

Great Falls CONNECTION

WELLBEING

PAGE 6

Lilia Dubynin, Great Falls Farmers Market vendor from Tuscarora cooperative. The market is open every Saturday from 8 a.m.-1 p.m. On Aug. 17, the market organizes a karaoke contest where you can show your talent and compete for the prize.



Great Falls Farmers Market: Build Community, Eat Healthy

NEWS, PAGE 3

Friends of Riverbend Celebrates 20 Years

NEWS, PAGE 7

Youth-powered Community

NEWS, PAGE 9

PHOTO BY NEDEZHDA SHULGA/THE CONNECTION
OPINION, PAGE 4 ♦ ENTERTAINMENT, PAGE 8 ♦ CLASSIFIEDS, PAGE 10

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PHOTOS BY NEDEZHDA SHULGA/THE CONNECTION

Elaine Shadid, Great Falls Farmers Market manager, showcases her version of Zaatar, a Middle Eastern spice blend.



Ken and Andrea Matich, owners of the Liberty Hill Farm, believe that we are what we eat. They produce and sell chickens, turkey, sheeps, steers, hogs and sows at their family farm.

Build Community, Eat Healthy

A chance to win a farmer's goods basket in the Karaoke singing contest on Aug. 17.

BY NEDEZHDA SHULGA
THE CONNECTION

This farmers market is located at a scenic place near the Great Falls Village Centre. For more than ten years people come here every Saturday to buy organic meats, eggs, dairy products, fresh fruit and vegetables, honey and baked goods, olive oil and spices. The Farmers Market also fosters a sense of community among their customers: Not only do they shop for farm fresh food, but also enjoy the festive atmosphere with friends and family.

This year, the market is flourishing under the volunteer supervision of Marika Tsombikos, Elaine Shadid and Lilia Dubynin. Tsombikos shared that all their dedication and support are driven by a feeling of respect and admiration of her mother, Kathleen Murphy, who served as a market's manager seven years until her death in January this year. Kathleen believed that the success of the market depends upon the community's

collective commitment and effort.

Talking with vendors is a great way to learn something new. Everyone has a story to tell.

SEVEN YEARS AGO, Leslie Hollander, a classically trained professional actress who has performed on and off Broadway, regionally, and for years at the Kennedy Center, decided to take her artistry in a different direction and started a new pastry and bakery business in Great Falls, "Sugar Up, Sugar!" Together with her son Benjamin, she makes bespoke cakes, pastries and cookies at home. Each of her wedding and birthday cakes are a masterful piece of art.

"I come to the market every Saturday," Hollander said. "During weekdays, I do special orders. Every cake is unique and custom designed. That is how I express myself through my cakes".

Ken and Andrea Matich, owners of Liberty Hill Farm from Berryville, work behind the counter in the market tent. "We are a small family farm," Andrea Matich ex-



Almadelia Diaz, left, owner of the Diaz Berries and Vegetables, with her helpers.

plained. "My husband and I and two of our kids run this business. Every Saturday we sell our products at the three different farmers markets at the same time." Ken and Andrea are convinced that many health problems are related to unhealthy, commercially produced food. "Ten years ago, we decided to improve our eating. When we realized there are issues with genetically modified crops, we started looking for a source of pure food. We believe that real food is real medicine. So, we raised our own crop. For ourselves and a little bit more in case if somebody else wanted what we had. One thing led to another. Now we have chickens, turkeys, pigs, cows, and lambs." Almadelia Diaz, owner of the Diaz Berries and Vegetables, has been working at the

farm since she was eight years old. Five decades now, she has been growing fruits and vegetables. Her farm is a small family business which Diaz and her husband Gonzalo run together with their children. "We grow, pick, and sell everything by ourselves," Diaz shows her knees full of bruises. "It is hard, but things got better year after year. We are growing, and already got more helping hands. Our children, grandchildren, and few handworkers are assisting with daily tasks."

Lilia Dubynin sells produce from Tuscarora Organic Growers Cooperative in Pennsylvania. "Have you ever seen a watermelon with seeds? Today a lot of kids were surprised by that. Many boys and girls see the world through the prism of mass market stores."

GREAT FALLS FARMERS MARKET is open every Saturday from 8 a.m.-1 p.m. The market is a great place to enjoy different musicians every week. On Aug. 17, the market organizes a karaoke contest where you can show your talent and compete for the prize. The winner will receive a market basket full of delicious contributions from the vendors who will also serve as judges. Come and shine!

Location: 778 Walker Road, Great Falls.



Leslie Hollander, owner of the bakery Sugar Up, Sugar! makes custom cakes for the special events. On Saturdays she sells her baked goods at the Great Falls Farmers Market.



Musicians from The Raccoons band perform at the market.

OPINION

Gun Reform Now

Reform might not happen in Virginia until after the November election.

If we look back a little more than a month, the memory of the Republicans in the Virginia General Assembly adjourning a special session on gun safety by ambush, without any discussion on proposed measures, resonates with raw emotion.

The NRA publicly launched its operations that day from the conference room of the Speaker of the Virginia House of Delegates, literally announcing to members on its website where to meet. It must have seemed such sweet success to them to shut that session down without any deliberation.

The lives of the 12 people who died in Virginia Beach at the end of May were not discussed.

But now many more lives have been cut short or forever changed by gunfire between the July 9 debacle in the Virginia General Assembly and today.

There must be state and local legislation as well as federal legislation.

Here are some key provisions:

- ❖ No one with a restraining order or convicted of domestic violence should have access to firearms.

- ❖ Comprehensive universal background checks.

- ❖ Ban assault weapons.

- ❖ Ban large capacity mechanisms for ammunition.

ON TUESDAY, Aug. 20, at noon, the Virginia General Assembly Crime Commission will accept public comments on the gun legislation introduced during the July 9 and through July 19. Public comment will be taken for the first 3 hours (more details will be announced in the coming weeks on how to sign up to speak). Next, patrons will present their bills. Currently, there are about 60 bills that have been filed. Members have until July 19 to file legislation. Link to bills: <http://lis.virginia.gov/cgi-bin/legp604.exe?192+lst+ALL> See <http://vscc.virginia.gov/meetings.asp> for updates.

Crime Commission staff is currently accepting written comments on this topic. Send written comments and any other information/ma-

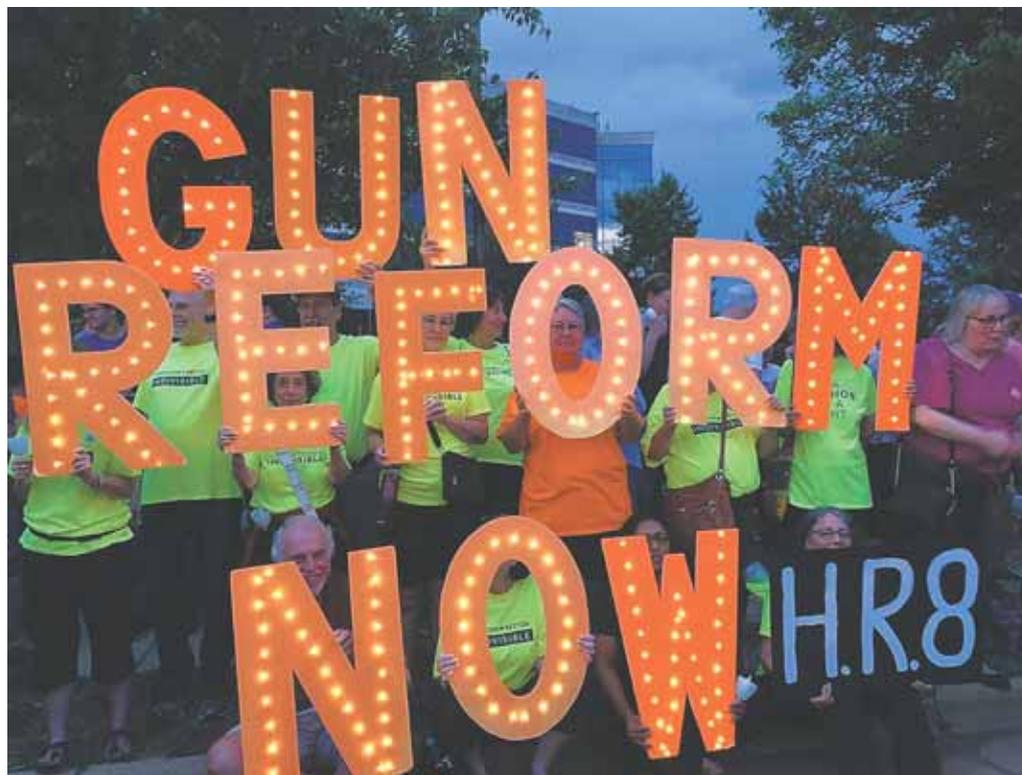


PHOTO COURTESY OF HERNDON RESTON INDIVISIBLE

Hundreds of protestors gathered at NRA headquarters in Fairfax Monday, including members of Reston Herndon Indivisible holding these letters.

terials relevant to this topic via email to comments@vscc.virginia.gov or via postal mail. Comments will be shared with members of the Crime Commission.

Additional details regarding the deadline for submitting written comments will be announced following the Aug. 20 Crime Commission meeting.

Attn: Written Comments
Virginia State Crime Commission
1111 East Broad Street, Ste. B036
Richmond, Virginia 23219

THREE THINGS:

- ❖ Video games aren't the cause. Video game usage is as high or higher in many other countries, all with almost no gun violence.

- ❖ It's not mental illness, although giving

more resources for treatment of mental illness would be welcome. Incidence of mental illness is similar in other countries, all with almost no gun violence. (Doing a better job keeping guns out of the hands of people with mental illness would prevent thousands of suicides.)

- ❖ More guns won't help. In Dayton, police shot and killed the attacker in less than a minute, but still he shot and killed nine people and wounded 27.

There is a good chance that reforms won't happen without electoral change both in Virginia and nationally. Don't forget about voting in November. Every seat in the Virginia General Assembly is on the ballot.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

LETTERS TO THE EDITOR

We Must Change

To the Editor:

After the Columbine shooting we were told by the legislators in power: "Now is not the time to talk about gun control. We would be acting out of emotion. Any legislator who uses this event to pass gun legislation is taking advantage of the situation and is acting out of partisanship."

After the Sandy Hook, Parkland, Pulse Night Club, and Virginia Tech shootings happened we heard the same thing – "Now is not the time."

After the D.C. Navy Yard shooting – "Now is not the time." Virginia Beach and Gilroy shootings – "Now is not the time."

And now Dayton and El Paso. Is

it time yet?

In 2019 alone 246 people have been killed and 979 injured from mass shootings in the United States. And our President says: "Mental illness and hatred pulls the trigger—not the gun." No one denies that mental illness is sometimes a contributing factor, but a mentally ill person would not have killed all those people had he been armed with a switch blade.

We cannot change our President. We know that. And we cannot change those legislators who enable the President and who are beholden to the NRA. The only person we can change is ourselves. We must tolerate this no longer. We must be willing to elect people who don't peddle hate, and who are willing to en-

act common sense gun reform.

Barbara Glakas
Herndon

Tired But Not Defeated

To the Editor:

I am really tired. Tired of violence. Tired of living in fear.

Tired of constant sadness and grief. I'm tired of worrying about whether my younger brothers will come home safe from campus or feeling uneasy at the mosque. I'm tired of some in our society not realizing that gun violence at this level is beyond alarming. I am tired that this kind of violence is still not widely considered extremism. I'm

tired of us giving attention to the perpetrator and not the conditions that led to it. I'm tired of my country not honoring the victims by using faith as a part of healing and yet not heeding the words of faith as a form of preventative action. Whether it's the Quran saying killing one life is the killing of all mankind, or how Matthew and Exodus command "You shall not murder," over and over again in the Bible, we don't really seem to follow through. So much #thoughtsandprayers. We are all tired, but we aren't defeated. But we need our awareness, our votes and our calls for action to be in full force more than ever.

Saira Bhatti
Centreville

Great Falls
CONNECTION

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ENGAGEMENTS



Stephanie Marie Gaibler and Nicolas Ryan Sutton

Stephanie Marie Gaibler and Nicolas Ryan Sutton Engaged

Floyd and Salome Gaibler of Great Falls are pleased to announce the engagement of their daughter, Stephanie Marie Gaibler, to Nicolas Ryan Sutton. Nicolas is the son of Tom and Vicki Sutton of Maryland.

Stephanie is a Special Education Teacher with Fairfax County Schools and Nicolas is a Project Engineer at Clark Construction Group, LLC. The wedding will take place in June 2020.

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WELLBEING

Summer's Bounty: So Healthy and Tasty!

Don't miss the height of summer season for fruits and vegetables.

BY MARILYN CAMPBELL
THE CONNECTION

Local farmer's markets right now are overflowing with deep purple plums, tomatoes ripened by rays of sun and peppers in hues that span a rainbow. This season's bounty yields not only flavors with a richness that peaks in August, but also a powerful punch of nutrients.

"Produce is most nutritious when it's in season, but it's normal to see supermarkets carrying the same produce all year long, said nutritionist Carley Johnston. "People don't always think about only cooking with what's in season because they don't have to."

Fruits and vegetables that are consumed out of season are often shipped from other countries, picked before they're ripe and sprayed with preservatives. "When produce is allowed to ripen while it's sitting in a packing box on its way to the supermarket it's robbed of some of its nutritional content," said Johnston.

On the other hand, produce that is naturally sun-ripened is more vitamin and nutrient-dense than its prematurely picked counterparts because ripening allows those elements to develop fully, says Lauren Trocchio, registered dietitian at Washington Center for Weight Management and Reset. "Cooking seasonally ... means using produce that has traveled less of a distance to your kitchen," she said. "Both of these things may prevent the nutrient loss that comes with picking produce early or spending a lot of time in transit. The longer the transit and wait time, the more impact to nutrition and taste."

Among the nutrient-dense — and delicious — fruits and vegetables that are in season in summer are peaches, blueberries, zucchini and tomatoes. "Blueberries for example are rich in antioxidants and fiber," said Johnston. "They're also high in Vitamins C and K. Blackberries are high in fiber and antioxidants. They're also anti-inflammatory which can boost your immune system. Corn is high in Vitamin B. Cucumbers are hydrating which is important during the summer."

Fortunately preserving the health benefits is made easy because only minimal preparation is needed to get maximum flavor, says culinary instructor Terri Carr of Terri's Table Cooking classes in Potomac, Md. "Cooking in the summer with the freshest local produce is a real treat," she said. "There is a smorgasbord of ingredients to choose from."

From watermelons, peaches and plums to tomatoes, corn and zucchini, summer brings a variety of culinary inspiration. "Imagine a platter of tomatoes, peppers, sweet peas, zucchini, sweet Vidalia & red onions, continued Carr. "Complicated recipes are not



PHOTO COURTESY OF TERRI CARR

These skewers of cantaloupe, prosciutto, mozzarella and tomatoes drizzled with a basil balsamic dressing and created by Terri Carr, are vitamin-packed and perfect for appetizers or a light dessert.

needed when quality summer produce is available ... in fact it's better to cook simple recipes that bring out the food's flavor."

Using the best of summer produce, Carr is teaching seasonal cooking classes this summer using her popular preparation methods. "A favorite summer salad is Panzanella ... a classic Italian bread salad," she said. "Combine toasty bread cubes with lots of colorful peppers, tomatoes, green onions, basil, cucumber. Beautiful presentation & flavor. Perfect for lunch or a side dish at dinner."

For those who think eating seasonally means epicurean deprivation, Carr dispels that notion. "Imagine a platter of summer fruit, she said. "Peaches, nectarines, plums, apricots, strawberries, blueberries, blackberries [and] melons, They're absolutely delicious all by themselves or mixed in with a salad or dessert."

Cooking with a mixture of seasonal herbs and produce, like basil and vine-ripened tomatoes, offers an even more powerful impact on the palette. "Summer herbs [are] my favorite, said Carr. "Most herbs are now available in grocery stores year round but they cannot compare to summer's bounty. Basil, thyme, rosemary, parsley and mint are my go-to's when creating a meal."

Summer produce offers energy needed to maintain the active lifestyle that comes with longer days filled with outdoor activities, says Johnston. "Our bodies need the added energy we get from the nutrition found in berries and peaches," she said. "Cucumbers and melons are juicy which keeps us hydrated when it's hot outside."

"Cooking in the summer with the freshest local produce is a real treat."

— Terri Carr,
Terri's Table Cooking Classes

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From left: Hugh Morrow, President of the Friends of Riverbend Park; Tim Hackman, Dranesville District representative on the Fairfax County Park Authority Board; and Cathy Mayes, former President of FORB.



PHOTOS BY STEVE HIBBARD/THE CONNECTION

FORB Board Members (from left): Karen Hershey, Director; Kevin Dillon, Director and Treasurer; Eleanor Anderson, Director; Nancy Waugh, Director and Secretary; Hugh Morrow, Director and President; Kurt Laubinger, Director; John Hugh-Caley, Director; Cynthia Nordstrom-Fisher, Director; and Frank Zeng, Director. FORB Director Jack Bowles was not present.

Friends of Riverbend Celebrates 20 Years

Group has \$258,000 in contributions in two decades.

BY STEVE HIBBARD
THE CONNECTION

About 100 Friends of Riverbend Park (FORB) helped celebrate its 20th Anniversary on Sunday, Aug. 4, 2019, at the park located along the Potomac River in Great Falls. The event catered by the Old Brogue Irish Pub in Great Falls was an opportunity to thank its generous supporters through the years.

According to Hugh Morrow, President, FORB: "This is a thank you celebration for everybody, particularly for those people who have really supported us. I could name 20 or 30 people here who have given over the last 20 years — \$100, \$500, every year. They're very good supporters here; it's a really good community to work with. I really enjoy helping the park out."

IN THE TWO DECADES, FORB has supported Riverbend with \$258,000 in contributions, services and equipment. Its members have made possible summer camps, the Native Plant Sale, and the Native American and Bluebell Festivals. FORB also has funded field trip scholarships for school children, a bass fishing boat, telescopes, water quality measuring equipment and canoes.

The Friends have 213 dues-paying members and 400 on its mailing list. Some generous contributors are residents who live near the park along River Birch Road, Jeffery Road, Eaton Park Road and Weant Drive in Great Falls, said Morrow.

He said that generally, the friends organization is able to donate anywhere between \$25,000 to \$35,000 per year to the park. He said they help support all sorts of programs, including the boat rentals and summer camps. For example, they give



From left: Tim Hackman, Dranesville District representative on the Fairfax County Park Authority Board; Aimee Vosper, Deputy Director of Fairfax County Park Authority; Bobbi Longworth, Executive Director Fairfax County Park Foundation; and Hugh Morrow, President of the Friends of Riverbend Park.

\$14,000 annually to the summer interns program, who are college-age environmental majors who help the staff run the park programs. The Friends also bought 10 canoes last year, and a \$15,000 bass fishing boat that's used for fishing trips to rent out to parties.

The Riverbend budget is \$700,000 a year, half of which comes from Fairfax County Park Authority funds. The rest comes from revenue generated by the park — through the boat rentals and summer camps, said Morrow.

Tim Hackman, Dranesville District representative on the Fairfax County Park Authority Board, said: "Riverbend Park is a real jewel in the crown of the Dranesville District Parks. We're all very proud of the county park system, but we love Riverbend; it's a neighborhood park. And the community has really rallied behind it to support it, and to engage, they enjoy coming here, walking along the river, walking their dogs, meeting their friends, sitting on the deck. It's just a lovely location."

He added: "The Friends of Riverbend Park has been a tremendous asset to the Park Authority broadly as well as to Riverbend



Guests mingle during the 20th Anniversary Party of the Friends of Riverbend Park at Riverbend Park along the Potomac River on Sunday, Aug. 4, 2019.

Park, specifically. Their financial support; there being a sounding board for the community's feelings about the park and how we're handling our staffing, our maintenance upkeep and the Master Plan — all those issues. They've just been a marvelous asset for us."

CATHY MAYES, former president and founder of Friends of Riverbend Park, added: "This was a very quiet corner in the day when I was involved. It was such a quiet corner that there was a move afoot to close the park, and that's what got the neighbors motivated to say, 'You can't close this park.' And that led to the beginning of Friends of Riverbend, and put this little group on the map. I'm so impressed that it's very active."

She added: "It's exciting — the idea of keeping this park alive has been so successful. Now it's completely innervated by the help that the Friends have given it and the attention it's gotten through the years. It's a different place; it's much better for it."

According to Nancy Waugh, Director and Secretary for the Board: "The Friends of Riverbend Park has been a great organization for the Park, and our relationship with the Park is really good. We're really excited to be able to help support the park. Every-



Mike Kearney, owner of the Old Brogue Irish Pub in Great Falls, shows off the anniversary cake.

body in the area really loves it. We've had a lot of support from the community to help the park in running some of their programs — like the internship for the summer programs and support for scholarships for Title One schools. We're very excited that we've lasted 20 years and have done a lot of good for the park."

To reach Riverbend Park, call 703-759-9018. Information about the Park Authority's Friends Groups is online at www.fairfaxcounty.gov/parks/friends.

CALENDAR

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

ONGOING

Self Portraits. Business hours through mid August at Starbucks, Great Falls Center, 9863 Georgetown Pike, Great Falls. See self portraits by Forestville Elementary School, third grade artists in the meeting room at Starbucks. The show curated by FES Art Teacher, Renee Riddell, is presented by Great Falls Studios in cooperation with Great Falls Starbucks. Visit www.greatfallsstudios.com for more.

Registration Open: NVSO. The Northern Virginia Senior Olympics features more than 60 events that challenge the mind as well as the body. New games this year: jigsaw puzzle and line-dancing. The games run Sept. 14-28. There will be no on-site registration. Paper registrations, available at most local recreation and senior centers, must be postmarked by Aug. 24. Online registrations must be completed by Aug. 31 at www.nvso.us.

Junior Golf Fairfax Camps, Clinics and Competition. Burke Lake Golf Center is located at 6915 Ox Road, Fairfax Station. Pinecrest Golf Course is located at 6600 Little River Turnpike, Alexandria. Twin Lakes Golf Course is located at 6201 Union Mill Road, Clifton. Oak Marr Golf Complex is located at 3136 Jermantown Road, Oakton. Visit www.fairfaxcounty.gov/parks/golf/junior.

❖ In one-session introductory Junior Golf clinics, kids and teens learn basic golf rules, etiquette of the game, get familiarized with different types of clubs and acquire skills for putting and chipping in a social and relaxed environment. Clubs and practice balls provided. Clinics are offered at Burke Lake, Oak Marr and Pinecrest golf courses for \$15 each in August.

❖ Golf camp week-long sessions are still open – campers learn putting, chipping, iron and woods play from certified instructors in a friendly, group atmosphere. Course etiquette and best safety practices will teach kids and teens fundamentals while they socialize and have fun. Clubs are not required but suggested. All campers will receive a certificate and golf fun pack upon camp completion. Burke Lake Golf Center and Twin Lakes Golf Course offer half day summer camp, Pinecrest Golf Course offers both half and full day summer camp options. Oak Marr Golf Complex offers half day spring and summer camp through Everybody Golf School.

❖ Course-ready juniors will enjoy the Junior Club Championship, Aug. 16, 8 a.m.-noon at Burke Lake Golf Center. Golfers participate in an 18-hole individual stroke competition. Competitors will be separated into three divisions with first, second, and third place prizes available in all divisions. Lunch provided. Call 703-323-1641 to register.

Oak Marr Farmers' Market. 8 a.m.-noon at Oak Marr RECenter, 3200 Jermantown Road, Oakton. Every Wednesday through Nov. 13, rain or shine. Vendors include produce, meats, eggs, cheeses, pies, cured and smoked meats, popsicles, sorbet, bread, croissants, falafel sandwiches, humus, and pesto. Call 703-281-6501 or visit www.fairfaxcounty.gov/parks/farmersmarkets/oak-marr for more.

McLean Farmers Market. Fridays, through Nov. 15, 8 a.m.-noon at Lewinsville Park, 1659 Chain Bridge Road, McLean. Sixteen local farmers and producers will sell fresh produce and fruits; meats; breads and pastries; jams; dairy products and eggs; herbs; flowers, coffee, and more. Visit www.fairfaxcounty.gov/parks/farmersmarkets/mclean.

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

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. Admission is free. Visit community-foodworks.org.

THURSDAY/AUG. 8

Parent and Child Fishing. 4:30-6 p.m. at Riverbend Park, 8700 Potomac Hills St., Great Falls. This introductory course is designed for parents and children age 6-17. Start with such

Vienna Arts Society Reception

The Vienna Arts Society invites the public to a reception celebrating two exhibitions. The "Healing Wall" is created by troops on the mend at Fort Belvoir Hospital. "The Open Door" features a judged photography exhibition. Enjoy light refreshments and meet the artists as Juror Sandi Croan presents awards. The exhibition continues through Aug. 31. Saturday, Aug. 10, 3-5 p.m. at Vienna Art Center, Windover Building, 243 Church St. NW, Vienna. Free and open to the public. Visit www.ViennaArtsSociety.org or call 703-319-3971.

Kolmanskop 317, photograph by Sandi Croan.

fishing basics as how to rig and use a fishing rod and how to stay safe around the water. The class will cover environmental awareness, as well as how to catch fish. A rod and bait are provided. \$12 per person. Call 703-759-9018 or visit www.fairfaxcounty.gov/parks/riverbend.

Nottoway Nights: The Johnny Artis Band. 7:30 p.m. at Nottoway Park, 9537 Courthouse Road, Vienna. Thursday evenings, through Aug. 22. Bring a picnic and a blanket or chair. For last minute weather cancellations call 703-324-7469 one hour prior to the program start time.

FRIDAY/AUG. 9

Farmers Market Week. 8 a.m.-noon at Lewinsville Park, 1659 Chain VBridge Road, McLean. Celebrate National Farmers Market Week at the McLean Farmers Market. Event includes games, kid's activities, a gift basket drawing, and cooking demonstrations by local chefs. Call 703-642-0128 or visit www.fairfaxcounty.gov/parks/park-news/2019/psa196 for more.

ESL Playdate Cafe. 1-2 p.m. at Oakton Library, 10304 Lynnhaven Place, Oakton. Meet other caregivers of young children. Adults practice English while children enjoy play time in the same room. Birth-5 years with adult. Free. Call 703-242-4020 or visit librarycalendar.fairfaxcounty.gov/event/5260042.

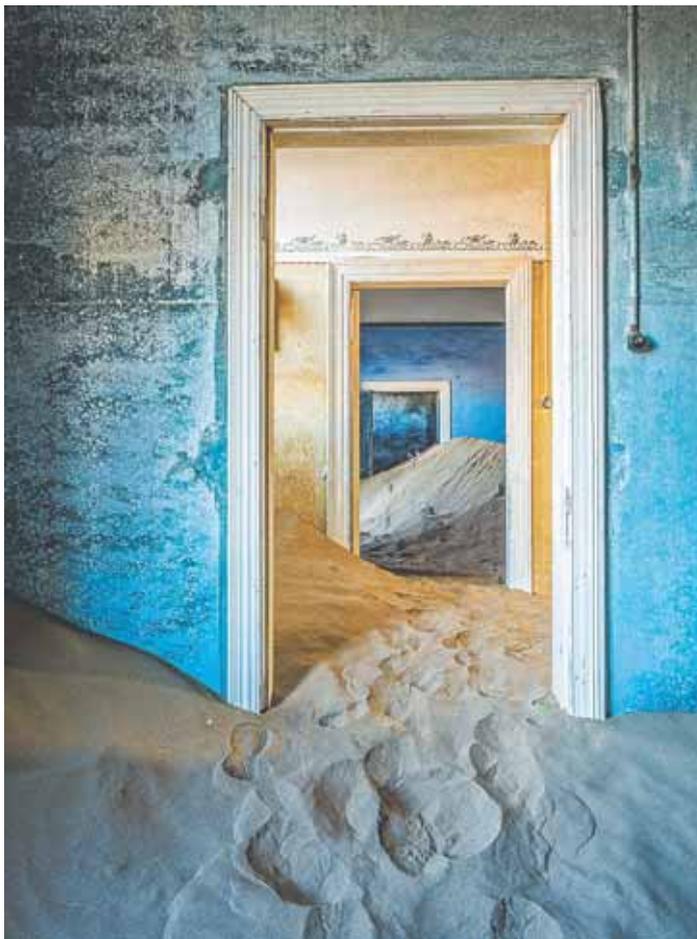
Summer on the Green: Shenandoah Run (folk). 6:30 p.m. on Vienna's Town Green. Friday nights through Aug. 23. Bring chairs and/or blankets. No alcoholic beverages are permitted. Consider leaving pets at home. In the event of rain, check the weather line at 703-255-7842. Learn more at www.viennava.gov/DocumentCenter/View/3997.

FRIDAY-SUNDAY/AUG. 9-11

The Wedding Singer. Friday-Saturday, 7:30 p.m.; Sunday, 1 p.m. at the Vienna Community Center, 120 Cherry St SE, Vienna. The Vienna Youth Players' presents their production of The Wedding Singer. The 2006 musical based on the 1998 Adam Sandler film of the same name is brimming with fun, jokes, music, and a cast of 35 youthful and energetic performers. Tickets are \$15 at viennava.gov/webtrac or in person at the community center.

SATURDAY/AUG. 10

Park Scavenger Hunt. 10-11:30 a.m. at Riverbend Park, 8700 Potomac Hills Street, Great Falls. Spend a Saturday morning on a scavenger hunt for birds, butterflies and



blossoms. Take a wagon ride through the meadow at the park and look for park critters and meet a friendly animal up close. For participants age two-adult. \$7 per person. Children must be accompanied by a registered adult. Call 703-759-9018 or visit www.fairfaxcounty.gov/parks/riverbend.

29th Anniversary Block Party. 1-4 p.m. at The Old Firehouse Center, 1440 Chain Bridge Road, McLean. Celebrate the Old Firehouse's 29 years of serving the Greater McLean community. Activities include: live music, outdoor games, rock climbing wall, history exhibit, and more, plus hot dogs, popcorn and ice cream. Free admission. Visit www.mcleancenter.org for more.

Vienna Arts Society Reception. 3-5 p.m. at Vienna Art Center, Windover Building, 243 Church St. NW, Vienna. The Vienna Arts Society invites the public to a reception celebrating two exhibitions. The "Healing Wall" is created by troops on the mend at Fort Belvoir Hospital. "The Open Door" features a judged photography exhibition. Enjoy light refreshments and meet the artists as Juror Sandi Croan presents awards. The exhibition continues through Aug. 31. Free and open to the public. Visit www.ViennaArtsSociety.org or call 703-319-3971.

SUNDAY/AUG. 11

Concerts on the Green: Vinyl Invention. 6-8 p.m. on the Great Falls Village Centre Green. Bring picnic baskets, chairs and blankets for an evening of live music. Free. Visit www.celebrategreatfalls.org.

MONDAY/AUG. 12

Meteor Astronomy Class. 8-9:25 p.m. at Turner Farm, 925 Springvale Road, Great Falls. Whether one calls them fireballs or shooting stars, meteors are exciting to see in the nighttime sky. This class covers meteor basics, such as what meteors are, their origins, the best time to view them and fireball reporting. An optional observing session will be held outdoors after class, weather permitting. Designed for participants age 10-adult. \$8 per person. Advance registration is required; no walk-in registration is available. Call 703-324-8618 or visit www.fairfaxcounty.gov/parks/turner-farm.

TUESDAY/AUG. 13

Kids on the Green: Wildlife Ambassadors (live animals). 10 a.m. on the Vienna Town Green. The Kids on the Green series is a weekly collection of interactive animal shows,

magicians, puppet performances, and more, running through Aug. 20. Free. Visit viennava.gov for more.

THURSDAY/AUG. 15

Nottoway Nights: The Seldom Scene. 7:30 p.m. at Nottoway Park, 9537 Courthouse Road, Vienna. Thursday evenings, through Aug. 22. Bring a picnic and a blanket or chair. For last minute weather cancellations call 703-324-7469 one hour prior to the program start time.

FRIDAY/AUG. 16

Summer on the Green: Big Bad JuJu (rock and dance covers) . 6:30 p.m. on Vienna's Town Green. Friday nights through Aug. 23. Bring chairs and/or blankets. No alcoholic beverages are permitted. Consider leaving pets at home. In the event of rain, check the weather line at 703-255-7842. Learn more at www.viennava.gov/DocumentCenter/View/3997.

Chillin' on Church. 6:30-9:30 p.m. on Church Street between Dominion and Mill roads. Live music, food trucks, and beer and wine sales. Blankets and lawn chairs are encouraged, but pets are not. You must be 21 years or older with a valid photo ID to purchase alcoholic beverages. Chillin' on Church is presented courtesy of Ben and Jerry's. Admission is free.

SATURDAY/AUG. 17

31st Annual Great Falls Race. 9 a.m.-1 p.m. at Great Falls Tavern Visitor Center, 11710 MacArthur Blvd, Potomac, Md. The Great Falls Race was one of the original extreme whitewater competitions, and more than 30 years later it will still be one of the most challenging. The premiere event of the Potomac Festival is a sub-60 second sprint down through the powerful cataracts dropping nearly 60 vertical feet. Only experts may compete, but the entire paddling community is welcome to watch and volunteer. Racers must register online prior to noon on Friday, Aug. 16. \$25 early registration; \$35 starting Aug. 12. Visit potomacfestival.org/race.html for more.

Wagon Ride at Riverbend. 10-11:30 a.m. at Riverbend Park, 8700 Potomac Hills St., Great Falls. Travel by the Potomac River and through the woods while learning about Riverbend Park's wildlife and the American Indians who once lived here. For participants age 2-adult. \$7 per person. Children must be accompanied by a registered adult. Call 703-759-9018 or visit www.fairfaxcounty.gov/parks/riverbend.

SUNDAY/AUG. 18

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.

Wood Carving Lessons. Noon-3 p.m. at Colvin Run Mill, 10017 Colvin Run Road, Great Falls. Whittle out some time for "Wood Carving Lessons" at Colvin Run Mill with the Northern Virginia Carvers.

No reservations are required. These lessons are designed for participants 12-adult. There is a nominal charge for wood blanks. Or enjoy a "Grinding Demonstration." See and hear 19th century technology at work while watching the miller grind flour or meal. Demonstrations will take place as conditions permit. No reservations are required.

Tours of the mill cost \$8 for adults, \$7 for students 16 and up with ID, and \$6 for children and seniors. Call 703-759-2771 or visit www.fairfaxcounty.gov/parks/colvin-run-mill.

TUESDAY/AUG. 20

Kids on the Green: Beech Tree Puppets. 10 a.m. on the Vienna Town Green. The Kids on the Green series is a weekly collection of interactive animal shows, magicians, puppet performances, and more, running through Aug. 20. Free. Visit viennava.gov for more.

THURSDAY/AUG. 22

Nottoway Nights: Billy Coulter. 7:30 p.m. at Nottoway Park, 9537 Courthouse Road, Vienna. Thursday evenings, through Aug. 22. Bring a picnic and a blanket or chair. For last minute weather cancellations call 703-324-7469 one hour prior to the program start time.



The whirl and twirl of rides by Cole Shows Amusement Company attracted crowds during the Fairfax County 71st 4-H Fair and Carnival held at Frying Pan Park in Herndon.



The Haselhorst family with ties to Herndon plan on coming back next year to Fairfax County 71st 4-H Fair and Carnival. PHOTOS BY MERCIA HOBSON/THE CONNECTION

Youth-powered Community

By MERCIA HOBSON
THE CONNECTION

“Today’s Fairfax County 4-H Fair reflects the vibrant urban and suburban communities Fairfax County has grown into,” said Yvonne Johnson, park manager at Frying Pan Farm Park early Saturday morning. It was the third day of the 71st 4-H Fair and Carnival held at Frying Pan Farm Park in Herndon August 1-4.

While the fair offered old-fashioned country fun through its exhibits and demonstrations, it revealed a community powered by young people with diverse interests, from animal showmanship to horticulture, to science, technology, engineering and the arts.

In the 4-H Building, Hap O’Brien of Annandale displayed a frame from one of his beehives heavy with honey. He explained bees were needed for pollination but “are in desperation” given the Varroa mite infestation that weakens them. “Mite infestation weakens most bee colonies and is the cause of the loss of most wild honeybees,” he said.

OVER AT THE EXHIBITION tables, Ann Marlow, vice president of the board for Friends of Frying Pan Park looked over entries in the Foods and Nutrition Department she helped judge. Alexandra Blake of Great Falls won Grand Champion with her cupcake entry. Becca Berglie of Centreville won Reserve Grand Champion for her fruit pie.

During the Rabbit and Cavy Show, John Ameen rated the Standard Rex rabbits. Although the rabbits owned and raised by Hannah Rosenbusch, 10, of Falls Church and her sister Ava did not place, Hannah explained the importance of bonding with rabbits. “You have to give rabbits lots of attention and bond with them, or they will become aggressive towards you. Then it’s

not fun to have them,” she said. Ava told she won a Grand Champion Ribbon in the Quick Bread Class for the 4-H Foods and Nutrition Department.

“The fair is always forward-looking, as seen by incorporating STEAM entries into the exhibits,” said Kristy Carter of Herndon, board member, Friends of Frying Pan Park. A summary of the Science & Technology Department of the 4-H catalog revealed computer-generated graphics, games and web pages and a Visual Arts Department with graphic design-commercial, digital painting and photo manipulation.

Outside one of the barns, the Strenglein sisters of Centreville, Summer, 11, Hannah,



Two children from Herndon, Sean, 3, and his sister Emma, 10 months, touch a horse for the first time, compliments of Alina Ampeh of Oakton and member of Virginia Trotters 4H Horse Club during the Fairfax County 71st 4-H Fair and Carnival.

8, and Brooke, 10, held ribbons and entries. “I entered the 4-H Fair for the fun of it. I chose this image because it was my most memorable photo. I used a Kodak camera,” said Hannah.

FAIR-GOERS enjoyed horse and dog demonstrations and rabbit, cavy and livestock shows, as well as an antique tractor pull and old fashion games.

Cow and goat milking became a first-hand experience for many fair-goers. In one of the barns, two young children from Herndon, Sean, 3, and his sister Emma, 10 months, touched a horse for the first time, compliments of Alina Ampeh of Oakton and member of Virginia Trotters 4H Horse Club.

Leaving the barn, the whirl and twirl of

rides by Cole Shows Amusement Company could be seen in the distance, set up in one of the pastures. If patrons could handle the Zipper, they could handle any other ride on the carnival midway. For the more faint of heart, the Tubs of Fun ride was a great choice for all ages.

Eric Kulczycky of Visit Fairfax attended the event. “Visit Fairfax is celebrating the 50th anniversary of the iconic Virginia is for Lovers slogan with a summer tour of the LOVE letters. Frying Pan Farm Park is one of our fabulous partners on tour and is a wonderful tourism destination within the county,” he said.

Yvonne Johnson wanted the public to know all adults and youth are welcome to enter the fair competition. “You do not have to be members of 4-H to enter. If you have a hobby or interest, come. Next year, the Fair and Carnival is July 30 through Aug. 2,” she said.



Hannah Rosenbusch, 10 of Falls Church, and her sister Ava, 8, snuggle one of the rabbits they entered in the Rabbit and Cavy Show.



Ann Marlow of Fairfax Station, vice president of the board for Friends of Frying Pan Park and one of the exhibit judges, holds up the prized Reserve Grand Champion ribbon Becca Berglie of Centreville won for her fruit pie.

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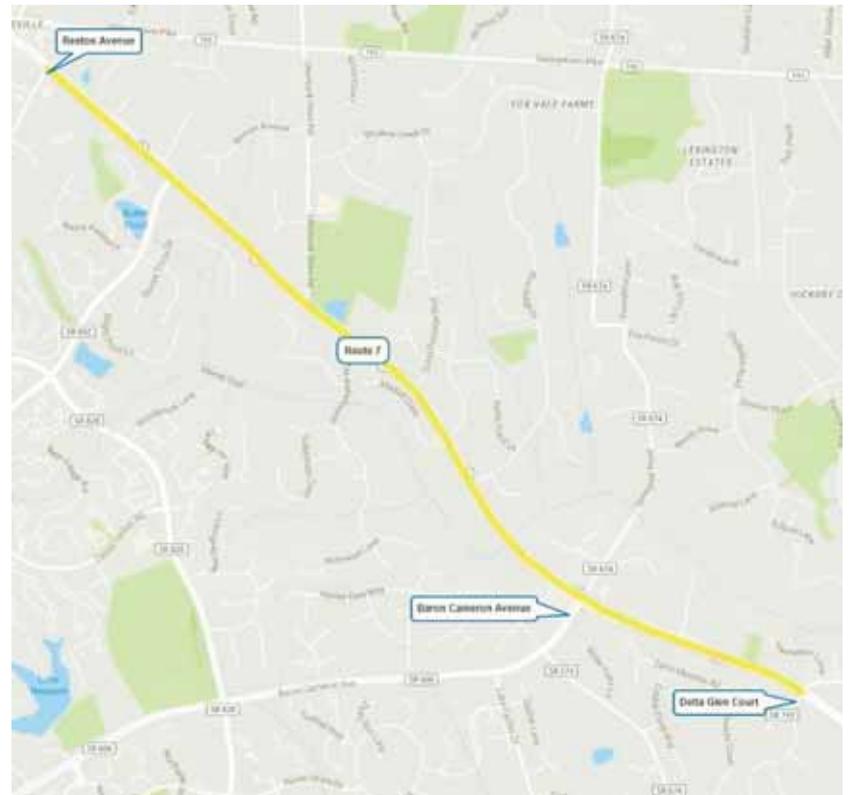
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NEWS

Night Work Along Route 7 Continues

Beginning on or about Friday, Aug. 2, 2019, construction activities will occur during the overnight hours on Fridays and Saturdays, as well as Sundays through Thursdays, along Route 7 between Reston Avenue and Delta Glen Court. Work may also occur on adjacent side streets in the vicinity of the Route 7 in this area. Lane closures may occur during the following hours: Sunday - Thursday nights, 10 p.m. to 5 a.m. Friday nights, 10 p.m. to 9 a.m. Saturday nights, 10 p.m. to 8 a.m. The work is being performed under Fairfax County Noise Waiver ZIB Reference Number 2019-1506. Please use caution and be alert to signs, as well as potential flagger or police direction in work zones. Slow-moving vehicles and equipment may be entering and exiting the road. All work is subject to change based on weather and schedule. The

Route 7 Corridor Improvements Project will widen the road from four to six lanes, add shared-use paths and make substantial intersection and other improvements



The Route 7 Corridor Improvements Project will widen the road from four to six lanes, add shared-use paths and make substantial intersection and other improvements between Reston Avenue and Jarrett Valley Drive.

between Reston Avenue and Jarrett Valley Drive. To stay informed and to sign up for email updates and alerts, visit connectroute7.org.

Park Volunteers Honored with Elly Doyle Service Awards

Volunteers from Sully Historic Site, the Reston Farmers Market and Friends of Pimmit Barn will be honored for their outstanding service contributions as recipients of the Fairfax County Park Authority's 2019 Elly Doyle Park Service Awards.

Shauna Shapiro has been a teaching and touring docent at Sully Historic Site since 2002, and in her volunteer role, she has been involved in almost every aspect of Sully's mission. Shapiro loves to teach, and as a docent she relates 18th century history to groups of all ages. Her nomination noted that she frequently assists in training new volunteers and is an excellent mentor. She has gone the extra mile to research cooking in the slave quarter and kitchen, slave life history, the Lee family background and historic clothing to give her the tools to be a strong interpreter.

Reston Farmers Market Managers John and Fran Lovaas and Keith Strange are being honored for their 43 combined years of service in managing the market. John Lovaas was the founding Market Manager and has served for 22 years. Fran Lovaas formally joined him as a manager 16 years ago. Keith Strange made the partnership a trio six years ago. The managers were praised for being full of energy, fun, creativity and innovation, and for providing excellent customer service to market vendors and shoppers. This year, they spearheaded a pilot program with the Park Authority and Clean Fairfax to reduce the use of plastic bags in the market and have established a gleaners program to take unsold vegetables and fruits to a food

pantry for low-income families. In 2019, the Reston Farmers Market was named the Best Farmers Market in Northern Virginia by readers of Virginia Living Magazine.

Connie Cordovilla has been President of Friends of Pimmit Barn for more than eight years, creating the group to preserve the beautiful gambrel roof barn and parcel of land believed to be the last dairy barn inside the beltway of Northern Virginia. She has organized Halloween parties and family movie nights and drawn volunteers from across the county. She works with McLean Youth Athletics on the barn's upkeep and organizes barn clean-up days several times a year. She also was instrumental in establishing a Memo of Understanding between the Park Authority and Pimmit Barn last year. She communicates the all-important history of the barn to many and has worked tirelessly in support of a plan to establish a historic marker on the barn property.

The award winners will be honored at a ceremony in November.

The Elly Doyle Park Service Award was established by the Park Authority in 1988 in recognition of former Park Authority Board Chairman and member Ellamae Doyle's years of outstanding service toward the preservation of parkland and establishment of natural and recreational areas for the benefit of Fairfax County residents. The purpose of the award is to publicly recognize a volunteer or group of volunteers for outstanding contributions to Fairfax County parks.

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.

DONATIONS NEEDED

School Supply and Backpack Drive. 8 a.m.-4 p.m. at the Parent Resource Center, 2334 Gallows Road, Room 105, Dunn Loring. For the nearly 56,000 students in Fairfax County Public Schools living at the poverty line, obtaining school supplies can be difficult. FCPS is partnering with roughly 20 nonprofits and businesses to ensure that students will have the supplies they need this fall for its "Collect for Kids" campaign. A \$25 donation will fill a backpack with FCPS approved supplies for a student. Organize a collection drive of new backpacks in your community and bring to one of the Collect for Kids drop off locations. Visit www.collectforkids.org/get-involved or call 703-204-3941.

CAMPS

Summer Choir Camp. Monday-Friday, Aug. 12-16 and Sunday, Aug. 18 at Church of the Holy Comforter, 543 Beulah Road NE. \$125 fee includes lunches, recreational activities, music education and camp t-shirt. All children in rising 2nd-7th grade are welcome. No prior music experience or training required; solid reading skills are highly recommended. Scholarships are available. Download registration forms at www.holycomforter.com.

SATURDAY/AUG. 10

Shamanic Journeying. 5-8 p.m. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. Learn about Shamanic Journeying is, and how it is different than meditation in this three-hour long intensive. In the first two hours, there will be a presentation on the history of shamanic journeying, the different types, and an in-depth explanation describing many different paths that use shamanic journeying as a tool. The third hour will be an application of the skills learned. Donations accepted. Call 703-281-1767 or RSVP at journeyingaugust10.eventbrite.com/.

TUESDAY/AUG. 13

Family Caregiver Telephone Support Group. 7-8 p.m. Fairfax County's Family Caregiver Telephone Support Group meets by phone on Tuesday, February 13, 7-8 p.m. This month's focus is an open discussion on caregiver stress. Share experiences, gain support and get information without having to travel. Call 703-324-5484, TTY 711 to register.

THURSDAY/AUG. 15

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.

WEDNESDAY/AUG. 21

4th Annual Clergy Breakfast. 8:30-10:30 a.m. at Vienna Baptist Church, 541 Marshall Road, SW, Vienna. This once-a-year connection continues to build fellowship and goodwill throughout the year as attendees collectively address common issues. The Clergy Breakfast also showcases Shepherd's Center of Oakton-Vienna's new vision statement, their mission statement and the current programs and services they have been providing seniors, their caregivers and families for over twenty-one years. All faiths are welcome. RSVP by Aug. 16 at 703-281-0538 or office@scov.org.

Public Comment Sought. The Office of Intermodal Planning and Investment, the Virginia Department of Transportation, and the Department of Rail and Public Transportation, under the leadership of the Commonwealth Transportation Board (CTB), are developing a plan to study Virginia's 179 miles of the Interstate 95 corridor between the Woodrow Wilson Bridge in Alexandria, Virginia and the North Carolina border. The first comment period will end Aug. 21, 2019. Additional comment opportunities will be available throughout the study period. For more information about the study, or to view meeting materials and access the online engagement tool, visit VA95Corridor.org.

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Some Trek: To Go Where This Man Has Never Gone Before



By KENNETH B. LOURIE

Although I've had a pretty good run of late not writing much about "the cancer," to quote "Forrest, Forrest Gump," the reality is, as you might imagine, cancer is ever present - in your head and in your heart (and for me, in my lungs).

Never more so then when your quarterly CT scan is imminent. As I sit and write this column on a Sunday, Wednesday, three days hence is what you'd call 'imminent.' Not that there's much preparation, there's not. But with electronic media being what it is, one does receive multiple reminders: text, email and the occasional call.

And, even though I don't actually have to do anything in advance, I am reminded nonetheless, in advance, what there is yet to be done: show up! (Apparently, many cancer patients, staff have told me, are not as compliant as you'd expect them to be.)

But it's not the 'advance' or the 'after' that I'm addressing in this column. It's the way-before and how a CT's imminence affects one's life.

As much as I write a good game - and talk/act a good game, living one's life pretending to minimize cancer's presumptive/possible/"prognosed" impact is indeed make believe. Not that I'm a glass half-empty person, I'm not, as you regular readers know.

However, there's nothing like a computerized tomography and a post-scan appointment with one's oncologist to focus your attention on the fact that you have been/are living with what your oncologist originally characterized back in early 2009, as a "terminal disease:" non-small cell lung cancer, stage IV (and giving you a "13 month to two year" prognosis, to boot).

A disease whose initial progression (doctor-speak for growth/movement) eliminated surgery as an option, but one for which there have been multiple lines of chemotherapy, none of which was ever been said to be a cure. In the spirit of that reality, how does one live in the present and plan for the future? (Jeez, that last line sounds right out of one of the Carrie Bradshaw's "Sex and the City" voice overs.)

On the one hand - the one with no sense of reality, I suppose one is simply to go about one's varied business with nary a care or concern in the world. On the other hand - the one with enough a sense of reality to choke a horse, I suppose I am to mark time, count the number of days until my next scan, plan for today and think about tomorrow.

But, not too many tomorrows as there's no sense getting ahead of oneself or else one will get behind. And if that sounds mixed up, it is. Because for cancer patients, "Time is a godforsaken paradox."

As Captain Kathryn Janeway of "Star Trek: Voyager" further explained many star dates ago: "The future is the past, the past is the future. The whole thing gives me a headache."

And if you do get any headaches, you need to contact your oncologist because in 30 percent of lung cancer patients, the cancer moves to the brain. A location which presents all sorts of treatment and quality of life challenges.

And, a manifestation there, should it appear, scares the living daylights out of me. But never mind. Just keep on planning and pretending that you don't have a "TERMINAL" disease. You know, the type of disease for which there's "NO CURE."

Then again, if I do get bogged down by certain realities, I'll be no work and no play - and no fun (neither do I want to be a dull boy). And no fun is no way to live - in the past, present or future, and that's no paradox.

So, if and when the chips and/or the "chippee" is down, one needs to be thankful for the chips that you do have and for the ones you hope yet to accumulate. Otherwise, you might as well see the cashier on your way out.

Life's too short (don't I know it) to live only in the present and not consider the future. And if I don't consider the future, it's unlikely I'll have one. Just because I've now had a past that lasted years longer than I expected shouldn't mean I can't have a future I never anticipated.

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

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