

McLean CONNECTION

WELLBEING

PAGE 6

Mother-daughter duo, Anina Belle and Valentina Giannini, take on their first community event since moving to McLean: They participated in Harvest Happenings event hosted by McLean Community Center.

Welcoming Fall in McLean

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Harvest Happenings in McLean

PHOTOS BY OLIVIA ANELLO/THE CONNECTION

McLean Community Center kicks off Fall with family-friendly event.

BY OLIVIA ANELLO
THE CONNECTION

On Saturday afternoon, the McLean Community Center hosted their annual Harvest Happenings event for children and their families to celebrate the start of autumn.

Before even getting to the heart of the fall activities available at Harvest Happenings, children could be seen running to the next project, their faces painted with kitty ears or superhero masks, and carrying decorated pumpkins under their arms. A multitude of activities were offered inside and outside, from face-painting, pumpkin decorating, crown making, to other games like corn hole and agility courses.

A number of entertainers also shared their talents at the fall festival such as the Amazing Kevin, Kidsinger Jim, and Squeals on Wheels petting zoo.

The performers and animals “draw a big crowd, so it’s great they are so willing to come back and be a part of this event,” said Andrew Jennings, the instructional program director at the McLean Community Center. Jennings was one of two driving forces of this year’s Harvest Happenings and has worked for the McLean Community Center for 12 years. His counterpart for the event was Nadia Kader, who has been with the McLean Community Center for seven years and just recently took on the position of youth event coordinator at MCC.

“Harvest Happenings is a fun and free event for children and families, and it acts as such a great way to bring everyone together, while also introducing the community to everything MCC offers,” Jennings said. Jennings and Kader shared too, that this year was special because not only has Harvest Happenings been returning for the community of McLean for more than 20 years, but it was also returning to the Community Center campus. Harvest Happenings had been hosted last year at the St. Luke’s church in McLean because of major renovations the community center had undergone.

Among all the activities to do at Harvest Happenings, meeting Cappy the pig was at the top of everyone’s list. Cappy is a miniature pig from Squeals on Wheels, the D.C. area’s traveling petting zoo. Squeals on Wheels has been traveling to birthday parties, schools, and nursing homes for over 15 years. There is even an event offered called “Hoppy Hour” where the animals travel to companies during business hours and brighten up the offices. Cappy and his animal friends live on one of the last farms



Pumpkins waiting to be picked and decorated by the children at Harvest Happenings.



Families watch as the Amazing Kevin performs some magic with the help of his assistant bird named CC.



Ana DeMola, 5, decorates her pumpkin with a superhero mask.



Claire Rogers, 2, is starstruck as Elsa from Frozen offers her a crown to decorate.

remaining in Potomac, Md.

The fun doesn’t stop at the McLean Community Center, and Jennings assures new

members that with all that is offered, “you’ll always be able to find your tribe here at MCC.” More events are coming up on the

MCC October calendar; the McLean 5K is Oct. 5; and bring your beloved animals to the McLean Pet Fest on Oct. 20.

No More Stonewalling on Gun Safety Legislation

To the Editor:
We have seen too many mass-shootings in America. Statistics show that compared to other high-income nations, the United States' gun-related murder rate is 25 times higher and accidental gun deaths is six times higher. Polls indicate a majority of Americans favor strong background checks and banning assault-style weapons.

And we have seen how Republicans in Virginia continue to stonewall gun safety issues, most recently when the Republican majority voted as a block to adjourn without debate the special assembly of the Virginia

General Assembly called to act on a series of gun safety bills.

We need representatives in the Virginia General Assembly who

are willing to pass gun safety legislation supported by the majority of its citizens. Del. Kathleen Murphy (D-34) has a track record of working on such legislation and sponsored bills such as preventing domestic abusers from obtaining or keeping guns. She also founded the Gun Violence Prevention Caucus. She supports enhanced background checks and closing the gun

show loophole, banning bump stocks and semi-automatic firearms with high capacity magazines. Her opponent in this year's election is currently silent on gun safety legislation. The citizens of Virginia deserve more than silence and stonewalling on a topic of such importance.

Jocelyn Brittin
McLean

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Virginia Is the Roadmap to Win in 2020

To the Editor:
The Washington Post's Sept. 15 article, It's on: VA. Voters flip switch for 'off-off-year' elections, well captured the enthusiasm among Democrats in this year's Virginia election. But the article overlooked how Democrats in this state have approached campaigning and governing since 2016 which will positively influence this year's races. Virginia will provide a roadmap for current Presidential candidates and other states to win in 2020.

Beyond turn-out and hatred for Donald Trump, Virginia Democrats have worked with Republicans and other progressives on issues important to voters and rallied to support candidates who won their primaries. In 2017, Tom Perriello lost the primary for the Governor but still pledged to elect Ralph Northam.

One of Northam's first accomplishments as governor was to

work with Republicans to expand Medicaid, which has enrolled 300,000 low-income Virginians. On gun safety, practical solutions moved forward by Del. Kathleen Murphy when in 2016 she helped pass a law, which prohibits people under a permanent protective order from possessing a firearm. Murphy accomplished this in a Republican-controlled legislature and didn't resort to dirty tactics such as when Republicans abruptly cut short a special session to pass gun legislation to quash debate.

Virginia Democrats are not perfect but bipartisan work and the party's cohesiveness helped them win big in 2018 despite gerrymandered districts. Let us hope other candidates learn valuable lessons from Virginia's election this November.

Kristin Battista-Frazer
McLean

Misrepresenting Plans For Boundary Changes

To the Editor:
Superintendent Dr. Brabrand of Fairfax County Public Schools issued a surprise message last week in response to growing outcry in the county about his and the School Board's efforts to redraw boundaries and implement forced busing. His message was positioned as an effort to clarify "misinformation". The problem is he failed to mention the central role of the radical One Fairfax policy in his plan to upend school pyramids.

Why did Dr. Brabrand fail to mention One Fairfax when he has consistently praised and promoted the radical policy in the past? One Fairfax has become toxic in the community as citizens learn more about the extreme and unnecessary disruption it requires. Citizens don't want our school pyramids and neighborhoods carved up, ripped apart and

reassembled to achieve Dr. Brabrand and the Board's ideal socioeconomic and/or racial composition of students.

The need to reconsider school boundaries is understandable since Fairfax county has experienced rapid growth and change over the years.

We all know overcrowding is a serious concern and boundary adjustments should be part of the discussion.

However, Dr. Brabrand and the Board's push to implement a social engineering experiment at the behest of outside special interests doesn't benefit taxpayers, homeowners or our children.

A change in leadership is desperately needed on the School Board to ensure accountability and to protect our most valuable assets.

Jeff Norris
Vienna

Public Meetings 2019 Fall Transportation Meetings

You are invited to participate in public meetings held by the Commonwealth Transportation Board. The meetings will begin with a brief open house followed by a public comment period. At the open house you can learn about various transportation initiatives, including:

- Adjustments to Virginia's project prioritization process (SMART SCALE)
- Virginia's Statewide Transportation Improvement Program
- VTrans Draft Mid-term Transportation Needs (Virginia's Statewide Transportation Plan)
- Adjustments to the Highway Safety Improvement Program.

Representatives of the Office of Intermodal Planning and Investment (OIPI) and Departments of Transportation and Rail and Public Transportation will be in attendance to highlight their transportation programs and discuss your ideas and concerns about Virginia's transportation network. The open house will be followed by a public comment period, during which you may provide comments about the various initiatives. Comments will be accepted at the meeting and may also be submitted via email or online at www.CTB.Virginia.gov.

Meeting Dates and Locations
Open House begins at 4 p.m. in each of the locations unless otherwise noted.

Tuesday, October 15, 2019* Richmond District Richmond Marriott Short Pump 4240 Dominion Boulevard Glen Allen, VA 23060 *This meeting will also provide opportunity for comment on the I-95 Corridor Study Plan	Tuesday, October 22, 2019** Northern Virginia District Northern Virginia District Office Potomac Conference Room 4975 Alliance Drive Fairfax, VA 22030 **meeting begins at 6 p.m.	Monday, October 28, 2019*** Staunton District Doubletree Hotel Harrisonburg 1400 E. Market Street Harrisonburg, VA 22801 ***meeting begins at 3 p.m.
Wednesday, October 30, 2019 Salem District Holiday Inn Valley View 3315 Ordway Drive Roanoke, VA 24017	Monday, November 4, 2019 Lynchburg District Lynchburg District Complex Ramey Memorial Auditorium 4303 Campbell Avenue Lynchburg, VA 24501	Wednesday, November 6, 2019 Hampton Roads District Hampton Roads District Office 7511 Burbage Drive Suffolk, VA 23435
Thursday, November 7, 2019 Bristol District Southwest Virginia Higher Education Center One Partnership Circle Abingdon, VA 24210	Tuesday, November 12, 2019** Fredericksburg District James Monroe High School 2300 Washington Avenue Fredericksburg, VA 22401 **meeting begins at 6 p.m.	Wednesday, November 13, 2019 Culpeper District VDOT Culpeper District Office 1601 Orange Road Culpeper, VA 22701

Fall meeting materials will be available at <http://www.ctb.virginia.gov/planning/fallmeetings/> beginning October 15, 2019.

You may submit comments on any transportation projects and initiatives to OIPI Deputy Director Ronique Day, 1221 E. Broad St., Richmond, VA 23219 or PublicComments@OIPI.Virginia.gov. **Comments will be accepted until November 30, 2019.**

The Commonwealth is committed to ensuring that no person is excluded from participation in, or denied the benefits of, its services on the basis of race, color, or national origin, as protected by Title VI of the Civil Rights Act of 1964. If you need further information on these policies or special assistance for persons with disabilities or limited English proficiency, please contact the Virginia Department of Transportation's Title VI Compliance Officer at 804-786-2730 or the Virginia Department of Rail and Public Transportation's Title VI Compliance Officer at 804-786-4440 (TTY users call 711).

PEOPLE



PHOTOS COURTESY OF WIHS

Kendall Schuler, 15, of Great Falls attends Connelly School of the Holy Child in Potomac, and was selected to serve on the 2019 Washington International Horse Show Junior Committee presented by Signature Academics. The show is Oct 22-27, see www.wihs.com



Andrew Morin, 16, of McLean attends Langley High School and was selected to serve on the 2019 Washington International Horse Show Junior Committee presented by Signature Academics. The show is Oct 22-27, see www.wihs.com



Hanna Sing, 15, of McLean attends Sidwell Friends School, and was selected to serve on the 2019 Washington International Horse Show Junior Committee presented by Signature Academics. The show is Oct 22-27, see www.wihs.com

Area Teens Named on Horse Show Junior Committee

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WELLBEING

PHOTOS COURTESY OF FLORENCE MURRIAN



During Breast Cancer Awareness Month, survivors like Florence Murrian and mental health professionals share insight on offering support.



Breast cancer survivors Florence Murrian gets together with friends to volunteer for a supplies drive.

Past issues of

THE CONNECTION
NEWSPAPERS

back to 2008
are available at

<http://connectionarchives.com/PDF>

Supporting Friends and Loved Ones with Breast Cancer

Choosing words and actions that don't cause additional pain or anxiety.

BY MARILYN CAMPBELL
THE CONNECTION

When Florence Murrian was diagnosed with stage two breast cancer last December, the treatment recommended by her oncologist was a lumpectomy and radiation. In an attempt to help, Murrian's sister urged her to seek multiple medical opinions and insisted she ask for a more aggressive treatment. Murrian, 54, felt overwhelmed by the barrage of advice.

"It was the friends who just listened to me as I sometimes rambled on and on that gave me comfort," she said. "There were times when I didn't want to talk about it or cry about it. I needed to feel normal and sometimes was in denial. What I didn't want is someone asking me why I wasn't acting a certain way."

When a close friend of loved one is diagnosed with breast cancer, the reaction can range from aggressive advice giving as in Murrian's case to excessive questioning to learning every detail. During October, Breast Cancer Awareness Month, some survivors and mental health professionals share insight on offering support.

"Sometimes I had conversations with friends that made me feel worse that I already felt," said Murrian who lives in Arlington. "I was so overwhelmed that I didn't want advice and I didn't want to have to cheer up my friends."

Conversations designed to convey concern can go awry. "I recommend avoiding invalidating comments

like, 'Everything happens for a reason.' or forecasting comments such as 'Everything will be fine,'" said Joanne Bagshaw, PhD, Professor of Psychology at Montgomery College.

Though it is natural to be concerned and want specific details about a loved one's condition, sometimes the best words are no words at all, says Professor of Psychology at George Mason University. "There may be times to mostly listen and other times to joke around," said Short. "Plan to continue enjoyable activities together, but confirm whether your loved one wants to get together."

Avoid non-specific offers to help, says Short. "I recommend taking the perspective of your friend and loved one and imagining what she might like to hear," he said. "You should express empathy and support ... prepare small meals or snacks to share. Offer to help with household tasks, errands, or caring for family members or pets."

"Everyone's situation and diagnosis is different."

— Joanne Bagshaw, PhD, Professor of Psychology at Montgomery College

For those who are unsure, considering your loved the best source of information about her needs is more effective than making assumptions, suggests Bagshaw. "I do recommend asking how you can be of support," said she said. "One can simply say, 'Just let me know how I can help.'"

"It is good to be encouraging, but realistic," added Short. "Follow cues from your friend or loved one on how to interact."

Listening, validating and inquiring about her overall wellbeing can be more comforting than offering opinions or sharing stories about other women who've been diagnosed with breast cancer. "Everyone's situation and diagnosis is different," said Bagshaw.

"Avoid advice and assumptions unless you are asked for your opinion," added Short. "Some examples [of things] to say are, 'I am sorry that this happened to you. I want you to know that I care about you. How are you doing? I want to help'"

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The new synthetic turf field will be on Boone Boulevard between Howard Avenue and Gallows Road.

Youth Athletic Field Approved for Tysons

At its Sept. 24 meeting, the Board of Supervisors approved a plan by PS Business Parks to build a youth athletic field instead of a previously approved hotel on a parking lot in Tysons. The new synthetic turf field will be on Boone Boulevard between Howard Avenue and Gallows Road near an office building and retail space. The 180-foot by 330-foot field will include lighting, bleachers, bicycle racks, benches, fencing, an equipment storage facility and at least 25 parking spaces.

The existing on-site surface parking lot will be

modified to serve existing and future visitors to the office buildings and athletic field. PS Business Parks will maintain ownership of the athletic field; however, a public access easement will be granted to the Fairfax County Park Authority. Previously this area was zoned for an extended-stay hotel, but PS Business Parks, the developer behind The Mile, a mixed-use development in another part of Tysons, decided to build the athletic field in this location instead. Once built, the athletic field will fulfill PS Business Park's commitment to build one as part of The Mile.

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.

- ❖ 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/OCT 3

CarFit. 9 a.m.-1 p.m. at Vienna

Volunteer Fire Department (parking lot), 400 Center St. S., Vienna. Program offers older adults the opportunity to check how well their personal vehicles "fit" them. CarFit is an individualized, personal instruction to educate drivers on how to best position themselves (by adjusting the car's safety features) to maximize their safe driving experience. Schedule an appointment at 703-255-7801. Learn more about the program at www.car-fit.org.

SATURDAY/OCT. 5

Mental Health and Wellness Conference. 8 a.m.-4 p.m. at Fairfax High School. The morning will focus on social and emotional learning, with a keynote address given by Dr. Marc Brackett, founding director of the Yale Center for Emotional Intelligence. A special session for high school students, the Our Minds Matter Teen Summit, will take place in the morning as well. Attendees are encouraged to stay for Inova's Act on Addiction Summit, which will be held from 12:30-4 p.m. Breakout sessions, exhibit tables, and resources will be available to all attendees throughout the day. Lunch will be provided. Visit www.fcps.edu/resources/student-safety-and-wellness/mental-health-and-resiliency/mental-health-and-wellness to register.

SEE BULLETIN, PAGE 11

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CALENDAR

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

ONGOING

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 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.american-scream.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, hummus, 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.

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-Tysons 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-a-likes of iconic landmarks, musicians, movie stars, superheroes and princesses. Autism Speaks Night on 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.olgcv.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

Vienna Oktoberfest. 11 a.m.-7 p.m. On Historic Church Street in Vienna. At the 12th Anniversary, celebrate with loads of food, vendors, music, entertainment, kids' activities, and beer and wine. Presented by the Vienna Business Association and Town of Vienna. The festival draws 20,000-30,000 attendees. Visit www.viennaoktoberfest.org.

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/parktakes or call 703-222-4664.

SATURDAY-SUNDAY/OCT. 5-6

Book Sale. Saturday, 10 a.m.-4 p.m.; Sunday, 10 a.m.-2 p.m. (fill a bag for \$5) at Patrick Henry Library, 101 Maple Ave. E., Vienna. Featuring thousands of used books, CDs, DVDs, and books on CD. Free parking and admission. Prices remain the same: hardbacks \$2, trade



MPAartfest

The McLean Project for the Arts will host its annual MPAartfest. During MPAartfest, Central Park is transformed into a landscape of mini art galleries and features live music throughout the day, a Children's Art Walk, hands-on art studio, STEAM experiences, food vendors, and more. Sunday, Oct. 6, 10 a.m.-5 p.m. in McLean Central Park; 1468 Dolley Madison Blvd; McLean. Free admission. Visit www.mpaart.org or call 703-790-1953.

paperbacks \$1, pocket paperbacks 50 cents, kids books 25 and 50 cents. CDs and videos \$1-\$2. Credit cards accepted. All proceeds benefit the library. Email sharonbohlman@msn.com or call 703-568-0104.

SUNDAY/OCT. 6

MPAartfest. 10 a.m.-5 p.m. in McLean Central Park; 1468 Dolley Madison Blvd; McLean. The McLean Project for the Arts will host its annual MPAartfest. During MPAartfest, Central Park is transformed into a landscape of mini art galleries and features live music throughout the day, a Children's Art Walk, hands-on art studio, STEAM experiences, food vendors, and more. Free admission. Visit www.mpaart.org or call 703-790-1953.

Barn Sale. Noon-4 p.m. at Lift Me Up!, 9700 Georgetown Pike, Great Falls. Support Lift Me Up! a local non-profit organization. Deals on saddles to riding apparel to blankets and more. Prices are as low as \$1. Rain or shine. Donations accepted. Email jackie.collins@liftmeup.org or visit liftmeup.org for more.

Vienna Hunger Stroll. 2-4 p.m. at Committee for Helping Others, 133 Park St. NE, Vienna. An alternative to Vienna's CROP Hunger Walk, the "Cafe Stroll" is less than a mile and stops at Bards' Alley, Rita's, and Cafe Amouri. Proceeds support hunger relief. Free, donations are encouraged. See crophungerwalk.org/viennava.

THURSDAY/OCT. 10

Celebrate "Hitchcocktober." 7 p.m. at Angelika Film Center – Mosaic, 2911 District Ave., Fairfax. North by Northwest (1959). 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.

FRIDAY/OCT. 11

Great Decisions: Cyber Conflict and Geopolitics. 1-3 p.m. at Great Falls Public Library. Great Falls Senior Center is partnered with the Fairfax County Department of Neighborhood and Community Services in all ventures and events. Visit gfseniors.org for more.

SATURDAY/OCT. 12

Celebrating Lady Liberty's Birthday. 6-8 p.m. at The Garden by Building Momentum, 5380 Eisenhower Avenue, #Suite C, Alexandria. A night of music, cocktails, hors d'oeuvres, silent auctions and more. Party hosted by local non-profit Just Neighbors to support legal services for low-income immigrants and refugees. Childcare will be available at Scramble next door to the venue. More information at Just Neighbors (www.justneighbors.org)

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.

THURSDAY/OCT. 17

Celebrate "Hitchcocktober." 7 p.m. at Angelika Film Center – Mosaic, 2911 District Ave., Fairfax. The Birds (1963). 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.

Meet Bill Lewers. 7:30-9 p.m. At Patrick Henry Library, 101 Maple Ave. E, Vienna. Meet the author of the Gatekeepers of Democracy series, fiction books that celebrate those who volunteer on Election Day to serve as election officers.

Learn about "a day at the polls" as seen through the eyes of the election officers, who are truly the unsung heroes of the American election system. Books available for sale and signing. Visit <https://librarycalendar.fairfaxcounty.gov/event/5247267>.

SATURDAY/OCT. 19

Fearless Girls. 2-3 p.m. At Patrick Henry Library, 101 Maple Ave. E, Vienna. "Fearless Girls": An Afternoon of Storytelling. Folk stories of brave women and fearless girls can be found around the world. Kristin Moyer will tell two stories about Molly Whuppie, from the collection The Adventures of Molly Whuppie and Other Appalachian Folktales, with a musical interlude. Visit <https://vienna-va.aauw.net/>.

Bingo. 7-10 p.m. At Unity of Fairfax, 2854 Hunter Mill Road, Oakton. The community is invited to join Unity of Fairfax for an evening of fun and connection as they play different Bingo games. Snacks and drinks are available for sale. Participants can make donations at the door to play. Suggested donation is \$20 for adults, \$10 for youth under 18. Additional cards will be available for an extra donation. The pot will be split between the church and winners of the various games. Visit <https://unitybingooctober.eventbrite.com>.

SUNDAY/OCT. 20

Conversations in Consciousness. 2-4 p.m. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. What can the final words of the dying tell us about life after death? What does language tell us about altered states and new dimensions? Find out in this workshop! Cost is \$25. Visit <https://consciousnessconversation.eventbrite.com/>.

I Dream a World. 4-6:30 p.m. At St. Luke Catholic Church, 7001 Georgetown Pike, McLean. The Reston Chorale presents I Dream a World, a concert of music by African-American composers, from stirring arrangements of traditional spirituals to contemporary choral settings of Langston Hughes' poems, plus instrumental works by Daniel Hurd and Scott Joplin. Guest artists include Soprano Simone Paulwell, Baritone James Martin and Composers Evelyn Simpson Curenton and Rev. David North. Visit www.restonchorale.org.



PHOTO BY LAURA SHERIDAN/WOMAN'S CLUB

Star Nut Gourmet owners and Woman's Club officers enjoy the event. From left: Café owner Joe Shehadeh, Homes Tour chairman Kathryn Mackensen, Star Nut owner Denise Shehadeh, and Woman's Club President Cecilia Glembocki.

Woman's Club of McLean Prepares Homes Tour

On Sept. 24 the Woman's Club of McLean held a wine-and-cheese reception at McLean's Star Nut Gourmet to preview its Holiday Homes Tour on Thursday, Dec. 5. The owners of Star Nut, Joe and Denise Shehadeh, are the honorary hosts for this year's Homes Tour and graciously opened for the evening. Attending were Woman's Club members and friends, tour sponsors, owners of the tour homes, tour advertisers, and local officials, including Paul Kohlenberger, president of the Greater McLean Chamber of Commerce.

This year's tour will be the 53rd mounted by the Woman's Club of McLean, with all proceeds going to local charities and nonprofits, such as SHARE Inc., Second Story, veterans' transitional housing, the Falls Church—McLean Children's Center, the McLean Volunteer Fire Department, in-

termediate school music awards, and other educational programs.

The four houses on December's tour are located in Langley Forest and Ballantrae Farms. The homes will be decorated with the holidays in mind and will highlight family life in McLean. There will be a simultaneous "mini-marketplace" at Trinity United Methodist Church, McLean, where a Cafe Noel will offer lunch items and where tour tickets and other items will be available.

Tour hours will be from 9:30 to 3:30. Tickets, which will become available in October, will cost \$30 until Dec. 5, when they will be \$35. They will be for sale at Mesmeralda's Gifts of McLean, Karin's Florist of Vienna, and Great Dogs of Great Falls and will also be obtainable on the WCM website, www.mcleanwomansclub.org.

—LAURA SHERIDAN



PHOTO CONTRIBUTED

The 2019 Potomac School National Merit semifinalists. From left: Chris Gaston, Addison Marin, Courtney Brandt, Katherine Plaza, Jodie Kuo, Caroline Semel, and Dan Alexander.

Seven Potomac School Seniors Named National Semifinalists

Seven Potomac School seniors have qualified as semifinalists in the 65th annual National Merit Scholarship Program. These students were among 16,000 semifinalists nationwide, who represent less than 1 percent of all those who took the 2018 Preliminary SAT/National Merit Scholarship Qualifying Test in their junior year. About 15,000 of the semifinalists are expected to advance to finalist status. The finalists then compete for 7,600 National Merit Scholarships, worth more than \$31 million in total.

The Potomac School semifinalists are Dan Alexander, Courtney Brandt, Christopher Gaston, Jodie Kuo, Addison Marin, Katherine Plaza, and Caroline Semel.

In addition, 25 Potomac students were

named National Merit Commended Scholars: Julian Agolini, William Bailey, Anais Becker, Elizabeth Buchwald, Bliss Davis, Malachy Dwyer, Morgan Exley, Nikhil Gautam, Katherine Gould, Akshay Gupta, Jun-Young Hong, Narayan Kini, Taya Lasota, Anna Lerner, Sophia Leyva, Jackson Merrick, Kelsey Norton, Evrim Ozcan, Katherine Pommerening, Sarah Raman, Rebecca Shiff, Sofia Stitt, Edward Woo, Isabel Zhang, and Louis Zhang. Sophia Leyva and Addison Marin were recognized as National Hispanic Scholars. "I am proud to see so many of our students achieving this national recognition," says Doug McLane, head of Potomac's Upper School. "Their accomplishment reflects well on our school and on each one of them."

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NEWS



PHOTOS BY TOM MANNING/THE CONNECTION

Thomas Godwin of McLean concentrates as he prepares to throw in the frisbee competition.

Frisbee, Football Throwing Events Held at Senior Olympics

The 2019 Northern Virginia Senior Olympics (NVSO) featured the frisbee and football throwing events, including the softball hit and throw events, at Wakefield Park in Annandale

on Sept. 18. The 37th annual NVSO provides senior adults with an opportunity for competition, self-improvement, and fellowship through various athletic and recreational events.



Vienna resident Ken Unger won a silver medal with a throw of 125' 5". It was Unger's first time competing in the NVSO.



Falls Church resident Mary Lou D'Alessandris makes contact with the softball to win a gold medal in the 80-84 age group.

Gharemon Suleymon from McLean throws the softball 100 feet to come in fourth place in his division.



SATURDAY/OCT. 5

Fall Festival. 10 a.m.-4 p.m. at The Church of the Good Shepherd (United Methodist), 2351 Hunter Mill Road, Vienna. The second "Fall Festival: Where Fun and Kindness Connect!" includes a food packing event, as well as a blood drive, children's program, moon bounce, first-ever animal blessing (noon) and food and refreshments. Free, though canned food donations accepted. A Pet Blessing, a first-time event for the church, will take place at noon to celebrate the feast day of St. Francis. Visit www.GoodShepherdVA.com or call 703-281-3987.

WEDNESDAY/OCT. 9

Fairfax County Park Authority Board Meeting. 7:30 p.m. in the Herrity Building, 12055 Government Center Parkway, Suite 941, Fairfax. The Park Authority Board's 12 appointed members establish strategic policy and direction for the Park Authority. Open to the public. For agenda and more information, visit www.fairfaxcounty.gov/parks/boardagn2.htm or call 703-324-8662.

THURSDAY/OCT. 10

Social Media Wellness. 7-8:30 p.m. At Langley High School, 6520 Georgetown Pike, McLean. The Safe Community Coalition hosts a free community showing of the IndieFlix Original Documentary "LIKE." The movie explores the social impact of social media on our lives and the effects of technology on the brain. After the film, discussion will be led by Dr. Cliff Sussman, a DC-based psychiatrist and expert on helping people achieve a more balanced relationship with digital technology. This event is free and recommended for adults and students of any age who have phones. Visit www.mcleanscc.org

SATURDAY/OCT. 12

Watershed Clean-Up Days. 10 a.m. to noon. At Riverbend Park, Great Falls. Grab a bag and go on a trash scavenger hunt as the Park Authority hosts "Watershed Clean-Up Days" again this fall. Lend a hand by helping to remove tires, bottles, cans and other debris from local waterways. Helping to clear the earth's vital arteries is a great community volunteer project for service groups and students. All ages are welcome. For a complete listing and to sign up as an individual volunteer, visit www.fairfaxcounty.gov/parks/volunteer.

TUESDAY/OCT. 15

Doing Well By Doing Good. 6-8:30 p.m. Meets at Tower Club, 8000 Towers Crescent Drive, Suite 1700, Tysons Corner. PHILLIPS Programs for Children and Families, a Fairfax-based nonprofit helping youth throughout the region with a variety of behavioral health needs succeed, is partnering with the Tower Club's Young Executives Ambassador Committee to host a panel discussion and networking event: Doing Well by Doing Good. The panel discussion will explore the benefits of joining a charitable board for personal and professional growth, steps on securing a position, and impact of board leadership on the community and a business. Five other nonprofits will also be exhibiting onsite. RSVP@TowersTysons.com.

THURSDAY/OCT. 17

Candidate Forum. 7 p.m. at McLean Community Center, 1234 Ingleside Ave., McLean. These candidate forums are nonpartisan. The League of Women Voters of the Fairfax Area does not support or oppose any party or candidate and invite all certified candidates in their respective districts. After a moderated discussion, meet the candidates. Volunteers, including students, are welcome. Visit www.lwv-fairfax.org/candidateforum.

THURSDAY/OCT. 17

Candidate Forum. 7 p.m. at Woodrow Wilson Library, 6101 Knollwood Drive, Falls Church. These candidate forums are nonpartisan. The League of Women Voters of the Fairfax Area does not support or oppose any party or candidate and invite all certified candidates in their respective districts. After a moderated discussion, meet the candidates. Volunteers, including students, are welcome. Visit www.lwv-fairfax.org/candidateforum for more.

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When Compounding isn't a Good Thing



By KENNETH B. LOURIE

Dealing with a cancer diagnosis is one thing, and certainly a big thing, but I'm much better dealing with it when the 50 million other things we all have to deal with are not having to be dealt with (ending a sentence with a preposition notwithstanding) at the same time. And not that I'm the least bit unique in having all these other tasks and concerns or even the most bit interesting in that I have them. Hardly. They are simply the elements that sometimes make living more of a job and less of an adventure. That being said, when I am uncluttered by these mundane responsibilities and am able to focus on the things I want to do rather than the things I have to do, I am so much more able to fend off the inevitable demons that haunt any of us diagnosed with a serious/in my case "terminal," disease.

The last month was, and still is, such a month. It all started with my application for a reverse mortgage. After the first company I engaged gave up, I met another, local company who so far has exhibited the wherewithal to get the application approved. However, the structural integrity problem you regular readers know about has impeded the progress I was hoping to have made by now. Not knowing yet the estimate to right this wrong, I am twisting in a bit of an ill wind, and I assure you, it is not improving my demeanor.

Yes, "Medicare is in The House," but as of September 27, it's sort of a house divided. Because even though its effective date was September 1st, I've not received an invoice. And since I haven't paid for any new coverage, am I still supposed to cancel my old, in-force "Obama Care?" Moreover, if I don't know exactly what I have, am I supposed to buy a Medicare Supplement for coverage I don't know for sure even exists? I mean, it's not as if my medical welfare/financial future depends on it. So yes, I'm even more worried, and obviously confused.

If the unresolved reverse mortgage and health insurance situations weren't sufficient enough to stress over, consider my concern for the "Diabetic Duo," our two cats with diabetes. Other than the real possibility that either, if not both, of these cats will die on our watch, the expense of sustaining their lives is past adding up. Items include insulin, syringes, prescription wet food, prescription dry food, two sizes of pee pads (because the liter box has less interest to them or they can't quite see it) and since they're eating and drinking constantly, we're buying more liter than ever before, and vet bills: diabetic boarding when we've been away for a weekend or two and glucose monitoring every week to 10 days to check their sugar level, all times two. Can you say credit card?

Two other extremely mundane tasks have also fallen on me during this time line. Both involving the M.V.A., never an easy process: emissions inspection and a driver's license renewal. Again, not Herculean tasks, but in the middle of all this other stuff. The issue? More money and possibly more hassle to resolve their respective 'issues:' possibly replacing a catalytic converter in the 29 year-old Honda Accord, which has happened previously under identical circumstances, and renewing one's driver's license, which now comes with a host of never-before identification/security requirements which if I don't have/can't prove, present another slew of potential entanglements. And of course, the eye test. I don't wear glasses. What if I fail the test and they tell me I need glasses. Then I have to see my way through that morass, and delay resolving another task.

And just to complicate matters, I am waiting for results from my bi-monthly CT scan and my wife, Dina, is waiting for results from a scan she recently completed. Though neither one of us is the least bit symptomatic, we are hardly dealing in absolutes here. Absolutely though, I will say, I am thrilled to finally check a few boxes. Once I check the rest, I'll be back to abnormal and then I can plan for the future rather than plod through the present.

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



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