



McLean CONNECTION

HomeLifeStyle

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Alice McIntyre of McLean with her grandkids Lizzie and Tommy McIntyre enjoy National Night Out at the Vinson Hall Retirement Community on Kirby Road in McLean on Tuesday, Aug. 2.

National Night Out in McLean

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Medical Director / MD
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This special event is for people with relapsing MS and their care partners to learn more about an infusion treatment option.

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NEWS

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.

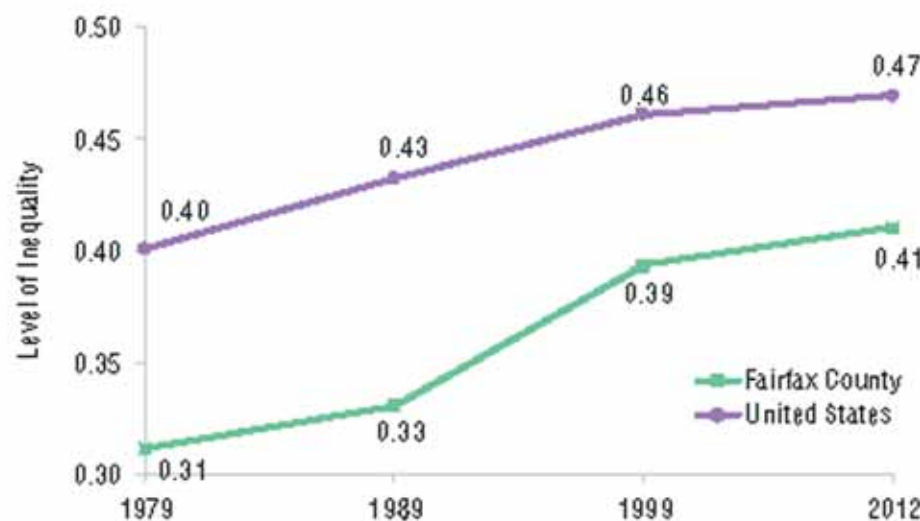
But in Herndon, at Hutchison Elementary, 78 percent of students are poor. The same percentage, 78, of students are poor at Dogwood Elementary in Reston.

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).

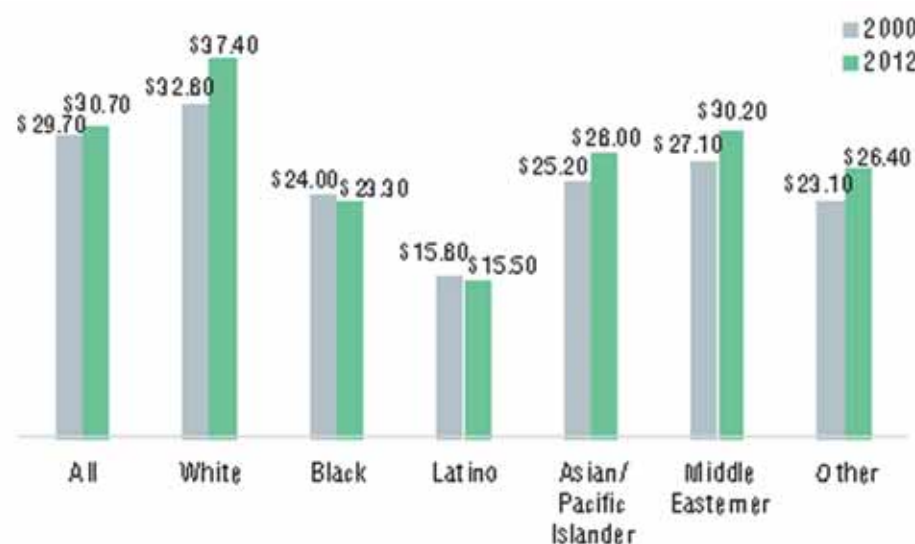


NOTE: DATA FOR 2012 REPRESENT A 2008 THROUGH 2012 AVERAGE.

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

MKIMM@CONNECTIONNEWSPAPERS.COM

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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By e-mail: borth@connectionnewspapers.com

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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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Members of the Vinson Hall Retirement Community in McLean enjoy a cookout in the parking lot during National Night Out on Tuesday, Aug. 2.



Firefighters from McLean Fire and Rescue Station No. 401: Master Technicians Brian Giller, Tom Ferguson, Mark Butler and Lieutenant Ed Payne visited the retirement community.

PHOTOS BY STEVE HIBBARD/THE CONNECTION

National Night Out in McLean

Police, Fire and Sheriff's departments visit Vinson Hall Retirement Community.

The Vinson Hall Retirement Community on Kirby Road in McLean joined in the celebration of National Night Out on Tuesday, Aug. 2. Policemen, Firemen and local Sheriffs visited the member residents who were treated to hotdogs, hamburgers, macaroni and potato salad and watermelon and brownies in the outdoor parking lot. National Night Out is an annual neighborhood-based crime and drug prevention event that shows neighborhood spirit and strengthens partnerships with local police. Between 6-9 p.m., neighbors, friends and families lock

their doors, turn on outside lights, and spend the evening outside together. It is observed in thousands of communities in all 50 states.

"I am very passionate about what our law enforcement officers and fire and rescue do for our community," said Kathy Martin, CEO of Vinson Hall Retirement Community. "I thought this was a wonderful way to get our neighbors and law enforcement together for an evening of socialization. So we decided to have a great American cookout for the young and old alike."

—STEVE HIBBARD



Members of the Vinson Hall Retirement Community in McLean enjoy a cookout in the parking lot during National Night Out on Tuesday, Aug. 2.



Guests help themselves to watermelon.



Fairfax County Sheriffs John Viola, Maegan Timothy and Kent Lwin visit Vinson Hall Retirement Community during National Night Out.



Members of the Vinson Hall Retirement Community in McLean enjoy a cookout in the parking lot during National Night Out on Tuesday, Aug. 2.

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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ENTERTAINMENT

Students from McLean, Langley, Madison and South Lakes high schools attended the last year's Old Firehouse Teen Center's Annual Block Party.

PHOTOS BY CAROLINE WATKINS/
THE CONNECTION



'Bands for Bikes' Provide Wheels to Africa

Benefit concert to be held at the McLean Old Firehouse Teen Center on Saturday, Aug. 20.

Wheels to Africa is a youth-led all volunteer 501c(3) that collects used bikes for needy children. The organization was founded in 2005, by a 10-year-old Arlington boy named Winston Duncan, after he visited Africa on a mission trip with his mother. During the visit, Winston was struck by the distances children had to walk for basic needs like food and water. He decided to take action, and, since then, Wheels to Africa has donated over 5,000 bikes to children in some of the most remote villages of Africa.

After hearing this story, long-time friends Jack Lichtenstein and Morgan Poirier from McLean teamed up to organize their first benefit for Wheels to Africa in 2014. They called it "Bands for Bikes." These two rising 11th graders, who attend Langley High School, are organizing their third annual "Bands for Bikes" concert as a fun way for their friends and community to once again support Wheels to Africa. This year, Lichtenstein and Poirier will be hosting their event in conjunction with the Old Firehouse Teen Center's Annual Block Party. The two boys have been hard at work with

Lichtenstein marketing and recruiting area musicians and teen bands to play the event and Poirier organizing volunteers.

Over the last two years, Lichtenstein and Poirier have collected hundreds of bikes and thousands of dollars in donations for Wheels to Africa. The community has been very supportive of their efforts. Bach to Rock, the music school where many of the musicians study, is a co-sponsor of the benefit. 1-800-PACK-RAT will provide storage containers for the bikes and is also a co-sponsor. So join the fun at the Old Firehouse Teen Center Annual Block Party and

"Bands for Bikes" concert at 1440 Chain Bridge Road, McLean on Saturday, Aug. 20, 4 - 8 p.m. Used bikes can be dropped off at OFTC from 10 a.m. - 8 p.m.

All ages are welcome, concert admission is free and a bike donation is not required to join in the fun. Community service is available for teens, so please volunteer and show your support. For more information, go to www.wheels-to-africa.org or email w2africa@gmail.com.



Morgan Poirier, Thomas Eberhardt and Jack Lichtenstein along with other FCPS students worked at the bicycle booth throughout the evening at the last year's event.



McLean High cheerleaders Lila Duvall, Jada Henry, and Alicia Draper with Brooke Lyons as a flyer entertaining residents walking by at the 2015 Old Firehouse's Teen Block Party.

CALENDAR



PHOTO BY MARTIN GIRARD/
SHOOTSTUDIO.CA COSTUMES: PHILIPPE
GUILLIOTEL 2014 CIRQUE DU SOLEIL

Rola Bola, Cirque du Soleil "Kurios," at Tysons II, The Lerner Town Center, 8025 Galleria Drive, July 21 to Sept. 18, 2016.

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.

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/>

McLean Farmers Market. 8 a.m.-noon. Fridays from May 6-Nov. 18. Lewinsville Park, 1659 Chain Bridge Road, McLean. The market provides area residents an opportunity to purchase locally grown or produced products. www.fairfaxcounty.gov/parks/farmersmarkets.

Weekly Storytime. Wednesday and Saturday. 11 a.m. Barnes & Noble, 7851 L Tysons Corner Center, McLean. Themes and Titles vary. Free admission.

Tai Chi Beginners' Practice. Saturdays, 8-9 a.m. St. Luke's Catholic School Gymnasium, 7005 Georgetown Pike, McLean. Weekly Tai Chi practice. Group has met for over 20 years. Free. FreeTaiChi.org. 703-759-9141.

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

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CALENDAR

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diverse mix of contemporary and classic hits highlighting their unusual vocal talent. <http://www.celebrategreatfalls.org/concerts-on-the-green/>.

THURSDAY/AUG. 18

Grey Goose Dinner 7 p.m. - 9 p.m. at 8521 Leesburg Pike, Ruth's Chris Steak House in Tysons Corner. Ruth's Chris will host a five-course Grey Goose Vodka Dinner pairing great food with Le Grand Fizz, Pear & Cardamom Collins, Le Melon Mule, Ruth's Dirty Goose Martini and Francois' Coffee Cocktail. \$95, plus tax and gratuity. Contact: Yesim Isildak / Email: salestysonscorner@ruthschris.com 703-848-4290 <http://www.ruthschris.com/restaurant-locations/tysons-corner/>

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

Local Teens Organize 3rd Annual "Bands For Bikes" Benefits Concert. 4 p.m. - 8 p.m. Old Firehouse Teen Center, 1440 Chain Bridge Road, McLean, VA. Bike Donation Drop Off: 10 a.m. - 8 p.m. All ages are welcome, concert admission is free and a bike donation is not required to join the fun. Community service is available for teens, so please volunteer and show your support. Contact Info at www.wheels-to-africa.org or email: w2africa@gmail.com.

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.

FRIDAY/ AUG. 26

Four-Course Beer Dinner. 6:30 p.m. - 9 p.m. at Wildfire Restaurant 2001 International Dr, McLean, VA 22102. Wildfire holds Four-Course Beer Dinner featuring Port City Brewing Company. **Cost:** \$55.00/person plus tax, gratuity not included. wildfirerestaurant.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/>.

WEEK IN MCLEAN

Used Book Collection on Aug. 13

Used Book Collection, sponsored by the American Association of University Women (AAUW) of McLean, will be held on Saturday, Aug. 13, 9 a.m.—1:30 p.m. at SunTrust Bank, 515 Maple Avenue East, Vienna.

Also, bring your CDs, DVDs, software, children's books, records, and recent textbooks, in good condition. Proceeds benefit scholarships for women. For more information or questions you can contact: aauwbookfair@gmail.com or call 703-527-4206.

Volunteers Needed for Senior Olympics

Northern Virginia Senior Olympics (NVSO), an annual celebration of fitness, camaraderie, and living healthy longer will be held Sept. 10-21 with more than 50 events scheduled at 20 venues. Events include track and field, swimming and diving, Spelling Bee and Sudoku. RSVP Northern Virginia is partnering with the NVSO to recruit volunteers (16+ years) to support the games. Volunteers can email rsvp@volunteerfairfax.org. Athletes and games participants must register by Aug. 28 at www.nvso.us. All events are free and open to the public.

Singers Wanted

NoVA Lights Chorale is welcoming new singers for its Oct. 30 performance of the Gabriel Faure "Requiem."

Rehearsals are Monday nights from 7 to 9 p.m. starting Aug. 22 at St. Paul's Episcopal Church, 3439 Payne St., Falls Church.

There is no cost to sing, no auditions are required, and parking is free.

NoVA Lights is a 501(c)(3) nonprofit community chorus with no religious affiliation, and welcomes singers from the metropolitan area.

Barbara Stefan is the Artistic Director. Advance registration required: <http://www.novalightschorale.jigsy.com/sing> or email novalightschorale@gmail.com.

Partnership to Support Disabled Veterans

Navy Marine Coast Guard Residence Foundation and Veterans Moving Forward, Inc. announce their new partnership in support of disabled veterans. This collaboration will provide lodging for out-of-town veterans and their families accessing VMF programs during interviews and subsequent introductions to, and training with, their service dogs.

VMF has been bringing dogs in training and those already trained to Vinson Hall Retirement Community to visit residents for several years. From its Canine Training and Veteran Support Center in Dulles, Virginia, VMF "provides service dogs and canine therapy services to veterans with physical and mental health challenges at no cost to the veteran," whether the illness or injury was acquired during military service or subsequent to honorable service. Veterans from across the continental U.S. come to VMF to be interviewed and matched with a trained and certified service dog. The matching process includes an introductory interview, visit with VMF's Veteran Canine Committee and an

initial meeting with potential service dogs. Upon deciding the appropriate veteran-service dog match, the veteran returns home while the matched dog continues training, which includes training focused on the veteran's specific needs. This advanced veteran specific training takes place over several months. The veteran then returns to VMF for training with their matched service dog, and upon completion returns home with their service dog.

Previously, VMF provided hotel rooms for veterans and their families during these visits and training sessions, diverting resources that would otherwise have been used to directly support canine raising and training. NMCGRF and VMF's new partnership will provide veterans and their families with apartments designed for those not as physically mobile. The apartments feature wheelchair accessible showers and also modified kitchens. These spaces are part of NMCGRF Wounded Warrior Transitional Housing located at Vinson Hall Retirement Community.

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Sunday: 7:30, 9:00, and 11:00 AM
1:30 PM Spanish Liturgy

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21 Announcements

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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.

21 Announcements

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Continental Investors Limited Partnership trading as Continental Beer Garden, 1901 N. Fort Myer Dr., Arlington, VA 22209. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) FOR a Wine and Beer On Premises, Mixed Beverage Restaurant (seating capacity 151 seats or more) license to sell or manufacture alcoholic beverages, Curtis E. Large, President, Continental Corporation, General Partner of Continental Investors Limited Partnership
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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Gordon Parks, Back to Fort Scott is organized by the Museum of Fine Arts, Boston, in partnership with the Gordon Parks Foundation. Photo: Hubbard and Wicks, Sunday Morning, Detroit, Michigan, 1950; Gordon Parks (American, 1912-2006), gelatin silver print. Courtesy of and copyright the Gordon Parks Foundation.

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-Werner Heisenberg

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Zones 1, 5, 6 Mon @ noon

Zones 2, 3, 4 Tues @ noon

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

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DEADLINES

Zones 1, 5, 6 Mon @ noon

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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

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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OPEN
Sun. 8/14
2-4pm



204 Douglass Ave, Falls Church City \$739,000

***FABULOUS* 3BR/3 full bath** plus huge guest space on 2 finished levels in Falls Church City! Updated kitchen with granite counters & eat-in space with bright bay window; separate dining room with walkout to screened-in porch; owner's suite with full bath and double sink vanity; lower-level rec room with fireplace, full bath, guest space and office/den; close to shops, restaurants, commuter routes!

Falls Church City Schools!



609 S. Oak St, Falls Church City \$1,250,000

***GORGEOUS* 5BR/3.5 bath arts & crafts home built in 2004!** Incredible great room with gorgeous wall of windows, 25' ceiling and stone fireplace; expansive screened-in porch; state of the art gourmet kitchen; beautiful owner's suite with cathedral ceiling and luxury bath including steam shower, whirlpool tub & marble floor; separate media room; lovely .31/acre lot; sought-after Falls Church City location! **Falls Church City Schools!**



1605 Maddux Lane, McLean \$1,645,000

STATELY and STUNNING 5BR/4.5 BA custom home in private cul-de-sac location! This spectacular home features gourmet chef's island kitchen with high-end stainless steel appliances, granite, & breakfast room; owner's suite with tray ceiling and fireplace plus luxury bath; 4 full baths updated in 2016! Upper level den & cupola w/ treetop views; LL w/ huge rec rm & media rm; wonderful location backing to nature preserve; **1 stoplight to DC!**

**BEST
WASHINGTONIAN
2016**



**6212 Loch Raven Drive
McLean 22101
\$825,000**

**FOR
RENT!**



**1435 Highwood Drive
McLean 22101
\$3,995/month**



**1512 Laburnum Street
McLean 22101
\$1,070,000**



**9118 Briarwood Farms Ct
Fairfax 22031
\$799,000**



**1620 Forest Lane
McLean 22101
\$1,548,000**



**LOT 50/Portion-Hunting Ave
McLean 22102
NOW...\$550,000**



**6420 Divine Street
McLean 22101
NOW...\$1,499,000**

Over 50 homes sold so far this year!