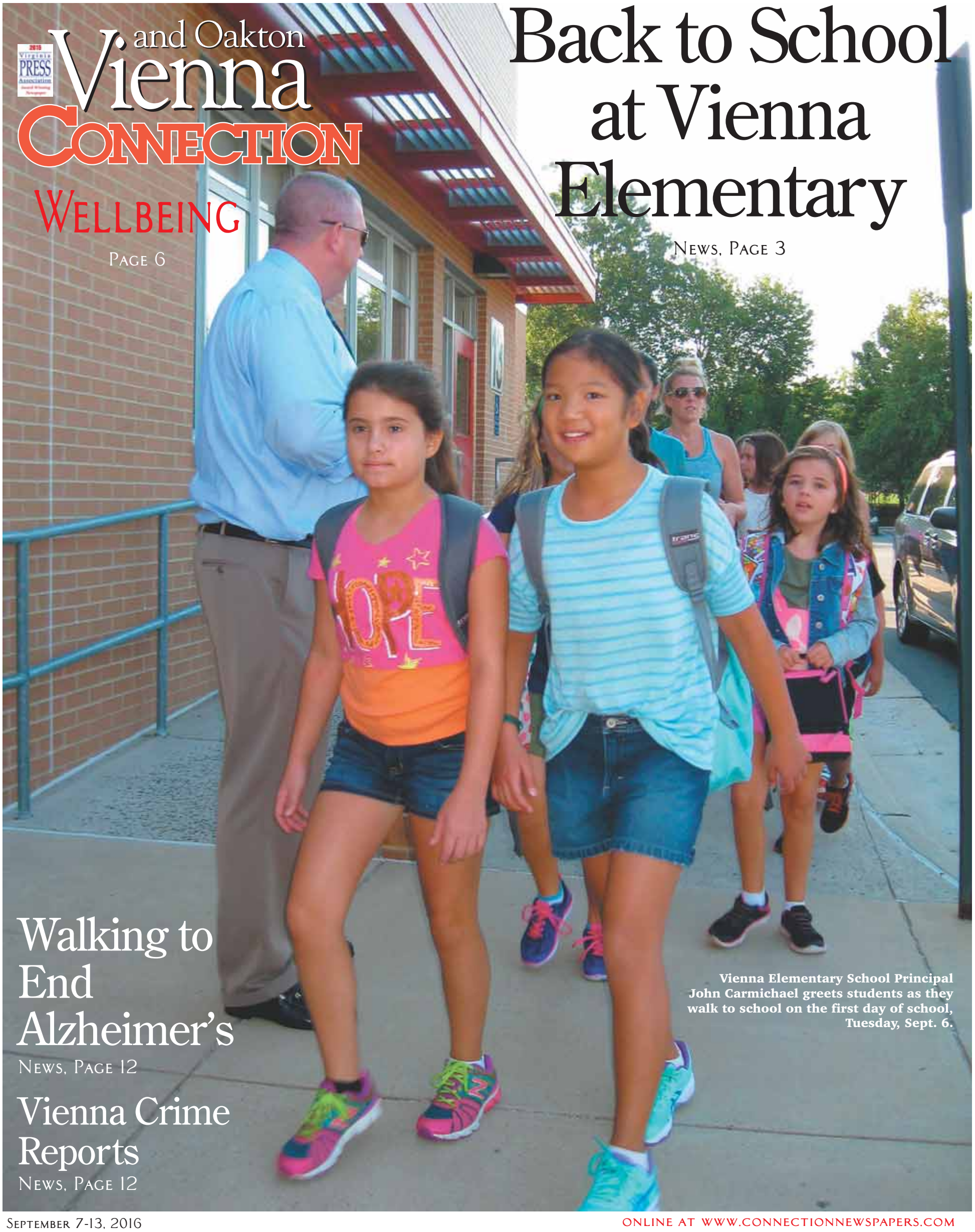
and Oakton
Vienna
CONNECTION

Back to School at Vienna Elementary

News, Page 3

Wellbeing

Page 6



Vienna Elementary School Principal John Carmichael greets students as they walk to school on the first day of school, Tuesday, Sept. 6.

Walking to End Alzheimer's

News, Page 12

Vienna Crime Reports

News, Page 12

Opinion, Page 4 ❖ Entertainment, Page 8 ❖ Classifieds, Page 10

Photo by Steve Hibbard/The Connection

SUMMER CLEARANCE EVENT

Enjoy the largest outdoor furniture selection in the area. Lowest prices guaranteed.

Offenbachers

Patio | Fireplaces | Grills | Accessories

Falls Church | 6600 Arlington Blvd., 22042
Springfield | 6123-A Backlick Rd., 22150
Fairfax | 11264 James Swart Cir., 22030
Mon-Sat 10am-9pm, Sun 11am-6pm

Registration is OPEN NOW

Registration ends on October 14, 2016

Winter 2016-2017 Season

Interested in Coaching?
GF Hoops is looking for coaches for all levels.
Contact
Phil@gfhoops.com

22066 20194 20170 22182 GF Hoops

Welcoming players from these zip codes

GREAT FALLS BASKETBALL

Select and House Leagues

Boys – K-12 And Girls – K-12

www.gfhoops.com

This material is neither sponsored or endorsed by Fairfax County School Board, the Superintendent or this school.
Great Falls Basketball is a non-profit educational organization

Vienna/Oakton Connection Editor Kemal Kurspahic
703-778-9414 or vienna@connectionnewspapers.com

A mom and son greet Vienna Elementary School Principal John Carmichael on the first day of school, Tuesday, Sept. 6.

Photos by Steve Hibbard/The Connection

On the first day of school, Tuesday, Sept. 6, the majority of students either walked to school at Vienna Elementary or were driven by their parents.

Back to School at Vienna Elementary

With 476 students, Principal John Carmichael looks forward to 'phenomenal year.'

By Steve Hibbard
The Connection

Tuesday, Sept. 6 was the first day of school for Fairfax County Public Schools, and John Carmichael, 44, the principal of Vienna Elementary School on Center Street South in Vienna, couldn't be more prepared. He can be seen at the Kiss and Ride stop happily greeting parents and students as they are dropped off in the morning and afternoon when they leave.

"We're just looking forward to a phenomenal year working with our students and with our highly evolved PTA," said the Leesburg resident who's been at the school for nine years.

This year, the school has a population of 476 students and 68 staff members, with 23 percent of the students having some form of special education identification. "With the special education population, the focus has been on an awful lot of inclusion with our students," he said.

He added: "We are continuing to grow in our student population and classrooms. We added another general education classroom and special education classroom this year. We have a new fourth grade teacher, a new kindergarten teacher and a new special education teacher this year."

What's new at Vienna Elementary this year is a salad bar in the cafeteria for all students. "We were the first elementary school in Fairfax County to get the salad bar. Students help themselves and there is someone there to support them. So if they are getting a hot lunch, that's the first place they end up going to before the hot lunch line," he said.

Vienna Elementary School Principal John Carmichael greets students as they walk to school on the first day of school, Tuesday, Sept. 6.

Vienna Elementary School students climb off the bus from the school bus on the first day of school, Tuesday, Sept. 6.

Another new program they're implementing is project-based learning. "We're basically taking the core curriculum and infusing the Portrait of the Graduate, so it's focusing on the critical thinking skills, collaboration and communication skills for students," he said. "It's to prepare them for the work environment for when they graduate from high school or college."

A third new project is the dream box math program, he said. "That is a program that will support the students in their math skills. It will meet the students where they are in their learning process with math," he said. "It will be used for enrichment and remediation."

With the teachers, he said he focuses on the three R's: rigor, relevance and relationships. "That's the big thing that we always keep coming back to with our staff at the beginning of the year," he said.

The majority of students either walk to school or are dropped off by their parents. The school has three large buses, two preschool buses and three special-ed buses.

Opinion

Back to School

Conversation and listening: top priorities for back to school.

Editorial

Don't be afraid. Asking questions with respect and listening to the answers is one of the most important things we can all do as we head back to school.

Parents, go ahead and ask you students what they think about what's happening at school, what their plans are. Listen to the answers. Parents, go ahead and ask teachers about expectations, motivations and their philosophies and approaches on teaching. Attend back-to-school night if you can. Figure out how you will communicate with teachers.

Students, indulge your parents for five minutes a day. Answer a question or two. Share something interesting that happened during the day. Try to tell them why some things make a difference to you.

GRATITUDE: An excellent way to help wrestle back-to-school concerns into perspective is to count blessings and consider how to help someone wrestling harder things.

Hundreds, possibly thousands, of students headed back to school this week in Northern Virginia are experiencing homelessness. In Fairfax County, you can find ways to volunteer to help homeless students by contacting the Office to Prevent and End Homelessness, 703-324-9492.

SAFETY: We do know to slow down in school zones, watch for darting pedestrians, stop for school buses with flashing lights. Buckle seatbelts. But probably the most important conscious step you can take for safety on the roads around schools and everywhere else is to resolve not to engage in distracted driving. Put your phone down. Students, talk to your parents about this; they could be at risk.

Favorite Back-to-School Headline (from Fairfax County): "Learn About School Lunches and Deer Management in the Latest News." Turns out deer management is not being incorporated into venison burgers in school lunches.

Why Do Some Want Virginia To Be One of the Most Repressive States?

Two states allow absentee voting from prison.

Clearly that is not where we are headed in Virginia. But the restoration of voting rights moves Virginia towards the mainstream.

Virginia is one of four most restrictive states with lifetime bans on voting for those convicted of felonies.

Fourteen states automatically restore voting rights once the individual's term of incarceration is over, and two states allow absentee voting from prison.

Gov. Terry McAuliffe deserves praise for his efforts to restore voting rights for former felons who have served their sentences. He has been thwarted at every turn by Republican members of the General Assembly, who don't appear to be done with their efforts to prevent people who have paid their "debt to society" from returning to normal, engaged lives in the community.

"If we are going to build a stronger and more equal Virginia, we must break down barriers to participation in civic life for people who return to society seeking a second chance," McAuliffe said. "We must welcome them back and offer the opportunity to build a better life by taking an active role in our democracy."

Earlier this year, the Maryland General Assembly restored the vote to all convicted felons immediately upon their release from prison. Previously, people convicted of felonies in Maryland had to complete all parole and probation before they were able to vote.

MEANWHILE, for all Virginia voters, the deadline to register to vote for the Nov. 8 general election is Oct. 17. You can verify your voter status at https://vote.elections.virginia.gov/VoterInformation. This is especially important to do if you have moved or have not voted recently.

In person absentee voting begins Sept. 23.

— Mary Kimm
MKIMM@CONNECTIONNEWSPAPERS.COM

#It's an important election, with Virginia playing a critical role in the outcome of the race for U.S. President. There will also be many important local issues on the ballot, along with the races for U.S. Congress.

Suicide Loss Support

By Laura Mayer
Director, PRS CrisisLink

When I was 15 years old, I received my first "membership card" to suicide loss. I got the platinum membership card because not only was my loss to suicide, but it was also a parent.

As an adolescent this was one of those memberships that made people walk the other way and talk about you quietly. At 15 I was told my father was in a "better place," and he was no longer in pain. People also told me that he was selfish and a horrible person. I had to pick one set of beliefs to survive.

I picked the set that described his loss as one that relieved him from pain and he was better now. Little did I know, this increased my risk for suicidal thinking substantially. For the next five years, I would struggle with my own thoughts of suicide.

At 20, I lost my best friend to suicide and everything changed. This was not supposed to happen again, and I needed to do something different. I became motivated to stop the thoughts I had, stop the losses in my community and make my world a better place to live.

I got involved with the American Foundation for Suicide Prevention and then CrisisLink. When I became a volunteer, I found an entire community in which suicide was openly discussed and people shared experiences like me. I found a place where I could take these horrible experiences and find meaning and energy to "do something."

Now, I am the program director of PRS CrisisLink, a McLean-based nonprofit that helps people with mental illness and those facing life crises. Every day, I am able to do something to help others either through training new crisis workers, speaking in the community or providing suicide prevention training. In addition, I manage a region-wide hotline and textline to provide an outlet to help people cope with emotional trauma, personal and family crises. Right now, I am spearheading PRS' #MindsMatter, a social media campaign to encourage the community to pledge to do something that raises awareness about suicide prevention. This effort kicks off National Suicide Prevention Week, which takes place this week.

Laura Mayer

I wouldn't wish this club membership on anyone; but for me, the membership is a now an honor because I make a difference, and the work I do matters.

To contact our 24/7 crisis hotline or textline, call 1-800-273-TALK [8255] or text "Connect" to 85511. If you would like to learn more about becoming a volunteer crisis worker, please contact Lauren Padgett, lpadgett@prsinc.org, 703-531-6351.

Vienna & Oakton Connection

www.ConnectionNewspapers.com

An independent, locally owned weekly newspaper delivered to homes and businesses.
Published by Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to connectionnewspapers.com/subscribe

NEWS DEPARTMENT:
vienna@connectionnewspapers.com

Kemal Kurspahic
Editor ❖ 703-778-9414
kemal@connectionnewspapers.com

Donna Manz
Contributing Writer
dmanz@connectionnewspapers.com

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

Don Park
Display Advertising
703-778-9420
donpark@connectionnewspapers.com

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

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

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

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

Executive Vice President
Jerry Vernon
703-549-0004
jvernon@connectionnewspapers.com

Editor in Chief
Steven Mauren
Managing Editor
Kemal Kurspahic
Art/Design:
Laurence Foong, John Heinly
Production Manager:
Geovani Flores

Special Assistant to the Publisher
Jeanne Theismann
jtheismann@connectionnewspapers.com
@TheismannMedia

CIRCULATION: 703-778-9427
circulation@connectionnewspapers.com

2015 Virginia Press Association Award Winning Newspaper

Week in Vienna

9/11 Ceremony Marks 15 Years Since Terrorist Attacks

Like many communities around the nation, the Town of Vienna will pause this September 11 and remember. American Legion Post 180 will host a remembrance service beginning at 9 a.m. Sunday, Sept. 11, behind the Freeman Store, 131 Church Street NE, to honor those affected by the 2001 terrorist attacks on the United States. Del. Rich Anderson (R-51) of the Virginia House of Delegates will be the event's keynote speaker.

The ceremony will begin after ringing of church bells at 8:46 a.m. to commemorate the time the first plane struck the north tower of the World Trade Center. The ceremony will include the presentation of colors by the Vienna Police Department color guard and a performance by the Vienna Choral Society.

Vietnam, Veterans do 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 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 thirty 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 www.vva227.org.

Wine Tasting for a Cause

The Vienna Branch of the American Association of University Women is sponsoring wine tasting event on Sunday, Oct. 2, 2:30 to 4:30 p.m. at the Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Rd., Oakton as a fundraiser to benefit the AAUW Fund. Vienna Vintner Sommelier, Jacqui Lafon, will share her knowledge of old world and new world wines. Join to learn how to choose the best wines for different foods, master the fine points of wine etiquette and experience 6 wine tastings with appropriate light bites. The event concludes with a wine basket raffle. To reserve your spot, e-mail or call Diane Hoyer at dthoyer@hotmail.com or 703-421-0564 by Sept. 30. Tickets for the event will be $35. AAUW advances equity for women and girls through advocacy, education, philanthropy and research. This event is not sponsored by the Unitarian Universalist Congregation of Fairfax, its Board of Directors, or staff.

Oakton United Methodist Church
2951 Chain Bridge Rd • Oakton, VA 22124

You are invited to a Special Service
On **September 11, 2016**
In Honor of our First Responders and
In remembrance of those who have given their lives, those who continue to fight for our freedom and their family members.
We invite you to show your support:
Join us at our
8.30 a.m. and 11 a.m.
Worship services.
Refreshments will be served
All are welcome

For more information contact: oumc@oaktonumc.org
Phone: 703-938-1234 o Fax: 703-938-3327
www.oaktonumc.org

Dermatology & Allergy

SPECIALISTS OF VIRGINIA

Kathryn J. Sowerwine, MD

Dr. Kathryn J. Sowerwine is a board certified Allergist and Immunologist with a special interest in dermatological diseases linked to allergy. She completed a residency in Internal Medicine at Georgetown University Hospital and her clinical and research fellowship in allergy and immunology at the National Institutes of Health in Bethesda, MD.

Dr. Sowerwine has specialized training and experience to find out what causes your allergies, prevent and treat symptoms, and help keep them under control.

Allergy Patch Testing • Asthma • Hives • Allergy Eczema
Food & Environmental Allergy Testing • Sinusitis
Insect Venom Allergy Testing • Immunotherapy • Allergic Rhinitis

Accepting New Patients

1800 Town Center Dr., Ste. 415
Reston, VA 20190

1715 N. George Mason Dr., Ste. 105
Arlington, VA 22205

Phone **703-709-1492** • Fax **703-709-5111**

www.dermspecialistsva.com

WELLBEING

Inquiring about Vaccines

Strategies for asking another parent if their children are vaccinated.

By Marilyn Campbell
The Connection

As a new parent, Joy Baatin admits to being protective of her young son. In addition to guarding her son from household hazards such as electrical outlets and chemicals, she wants to protect him from catching a contagious disease from an unvaccinated playmate. But it's not easy to talk to other parents about vaccination, since it has become a controversial topic.

"I won't be so bold as to ask another [parent]," said Baatin, of Bethesda. "I respect that it's a matter of choice. But I wouldn't knowingly let my son play with a child who hasn't been vaccinated."

Like Baatin, many parents of young children feel uncomfortable bringing up this question. However, researchers point to outbreaks of measles in recent years. The Centers of Disease Control and Prevention (CDC) reports that there were 189 cases of measles in 2015 and 52 in 2016 as of Aug. 15.

For that reason, it is a good idea for parents to become informed about which of their children's friends have been vaccinated, particularly for children with weakened immune systems or infants who are too young to be vaccinated. The importance outweighs the awkwardness of raising this question, and it need not be a difficult conversation to begin.

File photo courtesy of Fairfax County Health Dept.
Have your children's playmates had their vaccinations?

"I think it's important to recognize that, particularly when it comes to decisions about how to raise our children, certain issues are going to be sensitive," said Carolyn Lorente, Ph.D., professor of psychology at Northern Virginia Community College in Alexandria. "It's also important to recognize that we all have different perspectives and opinions."

Approaching this topic with genuine interest in learning another parent's point of view can help quell any discomfort about engaging in this conversation. "Asking what they think about vaccines to get their opinion is a nice way to start the conversation," said Lorente. "It allows you to begin from a point of curiosity rather than judgment."

In addition to withholding judgment, maintaining

See Wellbeing, Page 7

You're Invited

PLEASE JOIN US FOR AN EDUCATIONAL EVENT.

Hear from an MS expert and learn about an oral treatment option for relapsing MS.

Date and Time:
09/13/2016 at 12:00 PM

Speaker:
Heidi Crayton, MD
MS Center of Greater Washington

Location:
Capital Grille
1861 International Drive
McLean, VA 22102

Event Code: TR379311 (1333660)

PLEASE RSVP*:
- **RelapsingMultipleSclerosisEvents.com**
- **1-866-703-6293**
- **MSRSVP@ahmdirect.com**

*Registration is limited to two people per RSVP. Photo ID may be requested at event entrance.

Complimentary parking or valet available.
A light meal or snack may be provided.

Copyright ©2015
GZUS.MS.15.05.1423(2)

Wellbeing

From Page 6

an open mind and keeping conversations light-hearted and straightforward is key. "If you are able to actually avoid passing judgment and respect another parent's perspective and point of view, that will come across in a conversation," said Karen Bronco, LCSW, a psychotherapist in Arlington.

Lorente's personal experience in discussing vaccines with one of her friends reinforced her belief that parents should educate themselves about vaccinations before having a discussion on the topic.

"My friend said that she wasn't going to vaccinate her kids," said Lorente. "I asked her what she'd read about vaccines so that I could understand her point of view. As a professional, I like to look at authoritative sources when it comes to making decisions for my children. With social media it's getting harder and harder to determine what those sources are, but I start with well respected organizations such as the CDC (Centers for Disease Control and Prevention)."

Informed decisions can be made after educating oneself about the scientific research and debunking

See Wellbeing, Page 9

PARENTS: IT'S TIME TO IMMUNIZE

Documentation of immunization is required for children entering kindergarten and sixth grade and for new students transferring into Fairfax County Public Schools. The Fairfax County Health Department offers school required immunizations from your health care provider and at the Fairfax County Health Department's five clinics. To shorten your wait, call ahead to make and appointment.

Parents should bring the child's immunization record and insurance card to the clinic. Without an immunization record in English, the child may need to restart his or her immunization series.

CLINIC PHONE NUMBERS AND LOCATIONS

- Herndon–Reston District Office (HRDO) 1850 Cameron Glen Drive, Suite 100 Reston, VA 20190 703-481-4242, TTY 711
- Joseph Willard Health Center (JWHC) 3750 Old Lee Highway Fairfax, VA 22030 703-246-7100, TTY 711
- Mount Vernon District Office (MVDO) 8350 Richmond Highway Suite 233 Alexandria, VA 22309 703-704-5203, TTY 711
- Springfield District Office (SDO) 8136 Old Keene Mill Road Suite A100 (Cary Building) Springfield, VA 22152 703-569-1031, TTY 711
- Annandale District Office (ADO) 7611 Little River Turnpike, #400E (East Wing) Annandale, VA 22003 703-534-8343, TTY 711

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

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

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

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

The Connection Newspapers

Super H 5k Run, Walk, & Wheel

presented by VOLKSWAGEN Group of America, Inc.

- Celebrating ALL Athletes
- Benefiting the Adaptive Sports Programs at MedStar National Rehabilitation Network
- Helping Children & Adults with Physical Disabilities Pursue Healthy, Active Lifestyles

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

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

Inside or out...

...Tech Painting's got you covered!

Serving: VA DC MD OBX

703-684-7702

www.techpainting.com

Since 1987

Another Reason To Fall In Love With Westminster At Lake Ridge

Our recent CARF-CCAC accreditation is a prestigious industry recognition and the newest reason to fall in love with Westminster at Lake Ridge. CARF-CCAC accreditation, the highest recognition a Continuing Care Retirement Community can receive, indicates that Westminster at Lake Ridge meets internationally recognized standards and principles. Earning this honor by way of a rigorous peer review process, demonstrates our commitment to resident satisfaction and excellent service. Visit our community to see for yourself!

Within a 62 acre campus, spacious residences and inviting common areas, you'll discover a fulfilling and engaged life—plus the peace of mind that comes with maintenance-free living and a full continuum of extraordinary health services.

Now accepting wait list deposits. Call 703.791.1100 or visit us today!

Westminster at Lake Ridge is a CARF accredited, not-for-profit, continuing care retirement community.

We are extremely proud to share that Westminster at Lake Ridge is accredited by CARF-CCAC (Commission on Accreditation of Rehabilitation Facilities and Continuing Care Accreditation Commission)

WESTMINSTER AT LAKE RIDGE
ENGAGED LIVING
An Ingleside Community

www.wlrva.org

12191 Clipper Drive, Lake Ridge, VA 22192

Upgrade Your Office with Beautiful Custom Furniture

An Office at Work or at Home,
We Have the Design & Furnishing for You

- *Free Space Planning & Design*
- *Free Delivery*
- *Free Installation*
- *Disposal of Old Furniture*
- *Moving Same or Different Address*
- *Leasing and Financing*

Celebrating 34th Anniversary

Call for Monthly Specials

NORTH AMERICAN
OFFICE FURNITURE INC.

204-A Mill Street N.E. • Vienna, VA 22180

(703) 938-3672 • FAX (703) 938-3674

www.northamericanofficefurniture.com

Visit These Houses of Worship

To Highlight Your Faith Community,
call Karen at 703-917-6468

Welcoming, Diverse, Progressive

ST. ANNE'S
EPISCOPAL
CHURCH • Reston

8:00 a.m. Holy Eucharist, Rite I
10:00 a.m. Holy Eucharist, Rite II
5:00 p.m. Come Just as You Are
Contemporary Service

Nursery care provided at 10:00 a.m. service

The Rev. Laura Cochran, Priest-in-Charge

703-437-6530
www.stannes-reston.org
1700 Wainwright Dr., Reston

FIRST BAPTIST CHURCH OF VIENNA

450 ORCHARD STREET, NW
VIENNA, VA 22180
703-938-8525
fbcvoffice@verizon.net
www.fbcv.org

SUNDAY WORSHIP, 7:45 AM & 11:00 AM
CHURCH SCHOOL 9:30AM-10:30AM
MIDWEEK SERVICES, WED. 7:00 PM

Calendar

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

ONGOING

Cirque du Soleil "**Kurious**." 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.

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

Lobby Hero 1st Stage Tysons Sept. 8 - Oct. 9 Thursdays at 7:30pm, Fridays at 8pm, Saturdays at 2 and 8pm, and Sundays at 2pm. 1st Stage in Tysons, 1524 Spring Hill Road, Tysons Corner, VA 22102. What does it truly mean to be a hero? While struggling with a world of conflicting truths, the characters grapple with their own realities and those of the people around them. www.1ststagetysons.org or 703-854-1856.

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

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.

SATURDAY/SEPT. 10

Food for Others Tysons 5K. 8 a.m. Tysons Corner Mall, by Bloomingdales,
8100 Tysons Corner Center, Tysons, VA 22102. Even though Northern Virginia is considered one of the wealthiest jurisdictions in the country, we still face a poverty rate of about 5 percent - more than 90,000 people are living in poverty and 30 percent are children. Come run or walk to help feed our neighbors. Visit: foodforothers.org or https://runsignup.com/Race/VA/McLean/

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 the Center at 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

SATURDAY/SEPT. 10-WEDNESDAY/SEPT. 21, 2016

Northern Virginia Senior Olympics. Online registration open. Various venues around Northern Virginia. Events include badminton, volleyball, cycling, a 5k road race, and many more. $12 per person. Visit www.nvso.us for more.

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. http://www.celebrategreatfalls.org/concerts-on-the-green/.

Kathryn Dean Concert 7:30 p.m. at Jammin Java 227 Maple Ave E Vienna, VA 22180. Rising indie sensation Kathryn Dean will be supporting 80s pop phenom Tiffany. Admission: $30 GA $40 Premier. Visit: http://jamminjava.com/event/1218415-tiffany-million-miles-vienna/ or email Sophie Boltz at sophie@bmfmedia.com

WEDNESDAY/SEPT. 14

Teddy Bear Band Jammin' Juniors Free Concert 12:30 p.m. McLean Central Park, 1468 Dolley Madison Blvd. Teddy Bear Band is a real band that helps children gain a positive sense of self and an appreciation of their own abilities. Participation and interaction are cornerstones of the band's musical shows. Visit: http://www.mcleancenter.org/

THURSDAY/SEPT. 15

Shepherd's Center of Oakton-Vienna hosts Open House 10 a.m. - noon at the Unitarian Universalist Congregation of Fairfax, 2009 Hunter Mill Rd, Oakton, VA. Classes run from 9/22/16-11/10/16. Call 703-281-0538 for full schedule of classes. $40 for one of all classes.

Seniors Learn 10 - 2 p.m. Open house and the following eight weeks of Thursday classes will be at the Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Program Building, Oakton. Sunrise at Hunter Mill provides refreshments. Classes begin September 22nd and run through November 10th from 9 - 2 p.m. There is a $40 registration fee for the semester. Program administered by Shepherd's Center of Oakton Vienna. Full lineup of classes will be available by the end of August on our website, www.scov.org or call (702)281-0538.

Home of the $6,850 Bathroom Remodel

From Now to WOW in 5 Days Guarantee

10% down nothing until the job is complete for the past 17 years

TWO POOR TEACHERS

Kitchen and Bathroom Remodeling

Select your products from our Mobile Showroom and Design Center

Fully Insured & Class A Licensed Since 1999

Free Estimates
703-999-2928

Visit our website: www.twopoorteachers.com

‘Concert Across America to End Gun Violence’ at Tysons Biergarten

A coalition of gun violence prevention organizations in the DC/Northern Virginia area have announced participation in the national “Concert Across America to End Gun Violence” on Sunday, Sept. 25.

Music will unite the country as artists from coast to coast rise up in concert to remember the victims of America’s gun violence. Locally, the region will join in music at 5-8 p.m. at the Tysons Biergarten, 8346 Leesburg Pike, just steps from the Greensboro Metro stop. Local and regional artists will perform. Confirmed artists include The Harried Americans, The Glimpses, singer /songwriter Tim White, The Rockits and the youthful voices of Know1Else.

Local sponsors include Concerned Citizens Against Gun Violence, Brady Campaign to Prevent Gun Violence (NoVA Chapter), Reston Herndon Alliance to End Gun Violence and Virginia Gun Violence Prevention Coalition.

Free to all. Cash bar and food—craft beer and pretzels. Rain or Shine. The concert site is child and pet-on-leash friendly (pets outdoors only).

Wellbeing

From Page 7

myths about vaccines, Lorente said. One reason that parents might choose to forgo vaccinations is the now discredited belief that there is a link between vaccines and Autism spectrum disorder. The CDC highlights multiple studies which show that there is no link.

Researchers say that it is helpful for parents of vaccinated children to know if their child’s playmates have received their vaccinations. “There is still some slight risk even if your child is vaccinated, as no vaccine is 100 percent effective,” said Tony Yang, ScD., associate professor of Health Administration and Policy at George Mason University in Fairfax. “Research shows vaccination reduces the probability of infection substantially, but not perfectly.”

As with other difficult conversations, such as asking the parents of one’s child’s playmates whether they own a gun, the approach and attitude parents take can make the difference between a stressful or productive conversation.

“These are all important questions and I think if we address them with an ‘it takes a village’ mindset and think that we’re all in this together, the conversations go a lot better,” said Lorente.

Élite Piano Academy

Miss Hyun-Mi Chung
202-674-0499

OPEN HOUSE
Sunday, Sept. 11, 2016
2:00 - 5:00 pm

at its new location
7911 Westpark Drive, Suite 623
Tysons, VA 22102

Miss Hyun-Mi Chung, a graduate of Juilliard School (B.M. & M.M.) with over 20 years of teaching experience.

www.Hyun-MiChung.net

the Vacuum Experts

Electrolux dyson Miele Simplicity RICCAR ORECK dyson Royal

Half Price Dyson Repairs $19.95!
Tune-Ups, Reg $59.95, Now $30

Compact C1 Homecare Miele
Free Bags
BLOWOUT!
UNBELIEVABLE LOW PRICE!
$199.99

- High suction power – 1,200 W
- Floor head with metal soleplate
- Stainless steel telescopic
- 29.5 ft operating radius
- Warranty 7 Years (Motor & Body)

TRADE-IN
Your old vacuum in any condition and take
$100 OFF
a new Vacuum Purchase
*Some Restrictions Apply

Full Service Special $39.99
*Deodorize & Sanitize
*New Bag, Belt, Bulb
*Complete Diagnostic
*Unclog Suction Channel
*Clean Fan, Motor, Brush
*Grease Bearings
*Seals, Gaskets, Wheels
*All Electrical, Cord & Hook
*1 Year Parts & Labor Warranty

WHY BUY AT RED VACUUMS?
- ✓ FREE Maintenance for 3-Years
- ✓ FREE Assembly & Delivery
- ✓ FREE Service Contract on your New Vacuum
- ✓ FREE Annual Cleaning on New Vac Purchases

100% Guaranteed

RICCAR
Model R10E
3 Year Warranty
Out Cleaned the Oreck XL by 40%
Limited Time Offer
$199.00

RED Vacuums
Reliable Efficient Dependable Vacuums
171 Maple Ave. E Vienna, VA 22180
Hours: Mon-Sat 9AM-7PM
Sun 10AM-6PM
703-255-3500

McLean Community Center
The Center of It All

Here’s What’s Happening at MCC

Over 50 Sellers!
Fall Garage Sale
Saturday, Sept. 10, 9 a.m.–1 p.m.
1420 Beverly Rd
Admission: Free

Jammin’ Juniors Free Concert
Teddy Bear Band
Wednesday, Sept. 14, 12:30 p.m.
McLean Central Park

Onstage @ The Alden
Grey Seal Puppets
“A Tangle of Tales”
Saturday, Sept. 17, 2 p.m.
$15/$10 MCC district residents

Jammin’ Juniors Free Concert

Yosi and Eugene
Wednesday, Sept. 21, 12:30 p.m.
McLean Central Park

Celebrate the Change of Seasons
Harvest Happenings
Saturday, Sept. 24, 11 a.m.–2 p.m.
General Admission:
$5 per person/Free 36 mon or younger

Onstage @ The Alden

Martha Graham Dance Company
Saturday, Sept. 24, 8 p.m.
$50/$35 MCC district residents

The McLean Community Center
www.mcleancenter.org
Home of the Alden Theatre
www.aldentheatre.org
1234 Ingleside Ave., McLean, VA 22101
703-790-0123, TTY: 711

Hardly Where

By KENNETH B. LOURIE

If there's one place where I don't belong, one place where I have limited knowledge, one place where I have minimal interest; it's a hardware store. Complicating those incontrovertible facts are the size and scope of the modern-day, box store-type monstrosity familiar even to me. I realize/have been told that size doesn't matter; apparently, that message hasn't translated to the hardware store. The height of the ceilings, the width of the aisles, the depth of the shelves, the numbers of registers, the miscellaneous service counters, the automated/sliding entry doors, the pick-up areas, the shopping carts, the "vested" staff, the interactive displays and the sheer variety of everything are totally overwhelming to me (I'm being kind to myself; now I'll be honest: intimidating to me).

The chance of me walking out with the item necessary to solve the problem I came in to address is almost impossible to calculate. However, if I were to try, I'd guess, somewhere between zero and none. And what chance I might have would likely require talking with "an associate" and being able to accurately describe the problem and the presumptive solution. That sounds simple and reasonable enough unless you're me. I likely wouldn't know the right answer if I heard it because either I had asked the wrong question or characterized the wrong set of circumstances which precipitated my visit in the first place. Moreover, knowing the eventual outcome will entail yours truly returning to the store and exchanging the item or spending hours at home on a repair that a "normal"/capable man/homeowner would spend minutes on, makes the entire process as unpleasant as any I've undertaken. Yesterday was just such a day.

I wouldn't say I'm still recovering from the effort, but neither am I basking in the glow of a job well done. Now I'm not going to humiliate myself and tell you what the attempted repair was; you can be sure it wasn't plumbing or electrical and certainly didn't involve a toilet or a trap of any kind. Nevertheless, when you're a person of extremely limited ability, instincts and experience as I am, any home repair in which you walk away uninjured and without any further adieu (follow-up service call from a professional or need for a new /replacement item because you broke the first one or made the problem worse by breaking something else) is a "Mt.-Rushmorian" success. Certainly not worthy of a mention in a magazine, but worthy I thought, of a column.

Now don't get any ideas that yesterday's success ('success' in this context is defined as 'not a disaster') emboldens me with any sort of self-confidence about future endeavors. Hardly. The fewer and farther between they remain, the happier I'll be. Yesterday's experience was nothing short of a miracle and simply moves me closer to the inevitable calamity I will cause when next I am faced with a similar set of homeowner-type circumstances.

For me, the devil is not in the details, it's in the "do-tells." The problem begins with the problem. It is then compounded by my inability to communicate the problem at the store, it is then compounded by my inability to understand the solution to the problem I am given at the store and finally, the problem is compounded by my inability to do at home what I was told at the store.

Believe it or not, I can accept my level of incompetence; I'm used to it. It's much harder on my wife, Dina, though; she has to live with me.

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

Home & Garden

Zone 6: • Arlington • Great Falls • McLean • Vienna/Oakton

CONNECTIONNEWSPAPERS.COM

CONTRACTORS.com

703-778-9411

Zone 6 Ad Deadline: Monday Noon

ELECTRICAL

K & D ELECTRIC
COMMERCIAL / RESIDENTIAL SERVICE
Family Owned & Operated
Recessed Lighting
Ceiling Fans
Phone/CATV
Computer Network Cabling
Service Upgrades
Hot Tubs, etc...
Licensed/Bonded/Insured
Office 703-335-0654
Mobile 703-499-0522
lektrkman28@gmail.com

IMPROVEMENTS

Power Washing
Go from Green to Clean. We clean Houses, Decks, Fences, Patios, etc. Deck Staining and Sealing, Exterior Wood Rot, Deck & Fence Repair.
Licensed & Insured • Free Estimates
email: jnave@comcast.net
703-987-5096

LANDSCAPING

A&S CONSTRUCTION
SOD, Mulch, Clean-Up
Leaf Removal
Hauling.
703-863-7465

PAVING

Joseph Sealcoating Specialist
PAVING
40 Years Experience! Free Estimates!
703-494-5443

GUTTER

GUTTER CLEANING
Gutters and Downspouts Cleaned
Small Repairs • Gutter Guards
PINNACLE SERVICES
lic/ins 703-802-0483 free est.
email jamie@lawnsandgutters.com
web: lawnsandgutters.com
Friendly Service with a Friendly Price!

IMPROVEMENTS

GOLDY BRICK CONSTRUCTION
Walkways, Patios, Driveways, Flagstone, Concrete
FREE ESTIMATES
Licensed, Insured, Bonded
703-250-6231

LAWN SERVICE

J.E.S. Services
Your neighborhood company since 1987
703-912-6886

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

All work Guaranteed

IMPROVEMENTS

A&S Landscaping
- All Concrete work
- Retaining Walls • Patios
- Decks • Porches (incl. screened) • Erosion & Grading Solutions
- French Drains • Sump Pumps
- Driveway Asphalt Sealing

703-863-7465
LICENSED
Serving All of N. Virginia

IMPROVEMENTS

Roofing • Siding • Gutters
Windows & Doors
Flagstone & Brickwork
(703) 587-7762
Quality Builds Trust
www.mainstreet-home-improvement.com

MASONRY

BRICK AND STONE
Custom Masonry
703-768-3900
www.custommasonry.info
Patios, Walkways, Stoops, Steps, Driveways
Repairs & New Installs • All Work Guranteed

RN. CONTRACTORS, INC.
Remodeling Homes, Flooring, Kitchen & Bath, Windows, Siding, Roofing, Additions & Patios, Custom Deck, Painting
We Accept All Major Credit Cards
Licensed, Insured, Bonded • Free Estimates • Class A Lic
Phone: 703-887-3827
E-mail: rncontractorsinc@gmail.com
www.rncontractors.com

TILE/MARBLE

BRENNAN TILE
Bathroom Remodeling Partial or Full. Kit.
Floors, Backsplashes. Specializing in Ceramic, Porcelain, Glass Tiles and Natural Stones.
Also repair work. 35 yrs exp.
www.brennan-tile.com
703-250-2872
Licensed • Bonded • Insured

IMPROVEMENTS

Picture Perfect Home Improvements
(703) 590-3187
Remodeling Bathrooms, Kitchens & Basements
Exterior & Interior Repair, Painting, Carpentry, Wood Rot, Drywall, All Flooring, Decks
•FREE Estimates •EASY To schedule
•FAST & Reliable Service •NO $$$ DOWN!
Handyman Services Available
http://www.pphionline.com/
"If it can be done, we can do it"
Licensed – Bonded – Insured

MASONRY

Alfredo's Construction Company, Inc.

•Concrete Driveways
•Patios •Sidewalks
•Stone •Brick
Phone:
VA: (703) 698-0060 • MD: (301) 316-1603
www.alfredosconstructioncompany.com

TREE SERVICE

Quality Tree Service & Landscaping
Reasonable prices. Licensed & insured.

Summer Cleanup...
Tree removal, topping & pruning, shrubbery trimming, mulching, leaf removal, planting, hauling, gutter cleaning, retaining walls, drainage problems, etc.
25 years of experience – Free estimates
703-868-5358
24 Hour Emergency Tree Service

HANDYMAN

HAND & HAND HANDYMAN LLC
General Remodeling • Residential & Commercial
DESIGN AND BUILD • COMPLETE HOME RENOVATION
• Kitchen, Bath, Basement Remodeling • Electricity, Plumbing • Doors, Windows, Crown Molding, Hand Rails, Chair Rails, Interior, Exterior, Finish Carpentry • Interior, Exterior Painting, Pressure Washing • Ceramic, Hardwood Flooring, Refinish Floors, Deck Reflooring • Build Deck, Fence, Patios, Retaining Walls • Concrete Driveway, Brick or Stone Sidewalk • Building Maintenance • Residential, Commercial • Foreclosures, Realtors Welcome
Serving Northern Virginia, D.C., Maryland • Licensed and Insured
703-296-6409

I'am a slow walker,
but I never walk back.
-Abraham Lincoln

Delivery Person needed immediately
703-938-3672
North American Office Furniture
204 A Mill St NE Vienna, VA

Preschool Staff Needed

We are seeking mature energetic creative people for full-time Lead Teacher positions at our four locations in Springfield, Annandale, Alexandria & Fairfax.
Prior experience working in childcare. Degree or CDA required.
Teacher Assistant positions also avail.
CDL drivers wanted.
Competitive Salary & Med Benefits.
Earned Leave & All Federal Holidays Off, Paid Annual Training. 401K.
Position avail immediately.
Fax Resume 703.425.2703 or
Email Resume:
r.addo@achildsplaceinc.com . EOE.

Educational Internships

Unusual opportunity to learn many aspects of the newspaper business. Internships available in reporting, photography, research, graphics. Opportunities for students, and for adults considering change of career. Unpaid. E-mail internship@connectionnewspapers.com
THE CONNECTION NEWSPAPERS

THE CONNECTION NEWSPAPERS
CLASSIFIED
For Local...
- Employment
- Employees
- Services
- Entertainment
- Announcements
- Real Estate
- Cars
- Trucks
- Vans
- RV's
- Boats
- Pets
- Yard Sales
- Crafts
- Hobbies
- And More!

For All Your Advertising Needs...
It Works. Week After Week.
703 917-6400
Place Your Ad Today!
THE CONNECTION to your community

101 Computers

HDI COMPUTER SOLUTIONS
JENNIFER SMITH ❖ Serving the Area Since 1995
- Speed Up Slow Computers
- Virus Removal
- Computer Setup
- Help with Windows 8 & 10

571-265-2038
Jennifer@HDIComputerSolutions.com

21 Announcements

ABC LICENSE
1st Stage Inc, trading as 1st Stage, 1524 Spring Hill Rd, Mclean, VA 22102. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Annual Mixed Beverage Special Event license to sell or manufacture alcoholic beverages, Alex Levy Managing Director 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.

I am easily satisfied with the very best.
-Winston Churchill

21 Announcements

21 Announcements

SIGN-ON BONUSES – UP TO $10,000 – AVAILABLE IN YOUR AREA!

Opportunities available in these divisions
VAN | INTERMODAL | DEDICATED
TANKER | PORT DRAY
Team and Solo | Local, Regional and Over-the-Road
Full- and part-time work

COMPANY DRIVER BENEFITS
$6,000 tuition reimbursement | Paid orientation and ongoing training
Medical, dental and vision insurance and 401(k) plan

SCHNEIDER schneiderjobs.com schneiderowneroperators.com 800-44-PRIDE | 800-28-LEASE

21 Announcements

LIFETIME www.metalroofover.com
METAL ROOFING
1-800-893-1242
WE FINANCE! w.a.c
LOCAL CALL 434-645-7411 VA CAROLINA BUILDINGS, INC
SINGLE WIDES DOUBLE WIDES HOUSES

HOW TO SUBMIT ADS TO
THE CONNECTION
Newspapers & Online

CLASSIFIED
DEADLINES
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

EMPLOYMENT
DEADLINES
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

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

21 Announcements

Earn Extra Money!
Deliver Phonebooks in Northern Virginia including Alexandria and Arlington.
Stop by:
4607 Eisenhower Ave
Alexandria, 22304
Or
110 Terminal Dr
Sterling, 20166
Classes Mon-Fri 9a & 11a
Delivery dates: 8/24-10/15
Call (877) 581-0555
deliverYELLOW.com
8/21, 22, 24
8/28, 29, 31
9/4, 9/7
9/11, 12, 14
11 days

Photo courtesy of Patty Schuebel

Jessica Evans of Arlington, Martin Schuebel of Great Falls, Raci Matzke of Great Falls, Patti Cooksey, Cliff Cooksey (both of Oakton) and Patty Schuebel of Great Falls are part of the top fundraising team, "Steps for Dad."

Walking to End Alzheimer's

Northern Virginia walk set for Sept. 25

By Marilyn Campbell
The Connection

When Paula Dierkes was growing up in Arlington, she would often hear family stories of a grandfather who sat on his front porch screaming at his neighbors and asking for his shotgun. She recalls a grandmother who shut out her family, literally, by closing doors and windows when they came to visit.

"As a child, I thought they were just grumpy, old people," said Dierkes. "But looking back, I realize that it was probably Alzheimer's."

Dierkes' mother was diagnosed with Alzheimer's Disease and now lives in the memory care unit of a Fairfax nursing facility. "She is this woman I see, who looks like my mom, but it's not my mom," said Dierkes. "It's not the same woman who I would go to crafts fairs with and have coffee with. That's what's so sad about this disease."

Ilissa Belanger lost both her mother and mother-in-law to Alzheimer's. "My mother-in-law had it for 10 years before she died," said Belanger who lives in Fairfax. "Shortly after, my mother was diagnosed and suffered with it for five years. So it was back-to-back. The experience makes you realize how devastating it can be on your loved ones."

> "You don't really understand how horrible this disease is until it affects you directly."
> — Patty Schuebel, Great Falls

Patty Schuebel of Great Falls says her father has been living with Alzheimer's for nearly seven years. "It's been quite eye-opening to go through this journey with him," she said. "You don't really understand how horrible this disease is until it affects you directly."

It is personal experiences like these that have led Dierkes, Schuebel, Belanger and thousands of others to join the Alzheimer's Association's Walk to End Alzheimer's in Northern Virginia, an event designed to raise awareness and funds for Alzheimer's care, support and research. Held each year in September, World Alzheimer's Awareness Month, more than 600 communities around the country join the effort. This year, the Northern Virginia event will be held on Sept. 25 at the Reston Town Center in Reston.

"The walk brings the community together to support each other and to raise awareness about Alzheimer's and offer support for families going through it," said Belanger.

Participants form teams to honor a loved one affected by the disease.

Schuebel is the captain of her team, "Steps for Dad." This will be Belanger's ninth year joining the event with her team, "Walkers for Miriam and Anita."

Dierkes' team is called the "Baldinelli Battlers."

"We may have this disease genetically in our family," said Dierkes. "So we're fighting this together and working to get the word out and raise awareness and money."

Each walker will also join a ceremony to honor those affected by Alzheimer's disease. Known as the Promise Garden Ceremony, the experience gives walkers an opportunity to receive a promise flower and write a personal message on it. Colored flowers used for ceremony represent the diverse reasons participants join the walk.

Blue represents someone with Alzheimer's or dementia. Purple is for someone who has lost a loved one to the disease. Yellow represents someone who is currently supporting or caring for someone with Alzheimer's. Orange is for everyone who supports the cause and vision of a world without Alzheimer's.

"I would love to be able to give my kids the gift of saying 'I know an Alzheimer's survivor,' said Dierkes. "We're looking forward to that day when there is a treatment, or better yet a cure, for this wicked disease."

The 2016 Walk to End Alzheimer's in Northern Virginia is scheduled for Sunday, Sept. 25. For more information visit http://act.alz.org/site/TR/Walk2016/DC-NationalCapitalArea?fr_id=8887&pg=entry or contact(Sonya Amartey(at 703-766-9025 or samartey@alz.org.

2016 Walk to End Alzheimer's in Northern Virginia

SUNDAY, SEPT. 25

Time: Registration at 1:30 p.m (Program at 2:30 p.m. (Walk at 3 p.m.
Route Length: 1 and 2 miles
Location: (Reston Town Center(, 11900 Market St., (Reston, VA 20190(
Contact: (Sonya Amartey(, 703-766-9025 samartey@alz.org

Vienna Crime Reports

Notable incidents from Aug. 26-Sept. 1, 2016.

INCIDENTS

Suspicious Event — 200 Block Cottage Street, SW, Aug. 25, 11:30 p.m. A citizen called to report their friend who appeared distressed left the listed residence and could not be found. Officers searched the area and could not locate the male subject. The friend was informed to call Vienna Police Department if the male subject returned to the residence or 24 hours passed without anyone contacting the male subject.

Domestic Dispute — Hillcrest Drive, SW, Aug. 26, 2:31 a.m. Officers responded to a domestic dispute between a mother and her son. When officers arrived they determined no physical altercation took place, only a verbal argument. Both subjects agreed to stay separated for the remainder of the evening.

Suspicious Event — Vienna Elementary School, 128 Center Street, South, Aug. 26, 8:07 a.m. A citizen reported their vehicle was vandalized the previous day while parked in the parking lot of the listed school. MPO Nelson spoke with the owner of vehicle and they both determined the damage appeared to be unintentional and possibly from landscaping that took place near where the vehicle had been parked.

Police Service — Oakmont Court, NE Aug. 26, 8:24 p.m. Ofc. Sterling assisted a male subject with getting personal belongings out of the residence he was staying at.

Stolen Vehicle — Westwood Country Club, 800 Maple Avenue, East, Aug. 26 1:02 p.m. A citizen called to report their vehicle had been stolen from the listed location. MPO Vazquez conducted an investigation and determined the vehicle had been stolen by an elderly male subject suffering from a mental health issue. The vehicle was recovered and returned to the owner who declined to seek criminal charges against the elderly male subject.

Fraud — SunTrust Bank, 501 Maple Avenue, East, Aug. 26 ,3:51 p.m. A resident reported they were a victim of fraud. The resident stated someone was fraudulently withdrawing money from their personal checking account.

Suspicious Event — Carter Court, SW, Aug. 27, 9:30 a.m. A resident reported suspicious behavior that was occurring with their spouse. SGT Sheeran met with the resident and discussed options to remedy the situation.

Suspicious Event — 600 Block Hillcrest Drive, SW, Aug. 27, 2:20 p.m. MPO Nelson met with a citizen who was concerned for the welfare of his son. MPO Nelson found no indication the son was in any immediate danger.

Fraud — 100 Block Center Street, North, Aug. 27, 1:42 p.m. A resident reported someone made fraudulent withdrawals from their bank account.

Domestic Dispute — Fardale Street, SE, Aug. 27, 6:17 p.m. Officers responded to the listed area for a domestic dispute between husband and wife. When they arrived on scene they spoke with both parties who told the officers the dispute was verbal. Officers did not observe any signs of physical violence. The husband and wife agreed to stay separated for the remainder of the evening. Both parties were provided with counseling services.

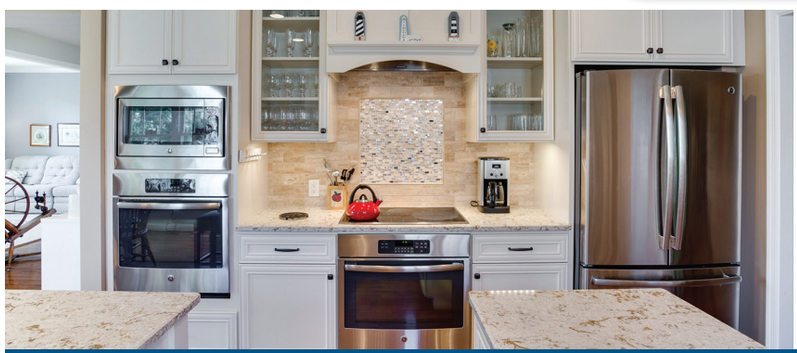
Arrest – Drunk In Public — 200 Block Cedar Lane, SE, Aug. 28 1:44 a.m. A citizen called to report a suspicious person in the listed area. When officers arrived they observed two male subjects banging on a door to a residence. Both subjects showed signs of possible impairment. The 22 year old male subject from Big Rock Road, Md. and 21 year old male subject from Cedar Lane, Vienna, were arrested for drunk in public. Both subjects were transported to the Fairfax County Adult Detention Center.

Missing Person — 300 Block Old Courthouse Road, NE, Aug. 28, 7:56 a.m. MPO Vazquez took a report about a missing elderly male subject. Officers searched the area and found the subject at a business.

Grand Larceny — 1400 Block Cottage Street, SW, Between Aug. 26 at 11:30 p.m. and Aug. 27 at 7 a.m. A resident called to report two bicycles left unsecured on their front porch were stolen. **Civil** — 500 Block Windover Avenue, NW, Aug. 28, 1:21 p.m. Ofc. Sterling responded to the listed area for a civil dispute between a homeowner and contractor about payment for work. They were both made aware of the civil process through the court system.

FOSTER
Remodeling
Solutions, inc.
Our Process Makes It Perfect

- Whole Home Remodels
- Spacious Home Additions
- Gourmet Kitchens
- Luxurious Master Suites
- Dazzling Entertainment Areas
- and much more!



Northern Virginia's First Choice for Home Remodeling Services

If you are looking for a Remodeling Company that you can count on, then Foster Remodeling Solutions is the company for you! For over 30 years we have been Northern Virginia's First Choice for Home Remodeling Services. From Kitchens and Bathrooms to Additions and Whole Home Remodels we have a lifetime of Solutions for your home. Call Today 703.672.2249 or online at FosterRemodeling.com

FOSTER
Remodeling
Solutions, inc.
Our Process Makes It Perfect

Foster Remodeling Solutions, Inc. • 7211-H Telegraph Square Drive • Lorton, VA 22079 • 703.672.2249 • www.FosterRemodeling.com

Additions

Whole Home Remodels

Kitchen Remodeling

Bathroom Remodeling

Master Suite Additions

Entertainment Areas

and much more...

Revitalize your Home and Enhance your Lifestyle

Decisions about making major changes to your home must be considered carefully. The first big decision comes with selecting the right team of professionals to guide you through the process and get the job done.

At Foster Remodeling Solutions, we are here to help. Call us today for your free in-home consultation and we will help you design the space of your dreams!

703.672.2249

Call Foster Today

703.672.2249

or online

FosterRemodeling.com

FOSTER
Remodeling
Solutions, inc.
Our Process Makes It Perfect