

Planning One
More Deferral

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Great Falls
Historic Marker
Rededication

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Dylan Kurtz of Great Falls with BUBBY, a puppy who will train to be a paws4people service dog, at St Marys Correctional Center in West Virginia.

How I Spent My Summer Vacation

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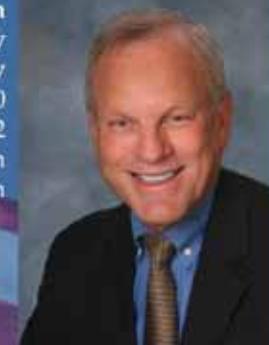
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Planning One More Deferral

BY KEN MOORE
THE CONNECTION

Planning Commission will give Lexington Estates and Great Falls another month to get involved. Dranesville Planning Commissioner John Ulfelder announced last Wednesday, Sept. 14, a decision on The Gulick's Group application to develop 11 acres of forested land would be deferred until Oct. 19, 2016. The record will remain open to allow further feedback.

The Gulick Group applied to rezone the 11-acre property at the "terminus of Challedon Road" to permit development of a 10-lot cluster single family subdivision at a density of 0.91 dwelling units per acre. The forested, 11-acre parcel is composed of moderate slopes that steepen towards the Piney Run floodplain.

Arthur Kingdom testified before the commission in the summer, calling the property idyllic. He described for Planning Commissioners sunlight shining through hundreds of trees on Challedon Drive, and the birds singing at sunrise.

Fairfax County Planning staff have already recommended approval of the redevelopment.

Kingdom said the land with steep slopes is not suitable for development because stormwater would run down the slopes to a floodplain, then to a creek that runs to the Potomac River, and then into the Chesapeake Bay.

"I have thought long and hard about whether I oppose this development be-

cause I love the forest next to my house, or whether I am concerned about the environment," he said. "I can unequivocally say that it is more of the latter. To me, it is just common sense that it is not possible to move forward on this development without a great deal of permanent damage to the ecosystem and the watershed."

GFCA member Sam Capiello told members of the GFCA that he has hired his own private arborist to conduct a study of the trees he believes will be removed by the proposed development.

Capiello told GFCA's membership that he asked Ulfelder, a Great Falls resident, if the Planning Commission vote can be delayed until he has time to give the county his findings.

Oaks and hickory trees are part of the property, said Dranesville Tree Commissioner Bob Vickers.

"They will be clear cutting about seven acres," said Vickers, at a Town meeting held by Great Falls Citizens Association on Monday, July 18, attended by more than 50 members.

GFCA officials encouraged members to give the Planning Commission and Board of Supervisors their feedback.

At the Town meeting, GFCA president Bill Canis announced to the membership that GFCA has formed a stormwater task force. "The county has not always been astute enough on governing stormwater. That's why we are forming a stormwater task force," within GFCA's environment committee.



PHOTO CONTRIBUTED

Arthur Kingdom recommended that the Planning Commission come to the 11 acres of a potential development project to see sunlight coming through hundreds of mature trees. "It is idyllic," he said.



The Gulick Group proposes 10 single-family detached dwellings.

Great Falls Historic Marker Rededication

Great Falls residents, in coordination with the Virginia Department of Transportation, will rededicate on Saturday, Sept. 24 a historical marker commemorating the 1861 Battle of Dranesville. At the community's request, VDOT has moved the marker onto Georgetown Pike and the site of this Civil War battle. The program, including remarks by local historians Karen Washburn and John Waggoner and Supervisor John Foust (D-Dranesville), will begin at 9:30 a.m. at the nearby Dranesville Church of the Brethren, 11500 Leesburg Pike (Route 7 and next to the Seneca Hill Animal Hospital and Spa). Local boy scout troops and Civil War re-enactors will participate and period music will be performed.

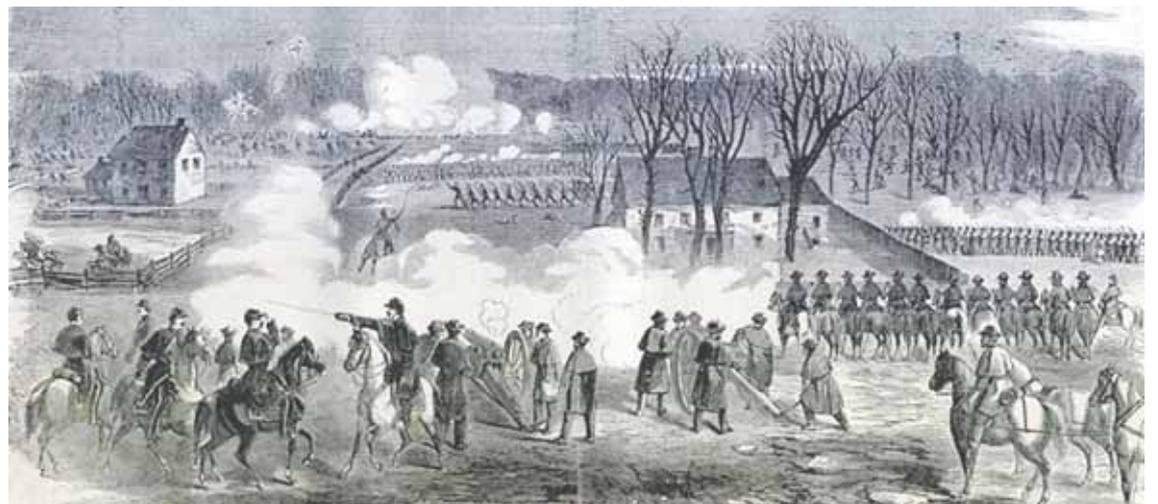


Illustration of the Battle of Dranesville found in the Jan. 11, 1862 edition of Harper's Weekly. This full page illustration shows the Union artillery firing across the Leesburg Pike and towards the distant Confederates in what is now part of Reston, Virginia.

NEWS

Paint Great Falls Competition Winners Announced

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The Arts of Great Falls' annual Plein Air Competition brought out 18 artists from Baltimore, Washington D.C., and Northern Virginia to paint the scenery in Great Falls. Participants had Thursday through Saturday to create and submit up to 3 pieces painted in Plein Air (outdoors). The most popular locations were Great Falls Park, LAuberge Chez Francois, Colvin Run Mill, Riverbend Park, Krops Crops, and Turner Farm Park. The community was able to join in the fun through a free painting demonstration Saturday afternoon with Competition Juror Jill Banks. A dozen interested people observed Jill Banks as she created a plein air painting from blank canvas in 3 short hours. The Plein Air Competition winners were announced by Banks at the awards reception Saturday evening including the People's Choice Award for which everyone present voted. The Arts of Great Falls Executive Director Julie Casso said, "Thanks to the event sponsor



PHOTO BY JULIE CASSO

Winners, from left: Lissa Abrams, Michael McSorley, Marjorie Sharer, and Lori Goll. [Not pictured: Robert Gilbert]

Celebrate Great Falls Foundation and participants for a successful event. It was a pleasure to share the town we love for the competition."

The Paint Great Falls submissions will be on display in the Arts of Great Falls Gallery (756 Walker Road in Great Falls) now through Sept. 24. Open hours

are Wednesday, noon-4 p.m. and Saturday 10 a.m.-2 p.m. All paintings are for sale. The Arts of Great Falls is the local charitable non-profit art foundation which provides an art school, working artists' studio space, and art events & activities for the community.

Registration is OPEN NOW

Registration ends on **October 14, 2016**

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- › Voted for funding counter-terrorism operations against al-Qaeda, ISIS and other international terror threats.
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NEWS

FCPS Superintendent Garza Resigns

BY TIM PETERSON
THE CONNECTION

Fairfax County Public Schools superintendent Dr. Karen Garza is resigning, just months after the FCPS board renewed her contract through June 30, 2020.

Garza informed the board in the afternoon on Sep. 19 that her resignation would take effect on or before Dec. 16, 2016.

The first woman superintendent of FCPS said she's accepted the position of president and chief executive officer of Columbus, Ohio-based Battelle for Kids, a not-for-profit education organization.

"I am so grateful for the opportunity to have served this world class school system since June 2013," Garza said in a letter to the school system. "It has been an honor and privilege to have worked with the dedicated and professional staff who make FCPS the finest school system in the country.

"I extend to you my deepest gratitude for your tremendous support," Garza continued. "I am so proud to have been a part of this outstanding system and this great community. I wish Fairfax County Public Schools much continued success in the coming years."

GARZA INFORMED the full board in a closed session following their work session on Monday. Providence District representative Dalia Palchik said there was shock, gasping and crying among the members.

"We feared she would be taken away, but hoped it wouldn't be so soon," Palchik said.



FILE PHOTO COURTESY OF FCPS

From parents and teachers she's talked to and seen react on her Facebook feed, Palchik summarized "people are devastated."

"This is the best time for us to have stability," she continued. "Teachers are just concerned. She's fought so much for the budget, their salaries. We want to make sure we continue on the track."

Kevin Hickerson is president of the Fairfax Education Association, a union for teachers, custodians, bus drivers and support staff. He said of the teachers

SEE GARZA, PAGE 7

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Garza Resigns

FROM PAGE 6

he's talked with and seen react on Facebook, reaction to her resignation has been "overwhelming positive" and that she's definitely going to be missed.

"She put a lot of chips into the middle," Hickerson said, "with a lot of help from the community and organizations like ourselves we got it done. It will be really tough to replace her and her leadership."

School Board chair Sandy Evans sent out a letter in reaction praising Garza as "a transformational leader who has had a tremendous impact on our schools, families and most importantly the children of Fairfax County."

Evans highlighted Garza's "vision, candor and grace" in successfully implementing later high school start times, full-day Mondays for elementary schools and reducing elementary school class sizes during her tenure.

"A tireless advocate for teachers, she navigated one of the most challenging budget environments in recent memory, and achieved

the largest investment in FCPS teacher compensation in a decade," Evans said.

"Under her leadership, FCPS has embarked on a path that will transform our schools in positive ways that benefit all children, our employees, and our community. The School Board is committed to maintaining this path as we find new leadership."

AN INTERIM SUPERINTENDENT will be named soon by the School Board, Evans said. They'll also go over details of a search process for Garza's replacement in the next several weeks.

"For a county this size, it's going to attract very strong candidates," said Hickerson. "I don't have any worries in a sense we'll find someone good, I just don't know how they'll compare to Dr. Garza."

Palchik likened Dr. Garza to Mary Poppins. "She's come in and moved us in the right direction," Palchik said. "Around the table, all of us, we're just in awe of who she is, how high she's raised the bar for our system."

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Epidemic Is Here, Recovery Is Possible

Prescription opioid and heroin epidemic awareness week is Sept. 18-24.

BY TISHA DEEGHAN
EXECUTIVE DIRECTOR
FAIRFAX/FALLS CHURCH COMMUNITY SERVICES
BOARD

Opioid use disorder and addiction to heroin is a disease that is devastating families across the United States, and Fairfax County is not immune. Fairfax County police report that in 2015 there were 77 heroin overdoses in the county, 12 of which were fatal. As of May 2016, Fairfax County's Emergency Medical Services was reporting an average of 10.17 patient contacts per month that were suspected overdoses of heroin or other opioids.

In recognition of Prescription Opioid and Heroin Epidemic Awareness Week, and in collaboration with state and federal partners, the Fairfax-Falls Church Community Services Board (CSB) joins the community in recognizing and remembering those lost due to opioid use disorder and in encouraging strength and courage for those who are seeking help.

The CSB is here to help; resources are available to treat opioid addiction, and recovery is possible. See www.fairfaxcounty.gov/csb/heroin-opiates/opioid-treatment-options.htm

Many people, including drug users themselves, have mistaken beliefs about drug addiction and recovery. These ideas stem in part from notions that continued drug use is voluntary and that a person's inability to overcome addiction stems solely from character flaws or a lack of willpower.

GUEST EDITORIAL

Substance abuse treatment comes in a variety of forms. For people who seek help for opioid addiction, treatment should start with a thorough assessment of their history of opioid use, prior treatment history, if any, and existence of any co-occurring mental illness. The treatment plan would be based on this assessment and could include medication-assisted treatment along with other services designed to support their recovery, such as cognitive behavioral therapy, education about addiction, engagement of family and friends, and building a recovery-based support system.

If you or someone you love needs help to

overcome drug dependence, call the CSB at 703-383-8500. CSB staff will help you find appropriate treatment and recovery resources. Anyone seeking help can also come to the Merrifield Center for a walk-in screening, with or without an appointment, Monday through Friday from 9 a.m. until 5 p.m.

You can help, too. Enroll in CSB's REVIVE! program, a free course that teaches non-medical personnel to administer the life-saving opioid-reversal medication naloxone. CSB staff has trained more than 640 people so far this year and classes are scheduled throughout the fall. Participants report that the training has saved lives. www.fairfaxcounty.gov/csb/revive

Learn more about substance use prevention at these upcoming events, sponsored by CSB partners:

- * Attend one of the Chris Atwood Foundation's presentations entitled "Addiction: The Taboo Subject," scheduled for Sept. 24, 9-11 a.m. and Oct. 3, 7-9 p.m. Hear personal stories of addiction and recovery and learn how to recognize and respond to substance misuse at Lord of Life Lutheran, 13421 Twin Lakes Drive, Clifton, VA 20124.

- * Parents who want to be more involved in youth substance use prevention and education can attend Fairfax County's Unified Prevention Coalition's Sept. 26 "Taste of UPC" Fall Kick-Off event. See www.unifiedpreventioncoalition.org.

LETTERS TO THE EDITOR

LuAnn Bennett on the Issues

To the Editor:

Padraic Buckley's letter in the September 14-20 edition of the McLean Connection ("Why Comstock?") repeated, almost word for word, the attack on LuAnn Bennett appearing in his Sept. 15 letter in the Sun Gazette newspaper. Leaving aside Mr. Buckley's unseemly personal remarks about Bennett (which should have no place in an election campaign), I take issue with two statements he made in his letters.

First, anyone paying attention to the race in the 10th Congressional District knows the claim that the Bennett campaign "is not about the issues" is false. From all I've seen, heard and read, Ms. Bennett supports legislation mandating equal pay for men and women doing the same work. She is "pro-choice" and against cuts in federal funding for Planned Parenthood. She supports full-day kindergarten for Loudoun County (one of the few jurisdictions in Virginia that doesn't have it), and the funding of universal "pre-K" programs. She is in favor of paid family leave. She advocates a phased-in increase in the federal minimum wage to \$15 an hour. Bennett wants funding to

rebuild the nation's infrastructure and increased investment in renewable energy. She supports both the right to bear arms and common sense gun laws to close loopholes that currently allow terrorists to buy assault weapons. She supports land conservation and preserving the rural character of the western part of Loudoun County. All this and more is clearly set forth on her campaign website.

Second, I disagree with Mr. Buckley's statement that the choice in the 10th District shouldn't be affected by where the candidates stand on Donald Trump. I submit that if Trump were to become President, it would matter a great deal whether our representative in Congress has the courage to oppose him.

William Shapiro
McLean

Comstock's Record of Accomplishments

To the Editor:

Now that the campaign season has kicked off and both candidates in the 10th District have ads running on TV – it's very helpful to compare the stark differences.

Barbara Comstock's ad includes

real accomplishments. Barbara has been part of the bipartisan majority that increased our national security and defense funding, passed important heroin legislation and human trafficking legislation that Barbara worked extensively on, and she's fought for new legislation that passed the House and awaits a Senate vote to provide more funding for cures for chronic diseases. All this, and we can't forget her role in passing the 5 year transportation bill – as the only member in the regional delegation in the majority on the Transportation Committee – she had a seat at the table in the conference committee to get more resources for congestion relief and reforming Metro. She has also been a leader demanding accountability and transparency from Metro. These are all issues vital to Virginians and Virginia's economy.

The truth is the Democrat in the 10th District race hasn't even lived in our District for most of the past decade. She notably leaves out her Arlington County years when she lived with her husband, former 8th District Rep. Jim Moran. And, it turns out she was recruited not by anyone in the 10th District – but by partisans in Washington, D.C. and the 8th District. She has failed to make any case for why she is running to represent an area to which she seems to have so little

connection.

We need to keep Congresswoman Barbara Comstock who has been working hard

— for and in Virginia — working for us. She's everywhere working

with her constituents and knows the priorities of our District and has

delivered. I know she will continue to work hard for us on the issues

that matter most to the 10th District.

Stephanie Marshall
Oakton

LuAnn Bennett: Result-oriented

To the Editor:

Let me introduce LuAnn Bennett, Democrat running against Barbara Comstock to represent us in the 10th District. LuAnn is one of us; grew up in a middle class family, attended public university, married, and with her husband started a business and had 3 boys. Life got harder in 1994 when her husband died and in 2008 when the economy collapsed, but she worked harder and smarter - didn't miss a payroll –

SEE LETTERS, PAGE 9

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LETTERS

FROM PAGE 8

and raised 3 fine young men. During those difficult years she worked on projects that created job opportunities for over a thousand workers of all levels, and as a businesswoman learned the necessity of bringing all sides to the table to work out solutions. She also found time to work for the children and families of the Metro area and across the state as an appointee on Governor Warner's Virginia Healthcare Foundation, and on Governor Kaine's Climate Change Commission, the I Have a Dream Foundation, and Turn-around for Children Foundation. The 10th District now needs LuAnn Bennett and her common sense result-oriented work ethic to represent us!

Linda Burchfiel
McLean

Comstock Helps Young Women Reach Their Potential

To the Editor:

A few weeks ago my twin daughters started the first grade. Aside from a quieter house, it's always exciting to send them back to school because of how happy they are to show my wife and I the activities they did during the day. While I have always recognized my daughter's potential, it has become more evident through their positive engagement with their new school activities. They've been engaged deeply in learning, through the books they bring home, the coloring projects they're working on or their confidence in advancing to more difficult math, and it makes me a proud father to see their progress.

These two girls remind me of why I'll be supporting Congresswoman Barbara Comstock this November. Seeing Barbara's successful record with legislation and her district program opportunities, I know she

understands the importance of helping the next generation of young women reach their potential. She has been a strong advocate for women and has created numerous opportunities for young girls and women in the 10th

Congressional District to succeed.

This past year she authored the

Inspiring the Next Space Pioneers, Innovators, Researchers, and Explorers (INSPIRE) Women Act supporting funding for NASA programs that encourage women to pursue STEM careers. This INSPIRE Women Act will positively benefit girls, and hopefully even my own daughters when they pursue higher learning. Empowering young women and girls to pursue a course toward STEM careers demonstrates how focused Barbara is on providing equal opportunities to all students. Women are critical to encouraging innovation, and as a father, my hope has been to see my girls continue to reach their potential in all possible endeavors.

Hundreds of young women have also participated in Barbara's "10th Congressional District Young Women Leadership Program" for junior high and high school aged girls. This is the first Congressional program that has supported advocating for women to pursue leadership in all fields. I appreciated she had leaders from diverse political party backgrounds because Barbara understands empowering young women and girls is not a political agenda, but something

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G. STEPHEN DULANEY

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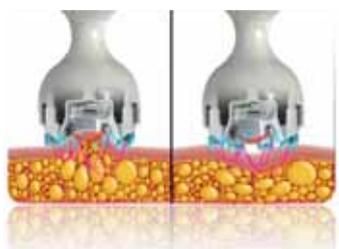


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Homework Overload

Some educators say less can be more, stress balance when it comes to homework.

BY MARILYN CAMPBELL
THE CONNECTION



PHOTO COURTESY OF BULLIS SCHOOL

Faculty and staff at the Bullis School have restructured the way they assign homework to foster a feeling of success, confidence and independence.

Paula DeMarco dreads one time of day the most: weekday evenings at 5:30. It's the time she has set aside for her children begin their homework. That means no screen time, music or other distractions.

"When my son entered fifth grade last year it was like running into a brick wall," she said. "We were in shock by how much more homework he had than when he was in the lower grades. It was stressful and there were a lot of tears shed — both mine and his."

For many parents and students, homework can be anxiety inducing, especially when there's a lot of it, when it's intense, when there's pressure to succeed and when it's used as a measure of accomplishment.

In fact, a study published in the Journal of Experimental Education in 2014 found that students in high-achieving communities who spend excessive amounts of time on homework are more prone to more stress, physical health problems and a lack of balance than students who have moderate amounts of homework. Researchers found that students felt obligated to choose homework over other interests. As a result, they didn't know how to find balance in their lives.

Homework in a competitive environment that doesn't leave time for hobbies or sports can also put a strain on family relationships.

"Homework becomes stressful because parents take on the role of homework police," said Ann Dolin, president, Educational Connections Tutoring in Fairfax and Bethesda. "It's a role they never envisioned and they don't want, but before they know it, their relationships with their children become defined by academics."

Dolin points to the "Ten-Minute Homework Rule," guidelines approved by the National Education Association, which recommend 10 minutes of homework per grade level. A first grade student, for example, would have 10 minutes of homework each night, while a fourth grade student would have 40. Any more than this would be counterproductive.

"I have known first graders who've had an hour or and hour-and-a-half of homework," said Dolin. "That is unrealistic."

Locally, Margaret Andreadis, lower school principal at Bullis School in Potomac, Md., says administrators and teachers at her school have restructured the way they assign homework to focus on quality over quantity.

"We've scaled back to emphasize our purpose for homework: teaching students goal setting and time management," she said. "We're not using homework as busy work. Our philosophy has been to create a balance between academics, life at home with family and activities like sports."

Students at Bullis often have choices over their homework assignments, and their tasks are designed to foster a feeling of success, confidence and independence.

"The emphasis is on small successes. We want students to feel good about themselves," said Andreadis.

"If a parent is having to interact with their child over homework, it's not an independent assignment."

This homework structure can actually create balance in the lives of students, she said. "I think the stress comes from kids wanting to get things perfect and parents wanting their children to be successful," said Andreadis. "Kids need time that is unscheduled so that they can be creative, find new passions and be kids."

Researchers say unstructured play, reading, and other child-initiated activities have as many benefits for children as academics. "Children learn conflict management skills, develop imagination and creativity, self-regulation of time and interest, and independence," said Shannon N. Davis, associate professor of sociology at George Mason University in Fairfax. "Research has shown that children who are given time to play in an unstructured manner, read or otherwise determine how they spend their time are much less likely to say, 'I'm bored' when they have free time. They know how to entertain themselves rather than needing an adult to structure their time for them."

Navigating that course, deciding how much independence to give children when it comes to managing free time and their homework, while at the same time making sure they have the support they need to succeed can be challenging, parents and educators agree.

"I don't think these two areas are mutually exclusive. We want our kids to take ownership of their priorities, but they need some foundational knowledge in order to make these choices from an informed perspective," said Sean Aiken, head of school at BASIS Independent in McLean. "We need to empower our students to make some of these decisions early on and then allow them to experience the consequences."

Parents' roles should be setting students up for success, recommends Andreadis: "Giving them a quiet place to study, checking in with them, asking, 'What's your plan for homework tonight?' Helping the child make the decision but letting the child actually make it. Be hands off as much as possible."

Some educators acknowledge that a relaxed approach might push parents, particularly those in high-achieving communities, outside their comfort zones. "This involves some risk taking on the part of us as parents and educators, but I think the benefits are worth it," said Aiken. "We need to pair that with a lot of support and discussion about why academic achievement matters, specifically that we are learning things in order to make connections and ask questions about the world around us."



Service dogs in training and inmate trainers sit together at St Marys Correctional Center in West Virginia.

How I Spent My Summer Vacation

12 year old Great Falls youth goes to prison — to pursue charity and community service.

BY DYLAN KURTZ
IN HIS OWN WORDS ...

This summer, at the age of 12, I went to prison. My path to prison is not a story about a life of crime. This is a story about charity and community service. It all started in May 2015 when I helped my older brother, Steven, with a charity bake sale. Steven is on the autism spectrum and he was raising money to help children in Brazil with disabilities. This was my first experience with community service. I liked helping others and wanted to do more.

With the help of my Mom and Dad, I found new volunteer opportunities. I helped at a food pantry in Reston, volunteered at Stop Hunger Now! and packed meals for children at Forest Edge Elementary who rely on school lunch and have no food on weekends. I also helped with my brother's new non-profit bakery, Whippourwill. I got to know one of Whippourwill's customers, Joan Brady. Joan, a local photographer and Great Falls resident, does a lot of community service and asked me if I would help her with a project.

I volunteered for her "Hair In the Air" campaign which raises awareness of children in foster care who are available for adoption. When I helped her that day, Joan told me about another or-



PHOTOS BY JOAN BRADY

Service dog, SOPHIA, listening to a command at St Marys Correctional Center in West Virginia

ganization that interested me called paws4people. paws4people works with prison inmates to train service dogs for veterans and children with disabilities. This organization excited and inspired me because it combines two of my favorite things: dogs and helping people with disabilities. I decided I wanted to learn more about paws4people.

Through Joan, my Mom and I were invited to go to a prison that works with paws4people's inmate training program, paws4prisons. After a long drive to West Virginia, we arrived at a hotel where I met several client and service dog teams. The next morning we went to St. Marys Correctional Center to witness a "BUMP." A "BUMP" is when a service dog meets various

clients and "selects" the person it wants to serve. Kyria Henry, the founder of paws4people, her dad, Terry, and other staff observe the interactions between the service dogs and humans and evaluate the best match.

I also got to see the special skills service dogs learn to assist their owners. The dogs are trained to pick up things for people who can't bend over, retrieve things from a refrigerator, get the nearest person in an emergency, alert the owner when someone is behind them, help the owner in public places and reduce their stress.

All of these skills are taught to the dogs by prison inmates who are called inmate trainers. The dogs live with the inmate trainers in



Dylan Kurtz with BUBBY, a puppy who will train to be a paws4people service dog, at St Marys Correctional Center in West Virginia.

prison 24 hours a day. The inmate trainers and dogs form an important bond. The dog provides unconditional love that many of the inmates may not have ever had. Training the dogs also provides an outlet for the inmates to do meaningful work.

During my visit, I met two people "BUMPING" with dogs, a veteran named Adam with PTSD and a girl named Ava in a wheelchair. Adam was a marine in Afghanistan in 2010. He was hit with an explosive device during his deployment and suffered a traumatic brain injury (TBI) and other physical injuries. He returned with PTS symptoms, becomes easily agitated, feels constantly on guard and has a short temper. Adam "BUMPED" with Rushmore, a huge black Labrador Retriever that will help with Adam's PTSD and help him feel safe.

Ava is 12 years old, just like I am. She was perfectly healthy and one morning everything changed. She woke with a tremor in her hand and within a few days lost all of her mobility. She is currently in a wheelchair and has limited use of her arms. Neurologists and immunologists are working to figure out the reason for Ava's condition. She has severe anxiety which doctors believe may have come from the sudden change in her health. Ava "BUMPED" with Daphne, a Golden Retriever who will assist Ava with

SEE YOUTH, PAGE 12



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2. not appreciated or understood.
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SCHOOLS

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

Emma Leiken, a 2012 McLean High School graduate, earned Fulbright grant. She graduated from Oberlin College in May 2016.

Brandon Bast, of Great Falls, graduated from The University of Tampa on May 7. He graduated with a Bachelor of Science in sport management and a minor in marketing.

Savannah Kathleen McBride was awarded an \$8,000 four-year Fraternal College Scholarship in a national competition by Modern Woodmen of America. She is the daughter of Stephen and Lezlie McBride, McLean. She plans to attend Reed College in Portland, Ore.

Brendan Mullen, Langley HS Class of 2011, was awarded a prestigious summer Research Fellowship by the Drexel University College of Medicine to study the effects of concussion on mice. Brendan will present his results at the College of Medicine's annual research event, Discovery Day, in October 2016. Former Langley ice hockey goalie, continues his support of children's special hockey by volunteering for the Philadelphia Flyer's youth special hockey team.

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

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

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

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

Robert P. Buttarazzi, of Vienna, is on the spring 2016 deans list at

Hampden-Sydney College.

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

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

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

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

Mary R. Brown of Oakton graduated from Embry-Riddle Aeronautical University, Daytona Beach, FL with a Bachelor of Science in Meteorology and a Bachelor of Science in Computational Mathematics, cum laude. She will be continuing with graduate work at East Carolina University.

Kelsey Waddill, of Vienna, was named to the dean's list for academic excellence for the fall 2015 semester at Johns Hopkins University. Waddill is the daughter of Charles and Deborah Waddill and attended James Madison High School.

Elisabetta Cantatore, of Great Falls, a psychology major, has been named to the dean's list for the 2015 fall semester at George Mason University.

Sarah Boyle from Marshall High School, Razan Elbaba from Oakton High School, and Rosy Molina from Fairfax High School were recognized at the annual Scholastic Art Awards ceremony with a 2016 Uphoff Scholarship from the Arts Council of Fairfax County. Each student received a \$1,000 prize and their work is on public display at the Ernst Community Cultural Center from Feb. 21 through March 3. To find out more about the Arts Council's Uphoff Scholarships program, visit <http://artsfairfax.org/grants/programs/uphoffscholarship>.

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September 25 | Reston Town Center | 2:30pm

alz.org/walk | 800.272.3900

Great Falls Youth Goes to Prison

FROM PAGE 11

retrieving and carrying items for her. She will also assist with chair transfers and help with Ava's anxiety.

After my prison trip I had a better understanding of the organization and decided to devote some of my free time to paws4people. I am partnering with local businesses in Great Falls throughout the year.

COMING EVENTS: My events include a fundraiser at Mookie's BBQ on Oct. 5 and a charity ride at the Great Falls Cycle Studio on Oct. 22. Mookie's will give 10 percent of proceeds from the entire day to paws4people. Great Falls Cycle Studio is do-

nating revenue from the event to the organization. There will be paws4people service dogs at both fundraisers. Guests will have a chance to meet and interact with them. Increasing awareness and raising money for the organization will help provide service dogs for more people like Adam and Ava. My efforts will also help the inmate trainers continue their work towards becoming better members of society. The trainers and clients both benefit and so do I. I feel great about what I am doing.

You can follow Dylan and his charity projects at <https://www.facebook.com/dylandonates/>

LETTERS

FROM PAGE 9

everyone can work towards.

Supporting positive legislation and recognizing potential leadership in young women and girls transcends any political talking point, and Barbara clearly looks forward to continuing her advocacy for women.

Dr. Stan Idiculla
Vienna

Reasons to Vote For LuAnn Bennett

To the Editor:

Padraic Buckley's letter asks "Why Comstock?" (Connection, September 14-20, 2016). Yet the letter fails to make the case. There are many reasons to vote for Comstock's opponent in the 10th District.

Reasons To Vote For LuAnn Bennett:

1. LuAnn is not a politician. She's a successful small-business owner who has helped create jobs and opportunity in our region.

2. LuAnn is a fighter. She has faced challenges in life and overcome them. After her husband Rick's sudden passing, she raised three boys as a single, working mom. She took over the family

business in the middle of a recession and never missed a payroll.

3. LuAnn is a pragmatic problem-solver. In business, and in her public service, she knows how to work together with people on all sides of an issue to make progress and deliver results. She can help get our Congress and our government working again.

4. LuAnn shares the values of the 10th District. LuAnn is a pro-business, progressive Democrat who believes in equality and opportunity for all.

5. LuAnn is a public servant. LuAnn has lived in Northern Virginia for 35 years, and has served on the Virginia Climate Change Commission and the Virginia Healthcare Foundation. She is also involved in numerous charitable and community organizations.

Comstock votes the party line 90 percent of the time. We need an independent voice in Congress not a rubber stamp for the alt-right agenda in the House.

J. Jay Volkert
Vienna

Experience the 10th District Needs

To the Editor:

As a voter in Virginia's 10th Dis-

trict, I recognize the importance of being represented by someone who not only has first-hand knowledge and experience in world of business, but who also agrees that employees, no matter their gender, should be treated equally and paid the same for the same work.

As a woman business owner, LuAnn Bennett understands the harsh history of discrimination, especially gender discrimination. As a longtime real estate executive, LuAnn Bennett knows how to run a business and create jobs while providing important services to residential and commercial customers.

Also, and not everyone knows this, but LuAnn Bennett and former Redskin Brig Owens run a highly regarded sports representation business for many well-known NFL players, including many Redskin players.

On the other hand, Rep. Barbara Comstock has not only spent most of her career in politics – either as a lawyer representing politicians or as politician herself who voted repeatedly against equal pay for women.

In short, LuAnn Bennett has the background, experience and commitment that Virginia's 10th District needs in the U.S. House of Representatives.

Ed Rothschild
McLean

BULLETIN BOARD

SUNDAY/SEPT. 25

McLean Area AAUW Open House.

McLean Area Branch of the American Association of University Women (AAUW) will hold an open house at 2 p.m. at the McLean Community Center. The public is invited. Winners of the scholarships to Trinity, Marymount, and George Mason universities will be introduced, as well as the high school science fair female awardee. The scholarships are funded through part of the proceeds of the annual AAUW Used Book Fair Sept. 16-18. All the activities and projects of the branch will be featured as well.

MONDAY/OCT. 17

St. Johns Wood is on the Reston P and Z Preliminary Agenda. The meeting will be held at 7:30 p.m. in the North County Government Center, 12000 Bowman Towne Road, Reston. Due to the potentially large amount of community input, the residents are asked to submit their input ten days in advance of the meeting. The public comment will be limited as follows: Individual citizen comment: Two minutes per person, representative for HOA or neighborhood organization: Four minutes per organization.

ONGOING

Passages Divorce Care. Tuesdays 6:45 to 9:00 p.m. beginning September 13th. Vienna Presbyterian Church is located on the corner of Maple Avenue (Rt. 123) and Park Street in Vienna, Virginia. Cost to cover materials \$20, scholarships available. 703-938-9050, www.viennapres.org, or send an email to Passages@ViennaPres.org.

The Retiree Real Estate Education Association

announces free public service seminars for October, 2016, on Decluttering, Ageing in Place, and Downsizing, given at McLean, Falls Church, and Marshall High Schools. These are part of a series of 8 free seminars on real estate issues unique to retirees. Seminars are free to the public and are presented in the evenings at Fairfax County public schools. For more information, or to register for a seminar, go to RetireeRealEstate.org.

The Northern Virginia Long Term Care Ombudsman Program

needs volunteer advocates for residents in nursing homes and assisted living facilities. Contact Lisa Callahan at 703-324-5861, TTY 711 or email Lisa.Callahan@fairfaxcounty.gov. Also visit www.fairfaxcounty.gov/dfs/olderadultservices/ltcombudsman/.

Fairfax County needs volunteers to drive older adults to medical appointments and wellness programs.

For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Respite Care

volunteers give family caregivers of a frail older adult a well-deserved break so they can go shopping, attend a doctor's appointment or just have coffee with a friend. Volunteers visit and oversee the safety of the older adult for a few hours each month. Support and training are provided. Contact 703-324-7577, TTY 711, or Kristin.Martin@fairfaxcounty.gov.

The Lewinsville Senior Center in McLean

needs a **Certified**

Arthritis Exercise Instructor.

For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The Shepherd's Center of Oakton-Vienna

has an urgent need for volunteer drivers to take area seniors to medical appointments and other activities. Opportunities to volunteer for other services are also available. No long-term commitment and hours are flexible to fit your schedule. Visit www.scov.org or contact the Volunteer Coordinator at 703-281-5086 or email volunteer@scov.org.

Vienna Toastmasters.

2nd and 4th Wednesdays from 7:30-9 p.m., at the Vienna Community Center on the 2nd floor room opposite the elevator, 120 Cherry St., S.E., Vienna. A friendly place to get comfortable with public speaking and impromptu speaking for new and experienced speakers. Open to the public.

Run With the Doctor.

Every other Saturday at 7 a.m. 8230 Boone Blvd., Tysons Corner. The Center for Orthopedics and Sports Medicine offers its services in a convenient format to runners at this running event. Free. facebook.com/runwiththedoctor.

Virginia Sheriffs' Institute Scholarship Program.

Those enrolled in a Virginia college or university who are pursuing a degree in the field of criminal justice are eligible for the Virginia Sheriffs' Institute Scholarship Program; recommendation letter needed. 703-246-3251, shf-pio@fairfaxcounty.gov or http://vasheriffsinstitute.org/scholarship/.

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Cooking with Passion

Meet the executive chef at McLean's Saint Germain Catering.

BY ALEXANDRA GREELEY
THE CONNECTION

How many Northern Virginia foodies know that executive chef Jeff Witte, formerly at the Airlie Center in Warrenton, has become the executive chef at McLean's Saint Germain Catering?

Probably not many, and if you loved his food back then, you need to host an event, or check into getting his "to-go" lunchbox, to sample his fabulous cooking.

A native Californian who grew up in a food-centric household, Witte attributes his passion for cooking from his childhood, learning to cook unique dishes such as fried catfish and grits from his mother, not a usual meal on a family table. In fact, as a teen, he worked in a number of Los Angeles' high-end restaurants where he learned to turn his passion into some basic culinary skills. From there, Witte enrolled in Le Cordon Bleu culinary school in Pasadena.

Seemingly, his move to Virginia was preordained: Witte did his externship at Airlie Center, and upon graduation, returned to Virginia to apply for a job there. This experience shaped his passion for using farm-fresh, local ingredients, sourcing as much as possible from regional farms.

Now with many years of high-end kitchen experience at Airlie, Witte was looking for a smaller venue to express his creative culinary vibes and he discovered McLean's Saint Germain Catering. Owned and operated by Mina Ebrahimi, who started in the food world at a very early age, working at her family-owned Tiffany's Bakery in Seven Corners. She later opened Saint Germain Café at Tyson's Galleria, and subsequently launched the catering business. "Mina has so much energy and business sense," said Witte. "She impressed me at the first interview."

Evidently that feeling was mutual. Witte, who has been on staff for several months, has immersed himself in this busy catering company. "We do an extensive amount of corporate catering," he said, "including breakfasts, lunches, dinners and a variety of business events, from Fortune 500 to local businesses," adding that Saint Germain also caters weddings, birthdays, anniversaries, baby showers, and a host of other private events.

To fulfill the day's orders, Witte said that he works with a full time



PHOTO CONTRIBUTED

Jeff Witte

staff of line cooks, pastry chefs, kitchen helpers, and truck drivers as the company is slowly expanding its area reach from Maryland, D.C., Northern Virginia, and Warrenton. And as part of their culinary jobs, the kitchen staff is always embellishing current recipes and coming up with different twists. "We have talked about using jalapeños in desserts. We always look for different elements on the cheese platters, for ex-

ample," Witte said; "and we came up with Bundt cupcakes made with goat cheese, walnuts, and orange zest." The daily goal, he said, is to create some new items.

Not surprisingly, Witte's day starts rather early: he arrives at work between 4:30 and 5 a.m. "When I first arrive," he said, "I say a lot of 'good mornings', check out the drivers' delivery schedules, and ensure that our orders have the final touch to ensure that we

"When I first arrive, I say a lot of 'good mornings', check out the drivers' delivery schedules, and ensure that our orders have the final touch to ensure that we are surpassing our clients expectations."

—Jeff Witte

are surpassing our clients expectations." Then he chats with his boss, the line staff, the pastry chefs, and then moves into the kitchen to make sure all stations are working properly.

"It has been quite something coming here," he said. "So much is going on that my head is spinning ...in the best way!"

Saint Germain Catering, 8455 Tyco Rd, Vienna, 703-506-9396

Goat Cheese-Fig Bundt Cakes

Makes twelve 3 ½ ounce muffins or Goat Cheese-Fig Bundt Cakes about 30 mini Bundt cakes

- 3 cups all-purpose flour
- 2 teaspoons baking powder
- 2 tablespoons honey
- 1 ½ cups sugar
- 10 tablespoon butter, room temperature
- 1 ½ teaspoon salt
- 2 medium eggs
- 5 ounces buttermilk
- ½ tablespoon vanilla extract
- 2 ½ ounces vegetable oil
- 1 cup diced figs
- Zest of half an orange
- 6 ½ ounces goat cheese, crumbled
- 1 cup toasted walnuts, chopped
- 1 teaspoon ground cinnamon
- 1 tablespoon fig jam
- honey butter from brushing on after baking
- Coat bundt cake pans with a light film of fat or use appro-

priate pan liners. If using muffin tins, lightly grease or line with paper liners. Set aside. Preheat the oven to 375 degrees. Sift together the flour, baking powder, and cinnamon. Set aside.

Cream together the sugar, butter, salt and honey in a mixer bowl with paddle attachment on medium speed until mixture is smooth and light in color, about 5 minutes. Scrape down bowl periodically.

Whisk together the eggs, buttermilk, vanilla, and oil. Add to the butter-sugar mixture in 2 to 3 additions until well combined. Scrape down bowl as needed.

Add the sifted dry ingredients and mix on low speed until evenly moistened. Fold in the figs, orange zest, fig spread, goat cheese and toasted walnuts.

Fill Bundt pans three-quarters full with batter; if using muffin tins, fill with 3 ½ ounces batter.

Gently tap the filled tins to release and air bubbles. Bake for 15 to 20 minutes for mini Bundt cakes, 20 to 30 minutes for muffins, until golden brown and a toothpick inserted comes out clean. Cool for a few minutes in pan then unmold, and brush honey butter on the top.

Meals Tax Forum to Be Held Sept. 29

The League of Women Voters of the Fairfax Area (LWVFA) will sponsor a Meals Tax Forum at the auditorium of Luther Jackson Middle School, 3020 Gallows Road, Falls Church, on Sept. 29 at 7 p.m. The moderated forum will feature panelists on both sides of the issue. The panel will also take written questions from the audience. Questions may also be submitted in advance by writing to league@lww-fairfax.org.

"Our League's mission is to educate voters on critical issues in our county, such as the Meals Tax, and to get out the vote," says Wendy Fox-Grage, the League co-president. During this year's election season, LWVFA is sponsoring many voter drives throughout the county to register voters and inform them about what's on the ballot.

On the ballot, Fairfax County voters will choose whether to levy a meals' tax. State law authorizes counties, cities, and towns to levy a tax on prepared food and beverages, commonly called a "meals tax," subject to certain restrictions. Most counties, including Fairfax County, may levy a meals tax only if the voters approve the tax by referendum.

If approved, the revenues generated will be dedicated to the following purposes:

- * 70 percent of the net revenues to Fairfax County Public Schools.

- * 30 percent of the net revenues to County services, capital improvements and property tax relief.

What is a Meals Tax? A meals tax is a tax on all ready-to-eat prepared food and beverages at restaurants, as well as grocery stores, convenience stores and delicatessens. It would not apply to groceries nor to vending machines. It does, however, include ready-to-eat foods, such as food from the deli counter or salad bar at a supermarket/grocery store. It does include alcoholic and non-alcoholic beverages served with a meal. It does apply to prepared foods served at food trucks.

For more about what's on the ballot, visit <http://www.lww-fairfax.org/Ballot2016.html>.

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

2016 Walk to End Alzheimer's in Northern Virginia

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."

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 sup-

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

port 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.

"You don't really understand how horrible this disease is until it affects you directly."

— Patty Schuebel, Great Falls

THE CONNECTION
Newspapers & Online

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SPECIAL CONNECTIONS CALENDAR 2016

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9/28/2016..... Connection Families: Fall Fun, Food, Arts & Entertainment

OCTOBER
10/5/2016..... Wellbeing Senior Living Pullout
10/12/2016..... HomeLifeStyle
10/19/2016..... A+ Camps & Schools
10/26/2016..... Connection Families
10/26/2016..... Election Preview
Halloween is October 31

NOVEMBER
11/2/2016..... Wellbeing
11/9/2016..... HomeLifeStyle
11/16/2016..... A+ Camps & Schools
11/16/2016..... Holiday Entertainment & Gift Guide I
11/23/2016..... Connection Families: Celebrations & Gratitude
Thanksgiving is November 24
11/30/2016..... Holiday Gift Ideas

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THE CONNECTION
Newspapers & Online

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

ONGOING

- Great Falls Farmers Market.** Saturdays, 9 a.m.-1 p.m., 778 Walker Road Great Falls. <http://greatfallsfarmersmarket.org/>
- Visitor Center Museum** 9200 Old Dominion Dr, McLean. Everyday through Oct. 10 - 5 p.m. Museum exhibits include the Patowmack Canal, Ecology of the Falls, American Indians, Potomac Watershed, Kayaking and a Kids room. Two audiovisual presentations play on the quarter hour: Film - George Washington Visualizing a Nation, and park slideshow - History of Great Falls. www.nps.gov/grfa
- Canoe and Kayak Rentals at Riverbend Park** 8700 Potomac Hills Street, Great Falls. May 20 through Oct. 14. Boating Hours are Friday to Sunday 9 - 5 p.m., and holidays May through October. The river is wide and relatively relaxed in this section, so it's a great place for new kayakers. 703-759-9018 for boat rental and ramp openings. www.fairfaxcounty.gov/parks/riverbend-park/
- Fishing Rod Rentals** 8700 Potomac Hills Street, Great Falls. Rentals available during visitor center hours. Fishing tackle and live bait are available for purchase. Reservations required for group rentals. \$6/rental (2hr max). Valid driver's license required. Our rod/reel combinations are perfect for beginners and children. A Virginia or Maryland freshwater fishing license is required for persons 16 years or older. The park does not sell fishing licenses. www.fairfaxcounty.gov/parks/riverbend-park/
- Colvin Run Mill** open 11 - 4 p.m. daily, closed Tuesday. 10017 Colvin Run Rd, Great Falls. Fairfax County's operational 19th century water powered gristmill, offers recreational and educational activities for all ages through daily tours, school programs and special events. Fees: \$7/adult, \$6 students 16+ with ID, \$5 children & seniors. Winter Hours: January & February, 11am-4pm, last tour 3pm. Admission to park is FREE except for some special events.
- Lobby Hero 1st Stage Tysons** Sept. 8 - Oct. 9 Thursdays at 7:30 p.m., Fridays at 8 p.m., Saturdays at 2 and 8 p.m., and Sundays at 2 p.m. 1st Stage in Tysons, 1524 Spring Hill Road, Tysons Corner. 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.1ststage_tysons.org or 703-854-1856.
- Karen Roll Exhibit at Katie's Coffee House.** Begins Sept. 1 through Sept. 30 760 Walker Road, Great Falls. Oil painter, Karen Roll, will show her exhibit of landscape paintings titled "Reflections of Nature." kvroll@cox.net / www.karenroll.com
- September Photography Showcase.** Saturday Sept. 3 through 29 Broadway Gallery Fine Art and Custom Framing 1025-J Seneca Road Great Falls. Both the Great Falls Alexandria galleries are featuring photographic works by Fred Eberhart, Geoff Livingston, and more. 703-450-8005 jacinta@broadwaygalleries.net www.broadwaygallery.net
- Art Walk in the Village: First Fridays** beginning Sept. 9, 6 - 9 p.m. through Dec.31 at 756 Walker Road, Great Falls. Admission free and



Laura Nichols – Pottery



Donna Barnako – Jewelry

Great Falls Artists Welcome Community

Great Falls Studios invite the community to the 13th Annual Tour promoting creativity.

One of the oldest and most distinguished art events in Northern Virginia, the Great Falls Studios 2016 Art Tour, will take place on Friday, Oct. 14; Saturday, Oct. 15 and Sunday, Oct. 16, 2016. 10 a.m. – 5 p.m. each day. Fifty-eight Great Falls Studios member artists will open their creative spaces that weekend. A self-guided driving tour includes 20 home-based or group studios and galleries. This is an opportunity to meet some of the most talented artists in the Metro area, representing an eclectic mix of expertise in all the visual arts. Some have studied at the nation's top art schools and others trained overseas, learning skills that result in impressive creativity. Their work defines quality and diversity, imagination and cultural traditions.

The event is family friendly and free. It happens rain or shine. Start at Tour Headquarters at the Great Falls Community Library, 9830 Georgetown Pike. Pick up a Great Falls Studios 2016 Art Tour brochure and enjoy an exhibit of partici-



Dee Montis – Pastels

participating artists. Volunteers will be available to assist guests in mapping a route. Self starters can download the tour brochure and learn more about the artists at www.GreatFallsStudios.com. Begin at any location on the route. Parking is available at each. Check the brochure as some studios will be closed on Friday. The Tour brochure also indicates wheelchair accessible venues and spotlights those offering art activities and demonstrations.



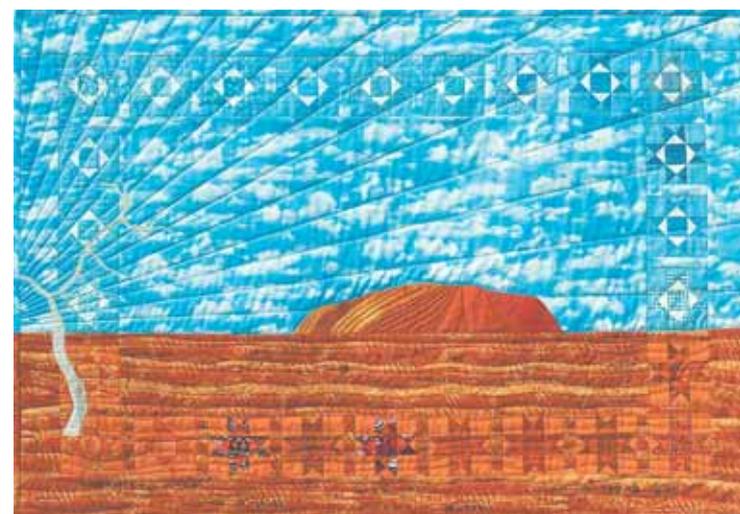
Marthe McGrath – Painting

Meander down the back roads of scenic Great Falls to visit artists in historic outbuildings, remote sheds, converted garages, contemporary houses, a church and other unusual structures. Painters, potters, sculptors, jewelry designers, photographers, quilters and many others are eager to discuss their creative processes. An outstanding benefit of participating in the tour is the ability to buy art "Made in Great Falls." Acquiring local art supports the community art movement. Art on the tour is high quality and fairly priced. Remember to bring a checkbook since some artists do not have credit card capability.

This year's tour is sponsored jointly by Sun Design Remodeling Specialists and Broadway Gallery.

Meet Sun Design's creative staff at 1052 Leigh Mill Road (Saturday and Sunday hours only), tour a home they have renovated. There is a tradition of exquisite design, expert Northern VA home remodeling and enduring relationships. GFS member artist Edwin Behrens will be displaying his photography at the residence. Learn more at <http://www.sundesigninc.com/>

Broadway Gallery, 1025-J Seneca Rd., is one of the largest framing design centers in the Washington, D.C. area. They will be offering a 20 percent discount coupon that can be used to frame art purchased on the tour. GFS member artists Caron and Sue Broadway will exhibit in the shop during the tour. Learn more at <http://broadwaygalleries.net/>. GFS member artists are proud to help make their community an artful place. Join them in sharing the joy of creativity by attending the Great Falls Studios 2016 Art Tour.



Dorry Emmer – Quilter/Fiber Artist



Robin Kent – Photographer

CALENDAR

FROM PAGE 16

open to the public. Visit: <http://www.greatfallsart.org/artwalk/>

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

FRIDAY/SEPT. 23

Breakfast Near Tiffany's 8 - 10 a.m. 8045 Leesburg Pike Vienna. Tysons Regional Chamber of Commerce Women's Leadership Council for breakfast at Chef Geoff's and learn fashion tips from the owner of Style Edit. After breakfast, we'll go to Tiffany & Co. for a chance to win a \$300 giveaway. Cost: \$50 for TRCC chamber members/\$55.00 for non-members. To register visit: www.tysonschamber.org

SATURDAY/SEPT. 24

Annual Fall Bazaar. The Great Falls United Methodist Church will hold their annual Fall Bazaar, 9 a.m.-3 p.m. at 10100 Georgetown Pike, Great Falls, (703-759-3705). BBQ dinner dessert and beverage for \$10. Youth activities, tools, jewelry and accessories and used books. Appraisal roadshow 11 a.m.-12:30 p.m. for those registered. Call Carol Wright, 703-582-1640.

Community Shredding Day 9 - noon. Parking lot between Patrick Henry Library and Whole Foods. 133 Maple Ave East Vienna, VA 22180. Gain peace of mind by bringing your outdated personal documents to our on-site shredding service provided by TrueShred. Cost: Free mary.bowen@ampf.com

Fall Festival Harvest Happenings 11 - 2 p.m. McLean Community Center 1234 Ingleside Ave. Activities include field games, fall-related arts and crafts projects, small pumpkins can be purchased and decorated, Squeals on Wheels Traveling Petting Zoo will also be on site. Admission \$5 at the door; however, infants to 36-month-old children can attend for free. www.mcleancenter.org.

Martha Graham Dance Company at The Alden 8 p.m. 1234 Ingleside Ave. McLean. Cost: \$50/\$35 MCC tax district residents. The Washington Post called it "one of the seven wonders of the artistic universe." A talkback with the artists will follow the performance. ADA-compliant and will make arrangements for accommodations. Call 703-790-0123, TTY: 711, www.aldentheatre.org.

SUNDAY/SEPT. 25

Concert Across America to End Gun Violence. 5-8 p.m. at the Tysons Biergarten, 8346 Leesburg Pike. Local and regional artists will perform. 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). Visit ConcertAcrossAmerica.org for information on this and other local concerts.

Amadeus Orchestra with Thomas Pandolfi, piano soloist. 4 - 6 p.m. Saint Luke Catholic Church 7001 Georgetown Pike McLean. Season opens with a salute to Americana including Copland's John Henry and Prairie Journal and Bernstein's sophisticated Dance Episodes. Thomas Pandolfi returns with Gershwin's jazzy Piano Concerto in F. Visit: <http://amadeusconcerts.com/concerts-events/calendar/>

Jammin Java Concert David Ryan Harris & Gabe Dixon. Doors Open 6 p.m. Show starts 7:30 p.m.

Plan Ahead Great Falls

SATURDAY-SUNDAY/ OCT. 15-16

Claude Moore Colonial Farm 1771 Market Fair 11 a.m.-4:30 p.m. at 6310 Georgetown Pike, McLean. In the fall, warm yourself by the fires and enjoy autumn with crisp local apples, warm savory meat pies and hearty breads. Let market entertainers, tradesmen, and the militia amuse and educate you. Visit <http://1771.org/marketfair/> for more



STEVE HIBBARD/THE CONNECTION

SATURDAY/ OCT. 29

Concert: The David Trio 4 - 6 p.m. Saint Francis Episcopal Church 9220 Georgetown Pike Great Falls. This Italian ensemble brings the sound of violin, cello, and piano to St. Francis chancel. The sardonic Shostakovich Op. 67 Trio is balanced by a gentle Schubert Notturmo and the spirited energy of Haydn's A-flat major Trio. Cost: Season pass \$150 or \$30 at the door. Visit: <http://amadeusconcerts.com/>

Alexandra and Seychelle Lawson-Baker of Great Falls dressed as Indians during the 2015 Halloween Spooktacular held in the Great Falls Village Centre Green.

MONDAY/OCT. 31

Halloween Spooktacular 5 - 7 p.m. The Spooktacular provides younger children with a central place in Great Falls to have fun "trick or treating." Great Falls vendors offer candy around the Village Green. Pets, on leashes, are welcome to join in the Pet Parade. Visit: www.celebrategreatfalls.org/spooktacular

www.celebrategreatfalls.org/spooktacular

TUESDAY/NOV. 8, 2016

Election Day. General election. Visit www.sbe.virginia.gov/ and www.fairfaxcounty.gov/elections/upcoming.htm

227 Maple Ave E, Vienna. David Ryan Harris is internationally recognized for playing guitar and singing in John Mayer's band. Gabe Dixon released his sophomore solo

album, Turns To Gold, on April 8th, marking his first official collection as an independent artist. Admission: \$20. Visit: <http://jamminjava.com/event/1243083>

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MIDWEEK SERVICES, WED. 7:00 PM



McLean Community Center
The Center of It All



Here's What's Happening at MCC

Jammin' Juniors Free Concert



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

Celebrate the New Season
Harvest Happenings
Saturday, Sept. 24, 11 a.m.-2 p.m.

General Admission:
\$5 per person; Infants - 36 mos. free

Onstage @ The Alden



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

Auditions

(the) UnRuly Theatre Project

Monday, Sept. 26, 7 p.m.
and Wednesday, Sept. 28, 7 p.m.

Jammin' Juniors Free Concert



Alex & the Kaleidoscope
Wednesday, Sept. 28
12:30 p.m.
McLean Central Park

Onstage @ The Alden

Tap Kids

Saturday, Oct. 1, 8 p.m.
\$20/\$15 MCC district residents

Aging in Place:

Modifying Your Home to Fit Your Changing Lifestyle

Saturday, Oct. 8, 9:30 a.m.-12:30 p.m.
Free, advanced registration is required



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



Banking on the Envelopes



By KENNETH B. LOURIE

Now that you know my pill plan, after reading last week's column; there should be no stopping me, right? Starting me however, is still a problem. Having removed a major impediment (transporting/segregating my pills), one would think I could finally get out of my own way. Unfortunately, it's not that simple — for me. Sometimes, finding that 'way' is equally challenging. I might know the how, and maybe even the why, but the what and the where often remains frequently a block over which I stumble and stammer.

Nevertheless, having allocated my pills accordingly does allow me to think less about the present and more about the future. And planning for one's future, especially when that 'one' is yours truly, a previously diagnosed as "terminal," non-small cell lung cancer patient, stage IV, whose future was not necessarily foreseen, is more than just a leap of faith. In fact, it's the stuff of which dreams are often conjured.

What I was given — not promised, was made clear to me in late February 2009 by my oncologist when he advised me that my prognosis was "13 months to two years." And as much as one (this one) wanted to think about the future/even having a future, I felt it was the present I had to account for first. And though it certainly was a present imperfect and tense a great deal of the time, over hill and over dale and continuing/supplementing my standard chemotherapy treatment/regimen with a variety of non-Western alternatives, I have managed to overcome my 'present' focus and begin to consider a future well beyond my original prognosis.

As the years have indeed passed, I have begun to believe in the power of the present surely, but mostly in how it might provide a foundation for a future; providing a "nutty and bolty" approach as to how I can navigate this mind/mine field (literally and figuratively) of outrageous misfortune and find a path of least resistance. As much as I want to get from here to there, I suppose I've needed a framework of sorts, a routine that would enable me to think without consulting the manual, so to speak. A manual which offers few guarantees and less-than-encouraging mortality tables, however much improved they are over previously diagnosed generations of lung cancer patients (although still the leading cause of cancer deaths and new diagnosis yearly in this country).

Given these realities, I am well aware — and extremely grateful for my survival. Has it been random luck? Good DNA? A bit of a misdiagnosis? An open mind to the potential benefits of lifestyle changes, diet, occasional exercise and non-Western approaches to treating cancer/boosting one's immune system? Certainly I don't know — and don't care, quite frankly. All I know is what I've been told: whatever I'm doing, keep doing it, which seems perfectly logical and manageable for me ("if it ain't broke ...").

If I were to consider, for a minute what has pulled forward to the future/present rather than backwards into the abyss, I think it would be hope. Not simply hope that what I was doing would work/extend my life, but more so that it gave me something to think positively about. And I'm not even sure that is an accurate distinction. All I know is that "bank-enveloping" my pills has given me one less thing to fuss about concerning my diagnosis and allows me, potentially, to live my cancer-affected life as normally (pre-cancer diagnosis), as possible. At least, I hope so.

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

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The future comes one day at a time.
-Dean Acheson

3 RE for Rent

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21 Announcements 21 Announcements

OBITUARY

Daniel Daniels
11/26/1923-9/3/2016

Age 92 of Oconomowoc, WI passed away Saturday, September 3, 2016. Dan is survived by his daughters Caroline (Mike) Driscoll and Wendy (Keith) Schaetz; his grandchildren Sean, Ryan (Julia), Julie, Sara, Michelle and Amy; his brother-in-law Tom Litinas and by many wonderful nieces, nephews and grandnieces and nephews. Dan was preceded in death by his loving wife Margaret "Peggy" Daniels (April 2016) of 62 years; sister-in-law Alice Litinas; his parents Herman and Celia Goldstein and his brother. Services were already held.

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NOTICE OF SUBSTITUTE TRUSTEE'S
SALE OF REAL PROPERTY LOCATED AT

1624, 1628, and 1630 HUNTER MILL ROAD

FAIRFAX COUNTY, VIRGINIA

SALE TO BE HELD AT THE FAIRFAX COUNTY CIRCUIT COURT

SEPTEMBER 23, 2016, AT 10:00 A.M.

In execution of the Deed of Trust, Assignment of Rents, Security Agreement and Financing Statement dated November 21, 2006 and recorded among the land records of Fairfax County, Virginia on November 27, 2006 in Book 18934 at Page 621 (the "Deed of Trust"), now securing CATJEN LLC, a Virginia limited liability company (the "Noteholder"), default having occurred in the payment of the debt secured thereby, and being instructed to do so by the Noteholder, the undersigned Substitute Trustee will offer for sale the property described below at public auction in front of the main entrance to the Fairfax County Circuit Court, located at 4110 Chain Bridge Road, Fairfax, Virginia 22030 on September 23, 2016, beginning at 10:00 a.m.

The real property encumbered by the Deed of Trust that will be offered for sale by the Substitute Trustee is commonly known as (i) Mailing Address 1624 Hunter Mill Road, Vienna, Virginia, 22182; Tax Identification Number: 0183-03-0003A; (ii) Mailing Address 1628 Hunter Mill Road, Vienna, Virginia, 22182; Tax Identification Number: 0183-01-0004; and (iii) Mailing Address 1630 Hunter Mill Road, Vienna, Virginia, 22182; Tax Identification Number: 0183-01-0005, all located in Fairfax County, Virginia, and all as more particularly described in the Deed of Trust, and all improvements, fixtures, easements and appurtenances thereto (the "Real Property"). The Real Property will be sold together with the interest of the Noteholder, if any, secured by the lien of the Deed of Trust in any personal property described in the Deed of Trust, as permitted by Section 8.9A of the Code of Virginia of 1950, as amended (the "Personal Property"). The above described Real Property and Personal Property are collectively referred to as the "Property."

TERMS OF SALE

ALL CASH. The Property will be offered for sale "AS IS, WHERE IS" and will be conveyed by the Substitute Trustee's Deed (the "Substitute Trustee's Deed") subject to all encumbrances, rights, reservations, conveyances, conditions, easements, restrictions, and all recorded and unrecorded liens, if any, having priority over the Deed of Trust, as they may lawfully affect the Property. The Personal Property (if any) shall be conveyed without warranty by a Secured Party Bill of Sale.

The Substitute Trustee and the Beneficiary disclaim all warranties of any kind, either express or implied for the Property, including without limitation, any warranty relating to the zoning, condition of the soil, extent of construction, materials, habitability, environmental condition, compliance with applicable laws, fitness for a particular purpose and merchantability. The risk of loss or damage to the Property shall be borne by the successful bidder from and after the date of the time of the sale. Obtaining possession of the Property shall be the sole responsibility of the successful bidder (the "Purchaser").

A bidder's deposit in the amount of the lesser of (i) ten percent (10%) of the bid price; or (ii) \$350,000.00 (the "Deposit") by certified or cashier's check payable to the order of the Substitute Trustee shall be required by the Substitute Trustee for such bid to be accepted. The Substitute Trustee reserves the right to prequalify any bidder prior to the sale and/or waive the requirement of the Deposit. Immediately after the sale, the Purchaser shall execute and deliver a memorandum of sale with the Substitute Trustee, copies of which shall be available



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Gordon Parks, Back to Fort Scott is organized by the Museum of Fine Arts, Boston, in partnership with the Gordon Parks Foundation. Photo: Unfiled, St. Louis, Missouri, 1950; Gordon Parks (America, 1912-2006), gelatin silver print. Courtesy of and copyright the Gordon Parks Foundation.

for inspection immediately prior to the sale, and shall deliver to the Substitute Trustee the Deposit and the memorandum of sale. The balance of the purchase price shall be paid by the Purchaser. Settlement shall occur within thirty (30) days after the sale date, TIME BEING OF THE ESSENCE with regard to the Purchaser's obligation.

Settlement shall take place at the offices of Venable LLP, 8010 Towers Crescent Drive, Suite 300, Tysons Corner, Virginia 22182 or other mutually agreed location. Purchaser shall pay all past due real estate taxes, penalties and interest (including the pro rata portion of real estate taxes for the current year), rollback taxes, water rents, water permit renewal fees (if any) or other state, county or municipal liens, charges and assessments. Purchaser shall also pay all settlement fees, title examination charges, title charges and title insurance premiums, all recording costs (including the state grantor's tax, congestion relief fee and all state and county recordation fees, clerk's filing fees and transfer fees and taxes), auctioneer's fees and/or bid premiums (if any), reasonable trustee's fees, and reasonable attorney's fees and disbursements incurred by the Substitute Trustee in the preparation of the deed of conveyance and other settlement documentation.

Purchaser shall be required to sign an agreement at settlement waiving any cause of action Purchaser may have against the Substitute Trustee, and/or the Beneficiary for any condition with respect to the Property that may not be in compliance with any applicable federal, state or local law, regulation or ruling including, without limitation, any law, regulation or ruling relating to environmental contamination or hazardous wastes. Such agreement shall also provide that if notwithstanding such agreement, a court of competent jurisdiction should permit such a claim to be made, such agreement shall serve as the overwhelming primary factor in any equitable apportionment of response costs or other liability. Nothing herein shall release, waive or preclude any claims Purchaser may have against any person in possession or control of the Property.

If Purchaser fails for any reason to complete settlement as provided above, the Deposit shall be forfeited and applied to the costs of the sale, including Trustee's fees, and the balance, if any, shall be delivered to the Beneficiary to be applied by the Beneficiary against the indebtedness secured by and other amounts due under the Deed of Trust in accordance with the Deed of Trust or applicable law or otherwise as the Beneficiary shall elect. There shall be no refunds. Such forfeiture shall not limit any rights or remedies of the Substitute Trustee or the Beneficiary with respect to any such default. If the Property is resold, such re-sale shall be at the risk and the cost of the defaulting Purchaser, and the defaulting Purchaser shall be liable for any deficiency between the amount of its bid and the successful bid at the re-sale as well as the costs of conducting such re-sale. Immediately upon conveyance by the Substitute Trustee of the Property, all duties, liabilities and obligations of the Substitute Trustee, if any, with respect to the Property so conveyed shall be extinguished, except as otherwise provided by applicable law.

The Chadwick Law Firm, PLLC, a Virginia professional limited liability company, Substitute Trustee

By: _____
George A. (Jay) Chadwick, IV,
Esq.

FOR INFORMATION CONTACT:

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