

### HBC REALTY GROUP

HUCKABY BRISCOE CONROY

Experience You Can Trust - Since 1977 www.HBCRealtyGroup.com | 703-734-0192



### Over \$55 Million Sold in 2015 to Date! Contact HBC Realty Group to Work For You!

\$1,688,000





McLean



6826 Deer Spring Court Falls Church \$549,000



















HBC Realty Group Community Charity Champions has Raised Over \$44,191.79 for Local Charities and Organizations

703-734-0192 www.HBCRealtyGroup.com



**kw** Kellerwilliams



Serving VA, DC and MD

ach Keller Williams Realty office is independently owned and operate





### News

### More Open Space

Survey about parks shows more households using the parks, lower satisfaction.

By Ken Moore The Connection

airfax County residents say preservation of open space is the most important service that the Park Authority can provide.

"Parks are more important than anytime in the history of the system. Parks are used more today than anytime in the last 15 years," said Ron Vine, a member of the consultant team who administered the survey.

The percent of Fairfax County households that have used the parks in the past year increased to 87 percent, up from 76 percent in 2004 and 82 percent in 2000. The national benchmark is 79 percent, said Vine.

Vine, project manager with consultant Leisure Vision/ETC Institute, helped Fairfax County conduct a parks needs survey to "provide statistically valid, objective and quantitative data reflecting public input relating to park and recreation needs."

Preservation of open space and providing opportunities to improve physical health and fitness are the two most important services the Park Authority can provide, according to survey results.

This past March, 4,665 Fairfax County residents returned a survey sent to 15,000 randomly selected households. The completed surveys yield a 95 percent confidence level with a margin of error of 1.4 percent.

County residents say they are most willing to fund expansion and renovation of

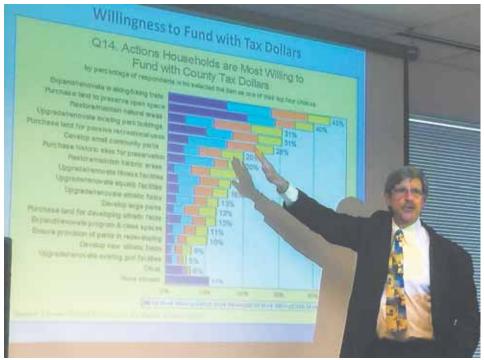


Photo by Ken Moore/The Connection

Ron Vine presents results from a large survey concerning Fairfax County parks. County residents say top priorities for funding are expansion and renovation of walking and biking trails, and the purchase of land to preserve open space and restoration of natural areas.

walking and biking trails, the purchase of land to preserve open space, restoration of natural areas, and upgrading and renovation of existing park buildings.

Vine, who conducts surveys across the states, called the Fairfax County survey the

second largest in the nation.

"Larger than Los Angeles and Atlanta," he said.

Fairfax County parks are rated as excellent or good by 91 percent of households.

Overall satisfaction with county parks has

declined, the survey showed. This year's satisfaction rating was 57 percent, down from 74 percent in 2007.

"You are considered one of the top rated systems in the country," said Vine. But, "Your public is saying, 'Good is not good enough.' You want to stay on top of this."

"Your public is saying, 'Good is not good enough.' You want to stay on top of this."

— Ron Vine, parks consultant

Needs change rapidly because people recreate differently said Bill Bouie, chair of the Park Authority Board. He called the authority a \$83 million business.

The three most important activities and programs are biking, hiking, walking, exercise/fitness, and special events and concerts, according to the survey. The three most important facilities are swimming pools, exercise and fitness facilities and gyms.

"We will continue to do more analysis," said Judy Pederson, spokesperson for the Fairfax County Park Authority.

### McLean Citizens Association

40

Minutes per office will be given during MCA's Candidate Debate, scheduled for Sunday, Oct. 18 at the McLean Community Center's Alden Theater, 1234 Ingleside Ave., McLean at 3 p.m. Candidates for Virginia Senate, House of Delegates, Dranesville Supervisor, Dranesville School Board. "It's going to be tightly run," said Glenn Harris, MCA vice president. 12 ushers will help seat people, starting at 2:30 p.m.

#### 28

On the 28th of September from 7-8:30 p.m., MCA is scheduled to host a conversation with Fairfax County Public Schools Superintendent Dr. Karen Garza at the McLean Community Center, 1234 Ingleside Ave.

"This year, Dr. Garza created a budget task force in developing a list of potential budget cuts," according to MCA documents. "The Task Force's list includes cuts to high school sports, 7th period in high schools, reversal of later high school start times, advanced academic centers, Thomas Jefferson High School, elementary band and strings and administrative and support staff positions and/or compensation."

#### 2

MCA passed two resolutions at its first meeting of the new season on Sept. 9, 2015 at Pimmit Hills Library.

MCA supports rezoning and added development of 3.5 million square feet of development at Tysons Corner Center (constructed over four phases) given amendments to proffers.

MCA opposed plans to rezone eight contiguous properties adjacent to the Greensboro Metro Center.

"Our problems with this is one of height," said Mark Zetts, chairman of the Planning and Zoning Committee.

#### 17

The Fairfax County Planning Commission is scheduled to vote on a proposal to increase the size of Mount Daniel Elementary School, a Falls Church school on the edge of McLean. MCA opposes the plan. The hearing is scheduled for Thursday, Sept. 17.

#### 565

MCA's membership count as of MCA's September meeting. Animesh Gupta said the membership committee hopes to plan family-friendly events in the near future, including a movie night in this fall. Potential activities include a MCA Drone/Kite Festival and/or a MCA Community Walk/Race to get families with young children more involved in MCA.

#### 23

During National Preparedness month, McLean Citizens Association is scheduled to host a panel discussion to educate families, businesses, houses of worship

#### By the numbers

and other organizations on developing emergency plans, kits preparedness. Wednesday, Sept. 23, 7 p.m., McLean Community Center, 1234 Ingleside Ave., McLean.

#### 180

Members of MCA responded to an airport noise survey the Transportation Committee is engaged in.

"We feel that we need more detailed data," said Jim Robertson. Data compiled so far wasn't "specific enough to let us go forward with talking with the Federal Airlines Association," he said. The new survey is due Sept. 30. See www.mcleancitizens.org.

#### 100

McLean Citizens Association has been representing the interests of McLean citizens for 100 years. Cost of membership is \$15. See www.mcleancitizens.org.

#### News



Squeals on Wheels

PHOTOS COURTESY OF MCLEAN COMMUNITY CENTER

### Harvest Happenings at McLean Community Center

#### Fall Festival features music, magic and more.

cLean Community Center's annual Harvest Happening festival for children ages 3-8, is Saturday, Sept. 26. The event will be held from 11 a.m. to 2 p.m. at the center, located at 1234 Ingleside Avenue. General admission is \$5 at the door; admission is free for children, infants to 36 months old.

Featured at this year's festival is Squeals on Wheels, the Washington D.C. Metro area's award-winning miniature animal

petting zoo, providing children with an exciting, hands-on educational experience. Performing on the outdoor stage are The Amazing Kevin, a popular local magician whose shows keep kids wondering, "How'd he do that?" and Kidsinger Jim, a children's entertainer who sings and plays guitar while his farm animal friends roam and interact with the audience. Other activities include amusement and carnival games and arts and crafts projects. Participants also can purchase and decorate small pumpkins.



The Amazing Kevin

Food service will be provided by Lokl Gourmet, a new local store that serves locally-sourced, organic, gluten-free and ve- TTY: 711, or visit www.mcleancenter.org.

gan foods.

For more information, call 703-790-0123,

### Troop 673 Promotes Two New Eagle Scouts

oy Scout Troop 673, sponsored by the Great Falls United Methodist Men, recently promoted two new Eagle Scouts, Cayhan Movaghari and Harrison Trinca, on May 31.

Cayhan Movaghari, son of Ali Movaghari and Taraneh Djahanbani, joined Troop 673 in 2008 after earning the Arrow of Light as a Cub Scout. Since joining the troop, Cayhan has served as a Patrol Leader, Instructor, Senior Patrol Leader, and Troop Guide. While serving in these positions, he was accepted into the Order of the Arrow, Scouting's National Honor Society, earned 32 merit badges, and participated in all three of Scouting's High Adventures (Sea Base, Northern Tier, and Philmont).

For his Eagle Project, Cayhan planned and developed a trail running along Georgetown Pike in Great Falls from Miller Avenue to Gouldman Lane, in conjunction with Great Falls Trailblazers. The trail also covered two small creek crossings that are now accessible by foot.

A recent graduate of Langley High School, Cayhan served as SGA President, captain of the Varsity Wrestling team, and the Attorney General to the American Le-



From left — Cayhan Movaghari and Harrison Trinca.

gion Virginia Boys State. He was also named Sports Journalist of the Year for the State of Virginia as a junior. Cayhan has just started his freshman year at James Madi-

son University and plans to major in busi-

Harrison Trinca, son of Ann Trinca and Wilfred Blood of McLean, joined Troop 673 in 2011. Since joining the troop, Harrison has served as Quartermaster, Assistant Senior Patrol Leader, Troop Instructor, and Senior Patrol Leader. Harrison earned 39 merit badges and the 50 Miler Award (twice), and was elected to the Order of the Arrow. He also participated in all three High Adventures (Sea Base, Northern Tier, and Philmont).

For his Eagle Project, Harrison planned and constructed a large 66-inch fire pit and four surrounding six-foot benches at the Capital Church in Vienna. This required researching local fire ordinances, coordinating with church leaders, and preparing a level site to accommodate the stacked stones and surrounding gravel. The fire pit and benches serve as an inviting place where youth and other church groups can meet

Harrison is a recent graduate of Langley High School, where he served as SGA Vice President (senior year), Class Vice President (freshman year), and was a volunteer at Jill's House, a respite care facility for children with special needs. Harrison is now attending Brigham Young University, in Provo, Utah.



The First Week at Cooper Middle

Seventh grade students spent time getting to know their new school building, classmates and teachers. Ice breaker games and get to know you activities were a big part of learning the first week.



Students also jumped right into learning and technology, discussing the differences between observation and inference in history class with images on laptops.



Advance drama students jumped right into skits and acting with their peers.



Even during the first week of school, the band plays on.





### ReStore

50% to 90%

Off Retail Prices on Donated:

Appliances • Building Supplies • Fixtures • Furniture & Decor • Hardware & Tools

**20% Off** Your Entire Purchase With This Ad.

Expires 10/11/15, at 3 p.m. Discount cannot be combined with other coupons or offers. Valid at Alexandria and Chantilly ReStores only.

### Now Open Every Day!

ReStore ALEXANDRIA

869 S. Pickett St. (703) 360-6700

ReStore CHANTILLY 4311 Walney Rd. (703) 953-3747

**SHOPPING HOURS** 

Monday - Friday 10 a.m. - 6 p.m.

Saturday | S 9 a.m. - 5 p.m. | 1

Sunday 10 a.m. - 3 p.m.

www.restorenova.org



Profits support Habitat for Humanity of Northern Virginia



Free pick up of donations!

### **OPINION**

### Treatment Denied Syndrome

#### Natasha McKenna's blood is on all of our hands.

COMMENTARY

BY PETE EARLEY

atasha McKenna did not die from excited delirium. She died from Treatment Denied Syndrome.\* Commonwealth Attorney Raymond F. Morrogh's 51-page investigative report about the death of the 37-year-old woman contains a horrifying litany of attempts by McKenna to seek help for her mental illness only to be met with ineptness and indifference.

Rather than being welcomed when she appeared in area emergency rooms, she either was shown the door without receiving help or was discharged before being stabi-

lized. In one instance, she was stuffed into a cab less than four days after being so violent that she needed to

be restrained to prevent her from harming herself or others. In another, a police officer and magistrate overruled a doctor who twice tried to get McKenna hospitalized. In a third, she was discharged from one INOVA hospital at 12:30 p.m., only to reappear at another INOVA emergency room at 10 p.m. on the same day. The medical personnel's solution was not to help her but to call the police and have her arrested. Taken to jail, she was stripped naked, held in solitary and stuck in bureaucratic limbo for several days. When it came time to move her, she was stunned with a taser four times and died.

If the lack of treatment McKenna received while she was alive was not enough, she was further abused in death. Relying on "junk science," Medical Examiner Dr. Jocelyn Posthumus declared the cause of McKenna's death to be excited delirium — a make-believe syndrome not recognized as real by the American Psychiatric Association, American Medical Association or the International Classification of Diseases (ICD-9) of the World Health Orga-

No matter, that diagnosis allowed Fairfax Prosecutor Morrogh to drive in the final nail. Declaring at a press conference that McKenna possessed super-human strength and quoting a deputy who described McKenna as being demonically possessed, the Commonwealth

Attorney stripped away what little dignity was left for this woman whose only real crime was that she

The release of a sheriff's video of McKenna being removed from her cell - naked and afraid — visually disputed Morrogh's characterizations. McKenna walked from her cell in handcuffs and was knocked to the floor by a squad of men who never showed any signs of losing control of her or of having their lives threatened.

This week, two important meetings could help set the agenda for change. On Monday Sept. 14, the Ad Hoc Police Practices Commission was scheduled to discuss the use of force by law enforcement in Fairfax. On Tuesday night, Sept. 15, community leaders planned to meet to discuss how to create a jail diversion system to keep individuals such as community leaders attended the inaugural Diversion First meeting last month. (Morrogh did not.)

The ideas being suggested by Diversion First are not new. They were first brought to the attention of Fairfax officials more than a decade ago but were never implemented because of a lack of funding, a lack of interest and a lack of leadership.

Natasha McKenna paid with her life because of that. Who's to blame?

Like the biblical Pontius Pilate washing his hands of Christ's blood, nearly everyone who crossed paths with McKenna during the last month of her life can claim blamelessness. Thanks to Dr. Posthumus and Prosector Morrogh, McKenna is not only the victim but perpetrator of her own death.

The unanswered question is whether Fairfax County - its leaders and its citizens - have learned anything from this tragedy or if they will continue washing their hands and reassuring themselves that there was nothing any of them could do - after all, Natasha McKenna was mentally ill.

\* Treatment Denied Syndrome is a term first used by a long time National Alliance on Mental Illness advocate to describe our nation's lack of mental health services and callous disregard for persons with mental disorders.

Pete Earley is author of 13 books including the New York Times bestseller 'The Hot House" and the 2007 Pulitzer Prize finalist "Crazy: A Father's Search hrough America's Mental Health Madness;" former Washington Post reporter, a resident of Fairfax, and a member of the Fairfax County Ad Hoc Police Practices Review Commission.

McKenna from being incarcerated. Nearly 50

#### NEWS DEPARTMENT:

www.ConnectionNewspapers.com An independent, locally owned weekly newspaper delivered to homes and businesses

Published by

Local Media Connection LLC

1606 King Street

Alexandria, Virginia 22314

Free digital edition delivered to

your email box. Go to connectionnewspapers.com/subscribe

■ McLean

**Kemal Kurspahic** Editor \* 703-778-9414

kemal@connectionnewspapers.com

Amna Rehmatulla Editorial Assistant 703-778-9410 ext.427

arehmatulla@connectionnewspapers.com Ken Moore

Community Reporter 240-393-2448 kmoore@connectionnewspapers.com

Jon Roetman Sports Editor • 703-752-4013 jroetman@connectionnewspapers.com @jonroetman

ADVERTISING: For advertising information sales@connectionnewspapers.com 703-778-9431

**Trisha Hamilton** Display Advertising 703-778-9419 trisha@connectionnewspapers.com

**Andrea Smith** Classified Advertising 703-778-9411 classified@connectionnewspapers.com

Debbie Funk National Sales 703-778-9444 debfunk@connectionnewspapers.com

**David Griffin** Marketing Assistant 703-778-9431 dgriffin@connectionnewspapers.com

**Editor & Publisher** Mary Kimm mkimm@connectionnewspapers.com @MaryKimm

**Executive Vice President** Jerry Vernon jvernon@connectionnewspapers.com

**Editor in Chief** Steven Mauren **Managing Editor Photography:** Deb Cobb, Craig Sterbutzel Art/Design: Laurence Foong, John Heinly **Production Manager:** 

Special Assistant to the Publisher Jeanne Theismann

itheismann@connectionnewspapers.com @TheismannMedia

CIRCULATION: 703-778-9426 circulation@connectionnewspapers.com



#### LETTER TO THE EDITOR

#### Disappointing McLean Town Hall

To the Editor:

On Saturday, Sept. 12, I attended a Town Hall meeting hosted by my VA Delegate Kathleen Murphy. As in previous Murphy Town Halls, other area Commonwealth representatives were sitting alongside her to take part in the discussion. In fact, they typically speak much more than does Delegate Murphy.

The elected officials flanking Murphy were Senator Janet Howell, Delegate Marcus Simon, Delegate Rip Sullivan and Senator Barbara Favola.

Del. Sullivan attempted to inject a bit of humor when he described his district as containing Arlington tions: 1) Had anyone researched National Cemetery. He quipped, was an utterly tasteless, disre- in the sale of aborted fetus parts; spectful and unbecoming statement.

For one hour, before taking any questions, the representatives spoke about only two issues: Gov. ing to Virginia, and unvetted Syr-

McAuliffe's appointment of a Supreme Court justice, and Virginia's redistricting plan. They devoted their entire time subtly and notso-subtly attacking the Republican leadership in Richmond. At one point, Sen. Favola pleaded for restoring a "balance" to our state government by making sure Democrats win the Senate. The Town Hall began to feel more like a Democrat Party planning session than a Town Hall for constituents.

In truth, I am not a slave to any Party. I doggedly research issues, without regard to political platitudes. And I come to Town Halls expecting to hear thoughtful, considered, educated guidance from my elected representatives.

So after an hour of hearing the Senators and Delegates rehash two issues from partisan perspectives, I raised my hand to ask two queswhether or not Planned Parent-There are lots of votes there." It hood clinics in Virginia participate and 2) Had anyone spoken with State officials who are responsible for refugee resettlement programs about the number of refugees comian refugees in particular?

All five officials looked like deer in the headlights. Apparently, they weren't expecting the questions. My delegate, Kathleen Murphy, never answered either question. Senator Howell jumped in to declare emphatically that "No Planned Parenthood offices in Virginia are selling body parts!" I asked if she had surveyed the offices to determine that, and she did not answer. Senator Favola then said I was giving an opinion, to which I replied that I had simply asked a question.

The subject then moved swiftly to refugees. Not one of the elected representatives had spoken with a State official about the refugee resettlement program, nor did any one of them profess knowledge of the program. One member of the audience interjected that he looked forward to having Syrians open restaurants in McLean because he liked their food.

After the meeting, I approached both Senators Favola and Howell to follow up the questions they did

Senator Favola said she thought the refugee program was a federal program, and was not aware Virginia had an office of refugee resettlement which worked closely with federal contractors to bring refugees to the state (This is a multi-million dollar program.)

I then asked Senator Howell

how she was able to determine that no Planned Parenthood clinic in Virginia was selling fetal tissue or body parts, obviously nervous and uncomfortable, Howell admitted that she got her information from "the paper and the Planned Parenthood website." Furthermore, she said she had not had contact with any Planned Parenthood office in the Commonwealth. Howell then proceeded to decry the "doctored" videos exposing Planned Parenthood's role in selling fetal tissue and body parts. When I asked if she would watch the entire videos, rather than the "doctored" ones, she emphatically announced, "Yes!", then abruptly turned away.

I left the Town Hall wondering, "Don't we, the citizens of McLean, deserve better, informed leadership?"

> **Cathy Scott** McLean

#### WEEK IN MCLEAN

#### McLean Community Foundation Announces Grant Request Deadline

The McLean Community Foundation is accepting proposals for its current grants cycle until Oct. 1. Applications can be found on the MCF's website at mcleancommunityfoundation.org.

The McLean Community Foundation (MCF) is a nonprofit formed in 1980 by the McLean Citizens Association to meet the philanthropic needs of a growing McLean community. The focus is entirely and specifically on McLean community and was established solely as a charitable foundation to benefit the residents of the McLean Planning District of Fairfax County.

Recent grants awarded include: Lift Me Up, \$4,500 for part of a special dust free floor, \$3,500 towards a canopy for the outdoor playground at the Falls Church/McLean Children's Center, \$2,484 for new computer equipment for the McLean Orchestra and \$5,000 for sponsorship of the McLean Project for the Arts ARTFEST in October.

Also, Save the Date of April 7, 2016 for Gala Benefit: "A Night of Magic" which promises to be a glorious evening with dinner and entertainment at a local McLean home.

### Cajun Barbecue and Silent Auction at Claude Moore Colonial Farm

The Claude Moore Colonial Farm, a privately operated and funded National Park and living history museum, is holding a Cajun Barbecue and Silent Auction Fundraiser on Friday, Oct. 2 from 6 to 9 p.m. at the Pavilions of Turkey Run in McLean. The menu features dry rubbed, slow cooked pork barbecue, grilled marinated chicken, farm to fork vegetables including zucchini, squash and broccoli, cole slaw and tossed salad, and warm peach cobbler. Cash bar features cold beverages including wine, beer and soft drinks. Event also features a silent auction, live music, 18th century dancing and beer tasting.

Adults and children: \$35; Farm volunteers: \$25; children under 6 free. Advance prepaid reservations required at: www.1771.org/fundraiser

### McLean 5K Run with the Warriors to Be Held Oct. 3

The fourth annual McLean 5K Run with the Warriors will be held on Oct. 3 in support of local Wounded Warriors. All proceeds benefit Wounded Warrior Transitional Housing at Vinson Hall. McLean 5K announces a partnership that appoints Under Armour as the official outfitter of the runners of the McLean 5K. Last year, more than 1,000 runners came out and the event raised over \$53,000 for Wounded Warrior Transitional Housing.

All proceeds from the McLean 5K Run with the Warriors will be used for the Wounded Warrior Transitional Housing at Vinson Hall. In 2012, Navy Marine Coast Guard Residence Foundation merged their Run With the Warriors 5K, with co-host CENTURY 21's McLean 5K to become the McLean 5K Run with the Warriors. In July 2015, Under Armour joined to become the third partner of the McLean 5K.

Since 2003, thousands of young men and women have been wounded in the line of duty. After discharge from inpatient treatment at Walter Reed National Military Medical Center, they continue on active duty while going through a very thorough evaluation period. At this point in their recovery, many wounded warriors seek housing which is suited to their rehabilitation needs.

NMCGRF is investing in our wounded warriors by providing handicapped accessible apartments that are designed to support them through their transitional period in a McLean location.

#### FAITH NOTES

Faith Notes are for announcements and events in the faith community. Send to vienna@connectionnewspapers.com. Deadline is Friday.

The Great Falls United Methodist Church will hold their annual Fall Bazaar on Saturday, Sept. 26, 2015 from 8 a.m. to 3 p.m. at 10100 Georgetown Pike, Great Falls (703-759-3705). Come enjoy a pork barbeque dinner (11 a.m.-5 p.m.) with dessert and beverage for \$10. There will be a silent auction, crafts and curios, baked

items, youth toys and activities, clothes and sports equipment, jewelry and scarves, used books and previously owned hand tools/ hardware for sale, and more.

**Emmanuel Lutheran Church**, 2589 Chain Bridge Road, Vienna, is holding Sunday evening worship service in a less formal atmosphere and more intimate setting to help you get ready for the week ahead. Sundays, 6 p.m. Communion offered. No childcare. 703-938-2119 or www.elcvienna.org.

### "Smart" Upgrades for Your Kitchen



The kitchen has always been the heart of the home. More and more, it's the brains as well, thanks to the emergence of smarter appliances, fixtures, and design practices. Here are smart upgrades to consider if you're remodeling the kitchen—or just looking to improve its form, function, and feel.

A home for all your electronics. Charging stations are one of the fastestgrowing features of today's kitchen. Think about how many electronics you're using in the kitchen at any one time, maybe face liming on your tablet while you download the evening's dinner recipe on your laptop. We see homeowners incorporating charging stations into island countertops or tucking them into a cabinet drawer. There are also freestanding stations that can be kept out on the countertop, space permitting.

Appliances that cut down on guesswork. Convection steam ovens are gaining in popularity. One feature that is great about these appliances is their ability to cook dishes on their own, often more quickly than a conventional oven. Also cooking appliances with Wi-Fi capability such as wall ovens are gaining in popularity. This is helpful if you want to preheat the oven from the backyard or another part of the house.

Countertops that care for themselves, if your last countertop was made of granite, you probably had to seal it often, or else put up with staining. That's not the case with quartz, which tivals granite's populatity, Besides its sealant-free resistance to staining, quartz offers diverse design options, from bright colors to look alike natural stones.

Streamlined Islands, Islands continue to benefit from design refinements and helpful accessories, in multi-cook littchens, adding an induction cooktop to the island creates a second workstation, induction is tops for speed and responsiveness, and these cooktops are particularly suited for Island installations, since their smooth tops are relatively easy to keep clean. However, having a nice open island top can be great for entertaining and day-to-day use like doing homework.



Russ Glickman, founder of Glickman Design Build, is a Master Certified Remodeler and Certified Aging in Place Specialist. The award-winning Glickman Design Build team has completed thousands of general tempodeling and

of general remodeling and accessible design projects in the Metro DC area and is passionate about the work they do. Their work has been featured in a variety of as blindions.

Visit GlickmanDesignBuild.com or call

### Build Your Community

Support Your Local Businesses.



www.connectionnewspapers.com



### **Zia Hassan**First American Real Estate **703-628-1947**



Great Falls **\$2,100,000** 

Magnificent Custom Home on 1.75 Acre Lot



5 Bedrooms, 6 Full Baths and 2 Half Baths. 7000 Sq Ft finished space. Two story foyer with spiral staircase, large and bright 2 story family room.

Well-appointed kitchen & breakfast area with walls of windows overlooking the pool & wooded backyard. Main level master suite with recently remodeled master bath with Jacuzzi, double vanities and separate shower.

3 additional bedrooms each with own bath on upper level. Spacious completely finished walk-out basement with in-law suite, media room, additional bath & large rec room.

Large deck and poolside patio enhance the beauty of the backyard.



Vienna \$1,398,000

Magnificent Colonial on 2 Acre Lot

Elegant 6 Bedrooms, 4.5 Baths Southern home graced with fountains, patios, decks & pond. 7700 sq ft finished space. Cathedral ceilings in living & dining rooms. Large conservatory with walls of windows. Gourmet Kitchen with extra deep counters & oversized island; second kitchen on main level. Wet bar in spacious finished walkout basement.





THE END OF ALZHEIMER'S





Adzienner's disease — the hutton's sixth-leading cause of death — is destroying our families, our finances and our future. But you can do something to stop it. Register for the Alzheimer's Association Walk to End Alzheimer's and lead the way to a world without Alzheimer's.

START A TEAM.

SEPTEMBER 26 | RESTON TOWN CENTER | 9:30 AM

alz.org/walk | 800.272.3900



### Ending Bullying

Back to School: Local educators offer advice for parents on how to deal with bullying as school resumes.

By Marilyn Campbell
The Connection

hen Carol Baker cried, no one heard her. She and a classmate were alone in the girls locker room, and as Baker, then an eighth grade student, tried to leave, her classmate grabbed her gym shirt and pushed her into a locker. They weren't fighting over anything in particular and Baker didn't sustain any physical injuries.

"I was awkward and easily intimidated," said Baker. "I was an easy target for someone who got pleasure out of scaring other people."

As she describes her pubescent encounter, Baker is still visibly shaken, even though the encounter happened more than 30 years ago. It could just as easily happen to her two children — a daughter in fifth grade and son in eighth grade — today. Bullying remains a real issue in schools, and from

smart phone apps to in-school programs, there are a plethora of initiatives to address and prevent it.

"Most researchers agree that bullying is an intent to cause harm," said Michele Garofalo, Ed.D., chair of the Department of Counseling and school counseling program director at Marymount University in Arlington. She is an expert in bullying, adolescent stress and character education.

Educators describe bullying as unwanted, aggressive behavior that is repeated and occurs where there is an imbalance of power, either real or perceived.

However, it's important to know the difference between teasing, exchanges between two people who simply don't like each other, and outright bullying. "Teasing can be hurtful, but the intention may not be to cause harm and an imbalance of power might not be there," said Garofalo, who also has a private therapy practice.

When offering in-the-moment strategies

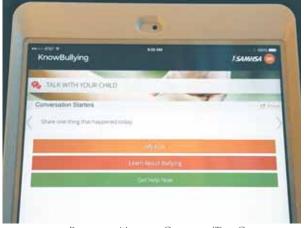


PHOTO BY MARILYN CAMPBELL/THE CONNECTION

A new phone app called Know Bullying offers prompts for starting conversations about bullying, as well as warning signs and tips on dealing with the issue.

for addressing bullies, Garofalo says children's well-being comes first. "Most importantly, students should consider their safety," she said. "If they feel they are in danger, they should quickly leave the area and go to a safe place and tell an adult — school counselor, teacher, administrator, parent. Students should not stay and fight back."

Bullying is most likely to peak in sixth through ninth grades. "The early teen years is when it emerges, when there is a lot of identity development," said Amy Best, Ph.D., chair of the Department of Sociology and Anthropology at George Mason University in Fairfax. Her research focuses on the study of youth identity formation, youth well-being and social inequalities. "Peer groups assume much greater impor-

"If parents suspect a child has fallen victim to bullying, it helps if they already have open lines of communication and their kids feel comfortable talking to them."

— Amy Best, chair, Department of Sociology and Anthropology, George Mason University

tance for kids and kids are more self aware than they had been previously. There's not a lot of cross-gender or cross-race bullying."

If parents suspect a child has fallen victim to bullying, it helps if they already have open lines of communication and their kids feel comfortable talking to them. An effective dialogue is crucial when it comes to addressing the problem.

"The hard part is when kids don't want to talk about it, but parents should have on-going conversations with their kids," said Best. "It's useful to be able to create spaces where kids feel comfortable sharing."

SEE ENDING BULLYING, PAGE 10



#### **ADMISSION OPEN HOUSE**

Allow us to introduce you to Madeira's innovative academic programs and school community at one of our open house events. Meet teachers, take a campus tour, and experience our dynamic boarding and day environment.

Sunday, September 26 • 1:00 pm

RSVP and learn more about our admission events, including open houses for Athletics (10/21), Co-Curriculum (11/9), and Arts (12/10) online at

www.madeira.org/openhouse

The Madeira School • 8328 Georgetown Pike • McLean, VA 22102

Be a part of our **Wellbeing** pages, the first week of every month.

Delight in our **HomeLifeStyle** sections, the second week of every month. Peek at the top real estate sales, glimpse over-the-top remodeling projects, get practical suggestions for your home.

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

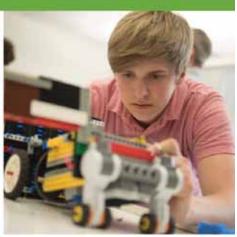
Celebrate

Questions? E-mail sales@connection newspapers.com or call 703-778-9431



#### From curious children to confident leaders





### Flint Hill's dynamic learning environment prepares students for the world that awaits them.

1:1 Technology Program · Apple Distinguished School · Robotics · Coding Courses for Python and Scratch · Award-winning Latin, Writing, Arts and Athletics Programs · Expanded Bus Service

Join us for a Lower or Middle School Information Session in September. Visit www.flinthill.org/connection to RSVP.



An independent school for students in Junior Kindergarten through Grade 12 in Oakton, VA.



Introducing BASIS Independent McLean, a liberal arts, STEM-focused private school. We believe that with the right course of study and educational environment, any motivated child can achieve academic excellence.

**Our approach works.** BASIS.ed schools have been consistently ranked as among the best, both here in the U.S. and globally. Graduates are intellectually satisfied, truly love learning, and attend the world's most prestigious and respected colleges and universities.

#### INFORMATION SESSIONS September 24, 7 PM | October 4, I PM | October 14, 7 PM

PRESCHOOL-GRADE 12 | OPENING FALL 2016
Transportation Options Available
(202) 63I 0853 | 8000 Jones Branch Dr., McLean, VA 22I02 | McLean.BASISindependent.com

©2015 BASIS INDEPENDENT SCHOOLS ARE MANAGED BY BASIS.ed



Education redefined.



#### McLean Area AAUW 46th Annual USED BOOK SALE

Used Books, DVD's & CD's, Records sorted by category

McLean Community Center 1234 Ingleside Ave., McLean, VA

Friday, September 18th • 9am-7pm

Saturday. September 19th • 10am-6pm

Sunday, September 20th • 12:00-4pm

Sunday most books are \$10.00 per bag Credit Cards are accepted Proceeds support American Association of University Women's Scholarships

For more info: (703) 527-4206 aauwbookfair@gmail.com



### Education Learning Fun

### **Ending Bullying**

From Page 8

**ONE ROADBLOCK** to assessing a potential bullying situation is when a child is reluctant to share or talk. Unfortunately, this is particularly common among the same age group most susceptible to bullying. "Yes and no questions won't glean the best information," said Lauren Keller, Lower and Middle School counselor at Bullis School in Potomac, Md. "Instead, parents should ask questions about relationships and times of day, such as: 'Who did you sit with at lunch? What did you do during recess and who were you with? Is there anyone you would like to make plans with for this weekend?"

A new phone app comes to the aid of parents who might find initiating a conversation with their children daunting. It's called Know Bullying, and it offers conversation prompts, tips for preventing bullying and warning signs that a child might be a victim or a bully.

Local school districts and private schools have antibullying policies and plans in place. St. Stephen's & St. Agnes School in Alexandria hosts groups such as Lunch Bunch and Courageous Conversations, which are forums where "students can talk candidly ... about their daily hopes and challenges," said Linda Stratton, director of communications at the school. "These groups also take leadership in fostering a community of respect."

Experts also urge parents to contact school counselors, administrators and classroom teachers to report bullying and to obtain more information. "If parents believe their child is a victim, they should consult the school counselor or mental health professional who can work with the child to examine feelings and come up with strategies to help the child cope," said Garofalo, who also advises parents to be vigilant for signs of depression, anxiety and suicidal ideation. If any of those danger signs appear, they should immediately contact a mental health professional for assessment and counseling.

If parents find it necessary to contact their child's school, the approach is important, and experts suggest sticking with specifics. "Labels are often unhealthy in some cases. Parents and other adults would do well to address the behavior in front of them," said Peter Braverman, founder of the education group ARC Professional Development in Bethesda, Md. "As a teacher or administrator, if you say, 'Josh is a bully,' I can't do anything about it, but if you say, 'Every time my son walks into Spanish class, Josh dumps his notebook on the floor," then I can address it."

#### **Bullying Resources**

#### **Know Bullying phone app:**

http://store.samhsa.gov/apps/knowbullying/index.html

http://www.stopbullying.gov/

http://www.stopcyberbullying.org/

http://www.tolerance.org/

http://character.org/key-topics/bullying-prevention/

#### **Fairfax County Public Schools:**

http://www.fcps.edu/dss/ips/ssaw/violenceprevention/bullyinginfo/definition.shtml

#### **Virginia Department of Education:**

http://www.doe.virginia.gov/support/prevention/bullying/

**AVOIDING LABELS** also helps when confronting the child who is suspected of bullying. "One of the first things we hear from students is that they shut off when they hear the word 'bully," said Erin O'Malley, dean of student services at Bishop O'Connell High School in Arlington. "And we want the students to listen to us."

"Most kids don't want to be bullies," added Braverman. "Addressing specific actions and behaviors allows the kid to think, 'I'm a good person and I can modify these behaviors.' As an administrator, I have no problem calling your parents at work and telling them to come and pick you up. I'll help you change your behavior in any way I can, but if you do it again, you're going home."

Additionally, it is good for adults to focus on all parties involved in bullying. "There are three actors: the bully, the victim and the bystanders," Braverman continued. "The great irony is the bystanders are the ones who hold all the power."

Braverman knows this from experience. "The best class I ever graduated in 8th grade was the worst class I had in 6th grade. There were two boys in the class and for years one bullied the other, and one day one it stopped when [the victim] stood up to [the bully]. He got other kids to stand with him while he did it. If a powerful bystander stands next to the victim, the problem would stop immediately."

Garofalo is about to embark on a research project to study the role of bystanders in bullying situations.

Parents can also turn bullying situations into teaching opportunities, says Best. "Learning to deal with conflict and confronting problems are important life skills. Listen to kids first and then map out a plan of action."

#### **Bathroom Remodel Special \$6,850**

#### **Celebrating 15 Years in Business!**

#### **TWO POOR TEACHERS**

Kitchen and Bathroom Remodeling



**Free Estimates 703-999-2928** 



Select your products from our Mobile Showroom and Design Center

> Fully Insured & Class A Licensed Est. 1999



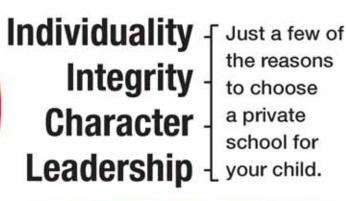
Visit our website: www.twopoorteachers.com



# Adopt/Donate/Volunteer www.lostdogandcatrescue.org

0

0



the reasons to choose a private school for - your child.

#### Virginia Independent School Fair Preschool - 12th Grade

Sunday, September 27, 2015, 3:00 - 5:00 PM Reston Hyatt Hotel 1800 President's St. · Reston, VA 20190

#### FREE AND OPEN TO THE PUBLIC

If you are thinking about your child's educational future, please join us at the PS-12 Independent School Fair. This Fair will provide an opportunity for prospective parents and students to meet with pre-school through high school admission representatives, and learn about the wide variety of choices among Virginia's independent schools.

For more Information, please contact VAIS at 804-282-3592 X301.







For a free digital subscription to one or all of the 15 Connection Newspapers, go to www.connect ionnewspapers com/subscribe

Be the first to know – get your paper before it hits the press.

Complete digital replica of the print edition, including photos and ads, delivered weekly to your e-mail box.

Questions? E-mail: goinggreen@ connection newspapers.com



- ATTENTION -

### Insperity 401(k) Plan

Participants and Beneficiaries

If you currently participate in your employer's 401(k) plan that is managed by Insperity Retirement Services, we would like to speak with you about our investigation of fees and investment options in your 401(k) plan.

#### Please call: Mark Boyko

Law Offices of

SCHLICHTER BOGARD & DENTON, LLP

(800) 873-5297

(Missouri Licensed Attorneys)

100 South 4th Street St. Louis, MO 63102

The choice of a lawyer is an important decision and should not be based solely upon advertisement





#### Calendar

Send announcements to north@ connectionnewspapers.com. Deadline is Friday for the following week's paper. Photos/artwork encouraged.

#### WEDNESDAY/SEPT.16

Jammin' Juniors Concert. Two of a Kind. 12:30 p.m. McLean Central Park, 1468 Dolley Madison Blvd. Free admission.

Toddler Tales. 10:30 a.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Stories and activities for you

and your toddler. Age 2-3 with adult. **Pokemon League.** 4:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Drop-in and play Pokemon with your friends.

#### THURSDAY/SEPT. 17

Oakton Book Discussion Group. 7 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Come and join Oakton's book discussion group.

The September selection is Orphan Train by Christina Baker Kline. Adults. "Not Just for Teens" Adult Book

Club. 7 p.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. Are you an adult who loves YA lit? If so, join us for discussion, fun and dessert. September's title will be "Marcelo In The Real World" by Francisco X. Stork. Adults.

Reading Buddies. 4:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Grab a buddy! Teen Volunteers available to read to or with beginning readers. Ages 3-9.

#### FRIDAY/SEPT. 18

Back-to-School Party. 7-10 p.m. Old Firehouse Teen Center, 1440 Chain Bridge Rd., McLean. \$35/\$25 OFTC

members.

McLean Farmers Market. 8 a.m.-12 p.m. Fridays, May 1-Nov. 20. 1659 Chain Bridge Road, McLean. www.fairfaxcounty.gov/parks/farmersmarkets/mcleanmkt.htm.

Playdate Cafe. 10 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Toys and playspace for children. Coffee and conversation for grownups. Ages birth-5.

#### SATURDAY/SEPT. 19

STEM Project. 11 a.m. Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. National Honor Society tutoring project in STEM subjects for elementary students.

NAMIWalks Northern Virginia. 9-11 a.m. Tysons Corner Center, Fashion Boulevard. The walk will help raise awareness and support programs that offer help and hope to people living with mental health conditions and family members.

Beer, Bourbon & BBQ Festival. 12-6 p.m. Lerner Town Square at Tysons II, 8025 Galleria Drive. A great day of beer sippin', bourbon tastin', music listenin', cigar smokin', and barbecue

Ice Cream Social Fundraiser. 4-7 p.m. Nottoway Park, shelter 1, 9610 Courthouse Road, Vienna. An ice cream social fundraiser to raise money for Girl Up, a United Nations Foundation campaign that works to empower adolescent girls in developing countries.

Oakton Farmers Market. 10 a.m.-2 p.m. Year round. Unity of Fairfax Church, 2854 Hunter Mill Road, Oakton, www.smartmarkets.org/

Great Falls Farmers Market. 9 a.m.-

See Calendar, Page 13





#### CALENDAR

#### From Page 12

1 p.m. Year round. Great Falls Village Centre, 778 Walker Road, Great Falls. http:// greatfallsfarmersmarket.org/

Vienna Farmers Market. 8 a.m.-12 p.m. Faith Baptist Church Parking Lot, 301 Center Street South, Vienna. www.viennafarmersmarket.com.

#### SUNDAY/SEPT. 20

Artist Reception. 5-7 p.m. 1st Stage in Tysons, 1524 Spring Hill Road, Tysons Corner. Artist reception with featured 1st Stage gallery artist and curator, Deborah Conn. Performance tickets are: \$30 general admission, \$26 seniors (65+), \$15 students and military. Purchase online at www.1ststagetysons.org or 703-854-1856

Food for Others Tysons 5K. 9:30 a.m. 7925 Jones Branch Drive, McLean. The second annual Tysons 5K organized by Food for Others volunteers to benefit the food bank. Last year they had approximately 200 participants and raised over \$9,000. This event allows people who live and/or work in Tysons to support less fortunate neighbors while enjoying a great run or walk.

enjoying a great run or walk. **Tysons Farmers Market**. 10 a.m.-2
p.m. 8400 Westpark Drive, McLean.
Sundays, through Nov. 15.
www.tysonspartnership.org.

Country Western Dance. 4-9 p.m.
Colvin Run Dance Hall, 10201 Colvin
Run Road, Great Falls. Dancing to
"The Bastards of Twang Band."
Versatile, popular band of seasoned
pros will keep you moving to a wide
range of new and classic country
tunes. \$20.

#### MONDAY/SEPT. 21

Tiny Tots. 10:30 a.m. Dolley Madison Library, 1244 Oak Ridge Ave., McLean. Join us for an exciting storytime featuring stories, rhymes and songs. Ages 13 - 23 months with adult.

**Legos in the Library.** 3 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Get creative with Legos. Legos provided. Ages 5-12.

#### TUESDAY/SEPT. 22

**Snakes in the Library.** 4 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Great Falls National Park presents a program on snakes. Age 6-12.

#### WEDNESDAY/SEPT. 23

**Treasured Two-Fives.** 10:30 a.m. Dolley Madison Library, 1244 Oak Ridge Ave., McLean. An early literacy enhanced storytime featuring stories, rhymes and songs. Age 2-5 with adult.

Rock-A-Bye Baby. 11:30 a.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. An early literacy enhanced storytime, featuring rhymes, stories and songs. Birth-12 months with adult.

**Pokemon League.** 4:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Drop-in and play Pokemon with your friends.

#### THURSDAY/SEPT. 24

**Starlight Storytime.** 7 p.m. Dolley Madison Library, 1244 Oak Ridge Ave., McLean. Wear your favorite pajamas and join us for stories and songs. All ages.

Patrick Henry Book Club. 1 p.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. Recent title change: "All the Light We Cannot See" by Anthony Doerr. Adults.

STEM Project. 4:30 p.m. Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. National Honor Society tutoring project in STEM



"Spanish Dancer" by Jill Banks was inspired by a painting and art historical trip this past spring to Madrid. This piece is one of 20+ paintings Banks is exhibiting at the Great Falls Library, 9830 Georgetown Pike, in her "Along the Way" solo show through Sept. 30.

#### Ongoing

**"Gold Rush."** Tuesday-Saturday, 10 a.m. - 4 p.m. through Sept. 26. at Vienna Art Center, 115 Pleasant St., NW, Vienna. Artwork with "gold" as the theme. This can be interpreted in many ways, gold colors, gold coins, golden hair, gold leaf and more. The show is open to the public, and visitors can also view small items of original art, scarves, jewelry, notecards etc. All hand made by VAS artists – great for gifts.

Vienna's Summer on the Green Concert Series. Fridays-Sundays, through Sept. 27. 6:30 p.m. at Vienna Town Green, 144 Maple Avenue E, Vienna. Come out on the weekend and listen to some good music. Visit http://www.viennava.gov/DocumentCenter/View/2640

"Along the Way." Through Sept. 30 at Great Falls Library, 9830 Georgetown Pike, Great Falls. "Along the Way." Jill Banks solo exhibit of original oil painting.

Great Falls. "Along the Way." Jill Banks solo exhibit of original oil painting.
"Figuratively Speaking." Friday-Sunday through Oct. 11 at 1st Stage in Tysons,
1524 Spring Hill Road, Tysons Corner. Portraits and figures in watercolor and
mixed media by Deborah Conn. Tickets: \$15-\$30. www.1ststagetysons.org.

subjects for elementary students. **Reading Buddies.** 4:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Grab a buddy! Teen Volunteers available to read to or with beginning readers. Ages 3-9.

#### FRIDAY/SEPT. 25

OFTC Friday Field Trip: Double Feature at AMC Tysons. 3:30-10 p.m.Old Firehouse Teen Center, 1440 Chain Bridge Rd., McLean. \$33/\$23 members.

Pokemon League. 3 p.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. Learn and play. Age 5-

**Playdate Cafe.** 10 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Toys and playspace for children. Coffee and conversation for grownups. Ages birth-5.

#### SATURDAY/SEPT. 26

**STEM Project.** 11 a.m. Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. National Honor Society tutoring project in STEM subjects for elementary students.

Talk on Writing. 2-3 p.m. Books a Million, 1451 Chain Bridge Road, McLean. Local Author Helaine Mario will talk about her novel of suspense, "The Lost Concerto." She will focus on inspiration, character and plot, and on missing art and music during World War II.

Fall Bazaar. 8 a.m. - 3 p.m. Great Falls United Methodist Church, 10100 Georgetown Pike, Great Falls. A silent auction, crafts and curios, baked items, youth toys and activities, clothes and sports equipment, jewelry and scarves, used books and previously owned hand tools/ hardware for sale and more.

Harvest Happenings. 11 a.m. - 2
p.m. McLean Community Center,
1234 Ingleside Avenue, McLean. This indoor-outdoor festival features live entertainment, craft projects and games that celebrate the change of season. \$5 per person/Free for children 36 months and younger. For children ages 3–8.

#### MONDAY/SEPT. 28

Healthy Eating. 2 p.m. Brightview Great Falls, 10200 Colvin Run Road, Great Falls. The community is partnering with Salud, a local organic market in Great Falls to present an interactive, wellness presentation on Healthy Eating.

#### TUESDAY/SEPT. 29

Canasta Group. 12:30 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Enjoy socializing while you play Canasta with this weekly group meeting. Adults.

#### WEDNESDAY/SEPT. 30

Fall for the Book: Peter Straub.

7:30 p.m. McLean Community Center, 1234 Ingleside Avenue, McLean. Author Straub will thrill fans with a reading of his work.

Busy Beavers. 10:30 a.m. Dolley
Madison Library, 1244 Oak Ridge
Avenue, McLean. Did you know that
there are beavers in our creeks and
ponds? Do the beaver dance, listen to
some stories and make a beaver dam
as we learn about these nocturnal





### Here's What's Happening at MCC

#### Old Firehouse Teen Center Back-to-School Party

Friday, Sept. 18, 7-10 p.m. \$35/\$25 OFTC members

### Alden Theatre Volunteer Usher Event Monday, Sept. 21, 5:30-6:30 p.m.

Old Firehouse Teen Center Friday Field Trip

#### **Double Feature at AMC Tysons**

Friday, Sept. 25, 3:30-10 p.m. \$33/\$23 members



#### **Harvest Happenings**

Saturday, Sept. 26, 11 a.m.-2 p.m. \$5 per person/Free, 36 months and younger



### Onstage @ The Alden Theatre IV: "Sleeping Beauty"

Saturday, Oct. 3, 2 p.m. \$15/\$10 MCC district residents

#### Old Firehouse Teen Center Teacher Workday Trip Kings Dominion

Friday, Oct. 9, 9:30 a.m.-7:30 p.m. \$80/\$70 MCC district residents

The McLean Community Center www.mcleancenter.org Home of the Alden Theatre www.aldentheatre.org



1234 Ingleside Ave. McLean, VA 22101 703-790-0123, TTY: 711



#### Week to Weak to Week

By KENNETH B. LOURIE

As much as I'd like to write a new and different, non-cancer column this week, I'm afraid I can't. The reason being, other than the obvious (I am who I am), is that this happens to be my cyclical postchemo week when the side-effect eating challenges that knock me off my creative balance have indeed done so again. Consequently, I am consumed - emotionally, by my own struggles and find it difficult to get out of my own way and introspect backward or forward. Unfortunately, this is the week, every third week in fact, the week immediately following my chemotherapy, when I am less in control of my actions/some of my behaviors than usual and stuck more in the present imperfect. It's not pretty nor is it resolvable, apparently.

What happens is that a few days after my Friday infusion, the thought of food, the consumption of food, the taste/aftertaste of food, anything and everything to do with food, becomes increasingly less appetizing (figuratively and literally). Nothing interests me. Nothing satiates me. Nothing pleases me. Nothing does anvthing for me except make me miserable, discouraged and disappointed. Moreover, since I'm not eating/eating very little, there's minimal fuel in the tank (so to speak) so my energy level, initiative, follow up/follow through suffers accordingly. This lack of drive/lack of overall satisfaction leads to a malaise/type of depression that is now familiar but unfortunately not any more manageable. Because of these circumstances I am often fatigued during the day and thus feel compelled to take a nap. Since I nap during the day, I then find if difficult to fall asleep at night. When I finally do fall asleep, it is late at night/early in the morning so when my 6:30 a.m. alarm goes off the next day (life goes on), I am tired, yet I have to get up. Then the symptoms I've previously described are complicated by this new pre-existing condition. Then I start my day already stuck in neutral. Other than going with this non-flow, and trying to not beat myself up over a condition/effect I didn't cause and one I can't control, I don't know whether to write off the week (no pun intended) or work through it in some way or another and try not be miserable.

Granted, the context is not lost on me; I am alive and reasonably well, for the moment; two-plus years since I began this particular protocol and two years as well since I was hospitalized in surgical intensive care for one week, but this is the price I must pay. Two weeks out of every three I – as well as my eating habits, are relatively normal (no comments from the peanut gallery, please?), but not the third week. If this is how I must live my life, so be it. It doesn't make me happy, but neither does it seem to be killing me; only making me hungry, tired, unhappy and unproductive. It's not ideal but it is a living. And "living" sure beats the alternative. No worries, though. I'll manage to make the best of it, somehow; even during the worst of it.

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

CONNECTIONNEWSPAPERS.COM

**CONTRACTORS.com** 

703-778-9411

Zone 6 Ad Deadline: Monday Noon

**GUTTER** 

**GUTTER** 

IMPROVEMENTS IMPROVEMENTS

LANDSCAPING

#### **GUTTER CLEANING**

Gutters and Downspouts Cleaned Small Repairs • Gutter Guards

General Remodeling Residential & Commercial

Specializing in: Kitchen/Bathroom/Basement Remodeling

umbing • Electrical • Custom Carpentry

Doors Windows • Hardwood Floors

Crown Molding • House Cleaning

Interior/Exterior Painting • Brick/Stone Work

Ceramic Tile • Decks, Fences, Patios

**HOA Maintenance, Granite Counter Tops** 

**Realtors Work and Much More** 

Licensed and Insured Serving Northern Virginia

703-296-6409

IMPROVEMENTS IMPROVEMENTS

We Accept All Major Credit Cards Licensed, Insured, Bonded • Free Estimates • Class A Lic

Phone: 703-887-3827 Fax: 703-830-3849

E-mail: rncontractorsinc@gmail.com

www.rncontractors.com

**+BASEMENTS →BATHS →KITCHENS** 

Foreclosure specialist/Power washing

**◆Exterior Wood Rot More!** 

Deck & Fence repair, Screen Porches

No jobs too large or small

Free est. 37 yrs exp. Licensed, Insured 703-987-5096

**R&N Carpentry** 

R.N. CONTRACTORS, INC.

Remodeling Homes, Flooring,

Siding, Roofing, Additions &

Patios, Custom Deck, Painting

Kitchen & Bath, Windows,

#### PINNACLE SERVICES

ZONE 6: • ARLINGTON • GREAT FALLS

McLean
 Vienna/Oakton

lic/ins 703-802-0483 free est. email jamie@lawnsandgutters.com web: lawnsandgutters.com Friendly Service with a Friendly Price!

**HANDYMAN** 

HANDYMAN

**Hand and Hand** 

Handyman

All Concrete work

**Retaining Walls • Patios** Decks • Porches (incl. screened) • Erosion &

- **Grading Solutions** French Drains • Sump Pumps

Driveway Asphalt Sealing

703-863-7465 LICENSED

Serving All of N. Virginia

Picture Perfect Home Improvements

(703) 590-3187

Remodeling Bathrooms, Kitchens & Basements

Exterior & Interior Repair, Painting, Carpentry, Wood Rot, Drywall, All Flooring, Decks

• EASY To schedule • FAST & Reliable Service •NO \$\$\$ DOWN!

Handyman Services Available http://www.pphionline.com/

"If it can be done, we can do it" Licensed - Bonded - Insured

LAWN SERVICE LAWN SERVICE

•FREE Estimates

Your neighborhood company since 1987

703-912-6886







#### Landscaping & Construction Free Estimates - Fully Licensed & Insured

- Planting & Landscaping Design
- Drainage & Water Problems • Concrete Driveways, Replacement or New
- Patios and Walks Masonry Work or Dry Laid
- Paver, Flagstone, Brick, any style you choose Retaining walls of all types

All work Guaranteed

#### JUAN'S LANDSCAPING A&S Landscaping

• COMPLETE TREE SERVICE • MASONRY • LEAF REMOVAL • GUTTER • CHIMNEY CLEANING • HAULING • POWER WASHIN • HANDYMAN • PAINTING • TRASH REMOVAL • DRYWAL



Res./Com. • Free Estimates • CELL 703-732-7175

MASONRY

MASONRY

#### **CONCRETE WORK**

Licensed • Insured

Driveways • Patios • Exposed Aggregate Sidewalks • Carports • Pool Decks • Garages Flagstone • Brick• Stonework

703-204-0733

### Potomac Masonry 703-498-8526

New Installations & Repairs Stone - Flagstone - Brick - Concrete

FREE ESTIMATES!! Lic. & Ins

BBB M

potomac-masonry.com

#### Angies list

#### Alfredo's Construction Company, Inc.



 Concrete Driveways Patios •Sidewalks Stone •Brick Phone:

VA: (703) 698-0060 • MD: (301) 316-1603

www.alfredosconstructioncompany.com

**PAVING** 

#### **GOLDY BRICK** CONSTRUCTION

Walkways, Patios, Driveways, Flagstone, Concrete FREE ESTIMATES Licensed, Insured, Bonded

703-250-6231

TREE SERVICE TREE SERVICE

CHS DOES:

Pressure Washing
 Gutter Cleaning / Repair

+ Water Damage Repair

+ Light Plumbing & Electrical

\* Rotten Wood Repair

Drywall / Painting

+ and so much more!

Carpentry

#### **Handyman & Home Improvement**

Free Estimates

Licensed & Insured

703-953-7309

www.crescenthomeservices.net Washington Consumer Checkbook + Home Repair & Maintenance

100% A-Rated on Angle's List & Local references available too





### No Job Too Small

Professional 🛪 Affordable 🛪 Reliable

www.crescenthomeservices.net

Email: info@crescenthomeservices.net

#### Pit bull Tree Choppers



Call: Lee Lohan 703-400-5005 Licensed and insured. We accept all major credit cards.

- Complete tree removal, stumps and limbs.
- Clearing of deadwood,
- Landscaping and design, Ponds and waterfalls,
- Trimming and pruning.
- Division of Lohan Construction, LLC.

ZONE 6: • ARLINGTON • GREAT FALLS McLean
 Vienna/Oakton



703-778-9411

ZONE 6 AD DEADLINE: Monday Noon

ZONE 6: • ARLINGTON • GREAT FALLS McLean
 Vienna/Oakton



ZONE 6 AD DEADLINE: TUESDAY 11 A.M.

#### 21 Announcements

ABC LICENSE
BBGG Concepts, LLC trading
as Big Buns, 4401 Wilson Blvd
#104, Arlington, VA 22203.
The above establishment is
applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC
BEVERAGE CONTROL (ABC)
for a Mixed Beverages on
Premises license to sell or Premises license to sell or manufacture alcoholic beverages. Craig Carey, CEO &

NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered www.abc.virginia.gov 800-552-3200.

#### 21 Announcements

ABC LICENSE
MMSJ, Inc. trading as Basilini
Italian Restaurant, 235 Maple
Ave. E, Vienna, VA 22180.
The above establishment is applying to the VIRGINIA DE-PARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Beer and Wine on and of

Premises license to sell or manufacture alcoholic bever ages. Caroline Kamel, secre tary NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publish ing date of the first of two required newspaper legal notices. Objections should be

registered to www.abc.virginia.gov or 800-552-3200

#### 4 RE for Sale

Rain Date 9/20 Furniture, linens, curtains, pillows, bikes, bedroom set, kitchen supplies. DVDs. tables, Lenox, Mikasa, Moving everything must go! 9:00 - 2:00 - 4009 N. Glebe Rd., Arlington, VA

#### 110 Elderly Care

#### **Elderly Care**

540-825-1270 OR 540-522-7639

#### 21 Announcements

#### **ABC LICENSE**

Intrepid Wines, LLC trading as Intrepid Wines, 1621 23rd St. South, Arlington, VA 22202.
The above establishment is applying to the VIRGINIA DE-PARTMENT OF ALCOHOLIC BEVERAGE CONTROL(ABC for a Wine Shipping

(Wholesale) license to sell or manufacture alcoholic bever ages. Charles W. Fowler III, President

NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

#### 26 Antiques

#### 26 Antiques

#### We pay top \$ for STERLING MEN'S WATCHES

JEWELRY, COSTUME JEWELRY, FURNITURE, PAINTINGS AND CLOCKS Schefer Antiques 703-241-0790 theschefers@cox.net

#### 16 RE Services

16 RE Services

#### FREE BOOK:

Selling Goods due to downsizing/estate settlement. Only 80 available.

Contact MaxSold Downsizing/Estate Services: 202-350-9388, easy@maxsold.com or MaxSold.com/book by Nov.15

21 Announcements

21 Announcements

21 Announcements

### VACarolinaBuildings.com 40 Year Warranty - Financing Available W.A.C - Local Contractor

Call For Your Free Roof Inspection! 1-800-893-1242

Yard Sale - Sat. 9/19

Seeking employment to care for your elderly loved one. Drive, Dr visits etc. Live in out. Flexible exp. 15 yrs + of Refs. Lic. **Call Cynthia** 

21 Announcements 21 Announcements 21 Announcements

#### Outer Banks 2015 Parade of Homes **TOUR**



22 homes

Northern beach area of Corolla to South Nags Head, NC October 8-11 Tickets \$10

Good all 4 days of event

Preview tour: www.obhomebuilders.org

ZONE 6: • ARLINGTON • GREAT FALLS McLean
 Vienna/Oakton

703-778-9411

CONNECTIONNEWSPAPERS.COM

ZONE 6 AD DEADLINE: Monday Noon

#### LANDSCAPING

#### A&S CONSTRUCTION

Bathrooms, Kitchens, Flooring, complete remodeling.

703-863-7465

#### **PAVING** oseph Sealcoating

Specialist **PAVING** 

40 Years Experience! Free Estimates 703-494-5443

#### CONNECTION CLASSIFIED

Classified or Home • Lawn • Garden: 703-917-6400

Employment: 703-917-6464

E-mail: classified@connectionnewspapers.com

#### TREE SERVICE TREE SERVICE

#### **Quality Tree Service** & Landscaping

Reasonable prices. Licensed & insured.



25 years of experience - Free estimates 703-868-5358

> 24 Hour Emergency **Tree Service**

#### **PART-TIME RETAIL**

Energetic and friendly individual needed for busy backyard nature store in the Reston area. Must have knowledge of backyard birds and be customer service oriented. 15-20 hours per week. 703-403-1283

#### Educational Internships

Unusual opportunity to learn many aspects of the newspaper business. Internships available in reporting, photography, research, graphics. Opportunities for students, and for adults considering change of career. Unpaid.

ONVECTION NEWSPAPERS

E-mail internship@connec

tionnewspapers.com

#### **HOW TO SUBMIT ADS TO**

#### **CONNECTION**

Newspapers & Online

#### **CLASSIFIED**

#### **DEADLINES**

Zones 1, 5, 6. .Mon @ noon

E-mail ad with zone choices to: classified@connectionnewspapers.com or call Andrea @ 703-778-9411

#### **EMPLOYMENT**

#### **DEADLINES**

Zones 1, 5, 6... .Mon @ noon ...Tues @ noon

E-mail ad with zone choices to: classified@connectionnewspapers.com or call Andrea @ 703-778-9411

#### **ZONES**

Zone 1: The Reston Connection

The Oak Hill/Herndon Connection

Zone 2: The Springfield Connection The Burke Connection

The Fairfax Connection
The Fairfax Station/Clifton/ Lorton Connection

Zone 3: The Alexandria Gazette Packet The Mount Vernon Gazette

Zone 4: Centre View North Centre View South

Zone 5: The Potomac Almanac

Zone 6: The Arlington Connection The Vienna/Oakton Connection

The McLean Connection

The Great Falls Connection

#### Join our team. Expect the best. Target.com/careers

#### **Now Hiring**

For the New Rosslyn Target Store

#### **TEAM MEMBERS**

- Deliver excellent service to Target guests
- Help keep the Target brand experience consistent, positive and welcoming
- · Make a difference by responding quickly and responsively to guest and team member needs

#### Requirements:

- Cheerful and helpful guest service skills
- Friendly and upbeat attitude

#### **Benefits:**

- Target merchandise discount
- Competitive pay
- Flexible scheduling

#### To Apply:

- Visit Target.com/careers, select hourly stores positions and search for the city of Rosslyn, VA
- Apply in person at the Employment Kiosks located near the front of any **Target Store**

Target is an equal employment opportunity employer and is a drug-free workplace. @2015 Target Stores. The Bullseye Design and Target are registered trademarks of Target Brands, Inc. All rights reserved.



## JD CALLANDER

Direct: (703) 606-7901 Office: (703) 821-1025

jd@newNOVAhome.com www.newNOVAhome.com

#1 Agent Companywide Top 1% Realtors Nationwide

Top 10 Realtors in Virginia NVAR 80+ Million Dollar Sales Club

#### OVER 75 HOMES SOLD SO FAR THIS YEAR!



6303 Hardy Drive

McLean, VA

\$799,000

ABSOLUTELY BEAUTIFUL 4BR/3 full bath home featuring renovated kitchen (2012) with granite, tile backsplash, box window, and eat-in space; sparkling hardwoods throughout the upper level; updated HVAC, plus updated washer and dryer; updated roof and the home has been newly painted! Lovely formal dining room w/ chair rail & wainscotingperfect for entertaining! Elegant living room w/ fireplace & French door walkout to full house length balcony; inviting recreation room with Berber carpeting and fireplace; gorgeous landscaped 1/4 acre lot; super Potomac Hills location! Close to DC, Tyson's, shopping and schools!

2601 Babcock Road

Vienna, VA \$880,000

FABULOUS reminder of yesteryear - this lovely 3 bedroom/2 full bath Sears and Roebuck classic has been lovingly maintained and features 2003 kitchen bump-out and remodel; elegant living room with built-ins and fireplace with French door walkout to wonderful screened-in porch-great for entertaining; separate formal dining room; spacious master bedroom suite; updated roof; hardwood flooring throughout; separate renovated guest house/office on lot features living room, bedroom and bath; detached 2-car garage; HUGE, level yard on OVER an ACRE!



6501 Kerns Court

Falls Church, VA \$669,000

WONDERFUL 4 bedroom/3 full bath home with fabulously ipdated kitchen ('15) including quartz counters and stainless steel appliances; beautiful hardwood floors; 4 spacious bedrooms; lovely owner's suite with full bath and his/her losets; light/bright sunroom off the owner's suite; new carpet in oversized lower level, plus wet bar, fireplace and full bathroom with potential guest space; new luxurious pergola and patio ('14); newly painted interior and exterior ('14); beautifully landscaped yard on over half an acre; private driveway and 2 car garage in private cul-de-sac location!







6010 Oakdale Road McLean 22101 \$1,499,000

in the heart of Falls Church City! \$1,039,000



6632 Hazel Lane McLean 22101 \$1,649,000

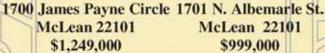
# 2015





Mike McBride N. Virginia Branch Manager Stearns Home Loans (703)801-4771 (Cell) mmcbride@stearns.com www.mcbride1003.com

Stearns Lending, LLC and the above mentioned company are not affiliated. This is not a commitment to lend. Program restrictions apply. Stearns Lending, LLC also operates under the trade name Stearns Home Loans in all states except for Arizona, Illinois, Massachusetts, Minnesota, Missouri, and New York. Stearns Lending, LLC offers many loan products. Stearns Lending, LLC is a California Limited Liability Company headquartered at 4 Hutton Centre Drive, 10th Floor, Santa Ana, California 92707. (800) 350-LEND (5363) Company NMLS# 1854 (www.nmlsconsumeraccess.org). Stearns Lending, LLC is licensed, registered or exempt from licensing to conduct businesses in Virginia State Corporation Commission Lender/Broker License #MC-2184. This information is accurate as of September 2, 2015. © 2015 Stearns Lending, LLC All Rights Reserved.



I am never too busy for your referrals!