

Great Falls Connecting Businesses in Great Falls

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At L'Auberge Chez Francois in Great Falls, more than 70 business leaders met to discuss building community. Old Brogue Owner Mike Kearney discusses value of volunteering and increasing connections.

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PHOTO BY CHRISTINA TYLER WENKS

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The Rotary Club of Great Falls hosted its first business leaders reception at LAuberge Chez Francois. More than 70 attended to learn how to connect, partner and provide service to the community.



PHOTOS BY CHRISTINA TYLER WENKS

Hosted by the Rotary Club of Great Falls, longtime business leaders met entrepreneurs and business newcomers to discuss how connecting boosts customer reach, both on foot and online, and how engaging via community projects such as November's Flags for Heroes connects to consumers, too.

Connecting Businesses in Great Falls

Rotary Club seeks to connect, partner and build a more engaged community.

BY CHRISTINA TYLER WENKS

In a village with no town council or chamber of commerce, Great Falls Rotary acted as agents of community change to engage business leaders in conversation and foster growth of local business, connections, and volunteerism.

The first-ever business leaders reception hosted by the Rotary Club of Great Falls did not require membership to the service organization to join the conversation.

"As I considered the offerings that our Rotary already has in place, I realized that we can offer the most important services that small businesses seek out in a chamber of commerce. Networking is the single

Upcoming Events

The Rotary of Great Falls has two big upcoming events:

- ❖ Rotafest (formerly known as Oktoberfest) continues to be the single largest social event in Great Falls. It offers an evening of Bavarian delights, ranging from a 25-piece oompah band to the decor of a Munich beer hall and German foods and beverages. 500 expected this year. It will take place on Saturday, Oct. 26, 7 p.m. - midnight, at River Bend Country Club.

- ❖ The club is standing up a Rotaract Club, aimed at the 18-30 year-old population. They are bringing forward as their signature project *Flags for Heroes*. Two hundred flags will grace the frontage of St. Francis Episcopal Church on the corner of Georgetown Pike and Riverbend Road during the week surrounding Veterans Day. The flags carry plaques that can be dedicated to people's personal heroes.

biggest request, and we supply that," said Rotary Club president Eileen Curtis, who is a former chamber of commerce executive.

"Companies also want information that enhances business acumen."

At the Sept. 17 event, more than 70 local business leaders introduced themselves, and many shared business goals and how they can partner.

"Without business we have no community, and without community we have no business," said Jorge Adeler, owner of Adeler Jewelers.

Adeler has led community organizations

and community events for decades. He and his neighbor Mike Kearney believe patrons invest in businesses that are invested in their own communities. A sense of service aligns with Rotary's goals.

"When you volunteer, you meet so many people who aren't in your circle," said Kearney, owner of the Old Brogue.

"It's challenging to acquire patients in a tight community when you work with a practice that is heavily based on word of mouth," said Charlotte Lowe, marketing director of Costa Dentistry. "Events like this create opportunity to build. Our patient

base doesn't grow unless the community knows and trusts us."

Conversations lead to partnerships in business and community service.

"We've been allowed to keep Great Falls small, whether by accident or deliberately, but people have an obligation to contribute to this community because this is all we have," said Valentina Adeler Armour, who grew up in Great Falls and contributes to community efforts.

Rotaract is a group sponsored by the Rotary Club of Great Falls that serves entrepreneurs ages 18 to 30.

"We hope to work with college students to show them how to give back to the community and engage community service," said Alex Johnson of Rotaract.

To further community involvement, Rotary's also initiating a corporate membership that provides mentorship for employees of small businesses and benefits of standard Rotary membership as well as some functions of a chamber of commerce. For more information, visit rotarygreatfallsva.org.

Fairfax County Long Term Plan Enters the Think Tank

A series of meetings with public participation is underway.

BY MIKE SALMON
THE CONNECTION

When Jacob Stenstrom walked into Lake Braddock Secondary School, it was different than when he was a student. He was now trying to learn the ways of the county and taking part in the Fairfax County Strategic Plan Meetings was a start for the now-college grad. "I want to be more active in my community," he said.

Stenstrom was among a cafeteria full of people in attendance at the first of the county's strategic plan meetings across the county to make a plan for Fairfax County in years to come. This was the second series of such meetings that began in February, and this set of meetings will end this December when the planners hand the plan over to the Board of Supervisors for finalization.

The planners, led by James Patterson, manager of countywide strategic planning,

divided the county's expectations into nine categories as they wrestle this enormous task into conceivable terms. The nine categories, range from economic opportunity to safety and security, but in the first of several steps, everyone was looking at the issues from 30,000 feet – issues that will be put under a microscope further down the road of this process.

"We want to get your input, are we on the right track?" asked Patterson.

THE FAIRFAX COUNTY STRATEGIC PLAN was subtitled "Shaping the Future Together," and laid out nine subtopics impacting everyone in the county. It was presented in a booklet that each participant took as they went to the various stations to discuss the intricacies. There were survey cards to fill out at each station, and questions to bring up that got the conversation going. All the data and comments will be compiled in the end.

"I see nothing in here that addresses ecological value," said one man at the

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Afraid of an Unknown Future

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



COMMENTARY

Sixteen-year-old Swedish climate activist Greta Thunberg sailed across the Atlantic on a zero-emissions sailboat to speak at the United Nations Climate Action Summit this week. Thunberg has a strong reputation as a climate activist having staged weekly sit-ins outside the Swedish Parliament resulting in a growing movement of youth climate activists holding their own protests in more than 100 cities worldwide. Having a young person speak about climate issues is appropriate considering the higher-level interest shown by young people over adults on climate-related concerns. After all, it is their future that is being discussed.

Results of a *Washington Post*-Kaiser Family Foundation poll released last week found that young people include climate change among the issues they think are most important facing the country. Eighty-six percent of youth think that human activity is causing climate change. Of considerable concern is the finding that 57 percent of the youth polled said that climate change makes them feel afraid. It

is their future, and they feel afraid of the future we adults are leaving them. The good news is that 54 percent feel motivated to do something about it.

But young people fortunately are not alone in being fearful of climate change and motivated to do something about it. The 2019 Virginia Climate Crisis Forum held at the First Baptist Church in Vienna attracted nearly 300 activists to focus on climate justice. The forum was moderated by William Barber, III, son of the famous Rev. Dr. William Barber II and Karena Gore, the eldest daughter of former Vice President Al Gore. Reflecting the broad interest in the issue, panelists included representatives of the Green New Deal of Virginia, People Demanding Action, Young Evangelicals for Climate Action, the Faith Alliance for Climate Solutions and others. Emphasis of the discussion was on working together to repair a damaged climate while ensuring that everyone most impacted — including low-income people, people of color, the vulnerable, and those on the front lines—are part of every solution and not disproportionately impacted.

Coming out of the Virginia Clean Energy Summit also held last week was an announcement by Governor Ralph Northam that the goal in Virginia is that by 2030, 30 percent of Virginia's electric system will be powered by renewable energy resources and by 2050, 100 percent of Virginia's electricity will be produced from carbon-free sources such as wind, solar and nuclear.

In his Executive Order establishing the goals, the Governor expressed the concerns being heard from the young people and in the various meetings on the issue: "Climate change is an urgent and pressing challenge for Virginia. As recent storms, heat waves, and flooding events have reminded us, climate disruption poses potentially devastating risk to Virginia." Reflecting the concern about economic justice, the Governor's Executive Order stated that "These clean energy resources shall be deployed to maximize the economic and environmental benefit to under-served communities while mitigating any impact to those communities."

Young people remind us that there are ample reasons to be afraid of an unknown future with climate change. The best response to that fear is to intensify the discussions such as have been going on while taking positive steps like that by the Governor to reverse impact on climate change.



Bear on the Deck.

Black Bear Visits Great Falls Home

Cindy Gersony of Great Falls sent us this picture of a bear on her deck. On Sept. 14. Gersony writes: "I heard a noise as I was sitting in my kitchen in the early afternoon, and imagine my surprise to see a bear on our deck — he had to climb up the stairs — casually tipping our bird feeder so he could eat the bird seed. He looks to be a juvenile black bear. He stayed a good 20 minutes, and then ambled off down the deck steps out to the woods in the general direction of the river. We live on Black Riffles Court, in the neighborhood where River Bend and Beach Mill roads meet, not too far from Riverbend Park."

If you see something interesting, by all means, send us a note or a photo. Email to editors@connectionnewspapers.com

LETTERS TO THE EDITOR

Climate Action: A Top Priority

To the Editor:

I was very interested to read about public participation in Fairfax County's strategic planning process ("Fairfax County Long Term Plan Enters the Think Tank"). As I read through the nine areas of discussion, I noticed that every one of those areas will be impacted by climate change. For example, economic opportunity: clean energy infrastructure and emerging carbon capture technologies are just a couple of the ways that climate action can benefit our economy. Mobility and transportation: As transportation contributes to climate change, incentivizing and facilitating the use of efficient public transportation can massively affect Fairfax County's carbon footprint.

And the most obvious, health and environment: without action, extreme weather and other environmental changes will continue to make us sicker and take more lives — of our own species and many others.

I sincerely hope that as Fairfax County continues with its strategic planning process, climate change is top of mind for the planners. It's an issue that transcends all others, and we have an opportunity to ensure that the county is on the forefront of climate miti-

gation and adaptation.

One way that both our elected representatives and citizens alike can do this is to learn about and support the Energy Innovation & Carbon Dividend Act (HR 763). This bill, which has been introduced in the House of Representatives, would put a price on the use of fossil fuels while returning all revenues to American families. It is an important step toward making sure that Fairfax County remains a place where all citizens can live healthy, safe, rewarding lives.

Rose Hendricks
Falls Church

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:

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Senior Living

Exploring Art in Retirement

Seniors get a chance to pursue their passion.

By MARILYN CAMPBELL
THE CONNECTION

It was in third grade when Barb Cram first discovered her artistic talent. Her teacher asked to use one of her drawings as an example to teach a technique to other students.

Though she was lauded for her artistic talent from elementary school through high school, upon graduation, she says she put that interest on hold and engaged in educational pursuits that she was told were practical.

“When my generation as growing up it was all about getting skills like typing, bookkeeping and stenography so that you could get a job after you graduate said Cram, now 72.

After a long career, which included a stint in the White House, Cram has reengaged with her creative side. Now as President of Falls Church Arts, she is helping other retirees live out their passion, discover their talent or simply learn to appreciate art.

“Art can do so much for seniors. It’s like a vacation for the mind,” she said. “Whether as an artist, a teacher, a docent or an art student, there’s place for everyone.”

Retired clinical psychologist, Carolyn Jackson Sahni, spent her career practicing in settings ranging from state universities to non-profit organizations. Retirement has offered her the opportunity to explore her creative interests.

“I have never been employed as an artist or in a specific art related field, [but] art has always been my first love, said Jackson Sahni, who lives in Vienna. “I see art as our ultimate means of personal expression. I have an overwhelming preference for beauty and nature. Art has been my way of indulging this preference.”

Sahni says that art has given her the gift of living out her dedication to life-long learning. “I believe in ... growing, expressing and discovering, she said. “While I am not quite ready to accept the definition of senior that I am, I cherish every day of my seventy-one years.”

Though she spent 32 years as a government employee working in a variety of agencies including the National Institutes of Health and The Department of Homeland Security, Cynthia Miller had always wanted to explore visual arts. A few discouraging childhood experiences left her afraid to try.

“I have been interested in art my whole life, but my hands were frozen until I found my courage” she said. “I decided at age 70 that it was my time to learn and explore my desires as an artist.”

Not only is Miller an artist, but she volunteers her time as a docent, sharing her passion with others. “I often speak with others who are seniors with few outside interests,” she said. “They think I am brave in approaching my art as another career. I have a love of life, and feel I have a gift yet to develop and offer to others.”

McLean resident Sallie Evans once worked as a recreation therapist, in retirement she works as an art instructor at Falls Church Arts teaching. “I love



Sallie Evans of McLean loves teaching art and helping students experience the job of creating art.



Cynthia Miller, who says that she enjoys experimenting with angles and shades, describes her art as abstract explosion.

teaching because it allows me to be an active participant when students experience the joy and absolute empowerment of making art. Teaching not only children, but she leads art projects for Fall Church Art’s Memory Café, a social and recreational gathering of individuals with memory loss and their caregivers, friends, and family.

Deborah Conn, 70, retired from a career in marketing and began taking lessons in watercolor at the Art League in Alexandria. These days she’s an active and prolific artist. Her medium is watercolor, frequently on textured paper that she makes by crinkling tissue paper and gluing it on the painting surface. Humans are the subjects of most of her work, but as one of the resident artists at Palette2 restaurant in Shirlington, she sketches dogs for patrons while they eat.

“I’ve been experimenting with making parts of my paintings less defined so viewers can fill in with their own mind,” said Conn, who teaches art out of her home studio and works as an art curator. “In the last ten years or so, painting and art have become enmeshed in nearly every area of my life. Many of my closest friends are artists.”

PHOTOS COURTESY OF FALLS CHURCH ARTS

BRX Celebrates 10th Anniversary

American Bistro in Great Falls makes guests feel at home.

BY NADEZHDA SHULGA
THE CONNECTION

On Wednesday, Sept. 18, BRX American Bistro in Great Falls celebrated its 10th Anniversary offering a special menu, organizing a fundraiser for Autism Speaks, and having owners of local businesses working behind the bar.

The name of the restaurant is derived from the word “brix”, meaning a measurement of the sugar content in grapes and wine. When grapes reach 25 degrees “brix,” they have reached the optimal degree of ripeness for picking. The owner of the restaurant Ashwani Ahluwalia wants his place to be about the optimal time to spend with friends and family.

“Ashwani always had this vision of creating a space where community could come together,” Dimple Ahluwalia, Ashwani’s sister and part owner of BRX, explains the concept of the restaurant. “Kids, families, everybody could come together, have good food, really enjoy the time as a community”.

Many guests and friends came to say “thank you” to the chef and his team. Sandra Crippen, a long-time resident of Great Falls and a BRX regular, joined the celebration with her friends and family.

“It’s just a very friendly place,” said Crippen. “The food is fresh and it’s always good. Ashwani is always right there trying to make sure that you’re well taken care of.”

GUESTS highlighted that BRX exudes a personal touch and generates positive energy.

“When I was sick, he fixed me the dinners to go,” added Crippen.

Tom Schaaf, a manager working with Crippen and Ashwani for years, expressed his respects to the chef and his team:

“Ash has become a legend in his own time,” Tom Schaaf said. “In fact, this restaurant is a treasure for the community. We would all starve without him. Lunch, dinner, brunch - the food is always excellent. The staff is so friendly. They’re like members of our family and that’s what makes it our neighborhood and our family restaurant.”

At the party, the guests were served by unusual bartenders. Partick Bazin, chef and owner of Bazin’s on Church, a restaurant in downtown Vienna was working behind the bar along with Mike Kearney, the owner of The Old Brogue Irish Pub, a famous neighborhood gathering spot.

BRX made their anniversary extra-special this year by organizing a silent auction to help raise money for Autism Speaks to support research and awareness on this topic. The items and services auctioned off were



Ashwani Ahluwalia, the owner of BRX American Bistro in Great Falls, with his sister and part owner Dimple, at the restaurant art gallery.

PHOTOS BY NADEZHDA SHULGA/THE CONNECTION



Ukulele Phil & Miss Julia (father and daughter) opened the live musical program at the 10th BRX anniversary event.



Sandra Crippen, a long-time resident of Great Falls and a BRX regular (on the right) with her friend Mary Frances Walde.

They’re like members of our family and that’s what makes it our neighborhood and our family restaurant.”

—Tom Schaaf

donated by friends and regulars of BRX.

Patrick Corbin, pitcher for the Washington Nationals, donated his autographed jersey. The silent auction included an autographed baseball bat from Ryan Zimmerman, first baseman for the Washington Nationals. The local family-operated jewelry store, Adeler Jewelers, contributed a custom-made gold ring. It’s hard to list all kind-hearted and benevolent people who participated in auctions as donors and bidders.

THE ANNIVERSARY PARTY had live music featuring “Ukulele Phil & The Hula Kids.” Julia and Philip Hildreth entertained guests with hula dancing and

rhythmic ukulele.

“There’s a story behind everything. How a picture got on a wall,” Author Mitch Albom wrote in his book, *One More Day*. Next time you visit BRX American Bistro, pay attention to the paintings, photographs, and artifacts on the walls. Some tell stories about the family and their journey. Others create the atmosphere that will enhance your dining experience.

What is the chef’s secret formula for success? Dimple Ahluwalia answered this question promptly: “Love! It’s more than a job, it’s a vocation and a way of life. He loves taking care of people. He makes it personal. He loves to make people feel like they are home,” said Ahluwalia.



MIKE SALMON/THE CONNECTION

James Patterson, manager of countywide strategic planning, explains the procedure of the evening’s planning activity.

County Strategy

FROM PAGE 3

“Health and Environment” station. “People need to think of spending money like it’s their own money,” said another in the “Effective and Efficient Government.” Station.

In the 36-page booklet, there was a mission statement of sorts under each chapter topic and then bullet points for each that the participants will evaluate. Under “Effective and Efficient Government,” for instance, the goal read “Fairfax County is a place where all people trust that government responsibly manages resources and provides exceptional services.”

Every 20 minutes, stations shifted and attendees addressed another aspect of the plans.

IN FAIRFAX COUNTY, “there’s a lot of things that are working well but there are also a lot of things that could be better,” said Steve Struthers of Accenture Company, a contractor that was brought on to facilitate these discussions. All the strategies that were presented are “very preliminary,” Struthers said.

Burke resident Theresa Parillo was overwhelmed after looking at the book and attending a few of the discussions. “It’s hard to say no to any of this,” she said.

Although most things “county” are budget-dependent, the dollar topic is so far into the future that the budget wasn’t part of the discussion. A rough draft of the wants and needs will be put together in the November-December time frame, and then presented to the Board of Supervisors after that, and it will be worked into the plan sometime after that. The plan may go into place ten to twenty years from now, officials said. “Strategic plans need to be lean,” said Struthers.

After growing up in Fairfax County, Stenstrom wants to stay here, but is looking at cost, which was one of the nine areas of concentration. “It made sense overall, I like that there’s a plan,” he said.

CALENDAR

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

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ONGOING

Senior Olympics. 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 public is invited, free of charge, to all NVSO events. The games run through Sept. 28. There will be no on-site registration for participants. Visit www.nvso.us.

Countless Shades of Black. Through Oct. 12, 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 Milian and Discovery Graphics. Free. Visit www.theframefactory1.com for a slideshow.

Pop-Up Selfie Scream Museum. Through Nov. 3, on 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.americanscream.com for timed tickets and schedule.

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. Year-round, 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.

Mah Jongg Cards. Order cards through Jan. 15, 2020, from Temple Rodef Shalom, 2100 Westmoreland St. 2020 Mah Jongg cards are \$8 for small cards and \$9 for large cards. Official cards and will be sent directly from the National Mah Jongg League in late March/early April 2020. Go to bit.ly/mahjonggcards2020 or email iva.gresko@gmail.com to order.

FRIDAY/SEPT. 27

20th Anniversary Celebration. 4-8 p.m. at Club Phoenix Teen Center, 120 Cherry St. SE, Vienna. Vienna's rallying point for afterschool games, food, and good company will celebrate its 20th year with music, games, inflatables, food trucks, and special guest appearances. Free and open to the public. Club Phoenix is open Monday-Thursday, 2:30-6:30 p.m. and Fridays, 2:30-10 p.m. Visit www.viennava.gov/index.aspx?NID=80 or call 703-255-5736.

All That Jazz Dinner. 4:30-6:30 p.m. at Sunrise of McLean, 8315 Turning Leaf Lane, McLean. Food, fun, raffle ticket and All That Jazz. Proceeds of the dinner will be donated to the Alzheimer's Association. Dinner: \$25, adults; \$15, children 12 and under. RSVP by Wednesday, Sept. 24 to McLean.Conc3@SunriseSeniorLiving.com or 703-734-1600.

After 7 Dance Party. 7-10 p.m. at The Old Firehouse, 1440 Chain Bridge Road, McLean. For 7th-10th Graders. The Old Firehouse presents After 7, a can't-miss party that includes raffles, tournaments, catered food and drinks. With hip-hop, Top 40 and dance hall tracks plus requests. \$5 admission. Preregistration is recommended. Visit www.mcleancenter.org or call 703-448-8336.

FRIDAY-SUNDAY/SEPT. 27-29

ValeArts "Colorful Journeys." Friday, 10 a.m.-9 p.m. (reception, 7-9 p.m.); Saturday-Sunday, 10 a.m.-6 p.m. at Historic Vale Schoolhouse, 3124 Fox Mill Road, Oakton. 27th ValeArts Fall Show will feature more than 150 original works by nine local

2019 Walk to End Alzheimer's

Reston Town Center, 11900 Market Street, Reston. Registration at 1:30pm; Ceremony at 2:30pm; Walk at 3:00pm. All funds raised through Walk to End Alzheimer's further the care, support and research efforts of the Alzheimer's Association. The Alzheimer's Association is a nonprofit 501(c)3 organization. Each registered walker with a wristband will receive a Promise Garden flower. Blue represents someone with Alzheimer's or dementia. Purple is for someone who has lost a loved one to the disease. Yellow represents someone who is currently supporting or caring for someone with Alzheimer's. Orange is for everyone who supports the cause and vision of a world without Alzheimer's. Coordinator: Sonya Amartey, samartey@alz.org, <https://act.alz.org>

artists in various media, styles, and sizes. Three days fine art exhibition, a family friendly neighborhood event. Free admission. Visit www.valearts.com or call 703-860-1888.

SATURDAY/SEPT. 28

Harvest Happenings. 11 a.m.-2 p.m. at McLean Community Center, 1234 Ingleside Ave., McLean. Come to this indoor-outdoor festival and enjoy live entertainment, crafts and activities. Children can buy their own pumpkins from the pumpkin patch (with the help of a parent/guardian) to decorate at the crafts station. Free admission. Food will be available for purchase. Visit www.mcleancenter.org or call 703-790-0123.

SUNDAY/SEPT. 29

Teddy Bear 5K. 9-11 a.m. at Falls Church-McLean Children's Center (for parking and check in), 7230 Idylwood Road, Falls Church. Teddy Bear 5K & 1K Walk/Run in the Pimmit Hills neighborhood west of Falls Church City. 5K at 9 a.m., 1K at 10 a.m. Everyone receives a teddy bear when they cross the finish line. \$20-\$40. Register at www.athlinks.com/event/2019-

teddy-bear-5k-1k-walkrun-86494. **Anniversary Event: Torpedo Factory Artists @ Mosaic Gallery.** 3-6 p.m. at Torpedo Factory Artists @ Mosaic 105 District Ave., Fairfax. In celebration of Torpedo Factory Artists' Association's 45th anniversary, member artists have contributed 45 works of art. Ticket holders' names are randomly called and that person chooses from one of the available pieces of original art. Preview artwork Sept. 18-29; Wednesday-Sunday, 11 a.m.-7 p.m. Ticket holders may bring a guest for free. \$200. Art Lovers Sweepstake: a \$45 ticket gives buyers an opportunity to take home one of three works of art, valued at \$1,500 or more. Purchase tickets at tinyurl.com/tfaacc19.

Fundraiser: Rise And Thrive. 4-7 p.m. in the Nouvelle Clubhouse, 7911 Westpark Drive, Tysons Corner. Rise And Thrive Inc., an after-school mentorship program for young girls in the Northern Virginia, will host a fundraising event and networking opportunity for young professionals. Featuring music, food, drinks, and casual conversation, attire for the event is casual. \$10. Purchase tickets at www.eventbrite.com/e/rise-and-thrive-inc-fundraising-launch-party-

SEE CALENDAR, PAGE 9

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CALENDAR

FROM PAGE 8

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2019 Walk to End Alzheimer's.

Reston Town Center, 11900 Market Street, Reston. Registration at 1:30pm; Ceremony at 2:30pm; Walk at 3:00pm. All funds raised through Walk to End Alzheimer's further the care, support and research efforts of the Alzheimer's Association. The Alzheimer's Association is a nonprofit 501(c)3 organization. Each registered walker with a wristband will receive a Promise Garden flower. Blue represents someone with Alzheimer's or dementia. Purple is for someone who has lost a loved one to the disease. Yellow represents someone who is currently supporting or caring for someone with Alzheimer's. Orange is for everyone who supports the cause and vision of a world without Alzheimer's. Coordinator: Sonya Amartej, samartej@alz.org, <https://act.alz.org>

WEDNESDAY/OCT. 2

Community Coffee. 11 a.m.-12:30 p.m. in the Community Room of the Regency at McLean, 1800 Old Meadow Road, McLean. The McLean Newcomers and Neighbors will host a coffee for members and for non-members who might be interested in joining. Visit www.McLeanNewcomers.org or email McLeanNewcomers@yahoo.com.

THURSDAY/OCT. 3

Strong Girls Celebration. 6-9 p.m. at The Atrium at Meadowlark, 9750 Meadowlark Gardens Court, Vienna. Join in a night of fun and help raise funds to support Girls on the Run of Northern Virginia. A joyous event that ensures more girls gain the skills they need to be strong, confident, and healthy. \$85. Visit www.gotrnova.org or call 703-273-3153.

Selling Suffrage: Words and Symbols to Win the Vote and the ERA. 6-9 p.m. at Tower Club-Tyson's Corner, 8000 Towers Crescent Drive, Suite 1700, Vienna (entrance at back of building). Powerful arguments and compelling visual images were essential in convincing the American public to support votes for women. The need to "sell" the Equal Rights Amendment has also faced communication challenges. Come hear experts and advocates describe the written and graphic messages that suffragists used to change public opinion, and learn how those messages connect to later campaigns for the Equal Rights Amendment. Heavy hors d'oeuvres, wine, beer and soft drinks will be served. \$75. Visit suffragistmemorial.org/ to register.

Celebrate "Hitchcocktober." 7 p.m. at Angelika Film Center - Mosaic, 2911 District Ave., Fairfax. Dial M for Murder (3D). Hitchcock's 1954 classic was originally shot in 3D but rarely seen in this format. Every Thursday night in October, a classic film by Alfred Hitchcock will be featured, culminating with a showing of Psycho on Halloween. \$14.50. Visit www.AngleikaFilmCenter.com for more.

OCT. 3-27

The Glow: A Pumpkin Wonderland. Thursday-Sunday nights in Lake Fairfax Park, 140 Lake Fairfax Drive, Reston. Enjoy an immersive Halloween stroll along a trail illuminated by thousands of intricately carved pumpkins, many highlighting the Capital City's most famous including pumpkin look-alikes of iconic landmarks, musicians, movie stars, superheroes and princesses. Autism Speaks Night on



PHOTO CONTRIBUTED

Ten young artists ages 7-13, who studied under Michela Mansuino, present "Still Life in the Style of American Realism" at Great Falls Starbucks.

Great Falls Studios Presents the Art of Great Falls Summer Campers

There is a new show in town: Great Falls Studios (GFS) in collaboration with Great Falls Starbucks (Great Falls Center, 9863 Georgetown Pike) presents "Still Life in the Style of American Realism", the work of 10 young artists ages 7-13 years old who studied under Michela Mansuino, artist and Fellow at Studio Incamminati/Philadelphia <https://www.mansuino.com/home> in summer camp at the Arts of Great Falls <https://greatfallsart.org/school-of-art/>

Come for coffee and inspiration.

The Arts of Great Falls is a community supported, 501(c)(3) nonprofit organization including an art school that offers classes and workshops for adults and children of all skill levels, studio space for artists to work and display, and art events and activities in the community.

The exhibit space in the Starbucks conference room rotates the work of local students

from the Arts of Great Falls, Colvin Run Elementary, Forestville Elementary and Great Falls Elementary schools. It is one of several exhibit venues in the community. The public is invited to enjoy Great Falls Studios solo and group member shows at Katie's @ the Old Brogue Irish Pub/760 Walker Rd., TD Bank/9901 Georgetown Pike, and the Large Meeting Room or the Small Conference Room at the Great Falls Library, 9830 Georgetown Pike..

The Virtual Gallery on the Great Falls Studios website hosts a monthly themed exhibit of member work as close as the click of the mouse! <http://www.greatfallsstudios.com/virtualgallery-new.php>

GFS invites the community to several annual celebrations of creativity throughout the year including the 16th Annual Art Tour Oct. 18, 19 and 20, 2019. Visit www.GreatFallsStudios.com for more information.

Sunday, Oct. 6 at 7 p.m. with adjustments made for guests on the autism spectrum. Advanced tickets are required. \$16.99 for children; \$22.99 for adults, at www.glowpumpkin.com/washington-dc.

FRIDAY/OCT. 4

OLGC Golf Classic. 11 a.m.-8 p.m. at Westfields Golf Club, 13940 Balmoral Greens Ave., Clifton. Join Vienna's Our Lady of Good Counsel Catholic Church for a fun-filled day with contests, food and drink, and company to share it with. Register by Sept. 23. \$200. Visit www.olgcva.org/fellowship/golf-classic or call 703-896-7425.

Raise the Region Gala. 6:30-10 p.m. at Hilton McLean Tysons Corner, 7920 Jones Branch Drive, McLean. A fundraiser for the Community Foundation for Northern Virginia supporting their work to grow philanthropy to respond to need, seed innovation, and lead and convene the community. The evening includes a cocktail reception, silent and live auctions, an elegant seated

dinner, and the Community Leadership Award presentation. Black tie attire. \$300. Visit www.cfnova.org/ for tickets.

SATURDAY/OCT. 5

3rd annual DC-Metro Modern Home Tour. 11 a.m.-5 p.m. in areas including Arlington, Fairfax, and Great Falls. The DC-Metro Modern Home Tour, a self-guided event, provides a day of local sight-seeing and open-house-style visits for lovers of architecture, design, real estate, and anyone on the hunt for ideas and inspiration. \$20-\$50. Visit www.dcmetromodernhometour.com for tickets.

Tea Seminar: Exploring Teas. 1-3 p.m. at Colvin Run Mill, 10017 Colvin Run Road, Great Falls. An advanced workshop for those who have attended past basic tea seminars. An exploration into unique teas - by process, terroir, and/or scarcity. Tea infused treats and a take home tea sampler included. \$35 per person. Use ID Code 731.1973. Register at www.fairfaxcounty.gov/parks/parktates or call 703-222-4664.

Here's What's Happening at MCC!

Presented by The Alden



Midday Movies:
Foreign-Language Films
Wednesday, Sept. 25, 1 p.m.
Free admission

MCC Governing Board Meeting



Public Hearing on FY2021 Budget
Wednesday, Sept. 25, 7:30 p.m.
All Governing Board meetings are open to the public.

The Old Firehouse



After 7 Dance Party
Friday, Sept. 27, 7-10 p.m.
1440 Chain Bridge Rd.
\$5 admission
Preregistration is recommended

Welcome the Change of Season



Harvest Happenings
Saturday, Sept. 28, 11 a.m.-2 p.m.
Free admission

Join the Fun!



McLean 5k
Saturday, Oct. 5
Race begins at 8 a.m.
McLean Square Shopping Center
6631 Old Dominion Dr., McLean, Va.

MCLEAN 5K

For more information, visit:
www.mcleancenter.org/special-events/mclean-5k



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www.mcleancenter.org

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AREA ROUNDUPS

Venture into Volunteering Fair

Looking for a way to give back? Explore volunteer opportunities at the Venture into Volunteering Fair on Wednesday, Oct. 2, 2019, from 10 a.m. to 2 p.m. at the Dulles Expo Center in Chantilly.

This is an opportunity to meet representatives of Fairfax County government agencies and community organizations that need volunteers. It's also a chance to be involved that very day by signing up to be a volunteer, by donating blood to the American Red Cross, or by bringing a non-perishable food item for the food drive on site. Call the Red Cross at 1-800-Red Cross to schedule an appointment for blood donation.

There will be door prizes for visitors to the fair.

The Dulles Expo Center, which is donating space for the fair, is located at 4320 Chantilly Shopping Center in Chantilly. For additional information about the fair, call 703-324-5406, TTY 711, email VolunteerSolutions@fairfaxcounty.gov, or visit the website at www.fairfaxcounty.gov/OlderAdults.

The Venture into Volunteering Fair is sponsored by the Fairfax County Department of Family Services, AARP Virginia, Fairfax 50+, the Fairfax County Park Authority, RSVP, Volunteer Fairfax and Volunteer Solutions.

Web: <https://www.fairfaxcounty.gov/parks/park-news/2019/z-ir140>

Raise the Region Gala to Be Held Oct. 4

The Community Foundation for Northern Virginia will hold 2019 Raise the Region Gala on Friday, Oct. 4, 6:30-10:30 p.m. at the Hilton McLean, Tysons Corner, 7920 Jones Branch Drive, McLean.

The event will honor MG Carl H. McNair, Jr. (RET) with the Community Foundation for Northern Virginia's 2019 Community Leadership Award & Celebrate the Community Wealth Building Volunteers.

Cocktail Reception, Silent and Live Auctions, with Matt Quinn, Auctioneer. Black Tie Attire; Elegant Seated Dinner. For more information, go to www.cfnova.org/gala

Four Area Schools Receive Environmental Education Recognition

Four Fairfax County public schools have been recognized as 2019 Virginia Naturally Schools by the Virginia Department of Game and Inland Fisheries. Virginia Naturally Schools is the official environmental education school recognition program of Virginia.

Selected as 2019 Virginia Naturally Schools are:

- ❖ Belvedere Elementary School (seventh year).
- ❖ Colvin Run Elementary School (fourth year).
- ❖ Daniels Run Elementary School (13th year).
- ❖ Lanier Middle School (eighth year).

These schools were recognized for their environmental and stewardship efforts during the 2018-19 school year.

"Environmental education prepares students to tackle tomorrow's environmental challenges," said Secretary of Natural Resources Matthew J. Strickler. "I applaud these Virginia schools for building hands-on, locally relevant education about the environment into their curricula."

27th Annual OBX Parade of Homes Oct 10-13



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Celebrate students, camps, schools, enrichment programs, colleges and more in our **A-plus: Education, Learning, Fun** pages, the third week of every month.

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BULLETIN BOARD

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

THROUGH OCT. 23

How to Build a Better Budget. At the McLean Community Center, 1234 Ingleside Ave., McLean. The McLean Community Center (MCC) Governing Board invites residents of Small District 1A-Dranesville to engage with planning Center's fiscal year 2021 budget. All meetings of the Governing Board are open to the public. The preliminary consolidated budget will be posted on the Center's website and available at the Center's reception desk a week prior to the public hearing on Wednesday, Sept. 25. Visit www.mcleancenter.org/news-items/404-board-holds-meetings-on-fy2021-budget-proposal for more.

- The Public Hearing on the FY2021 Budget, will be held at 7:30 p.m. on Wednesday, Sept. 25.
- Residents may submit written comments through Monday, Oct. 21 - by mail to McLean Community Center, 1234 Ingleside Ave., McLean VA 22101; fax 703-653-9435; or email to george.sachs@fairfaxcounty.gov.
- The Board will approve the FY2021 budget when it meets at 7:30 p.m. on Wednesday, Oct. 23. The final budget will be approved by the Fairfax County Board of Supervisors in spring 2020.

WEDNESDAY/SEPT. 25

Community Conversations. 6:30-8:30 p.m. at Marshall High School in Tysons/Falls Church. Fairfax County is planning for the next 10-20 years in the community and they want to hear from everyone. Share thoughts, insights, opinions and experiences that will be used to help further shape a countywide strategic plan. Register via www.fairfaxcounty.gov/strategic-plan-community-conversations. Arrangements for child care, transportation assistance, interpretation services and reasonable ADA accommodations can be made by calling 703-324-5302, TTY 711, or by emailing Angela.Jones@fairfaxcounty.gov.

SATURDAY/SEPT. 28

Community Shredding Day. 9 a.m.-noon in the parking lot between Patrick Henry Library and Whole Foods, 133 Maple Ave East, Vienna. Gain peace of mind by bringing outdated documents to an on-site shredding service provided by TrueShred. Enjoy snacks and visit with Ameriprise advisors and staff who will also be collecting non-perishable items for donation to Food for Others. Free and open to the public. Email mary.bowen@ampf.com or visit www.ameripriseadvisors.com/matthew.t.felber/events for more.

SUNDAY/SEPT. 29

Parish Picnic, Blessing of the Backpacks, and Ministry Fair. After the 10 a.m. service at Church of the Holy Comforter, 543 Beulah Road, NE, Vienna. Enjoy grilled hot dogs and hamburgers, old-fashioned games, music, a bounce house, and fun activities for all ages. Bring backpacks, bags, briefcases, or whatever is used to carry school or work items (or no bag needed). All are welcome. More at www.holycomforter.com.

2019 Walk to End Alzheimer's. Reston Town Center, 11900 Market Street, Reston. Registration at 1:30pm; Ceremony at 2:30pm; Walk at 3pm. All funds raised through Walk to End Alzheimer's further the care, support and research efforts of the Alzheimer's Association. The Alzheimer's Association is a nonprofit 501(c)3 organization. Coordinator: Sonya Amartey, samartey@alz.org, <https://act.alz.org>

MONDAY & WEDNESDAY/SEPT. 30-OCT. 23

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/184991 to register.

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Engineering a Solution



By KENNETH B. LOURIE

Though not exactly "The Continuing Story of Bungalow Bill," ("The Beatles," 1968) but for those of you regular readers still interested in the presumptive outcome - in my lifetime, of my 250 year-old home's "structural integrity" - as it relates to my pending refinance application, we may now have lift off, so to speak. (Hopefully Houston, we don't have a problem.) A structural engineer came by the house yesterday at my request and examined and measured the cracks in the concrete slab which "porches" the front of my house. After which he offered his professional opinion, a more detailed version of which will be emailed to me in a few days (copies of which I will forward to all the interested parties). According to this engineer, there is a concrete solution which, cost notwithstanding (or even known yet) will secure my home's structural foundation and assuage the appraiser.

The problem, as I understand it, concerns the possibility of my house falling down, from back to front. On my porch there are five wood pillars which stand floor to ceiling equidistant across the porch. They are not embedded in the concrete (nor are they cracked or rotting). They are supporting the weight of the house, but apparently are on shaky ground. What has happened is, due to the improper preparation of the soil onto which this concrete slab was originally poured (100 years ago - or whenever), the concrete has buckled under the pressure, and the house is tilting, sort of (and/or has the potential to slip further and fall). And if this happens, neither my wife nor I will be able to get up, whether we're owners of Life Alert medallions or not.

There is a solution however, which doesn't require "a pick and shovel and 20 men" (to invoke a Three Stooges reference). Nor will it require any heavy equipment and/or cabling of my house in some way to lift it off the ground in order to break up all the length, width and depth of approximately 150 square feet of concrete (I don't know about the cubic exactly). The plan seems to be for the house to be temporarily supported by wood beams as it is raised up a bit and then one foot square sections of the concrete surrounding each of the pillars will be broken up. According to the engineer, not a major undertaking. Then piers, which are structural engineering jargon for whatever I need to have supporting the pillars, will be placed on the ground/ foundation beneath each pillar and then back-filled with concrete and Bob's your uncle: structural integrity. At least that's as much as I can understand/explain, anyway. Orthotics for the house you might say.

Now whether my description of the repair is at all accurate, the engineer was clear. Though the repair is delicate, he agreed, nobody is reinventing the wheel here, and the solution as proposed is not that complicated. (As for the "structural integrity" of our 100 year-old stable, another concern of the appraiser, the engineer said "We don't certify the structural integrity of 100 year-old buildings." Now whether this out-building situation becomes a deal-breaker, I can only hope that reasonable minds prevail. Check back to this space for future updates.)

At present, I fear there will be fits (by me) and starts (by the various external parties lining up to solve my homes structural problems) to get me to the refinance finish line with some financial integrity still intact. I won't lie, there's a bit at stake here, and I can't afford (literally and figuratively) any slip ups. As I approach my 65th birthday, my goal is to simplify my life and secure my future, not complicate my life and "insecure" my future. I had hoped this refinance would accomplish the former. I had no idea that it would lead to the latter.

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

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