefferson had been diagnosed with lung cancer as I was, I would bet he'd be happy making progress: the feeling of moving forward. And that's exactly what I feel now. With the "news" of last week's column, progress/movement is at hand. With two CT scans in the last three months and some tumors "progressing" - and then not, while a previously insignificant tumor burst (not literally) onto the scene, I am happy now to be onward and hopefully upward as I infuse every three weeks during the next quarter ahead of an early January 2019 scan. The future is now and I'm grateful to have choices as I navigate the road ahead.

Having a plan matters. Though I am still waiting and seeing, and evaluating after that next scan, I do feel as if I'm back on track. I know what my next three months will be about (about three months) and I'm clear what my schedule will be (subject to change due to lab results, an altogether normal/expected blip): urine, lab, infusion, post-chemo week of difficulty eating and physical and psychological challenges, followed by two weeks of relative normalcy, then infusion again and rinse and repeat every three weeks until early January 2019. Twelve weeks in total. Through Thanksgiving, Christmas and New Years. I won't say it will be pretty but it will be predictable and hopefully on a path to a positive result. (Remember, I'm life long member of Red Sox Nation so hope always springs eternal.)

This column is certainly not meant to minimize the possible discouraging results of my January scan but I see no advantage in anticipating and/or overreacting to unknown results and/or dire consequences months ahead of actual facts not yet in evidence. This is what being diagnosed with cancer is all about: a series of ups and downs and all-arounds; and the sooner the patient assimilates this unpredictable variability into their algorithm for living with the disease, the more manageable their lives will be. Moreover, "If you," to quote Rudyard Kipling, "can keep your head when all about you are losing theirs," it will likely contribute to the preferred calm that every cancer patient diagnosed as "terminal" needs to feel every second of every day (and night, too) as they struggle to deal with the internal demons brought about by this terrible affliction. As my friend Lynne, a cancer survivor herself, said to me when I was first diagnosed: "This will be the most difficult thing you'll ever have to do." Of course, she was right. It's been beyond my wildest nightmares.

Being stuck in a pattern with no clear direction does not help. For the past three months, I have been so entangled. Now I am not. Now I am on a path of less resistance and what resistance there is - to disappoint "The Borg," is not futile. It is all part of an agreed-upon pursuit of truth and hopefully justice - for me, anyhow. I haven't exactly abused the privilege of living (although while attending college in the seventies, occasionally there may have been the odd self-destructive-type behavior common to the times, none of which concerned my oncologist in the least by the way) and given my parents' long cancer-free lives, I would have expected better than a stage IV, non-small lung cancer diagnosis at age 54 and a half. But here I am, still, nearly 10 years post diagnosis. (There aren't that many of us, unfortunately.)

And though I am definitely not happy about my cancer circumstances, I can be positive about the negative. And what I am most positive about is that at least for the next quarter anyway, I know what I'm doing and why. I certainly can't say what I'll be feeling after my next scan; hopefully elation and relief, but in the interim, life will go on as per usual, and for a cancer patient/survivor, life going on is as good as it gets; almost as if I "finally got a piece of the pie."

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

NEWS



The Firehouse's garage served as a location for more activities including simulated 911 calls and crawling escapes.



Firefighter Jeff Snow addresses the crowd while firefighter Jack Prudence prepares to extinguish the demonstration fire of diesel fuel and newspapers

Open House Promotes Closed Doors

The Vienna Volunteer Fire Department educates the public at its annual Open House.

BY C.J. GRECO
THE CONNECTION

Though a crowd of adults and children had gathered around it, the burning pile of diesel-doused newspaper could not have been placed better.

The Vienna Volunteer Fire Department's annual open house took place this past Saturday, Oct. 13, between 10 a.m. and 4 p.m. In addition to a live fire demonstration wherein firefighters exhibited the proper way to use a household fire extinguisher, children were able to spray a real fire hose, sit in and climb on emergency vehicles, jump in a moon bounce, practice 911 calls as well as their stop, drop, and roll technique, and much more.

"We love it," said Mallory Bourne, a local mother of two. "I think it's a great opportunity for the kids to just be up close with the first responders so that they know they're not scary and that they're there to help you."

"When we walked up to the front," Bourne continued, "we saw the fire trucks

and ambulances and the kids were like 'Whoa, this is cool!'".

Nakil Dugdiredy, a senior at Chantilly High School who has been volunteering for the Vienna department since August, was manning the "Two-Way-Out House," an exhibit consisting of a makeshift room with a door and window that showed partakers the proper way to detect and escape a house fire from your bedroom.

"Once you hear the fire alarm," explained Dugdiredy, "you use the back of your hand to touch the door to see if it's hot or not, and once you realize that it's hot, you get out through the window to meet up at your safe spot with your family."

"One other thing we're emphasizing with the 'Two-Way-Out House' is to keep the bedroom door closed," explained firefighter Jeff Snow. "There are some really interesting laboratory tests showing two bedrooms, side-by-side, and they start a fire in the structure, and the one with the door opened experienced heavy smoke damage and fire damage".

"We've seen it in fires too," said Depart-



Children got the opportunity to aim an actual fire hose.

ment Chief John Morrison. "If you close the door, it's almost like there was no fire at all".

While in an intense and unmitigated fire the door will eventually fail, the time provided by the barrier is an essential ingredient for increased survivability.

PHOTOS BY C.J. GRECO/THE CONNECTION



Colored and labeled mats broke down a proper stop-drop-and-roll technique and served as a practice stage for participants to test theirs out.

"The great thing about this town," said Chief Morrison, "is that it's such a community. We're in a residential area so people can walk over from their houses. It's really been a tremendous turnout".



In addition to the massive emergency vehicles that were on display, a multitude of demonstrations and other activities were part of the open house's program



The Department's fleet filled the firehouse's front apron.