

NEWCOMERS & COMMUNITY GUIDE

2022-2023

Hidden Gems

PAGES 2, 3, 8, 9

Hidden Gem: Amidst tall buildings and the hustle and bustle of Tysons Corner lies a magical eight-foot wide paved pedestrian trail with tall trees and lush greenery, Scott's Run Trail.

ENTERTAINMENT, PAGE 11 ♦ CLASSIFIED, PAGE 14

PHOTO BY SUSAN BONNEY

Give Locally

PAGE 12

Q&A with Dr. Reid;
Jobs in Space

PAGE 4

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NEWCOMERS & COMMUNITY GUIDE 2022



MERCIA HOBSON/ THE CONNECTION
Mayor Linda Colbert, Town of Vienna, at the Liberty Amendment Month Celebration on June 18, 2022



PHOTO BY CALEB LESTER
The 7.5-foot tall, 900-pound bronze sculpture, "Taking Flight," by artists Seth and Missy Vandable, is located outside the lobby of the town's 2017 renovated community center. It memorializes Madena Jane Seeman (1937-2014), former mayor of Vienna (2000-2014), and her passion for volunteering. Mayor Linda Colbert is Seeman's daughter.



MERCIA HOBSON/ THE CONNECTION
Vienna Town Green is a gem for concerts and sitting in the shade.

Hidden Gems in the Town of Vienna

BY MAYOR LINDA COLBERT
 TOWN OF VIENNA

Vienna has many hidden gems. It is a close-knit community with dedicated volunteers and unique businesses that give back to the Town. We also have the Town Green, a gathering place for special events or just to meet a friend

Our historic Church Street features the Freeman House, Vienna Presbyterian Church, plus charming shops, and the Little Library. It is very walkable.

A few blocks away, in front of the Vienna Community Center, is the sculpture "Taking Flight." It honors former mayor M. Jane Seeman and all Vienna volunteers.



MERCIA HOBSON/ THE CONNECTION
Vienna Presbyterian Church celebrated its 150th birthday in 2021.



MERCIA HOBSON/ THE CONNECTION
Vienna's volunteers are a town gem.



PHOTO BY MERCIA HOBSON/ THE CONNECTION
The Freeman Store and Museum, formerly the Lydecker Store, is a historic general store located in the Town of Vienna.



PHOTO BY MERCIA HOBSON/ THE CONNECTION
Historic Church Street

About Connection Newspapers in 2022

IN THE MIDST of the crisis which never ends, we at the Connection hear the call to serve our communities. We still seek to fulfill our mission by continuing to publish, even with reduced resources. It's still our mission to provide information about where to get help and how to help; to disseminate information about the virus and efforts to stem its spread; to tell the stories of those who are helping, of those who are hungry. It's still our mission to tell the stories of those working for social and racial justice, and battling income inequality.

It is our mission, set out in the first amendment of the U.S. Constitution, to press local government every day for transparency. Your local paper can be your window into the workings of schools, police, transportation, zoning, stormwater management, services, and a nearly infinite number of other functions. These are the things that impact our lives at home and work. The public has a right to expect transparency from such local institutions, more so when they are publicly funded. The constitution clearly anticipated the ongoing need for the press to help in this role.

It is still our mission to deliver the local news you need, to help make sense of what is happening in your community, to advocate for community good, to provide a forum for dialogue on local concerns, and to record achievements, milestones and events in the community and people's lives. It is still our mission to cover the normal news of the local communities.

“Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the Government for a redress of grievances.”

First Amendment, U.S. Constitution

We publish photos and notes about personal milestones and community events, including births, engagements, weddings, anniversaries, awards and obituaries.

We also publish notes about news and events from local businesses. Notes about openings, new employees and anniversaries are welcome.

For many months blending into a year, there were no calendar listings in our papers. Everything was canceled. Now there is a return of many face-to-face events. If you are planning an event, we appreciate getting notice at least two weeks ahead of the event, and we encourage photos.

Your community Connection newspaper is published by the independent, locally owned Local Media Connection LLC, serving the suburbs of Metropolitan Washington in Northern Virginia and Potomac, Md. Our

flagship paper, the Alexandria Gazette Packet, is one of the oldest continuously publishing papers in the country, beginning publication in 1784.

This year, 2022 in the time of the pandemic, we struggle to keep going.

Local newspapers, including the Connection Newspapers, are facing an existential threat from the combination of nationwide downturn in newspaper advertising that has been worsening over several years, compounded by the economic crisis of coronavirus.

We turned to GoFundMe at a critical point, and our readers answered, raising nearly \$50,000 to get us through a terrible time. We thank all who gave, as well as all who wished us well.

Now, we are back to great difficulty. Revenue has not nearly rebounded to pre-pandemic levels, and we are going to need more help to keep going. We will renew calls for contributions shortly to try to carry on. Here is the link to our current GoFundMe. <https://www.gofundme.com/f/help-keep-your-newspaper-printing>

Find What You Need

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— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

Hidden Gems?

BY MERCIA HOBSON
THE CONNECTION

For this year's Newcomers & Community Guide, we wanted to share hidden gems, those must-see places or events unknown to many. They could be forgotten, overlooked, or hidden in plain sight. Members of the Fairfax County Board of Supervisors, their staff, mayors and others provided some of their favorites.

This reporter compiled photos to illustrate the points of interest, venues, festivals, architecture, and more. Because of these gems, hidden or not, your community is more than a collection of buildings and businesses. The gems, gathered in your community newspaper, enhance your hometown's identity by creating a sense of place, fostering relationships, facilitating action, and even stimulating the economy.

How about a life-size replica of Stonehenge that is made entirely of Styrofoam, an out-of-place Air Force radar dome, or a creepy one-lane concrete tunnel in Clifton, known as the Bunny Man Bridge?

For a regional perspective in Fairfax,



VIA ATLASOBSCURA.COM

A Nike Missile site in Fairfax County in preparation for defense against enemy aircraft during the Cold War—Great Falls, Fairfax County

Arlington, Alexandria, VA, and Potomac, MD, visit The Connection's website to view our other Newcomers & Community Guides by neighborhoods.

Lesser-known Favorites Around the County

Plus favorites from the chairman's staff.

BY CHAIRMAN JEFF MCKAY
(AND STAFF)

Huntley Meadows in Winter: Chairman McKay was raised on the Route One corridor, and Huntley Meadows Park has been his favorite since he was young. While it is most popular from Spring through Fall, the colder months are a wonderful time to visit, providing quiet solitude and ample space to reflect or enjoy the season's stillness, offering a minimalist beauty uniquely Winter. <https://www.fairfaxcounty.gov/parks/huntley-meadows>



Nalls Produce in Autumn: While known to locals, Nalls is worthy of a drive from anywhere in the county, especially during Autumn when Pumpkin Hill opens, and you can select your ideal gourd while also getting the perfect seasonal picture. Farm- and orchard-fresh produce plus gourmet foods

from the region round out the truly Franconia experience. <https://nallsproduce.com/>

Historic Huntley and Gunston Hall: While everyone rightly knows about Mount

Vernon, Fairfax is home to several preserved historic homes, and often overlooked are Historic Huntley and Gunston Hall. Historic Huntley is almost 200 years old and was built for the grandson of George Mason and former Alexandria Mayor Thomas Francis Mason. It has served in multiple roles over its history, including as a Civil War encampment. And speaking of George Mason, ensconced right by Gunston Cove abutting Pohick Bay Regional Park, is beautiful via telling the story of the author of the Virginia Declaration of Rights and Virginia Constitution, his family, and the 100+ enslaved people who lived and worked there. <https://www.fairfaxcounty.gov/parks/historic-huntley> <https://gunstonhall.org/>

Workhouse Arts Center: While not hidden per se, any newcomer to Fairfax County

SEE CHAIRMAN MCKAY, PAGE 9

Interview with FCPS Superintendent Dr. Michelle Reid

FCPS students, the rising Artemis generation.

BY MERCIA HOBSON
THE CONNECTION

Against the backdrop of attempts to launch the #Artemis 1 flight test around the moon <http://www.connectionnewspapers.com/news/2022/sep/07/space-center-planned-reston/>, on Thursday, Sept. 1, FCPS Superintendent Dr. Michelle Reid shared how she seeks to position FCPS as national leader in the next evolution of S.T.E.M. literacy and creativity for all students.

“The work that our educators do and every role we have within this division is critical to shaping our future,” Reid said earlier. “And it’s never been more important than it is today, [with] 65 percent of our students in the classroom preparing for jobs that do not yet exist.” Instruction receives 86 percent of the \$3.3 billion advertised budget for SY2022-2023.

This interview has been lightly edited for clarity and length.

Interview Highlights

Q#1: How is FCPS positioning the division to become an innovative leader in bringing the next evolution of S.T.E.M. literacy to all students as it focuses on talent development for the next generation of [space and earth] workers?

Dr. Reid: This next generation will likely commute between planets within space. You might live on Mars and work on Jupiter. Who knows? ‘There’s space for everybody,’ according to NASA. It’s a really powerful statement.

It’s often been said that good organizations react quickly to change, and great organizations create change. (paraphrased from Robert Krieger). We want to be that division that creates the change — that is the highway for all divisions in this country. We have to be thoughtful about what skills our young people will need to thrive in this world yet to be imagined.

Q2: The universe and the world beyond belong to all. Beyond being an astronaut or an engineer, how can students see a place for themselves in space-faring? Our children will ask inwardly and aloud, ‘Is there



FCPS students—the Artemis generation.



FCPS Superintendent Dr. Michelle Reid.



FCPS positions enhancements to eliminate gaps in equity and achievement for all students.

room for me (diversity-wise and employment-wise)? What will you say?

Dr. Reid: One of the things about space and science that we have to be mindful of as a learning institution, is staying curious longer about what is right in front of us and how we impact and interact with it. It will also be very important for us to think about imagination and creativity. Because it’s almost like we’re asking children to see themselves in our preconceived idea of what it (space) will look like.

I think we can have our young people shape that picture in ways that we haven’t conceived of yet. Too often, we limit our children’s thinking by asking, ‘How do you see yourself in this picture?’ When, if they created the picture, it would be very different.

We don’t spend much time talking about creativity scores because we don’t do creativity scores. We have SOLs. When I think about SOLs, it’s important that our students can read, write, do mathe-

tics, science, and so forth. Some ways they will use those core skills rely on creativity, critical thinking, and problem-solving skills that we don’t measure very effectively.

Our neurodiverse learners are some of our most creative thinkers. I think we have to approach our work differently if we’re going to successfully prepare our young people for a world yet to be imagined.

Q3: How is FCPS looking to cultivate and nurture S.T.E.M. careers in the aerospace world as the new space economy grows? What components do you believe are needed to nurture S.T.E.M. literacy?

Dr. Reid: The number one thing we need to consider is retaining and recruiting fabulous educators. We need to ensure that we have safe learning spaces for every student. We need to ensure that we have opportunities for hands-on learning, project-based learning, and ways for students to apply knowledge independently in new



Artemis 1.

and different settings to demonstrate learning and not simply memorization and knowledge acquisition.

Knowledge acquisition is important, but to really demonstrate learning needs to be done independently in a different setting. There is time to work in collaborative groups and times to reflect on our own work. Too often, we believe that learning occurs only

in the classroom. I think getting outdoors, being in other places, having downlinks from NASA and NOAA, and having access to industry lead laboratories, Boeing (is important).

We’ve learned in the last couple of years that learning spaces can be anywhere. How can we make sure our students have access to those resources, all students, not just some students?

Build Complete Bike Path along Beulah Road

Dear Editor,
I would like to see you address the following topic in an upcoming addition of your newspaper. I believe Vienna needs better bike paths, particularly on Beulah Road. Beulah is the access road to many family neighborhoods. As a middle schooler, I would like to bike more places, but to access those places I need to use Beulah Road.

Beulah is too narrow for kids to safely ride on the road itself.

The sidewalks are narrow and for foot traffic, so it is dangerous to ride on them.

Sometimes there isn't even a sidewalk to begin with. The bike lanes are few and far between and pretty narrow. The biggest issue is that the bike paths that are there are not connected. When a bike lane ends, you need to dangerously cross the road with no crosswalk or just hug the curb of a very busy road.

I would like to see the Town of Vienna or Fairfax County build a complete, connected bike path along Beulah Road. Thank you for reading my letter.

Aaron Angove
Kilmer Middle School,
12 years old, 7th grade
Vienna

Scouting

I am a member of scouts BSA troop 987. I have recently been trying to complete the communications merit badge. In this merit badge we are required to write a letter to an editor in our area. In my letter, I would like to tell you about all the fun I've had as a Boy Scout member of troop 987. I began scouting at a young age in cub scout pack 13, then pack 1139. Scouting was a good way to build my confidence and abilities while still having fun with my friends. Now that I am in high school, I can see a lot of the things I learned in scouting finally paying off.

I have learned so much from my troop leaders, and I've made many new friends because of scouting. I learned how to tie knots, learned first aid, and many other important skills.

Scouting focuses on both micro and macro skills, which allows scouts to develop fully as people more effectively. Navigating life as teenagers can get confusing, but the scout law allows me to always

reset back to a basic set of values to live by.

We have troop meetings every Monday night at the Emmanuel Lutheran Church. As a troop, we are incredibly grateful for everything they do for our organization. We also go on a variety of campouts and learn valuable leadership skills. Campouts allow us to practice our scout skills, but they also allow us to grow through challenging experiences.

I have been through many struggles at campouts, but I always become a better person in the end because of it.

Boy Scouts has been a very fun experience for me. Thank you very much for letting me tell you about Scouting.

Ben Miller, 16 Junior at Oakton High

Screened in Porches in Vienna
To the editor:

Thank you, the town of Vienna. I was really pleased that you offered residents a chance to participate in CODE CREATE. CODE CREATE was an organization trying to simplify and reorganize the zoning laws of Vienna. With their help we changed the zoning laws of patios and porches and made it possible for home owners to add a screened in porch over their patio.

When I spoke at town council there were 5 options and I was so happy when the final vote happened and the council picked option B which gives residents the ability to put a roof over up to 400 square feet of a deck under the following conditions:

- ❖ Covered decks must be single-story and cannot be converted into conditioned, interior living space;
- ❖ Covered decks cannot be located in the front yard; and
- ❖ Covered decks must provide for stormwater management practices in accordance with the Stormwater Manual for Outdoor Living Areas and meet all criteria included in the manual.

Now we are working on building out our deck and I am excited to be able to sit outside without any bugs.

I am an 8th grader and I was among the group of people who spoke at mor than one council meeting and it was really interesting to follow the process. I learned alot about city government and I encourage other young people to get involved in issues impacting them.

Todd Landwehr
Flint Hill School, 13, 8th grade
Vienna

Expand Housing, Support Small Business

To the editor:

Hello! My name is Sean McCaslin and I am emailing you for the communications merit badge from boy scouts. My topic is about the transition from town to city. it seems very clear Vienna would like to stay the way it is. Tons of small businesses now thrive and make a friendly community. Schools do well and there are beautiful parks and sights. This amazing place sounds so good that more people would like to live here.

The dilemma is more people might mean fewer small businesses and a less connected community. I believe there is a better way to handle this change. As we have more people moving in we would have to expand but keep it simple, for instance, we might have to

get higher production rate stores as long as they serve community needs. We must trust the small businesses if we're serious about expanding. We could give certain small businesses grants to help them to be more successful and expand our economy. As these "Medium businesses" start growing, we could have enjoyable cafes and restaurants with more capacity for the growing population.

Regarding housing, we could start working on slightly larger improvements, similar to the recent Church Street proposal to the Vienna Town Council. If there were more of these sorts of buildings, with hopefully more capacity for resident apartment renting, the increase of people wouldn't be so harsh. This plan is not perfect and takes a lot of work, but I truly believe we could be doing more with this town.

Sean McCaslin, age 12
Thoreau Middle School,
7th grade
Vienna

Transparency Needed On Deer Hunt

To the Editor:

Re: "Deer Archery Program begins Sept. 10," Mount Vernon Gazette, Sept. 8, 2022.

I first saw the signs about the Fairfax County deer hunt posted on a utility pole across the street from our house. It gave a number to call, so I did so, leaving a message for the Fairfax County wildlife biologist, as I wanted to talk scientific studies with her. Instead, I got a return call from a Fairfax County Police Sergeant. He was nice enough, but he was not prepared to talk science with me. Instead, he told me that "numer-

ous neighbors" had requested that the county include our area in the yearly deer hunt. I thereupon filed a FOIA request with the county, asking for copies of the scientific studies that had provided the justification for the deer killing in our neighborhood.

Yes, said the county, I could have a copy of the studies, but only if I paid them \$400. This seemed extreme, so I pared down my request and asked for the names of people who had demanded that the county kill the deer in our area. That would be \$100, said the county,
SEE HELPING. PAGE 7

Let Us Know Your View

Connection Newspapers welcomes views on any public issue. Letters must be signed. Include home address and home and business numbers; we will only print your name and town name. Letters are routinely edited for length, libel, grammar, good taste, civility and factual errors.

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Fairfax County announced that its Deer Management Archery Program would begin Sept. 10, 2022, and run through Feb. 18, 2023.

Transparency Needed On Deer Hunt

FROM PAGE 7

and the response would include no actual names. It would be redacted. I thought this was also unreasonable. I reached out to our local Supervisor, Dan Storck, and got absolutely nothing from his office except the usual generic notice that they had received my request. In other words, it was Supervisor Storck at his normal best. I asked for the scientific studies because in the emails we have exchanged over my FOIA request, the county has told me that the deer are eating up all the vegetation and need to be culled. They might be suffering from "wasting disease" and need to be culled. They might be causing deer-vehicle collisions and need to be culled.

None of these conditions are applicable to the area along Paul Spring Creek, which is directly across from our house, where we have lived since 1999. Yes, we see the occasional deer, and they seem to be extremely healthy. I saw a ten-point buck in the woods about two weeks ago. It was plump and healthy and was contentedly munching away on the invasive plants that

the county does nothing about.

I posted a note about the deer hunt on a local Facebook page and got numerous expressions of disapproval of the hunt. Nobody in our area seems to favor it, though I admit that there might be a neighbor somewhere who objects to losing some of their hosta. Your article touts the safety of the hunt. I pointed out to the county that many neighborhood children play

in Paul Spring Creek and might be in the woods at the time of the hunt. One child wounded by an arrow would be a

disaster for the county and for that child and their family. Given the narrowness of the corridor along Paul Spring Creek and the area owned by the county, the requirement to stay at least 100 feet from a private property line that you mention in your article will severely restrict the area in which bowhunters can mount their tree stands. I'm not even sure that the corridor along Paul Spring Creek is even a full 200 feet wide.

Maybe there are parts of Fairfax County where deer are running rampant, are suffering from wasting disease, and are causing traffic and other great problems. If so, I have no objection to the hunt taking place there. But the fact that the county will not willingly share its scientific studies with a tax-paying citizen suggests that either there are no such studies or they do not justify the county's decision to conduct the hunt in specific areas. Transparency on the county's part would be nice, as would an acknowledgment from our primary county elected official that he has constituents who are unhappy with what the county is doing. Maybe a deer hunt is needed somewhere in Fairfax County, but our neighborhood is not among these places. This hunt should not take place across the street from where we live.

**Col. James T. Currie,
USA (Ret.)
Alexandria**

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**ALEXANDRIA
OLD TOWN
ART FESTIVAL**
(previously on King St.)

Sept. 17th - 18th
Sat./Sun. 10am - 5pm

Outdoors at John Carlyle Square
300 John Carlyle Square
Alexandria, VA

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OCTOBER 8 THE NATIONAL MALL
OCTOBER 23 RESTON TOWN CENTER

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PHOTO VIA @TOWNOFVIENNAVA

Vienna's Chilln' on Church Street (and on the Town Green) with live music, food trucks, beer and wine for sale, and more.



PHOTO CONTRIBUTED

A recent event at Lake Anne, the Reggae Festival, Sept. 10. It is the biggest crowd seen in ten years, according to Reston resident John Lovaas. "Filled the whole Plaza all the way down to the quay to Heron House tower," he says.

Hidden Gems in Vienna and Reston

BY SUPERVISOR WALTER ALCORN
HUNTER MILL

Church Street in the Town of Vienna – More than 20 years ago, the Vienna Town Council adopted an ordinance to enhance the appearance and economic vitality of businesses in the historic Church Street commercial corridor. Today, Church Street and the neighboring Town Green are constantly bustling with events, including storytelling for children, holiday strolls, parades, and festivals. Stop by any of the busy small businesses, and you'll find neighbors gathering for coffee and a book club meeting, stretching at a yoga class, or enjoying a fantastic meal (why there's a Vienna Foodies Facebook page). One of its greatest assets is the proximity to the regional W&OD trail, which offers walkers, runners, and cyclists a historic path through nature. While some may argue that the whole town is a gem, I think we all agree Church Street is a special place.

Reston Association's Network of Five Trails – These Reston gems come in five colors – blue, green, pink, red, and turquoise. The Reston Association has marked five color-coded trails so you can enjoy the beauty and green, open space on foot or a bike. I encourage you to try all of them to really see Reston!

Blue Trail – 3.44 miles, Tall Oaks to Lake Anne to North Point Trail

Green – 1.43 miles, Reston Town Center to Lake Anne

Pink – 4.07 miles, North Point Parks Loop Trail

Red – 2.1 miles, Lake Thoreau Loop Trail

Turquoise – 4.74 miles, South Lakes Village Center to Hunters Woods Center

The trail guides can be found here: <https://www.dropbox.com/sh/4ynbnoyvh-qkv81t/AADwoXNEXzmJ20aDw09LwXnqa?dl=0>

Lake Anne – Lake Anne and its Village Center are often referred to as the heart and soul of Reston. This is the first of Res-



MERCIA HOBSON/ THE CONNECTION

ton founder Robert Simon's planned villages where people could live, work, play, shop, go to school, and age in place. The surrounding Village Center was named to the National Register of Historic Places in 2017. More importantly, it is a gathering place for old and young alike. There are benches for contem-



MERCIA HOBSON/ THE CONNECTION

Reston's Lake Anne, where all are welcome, including witches paddleboarding toward the dock for Halloween fun.

plating (one with a statue of Robert Simon to sit next to), public art, waterfront dining, paddleboarding, concerts and events, a farmers market every Saturday, and the Reston Museum. What you won't find is a chain store, only unique small businesses. This is a gem everyone in Fairfax County should visit.

Hidden Gems in the Dranesville District

BY SUPERVISOR JOHN W. FOUST

Equestrian Facilities at Turner Farm Park: Many people are familiar with the astronomy programs offered by the Analemma Society at the 52-acre park, but the property also hosts superb equestrian facilities. Equestrians can enjoy 40 acres of open fields for riding; a cross-country course with water, ditch, and bank complexes; a round pen; stadium jumps; and dressage markers in the large, multi-purpose outdoor arena. Throughout the year, horse shows and other activities are put on by Turner Farm Events, a non-profit group. -925 Springvale Road, Great Falls, Virginia 22066

Laughlin Avenue Plaza in McLean is a great place if you are looking to grab a cup of coffee and chat or are just looking for a spot to rest in downtown McLean. This



Equestrian Facilities, Turner Farm Park, 925 Springvale Road, Great Falls, VA 22066



Runnymede Park, 196 Herndon Parkway, Herndon, Va. 20170

unique, terraced park features a water-integrated sculpture with a seating area and is within walking distance of downtown shops, restaurants, and parks. It is located adjacent to the Palladium in McLean and is an ideal gathering place for community residents. -1445 Laughlin Ave., McLean, VA 22101

Runnymede Park: The Town of Herndon owns and maintains this 58-acre park. It is the site for many community nature-related events, such as the annual NatureFest, the Spring Native Plant Sale, and the Fall Native Plant Sale. Situated near the Sugarland Run Stream, the park attracts over 100 species of birds, deer, foxes, and other wildlife. Guided walks are offered to highlight the wildlife on the trails. Two park shelters are available for rent. The park is great for hiking, birdwatching, picnicking, and studying nature. -196 Herndon Parkway, Herndon.

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PHOTO VIA NALLS PRODUCE FACEBOOK

It's Fall, and that means love a pumpkin at Nalls Produce



PHOTO VIA FACEBOOK.COM

Gardens at Gunston Hall



PHOTO VIA INSTAGRAM.COM/WORKHOUSE

The 12th Annual Clay International exhibition at Workhouse Art Center, on view through Oct. 9, 2022, features contemporary functional and sculptural ceramic artwork.

Chairman McKay's Lesser-known Favorites

FROM PAGE 3

would be well advised to check out all the amazing cultural and entertainment offerings at the Workhouse Arts Center. Beyond its remarkable story as a former prison transformed into a destination for artists and learners, history buffs (the Lucy Burns Museum is on site), and those looking for theater, a concert, or a laugh at one of its dozens of shows should be regular visitors. This is a can't-miss venue for everyone who lives in the area. <https://www.workhousearts.org/>

From the Chairman's Staff:

Frying Pan Park backcountry: While most people know about the wonderful Kidwell Farm and historic house on the property, there are beautiful hiking trails throughout the 130 acres of this amazing park. Suggest starting at the parking lot, walking to the historic Frying Pan Meeting House (where seeds of the Revolutionary War were sown and later served as a field hospital and final resting place for Confederate soldiers), and then through the forest to a waterfall before emerging on a farm road before arriving at protected wetlands with bountiful songbirds on the park's northeast side.

Highs & Lows: A locally-owned gift shop filled with the quirky, the wacky, and the downright weird, with something for everyone. With stores on Richmond Highway and Springfield Town Center loaded with items from pop culture, movies, music, toys, exotic food and drink, you are sure to find something you've never seen before and never knew you needed until the moment you saw it! www.connectionnews-papers.com/news/2022/sep/11/highs-and-lows-hits-high-new-store-springfield/

Chairman McKay's lesser-known favorites in Fairfax :

JV's Restaurant: This Fairfax County institution at 6666 Arlington Blvd is one of the few places in the County where you can hear www.CONNECTIONNEWSPAPERS.COM

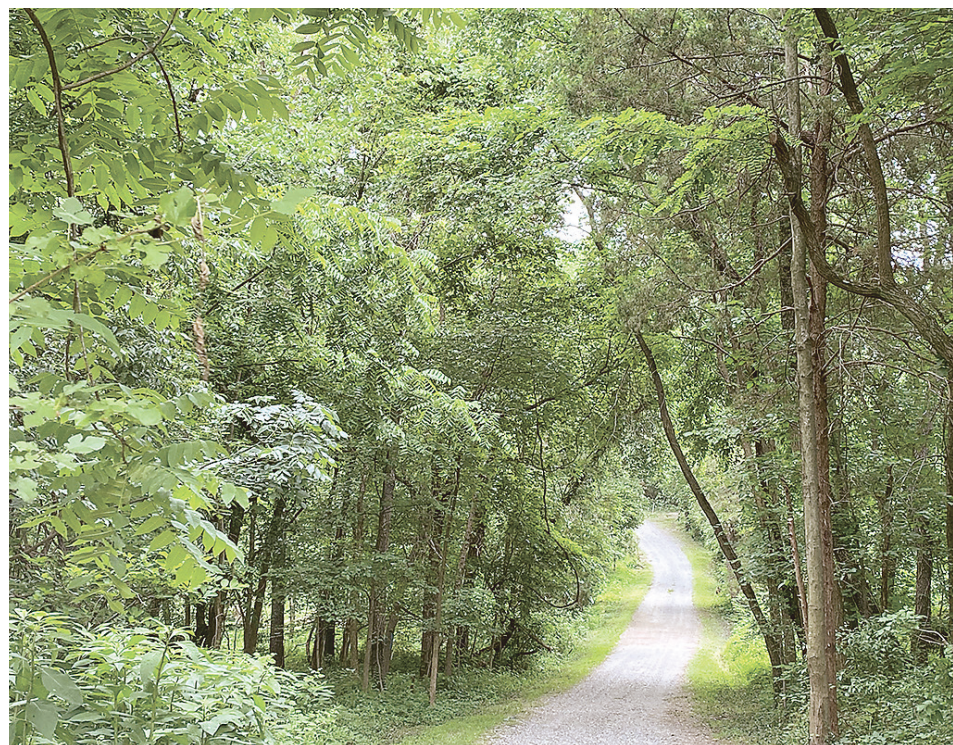


PHOTO BY MERCIA HOBSON/THE CONNECTION

Backcountry at Frying Pan Park in Herndon



PHOTO VIA FAIRFAX COUNTY.GOV/PARKS

A king rail at Huntley Meadows

During the holiday season, watch for notices from Celebrate Fairfax for markets featuring Fairfax County artisans and crafters

live music seven days a week. It will mark its 75th anniversary in November 2022.

Fairfax Small Businesses: During the holiday season, watch for notices from Celebrate Fairfax for markets featuring Fairfax County artisans and crafters from the county and the local area. These amazingly talented makers will be a primary stop for your

"Work hard, Play at JV's"

SEPT 16 - Fri.	SHARTEL & HUME DUO - 4PM YOUNG RELICS RETURN
SEPT 17 - Sat.	TERRI & THE BACK ALLEY RHYTHM CATS - 4PM MOTHERS LITTLE HELPER - 8PM
SEPT 18 - Sun.	MARS RODEO - 4PM FLAT DUO JETS SHOW - 8PM
SEPT 19 - Mon.	TOM SAPUTO SHOW
SEPT 20 - Tues.	OPEN MIC w/ JOSH & ANDY - 7:30PM
SEPT 21 - Wed.	DOUG DEMING & THE JEWEL TONES
SEPT 22 - Thurs.	SOL ROOTS SHOW - 8PM

VIA INSTAGRAM

JV's Restaurant- Work hard, play hard, music every night

seasonal shopping. This is a wonderful way to support our local small businesses, and you're sure to find something for everyone on your list!



VIA INSTAGRAM

Check out the weird, exclusive and exotic at Highs and Lows, two locations, Richmond Hwy and Springfield Town Center. It's a favorite of Chairman McKay's staff.

Hidden Gems in the Mason District

BY SUPERVISOR PENNY GROSS
MASON DISTRICT

Hidden Oaks Nature Center in Annandale at 7701 Royce Street in Annandale was the first nature center in Fairfax County and is enjoyed by generations of families. Visit the newly-renovated center, walk the trails, learn about birds and butterflies, or hear frogs and crickets.

When a lightning strike damaged a huge tulip poplar behind the center, the Friends of Hidden Oaks arranged for a local chainsaw carver, Andrew Mallon, to create a woodland animal sculpture out of the trunk. Another part of the tree was carved into a bench where you can relax and count all the local animals represented. Just this summer, Andrew Mallon carved, also with woodland creatures, the new gates to Nature Playce, where kids can get close to nature and even get a little dirty. A fancy new pump provides a water feature and ingredients for mud pies!

Just a quick trail walk from Hidden Oaks is the Packard Center at 4022 Hummer Road in Annandale Community Park, where Artisans United, Inc. has a lovely gift shop featuring handcrafted items by local artists — glass, pottery, jewelry, and fabric arts. It's a favorite place to find a reasonably priced special gift and support the arts at the same time.

Because of redistricting, a new arts opportunity in the Mason District is the Providence Players of Fairfax. They perform at the historic James Lee Community Center, 2855-A Annandale Road, in Falls Church. The nonprofit Players have been presenting community theater for over 20 years, and their fall season starts soon. Live theater at an affordable price is a special treat, and I am delighted to welcome Providence Players to the Mason District. And no, they won't have to change their name.



PHOTOS VIA FLICKR FAIRFAX COUNTY PARKS

Learn about birds at Hidden Oaks Nature Center.



Supervisor Penny Gross (D-Mason).

McLean's Hidden Gems, Landmark Restaurants

BY SCOTT SPITZER
PRESIDENT,
MCLEAN CITIZENS ASSOCIATION

The greater McLean area is rich with a broad variety of dining experiences. The McLean Family Restaurant, located at 1321 Chain Bridge Road McLean, has for many years been the place catering to all types of dining needs. It's a place for families

to enjoy comfort food, power breakfasts, lunches for business people, and a quick catch-up meal with an old friend. It's also a place to occasionally see DC's elite who live locally.

StarNut Gourmet located at 1445 Laughlin Ave, McLean, is a similar local eatery for breakfast and lunch. It's a family-run establishment that is warm and inviting.



PHOTO VIA INSTAGRAM

The McLean Family Restaurant is a classic family dining institution. It serves breakfast until 3 p.m., and its flexible menu can find the right meal "for the pickiest of eaters," according to its website.



The water pump at Nature Playce.



Wood from a tulip poplar tree that was struck by lightning was cut to make a bench.



PHOTO VIA ARTISFAIRFAX.ORG

Craft Gallery of Artisans United at The Packard Center in the Annandale Community Park 4022 Hummer Road, Annandale, VA.

ON THE COVER

Hidden Gem in the Providence District

SUPERVISOR DALIA A. PALCHIK
PROVIDENCE DISTRICT

Amidst tall buildings and the hustle and bustle of Tysons Corner lies a magical eight-foot wide paved pedestrian trail with tall trees and lush greenery, linking Magarity Road at Westgate Elementary School to Colshire Meadow Drive near the McLean Metro Station and Capital One Center.

Scott's Run Trail was designed to improve access to the McLean Metro Station, yet it also provides many more benefits, like exercise and improved mental health found in its peaceful respite. Body and soul can luxuriate in a natural setting near running water.

The name comes from Scott's Run Stream Valley Park and Westgate Park, which are most-



PHOTO VIA YOUTUBE

Fairfax County Supervisor Dalia Palchik (D-Providence)

ly within the property of the Fairfax County Park Authority, which helped with the design. The lighted half-mile trail was made possible by federal and Fairfax County funding.

Enter on Chain Bridge between Old Meadow and Scotts Crossing Road near the new Shipgarten Restaurant or at the other end of the trail, on Magarity, behind the school, next to the ball fields.

CALENDAR

UNTIL SEPT. 30

Summerfest. 7 – 9 p.m. At Tysons Corner Center, McLean. The Summerfest continues through September with Earl's Happy Hour, Kids Concert Series, Tysons Fit Club, Outdoor Family Movie Nights, Summer Concert Series, and live music on the plaza.

SEPT. 15-OCT. 2

Mlima's Tale by Lynn Nottage. Thursdays at 7:30 p.m., Fridays at 8 p.m., Saturdays at 2 and 8 p.m., Sundays at 2 p.m. At 1st Stage, 1524 Spring Hill Road Tysons. Tickets: Tickets: \$50 general admission, \$47 seniors (65+), \$15 students, educators, and military. Purchase online at www.1ststage.org or 703-854-1856.

SATURDAY/SEPT. 17

Sons of Mystro. 5 p.m. At McLean Central Park, 1468 Dolley Madison Blvd., McLean. The Sons of Mystro are brothers who use their violins to interpret reggae classics and American pop songs by such artists as Al Green, LMFAO, Bob Marley and Dua Lipa. They are winners of the Emerging Artist (Under 21 Years Old) Award from the International Reggae and World Music Awards.

SATURDAY/SEPT. 17

NVMR Train Station Open House. 1-5 p.m. At Vienna Train Station, 231 Dominion Road, NE, Vienna. Stop by the Historic Vienna Train Station where you can see and hear HO scale model trolleys and trains including Thomas and some of his friends on display and in operation. Great family fun and activity for the young and young-at-heart. Hosted by the Northern Virginia Model Railroaders. See www.nvmr.org.

SATURDAY/SEPT. 17

McLean Community Center Parking Lot Sale. Featuring more than 50 vendors, the Fall Parking Lot Sale is considered by many to be the first, biggest and best sale of the fall season. Held from 9 a.m. to 1 p.m., on Saturday, Sept. 17, in the MCC parking lot at 1234 Ingleside Ave. Local residents and commercial dealers will sell a wide variety of items at the open-air event—new and gently used household goods, electronics, furniture, clothing and appliances, among other items. A special area of the sale, Kids' Row, is specifically for sellers ages three to 15. Call 703-790-0123, TTY: 711, or visit www.mcleancenter.org.

SATURDAY/SEPT. 17

Back to school supply drive. Drop off items at the National Council of Negro Women booth at the Reston Multicultural Festival, 11 a.m. - 6 p.m. Reston Town Center 11900 Market St., Reston. Collected by Reston-Dulles Section, National Council of Negro Women, Inc.



The Sons of Mystro will play at McLean Central Park on Saturday, Sept. 17, 2022.

SUNDAY/SEPT. 18

McLean Project for the Arts Celebration. McLean Project for the Arts (MPA) will celebrate six decades of connecting art and community with a 60th Anniversary Gala Celebration on September 18, 2022 at Capital One Hall. In addition to a cocktail reception, hors d'oeuvres and light fare, live music and dancing, the celebration will feature Illusion of Depth, an augmented reality installation by Arlington artist Joseph Cortina. For more information, visit www.mpaart.org.

SUNDAY/SEPT. 18

Concerts on the Green. 6-8 p.m. At the Village Centre Green, Great Falls. Featuring Scott Kurt & Memphis 59 - Blend of country with old school outlaw grit and guitar-driven rock. Hosted by The Residence at Colvin Run. Come relax at the Village Centre Green and enjoy laid-back evenings of good music and good times with your neighbors.

FRIDAY/SEPT. 23

Wheel of Fortune Live! At Capital One Hall,

Tysons Corner. Guests can audition to go on stage and feel like they stepped into the game show itself. They will have the chance to spin a replica of the Wheel and solve the puzzles on the tour's puzzle-board to win fantastic prizes including \$10,000, a trip to Paris, Hawaii and more. Tickets start at \$51. For tickets, visit www.WheelofFortuneLive.com. Call (800) 514-ETIX (3849).

SATURDAY/SEPT. 24

DOGFEST. 11-3 p.m. At Reston Town Center, Reston. For DogFest Washington DC 2022 benefiting Canine Companions. Furry friends and their families are invited to join us for a day of fun, festivities, contests, graduate speakers, dog demonstrations, and more. Register for free at www.canine.org/DogFest-WashingtonDC to receive a FREE DogFest bandana for your dog. Canine Companions provides expertly trained service dogs to adults, children, and veterans with disabilities FREE of charge. Celebrate the community of people and dogs that make it possible for Canine Companions to show that the most advanced technology capable of transforming the lives of people with disabilities has a cold nose and a warm heart. www.canine.org/DogFestWashingtonDC

SATURDAY/SEPT. 24

Reston Association (RA) presents Dog Paddle. Register in advance at RA Dog Paddle event. Then bring your dog to swim at the Ridge Heights Pool that has closed for the season at your registered time. 11400 Ridge Heights Rd, Reston.

SATURDAY, SUNDAY SEPT. 24, 25

The Annual Civil War Books, Relics and Memorabilia Show will be held at the Arlington-Fairfax Elks Lodge, 8421 Arlington Blvd, Fairfax, on Saturday and Sunday Sept. 24 and 25, 10 a.m. - 6 p.m. both days. Admission is \$5 per person. Vendors are welcome. For information, call Bud Mayo, 703-389-1505 or mayo5304@cox.net

WEDNESDAY/SEPT. 28

The Caboose Comes to Town. 7 p.m. At the Herndon Historical Society Depot Museum, 717 Lynn Street, Herndon. Email HerndonHistoricalSociety@gmail.com for Zoom information.

SATURDAY/OCT. 1

Oktoberfest Vienna. 11 a.m. to 7 p.m. At Church Street in Vienna.

3 Stages of Entertainment, Two Beer and Wine Gardens, Great International Food, Free Kids Activities and Games, Car Show, Business Expo, Vendor Market, Handcrafters. Visit the website: ViennaOktoberfest.org.

BULLETIN BOARD

SHEPHERD'S CENTER OF NORTHERN VIRGINIA ADVENTURES IN LEARNING FALL 2022 CLASSES

The Shepherd's Center of Northern Virginia (SCNOVA) continues its Adventures In Learning (AIL) line up of classes with their Fall 2022 semester schedule that includes a wide range of subjects - from a Health and Wellness series to National and World Affairs. T'ai Chi is offered twice weekly. Please note that all classes are now scheduled in the morning time slots.

The following classes are but a few of the classes to choose from:

- September 22 "Air Force Hurricane Reconnaissance" – Colonel Picanso
- September 29 "My Adventures Working in New Guinea for the Peace Corps" – Chris Davenport
- October 13 "Our Visit to Iceland" – Paul Wormeli
- October 27 – "How Companies Acquire, Use and Protect Your

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

Information" – Bob Reinsel
Students may attend one or all of the ALL fall classes for a \$55 fee and are encouraged to create their own schedule – attend classes all morning or attend only one class. Visit www.scnova.org or contact Carolyn Pennington, Executive Director at 703-281-0588, carolynpennington@scov.org.

SEASONAL FLU VACCINATIONS NOW AVAILABLE AT GIANT FOOD

Giant Food announced that seasonal flu vaccinations are once again available at all 153 in-store pharmacies for both adults and children. The vaccinations are administered by Giant's certified in-store pharmacists, require no appointment, and are often covered in-full by most insurance plans. For more information, or to schedule an on-site flu clinic or event with Giant Pharmacy's Airstream,

please call 804-346-6337 or email Pharmacy@giantfood.com. To find a local Giant pharmacy, please visit giantfood.com/store-locator and to learn more about the COVID-19 vaccinations, visit www.giantfood.com/pages/covid-info

WEGMANS OFFERING VACCINE FOR FLU SEASON

The most important step to protecting yourself during the upcoming 2022-2023 flu season is getting the influenza vaccine, which is now available at all Wegmans Pharmacy locations. Getting your family ready for flu season is easy – just stop by your Wegmans Pharmacy during normal business hours or schedule an appointment online. There is no need for a prescription, and in most cases, the fee is covered in full by insurance.

THURSDAY/SEPT. 22

Car Free Day 2022. Car Free Day is a

free event recognized internationally every year on September 22. Residents and commuters across the region are encouraged to take the free pledge to get around without driving alone in cars, and instead use transit, rideshare, bike, walk, scooter, or telework. Participants who take the pledge are automatically entered for a chance to win raffle prizes. Car Free Day is open to all residents in the Washington, DC metropolitan region. To participate, fill out the free pledge form at <https://www.carfreemetrodc.org>, and go car free or car-lite (carpool, vanpool) on Thursday, September 22, 2022. Take the pledge, even if you're already car free!

HILTON EXPANDS GLOBAL HEADQUARTERS

Virginia Gov. Glenn Youngkin announced that Hilton will retain its headquarters in Fairfax County, including significant upgrades to its

facility at 7930 Jones Branch Drive in McLean. Hilton will re-imagine its space to create an even more vibrant place to convene and collaborate, fully integrating technology into the office experience to meet the needs of today's workforce. Hilton located its global headquarters in Virginia in 2009 and plans to create 350 net new headquarters jobs over the next five years. Founded in 1919, Hilton is a leading global hospitality company with a portfolio of 18 world-class brands comprising 7,000 properties and 1.1 million rooms, in 122 countries and territories.

UNITEDHEALTHCARE DONATES \$1 MILLION TO NONPROFITS

UnitedHealthcare, a UnitedHealth Group company, is awarding \$1 million in Empowering Health grants to six community-based

Where to Give Locally

There are literally hundreds, probably thousands, of ways to give locally financially, food and other goods, volunteer time. Here are a few ideas. Please let us know what we have missed. We will repeat this list before Thanksgiving, so please send corrections or updates to mkimm@connectionnewspapers.com with "Give Locally" in the subject line.

- ❖ Alice's Kids (@aliceswillhelp) aliceskids.org P.O. Box 60, Mount Vernon, VA 22121 When a child is raised in poverty they suffer both publicly and privately. When that same child can't afford to pay for the band field trip, a pair of glasses, a chorus outfit or a new pair of shoes, these are indignities that are evident to their classmates. Alice's Kids pays for these relatively inexpensive items in the hopes of preserving the dignity of the child. <https://aliceskids.org/>
- ❖ Assistance League of Northern Virginia is an all-volunteer nonprofit organization that feeds, clothes and educates children in need. Assistance League's philanthropic programs touch the lives of thousands of children at 11 Title I schools in Northern Virginia, serving children most in need at selected schools in Fairfax and Prince William counties and the City of Alexandria. To learn more about volunteer and sponsorship opportunities, contact info@alnv.org or visit www.alnv.org
- ❖ Boys and Girls Clubs of Greater Washington Fairfax Area operates clubs in two of the neediest areas of the county, Culmore, Mount Vernon/ Route 1 corridor, and Chantilly, focusing on character and academic success. <https://www.bgcgw.org/club-page/fairfax-county-region-our-impact/>
- ❖ Britepaths Britepaths' services stabilize low-wealth working families, build resilience through financial empowerment and workforce development, and provide supports for children.. [Britepaths.org](https://britepaths.org/) <https://britepaths.org/>
- ❖ Centreville Immigration Forum, a safe, organized center where residents and contractors can negotiate work arrangements with day laborers. Centreville Square Shopping Center, 5944 Centreville Crest Ln, Centreville, VA 20121. Phone: (703) 543-6272 website: www.centrevilleimmigrationforum.org and email contact@theCIFva.org
- ❖ Closet Of The Greater Herndon Area is a nonprofit thrift shop in downtown Herndon. The Closet recently awarded over \$20,000 in grants to seven local non-profit organizations: Cornerstones, Fellowship Square, Herndon-Reston FISH, Meridians Recovery, Mobile Hope of Loudoun, South Lakes High School PTSA Food Pantry, and Herndon Woman's Club in support of Wreaths Across America. The Closet is a source of low-cost clothing and household necessities and also gives away clothing at no cost to truly needy individuals. 845 Station Street Herndon, VA 20170 (703) 437-7652. Email TheClosetInc@verizon.net Web: theclosetofgreaterherndon.org/
- ❖ Comfort for America's Uniformed Services (CAUSE) ensures that recuperating service members have opportunities for recreation and social interaction and receive concrete signs of appreciation for all that they have done. Mailing address: 4201 Wilson Blvd., #110-284, Arlington, VA 22203, CFC #33011, Phone 703-591-4965, cause-usa.org
- ❖ Committee for Helping Others (CHO), Vienna, organized in 1969 by a group of churches and individuals in the Dunn Loring, Merrifield, Oakton, Vienna community to provide simple, loving charity to those in need. Coming up, holiday bike drive. 703-281-7614, www.cho-va.com
- ❖ Community Foundation of Northern Virginia www.cfnova.org The Community Foundation for Northern Virginia works to respond to critical need and seed innovation in our region. Your gift helps us make grants in our focus areas of interest while also bringing a spotlight on the benefits of community philanthropists www.cfnova.org/for-donors/donate-now
- ❖ Cornerstones, 11150 Sunset Hills Road, Suite 210, Reston, serving Reston and Herndon. 571-323-9555, www.cornerstonesva.org. Nonprofit providing support and

SEE WHERE TO GIVE, PAGE 13



Stuff the Bus donations at McLean Government Center in the Dranesville District. Thomas Tunley, Fairfax County MV Transit Driver for Neighborhood & Community Services, stands with volunteers from SHARE of McLean. You can Stuff the Bus virtually by visiting Volunteer Fairfax's Stuff the Bus Donation Page, <https://www.volunteerfairfax.org/home/stuff-the-bus-virtual-food-drive/>

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McLean
Community
Center
The Center of It All



Fall Community Parking Lot Sale

Saturday, Sept. 17, 9 a.m.-1 p.m.

Find bargains and treasures at this outdoor community parking lot sale with up to 60 community resident vendors selling household items.

MCC Parking Lot
1234 Ingleside Ave.,
McLean, Va. 22101

mcleancenter.org

Where to Give for Local Impact

FROM PAGE 12

advocacy for those in need of food, shelter, affordable housing, quality childcare, and other human services. Programs and services include the Embry Rucker Community Shelter, Emergency Food Pantry, Hypothermia Prevention Program, Gifts for Kids and annual Coat Drive. www.cornerstonesva.org

❖ Ecumenical Community Helping Others (ECHO), 703-569-9160. Open to receive donations at 7205 Old Keene Mill Road, Springfield. Provides food and financial assistance to those in short-term emergencies, and provides clothing and household goods to low income families. www.echo-inc.org.

❖ FACETS helps parents, their children and individuals who suffer the effects of poverty in the Fairfax area, a partner in efforts to end homelessness in Fairfax County. FACETS is always in need of donations and volunteers, and offers a variety of one-time and ongoing opportunities.

Contact Haylee Davis at hdavis@facetscares.org, 703-865-4251 or volunteer@facetscares.org. www.facetscares.org. 10640 Page Ave., Suite 300, Fairfax VA 22030

❖ Fairfax City Area FISH (For Immediate Sympathetic Help) FISH provides funds and volunteers to serve the needy and elderly in the greater Fairfax City area of Fairfax County. FISH responds to requests for life's necessities: food, clothing, financial assistance for delinquent rent, mortgage, utility bills, gasoline, and prescriptions. 703-222-0880 fairfaxfish.org/

❖ Food for Others Located at 2938 Prosperity Ave., Fairfax, VA 22031, 703-207-9173. 2938 Prosperity Ave. info@foodforothers.org. Food for Others distributes food to more than 1,800 local families in need each week. Drop off food at our Merrifield Warehouse, 2938 Prosperity Ave, Fairfax, VA 22031. Monday through Friday from 9:30am to 5pm. www.foodforothers.org

❖ Friends of the Fairfax County Animal Shelter. Each year, nearly 5,000 pets, including cats, dogs, small mammals, reptiles and livestock, come to the Fairfax County Animal Shelter. Friends of the Fairfax County Animal Shelter funds important needs throughout the Shelter such as behavioral training and dental or medical care beyond what the shelter's budget can provide. generalinfo@ffcas.org 571-212-9858 www.ffcas.org/

❖ Friends of Guest House Northern Virginia offers structure, supervision, support and assistance to female ex-offenders who want to improve their lives and break the cycle of incarceration. Friends of Guest House offers the only program for women of its kind in Northern Virginia. One East Luray Ave., Alexandria, VA 22301-2025, 703-549-8072, info@friendsofguesthouse.org, friendsofguesthouse.org/

❖ Habitat for Humanity of Northern Virginia transforms the lives of lower-income families in need by providing affordable homeownership opportunities in Alexandria, Arlington, Fairfax and Falls Church. Learn more at www.habitatnova.org.

❖ Herndon-Reston FISH (Friendly Instant Sympathetic Help), 336 Victory Drive, Herndon, 703-391-0105 herndonrestonfish.org Herndon-Reston FISH has assisted local residents in short-term crises since 1969. 703-437-0600.

❖ Homestretch, to empower homeless parents with children to attain permanent housing and self-sufficiency by giving them the skills, knowledge and hope they need to become productive participants in the community. Since 1990 Homestretch has helped over 2,000 families achieve permanent housing and self-sufficiency. 303 South Maple Ave, Suite 400, Falls Church, VA 22046 Phone: 703-237-2035 homestretchva.org

❖ Lamb Center, www.thelambcenter.org, day center for homeless, Fairfax City. 703-691-3178.

❖ LINK, serving Herndon, Chantilly, Loudoun and more. holiday@linkagainsthunger.org. 703-437-1776 www.linkagainsthunger.org.

❖ Lorton Community Action Center (LCAC) provide low-income individuals, senior citizens, and families residing in Fort Belvoir, Lorton, Newington and other portions of southeast Fairfax County with access to basic needs and the opportunity to empower themselves. <https://lortonaction.org/>

❖ Mount Vernon At Home, 703-303-4060, www.mountvernonathome.org. Mount Vernon At Home membership helps connect senior members of our community. Neighbors helping neighbors with volunteer support is the power of Mount Vernon At Home. The group fundraises all year to make this possible and count on the generosity of the community.

❖ NAMI Northern Virginia (National Alliance on Mental Illness) works to raise awareness and provide education, advocacy, and support programs for people living with mental illness, families, students, educators, law enforcement, and the public throughout our neighborhoods. Many excellent programs. NAMI Northern Virginia serves Fairfax, Falls Church, Arlington, Alexandria, and Loudoun www.nami-northernvirginia.org/ HelpLine: (571)458.7310, Email: info@nami-nova.org

❖ National Capital Food Bank, 6833 Hill Park Drive, Lorton, serving all of Northern Virginia, (571) 482-4770 . www.capitalareafoodbank.org

❖ Neighborhood Health, 6677 Richmond Highway, Alexandria, VA 22306. Treats the whole person through medical, behavioral health and dental programs. It has 10 clinics throughout Arlington and Fairfax counties. Participating with all insurance including commercial, Medicare, and Medicaid, 703-535-5568, www.neighborhoodhealthva.org

❖ New Hope Housing, ends homelessness in Northern Virginia by providing housing, offering hope, and building community. We currently offer various Housing Programs, and Support Services. 8407E Richmond Hwy., Alexandria, VA 22309 www.newhopehousing.org/how-to-help/donate/

SEE WHERE TO GIVE, PAGE 15

WWW.CONNECTIONNEWSPAPERS.COM



Public Notice

Updated weight limits on Virginia bridges and culverts

In accord with state and federal law, the Virginia Department of Transportation (VDOT) has imposed new or changed existing weight restrictions and installed new signage indicating the updated weight restrictions on the following bridges and culverts (structures) in Virginia within the last 30 days.

Jurisdiction	Fed Struc Id	Route #	Route Name	Crossing	Posted Date
GILES	8517	781	SNIDERTOWN RD/ 781	BIG STONEY CREEK	8/31/2022
HENRY	10136	650	SPRUCE STREET/ 650	MULBERRY CREEK	8/31/2022
PATRICK	13259	615	JACKS CREEK RD/ 615	SMITH RIVER	8/31/2022
BEDFORD	2918	804	TEASS TERRACE/ 804	NININGER CREEK	8/30/2022
HENRY	10171	699	MAYO LANDING RD/ 699	NORTH MAYO RIVER	8/30/2022
MONTGOMERY	12345	785	CATAWBA RD/ 785	MILL CREEK	8/30/2022
PATRICK	13414	832	GOLF COURSE RD/ 832	SPOON CREEK	8/30/2022
PATRICK	13413	825	PALMETTO SCH RD/ 825	RUSSEL CREEK	8/30/2022
PATRICK	13290	631	RIVER RD/ 631	ARARAT RIVER	8/30/2022
PATRICK	13269	622	DEER RUN RD/ 622	SHOOTING CREEK	8/24/2022
PATRICK	13283	631	DOE RUN RD/ 631	ARARAT RIVER	8/23/2022
BEDFORD	2782	666	ELKTON FARM RD/ 666	NORFOLK SOUTHERN RR	8/18/2022
BOTETOURT	3455	653	KINZIE RD/ 653	BUFFALO CREEK	8/18/2022
PATRICK	13396	749	LETCHER LANE/ 749	ARARAT RIVER	8/18/2022
PATRICK	13392	727	POPLAR DRIVE/ 727	SOUTH MAYO RIVER	8/18/2022
PATRICK	13410	813	SAWMILL LANE/ 813	DAN RIVER	8/18/2022
ROANOKE	14974	603	BONSACK RD/ 603	COOKS CREEK	8/18/2022
CRAIG	5503	615	CRAIGS CREEK RD	MILL CREEK	8/17/2022
CRAIG	5556	692	ROUTE 692	CRAIG CREEK	8/17/2022
HENRY	10147	669	MURRY HILL LANE/ 669	BRANCH OF REED CREEK	8/17/2022
HENRY	10152	682	RIVER RD/ 682	JORDAN CREEK	8/17/2022
PATRICK	13278	628	DICK & WILLIE/ 628	MILL CREEK	8/17/2022
PATRICK	13337	675	FRIENDSMISSION/ 675	ARARAT RIVER	8/17/2022
PATRICK	13317	649	GAMMONS RD/ 649	LITTLE DAN RIVER	8/17/2022
PATRICK	13336	672	JOHNSON CR RD/ 672	JOHNSON CREEK	8/17/2022
PATRICK	13303	642	POORHOUSE CR RD/ 642	POORHOUSE CREEK	8/17/2022
BOTETOURT	3387	622	DAGGER SPRNG RD/ 622	MILL CREEK	8/16/2022
MONTGOMERY	12355	787	DRY VALLEY RD/ 787	MEADOW CREEK	8/16/2022
MONTGOMERY	12304	679	NOLLEY RD/ 679	ELLIOTT CREEK	8/15/2022
STAFFORD	18127	608	BROOK RD	ACCOKEEK CREEK	8/3/2022
STAFFORD	18065	3	WBL KINGS HWY	4' STREAM	8/3/2022
RICHMOND	14789	614	BEAVER DAM RD	RICHARDSONS CREEK	8/2/2022
RICHMOND	14773	3	HISTORY LAND HWY	CHINN'S MILL POND	8/2/2022
RICHMOND	14801	634	NAYLORS BEACH RD	CAT POINT CREEK	8/2/2022
SPOTSYLVANIA	17921	3	(WBL) PLANK RD	LICK RUN	8/2/2022
SPOTSYLVANIA	18041	738	PARTLOW RD	ARNOLD'S CREEK	8/2/2022
SPOTSYLVANIA	17913	1	PATRIOT HWY	NI RIVER	8/2/2022
SPOTSYLVANIA	17914	1	PATRIOT HWY	PO RIVER	8/2/2022
WESTMORELAND	19218	3	KINGS HWY	POPES CREEK	8/2/2022

The list above is not a comprehensive list of all structures with weight restrictions in the Commonwealth, but shows only structures that have new or changed weight restrictions within the last 30 days. The list contains only basic structure identification and location information and the date the new or changed weight restriction and signage became effective.

For a full listing of all bridge and culvert weight restrictions with detailed information about specific structures, including location data and actual weight limits, visit <https://www.virginiadot.org> and navigate to Info Center/Trucking Resources. This page references a posted structures report and a GIS map tool that contain detailed information about restricted structures in Virginia. To receive email notifications regarding new or updated weight restrictions for structures statewide, complete the sign-up form on the web page.

Notices regarding bridges and culverts with new or updated weight restrictions are published monthly by VDOT. For additional information or questions, please contact haulingpermits@vdot.virginia.gov.

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Let us know about an upcoming event

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Where to Give for Local Impact

FROM PAGE 13

- ❖ Northern Virginia Family Service. The organization provides the essential building blocks for financial, emotional and physical well-being, serving as leaders and innovators for the Northern Virginia community. Every year, it empowers 35,000 individuals to achieve self-sufficiency. www.nvfs.org Northern Virginia Family Service, 10455 White Granite, Drive, Suite 100, Oakton, VA 22124. 571-748-2500
- ❖ OAR rebuilds lives and breaks the cycle of crime with opportunities, alternatives, and resources for offenders and their families to create a safer community. 10640 Page Ave., Suite 250, Fairfax, VA 22030, 703-246-3033. OAR needs volunteers and financial donations. oarnova.org/donate
- ❖ Our Neighbor's Child (ONC) volunteers are preparing for delivery of holiday gifts for children from financially struggling families in western Fairfax County – predominantly in Centreville and Chantilly. www.ourneighborschild.org/
- ❖ Pathway Homes providing non-time-limited housing and supportive services to adults with serious mental illness and co-occurring disabilities in Northern Virginia. Founded in 1980, Pathways currently serves more than 400 adults in community-based homes in Northern Virginia. www.pathwayhomes.org
- ❖ Potomac Riverkeeper Network works to protect the public's right to clean water in our rivers and streams; to stop pollution; to promote safe drinking water; to protect healthy river habitats; and to enhance public use and enjoyment. 3070 M Street, NW, Washington, DC 20007. (202) 888-2037 www.potomacriverkeepernetwork.org
- ❖ Potomac River Conservancy, 8403 Colesville Road, Suite 805, Silver Spring, MD 20910, 301.608.1188 potomac.org, seeks to improve the Potomac River's water quality by building an impassioned base of river advocates to impart change at the local level. www.potomac.org
- ❖ PRS, Inc. is a non profit providing mental health, crisis intervention and suicide prevention services in Northern Virginia and Washington, D.C. Seeking to change and save lives in our community by empowering hope, safety, recovery, wellness, independence and community integration.. PRS also provides crisis counseling and connection to supports CRISISLINK When crisis calls, we answer 24/7 Call: 800-273-TALK [8255] Text: "CONNECT" to 85511 <https://prsinc.org/>
- ❖ Rebuilding Together Arlington/Fairfax/Falls Church (Rebuilding Together-AFF) makes critical repairs at no charge for low-income homeowners and nonprofit organizations. Volunteers make homes safe and healthy, and they help seniors age in place. Since 1988 Rebuilding Together has repaired more than 2,273 homes and non-profit residential facilities in our area and mobilized more than 69,081 volunteers to do the work. 10723 Main Street, #135, Fairfax, VA 22030; Phone: 703-528-1999 <https://rebuildingtogether-aff.org/>
- ❖ Second Story — Second Story (formerly Alternative House) provides shelter and services for homeless, runaway or abused teenagers, unaccompanied youth, and young mothers and their children. second-story.org.
- ❖ SHARE of McLean is an all-volunteer organization with no paid staff that has been helping for more than 50 years, supported by donations from local religious congregations, community organizations and individuals. Our year round and seasonal programs include family emergency financial assistance, food pantry, used clothing room, recycled furniture, back-to-school supplies and refurbished laptop computers. During the holidays, we also provide our neighbors in need with grocery cards and gifts. Main Message Center: (703) 229-1414 info@shareofmclean.org www.shareofmclean.org
- ❖ Shelter House provides crisis intervention, safe housing and supportive services to promote self-sufficiency for homeless families and victims of domestic violence in Fairfax County. It is our mission to get families back into stable housing in order to provide them the opportunity to continue their journey to self-sufficiency. www.shelterhouse.org
- ❖ Shepherd's Center of Oakton Vienna providing services, personal enrichment, volunteer opportunities for adults 50 and over. Currently serving 3,000-plus mature adults in the region. 703-281-0538, www.scov.org
- ❖ Tahirih Justice Center, 703-575-0070, www.tahirih.org, Legal services, public policy advocacy, and education for immigrant women and girls.
- ❖ TAPS, Tragedy Assistance Program for Survivors, 3033 Wilson Blvd., Third Floor, Arlington, VA 22201, Call 24/7 800-959-TAPS (8277) The Tragedy Assistance Program for Survivors offers compassionate care and resources to all those grieving the loss of a military loved one. Make a donation to support surviving military families and loved ones. You can also make a gift in honor or memory of a loved one. www.taps.org/donate
- ❖ Touching Heart in Herndon is a nonprofit organization focused on how to enlighten, excite, and educate children about how they can experience the true joy that comes from helping those in need. www.touchingheart.com,
- ❖ United Community, Mount Vernon, 703-768-7106, 7511 Fordson Road, Alexandria, VA 22306 assists low-income families and individuals living along the Route 1 Corridor. The mission is to build thriving communities and create equitable opportunities by providing supportive services and advancing community driven solutions.

UC's vision is to end multigenerational poverty. Make a Financial Contribution 7511 Fordson Road, Alexandria VA 22306. www.ucmagency.org
Donations of cash/checks and gift cards are also welcome.

❖ Western Fairfax Christian Ministries — 4511 Daly Drive, Suite J, Chantilly, VA 20151 in Chantilly. email Assistant Food Pantry Manager/Volunteer Coordinator Debbie Culbertson at volunteer @wfcma.org wfcma.org/

BULLETIN BOARD

FROM PAGE 11

organizations in Virginia to expand access to care and address the social determinants of health for uninsured individuals and underserved communities.
In total, UnitedHealthcare is donating \$11 million in grants through its Empowering Health program across 11 states. The grants will assist individuals and families experiencing challenges from food insecurity, social isolation and behavioral health issues, and support local health promotion and health literacy efforts.

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Grant recipients in Virginia include:

- ❖ Korean Community Service Center of Greater Washington, Northern Virginia – \$200,000 to expand Project SHINE (Staying Healthy through Improved Nutrition and Exercise), which delivers culturally and linguistically appropriate diabetes management, chronic disease management, healthy living cohort classes and health promotion information.
- ❖ Capital Area Food Bank, Northern Virginia – \$160,000 to incorporate medically tailored food options and information about chronic medical conditions, such as diabetes and hypertension, into the online ordering system for food pantry network partners.

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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.

The pandemic has been a bear, financially and otherwise. Revenue plummeted at the beginning in 2020. Some beloved advertisers have stayed the course supporting us throughout, and many more have done what they can. In the fall of 2021 we saw the return of some advertising for events and Grand Openings, but now omicron clouds the horizon in so many ways. Revenue still remains short of expenses despite our greatly curtailed costs.

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 your 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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Not Exactly Up and At'em But ...



By KENNETH B. LOURIE

... neither is he down and out. In fact, my brother is alert and wide awake – for some hours during the day, and mostly disconnected from all his I.V. pumps and all the associated medical machinery that had been sustaining him in SICU and partially while in the regular hospital wards. Moreover, his feeding tube is gone as is the ventilator apparatus. He's certainly not ambulatory, but he's now eating solid foods, however unappetizing. After all, this is a hospital and as much as they try, institutional food – often bland by doctor directive, is hardly the food by which dreams are made, and I imagine would desire, for a patient to eat after four-plus weeks being fed liquid nourishment (cannot call it food) through a tube. Nevertheless, and I know this from my own hospitalization seven years ago – also in a SICU, progress of the patient is semi measured by how much food they eat. And not eating the food served (I hesitate to say, prepared) is not considered a positive, as in you must be getting your taste buds back in order so you're improving. Hardly. It's the complete opposite. The presumption is the patient is having challenges eating, and not because he has a discerning palate, but rather that his medical condition/slow recovery is preventing it somehow.

All of that being said, and likely corroborated by patients in hospitals the world over, lack of meal consumption by the patient is often an impediment to the patient getting released or even transferred to another medical facility. (In my brother's case, his next stop after last week's successful surgery, is a rehabilitation hospital.) Unfortunately, for his first few days, Richard was barely touching his food. (Let me be clear: he was touching it; he just wasn't eating it.) His post-op fatigue and seven weeks in a bed and five weeks-plus on a ventilator have eroded his capacity to manipulate plasticware, as an example, or much else, really. He's only recently, in the last day or two, been walked around. And as he told me today, 10 feet is about as far/as much as he can muster, even when supported by a therapist. It seems to me, he's got to be able to do more activities of daily living ("bathing or showering, dressing, getting in and out of bed or a chair, walking using the toilet and eating"), only some of which he's capable of at this point before he can be moved. From my nearly daily observation, if he was left on his own, or transferred to another facility, where the level of care was reduced, or were not structured to accommodate a patient with these kinds of deficits, he wouldn't thrive (and that's meant to be the understatement of the year, certainly one for his last seven weeks, anyway).

But has been proven many times before in this weekly space, what do I know? Other than baseball, chocolate and writing a weekly column (for almost 25 years): not much. Still, I persevere, as does my brother. His will to survive, his refusal to not succumb to all the demands on his body, from the beginning of his septic shock to today when he insisted over the phone that there was no need for me to visit him today (Sunday) have been beyond amazing. I only wish some of his former SICU nurses who tended to him 'round the clock for four weeks or so, could see and talk to him now. They never met him. He never was able to speak or even gesture much while in their care. He was moved to a regular ward because after a month, he simple didn't need their extraordinary level of care, but he was still a long way – until recently, from being able to express himself. (As an example, the other day I heard him say to his nurse, Will, that he would like to take him and his wife out to dinner when he's better to thank him for his care/ attentiveness. Previously, while in SICU, I remember my wife, Dina saying: "If Richard knew how excellent his care had been, he'd probably buy pizza for the entire unit.") He didn't. But he does know.

Barring any unexpected relapse of sorts, he's definitely on the road to recovery. It's likely to be a bumpy road full of potholes, but since he lives in Washington, D.C., he's used to it (just kidding). He's already planning to install incliners in his multiple staircases at home, buy a motorized fold-up scooter (that he's seen a close friend use) and follow his physical therapy regimen as directed by his releasing physician. But we're not quite there yet. Heck, he's not even been transferred to a rehabilitation facility to begin his rehabilitation. But in his head, he's thinking about the future/moving forward. And if he is, then it couldn't have happened to a better brother.

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



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