

Great Falls CONNECTION

Back To School

PAGES 3-5

On the first day of school for Fairfax County Public Schools students, four friends (from left), Emma, 6, Ava, 3, Reese, 7, and Alyse, 6, all of Great Falls meet at the sign in front of Forestville Elementary.

PHOTO BY MERCIA HOBSON/THE CONNECTION
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SENIOR LIVING



PHOTO COURTESY OF ENCORE CREATIVITY FOR OLDER ADULTS

Since its founding, the chorales of Encore Creativity for Older Adults have performed at Strathmore Hall, the Kennedy Center and locations throughout Europe.

New Season of Singers Registration is open for Encore Creativity for Older Adults for any adult 55 or older.

BY MARILYN CAMPBELL
THE CONNECTION

Singing in his church choir as a child and taking a mandatory class in middleschool was the extent of Don Greenwood's musical training. Growing up in Arlington, the 74 year old father of two adult sons and one grandchild has always been passionate about music but never took lessons. The extent of this connection to music was singing along with the radio. He pursued a career as an architect with Fairfax County's Building Design and Construction Division and after he retired he began to search for hobbies that were both enjoyable and challenging.

"I didn't want to sit around watching Netflix," he said.

His wife suggested that he consider music and suggested that try Encore Creativity for Older Adults, a choral organization for Adults over 55.

Those, like Greenwood, who find pleasure in music will have a chance to warm-up their vocal chords and start crooning. Encore's new season begins next month with groups in Arlington, Fairfax and Montgomery counties.

Registration is now open and students can join either Encore Chorales, a group whose vocalists learn music that spans a wide range of styles and eras or Encore ROCKS with a repertoire that includes true rock & roll music from the 50s through the 80s. Auditions are not required.

Though Encore is open to all singers regardless of their skills or abilities, founder Jeanne Kelly envisioned an organization in which the chorales are filled with serious singers. Since its beginning, her chorales have performed at Strathmore Hall, the Kennedy Center and locations throughout Europe.

"Encore has expectations of our singers," said Kelly, who is now re-

tired. "When you age people stop having expectations of you, but I always was quite demanding of the singers and they really appreciated that. It made them feel important."

Chorales are led by professional conductors and rehearsals and concerts are structured to cultivate musical excellence. "My first rehearsal was an eye opener. I felt like a deer in the headlights," said Greenwood. "I didn't have experience with multi-part arrangements. I didn't understand sheet music, but during the rehearsals we deconstructed each song, the conductor gives us feedback so I learned pretty quickly in an environment where you're encouraged."

In addition to music Kelly hopes that Encore singers will find that music protects and strengthens their cognitive abilities and helps them make social connections which are often difficult to build and maintain as one ages.

"When you retire, you gradually drift away from the friends you had at work and you eventually lose those connections," said Kathleen Lyman, a retired Navy captain who lives in Springfield. "I've met new friends through Encore and we often go out to lunch after rehearsals."

Kelly expanded her vision of removing some of the barriers that make music inaccessible to some when she created a choral group called the Sentimental Journey Singers that is free and open to those with dementia, Alzheimer's and other similar conditions and their caretakers. "My mother passed away from Alzheimer's and she always found joy in music," said Kelly. "There was always music in our house and I majored in music."

Greenwood said that his Encore experience motivated him to delve into writing song parodies and satires. "Some people have to get over the hump of thinking that they can't sing," he said. "In retrospect, I wish I'd joined earlier."

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FCPS buses begin pulling into Forestville School in Great Falls. FCPS is hiring bus drivers as some drivers must “double back” and cover additional routes for some schools. Parents can check the FCPS app “Here Comes the Bus.”



On the first day of school for Fairfax County Public Schools students, four friends (from left), Emma, 6, Ava, 3, Reese, 7, and Alyse, 6, all of Great Falls meet at the sign in front of Forestville Elementary.

Local FCPS Students Head off for SY2022-2023

Keeping students safe getting to and from school.

BY MERCIA HOBSON
THE CONNECTION

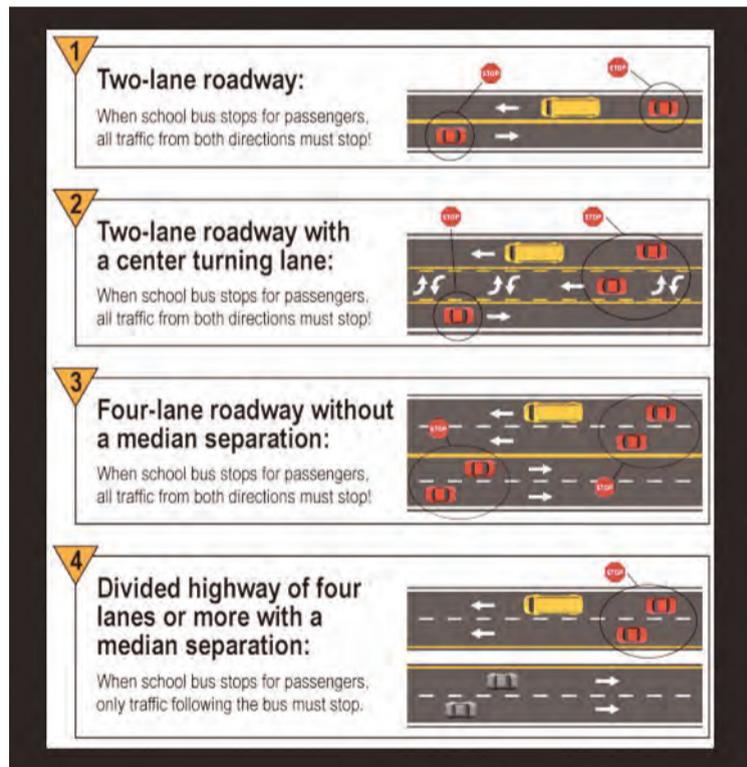
The first days of school bring jitters and joy to local students and their loved ones as they make their way to and from school. Students are entrusted to bus drivers and crossing guards each school day and are responsible for their safety.

Fairfax County Public Schools runs more than 1,600 school buses daily.

The rule for Code of Virginia § 46.2-859. Passing a stopped school bus; prima facie evidence is simple to remember. Unless there is a median between their vehicle and the bus, drivers must stop when approaching a school bus with flashing red lights from any direction. Driving past a stopped school bus while loading and unloading children is considered reckless driving — a criminal offense. It is not worth risking the safety and lives of others to get to a destination a few seconds faster. The penalty includes \$2,500 in fines and loss of your license for six months and up to 180 days in jail.

Pay attention to school zones, especially where they start and end. Follow the speed limit when the lights are flashing. The lights start 30 minutes before the start of school and remain on 30 minutes after dismissal.

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SCREENSHOT

Virginia code on passing a stopped school bus—unless the driver’s vehicle is separated from the bus by a median, the driver must stop.

Another way drivers can help keep students safe is by paying attention to the whistles and waves of school crossing guards.

According to Fairfax County Career Pages, a school crossing guard’s annual salary is \$32,699-\$54,499. Visit the website for more information.

Fairfax County’s Free Student Bus Pass + Metrobus program is expanded to include

five schools this year. Joining Justice High School are Annandale, Falls Church George C. Marshall high schools, and Davis Center. Students who attend these schools can ride Metrobus for free seven days a week between 5 a.m. to 10 p.m. in Northern Virginia, along with Fairfax Connector and City of Fairfax CUE.

WATA’s Trip Planner and Google Maps™ mapping service can help plan travel. For additional information, visit Free Student Bus Pass + Metrobus.

FCPS is hiring bus drivers as some drivers must “double back” and cover additional routes for some schools due to driver shortages. Parents can check the FCPS app “Here Comes the Bus” to give them the stop arrival times.

Without a sidewalk, parents and children living on a Great Falls street near the Route 7 and Utterback Store Road intersection walk along the extreme left of the roadway paved for vehicular traffic to get to FCPS Forestville Elementary.



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NEWS

Back to School with FCPS

**A snapshot of
Aug. 22, 2022**

By **MERCIA HOBSON**
THE CONNECTION

The first day of school for Fairfax County Public Schools was breathtakingly early — Monday, Aug. 22. Here are a few photos from the scene around the county.

Dr. Michelle Reid, Fairfax County Public Schools superintendent, chats with a student at Kilmer Center in Vienna.

PHOTOS BY FCPS PHOTOGRAPHERS
KAREN BOLT AND DONNIE BIGGS
AND VIA SOCIAL MEDIA



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Dr. Michelle Reid, Fairfax County Public Schools superintendent, visits Forestdale Elementary School in Springfield.



Back to School at Stenwood Elementary School in Vienna.



Great Falls ES

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Sealed bids will be accepted by the Virginia Department of Transportation (VDOT) in the office of the Northern Virginia District Right of Way and Utilities Division located at 4975 Alliance Drive, Fairfax, Virginia 22030, until, but no later than, September 27, 2022 for the following property:

Wooded lot, located at 8846 Ox Road (Tax Map #1062-02-0001C) in the Springfield Magisterial District of Fairfax County, on the corner of Route 123 and Rommel Drive. The lot consists of 0.4484 acre, more or less, land, is relatively level at an elevated grade with a slight slope towards the rear of the property. Percs for a conventional three bedroom septic system.

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CALENDAR



The 29th Middle Eastern Food Festival will take place Sept. 3-4 at Holy Transfiguration Church in McLean.

REGISTRATION OPEN

2022 Northern Virginia Senior Olympics. Sept. 10-24. Register online at www.nvso.us, \$20 for unlimited events. Go to the website for events, rules, eligibility, photos, past results. For information, email nvso1982@gmail.com.

SATURDAY MORNINGS

Summer Programming for Kids. 9 a.m. to 1 p.m. At Reston Museum, 1639 Washington Plaza, Reston. Reston Museum is launching new summer programming for kids! Visit the Reston Museum to participate in fun and creative activities inspired by Reston's history. Program is free and everyone will receive an Explore Reston packet.

NOW THRU DEC. 31

Crafts for Kids. 10 a.m. to 12 noon. At Reston Art Gallery and Studios, 11400 Washington Plaza W at Lake Anne, Reston. Free, themed art projects for children (with guardian) are offered at Reston Art Gallery and Studios every Saturday from 10 a.m. until 12 p.m. Visit the website: www.restonartgallery.com

SATURDAYS UNTIL DECEMBER

The Reston Farmers Market (sponsored by the Fairfax Co. Park Authority) will take place at Lake Anne Village in Reston from 8 a.m.-noon. SNAP beneficiaries receive up to \$20 match. Visit <http://restonfarmersmarket.com/>

MCLEAN FARMERS MARKET

The McLean Farmers Market opened for the 2022 season on May 6th, at Lewinsville Park, 1659 Chain Bridge Road, McLean. The market will run every Friday from 8 a.m. to noon through November 11. Local farmers and producers will sell fresh produce and fruits; breads and pastries; prepared foods; meats; herbs; flowers, and more. All products are grown or produced by the vendors and come from within 125 miles of Fairfax County. For more information, see: <https://www.fairfaxcounty.gov/parks/farmersmarkets/>

HERNDON FARMERS MARKET

Thursdays through Nov. 3, 8 a.m. to 12:30 p.m. 765 Lynn St., Herndon, VA, 20170 <https://www.fairfaxcounty.gov/parks/farmersmarkets/herndon>

GREAT FALLS FARMERS MARKET

The Great Falls Farmers Market Outdoor Market is open every Saturday, Spring and Summer, 9 a.m. - 1 p.m., 778 Walker Road, Great Falls. For vendors and weekly highlights see <https://www.greatfallsfarmersmarket.org/>

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NOW THRU AUG. 26 (FRIDAYS)

Storytime for Little Historians. 11 a.m. The second annual Storytime for Little Historians program returns this summer. Reston Museum invites our youngest visitors to the Reston Museum every Friday at 11 a.m. to listen to a story about Reston or one of Reston's founding principles. Books for the program come from the Reston Museum and Reston's Used Book Shop. Program is offered free of charge and each child will receive a goodie bag. Program is recommended for children under 7. Visit www.restonmuseum.org.

SATURDAY/AUG. 27

Rotary Satellite Club of Herndon-Reston Non-perishable Food and Hygiene Collection. 10 a.m. - 12 p.m. Drop off nonperishable food and hygiene items: ArtsHerndon, 750 Center Street, Herndon. (www.ArtsHerndon.org). Your support addresses food insecurity in our community benefiting LINK, <https://www.link-againsthunger.org> and F.A.I.T.H. <https://www.faithus.org>. Contact Elysa: Elysa@Herndon-Tech.com or Pat: PatriciaRhoads@aol.com.

SATURDAY/AUG. 27

Over the Edge Urban Rappelling Fundraiser. 11 a.m. to 5 p.m. At The Plaza at Tysons Corner Center. Helping Haitian Angels and the Hyatt Regency Tysons Corner Center in partnership with Helping Haitian Angels and the Hyatt Regency Tysons Corner Center will host the 2nd Annual Over The Edge Urban Rappelling Fundraiser to Benefit Orphaned and Abandoned Children in Haiti.

Helping Haitian Angels (HHA), a local nonprofit caring for orphaned and abandoned children in Haiti, is partnering with Over The Edge (OTE), an adventure experience company based in Nova Scotia, Canada, to host an outdoor urban rappelling fundraiser on Saturday, August 27, 2022. Participants raising a minimum of \$1,200 for the nonprofit are invited to rappel 14 stories over the side of the Hyatt Regency Tysons Corner Center to a Landing Zone just above the Tysons Corner Center plaza, allowing their Courage to Create Opportunities for children who need help. Those interested in rappelling can register at <https://www.helpinghaitianangels.org/over-the-edge/>.

SUNDAY/AUG. 28

Concerts on the Green. 6-8 p.m. At the Village Centre Green, Great Falls. Featuring Mike Terpak Blues Explosion - Industrial strength eclectic electric blues
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CENTRE VIEW

Thank you to the hundreds of supporters who helped to keep all your Connection Newspapers alive throughout Alexandria, Fairfax County, Arlington County and Potomac, Md. along with affiliated websites and digital media. Now we need help again in 2022.

Each local newspaper's mission aspires to provide greater community service, and we do know that our communities are better off if we continue to publish. Last year's financial support from readers and supporters like you bridged the shortfall before Federal PPP funding arrived, and both made our survival possible. We now await a decision for a grant from Rebuild Virginia in early February that we hope will help us in 2022 and beyond. But we need help to survive the first quarter, always a brutal time for cash flow in weekly newspapers. Thank you.

Please, help save these historical papers. All gifts will be used to fund our printed newspapers and websites and to meet obligations to our loyal and patient employees, writers, contractors and suppliers.

The ongoing pandemic continues to crush many newspapers across the country, and our newspapers continue to be at risk. The Northern Virginia area's best read and most trusted source for community news includes the Alexandria Gazette Packet, Mount Vernon Gazette and all Connection Newspapers in the metropolitan region.

The pandemic has hit small businesses hard, which in turn has reduced advertising revenue that keeps these local newspapers alive to provide hyper local news to residents. It feels like no small miracle to be looking forward into 2022.

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Connection Newspapers has been offering these local newspapers to residents for over 200 years. Countless residents have grown up with these papers covering significant moments in the lives of family and children, news, community events, school activities, and even pictures of our dogs and cats. Internet news and large national newspapers cannot provide the local connection or historical connection that local papers like Connection Newspapers and the Alexandria Gazette Packet provide. If your child, dog, mother, father, neighborhood, school has been featured, you understand the value of local community newspapers.

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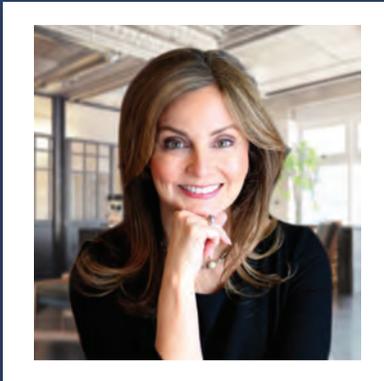
By KENNETH B. LOURIE

To invoke one of my late mother's favorite expressions, which most definitely applies to this patient's current tenure in the hospital: "It's enough already." But it's not, unfortunately. It is about slow incremental progress which enables the doctors to contemplate a more substantive plan going forward. The next two steps (not literally) involve the patient being able to breathe on his own, and in so doing, disconnect him from the ventilator. Then, and in what order I haven't a clue, eliminate the need for kidney dialysis. Once the patient can breathe normally and exhibit stable kidney function, he will have succeeded where none of the doctors initially treating him in SICU thought he would. I remember one critical care doctor's assessment of this patient very clearly: "He's the sickest patient in the hospital." (At last check, there are over 900 beds in this hospital.) And yet, here we are, relative calm with the patient getting better every day or so it seems (comparatively speaking). As his recovery continues to improve, a different physician from his treatment past and present: critical care, internal medicine, pulmonology, cardiology, nephrology, general surgery, and burn surgery to the physical, occupational, and respiratory therapists, and of the course all the nurses who have seen him at his worst; and to a man/woman, they are all amazed at how far he's come. Apparently, septic shock is all it's cracked up to be.

We are so proud of his will to survive and we're constantly reminding him of how amazing his progress has been. Nevertheless, it's not having the desired effect. Oddly enough, the better and more back to normal he gets, the more aware he is of situation/hospital confinement. Though he's hooked up to a lot less stuff (at one time, he had eight different I.V.s connected to his body, plus a feeding tube, a 24-7 dialysis machine, a heart monitor with a 24-7 heart rate, pulse, and oxygen measures, along with a full time blood pressure cup, a ventilator and a wound vac for the leg where the infection that precipitated this near disaster in the first place and what am I forgetting? Something, I'm sure. In addition, his arms are still restrained (because he's pulling at - and out, some of his tubes) and so he can hardly move and certainly hasn't had any food or water down his throat because of the trach tube inserted just below his Adam's apple. And what's worse, as he improves every day and becomes more aware of his current condition, he is becoming increasingly frustrated by his limitations. And what's even worse, we can't do anything about any of it except talk and try to reassure and encourage him. But as they say: "Talk don't feed the bulldog."

Moreover, I know he's sick of us talking, trying to keep his spirits up. We try to keep him current on news, weather, and sports, to the minimal extent to which he's interested. But mostly, he wants his car keys so he can go home. (To say that's not possible is the understatement of the year.) The dilemma is that what's likely to lead most to a speedy recovery and return home, is exactly what he or the doctors absolutely can't rush: time. Until his body/bodily functions become more normal, he can't do anything but lay in waiting, so to speak. There is a television in the room but his interest in watching anything is negligible. We can tell however that his mind is beginning to process information as he's asking more questions, especially the existential kind: "What am I doing here?" But it's only over time that we'll be able to put his thoughts, plans, hopes and dreams into practice. And on his best day, before any of this happened, he's kind of impatient. On his worst days: now; well, let's just say it's becoming increasingly more difficult to placate him (understandably so). He's come so far, but I worry that these next few steps (some literally, actually), might be his toughest yet. However, from what I've witnessed over this last month, I have no doubts that he'll be up and at'em eventually. It just won't be soon enough for him. Still, he's lucky to be alive, really, and you can be sure that we'll tell him, repeatedly.

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



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