

Vienna and Oakton Vienna CONNECTION

The steeple of Vienna Presbyterian Church loomed over residents enjoying food and music during the Vienna's monthly summer event, Chillin' on Church, last Saturday.



Vienna Enjoys Chillin' on Church

NEWS, PAGE 9

Suicide and Trauma Sound Alarm for First Responders

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Three-Wheeled Bikes Becoming Popular

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AUGUST 21-27, 2019

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM



PHOTOS CONTRIBUTED

Marshall High Marching Statesmen have been selected to represent the Commonwealth of Virginia in the Pearl Harbor Day

The George C. Marshall High School Marching Statesmen are a Virginia Honor Band.

Marshall High Band to Represent Virginia

The band will participate in the Pearl Harbor Day Memorial Parade in Hawaii this December.

High School marching band season has begun and the GC Marshall Marching Statesmen are working extra hard this season. They have been selected to represent the Commonwealth of Virginia in the Pearl Harbor Day Memorial Parade in Hawaii this December. Students will also perform a concert at the U.S.S. Missouri or U.S.S. Arizona

Memorial. This trip is to musically honor those who have served their country, many of whom laid down their lives, and will educate the band students about this momentous event in the history of the world and our nation. No one can visit Pearl Harbor and come away unchanged. The students are very excited to be representing the Commonwealth at such an honorable

event, and to also have the opportunity to visit some cultural and well known sites. The George C. Marshall High School Marching Statesmen are a Virginia Honor Band, having received unanimous Superior Ratings from the judges at all their assessments in the 2018-2019 school year. This is a massive undertaking for the band and for some students a hardship to get

there. If any person or company could help by making a contribution it would be much appreciated. You can make a 100 percent tax-deductible donation online via credit, debit card or PayPal, by visiting www.marshallband.org and clicking on the Donate. Today link. Or, you can mail a check to GCM Band Parents Organization at 7731 Leesburg Pike, Falls Church, VA 22043. Kindly write "Pearl Harbor" in "Special instructions to the seller" online, or the memo line of your check to ensure it reaches the right place.

CRIME REPORT

The following summary contains various incidents of general interest as well as vehicular crashes handled by the Town of Vienna Police Department from Aug. 9 – 15, 2019.

INCIDENTS

Vandalism — 600 Block Gibson Circle. SW Aug. 3 between 2 a.m. and 8 a.m. A resident reported vandalism to his vehicle.

Petit Larceny — 600 Block Meadow Lane, SW Between Aug. 8 at 8 p.m. and Aug. 9 at 6:50 a.m. A resident reported that someone vandalized his vehicle and stole his side-view mirror.

Arrest – Drunk In Public — McDonald's 544 Maple Ave., West Aug. 9, 2:08 a.m. Officers responding to an alarm at the restaurant were advised that there was a man who was irate and yelling at customers. Officers located the man in the parking lot. Upon the officers' interaction with the man, they detected signs of impairment. Ofc. Colligan placed the man under arrest. The man began complaining of pain, and rescue personnel were summoned to evaluate him. The man was transported to an area hospital for treatment by rescue personnel. At the hospital, Ofc. Colligan issued a summons to the 52-year-old man from Washington Plaza in Reston, charging Drunk In Public.

The man was released on his signature and left in the care of the hospital staff.

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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 reduce stress after exposure to trauma during critical incidents. Trauma and stress can lead to PTSD and depression.

Roessler and Carson introduced the department’s new Service Dog Program and the initial five First Responder Canine (FRK9) puppies assigned to the Incident Support Service Section. The dogs will be deployed to reduce the effects of



PHOTO BY MERCIA HOBSON/THE CONNECTION

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 1st Responder K9, a 501(c) 3 organization.

a traumatic event, including fear and anxiety, for first responders and community members and participate in other areas.

“It is my goal, as your Chief of Police to lead an effort here in Fairfax County, across the nation, and around the globe to get rid of the stigma of mental health. 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 Re-

triever 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 sup-

port 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.”

Matt Giese, Director of Operations for FRK9, thanked the FCPD Incident Support unit and all the members within the department for the partnership. Giese explained that two of the FCPD Service Dogs would stay on in the department to deploy during Po-

“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.

tentially Traumatic Events (PTEs), “to help further assist those in the community who are suffering from things that occur catastrophically, unfortunately on a daily basis,” said Giese. The dogs would help de-escalate the often-strong emotions and stress that come with these events.

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 to 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 Giese. 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

SEE SERVICE DOGS. PAGE 5

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.



Sully — named in honor of Master Police Officer Michael Garbarino and Detective Vicky Armel; Fairfax County Police officers who were killed in the line of duty in the parking lot of the Sully District Police Station in 2006

PHOTOS COURTESY OF FCPD

OPINION

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.

Fairfax County 2019 Candidate Forums

Wed, Sept. 4 — 7 p.m.
Mt. Vernon District Sherwood Regional Library 2501 Sherwood Hall Ln, Alexandria

Mon, Sept. 23 — 7 p.m.
Countywide—At Large School Board & Chair of the Board of Supervisors Fairfax County Government Center 12000 Government Center Pkwy, Fairfax

Wed, Sept. 25 — 7 p.m.
Sully District—Supervisor & School

Board Sully District Govt. Center 4900 Stonecroft Blvd, Chantilly

Thurs, Oct. 3 — 7 p.m.
Springfield District Pohick Regional Library 6450 Sydenstricker Rd, Burke

Sat, Oct. 5 — 3:30 p.m.
Braddock District Kings Park Library Community Room 9000 Burke Lake Rd, Burke

Sun, Oct. 13 — 3 pm
Hunter Mill District Hunters Woods Village Center Reston Community Center 2310

Colts Neck Rd, Reston

Wed, Oct. 16 — 7 p.m.

Lee District Hayfield Secondary School 7630 Telegraph Rd, Alexandria

Wed, Oct. 16 — 7 p.m.

Providence District Providence Community Center 3001 Vaden Dr, Fairfax

Thurs, Oct. 17 7 p.m.

Dranesville District McLean Community Center 1234 Ingleside Ave, McLean

Thurs, Oct. 17 — 7 p.m. — Mason District Woodrow Wilson Library

Community Rm 6101 Knollwood Dr, Falls Church

Wed, Oct. 23 — 7 : 3 0 p.m.

Sully District—Senators and Delegates Sully District Govt. Center 4900 Stonecroft Blvd, Chantilly

Volunteers, including students, are welcome.

For more information, visit www.lwv-fairfax.org/candidateforum

LETTER TO THE EDITOR

Where Are You From, Originally

To the Editor:

"Where are you from?" That question has always confused me. When I answer Northern Virginia, I am rebutted with: "No, where are you originally from – like where is your family from?" I bleed red, white and blue...and green? Yes, that's right. I'm a proud Pakistani-American

Ahmadi Muslim. Pakistan has given me a lot. It has provided me with culture and a means to stand out. I take great pride in being trilingual. These unique qualities help me stand out from a billion other individuals.

The United States established diplomatic relations with Pakistan following the country's indepen-

dence in 1947. America has a multi-faceted relationship with Pakistan in areas ranging from anti-terrorism to energy to trade and investment. The only thing Pakistan hasn't given me is the freedom to express my religion. In Pakistan I am not allowed to call myself a Muslim because I am from a

sect that believes Hazrat Mirza Ghulam Ahmad, the 19th-century founder of the Ahmadiyya Muslim Community, is the long awaited Messiah and that he has come to revive the religion and bring us back to the path of

righteousness when the religion needed it the most. The second amendment states that Ahmadi-

are a non-Muslim group. Since 1974 members of my community are being persecuted and accused of violating the country's controversial blasphemy laws.

This is also why I am so thankful to call America my home — a country that allows me to thrive however I want. With a hijab on my head and with strength in my blood, I am able to live my dream of going to medical school and becoming a physician so that I can give back to the

country and to humanity. So now whenever I'm asked "where are you originally from?" I ask the same question. The amount of melanin in your skin or the kind of clothes you chose to

wear don't make you any more or less American. Your country

is, in the end, the people that live in it. Sure, you might have an association with the geographical location but it's the people as a whole that give you an identity. I love my Pakistani roots and I love my American identity. Both parts have shaped me into the headstrong and ambitious woman that I am today. God bless America and Pakistan

Zindabad.

Aneela Wadan
Fairfax

The writer is a second year medical student.

Share Tips about Community

We need help from our readers for content of our annual Newcomers and Community Guide.

We're hoping to share special places, activities, events, organizations and volunteer opportunities. What should someone new to your neighborhood know about? What is it that you love most about where you live?

We will publish a selection of local viewpoints along with infor-

mation useful to newcomers and long-time residents alike, including information on how to vote and more. See last year's community guides by going to www.connectionnewspapers.com/PDFs/ and scrolling down to Newcomers. Email tips and photos to editors@connectionnewspapers.com or send as a letter to the editor via the website at <http://www.connectionnewspapers.com/contact/letter/> by Aug. 23.

Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

Letters to the Editor
The Connection
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Call: 703-917-6444.

By e-mail: north@connectionnewspapers.com

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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



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.

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."

PHOTOS BY MERCIA HOBSON/THE CONNECTION



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."



Fairfax County Chief of Police Colonel Edwin C. Roessler Jr. launches the department's new Service Dog Program on Tuesday, Aug. 13.

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PUBLIC NOTICE

**Public Hearing on the
McLean Community Center's
FY 2021 Budget**

(July 1, 2020-June 30, 2021)

**McLean Community Center Governing Board
Wednesday, Sept. 25, 7:30 p.m.**

Residents who wish to speak at the Public Hearing are asked to call 703-790-0123, TTY: 711, to be placed on the speakers list. The draft budget proposal is available on the Center's website. Copies will be available at the Public Hearing.

Written comments may be delivered to the McLean Community Center (see address below) marked "Attention: Executive Director," or sent by email to george.sachs@fairfaxcounty.gov. Written comments may be provided after the Public Hearing up through Monday, Oct. 21.



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SPECIAL PULLOUT TAB

Newcomers & Community Guide August 28, 2019

The annual Newcomers and Community Guides for each of our 15 communities with inside facts on what makes each community special, their secret places, the real power players, how to get involved and more.

Including the history, schools, parks, libraries, local people, elected officials, county/city offices, how decisions are made, a calendar of events and other vital community information.

Due to the popularity and long shelf life of this issue, an overrun of the publication is made to meet demand. Extra copies are delivered to select Chambers of Commerce, Realtors, Citizens' Associations and local government.

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PHOTO BY MARILYN CAMPBELL

Jaelyn Wheeler is helping her children transitions from a care free summer to structured school year.

Back-to-School Anxiety

Easing in to the new year.

BY MARILYN CAMPBELL

After summer camps and a vacation abroad, Jaelyn 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 Guluyn. "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 over schedule 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."

BACK TO SCHOOL

Thoreau Middle: Growth Continues

Yusef Azimi, Principal, Thoreau Middle School: When we open our doors at Thoreau on Monday, Aug. 26, we will welcome well over 1,300 students to the 2019-2020 school year.

The major renovation/expansion finalized last year coincided with significant enrollment growth for our school as we welcomed 260+ new students as a result of a boundary change designed to relieve Luther Jackson Middle School's overcrowded student population. This year we are excited to welcome 120+ new students which is a valuable opportunity for all of our students to form new friendships and get involved in the many activities we offer. Our outstanding faculty is ready to foster opportunities for community building in their classrooms as relationships with our students is at the heart of our work at Thoreau. This year we will continue focusing on the executive functioning skills of our students and creating authentic learning opportunities through project-



PHOTO CONTRIBUTED

Yusef Azimi

based learning.

Finally, I invite our parents and guardians to please attend our Back-to-School Night on Wednesday, Sept. 4 from 5:30 to 7:30 p.m. This parent-only event provides the Thoreau faculty the opportunity to share valuable information about the curriculum, classroom procedures, and special events.

I am looking forward to a school year of growth and opportunities for our Golden Eagles.

Honored by Highest Achievement Award

Teresa Khuluki, Principal, Wolftrap Elementary: Wolftrap Elementary is beginning its 51st year with exciting news. In June, the Virginia Department of Education awarded 52 schools in Virginia the 2019 Board of Education Highest Achievement Award. Three of these schools are in Fairfax County Public Schools, and we are thrilled that Wolftrap Elementary was one of those three.

The exemplary achievement of our students is due to the dedication of our teachers and parents working in partnership together for the success of each child.

As classes begin, Wolftrap staff and students have a number of initiatives planned. These include the creation of a student-led Eco Schools team to increase opportunities for students to participate in environmental stewardship. We will continue our implementation of the Positivity Project which focuses on helping students build strong relationships by recognizing positive character strengths in themselves and others. In addition, Wolftrap will be focusing on increasing the use of Advanced Academic resources with all students, strengthening students' communication skills, and utilizing Project-Based Learning at all levels.

Thanks to our dedicated PTA, the school year will kick off with its annual celebration called Wolftrap Under the Stars. This relaxing evening is an opportunity for families to reconnect after



PHOTO CONTRIBUTED

Teresa Khuluki

the summer holidays and enjoy music and games. I am looking forward to a fantastic school year.

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CALENDAR

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

ONGOING

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.

Art Exhibit: Vienna Arts Society Reception. Through Aug. 31, 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. Free and open to the public. Visit www.ViennaArtsSociety.org or call 703-319-3971.

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. 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

Summer on the Green: Wayne Tympanick Trio (jazz). 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.

SUNDAY/AUG. 25

Album Release Party. 7-9 p.m. at Jammin' Java, 227 Maple Ave. E., Vienna. Ricky Parrell is going to release his debut album "Keys To My Life" featuring Randy Brecker of The Brecker Bro. and Justin Stanton of Snarky Puppy. \$10. Call 703-501-2657 or visit rickyparrell.com.

MONDAY/AUG. 26

Back to School. Fairfax County Public Schools first day of the 2019-2020 school year. Visit www.fcps.edu/calendars/2019-20-standard-school-year-calendar.

SATURDAY/AUG. 31

Woodstock 50th Party. 7-11 p.m. at Jammin Java, 227 Maple Ave. E., Vienna. Woodstock 50th and Rock 'n Roll heaven with The Rockits, Randall (Elvis) Rivers and guests. Sixty songs from the '60s. Dine, drink, and dance. \$10



The Bentwood Rockers (from left: Dave Goldman, Alan Cohen, Ken Tackett, Pat Markham, and Stafford Markham).

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.



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 Viva! Vienna 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.

advance. Call 703-281-4679 or visit www.jamminjava.com.

SATURDAY/AUG. 31-SUNDAY/SEPT. 1

Middle Eastern Food Festival. Saturday, 11 a.m.-11 p.m.; Sunday, noon-6 p.m. at Holy Transfiguration Church, 8501 Lewinsville Road, McLean. 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. Free admission. Call 703-734-9566 or visit www.MiddleEasternFoodFestival.com.

SUNDAY/SEPT. 1

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. 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. Grinding 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.

Gardening With Kids Fall Harvest. 1-4 p.m. at the Freeman Store, 131 Church St. NE, Vienna. Join the Ayr Hill Garden Club for the fall harvest featuring a picnic of harvested vegetables plus a craft project using natural dyes from the garden. Free. RSVP to monica.anschel@hotmail.com to ensure enough supplies.

THURSDAY/SEPT. 5

Caregivers Treat Event. 9 a.m.-1 p.m. at

Emmanuel Lutheran Church, 2589 Chain Bridge Road, Vienna. The 2019 Shepherd's Center of Oakton-Vienna's Caregivers Treat event is free and is open to caregivers of adult family members with dementia. The event offers a half day of relaxation, socialization, and a sharing of experiences. Activities include massages, exchange of ideas, breakfast and lunch, speakers. Guests are invited to sign in from. Register at 703-281-0538 or office@scov.org by Thursday, Aug. 29.

FRIDAY/SEPT. 6

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

FRIDAY-SUNDAY/SEPT. 6-8

Library Book Sale. Friday, 11 a.m.-5 p.m.; Saturday, 10 a.m.-4 p.m.; Sunday, 1-4 p.m. at Tysons Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. Large selection of books and media for all ages and interests. Sunday is half price and \$10 per bag sales. Free admission. Email tysonslibraryfriends@gmail.com or call 703-790-4031 or 703-338-3307.

SATURDAY/SEPT. 7

Virginia Native American Festival. 10 a.m.-4 p.m. at Riverbend Park, 8700 Potomac Hills St., Great Falls. Learn about the culture of Virginia's first residents when the Virginia Native American Festival returns to Riverbend Park. The festival includes eight American Indian tribes from Virginia including the Rappahannock dancers and drummers. Enjoy hands on activities and live demonstrations including American Indian storytelling, shooting bow and arrows, throwing spears and making stone tools. Also, assist in building a dugout canoe and visit our marketplace of American Indian crafts, pottery and jewelry. \$8 in advance; \$10 at the gate. Visit www.fairfaxcounty.gov/parks/riverbend/native-american-festival/090719.

SEPT. 7-OCT. 12

Countless Shades of Black. Monday-Saturday, 10 a.m.-5 p.m. at The Frame Factory Gallery, 212 Dominion Road N.E., Vienna. Countless Shades of Black features local artist Alfredo Milián and Discovery Graphics. An artist reception is planned for Saturday, Sept. 7, 5-8 p.m. Free. Visit www.theframefactory1.com for a slide show.

SUNDAY/SEPT. 8

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. No reservations are required. Call 703-759-2771 or visit www.fairfaxcounty.gov/parks/colvin-run-mill.

SEPT. 13-NOV. 3

Pop-Up Selfie Museum. Select dates and times at Tysons Corner Center, Lower Level near Lord & Taylor. The American Scream Selfie Museum will feature interactive exhibits that will make visitors laugh and scream and the star of eye-popping selfies. The museum will feature an array of custom-built Halloween themed sets individuals can interact with: sit on the Iron Throne and rule the Seven Kingdoms, stand in an ancient Egyptian tomb and face the Mummy; visit a gruesome morgue; and more. \$15-\$18. Visit www.american-scream.com for timed tickets and schedule.

SATURDAY/SEPT. 14

Tea Seminar: ABC's of Tea. 1-3 p.m. at Colvin Run Mill, 10017 Colvin Run Road, Great Falls. Learn about and taste teas from around the globe - white, green, oolong, black, and dark styles - their history; how they are similar to, and different from, each other; and how to best brew each style for optimum flavor. Tea infused treats and a take home tea sampler included.

SEE CALENDAR, PAGE 10

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Church Street was filled with people enjoying drinks, food, and music.



Band "Big Bad Julu" preformed great songs throughout the night.

Vienna Enjoys Chillin' on Church

BY LISA FAY
THE CONNECTION

A giant Saint Bernard named Abracadabra, laying down in front of the Freeman Store, seemed to steal the show as people came up to say hello at Vienna's monthly summer event, Chillin' on Church.

Abracadabra's owner, Debbie MackPherson of Vienna, said that they call her Abby for short. "This is the second time we've been to Chillin' this summer," said MackPherson. "I love how it's for everybody. Old, young, everybody. It's a great turnout. The music has been great and it's fun to have something like this for the community." People milled about while drinking beer from Vienna's own Caboose Company as well as wine from the Vienna Vintner. Popular songs flowed from the rock/dance band "Big Bad Julu" as adults and kids danced in the street. Food trucks were serving specialties from lobster rolls to gourmet grilled cheeses. Ben and Jerrys', co-sponsor of the event with the

Town of Vienna, scooped ice cream on the Town Green. The Freeman Store and Museum offered a refuge from the heat as the event took place at its doorstep.

"It takes a whole lot of preparation," said Natalie Duncan, Teen Center Supervisor for the Town of Vienna. "We have meetings about it and get really good feedback as far as what improvements can be made and what kinds of opportunities we can take part in. For example, we had way more food trucks this year than last year, we've had some different types of bands come in this year, and we've gotten locals to come in such as Caboose and the Vienna Vintner. Attendance has been good and I think this is an event that people look forward to in the town. It's certainly my favorite Vienna event." Conversations drifted through the air of how the Vienna community embraces the feeling of small town America and how the welcoming residents never fail to provide a great experience. There was no shortage of laughs, smiles, and a sense of joy as people celebrated the last few weeks of



Abracadabra, or better known as Abby, the Saint Bernard enjoys a night out with her owners.



Chillin' on Church staff hand out drink tickets.

PHOTOS BY LISA FAY
THE CONNECTION

summer. As the night came to a close, "Big Bad Julu" played "Sweet Caroline." People danced,

cheered, and even got up on tables and shouted the famous lyrics as the night ended on the perfect

note. The last Chillin' on Church will take place on Sept. 20 from 6:30-9:30 p.m.

The side lawn of the Freeman Store and Museum filled up quickly as Chillin' on Church began.



Bert Piper, of Washington, D.C. and Sharon Saile, of Vienna, sit with 7 month old yellow lab, Cleo.

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CALENDAR



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 Lewinsville Road, McLean. Free admission. Call 703-734-9566 or visit www.MiddleEasternFoodFestival.com.

FROM PAGE 8

\$35 per person. Use ID Code 070.6BBA.

Register at [www.fairfaxcounty.gov/
parks/parktakes](http://www.fairfaxcounty.gov/parks/parktakes) or call 703-222-4664.

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.

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/
event/5395442](http://librarycalendar.fairfaxcounty.gov/event/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. 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. Grinding 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.

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-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. \$36 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.viennava.gov/
DocumentCenter/View/3997](http://www.viennava.gov/DocumentCenter/View/3997).

SATURDAY/OCT. 12

Model Railroaders Open House. 1-5 p.m. at the Vienna Depot, 231 Dominion Road NE. Northern Virginia Model Railroaders hold an

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 herb 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. 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.

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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.

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

Servicio Español (Spanish-Service). 2-3 p.m. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. El reverendo Johannys Hartog, cofundador de unityparatodos.org, el principal referente del movimiento Unity para materiales en español dirigirá un servicio dominical en español. Free. Visit www.unityoffairfax.org/calendar/2019-08/spanish-sunday-service for more.

MONDAY & WEDNESDAY/AUG. 28-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/#/opp_details/184989 to register.

THURSDAY/AUG. 29

Beyond #MeToo: Strategies for Preventing & Responding to Harassment. 9:30-11:30 a.m. at Fairfax County EDA, 8300 Boone Boulevard, Ste. 450 Tysons. Presented by the Multicultural Chambers Alliance (Asian-American CC, NVBCC, The Virginia Hispanic Chamber). Free. Visit www.vahcc.com or call 703-790-0303 to register.

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—Learning to Manifest Your Desires," written by Esther and Hicks. Donation. Call 703-281-1767 or visit 22-proven-processes.eventbrite.com.

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"Barbasoul"



By KENNETH B. LOURIE

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 fateful Jan. 1, 2009 day when I couldn't ignore it any longer and thus felt compelled to get off the couch and go to the emergency room.

Though I didn't have 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 fool around this time and made an appointment with my primary care physician as soon as possible, which was for the following day. I didn't have a great sleep that night but it was somewhat improved knowing I might get an answer the next day.

To say that my life was beginning to pass by is a bit of an overstatement to be sure, but it was moving around a little bit. Trying to bury/compartimentalize what a possible recurrence/resistance to 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 what I felt 10 and a half years ago was one mental route I was traveling. The other was my usual and customary fall-back position: "It's nothing until it's something."

However, I have to admit "something."

Though I can't speak for all cancer patients/survivors; for me – in spite of my inherited-from-my-father positive attitude – being diagnosed with a "terminal" disease, as clearly described by my oncologist back in late February 2009, creates a sense of inevitability – as does the "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-yo-yo 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.

And when that "inevitability" is most clear is when you have symptoms (related to your cancer or not; you don't know definitively, at least I never do), especially if those symptoms are identical to the ones that got you into this jackpot 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 expectancy. Au contraire. It means you don't! And at some juncture, the cancer spreads beyond modern medicine's ability to manage it.

Then the patient is given a choice: stop the treatment and try to enjoy your remaining days without side effects, and thereby live a less cancer-centric quality of life with some freedom and independence – and hopefully feel some kind of better. And in those intervening days, try not to worry about the cancer doing what it inevitability (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 cancer and fighting these feelings is too much. One at a time I can handle.

Handle it I did 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 was first diagnosed. He was calm and reassuring in his assessment.

My symptoms he said were not cancer-related. They "were muscular," he continued, "on the outside of my lungs."

Not lung cancer at all. As such: No lab work. No X-Ray. No CT scan. No nothing. Another reprieve. Life goes on, until ...

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



Tim Fricker points to one of their more popular models.



PHOTOS BY MIKE SALMON/THE CONNECTION

Three-Wheeled Bikes Becoming Popular

Bikes@Vienna sees the uptick this summer.

BY MIKE SALMON
THE CONNECTION

Vienna is steeped in history and tradition, but when it comes to the bicycle, two-wheels is now sharing the space with the three-wheeled variety catering to the diversity of riders. In recent times, Bikes@Vienna has experienced a demand for the three-wheeler as physically challenged riders, seniors and veterans are opting for another way to ride. “We’re seeing a lot of needs for people with disabilities,” said store manager Tim Fricker.

The “Rover,” by TerraTrike is one of the

lines that Bikes@Vienna carries and the company works with veterans as well. They are based in Grand Rapids, Mich. and “see a lot of vets who are fans of TerraTrike, and we are always happy to hear how much a trike can mean to their recovery and general health,” according to their website. They offer 10 percent off for veterans.

As far as the seniors that come in the shop at Vienna, balance becomes an issue. “I’ve had a number of customers that moved to three wheels because of that,” said Fricker.

A TerraTrike Rover has a weight capacity of 400 pounds and is \$1199 at Bikes@Vienna. Another manufacturer they have is Catrike from Orlando, Fla., and their trikes range from \$2,150 for the Pocket model, to \$4,150 for the Dumont. The mechanics, bigger frame and the additional wheel are reasons these three-wheeled trikes can be more expensive than regular bikes.

Ice is another brand from the United Kingdom, who say “the best thing about our trikes is the enjoyment they bring to all kinds of people, from able bodied to riders with disabilities,” their brochure stated.

Greg Billings, executive director at the Washington Area Bicyclist Association, noted that the trikes and recumbents are a “growing but niche market,” he said. “A more diverse ridership is increasing.”

In early August, they offered a class for service providers to train on adaptive bikes, for adults with balance issues. Sometimes adult training wheels are a quick, inexpensive solution, but other times a trike is needed. “There are individuals that don’t have the balance,” he said. One of the local bike rental agencies may start renting three-wheeled trikes soon according to Billings.

Another option that could come to “shared mobility” is an e-trike. Gotcha, a South Carolina company, announced in

March it will add a new three-wheeled electric trike. “The three wheels, state-of-the-art stability reinforcement technology, and a robust kickstand mean it’s more accessible and stable,” the company said. This “allows riders to traverse significantly longer distances as compared to a scooter or bike.”

Out front at Bikes@Vienna, the bikes on display include many traditional two-wheelers as recumbent bikes.

They are located between Maple Avenue and Church Street, which is a short distance to the WO&D bike trail, so getting anywhere is easy. “We see a large number of commuters,” Fricker said. They also offer folding bikes, upright bikes and recumbent two-wheelers. They still have the classic three-wheeled bike with a basket on the front - aka the “granny bike” - once popular with seniors, “When I tell people on the phone that we sell trikes, that’s what they picture,” Fricker said.



Bikes@Vienna manager Tim Fricker.



For those needing a rest after a ride, there is a special hand-painted bench out front.