

The crowd at the 96th anniversary of Women's Equality Day Lecture on Friday, Aug. 26, at Gunston Hall in Lorton. The meeting featured a video documentary on suffragist icon Inez Milholland Boissevain and a talk by historian, Edith Mayo of Vienna.

Celebrating Women's Equality

NEWS, PAGE 6

Great Beginnings,
Greater Expectations

NEWS, PAGE 3

Adventure in Learning
Classes Begin Sept. 22

NEWS, PAGE 12

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FAITH



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Vienna's Church of the Good Shepherd (United Methodist) will host a community cookout on Sunday, Sept. 11 to welcome neighbors and the church's new pastor, the Rev. Eric Song, and his wife, Dr. Heather Weger.

Vienna Church to Hold Rally Day Community Cookout Sept. 11

The community is invited to attend the Sept. 11 Rally Day Cookout at The Church of the Good Shepherd (United Methodist) in Vienna. The cookout will be held in the church parking lot immediately after the 10:15 a.m. Sunday worship service at the church, located at 2351 Hunter Mill Road in Vienna.

Rally Day is the fall kickoff to the church Sunday School classes (which begin at 9 a.m.), programs and activities. This year the cookout provides an opportunity to reconnect after summer travels and adventures and to welcome neighbors to meet new Good Shepherd pastor Eric Song and his wife, Dr. Heather Weger.

During its worship service, the church also will hold a litany for the 15th anniversary of Sept. 11, said The Rev. Song.

For more information, visit the church website at www.GoodShepherdVA.com or at [www.Facebook.com/GoodShepherdVienna](https://www.facebook.com/GoodShepherdVienna) or follow at www.twitter.com/goodshepherdva.

FAITH NOTES

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

St. Thomas' Episcopal Church at the intersection of Lewinsville and Brook Roads in McLean, just a mile west of Tysons, invites you for a casual Saturday Service at 5 p.m., followed by conversation and fellowship or for Sunday Services at 8 a.m. or 10 a.m. Sunday School for Youth and Children takes place during the 10 a.m. Service. Look for our Pumpkin Patch this October, and check www.stthomasmcleanva.org for Special Events and Services through the year. St. Thomas' Episcopal Church, 8991 Brook Road, McLean, 703-442-0330.

Church of the Holy Comforter, 543 Beulah Road, NE, Vienna offers a monthly Healing Eucharist with the Laying on of Hands and Anointing for Healing (first Sunday of the month, 5 p.m. at St. Mary's Chapel.. The Healing Ministry is led by the Rev. Valerie Hayes and Alexandra MacCracken and includes a team of lay healers who have gone through intentional training and formation. Questions? Please contact the Rev. Valerie Hayes at vhayes@holycorforter.com.

Yoga Class with a Christian Focus is held Saturdays, 3:00-4:00 p.m., McGill Hall or the Library at the Church of the Holy Comforter, 543 Beulah Road, NE, Vienna. This group is suitable for those with beginner and/or intermediate yoga experience. Dress

comfortably and bring a mat. Feel free to bring a towel, block(s) or strap if you have them. Questions? Please contact the Church Office at 703-938-6521.

Mom's Group meets second and fourth Thursday of the Month, 9:30-11:30 a.m. at the Church of the Holy Comforter, 543 Beulah Road, NE, Vienna.

Please join the group for coffee and fellowship. The group meets in the Lillian Croy Room, near the Church Office. Childcare will be available just across the hall in the Childcare Center. If you are interested in joining the group, contact the Church Office at 703-938-6521 so that we can plan appropriately for materials and childcare.

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.

McLean Bible Church Fitness Class at Body and Soul Fitness. Gain balance, energy and strength at 10 a.m. Mondays, Wednesdays and Fridays. Free childcare for registered students. bodyandsoul@mcleanbible.org.

St. Dunstan's Episcopal Church, 1830 Kirby Road in McLean, holds traditional services every Sunday at 8:15 and 10:15 a.m. www.stdunstans.net.

Vienna Christian Healing Rooms are open every Saturday, 1-4 p.m., at 8200 Bell Lane. A team of Christians is available to anyone requesting prayer. Free and open to the public. 703-698-9779 or www.viennachristianhealingrooms.com.

Chesterbrook United Methodist Church is at 1711 Kirby Road, McLean. Worship service is at 11 a.m. 703-356-7100 or www.ChesterbrookUMC.org.

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.

Andrew Chapel United Methodist Church holds Centering Prayer Group Fridays, 9:30 a.m. at 1301 Trap Road, Vienna. The hour begins with a 20-minute prayer period, followed by a brief reading related to Centering Prayer. E-mail Chris Mason at derce@cox.net or call the church at 703-759-3509.

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Members of the Hayfield Secondary School JROTC color guard led by Cadet Major Issac Bailey (left), present the colors on the first day of FCPS Great Beginnings for new and transferring teachers. South County High School rising senior, Hayley Denehy (right), sings the national anthem at the Aug. 22 event.



PHOTOS BY TIM PETERSON/THE CONNECTION

The team from Fairfax Education Association, the county's largest teachers union, was among numerous vendors meeting and engaging with new and transitioning teachers at the FCPS Great Beginnings orientation program on Aug. 22.

Great Beginnings, Greater Expectations

1,200 teachers and instructional staff begin Fairfax County Public Schools orientation.

BY TIM PETERSON
THE CONNECTION

Growing up with two parents who immigrated to the United States from Egypt, Wala Osman of Springfield faced many challenges as a young student at Glasgow Middle School in Lincolnia.

But Osman remembers having an “awesome seventh grade teacher” at Glasgow.

“My middle school teacher was always there for me,” Osman said. Since that experience, she’s always wanted to be a teacher, “to give back.”

Osman is transitioning from a job in furniture sales to becoming one of Fairfax County Public School’s newest faces in the front of the classroom this year. She joined around 1,200 teachers and instructional staff Monday morning Aug. 22 for the 21st running of FCPS “Great Beginnings” orientation for new teachers and teachers new to the county. The event is based out of South County High School in Lorton.

Teachers are divided into cohort by subject matter to begin forming relationships immediately with other new hires and coach-mentors that will work with and guide them throughout the year.

Osman will be teaching self-contained science classes for students with emotional disabilities at Mark Twain Middle School in Springfield. Her cohort for special education teachers was led by Kelley Brown of Mount Vernon High School and Dawn Simpkins of Falls Church High School.

MONDAY AND TUESDAY this week were scheduled to include motivational speeches and instruction, and onboarding for FCPS

culture. Wednesday is a visit to the coaches’ schools to see model classrooms. On Thursday teachers return to their base school for localized orientation.

“They work on classroom management, building relationships and establishing processes and routines,” said Richard Culp with the newly formed FCPS Office of Professional Learning and Family Engagement, who’s in his ninth year of organizing the Great Beginnings program.

For beginning teachers, “there’s so much to learn and know right away,” Culp said. “And on the emotional side, they need support too. We know that supported teachers stay in the profession longer. They come here, plan out their first few days and have lots of friends.”

FCPS superintendent Dr. Karen Garza welcomed the new and transitioning teachers to the South County gymnasium, recalling her own roots starting her career as a kindergarten teacher.

Garza emphasized Fairfax County as a great place to work and learn, and promoted some of the school system’s progressive pedagogy.

She said FCPS is working to “minimize the focus on high stakes testing and maximize the focus on authentic learning, authentic engagement.”

This she said is part of the sweeping “Portrait of a Graduate” guiding vision for student development.

“How do we make this a reality for every child in our school system,” Garza said.

Of the 1,600 teachers FCPS hired for the 2016-2017 school year, 811 are new to FCPS the superintendent said. Some are new to teaching, others are coming from other school districts. All have different rea-



Corey Thornblad, the 2016 FCPS Outstanding Teacher from Joyce Kilmer Middle School in Vienna, shared a few points of wisdom from her 12 years in front of the classroom.



FCPS School Board Vice Chairman Jane Strauss stressed the vital role of teachers in forming close relationships with students.

Strauss also stressed the vital role of teachers in forming close relationships with students. “For many it will be a pivotal one in their life,” Strauss said. “Twenty years from now, you may not know you touched someone.”

“The work of FCPS is only as successful as you are successful,” said Strauss.

New teacher Simon Chang of Centreville is already well-versed in relationship building, having worked for a non-profit that does counter-sex trafficking work. Chang decided he wanted to transition to teaching, and spent last year as an instructional assistant at Mountain View High

School.

Chang said he loves working with students with emotional disabilities, a role he’ll be taking at South Lakes High School this fall.

“Maybe they don’t have anyone to show them love or affection,” Chang said. “I do my part, and show them that I care about them, that I respect them.”

SPEAKER COREY THORNBLAD, the 2016 FCPS Outstanding Teacher from Joyce Kilmer Middle School in Vienna, also shared a few points from her 12 years in front of the classroom.

She encouraged the teachers to “find your people,” or personal learning network of people who inspire them, and that “things fall apart, but it’s what you do when that happens that matters and show what real learning is all about.”

After the teachers’ lunch and more time in cohorts, they listened to a keynote speech from Rick Smith, author of “Conscious Classroom Management.”

sons for coming to teaching in Fairfax County.

Sean McCormally of Fairfax will be teaching special education chemistry at South County High School. McCormally didn’t begin medicating for attention-deficit/hyperactivity disorder until he was 25 — he then raised his grade point average in undergrad more than a full point in graduate school.

“I didn’t receive service in high school,” McCormally said. “I appreciate what some of these students are going through. I want to help.”

For Candice Tenerelli, she’s been a special education instructional assistant in math and Strategies for Success in kindergarten and high school for the last five years. A mother with one student of her own off to college and another getting close, “It was the right time in life” to upgrade her teaching to full time, she said.

FCPS School Board Vice Chairman Jane

Take One Action to Prevent Suicide

Suicide Prevention Week is Sept. 5-13, #MindsMatter

As school begins, we are accustomed to safety warnings. Slow down driving, watch for students along the roads, near schools and perhaps behaving unpredictably near intersections. Buckle seat belts. Wear bicycle helmets. Avoid distracted driving.

Suicide is the third leading cause of death for youth between 10 and 24 years old, according to the Centers for Disease Control, with 4,600 deaths a year, and 157,000 youth receiving emergency medical care for self-inflicted injuries. Overall, more than 42,000 Americans die by suicide each year.

Appropriately, Suicide Prevention Week is next week, Sept. 5-13, and the Connection is partnering with PRS CrisisLink to raise awareness about how to prevent suicide.

Risk factors for a suicide attempt include a history of depression or other mental illness, a history of previous suicide attempts, alcohol or drug abuse, stressful life event or loss, easy

access to lethal methods (firearms are the leading method of youth suicide), exposure to the suicidal behavior of others, and a family history of suicide. Young people who are LGBTQ are at higher risk.

Crisis Link was founded by volunteers in 1969 as the Northern Virginia Hotline, beginning as an evening hotline for Arlington teens. Within a year, hotline services were expanded to 24 hours a day to provide skilled, compassionate listening for people of all ages. The organization began serving individuals in crisis throughout the entire metropolitan Washington, D.C. region in 1970. In August of 2014, CrisisLink merged with PRS, Inc. Now named PRS CrisisLink, the program is able to provide services to more individuals than ever before.

In Fairfax County, where several high schools have mourned the suicide deaths of students, online interactive training is available to everyone about how to talk to a young person who might be depressed or considering suicide.

Fairfax County's Youth Suicide Prevention Training includes free online simulations that prepare educators and other adults to recognize when a young person is exhibiting signs of psychological distress, and to talk with the young person to be able to connect them with

Help Available

CrisisLink Regional Hotline: 703-527-4077
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appropriate support. Also available is a free online simulation for high school students to practice how to talk to a friend struggling with depression or psychological distress. Access to these programs is available by visiting www.fairfaxcounty.gov/csb/at-risk

We also can't let the discussion on gun violence add to the stigma of mental health illness. People with mental health issues are far more likely to be victims of violence that to perpetrate it. When the debate turns to a push and pull between advocating for gun control vs. advocating for broad suspicion of people with mental health concerns, the results are not benign.

We have to bring discussion of depression and other psychological distress into the light, and we must push back against the stigma that keeps many from getting life-saving help.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

LETTERS TO THE EDITOR

Courage to Vote

To the Editor:

This past month I worked with local students in the community and my boy scout troop to hold two non-partisan voter registration drives as a part of my Eagle Scout project. We held this drive at the Vienna Farmer's Market.

In many ways this registration drive was a success. We were able to talk to over 2,000 Vienna voters, and remind them about the Virginia photo identification law that requires all voters to bring a form of government issued identification. We were able to help 80 people apply for absentee ballots and registered 20 people to vote.

I wanted to share the impact that I hope this drive had on our community as well as what I learned.

Something I am very proud of is the fact that the drive was run completely by local youth volunteers. Everyone who registered new voters was a student. In fact a majority of these students could not even vote themselves!

A student run drive was important to me for many reasons. I hope that my fellow classmates and fellow boy scouts who participated in this drive came to the same conclusion as I did: the power of a vote is a right we should hold dear. I hope they saw voting as a civic responsibility that enables Americans to participate in the democracy our forefathers fought for and defended. Participating in that democracy should be a priority when we turn 18.

I also hope this outpour of young people inspired our community.

We met many residents this past month who told us that they were in a dilemma. One older

gentleman said that not only did he not want a registration form but he wasn't planning on voting because he couldn't bear to make the choice between "a crook and a narcissist".

I hope this student run force reminded voters like this gentleman and many others in our community who may be facing a similar dilemma that they are not choosing between two candidates - they are choosing a future. A future for me and a future for all of us at the drive who are not able to cast a ballot.

Really that is what all elections are about: choosing the candidate who will build a better America for the next generation to build on.

I understand that this is a very divisive election. It is hard to ignore the fact that the two major candidates have the highest unfavorability ratings in history. But still I urge you: don't squander your choice by choosing to sit on the sidelines. Find the courage to cast a ballot this year because this election, quite frankly, is bigger than just you.

I won't be able to vote this year and neither will thousands of other Vienna citizens who are under 18 but we are all counting on you to make that choice on our behalf on Nov. 8.

In 1920 women got the right to vote. In 1965 the Civil Rights Act prohibited racial discrimination in voting. In 1975 the right to vote for young people who were 18 and older was protected by the passage of the 26th amendment. Our history has been shaped and defined by people who have demanded a fair ballot.

Why then would anyone choose to forgo a right that others have worked so hard to defend simply because they don't have the guts to make a decision?

A lot has changed from that first election in

1789, but what I hope remains is the promise solidified by the words "We" in that first line of the constitution - the idea that a democracy means that all people are heard.

Raman Khanna

Vienna

The writer is 17-year-old rising senior at George C. Marshall High School.

Does He Bite?

To the Editor:

Well, they're finally over! Suffering through the breathless NBC "coverage" of Olympic "sports," many of which few of us have ever heard of, involving Zika-virus and Rio-mugging avoidance tips, inane commentary, and tedious "up-close and personals" punctuated by the occasional showing of an actual event and immediate post-race interviews with "heroes" gasping for breath, I wondered about the origins of the ridiculous habit of winning athletes appearing to take a bite out of their medal before the cameras. Testing for 24-karat purity, perhaps? Teeth marks could potentially reduce the full tax deductibility of the value of an Olympic medal proposed by Senator "Chuck" Schumer — friend of underpaid athletes everywhere.

Gnawing away at trophies — where did this all begin? This metal-chomping is now almost as de rigueur as patented in-game hugging and slapping and weeping at the drop of a beach volleyball, say.

Harry Locock, sports fan
Reston

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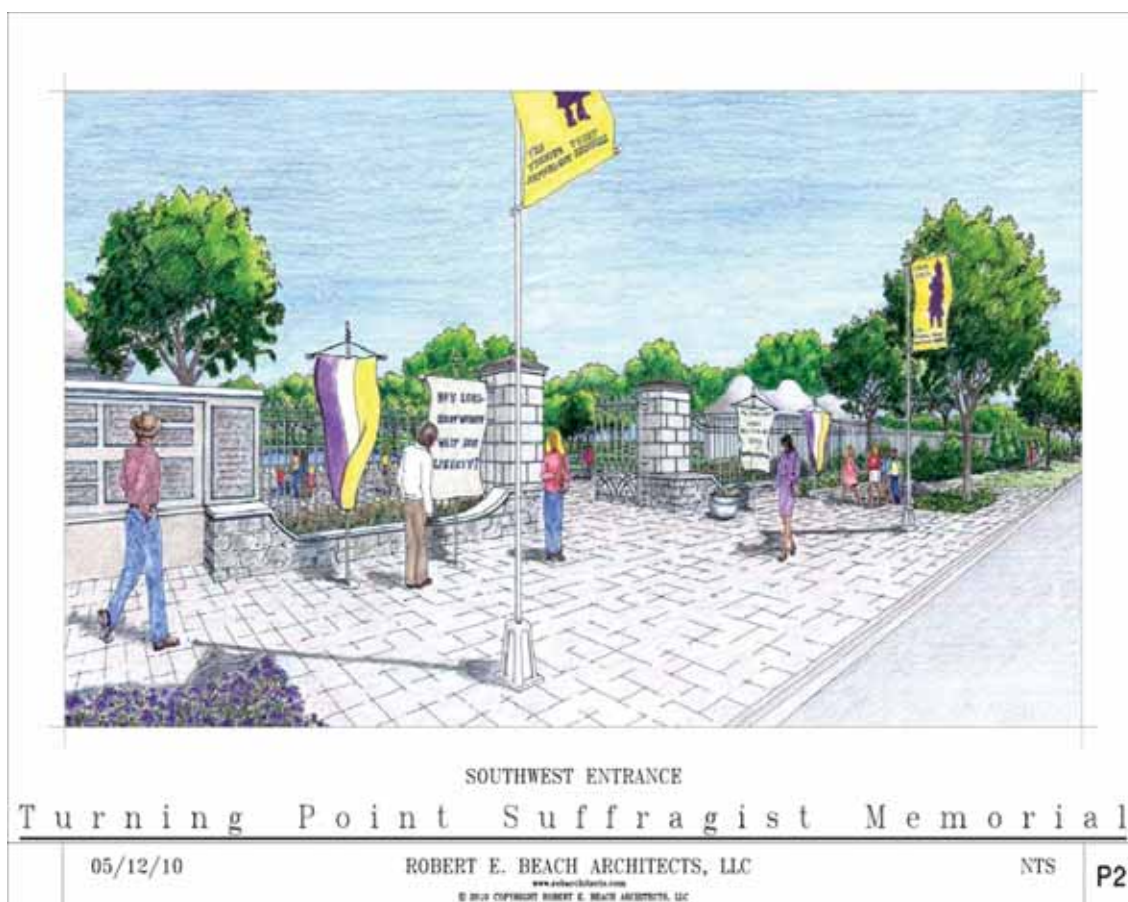
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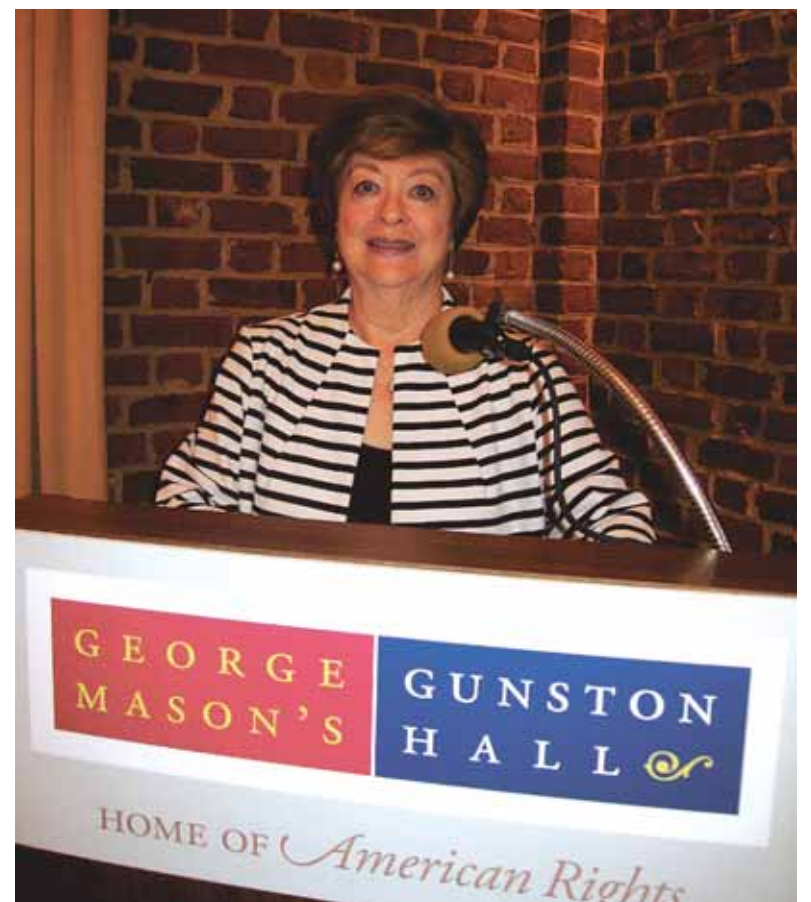
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An artist's rendering of the Turning Point Suffragist Memorial by architect Robert Beach of Burke. The memorial is slated to be built at Occoquan Regional Park.



Edith Mayo, of Vienna, curator emeritus (retired) in political history at the Smithsonian Institution.

Celebrating Women's Equality

Architect unveils the Turning Point Suffragist Memorial design at Occoquan Regional Park.

BY STEVE HIBBARD
THE CONNECTION

To celebrate the 96th anniversary of Women's Equality Day on Friday, Aug. 26, which recognizes the ratification of the 19th Amendment to the U.S. Constitution that gave women the right to vote, the League of Women Voters of the Fairfax Area held a Women's Equality Day Lecture at Gunston Hall in Lorton. It was sponsored by the Turning Point Suffragist Memorial Association and Gunston Hall, home of George Mason.

The meeting featured a video documentary on suffragist icon Inez Milholland Boissevain and a talk by historian, Edith Mayo, Curator Emeritus in Political and Women's History at the Smithsonian's National Museum of American History. Don McAndrews, speaking in character as George Mason, also addressed the gathering. But the highlight of the meeting was the unveiling of the Turning Point Suffragist Memorial design by architect Robert Beach of Burke that will be built at Occoquan Regional Park.

THE \$2 MILLION national memorial will include 19 informational stations that present the history of the suffragist movement. There will be six pillars that discuss activism and democracy; commemorative

banners; a rock garden with a bridge; and a memorial cascade wall. The memorial will also feature a garden with native plants and three meditation areas; a rotunda with a sculpture; a plaza; a pond; a rail car; White House entrance plaza gates; plaques of donors; and a seasonal gift shop. Beach said that lots of the details still need to be figured out.

"It's a memorial about a national event recognizing the 19th Amendment to the U.S. Constitution. We're hoping to get it completed by 2020, which is the 100th anniversary of the women's right to vote," said Beach.

"It's recognizing Alice Paul and Lucy Burns and the other suffragists who picketed the Woodrow Wilson White House in 1917 for the women's right to vote. They were arrested and sent to prison — many to the Lorton Reformatory. There they were treated in harshly inhumane conditions being force fed and beaten; but this tribulation was the turning point in the movement toward ratification of the 19th Amendment. It turned the public's opinion towards ratification," said Beach.

Pat Wirth, Executive Director of the Turning Point Suffrage Memorial, said: "We need to build this memorial. We need to have a place to honor the two million women who worked to get us the vote. It's been critical for women in our country to be able to do

this. The mission of our organization is to educate, inspire and empower present and future generations to remain vigilant for future rights."

She added: "We are also intending to put together a Turning Point Institute, with programs for middle and high school youth around the country. The idea is for people who go through our program — we want to inspire them to become leaders and advocates. We need to make sure our young people don't take this for granted. We want to teach the young people about the importance of voting."

In highlighting one of the pioneers of women's voting rights, Edith Mayo, curator emeritus (retired) in political history at the Smithsonian Institution, told the gathering: "(Inez Milholland) became the icon of the women's suffrage movement because she lead major parades in New York and a huge parade in Washington, D.C., on horseback on the day before Woodrow Wilson was inaugurated. She went on an extended speaking tour of the West because there were a number of states that had granted women the right to vote. So this becomes the first time anyone addressed women voters separately as a group to get them to stand for or against a political principle."

Mayo said Milholland was in poor health and collapsed on stage in October 1916, and thus became a martyr of the suffragist cause. The National Women's Party secured Statuary Hall in the U.S. Capitol building for her memorial service on Christmas day in 1916, which was attended by 10,000 people.

Milholland's last words were put on banners and women began picketing the White House, asking President Wilson how long must women wait for liberty. The picketing went on for 17 months and drew public outrage and political attention to the cause. Women's voting rights were finally made part of the U.S. Constitution on Aug. 26, 1920. "That's why we're celebrating Women's Equality Day on Aug. 26," said Mayo.

She said the women's voting movement had been going on since 1848 in a variety of political forms, mostly from lobbying and speeches and trying to get referenda passed in individual states to get women the right to vote.

"But in the final drive, (Milholland) became this icon. You would see her in all the newspapers. She was a perfect spokeswoman — young, beautiful, articulate, and able to move crowds with her speeches. And then she gave up her life (at the age of 30 from pernicious anemia and other infections including tonsillitis)," said Mayo.

REGARDING WOMEN'S RIGHT TO VOTE, Mayo added: "I think one of the things we're trying to get across is one has to be vigilant about voting rights. The voter suppression of recent years has concerned a lot of Americans. It took such guts and determination for all these groups except for white men to get the right to vote that any slipping backward and trying to suppress the right to vote is a grave concern."

SEE CELEBRATING, PAGE 7

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Peggy Knight of McLean, co-president of the League of Women Voters of the Fairfax Area; with Olga Hernandez of Centreville, secretary of the League of Women Voters of the National Capital Area.



George Mason, a.k.a. Don McAndrews, who has been portraying George Mason at Gunston Hall since 1995.

PHOTOS BY STEVE HIBARD/THE CONNECTION

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Women's Equality Celebrated

FROM PAGE 6

She said you don't find women's voting rights discussed except for a couple of paragraphs in most history books, and that very few people know about

how women got the right to vote. "And no one knows that President Wilson had them jailed at Lorton Prison, which is where we're hoping to build our Suffrage Memorial to honor these women who got us the right to vote," she said.

Adopt/Donate/Volunteer
www.lostdogandcatrescue.org

SUICIDE PREVENTION WEEK
September 5th - 11th, 2016
PRS, Inc. and Connection Newspapers team up for

#MindsMatter

a Social Media Campaign promoting suicide prevention and mental wellness

#MindsMatter gives everyone a chance to raise awareness about suicide prevention. Pledge today at prsinc.org/mindsmatter to:

- Follow PRS Facebook and Twitter pages
- Submit a selfie showing support of National Suicide Prevention Week
- Participate in the American Foundation for Suicide Prevention's walk
- #Take5 to learn the signs of suicide prevention
- Make a donation
- Read and share stories about hope

prsinc.org/mindsmatter

Super H 5k Run, Walk, & Wheel

presented by VOLKSWAGEN Group of America, Inc.

Sunday, Sept. 18, 2016
On-site Registration: 7 a.m.
Start time: 8 a.m.
Post-Race Party with food, live music & awards: 9 a.m.

MedStar National Rehabilitation Network

- Celebrating ALL Athletes
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Certified 5K Race, timed by PR Races • Register at: MedStarNRH.org/SuperH5K

ENTERTAINMENT

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.

Frames of Mind Aug. 2 to Sept. 10. The Frame Factory, 212 Dominion Road NE, Vienna, VA 22180. The exhibition brings together some of the area's top watermedia floral, figure and landscape painters at local business and gallery the Frame Factory. All works are for sale. Frame Factory contact: 703-281-2350 www.theframefactory1.com/gallery.htm

"The Way I See It" Exhibit. Aug. 2-Oct. 1. Vienna Arts Society Gallery, 513 Maple Ave. W, Vienna. Reston resident Bob Kaminski will showcase his work in abstract and representational styles. ViennaArtsSociety.org. 703-319-3971.

"On the Street" Photography Show. 10 a.m.-4 p.m. Aug. 2-Sept. 3. Vienna Arts Society, 115 Pleasant St. NW, Vienna. Annual photography show with judge Denise Silva. Meet the Artists Reception and Awards on Saturday, Aug. 6 from 4-6 p.m. 703-319-3971. artcenter@viennaartsociety.org.

Paint the Town. Sept. 6-Oct. 1. 115 Pleasant St. NW, Vienna. Vienna Arts Society members exhibition. ViennaArtsSociety.org.

ValeArts Fall Show "Artful Aspirations" Sept 30 through Oct. 2 at 10 a.m. - 9 p.m. Friday 10 a.m. - 6 p.m. Saturday & Sunday at the Vale Schoolhouse 3124 Fox Mill Rd. ValeArts welcomes Reston artist Betsey Mulloy to the fall show "Artful Aspirations". Contact: Diana Eichler or visit valearts.com



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

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

p.m. Saturday & Sunday at the Vale Schoolhouse 3124 Fox Mill Rd. ValeArts welcomes Reston artist Betsey Mulloy to the fall show "Artful Aspirations". Contact: Diana Eichler or visit valearts.com

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

Bingo Night. Sundays. 4 p.m. Flame Room, Vienna Volunteer Fire Department, 400 Center St. S, Vienna. \$10. www.vvfd.org/bingo.html.

Gentle Yoga. Thursdays, 6:30 p.m. Emmaus United Church of Christ, 900 E Maple Ave. E, Vienna.

Saturdays, 9:30 a.m. Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton. Gentle Kundalini Yoga, one free introductory session, senior discounts. Increase your flexibility, improve your breathing and health, reduce your stress. Ravi Kaur has 15 years experience teaching yoga. \$15 per session. www.edimprovement.org. 571-213-3192.

Northern Virginia Charter Chapter of the American Business Women's Association Holds Business Meeting. The Chapter meets the third Thursday each month from 11:30 - 1:30 p.m. Tickets via Eventbrite are \$25 in advance and

\$30 cash at the door. Seating is limited. Open to businesspersons working or living in and around Fairfax and Prince William counties. Guests and prospective members welcome. The Northern Virginia Charter Chapter of the American Business Women's Association embraces positive, energetic and supportive women willing to help themselves and other women succeed both professionally and personally. We are committed to excellence in all that we do. To register, use <https://www.eventbrite.com/e/abwa-nvcc-welcomes-sherron-washington-from-the-p3-solution-tickets-25778817136>.

Art Walk in the Village: First

Fridays beginning Sept. 9 6 - 9 p.m. through Dec.31 at 756 Walker Road, Great Falls, VA. Admission free and open to the public. Visit: <http://www.greatfallsart.org/artwalk/>

WEDNESDAY/AUG. 31

Boney James Concert 8 p.m. Wolf Trap Filene Center 1551 Trap Rd, Vienna, VA 22182. Over the years, James has racked up sales of more than three million records, four RIAA gold albums, four Grammy nominations, a Soul Train Award. Released on May 4, 2015, *futuresoul* debuted at #1 on Billboard's Current Jazz Albums and Contemporary Jazz Albums Charts, where it remained for 11 weeks. Visit: <http://www.boneyjames.com/>

SATURDAY/SEPT. 1

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

<cal1>Saturday/ Sept. 3-4
Middle Eastern Food Festival on Labor Day weekend. 11 a.m. - 11 p.m., Saturday, noon - 6 p.m., Sunday, Holy Transfiguration Melkite Greek-Catholic Church will host its 23rd annual Middle Eastern Food Festival on the church grounds at 8501 Lewinsville Road, McLean. The Festival will feature authentic Middle Eastern food, music and dancing, as well as vendors. Debke dance will be led by instructors, or participate in the backgammon tournament. Children, can enjoy the moonbounce, face painting, pony rides and the petting zoo. The Festival will be held

SEE CALENDAR, PAGE 9

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NEWS



PHOTO BY MARTI MOORE/THE CONNECTION

Children Science Center Lab Takes 10-year View

Amy Burke, board chairwoman of the Children's Science Center Lab in Fair Oaks Mall, and executive director Adalene "Nene" Spivey watch Emily Brunner, 15, of Falls Church take on the robotic arm challenge by programming the device to play the "Happy Birthday" song on a xylophone. Brunner participated on her school's robotics team at George C. Marshall High School. The new robot was supported by a \$50,000 donation from McLean defense technology consulting firm Booz Allen Hamilton and was unveiled July 24 at the museum's one year celebration. The Children's Science Center Lab is a premier destination in this region for opportunities in science, technology, engineering and math education. The museum's 10-year growth plan includes a new center in Loudoun County at the Kincora development on Route 28 in Dulles, Va. The Children's Science Center Lab is open every day in Fairfax from 10 a.m. to 6 p.m. on the Level 1 entrance at 11750 Fair Oaks mall. Parking is between Lord & Taylor and Sears. Call 703-648-3130 or visit their website at www.childsci.org.

CALENDAR

FROM PAGE 8

rain or shine. Admission and parking are free. Call 703-734-9566 or visit www.MiddleEasternFoodFestival.com.

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/>.

SATURDAY/SEPT. 10

McLean Fall Community Garage Sale from 9 a.m. to 1 p.m. at 1420 Beverly Road, McLean, VA 22101 behind Staybridge Suites Hotel. The McLean Community Center will hold its annual Fall Garage Sale. Admission to the sale and parking are free. A limited number of selling spaces remain and can be purchased for \$45. Individuals selling personal items and some commercial vendors may participate. The deadline to apply is Wednesday, Sept. 7, or until sold out. Call 703-790-0123 or visit www.mcleancenter.org/special-events

Native American lifestyles Festival 10 a.m. to 4 p.m. Riverbend Park. at 8700 Potomac Hills Street in Great Falls, Va. This exploration of the history and lives of Virginia's First Families includes many hands-on activities. Park visitors will shoot a bow and arrow, throw a spear, help build a dugout canoe, and learn to use ancient tools. There will be stories told, demonstrations of primitive technology, and a chance to

enjoy traditional dancing featuring the Rappahannocks. Admission is \$6 per person in advance or \$7 at the door. Call: 703-759-9018 or visit the Riverbend Park website at <http://www.fairfaxcounty.gov/parks/riverbend-park/>

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

The Mantras Concert 10 p.m. Jammin Java 227 Maple Avenue East Vienna, VA 22180. A five piece jam machine born of Greensboro, NC have been conquering crowds and melting minds all over the country progressively for over a decade. Admission: \$15-\$25 Visit: <http://www.jamminjava.com>

SUNDAY/SEPT. 11

Vienna Church to Hold Rally Day Community Cookout.

Immediately after the 10:15 a.m. Sunday worship service at the church, located at 2351 Hunter Mill Road in Vienna. Rally Day is the fall kickoff to the church Sunday School classes (9 a.m.) programs and activities. This year the cookout provides an opportunity to reconnect after summer travels and adventures and to welcome neighbors to meet new Good Shepherd pastor Eric Song and his wife, Dr. Heather Weger. During its worship service, the church also will hold a litany for the 15th anniversary of Sept. 11. Visit: www.GoodShepherdVA.com

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

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Sunday, Sept. 4, 12:00 noon–6:00 pm

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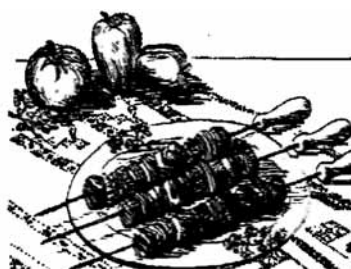
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A Passing Reference

By KENNETH B. LOURIE



Recently, a week ago in fact, Stuart Grief, a fellow non-small cell lung cancer, stage IV patient/survivor, died from his disease. Stuart succumbed to his cancer less than two years after his late fall, 2014 diagnosis. My wife, Dina and I first met him — and his wife, Amy, in late April 2015, at LUNGEvity's (the nation's largest private foundation dedicated to lung cancer research, outreach, etc.; www.LUNGEvity.org) HOPE Summit, a conference for lung cancer survivors, caregivers and medical professionals, held annually in Rosslyn, Va. At that time, six months post diagnosis, Stuart said he was "N.E.D," which means "no evidence of disease," the first time I had ever heard that acronym. We spent a few hours together for dinner at a local restaurant one night (Old Angler's Inn, actually), enough to exchange pleasantries and email addresses. Other than that one evening, our association went no further. However, Stuart and his wife lived in Needham, Ma., the same town/suburb of Boston where my best friend, Cary, and his wife, Mindy live. Given certain circumstances, I thought there might be a foundation for a friendship between the four of them so I encouraged all parties to make a connection, which they did, and over the next/last 15 months they saw each other socially and spoke regularly on the phone.

Though the Griefs and Louries were not in touch directly, we did receive Amy's email updates on Stu's treatment/health status, and of course Cary updated me as well. Hardly were we in the inner circle. We were mostly on the outside looking in. Nevertheless, I was involved, emotionally, and certainly could appreciate and understand all that Stuart and Amy were enduring. When you're a member of the club (cancer patient/survivor/caregiver), you, (at least I do), draw strength/gain hope from survivorship stories and unfortunately feel weakened/compromised by deaths and disappointments. When I received Cary's email last Saturday about Stuart's death, including a scanned copy of his obituary from the Boston Globe, immediately, I questioned out loud, rhetorically, its reality and promptly called Cary. After a brief conversation, as I caught him in the middle of something, it was all confirmed. We agreed to speak later in the day at a mutually convenient time and so I hung up the phone. Then I walked from my home office to the den to tell Dina that Stuart had died. I could barely get the words out before I started crying.

It was a blow to be sure. It was as if part of me had also died. I felt sad and oddly enough, somewhat at greater risk than before I had received the news. I hardly knew Stuart, and other than the lung cancer connection, there was no other substance to our relationship. However, as cancer patients, we are all connected; we are living the same life, fearing the same uncontrollable outcomes and juggling the same emotions; and what effects one of us, good or bad, effects all of us. Hearing about another cancer's patient's death is the worst possible news — other than our own discouraging news, that we can imagine.

But when you actually see it, hear it — and ultimately believe it ('it' being a cancer death), the reality of your own mortality/health circumstances come crashing down; at least it did for me. I got my bearings soon enough and thankfully, for me, life has gone on. Still, I feel as if something is missing from my life. And even though Stuart and I never spoke after our initial time together, I felt as if he was part of my support system and I his. Not a key part, but in the conversation nonetheless — and most definitely in the club. Stuart will be missed, but never forgotten.

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

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-Thomas Fuller

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PHOTO COURTESY OF PRS INC.

Participants of last year's 5K walk to raise awareness and funds for suicide prevention model the inaugural #MindsMatter campaign T-shirt at a National Alliance on Mental Illness event in Tysons Corner Center, Sept. 19, 2015. Purchase the 2016 #MindsMatter T-shirt online for \$18 through www.prsinc.org. Visitors also can register for two 5K walks

Minds Matter to Local Mental Health Service

PRS Inc. of McLean prepares for National Suicide Prevention Week.

BY MARTI MOORE
THE CONNECTION

Although National Suicide Prevention Week occurs next month, a local mental health service got a head start last week and launched its public awareness campaign on social media.

Psychiatric Rehabilitation Services (PRS, Inc.) of McLean launched #MindsMatter on Twitter Aug. 12 and updated their Facebook page at PRS, Inc. to stimulate public interest in National Suicide Prevention Week, which occurs Sept. 5-13.

It's the second consecutive year PRS Inc. has used their #MindsMatter campaign to ask people for help with raising awareness about suicide prevention.

Participants can sign an online pledge to learn facts about mental health issues, share information and save lives. They can post selfie snapshots, register for two 5K walks next month in Fairfax County, take a stress test, set personal goals to improve their mental health, attend a workshop, buy a campaign T-shirt and donate to the cause.

Also, participants can tell their stories of hope and recovery from mental illness and suicide loss, says Laura Mayer — the PRS Inc. program director who manages the 24-hour CrisisLink hotline and textline service for individuals in need of someone who will listen.

PRS Inc. states its CrisisLink telephone hotline handled 34,000 calls and 5,600 text conversations last year from Northern Virginians in distress. It is partners with the Fairfax-Falls Church Community Services Board, which offers youth suicide prevention training online at fairfaxcounty.gov/csb/at-risk.

ACCORDING TO PRS Inc., "suicide is the 10th

leading cause of death nationwide and second for people aged 15-24." It claims 42,000 Americans die by suicide each year. For each death, 278 individuals overcome thoughts of suicide and survive. In the Commonwealth, PRS Inc. states suicide is the second leading cause of death for Virginians ages 10-34.

Mayer herself is a suicide loss survivor. Her father, Glenn Mayer, died in 1998 at age 50 as he struggled with mental health issues.

Laura Mayer was 15 years old at the time.

"After a suicide loss, it's important how we talk about it," she says. Although messages of sympathy and support from the community were a source of comfort to her, words of condemnation about her late father hurt.

In her early twenties, Laura Mayer came to terms with suicide and learned the only answer to the pain was a message of hope. She suggests people console individuals grieving the loss of a loved one from suicide with kind words, encouragement and hope.

FOR 53 YEARS, Northern Virginians have been served by the McLean non-profit. One goal of PRS Inc. is to break down the social stigmas of mental illness.

Mayer agrees it is helpful to treat people coping with mental health issues with the same dignity and respect as folks with comparable physical ailments like cancer, diabetes or heart disease.

September is National Suicide Prevention month. Sept. 10 is World Suicide Prevention Day, according to the National Alliance on Mental Illness. Visit PRS Inc. online at www.prsinc.org or their office at 1761 Old Meadow Rd. in McLean, Va. Call 703-536-9000 for information about their services.

When faced with a life or death crisis, call 911. If the situation is close to the boiling point, call the CrisisLink hotline, any time day or night, at 1-800-273-8255 (TALK) or send a text message to 85511 with just one word — CONNECT — and a hotline crisis worker will reach you as soon as possible.

Shopping Center, Vienna, at 7:30 p.m. Molly Sinclair McCarthney, co-author of "America's War Machine: Vested Interest, Endless Conflicts," will discuss the history of the military-industrial complex and its potential impact on future American foreign policy. She is a 30-year newspaper journalist with emphasis on national security issues. The general public, teachers, and all veterans are invited. Admission is free. For information, call Len Ignatowski at 703-255-0353 or visit the web page at www.vva227.org.



PHOTO COURTESY OF SCOV

The Shepherd's Center of Oakton-Vienna (SCOV) is making final arrangements for their Fall 2016 Adventures In Learning classes. Pictured, from left, are committee members Florence Andrews, Estelle McNeil and Jean Reavey.

Adventure in Learning Classes Begin Sept. 22

The Shepherd's Center of Oakton-Vienna continues its Adventures In Learning (AIL) line up of classes with their Fall 2016 semester schedule that includes 40+ classes with a wide range of subjects - from a Health and Wellness series to Potpourri and World Affairs to T'ai Chi or Intermediate Contract Bridge. T'ai Chi is being offered twice each week.

The following classes are just a few of the classes to choose from.

❖ Potpourri Series includes Triumph to Disaster to Icon, Stonewall Jackson; The Mexican War; Flying into Hurricanes; Writing a Memoir.

❖ The Health Series includes Herbs & Spices - Antioxidants to Boost Health; Super Bugs including Zika; Medicare 101; The Keys to Safe Driving.

❖ The World Affairs Series includes Peru: The Country and its People; The European Union on the Rocks; The Vietnam War Revisited.

❖ Free Bonus Classes includes Traditional and Non-Traditional Origami; Zen Coloring. Must register to attend for material count.

Students may attend one or all of the AIL spring classes for a \$40 fee and are encouraged to create their own schedule -

attend classes all day or attend only one class. Not sure? Students are welcome to sample a class for free.

SCOV will be providing a free Fall Prevention Screening at their Sept. 15 Open House from 10 a.m. - Noon.

For a complete listing of classes or to register, visit <http://scov.org/ail-open-house>

or call the office at 703-281-0538. To register or learn more about Adventures in Learning or the Shepherd's Center of Oakton - Vienna, students are encouraged to attend an Open House on Thursday, Sept. 15 from 10 a.m. - Noon at the Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton. Golf cart transportation will be provided to assist students from the parking lot to classes. Light refreshments will be provided at the Open House by Sunrise at Hunter Mill.

To volunteer, donate or learn more about how you can help, visit their website at www.scov.org or contact Michelle Scott, Executive Director at 703-281-0588, director@scov.org.

All Classes & Open House: Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton.

WEEK IN VIENNA

Veterans Discuss History of the Military-Industrial Complex

Chapter 227, Vietnam Veterans of America Inc., invites all veterans, friends, and the general public to attend the Sept. 15, 2016 chapter meeting at Neighbor's Restaurant, 262D Cedar Lane, Cedar Lane