Suicide and Trauma Sound Alarm for First Responders

Back-to-School Anxiety

League of Women Voters To Hold Candidate Forums
Ted Langford of Great Falls

Great Falls Resident Wins Fishing League Tournament

Bates Todd Langford of Great Falls won the T-H Marine FLW Bass Fishing League (BFL) Shenandoah Division tournament on the Potomac River Saturday after catching a five-bass limit weighing 15 pounds, 2 ounces. Langford took home $2,600 for his efforts.

Langford said he fished mid-river, in Occoquan Bay. He caught them out of heavy grass mats using a Texas-rigged green-pumpkin-colored Reaction Innovations Sweet Beaver, paired with a 1-ounce weight.

“I really fished one area where you could get bit on– the river is fishing tough right now,” said Langford, who notched his first career win in FLW competition.

“The area was probably 500 yards, but had key spots within the stretch. There was some moving water in those spots and the high tide helped.”

Langford went on to say that he caught a key fish in the very back of a creek during low tide around 1:30 p.m. using a white 3/8-ounce Z-Man Evergreen ChatterBait Jack Hammer with a white Reaction Innovations Skinny Dipper trailer.

The top 45 boaters and co-anglers in the region based on point standings, along with the five winners in each qualifying event, will be entered in the Oct. 10-12 BFL Regional Championship on Lake Hartwell in Seneca, S.C.

Langford is listed as having $9,576 in career winnings from 25 events.

Langford’s bait was rigged on a straight shank hook via snell knot, tied to 65-pound-test PowerPro Super Slick braided line on a 7-foot, 11-inch Halo Twilite Series heavy-action flipping rod.

“I caught seven or eight keepers during the tournament,” said Langford.

“Tide helped.”

The top 45 boaters and co-anglers in the region based on point standings, along with the five winners in each qualifying event, will be entered in the Oct. 10-12 BFL Regional Championship on Lake Hartwell in Seneca, S.C.
Suicide and Trauma Sound Alarm for First Responders

Fairfax County Chief of Police takes action to relieve stress and encourage officers to ask for help when needed.

By Mercia Hobson
The Connection

Fairfax County Chief of Police Colonel Edwin C. Roessler Jr. is out to end the silence and stigma that surrounds the issue of mental health in first responders. “Across this nation, death due to suicide in first responder profession is outpacing line of duty death... And that is not ok,” said Chief Roessler Jr. during a Meet & Greet presented by the Police Department Aug. 13, and held at the Public Safety Headquarters in Fairfax.

During the event, Roessler and Jay Carson, Director of Incident Support Services Fairfax County Police Department (FCPD), launched the department’s new program to combat suicide and make everybody better. “It is our goal to provide mental health services so we can eradicate suicide and make everybody better to get back into service in a community,” said Matt Giese, Director of Operations for FRK9, thanked the FCPD and community at the onset of critical incidents in the field, as a preemptive stress release, and also provide 24/7 emotional support for first responders: police officers, firefighters, dispatchers, sheriffs and deputies in their time of need, when they suffer a disability and have to retire. Roessler added: “We will have a core of K9s that will provide them the support for their Post Traumatic Stress... It is our goal to provide mental health services so we can eradicate suicide and make everybody better to get back into service in a community.”

“Across this nation, death due to suicide in first responder profession is outpacing line of duty death... And that is not ok.” — FCPD Chief Edwin C. Roessler Jr.

“Across this nation, death due to suicide in first responder profession is outpacing line of duty death... And that is not ok.” — FCPD Chief Edwin C. Roessler Jr.

Trauma and stress can lead to PTSD and depression. One of our themes is, it’s ok, not to be ok. It’s ok to seek help,” said Roessler. Roessler explained that the department had formed a partnership with FRK9, a nonprofit organization that provided the department with five purpose-bred puppies and their associated costs, including veterinary care at no charge. According to FRK9’s founder, Roger Giese, FRK9 had fielded a total of 14 Golden Retrievers and Labrador retriever puppies, specially bred to become service dogs.

FCPD has five puppies from 4-8 months of age, currently being trained by their FCPD handlers. Named after fallen officers to honor those who have served and protected the community, the Service Dogs in Training (SDIT) introduced to the public were Holmes, Jack, Indy, Sully and Lennie. “I’m proud to be here with my K9 partner, Indy,” said Roessler. ROESSLER said the department’s K9s could help support officers and the community at the onset of critical incidents in the field, as a preemptive stress release, and also provide 24/7 emotional support for first responders: police officers, firefighters, dispatchers, sheriffs and deputies in their time of need, when they suffer a disability and have to retire. Roessler added: “We will have a core of K9s that will provide them the support for their Post Traumatic Stress... It is our goal to provide mental health services so we can eradicate suicide and make everybody better to get back into service in a community.”

“Across this nation, death due to suicide in first responder profession is outpacing line of duty death... And that is not ok.” — FCPD Chief Edwin C. Roessler Jr.

Tillsonburg Fire Department’s Captain John Kovacs of the Tillsonburg Fire Department Aug. 13, and held at the Public Safety Headquarters in Fairfax.

From left, during a special Meet & Greet, Fairfax County Police Department introduces five of its newest and furriest recruits Service Dogs in Training, from left: Sully, Holmes, Indy, Lennie and Jack donated at no cost to the department by 1” Responder K9, a 501(c) 3 organization.

According to FCPD, in addition, the dogs would play a role in fostering community relationships with trips to neighborhoods, schools, local events, etc. All the dogs will go through a two-year training program to meet the Americans With Disabilities Act requirements for service dogs. The other three dogs would go do disabled first responders.

“One of the things we plan to do over the course of the next two to three years is to dispatch thirty of these highly-skilled, highly trained, loving animals to first responders in need, said Geise. He added that FRK9 would need continued and ongoing support because everything to date they funded themselves. “If you are willing or interested in helping...”

Honoring First Responders

Jack- named in honor of Captain John Kovacs of the Tillsonburg Fire Department.

Holmes – named in honor of FCPD Second Lieutenant M. Kevin Holmes.

Indy – named in honor of the Indianapolis Fire Department.

Lennie – named in honor of Sergeant Lenore Barrow Whitehead of the Newport News Police Department.
League of Women Voters to Hold Candidate Forums

Board of Supervisors, School Board candidates to participate in forums throughout the county.

The League of Women Voters of the Fairfax Area (LWVFA) will hold candidate forums in each of Fairfax County’s nine magisterial districts for Board of Supervisors and School Board candidates in September and October in the run up to the Nov. 5, 2019 General Election. All certified candidates competing for seats on the two Boards to represent their respective districts have been invited. Several of the forums will also include Virginia State Senate and House of Delegates candidates.

In addition, the League will hold countywide a candidate forum for the three at-large School Board seats and Chair of the Board of Supervisors.

The League organizes candidate forums prior to elections to give voters opportunities to learn more about the candidates and to dive into complex issues like redistricting and voting rights for fact-based discussions and be better informed citizens in our democracy. The Candidate Forums are non-partisan, and the League never supports nor opposes any candidate. A moderator will ask the candidates questions generated by the audience. Following the formal session, an informal meet and greet session will allow direct audience interaction with the candidates. The forums are free and open to the public.

Additional information about the candidate forums, the 2019 General Election, League publications and other events can be found at: www.lwv-fairfax.org

Questions for the candidates can be submitted by accessing: www.surveymonkey.com/r/lwvFA2019

Go to www.vote411.org for an online voters guide to compare candidates’ positions side-by-side.

The League of Women Voters of the Fairfax Area is a non-partisan political organization that encourages informed and active participation in government, works to increase understanding of major public policy issues.
Service Dog Program Launched

FROM PAGE 3

with what we are doing here in Fairfax and beyond, please go to frk9.org and reach out,” said Geise.

More from FCPD

Second Lieutenant Christopher Sharp, Media Relations Bureau: “From the moment Jack and I started this journey; it was evident how happy people were to be around him, even if it was just for five minutes. … That brief encounter, the moment when everything else is set aside, and it’s just them and Jack, provides a glimpse of the immeasurable impact he has.”

Jill Molley, Clinical Psychologist FCPD: “When Holmes is with me, detectives pause what they are doing and spend a few minutes with him.

They instantly smile and gather around him. … Holmes ‘changes the subject’ when he shows up, which is a nice break from their stressful work.”

Colonel Edwin C. Roessler Jr. Chief of Police: “As a chief of police I value innovative methodologies to provide all first responders with the knowledge, skills, and abilities to end the mental health epidemic in our professions. … As I watched officers respond happily to the puppies deployed in our agency over the first seven months in their positive wellness habits, it became an easy decision to become part of the program to assist me in my day-to-day struggles so I partnered with Indy… Indy is teaching me more than I am training her on all aspects of wellness as we continue forward for her to one day serve another first responder.”

Children say hello to First Responder K9 Service Dog in Training Indy and her handler Fairfax County Chief of Police Colonel Edwin C. Roessler Jr. during the department’s Meet & Greet the Service Dogs.

Before Fairfax County Chief of Police Colonel Edwin C. Roessler Jr. launches the department’s new Service Dog Program on Tuesday, Aug. 13, he tells his young First Responder K9 Service Dog in Training, “Sit, Indy.”
Back-to-School Anxiety

Easing in to the new year.

By Marilyn Campbell

After summer camps and a vacation abroad, Jaclyn Wheeler is easing her children into the new routine that they will face later this month when they return to school. She's purchased school supplies and created and laminated a schedule of activities for before and after school. “They've been staying up until the wee hours of the morning, but I've been getting them to bed early and waking them up early,” she said. “I've bought organizational supplies from the Container Store to help organize their desks at home so they have a clear workspace for doing homework.”

When months of swimsuits, summer camp and lazy days turn into early rising, classroom desks and school bells, many families will feel the shock of a sudden shift in schedule. Faced with the reality of nightly homework, the need to perform well academically and the peer pressure that often comes with returning to school, many parents and children can feel anxious about starting a new school year.

“Children often worry if they will be able to cope with the demands of their new grade, said therapist Carol Barnaby, LCSW-C. “Will they be smart enough? Will they disappoint their parents? Will their teacher like them? Will they fit in with their peers? Will they be bullied? Will they be good enough to make the sports team? The worries can go on and on.”

The increased pressures of perfectionism in both academic and extracurricular endeavors can feel daunting, especially after an easy-going summer. “The social stressors of fitting in, being included and being accepted combine to create stress that is only increased by social media,” Vicki Kirsch, Ph.D., LCSW Associate Professor of Social Work at George Mason University. “It's not only the difficulties of finding a group to sit with in the cafeteria, but also now criticism and bullying through social media.”

As children approach adolescence, peer pressure can intensify such stress, suggests Linda McKenna Gulyn, Ph.D., Professor of Psychology at Marymount University. “In fact, new school year stress for school-aged children is usually more tied in with pressure to make friends, fit in, wear the right clothes, shoes and backpacks and who will be in their class,” she said. “For parents, stress relates more to their expectations of school performance and other school or extracurricular activities.”

Parents can comfort and support their children by acknowledging and validating a child’s angst, says Gulyn. “Listen to their concerns and anxieties about social relationships. Help them ease into the transitions,” she said. “(Their anxiety) will probably be relieved after a day or two. For younger students it might help to check in with the classroom teacher about these concerns, then drop him or her an email.”

As Wheeler did with her children, Barnaby encourages parents and children to develop and discuss the new daily routine to create a concrete awareness of the shifts that are about to occur. “Gradually easing into the schedule can help kids cope with stress and encourage a return to routines, she said. “That includes eight to ten hours of sleep each night, turning off and putting away electronic devices 60 minutes before bed, eating healthy meals and spending time together talking about plans to manage the demands of the new school year.”

Managing such stress should include more than academics, like unstructured free time suggests Barnaby. “Try not to overschedule children with too many activities,” she said. “Create calming spaces in the home to unwind. Sit quietly with your child to just be together. Try a guided meditation. Make time to talk about how things are going, what things are going well and what things they are finding challenging.”

“Learning and practicing self-care at an early age is a useful way to manage stress,” advises Kirsch. “[It’s] perhaps the best way,” she said. These tools are always with us and the only requirement is to practice self-care skills to increase their effectiveness. Deep, focused breathing, meditation, and mindfulness are all ways to manage stress. People often confuse these three techniques with each other, but they are individual skills that can overlap but can also be practiced separately.”

“For example, one can do a regular activity such as washing one's hands or walking to the bus stop in a mindful way by focusing in the present and examining experiences utilizing the five senses. “What am I seeing, smelling, touching, hearing, and tasting?” continued Kirsch.

Gulyn encourages students to focus on the joy they will feel when they are reunited with their friends. “Keep in mind that most other kids are a little stressed and scared about back-to-school stuff, too,” she said. “But now you are a grade higher and definitely ready for the next year!”
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.

THURSDAY/AUG. 22
Hispanic Connect NOVA, 8:30-9:30 a.m. at 8300 Boone Blvd. in the Partners’ Conference Room, Suite 450, Vienna. Join the Virginia Hispanic Chamber for this recurring event series designed for chamber members and newcomers alike. Members, business owners, community leaders, entrepreneurs and more connect with their peers, share ideas and gain useful knowledge. Free for members, $10 nonmembers. Register at www.vahcc.com/hispanic-connect-nova.

SATURDAY/AUG. 24
Large Yard Sale, 8 a.m.-1 p.m. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. Unity of Fairfax will host a large, indoor, church yard sale with hundreds of items from many households and a restaurant liquidation. Free admission. Visit www.unityoffairfax.org.

SUNDAY/AUG. 25

MONDAY & WEDNESDAY/AUG. 26-SEPT. 25
Community Emergency Response Team Training, 7-11 p.m. at the Fire and Rescue Academy, 4600 West Ox Road, Fairfax. The Community Emergency Response Team (CERT) Program trains county residents in basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations. Using the training learned in the classroom and during exercises, CERT members can assist others in their neighborhood or workplace following an event when professional responders are not immediately available to help. Emphasis on hands-on skill development and Fairfax County protocols and procedures. Instructor will provide syllabus with class schedule at first session. This training does not require any special physical strength or agility. Visit volunteer.fairfaxcounty.gov/custom/1380/4/opp_details/184989 to register.

THURSDAY/AUG. 29

SUNDAY/SEPT. 1
22 Proven Processes, 1-3 p.m. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. This hands-on experiential class will explore proven processes that have been found to enhance individual spiritual growth and help individuals who struggle with debt, relationships, and other life challenges. Based on the Law of Attraction principles found in “Ask and It Is Given—

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The picture is one of the HO gauge steam engines stopping at the Salisbury station. This is an award winning model of the real station in Salisbury, NC.

Open House

Northern Virginia Model Railroaders hold an open house at the Vienna Depot each month and on Vienna celebration days, including VivaVienna and the Vienna Holiday Stroll. Free admission. Saturday, Sept. 14, 1-5 p.m. at the Vienna Depot, 231 Dominion Road NE. Call 703-938-5157 or visit www.nvmr.org.

SATURDAY, AUG. 24

Summer on the Green: Wayne Tympanick Trio (Jazz). Noon to 3 p.m. 601 Church St. NE, Vienna. Free. Call 703-255-7842 or visit www.viennava.gov/DocumenCenter/View/3997.

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.

FRIDAY, AUG. 23

The Shephard’s Center of Oakton-Vienna (SCOV) hosts a benefit performance with the Bentwood Rockers. Enjoy some fabulous foot-stomping Bluegrass music. Friday, Sept. 6, 6:30 p.m. (doors open 5:30) at Jammin Java, 227 Maple Ave. E., Vienna. $20-$25 at www.jamminjava.com. To volunteer, donate or learn more, visit www.scov.org.

Live Music: Bentwood Rockers

The Shepherd’s Center of Oakton-Vienna (SCOV) hosts a benefit performance with the Bentwood Rockers. Enjoy some fabulous foot-stomping Bluegrass music. Friday, Sept. 6, 6:30 p.m. (doors open 5:30) at Jammin Java, 227 Maple Ave. E., Vienna. $20-$25 at www.jamminjava.com. To volunteer, donate or learn more, visit www.scov.org.
Kids activities in the last year’s festival included petting zoo animals, a moon bounce, face painting, balloon animals and pony rides, among others.

Middle Eastern Food Festival, Returns on Labor Day Weekend

Holy Transfiguration Melkite Greek-Catholic Church will host its 26th annual Middle Eastern Food Festival, Aug. 31 and Sept. 1, on the church grounds — 8501 Lewinsville Road, McLean. The Festival will feature authentic Middle Eastern food, pastries, music and dancing, as well as vendors, church tours, and activities for both children and adults.

Join in the fun from 11 a.m. – 11 p.m., Saturday, Aug. 31 and noon – 6 p.m., Sunday, Sept. 1. Smell the aromas from the outdoor grills, partake of Kibbee, Shish Rebab, Falafel, Fattouch, Hummus, and Stuffed Grape Leaves, or any number of other delicious menu choices, including a roast lamb dinner at 6 p.m. Saturday evening and all day on Sunday. Then relax with a cup of Arabic coffee and mouth-watering pastries. Choose from Arabic favorites, such as Baklava, Maamoul, Namoura, or Ghreybeh, or old-fashioned American sweets like cakes, cookies and pies.

Once you’ve satisfied your appetite, join in the Dabke dance (instructors will teach you how) or participate in the backgammon tournament. Children, meanwhile, can enjoy the moon bounce, face painting, pony rides and the petting zoo, as well as participate in some of the many games going on throughout the Festival.

The Festival will be held rain or shine. Admission and parking are free. To learn more, call 703-734-9566 or visit www.MiddleEasternFoodFestival.com.

Holy Transfiguration Melkite Greek-Catholic Church is the local parish of the Melkite Eparchy of Newton (Massachusetts). “Melkite” is used to refer to those Catholics whose ancestry is Middle Eastern and who follow the Byzantine Tradition in worship, theology, and spirituality.

McLean Community Center Offers Fall Classes, Activities

Registration is now open for McLean Community Center’s fall session classes and activities. MCC provides a convenient and affordable continuing education resource for area residents, from infants through senior adults.

Special Events, day trips and tours, as well as programs and day trips for area teens sponsored by the center’s Old Firehouse are some of the many fall activities the Center offers. Tax district residents receive a discount on fees, as do seniors age 60 or older for classes that are more than $50. An agency of Fairfax County Government, MCC is located at 1234 Ingleside Ave., McLean.

A wide range of culinary arts classes for adults, including Cuban Cuisine, Fall Seafood, Fall Vegetarian, Ramen, Stocks and Sauces, and The Art of the Sandwich are being offered.

Other classes of interest include Dog Training, Giant Foods’ Six Weeks to Wellness, Zumba for Early Risers, Time to Unwind with Yoga, First Aid with CPR and Writing: Getting Started.

The Senior Moments Adult Learning Program offers workshops of interest to seniors age 50 and older. The popular Technology Tutoring Workshops, which assists seniors in using their Apple devices, returns in September. Other senior workshops include How to Stay Safe in the Hospital, Estate Planning 101 and Financial Planning in New Tax Reality.

Children can sign up for extracurricular activities such as McLean Project for the Arts’ After School Studio (Art), soccer, Intro to STEM with LEGO, Stemtree Robotics, Babysitting Lessons & Safety Training, Improv for Kids and Teens, Ballet & Tap, Cooking, Manners and Etiquette, Holiday Cookies, Chess Club and Bulls and Bears and Stock Market Club, among others. In addition to classes, registration is also open for upcoming special events and day trips, including Family Movie Night, Family Fun Bingo, Holiday Gingerbread Workshop and fifth and sixth grader parties.

The Center offers 24-hour online registration. To view detailed descriptions of classes or to register, visit the Center’s website, www.mcleancenter.org. Online registration is not available for tours and day trips. Contact the registrar at 703-744-9365, TTY: 711, for registration options. For more information, call the Center at 703-790-0123, TTY: 711.
Parishioners from Holy Transfiguration Church dance the “Debke,” a traditional Middle Eastern dance. Festival goers will be invited to participate in the dancing.

**Middle Eastern Food Festival.**

The Festival features authentic Middle Eastern food (including many choices for vegetarians), pastries, music and dancing, as well as vendors, church tours, and activities for both children and adults. Highlights include a roast lamb dinner at 6 p.m. Saturday evening and all day on Sunday; a 12-foot sweets table; and even a petting zoo. Saturday, Aug. 31, 11 a.m.–11 p.m.; Sunday, Sept. 1, noon–6 p.m. at Holy Transfiguration Church, 8501 Levinson Road, McLean. Free admission. Call 703-734-9566 or visit www.MiddleEasternFoodFestival.com.

**FROM PAGE 8**

$35 per person. Use ID Code 070.6BBA.

Model Railroaders Open House. 1-5 p.m. at the Vienna Depot, 231 Dominion Road NE. Northern Virginia Model Railroaders hold an open house at the Vienna Depot each month and on Vienna celebration days, including Viva! Vienna and the Vienna Holiday Stroll. Free admission. Call 703-759-2771 or visit www.nvmr.org.

American Feud Documentary. 2-4 p.m. at Patrick Henry Library, 101 Maple Ave. East, Vienna. American Feud: A History of Conservatives and Liberals is the only non-partisan classroom-friendly documentary that traces the American story of liberalism and conservatism featuring voices from many perspectives. Revised, updated and re-released in 2017, the new version explores the problem of dysfunctional government in light of a liberalism and conservatism that have become increasingly incoherent. Free. Call 703-938-0405 or visit librarycalendar.fairfaxcounty.gov/events/5395442.

**Sunday/Sept. 15**

Get Fired Up. 11 a.m.–3 p.m. at Colvin Run Mill, 10017 Colvin Run Road, Great Falls. The mill’s blacksmith will be firing up his forge – watch as he works with hammer and tongs to make iron tools and utensils. Free, no reservations are required. Call 703-759-2771 or visit www.fairfaxcounty.gov/parks/colvin-run-mill.

Escape the Daily Grind. Noon–3 p.m. at Colvin Run Mill, 10017 Colvin Run Road, Great Falls. See and hear 19th century technology at work at the historic mill. Grind demonstrations will be taking place, if conditions permit. Call the site to confirm. $8 for adults, $7 for students age 16 and older with ID, and $6 for children and seniors. No reservations are required. Call 703-759-2771 or visit www.fairfaxcounty.gov/parks/colvin-run-mill.

**Monday/Tuesday/Sept. 16–17**

Lunch ‘n Life. Noon–2:30 at Emmanuel Lutheran Church, 2589 Chain Bridge Road, Vienna. Presented by Shepherd’s Center of Oakton/Vienna, Elaine Flynn portrays Mary Pickford: America’s Sweetheart. The biggest star of the silent screen and first female star to earn $1,000,000. She performed in over 200 films. $15 in advance or $20 at the door. Call 703-281-0538 or visit www.scov.org/events.

**Wednesday/Sept. 18**

50th Anniversary Luncheon. 11:15 a.m. at Westwood Country Club, 800 Maple Ave. East, Vienna. McLean Newcomers and Neighbors celebrate the 50th Anniversary. $86 per person. To attend, pay at squareup.com/market/mclean-newcomers-club. Prospective and former members are welcome. No reservations will be accepted after Tuesday, Sep. 10. Visit www.McLeanNewcomers.org.

**Friday/Sept. 20**

Summer on the Green: Hard Swimmin’ Fish (funk-infused blues). 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.viennavva.gov/DocumentCenter/View/3997.

**Saturday/Dec. 14**

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

**Sunday/Nov. 3**

Gardening With Kids – Winter Planting. 1-4 p.m. at the Freeman Store, 131 Church St. NE, Vienna. Join the Ayr Hill Garden Club for the Winter Planting, featuring wreath making from harvest herbs and planting next years’ flower bulbs. Free. RSVP to monica.anschel@hotmail.com to ensure enough supplies.

**Saturday/Nov. 16**

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

**Monday/Dec. 2**

Model Railroaders Open House. 6-9 p.m. at the Vienna Depot, 231 Dominion Road NE. Northern Virginia Model Railroaders hold an open house at the Vienna Depot each month and on Vienna celebration days, including Viva! Vienna and the Vienna Holiday Stroll. Free admission. Call 703-938-5157 or visit www.nvmr.org.

**Saturday/Dec. 12**

Model Railroaders Open House. 1-5 p.m. at the Vienna Depot, 231 Dominion Road NE. Northern Virginia Model Railroaders hold an open house at the Vienna Depot each month and on Vienna celebration days, including Viva! Vienna and the Vienna Holiday Stroll. Free admission. Call 703-938-5157 or visit www.nvmr.org.
FRIDAY/SEPT. 6
Application Deadline: Youth Leadership Scholarship: The Great Falls Rotary is offering grants to high school juniors or seniors for a leadership training session Oct. 6-11 in Prince William Forest Park, Virginia. Free to scholarship winners. Call 703-770-3585 or visit www.rotarygreatfalls.org/RYLA for more.

SATURDAY/SEPT. 7
Open House. 10 a.m.-noon at the Patrick Henry Library, 1616 Library St. SE, Vienna. The Vienna branch of the American Association of University Women (AAUW) will hold an informational Open House. AAUW is the nation’s leading voice promoting equity and education for women and girls. Membership dues discount for those who join at this event. Refreshments. Free. Visit Vienna-va.aauw.net/ for more.

Mindful 365 Meditation. 10 a.m.-noon at Unity of Fairfax, 2854 Hunter Hill Road, Oakton. Most people have heard of mindfulness, but do you strengthen its practice? If the idea of being part of a meditation sangha is appealing, whether or not you practice meditation, consider joining the 365 Mindful meditation sitting group. $10. Email kdickman@gmu.edu for more.

SUNDAY/SEPT. 8
Welcoming Sunday. 10 a.m.-11 a.m. at St. John’s Episcopal Church, 6715 Georgetown Pike, McLean. Join in the Welcoming Sunday festivities. Meet the new rector and clergy and see what the St. John’s community is all about. The celebration begins immediately following the 10 a.m. worship service and includes a picnic lunch, petting zoo, and opportunities for fellowship after a busy summer. Free, and parking available. Visit www.stjohnsunoclean.org for more.

Living Quantum Consciousness. 1-3 p.m. at Unity of Fairfax, 2854 Hunter Hill Road, Oakton. A look at the intersection of science and spirituality. Join Jackie Woodside to learn techniques to break free from emotional loops and spirals, and get out of chaos. $20. Email becky.bruner@gmail.com or visit sittingroup-2019.eventbrite.com for more.

MONDAY/SEPT. 9
GFCA Environment and Parks (EP) Committee Meeting. 7:30 p.m. at Great Falls Library, large meeting room. Erica Carter, Fairfax County’s Recyling Coordinator, will speak regarding all the local confusion about trash pickup and the reality and changing recycling policies and markets. Visit gfga.org for complete agenda.

TUESDAY/SEPT. 10
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 topic is an open discussion on advance care planning and end of life decisions. Call 703-324-5484, TTY 711 to register.

FRIDAYS/SEPT. 13-OCT. 11
“Caring for You, Caring for Me.” 10 a.m.-noon at Vienna Community Center, 120 Cherry St. SE, Vienna. Fairfax County and Inova Health System present free “Caring for You, Caring for Me” programs. This workshop series provides a blend of support and education for caregivers of older adults. Respite services available if requested three weeks in advance. Call 703-324-7218, TTY 711 to register.

MONDAY & WEDNESDAY/SEPT. 30-OCT. 23
Community Emergency Response Team Training. 7-11 p.m. at The Fire and Rescue Academy, 4600 West On Road, Fairfax. The Community Emergency Response Team (CERT) Program trains county residents in basic disaster response skills, such as fire safety, light search and rescue, team organization and medical intervention. Using the training learned in the classroom and during exercises, CERT members can assist others in their neighborhood or workplace following an event when professional responders are not immediately available to help. Emphasis on hands-on skill development and Fairfax County protocols and procedures. Instructors will provide syllabus with class schedule at first session. This training does not require any special physical strength or agility. Visit volunteer.fairfaxcounty.gov/custom/1380/4_www_details/184991 to register.

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Barbousal

By KENNETH H. LOURÉ

That was a close shave, if I may euphemistically characterize my most recent, blade-free brush with cancer-like symptoms, especially considering that I thought my life was at stake.

The pain was located around my left-side rib cage, exactly where the pain was on that fatal Jan. 1, 2009 day, when I couldn’t control any longer and thus felt compelled to get off the couch and go to the emergency room. Though I had experienced any shortness of breath, or difficulty inhaling, exhaling and bending over (all of which I had back then), nonetheless, I thought the worst and didn’t back down. I made an appointment with my primary care physician as soon as possible, which was for the following day. Thankfully that was a great sleep that night but it was somewhat improved knowing I might get an answer the next day.

So as my life was beginning to pass by it’s a bit of an oversatement to be sure, but it was moving around a little bit. Trying to bury/compartmenalize what a possible recurrence or treatment was. My current standard of treatment would mean before I actually met with a physician and received cancer confirmation was the immediate task at hand.

Rationalizing that what symptoms I wasn’t experiencing meant something positive/encouraging compared to the 8 days to 10 weeks ago was one mental route I was traveling. The other was my immediate symptoms and how they impacted me and in great detail, described my symptoms, and explained what I was feeling and what I wasn’t. My internal medicine doctor listened intently, as he has since the very beginning when I first diagnosed. He was calm and reassuring in his assessment.

Though I didn’t have any shortness of breath, or difficulty breathing or anything. No further testing was done, and therefore no “13 month to two year” prognosis that followed.

Inevitability, as in one’s demise (I’ll never forget the walking-down-the-staircase-with-a-ysi-ys example he used) and then death is only a matter of time. Time which you don’t have and quality of life which you’ll never get back.

“Invincibility” is most clear when you have symptoms related to your cancer or not; you don’t know definitively, at least I never did, especially if those symptoms are identical to the ones that got you into this jacket in the first place.

So yes, I’ve had a difficult few days fighting the inevitable feelings and wondering if my amazing good fortune had finally run out. After all, a “terminal” disease doesn’t generally mean you go on living a normal life, expectancies. As alluded to, it means you don’t. And at some juncture, the cancer spreads beyond modern medicine’s ability to manage it.

Then there’s a given choice: stop the treatment and try to enjoy your remaining days without side effects, and thereby lives a less cancer-centric quality of life with some freedom of independence — and hopefully feel some kind of better. And in those intervening days, try not to worry about the cancer while doing it inevitably (there’s that word again does, which is not cure itself. Or try some experimental treatment and hope for the best.

This is the emotional concern and challenge which hangs over my head. Never more so than when I have the symptoms that I did this past week. Fighting the inevitable and Rationalizing those feelings is too much. One at a time I can handle.

I handle it as I sat in my doctor’s office and in great detail, described my symptoms, and explained what I was feeling and what I wasn’t. My internal medicine doctor listened intently, as he has since the very beginning when I first diagnosed. He was calm and reassuring in his assessment.

Though he said it was anxiety and that, and explained that they were “muscular,” he continued, “on the other side of my lungs.”

They were muscular, he continued, “on the other side of my lungs.”

Kenni Louré is an Advertising Representative for The Potomac Almanac & The Connection Newspapers.

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