



Great Falls CONNECTION

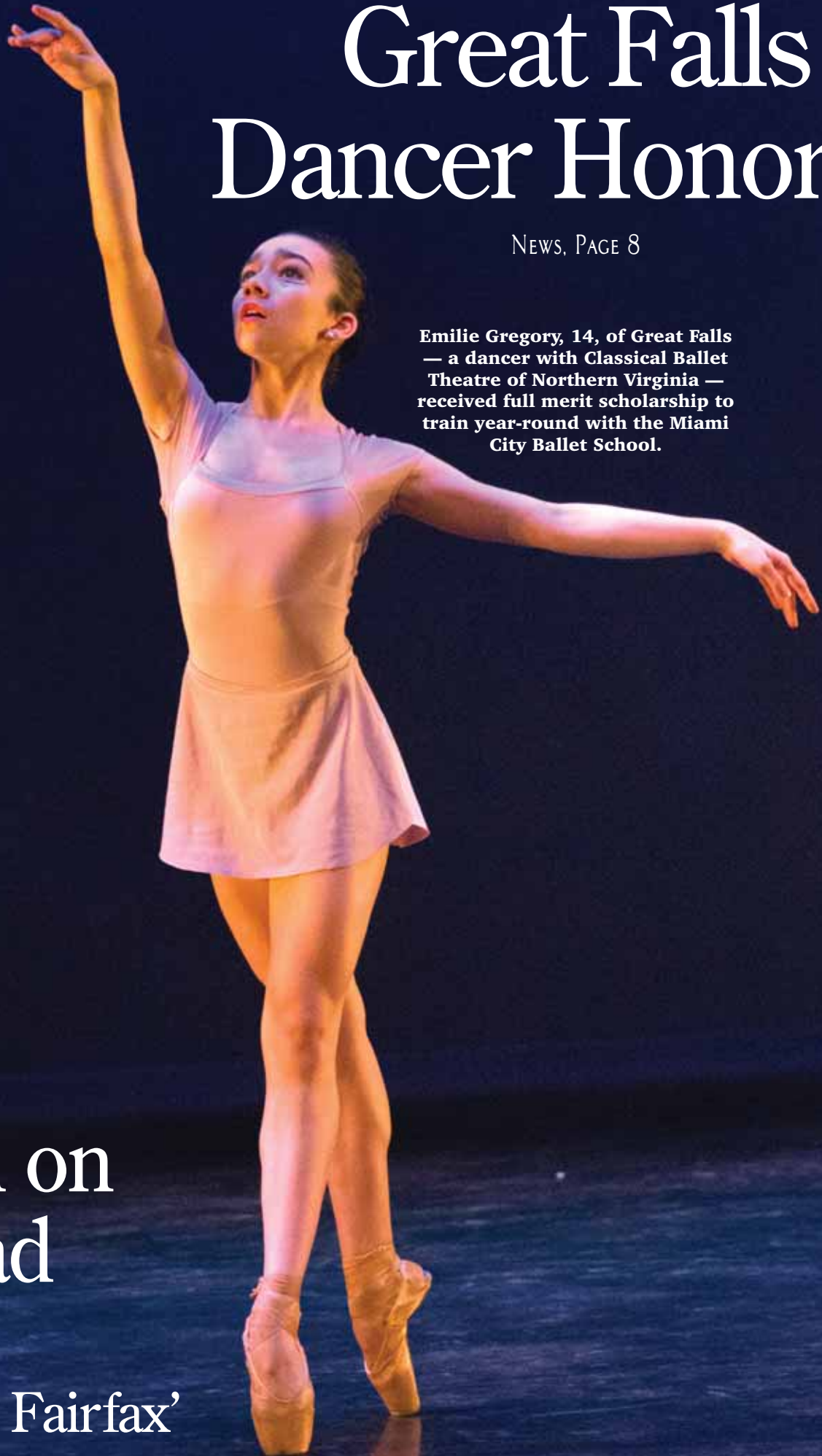
Home LifeStyle

PAGE 7

Great Falls Dancer Honored

NEWS, PAGE 8

Emilie Gregory, 14, of Great Falls — a dancer with Classical Ballet Theatre of Northern Virginia — received full merit scholarship to train year-round with the Miami City Ballet School.



Fatal Crash on Walker Road

NEWS, PAGE 8

One Step To 'One Fairfax'

NEWS, PAGE 3

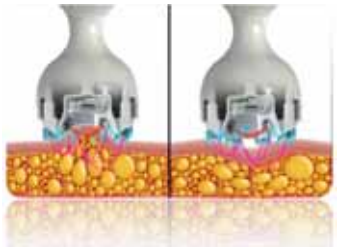
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One Step To 'One Fairfax'

Agreeing on a policy to create opportunity for all.

BY KEN MOORE
THE CONNECTION

Jeff McKay didn't mince words when discussing racial, social and economic inequity in Fairfax County.

"There are different opportunities in this county depending on where you live and depending on what school you go to," said the Lee District supervisor.

Hybla Valley Elementary in Mount Vernon is by many measures the most equity-challenged elementary school in Fairfax County. Fully 90 percent of students are poor, that is qualify for "free and reduced meals;" 48.7 percent of students are limited English proficient. While 80 percent of students are Latino, just 2.4 percent are white.

Less than four miles away, at Waynewood Elementary School, also in Mount Vernon, the story is different. There are very few poor students; just 2.1 percent qualify for subsidized meals. White students make up 87 percent of the students body; 1.8 percent are Black; 4.46 percent are Latino. Just 3.4 percent of students have limited proficiency in English.

On the other side of the county, many elementary schools in McLean, Great Falls and Vienna have a tiny percentage of poor children; less than one percent in some cases.

At Churchill Road Elementary School in McLean, there are almost no students poor enough to qualify for subsidized meals; 0.82 percent; just 8.8 percent of students are limited English proficient. 51 percent of students are white, 32 percent Asian, 2.47 percent Black and 7 percent Latino.

At Wolftrap Elementary in Vienna, there are also almost no poor students with just 1.22 percent poor enough to qualify for subsidized meals. White students make up 71.25 percent of students; 8.8 percent of students are Latino; 13.2 percent are Asian. Less than one percent are Black.

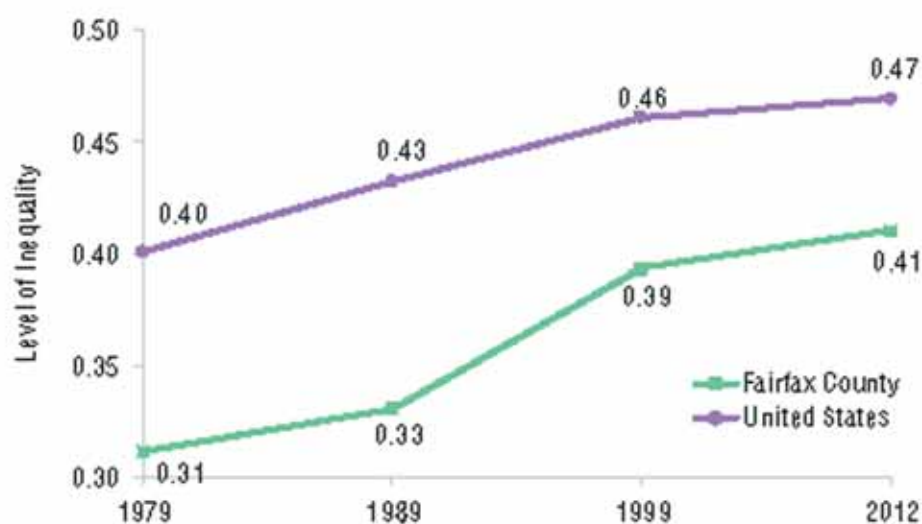
But in Herndon, at Hutchison Elementary, 78 percent of students are poor. The same percentage, 78, of students are poor at Dogwood Elementary in Reston.

THIS MONTH, the Board of Supervisors and the School Board passed a joint resolution called "One Fairfax: a community where everyone can participate and prosper." The idea is to address inequity in opportunities across the county.

"This puts it in writing, makes it deliberate and sends a strong message to our community that our leadership in this county believes strongly in equity, in social justice and in One Fairfax, where no matter where

Income Inequality, 1979 to 2012

Inequality is measured here by the Gini coefficient, which ranges from 0 (perfect equality) to 1 (perfect inequality: one person has all of the income).

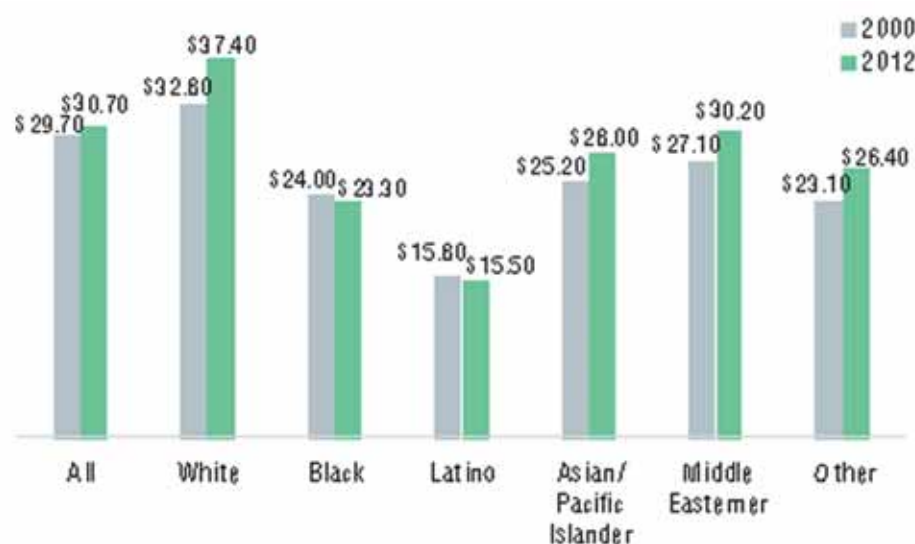


NOTE: DATA FOR 2012 REPRESENT A 2008 THROUGH 2012 AVERAGE.

SOURCE: IPUMS.

Median Hourly Wage by Race/Ethnicity, 2000 and 2012

NOTE: DATA FOR 2012 REPRESENT A 2008 THROUGH 2012 AVERAGE. VALUES ARE IN 2010 DOLLARS.



SOURCE: IPUMS. UNIVERSE INCLUDES CIVILIAN NONINSTITUTIONAL FULL-TIME WAGE AND SALARY WORKERS AGES 25 THROUGH 64.

you are born, no matter what neighborhood you happen to grow up in, you have equal opportunity to succeed," said McKay.

The policy passed by the two boards directs the development of a racial and social equity policy and strategic actions to advance opportunities and achieve equity that includes intentional collective leadership, community engagement, equity tools and infrastructure to support and sustain systemic changes, and shared accountability.

"We don't have the opportunities we need for all people in the county. And we talk about that in the context of everything from career and technical education, to preschool," said Braddock Supervisor John Cook.

"We have had community members who have worked for a long time to figure out

how to bring this to the forefront of the board," said Hunter Mill Supervisor Catherine Hudgins.

"It's not only the right thing to do, it's the smart thing to do," said Dranesville Supervisor John W. Foust.

"I can think of no more important statement that we can make at this time, at any time, to our community," said McKay.

"You know if you don't have access to services you're not going to have outcomes for the child or adult," said Deputy County Executive Pat Harrison.

THE BOARD DEBATED the joint resolution at its meeting on July 12.

"If you don't have the right opportunities, you're not going to improve the outcomes. And that's the fundamental question we are

"It's not only the right thing to do, it's the smart thing to do."

— Dranesville Supervisor
John W. Foust

asking ourselves here," said McKay.

"This all sounds really good, and the discussion is all really good. The devil really is in the details," said Springfield Supervisor Pat Herrity (R).

"I think we need to do a better job at measuring the effectiveness of the programs and services. That's part of what I'm getting at," he said.

"How do you define the lens of equity?" he asked.

The last few years, the county implemented several initiatives to address disparities in a variety of areas including juvenile justice, education, employment, self sufficiency, health and child welfare.

In 2015, the Board of Supervisors adopted the Strategic Plan to Facilitate Economic Success. School leadership and community representatives "identified racial and social equity as an integral component to improving educational and life outcomes for youth," according to county documents.

"Linking people to opportunities including workforce development, education, employment and affordable housing helps ensure lifelong learning, resilience, and economic success," according to county documents.

Lynbrook Elementary and Sangster Elementary are both in Springfield, and are less than 7 miles apart. But the distance in demographics is massive. Lynbrook's students are 85 percent poor enough to qualify for subsidized meals and 72 percent of them are limited in English proficiency; less than 3 percent of students are White; 83 percent are Latino.

At Sangster, only 2.4 percent of students are poor enough to qualify for subsidized meals; only 3.6 percent are limited in English proficiency; two-thirds are White.

"Racial gaps in wages have grown over the past decade. From 2000 to 2012, White workers saw their median hourly wage increase significantly, while Latinos and Blacks experienced slight wage declines," according to county documents. "People of color earn lower wages than Whites at every education level. Wages rise with education, but gaps by race remain."

Hunter Mill Supervisor Hudgins says "it's taken a long time" to get this far.

"Now we have the harder part of putting the policy together and hoping it can work well throughout all of our agencies and all of our communities and in a way that the community can understand what we are trying to do."

OPINION

Laser Focus on Safety

While Metro lapses can't be excused, it's much safer than driving; maintenance-related safety issues also plague area bridges and roads.

Intense scrutiny on the safety and maintenance record of the Washington region's Metro system is resulting in continuing revelation of lapses, and ongoing inconvenience with repair schedules shutting down entire lines and the end of late night service.

Reporting on Metro accidents, derailments and incompetent and/or inadequate maintenance might even lead commuters to choose to climb in their cars instead. Wouldn't it be safer to drive, if Metro can't get its act together to even inspect the tracks?

No, not even close.

Riding commuter rail is 10-30 times safer than driving, according to several studies, and even small increases in transit ridership result in significant decreases in overall commuting deaths

Public transit overall has lower crash rates

EDITORIAL

per unit of travel, reports Todd Litman in an analytical research paper, A New Transit Narrative, published in 2014 and cited by the National Center for Transit Research. Intercity and commuter passengers have about 1/20th the traffic fatalities per 100 million passenger-miles as automobile travel, he writes. Urban rail passengers have about 1/30th the fatalities as car travel, and bus passengers about 1/60th the traffic fatalities per 100 million passenger-miles as automobile travel.

"Transit travel has about one-tenth the traffic casualty [injury or death] rate as automobile travel, and residents of transit-oriented communities have about one-fifth the per capita crash casualty rate as in automobile-oriented communities," reports Litman. "People tend to underestimate automobile travel risks and exaggerate public transit risks."

Meanwhile, Virginia has 1,063 structurally

deficient bridges, according to the American Road and Transportation Builders Association, citing data from the U. S. Department of Transportation Federal Highway Administration National Bridge Inventory, 2015. Maryland's number of structurally deficient bridges is 306, and the District of Columbia has 10 structurally deficient bridges, according to the same report.

In fact, a bridge used by 78,000 vehicles a day, including thousands of Northern Virginians commuting daily into D.C., the Memorial Bridge, is so corroded it has major weight restrictions, buses are not allowed to use it, and it would likely have to be closed within a few years, had Congress not recently allocated \$90 million to the National Park Service for emergency action towards a \$250 million rehabilitation project.

Risk and safety are complex issues. You're safer taking Metro than driving, much safer on a commuter bus. And one thing we do know, if you are riding in car, buckling your seatbelt makes you much safer.

— MARY KIMM

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Responding to the Zika Threat

BY U.S. REP. GERRY CONNOLLY (D-IL)

Last week, for the first time ever, the Centers for Disease Control and Prevention was forced to issue a domestic travel warning to pregnant women planning to visit Miami, a popular getaway destination. This marks a sad milestone in our country's history. What was once seen as a threat from foreign travel has now reached our communities, jeopardizing our collective health and safety, especially that of newborns. To date, more than a dozen cases of the Zika virus have been traced to local mosquitos in Florida, which reports nearly 400 cases of Zika associated with foreign travel. There have been 50 reported cases of Zika in Virginia, all linked to foreign travel, as of early August.

Countless times, as a nation, we've come together to find cures when faced with similar health crises. American ingenuity eradicated Polio and slowed the Ebola epidemic. So, like many of you, I assumed Congress would meet this crisis head-on like it has done in the past. Surely we would expeditiously provide funding for this global disease. Instead, sadly, Congress adjourned for summer break.

Recognizing the urgent need to respond to the spreading Zika threat, the Obama Administration redirected close to \$600 million in



There have been 50 reported cases of Zika in Virginia, all linked to foreign travel, as of early August.

existing funds as a stopgap measure for initial activities. However, that will not be enough to fully address the threat. I support the President's emergency request for \$1.9 billion in Zika-related funding. Unfortunately, a counter proposal offered by the House majority is insufficient and saddled

with extraneous and divisive policy riders.

The consequences of Congressional inaction could be devastating. States and communities won't have the funding they need to fight Zika. State and local officials manage mosquito control and response operations. Here in Fairfax, we have consistently supported a program to trap and test local mosquitoes for viruses like West Nile and now Zika. Without additional funding from the federal government, we limit the ability of at-risk communities to sustain activities to reduce the spread of Zika once transmission begins.

Vaccine development may also be delayed. Creating a vaccine requires multi-year commitments from the government and private sector to reprioritize and spend money on research and development. The Secretary of Health and Human Services recently warned that, "Lack

of funding will delay or prevent the performance of clinical trials ... limiting the ability of manufacturers to make vaccines at the scale required to protect populations against Zika."

We also need to ensure that there is enough diagnostic testing capacity available across the country. This is especially critical now with confirmed cases of local mosquito transmissions. Swift, accurate diagnostic testing is foundational to our ability to track and respond to this threat.

I was among those calling on Congress to cancel its August break until we addressed this challenge. We cannot simply swat away this threat. With the recent diagnoses of local Zika transmissions in Florida, Congress should reconvene as quickly as possible to partner with our states and local communities in responding to this growing public health crisis.

Write The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Send to:

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Great Falls
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www.ConnectionNewspapers.com

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

Published by
Local Media Connection LLC

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Alexandria, Virginia 22314

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SCHOOL NOTES

Send school notes to north@connectionnewspapers.com by noon on Friday.

Madeline Dorr, of McLean, is on the spring 2016 dean's list at the University of Maine-Orono.

Dov Cohen, of Vienna, received a bachelor of arts degree from The College of Wooster during commencement exercises in May 2016.

Graham Liggan, of Great Falls, has been named to the spring 2016 dean's list at Auburn University.

Enas A. Musa, of Great Falls, received a master of liberal studies from Fort Hays State University spring 2016.

Robert Maffei, of McLean, graduated from Manhattan College with a B.A. in Secondary Education in May 2016.

Justin Cecil, a 2012 graduate of Langley High School, received a B.A. in Psychology with a minor in theatre from the University of California Santa Barbara on June 11.

Neal Daniel Dawson, of Vienna, graduated from Averett University in May 2016 with a master of business administration degree.

Great Falls resident **Nikki Cheshire** graduated from Pennsylvania State University, Summa Cum Laude with a bachelor's degree in communications and magna cum laude with a bachelor's degree in Spanish. She will attend Columbia University's School of Journalism in the fall to pursue a master's degree in journalism and documentary film production.

Katherine W. Cynkar, of Great Falls, was named to the Rhodes College Honor Roll for the 2016 spring semester.

Courtney Laine Vereide, of Vienna, graduated magna cum laude from Elon University on May 21, 2016, with a Bachelors degree in English and a Classical Studies minor.

Brandon D. Kendrick, of Vienna, is on the spring 2016 deans list at Hampden-Sydney College.

Robert P. Buttarazzi, of Vienna, is on the spring 2016 deans list at Hampden-Sydney College.

Megan L. Graves, of Vienna, has been named to the president's list for the 2016 spring semester at Elon University.

James "Blair" Glennon IV graduated from Darden School of Business in May 2016. He is a 2003 Langley High School graduate.

Joseph Boyd Greener, of Great Falls, graduated from Wake Forest Law in May 2016.

Christie Sweet, of Vienna, majoring in health and exercise science, graduated cum laude from Bridgewater College in May 2016.

Rebecca Helene Cooper-McDannel received a Master's degree in personnel management from East Carolina University. She is a 2007 graduate of Langley High School in 2007.

Kevin Paul Keena graduated in May 2015 with a B.A. in history and visual arts from Hampden-Sydney College. He hails from Vienna.

Jacob M. Farrar graduated summa cum laude with a B.S. in biology from Hampden-Sydney College in May 2016. He hails from Oakton.

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WEEK IN GREAT FALLS

Great Falls UMC Welcomes New Pastor

Great Falls United Methodist Church announced the appointment of their new pastor, Rev. Livingstone S. Dore. He began his ministry at Great Falls UMC on July 3. Rev. Dore received a Master of Divinity degree from Drew University in Madison, N. J. He was ordained an Elder in the Central Pennsylvania Conference and comes to Great Falls from Charles Wesley UMC in McLean.

He is married and he and his wife, Michele, have two children. Michele works as a Tax Manager for Ernst & Young. Their daughter is a legal assistant and a law student at American University. Their son is a medical doctor, completing his residency. Rev. Dore has been active in community organizations including Rotary and Capital Area Partnership Uplifting People.

You are invited to worship at Great Falls UMC on Sundays at 10 a.m. to welcome Rev. Dore and celebrate his ministry in the community. The church is located at 10100 Georgetown Pike, Great Falls. For more information visit the website www.greatfallsumc@verizon.net.

Dean A. Reuter to Speak at the Great Falls Senior Center Event

The Great Falls Senior Center has announced Dean A. Reuter Vice President and Director of the Practice Groups for the Federalist Society will be a guest speaker for the constitution event on Sept. 6. Reuter has served in two federal government agency Offices of the Inspector General, as Counsel to the Inspector General, and Deputy Inspector General, responsible for policing the legal use of federal funds granted and contracted through those agencies. As such, Reuter helped to conduct and oversee criminal investigations across the country. He is a graduate of Hood College, and the University of Maryland School of Law.

The Sept. 6 constitution event will be held at The Grange, 9818 Georgetown Pike, Great Falls, 11 a.m.-1:30 p.m. and includes lunch. Reservations are a must. Contact Polly Fitzgerald at pollyfitz1@verizon.net or call 703-759-4345. Visit gfseniors.org.

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HomeLifeStyle

Stylish Solutions for Organized Homes

Practical and chic ideas for making a home back-to-school ready.

BY MARILYN CAMPBELL
THE CONNECTION

Before school begins later this month, taking the time to organize home and school supplies can take the stress out of the transition from a laid-back summer to a structured, schedule-driven school year. Local home design and organizational experts share ideas to help parents add practical organizational tools to their home without sacrificing their sense of style.

"Organizing your home to make this transition smooth can make all the difference in the world," said Chuck Khriel, vice president of FRED Home Improvement in Bethesda. "Giving thoughts to how spaces around your home are used during the school year can help with this organization."

Using space efficiently and creating designated spaces for items like backpacks, jackets, sports equipment and clothing will keep a home organized and prevent the back-to-school necessities from overtaking a home's aesthetic. "For example, if you have a mudroom, specifying spaces for backpacks, shoes and sports apparel takes the guesswork out of where the kids should be storing their stuff when they enter your home," said Khriel. "Consistently storing items in the same place will become a timesaver in the morning as the kids are getting ready for school."

Small home decor items can add a sense of style and serve a practical purpose. "Get a decorative hook to hang their backpack up when you come in," said Sallie J. Kjos of Grey Hunt Interiors in Chantilly. "It doesn't need to look junky or kiddish. Keep in mind, you want it all to be functional for your kids, but flow with your home."

From tests to homework, a new school year often brings an onslaught of paper, stacks of which can create an unsightly scene in a home. "Storage is key," said Kjos. "Get some fabric-covered boxes with lids for your children to stack up next to their desk to put school work in that has been graded in case they need to refer back to it."

A pegboard is another inexpensive accessory that can be used to organize piles of papers. "You can find them at a hardware store," said Arlington-based personal organizer Bonnie Atwater of Organized for You. "Get them cut to fit



Fabric-covered labeled boxes can hold stacks of paper neatly on a bedroom desk.

into your particular space, like behind a door or over a desk. You can also paint them a bright color to add a touch of whimsy and put them in a spot that's easily accessible.

Making items visible but tasteful can boost organization without creating a design emergency. "Dry erase calendars and storage cubes in bright colors can go in your kitchen, mudroom or any room that you want to serve as a command central," said interior designer Cyndi Ibach of Elegant Interiors by Cyndi in Alexandria. "When school things are organized in a location where everyone can see them, everyone has access to important information."

For school supply organization, Kjos suggests: "Instead of using pencil holders, get your mason jars out, fill with crayons, markers and pencil to make for a cleaner, more organized look." Remember to add charging stations to your children's desk or study area.

Keep school notices, permission slips and other forms of paper in plain sight without creating clutter. Take an old [picture] frame...and staple ribbon across it in whatever your decor colors are and use paper clips for your child to put up homework assignments, certificates, or other reminders," said Kjos. "You can hang this above the desk."

Kjos also offers an innovative way to organize lunch supplies for easy access. "One of my favorite organizing for school tricks is inside of my pantry door," she said. "I use over-the-door shoe holders and put all their dried food for

lunch boxes in there to make packing lunches easier and to reduce all the boxes and clutter in my pantry."

A neat, streamlined closet can



PHOTOS COURTESY OF SALLIE KJOS

Storing non-perishable food for school lunches in over-the-door shoe holders makes packing lunches easy and reduces clutter, advises Sallie Kjos.

also take some of the stress out of the morning mad dash to find shirts, socks and shoes. "Get a cute

"Organizing your home to make [the back to school] transition smooth can make all the difference in the world."

— Chuck Khriel

decorative basket and stack their clothes for the week by outfits so you don't have to do it every evening," said Kjos.

If constructing new storage space is an option, consider dual-purpose units, advises Eric Tovar, president of Churchill Classics in Poolesville, Md. "Chalkboards and corkboards in other areas of the home provide a place to leave and read notes for each other so everyone is aware of daily activities."

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PHOTO COURTESY OF FCPD

A 28-year-old Alexandria resident died in a single-vehicle crash at the 1100 block of Walker Road in the Great Falls area on Saturday, Aug. 6.

Fatal Crash on Walker Road

Officers responded to the 1100 block of Walker Road in the Great Falls area on Saturday, Aug. 6, around 7:32 a.m. for the report of a single-vehicle crash. Officers located a yellow 2004 convertible that had been involved in the crash. The initial investigation determined that an adult male was driving the vehicle northbound on Walker Road, when for an unknown reason, the vehicle left the roadway, hit a dirt berm, overturned several times, and came to rest.

The driver of the vehicle, a 28-year-old male, was transported to a local hospital with life-threatening injuries and pronounced deceased by medical staff. There were no other occupants in the vehicle.

Preliminary information suggests that speed appears to be a factor in this crash, according to FCPD Public Affairs Bureau press release. The driver of the vehicle has been identified as Henry H. Sterne, of Alexandria, and next of kin has been notified. Detectives from the Crash Reconstruction Unit responded and the investigation is on-going.

Anyone with information about this incident is asked to contact Crime Solvers electronically by visiting <http://www.fairfaxcrimesolvers.org> or text-a-tip by texting "TIP187" plus your message to CRIMES(274637)** or by calling 1-866-411-TIPS(8477), or call Fairfax County Police at 703-691-2131.

Taking Art Walk in Great Falls

Friday evening, Aug. 5, Arts Studios & Galleries, with 27 artists, hosted First Friday Art Walk in the Village, offering Great Falls art admirers an opportunity to enjoy the arts, meet artists at work and enjoy music while strolling through the Village Green.

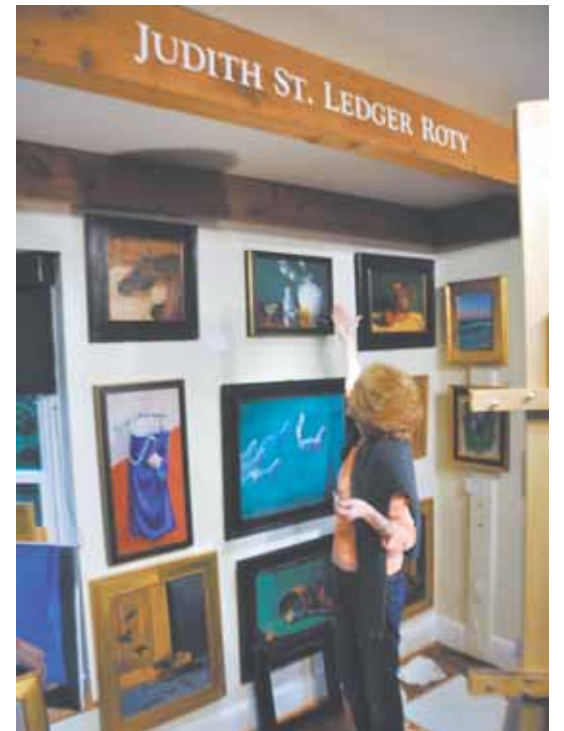


Great Falls artists opened their studios and galleries to the public hosting First Friday Art Walk in the Village on Aug. 5.

PHOTOS BY BENJAMIN KISHORE/THE CONNECTION



Donna Robinson at work at Village Green Friday evening, Aug. 5.



Judith Ledger Roty was one of the artists sharing her art with the community Friday, Aug. 5 at the Village Green.

Great Falls Dancer Offered Merit Scholarship

Emilie Gregory, a dancer with Classical Ballet Theatre in Herndon, selected to train with Miami City Ballet School.

Emilie Gregory, 14, of Great Falls — a dancer with Classical Ballet Theatre of Northern Virginia — received one of the highest honors an artist her age can receive: the offer of a full merit scholarship to train at the Miami City Ballet School. The scholarship will cover her full tuition and housing so that she can train year-round with the renowned company's Pre-Professional Division. Emilie earned this offer after demonstrating her potential during the school's summer intensive, held June 19-July 24.

Although worried about being so far from her home in Great

Falls, Emilie was excited about the prospect of learning the Balanchine technique and working with multiple, esteemed faculty members. These included principal faculty members Geta Constantinescu, Kathryn Moriarty, and Olivier Pardina; faculty members Rafi Maldonado-Lopez and Maribel Modrono; principal member Jeanette Delgado; and principal soloist Nathalia Arja. Emilie enjoyed training, making new friends, and watching Miami City Ballet company members rehearse, and she excelled in the environment, composed of fast-paced, rigorous days.

"Classical Ballet Theatre pre-

pared me very well...,” said Emilie, who noted that her Classical Ballet Theatre [CBT] training also had gained her a partial scholarship to attend the intensive as well as similar offers from other ballet companies. ”

Emilie began studying ballet seriously in September 2011, when she joined Classical Ballet Theatre [CBT], founded over 25 years ago by Executive Director and Artistic Director Cynthia Donavin. At CBT, Emilie has enjoyed exceptional training as well as classical and contemporary performance opportunities. Some of her favorite experiences include training for her YAGP solos with Kathy Beyer, former principal dancer with Boston Ballet, and with Meghan Rudorfer, former member of Martha Graham 2; performing the Dew Drop role in CBT's 2015 "Nutcracker"; learning new choreography from master instructors such as Roni Koresch; and giving community children free outreach per-



Emilie Gregory began training seriously when she joined Classical Ballet Theatre in Herndon five years ago.

formances.

A rising ninth grader at Langley High School, Emilie will continue her local studies and daily Classical Ballet Theatre training, and she credits ballet for the time management skills and sharpened focus that she will need to accomplish

PHOTOS BY KATIE AND TONY DE LA PAZ



Emilie Gregory performs 'De Mi Alma,' choreography by Meghan Rudorfer, during An Evening with Classical Ballet Theatre, held at the Reston Community Center on May 14, 2016.

this on a daily basis. She also will volunteer through CBT's Children's Series and other organizations, opportunities she feels keep her grounded. All the time, she will focus on her goal of joining a professional ballet company in the future.

For more information about CBT and its training programs, call 703-471-0750 or visit <http://www.cbntva.org/summer>.

CALENDAR

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

ONGOING

Cirque du Soleil "Kurios." July 21 to Sept. 18. Tysons II, The Lerner Town Center, 8025 Galleria Drive, Tysons Corner. \$39-\$170. 1-877-924-7783. cirquedusoleil.com/kurios.

Cindy Dibbs Exhibit. Aug. 1-31. Katie's Coffe House, 760 Walker Road, Great Falls. Photographs from "Seasons." 703-759-4673.

Evenings on the Ellipse. 5:30-7 p.m. Thursdays through Aug. 25. Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Fun music and good company. Paradise Springs and The Winery at Bull Run will be offering complimentary tastings of their premium reds and whites. If it rains, concerts will be moved inside to the Government Center Forum. <http://www.fairfaxcounty.gov/parks/performance/>

Great Falls Farmers Market. Saturdays, 9 a.m.-1 p.m., 778 Walker Road Great Falls. <http://greatfallsfarmersmarket.org/>

SATURDAY/AUG. 13

Used Book Collection. 9 a.m.-1:30 p.m. SunTrust Bank, 515 Maple Ave. East, Vienna. Sponsored by the AAUW McLean Branch. Also, bring your CDs, DVDs, software, children's book, records, and recent textbooks, in good condition. Proceeds benefit scholarships for women. aauwbookfair@gmail.com. 703-527-4206.

Family Fun Jam at Jammin Java Community fundraiser 1-2:30 p.m. Live Music by Donaldsons' Run, Dance & Sing Along, Contests and Prizes, Food Available for Purchase. Proceeds benefit Growing Hope, a local organization that supports children with cancer and their families. \$20 for adults, child admission free. jamminjava.com/event/1260955

SUNDAY/AUG. 14

Diamond Alley. 6-8 p.m. Great Falls Village Centre Green, Great Falls. A diverse mix of contemporary and classic hits highlighting their unusual vocal talent. <http://www.celebrategreatfalls.org/concerts-on-the-green/>.

SATURDAY/AUG. 20.

Vienna's County Fair. Noon-4 p.m. Freeman Store, 131 Church St. NE, Vienna. farm animals, crafts, a home grown garden fruits and vegetables competition, a bike decorating



Leslie Anthony, Lilous' Posies, Oil



Gail Pean, Dog Days of August, Photography

'Hello August' Opens at Great Falls Studios Virtual Gallery

"Hello August" has opened at Great Falls Studios Virtual Gallery: Visit with a click and enjoy 40 works from 14 GFS member artists. Curated by Mike McDermott. <http://www.greatfallsstudios.com/#!virtual-gallery/yg3u0>

Mark your calendars and watch for news about upcoming GFS Community events: Oct. 14, 15, 16, 2016. Great Falls Studios Annual Tour October 2016. Studios Tour Participant Exhibition at Great Falls Community Library.

Dec. 3 & 4, 2016 Great Falls Studios Holiday ART FEST

Great Falls Studios member artists number over 100. Neighbors and friends creating art in home studios and group studios along the winding roads, in the woods and pastures, too, of our artful village. Learn more about Great Falls Studios at www.GreatFallsStudios.com and on Facebook. <https://www.facebook.com/Great-Falls-Studios-138530086206554/timeline/>

contest for kids, living history re-enactors, and old-fashioned music and games. 703-938-5187.

SUNDAY/AUG. 21

The 19th Street Band. 6-8 p.m. Great Falls Village Centre Green, Great Falls. The 19th Street Band has followed the traditions of The Carter Family and The Kingston Trio while also integrating modern elements of Americana, Country, and Rock 'n Roll. <http://www.celebrategreatfalls.org/concerts-on-the-green/>.

Ellis Paul with Dave Navarro. 4 p.m. Jammin Java, 227 Maple Ave. E, Vienna. jamminjava.com.

SUNDAY/AUG. 28

The Beat Hotel. 6-8 p.m. Great Falls Village Centre Green, Great Falls. New Orleans Mardi Gras Swamp Funk. <http://www.celebrategreatfalls.org/>

concerts-on-the-green/.

SATURDAY/SEPT. 1

Paint the Town Reception. 4-6 p.m. 115 Pleasant St. NW. Vienna. Vienna Arts Society members exhibition. ViennaArtsSociety.org.

SUNDAY/SEPT. 4

The Alan Scott Band. 6-8 p.m. Great Falls Village Centre Green, Great Falls. A combination of driving, danceable rock combined with time-honored blues, funk, and Brit Pop influences. <http://www.celebrategreatfalls.org/concerts-on-the-green/>.

SUNDAY/SEPT. 11

Mike Terpak Blues Explosion. 6-8 p.m. Great Falls Village Centre Green, Great Falls. <http://www.celebrategreatfalls.org/concerts-on-the-green/>.

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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 at www.abc.virginia.gov or 800-552-3200.

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Zone 5: The Potomac Almanac
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I Can't Worry About It



By KENNETH B. LOURIE

'It' not being "the cancer", as "Forrest, Forrest Gump" described the cause of his mother's death (it was on a Tuesday, I believe). Rather, 'it' being everything else in life. There's a peculiar sense of indifference that comes over you after receiving a diagnosis of cancer. Moreover, the sense of urgency of all things not cancer-related dissipates as well.

I mean, given your diagnosis, how can anything else really matter? And in terms of your survival, there is nothing more important quite frankly, so 'everything else' pales in comparison. This is not to say that you can't be bothered with anything, but I will admit to this: everything (most things) become a bother. Time-sensitive tasks may force your hand (almost literally), but even then, it's often a half-hearted endeavor.

Don't get me wrong, it's not as if I'm so pre-occupied with my survival that I can't function beyond my cancer perimeters; I can. It's more that whatever the task, it becomes challenging; more mentally than physically (thank God), although I do have my deficits. In most instances however, I do finish what I start, but it's that start that stops me.

It's almost as if I need an actual push to get me moving emotionally; not because I'm in pain or lacking red blood cells/fuel from heavy duty chemotherapy; I'm just stuck. And it's not as if I'm unaware of the consequences of my inaction, I certainly am. It's more that the 'consequences' be damned, one-quarter speed ahead. It's as if I'm a ship leaving harbor, I need a tug boat equivalent to get me out to see what I can accomplish.

Invariably, I get it done, not in the time frame that a "normal"/healthy person might, but more so in the time frame in which an extremely reasonable and accommodating person might expect. I make my appointments; I'm mindful of time, day and date; I'm aware of people, places and things; and I'm cognizant of requirements, demands and expectations. But none of it seems to have a hold on me. It sort of brushes by.

I don't mean to be disrespectful or inconsiderate (although I can understand how it might appear or be interpreted as such), it's simply that, at least from this cancer patient's perspective, I can't, nor do I want to, get out of my own way. It's somewhere between inexplicable, inexcusable and unexplainable. Hardly am I suffering, as many cancer patients are — and as I was during those early heavy-duty chemotherapy infusions (six hours-plus per treatment, no appetite, no energy, no motivation, no hair, minimal hope). Nevertheless, this malaise/lack of enthusiasm/lack of concern for the big picture consumes my days and nights. I'm too caught up — consciously and sub-consciously, with the small picture: my life as a stage IV, non-small cell lung cancer patient whose oncologist originally gave a "13 month to two-year" prognosis. Try putting that in your pipe and living normally.

As much as I have in fact lived my life in relative good spirits, a cancer diagnosis puts a sort of governor on the bounce that used to be in your step. How do you ever forget the circumstance that might be killing, or at least abbreviating, your life expectancy? Symptoms that you really feel and any number of which you imagine, constantly tug on your figurative cape. You can try to be Superman, but the reality is, cancer is a hell of an adversary, and pleading with it to stop its insidious effects is time not well spent. Still, giving into it and not living your life as if you weren't afflicted is much easier said than done, and it's pretty difficult even saying it.

The accumulation of all these things constantly weighing on you is the toll that it takes. The result is for me, oddly enough, even if I don't worry about one thing, I worry about the other — and vice-versa. And that's the recurring problem: you're damned if you do and damned if you don't.

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

To have community events listed in the Connection, send to connectionnewspapers.com/Calendar/. The deadline for submissions is noon on Friday.

SATURDAY/AUG. 13

Used Book Collection. 9 a.m.-1:30 p.m.
SunTrust Bank, 515 Maple Ave. East, Vienna. Sponsored by the AAUW McLean Branch. Also, bring your CDs, DVDs, software, children's book, records, and recent textbooks, in good condition. Proceeds benefit scholarships for women. aauwbookfair@gmail.com. 703-527-4206.

THURSDAY/ AUG. 25

Finance Committee Meeting of the Whole
7:30 p.m. at The McLean Community Center, 1234 Ingleside Avenue. Governing Board encourages residents of Small District 1A-Dranesville who have suggestions, comments or concerns regarding the Center's FY 2018 budget to attend this meeting. At this meeting chaired by MCC Governing Board Treasurer Paul Kohlenberger, the full board will continue work on the FY 2018 budget, which began with a staff presentation at a July Finance Committee meeting.
Call: 703-790-0123 or Visit: www.mcleancenter.org

WEDNESDAY/SATURDAY/SEPT. 7-10

Quarterly Book Sale. Friends of the Tysons-Pimmit Regional Library will hold Quarterly Book Sale. Books and media for all interests and ages. Wednesday 1 - 5 p.m.; Thursday 9 a.m. - 4 p.m.; Friday 9 a.m. - 3 p.m. Bag sale/half price sale - \$7 per bag
Saturday, 10 a.m. - 2 p.m. Smaller scale weekly book sale. 7700 Leesburg Pike Falls Church. TysonsLibraryFriends@gmail.com 703-338-3307

MONDAY/SEPT.12

Public Hearing on the FY 2018 Budget 7:30 p.m. t The McLean Community Center, 1234 Ingleside Avenue. The hearing will give residents another opportunity to review and comment on the Center's FY 2018 budget. District residents who wish to speak at the public hearing are asked to call 703-790-0123, TTY: 711, to have their names placed on a speakers' list. In addition, written comments may be sent to the Governing Board by mail (address to: McLean Community Center, 1234 Ingleside Avenue, McLean VA 22101), fax (703-556-0547) or E-mail (George.sachs@fairfaxcounty.gov).

ONGOING

The **Northern Virginia Long Term Care Ombudsman Program** needs volunteer advocates for residents in nursing homes and assisted living facilities. Contact Lisa Callahan at 703-324-5861, TTY 711 or email Lisa.Callahan@fairfaxcounty.gov. Also visit www.fairfaxcounty.gov/dfs/olderadultservices/ltombudsman/.

Fairfax County needs volunteers to **drive older adults to medical appointments and wellness programs**. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

FAITH NOTES

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

St. Francis Episcopal Church, 9220 Georgetown Pike in Great Falls, offers musical, educational, outreach and fellowship ministries in addition to worship services, including an 8 a.m. worship service without music and a 10 a.m. worship service with nursery care available during the summer. 703-759-2082.

The Jewish Social Services Agency (JSSA) offers a wide variety of support groups for those with emotional, social, and physical challenges. www.jssa.org/growth-learning.

HAVEN of Northern Virginia offers a variety of free bereavement support groups, meeting on a weekly basis. 703-941-7000 or www.havenofnova.org.



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