



OUR CONGRESSWOMAN

BARBARA COMSTOCK

Leading on National Security. Keeping us Safe from Terrorism.







The world is as dangerous as any time since 9-11. Terrorism threatens us here and abroad and there are ISIS investigations in all 50 states - including our area. Barbara Comstock, a former senior official at the Justice Department post 9-11, understands and has worked with our defense and national security leaders and she knows our national security and defense must be increased and strengthened.

- Supported the National Defense Authorization Act (NDAA) increasing defense spending by \$40 billion and stopping the devastating defense sequester cuts.
- Increased funds for training, readiness and modernization to keep our troops safe and prepared.
- Worked to increase cybersecurity to protect our most vital national security assets.
- Voted for a pay increase for military personnel and voted to extend special pay and bonuses for active-duty and reserves.
- Voted for funding counterterrorism operations against al-Qaeda, ISIS and other international terror threats.
- Worked with our Joint Terrorism Task Force and law enforcement on addressing ISIS and terrorism threats.

The Choice is Clear: Congresswoman Barbara Comstock Has Stood With Us To Strengthen Our National Security and Our Military

ELECTION DAY VOTE NOVEMBER 814

ABSENTEE VOTING INFORMATION:

BarbaraComstockForCongress.com/absentee



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Paid for by Comstock for Congress

NEWS The One to Watch

National political and media attention laser-focused on the race for Virginia's 10th Congressional District.

By Victoria Ross The Connection

s LuAnn Bennett, the Democratic challenger for Virginia's 10th Congressional District seat, spoke to supporters at a political "house party" in Herndon, a New York Times reporter stood to one side, taking notes.

Last week, Barbara Comstock, the 10th District's freshman Republican, was shadowed by a reporter from The Wall Street Journal as she met with constituents during several campaign events.

The national media attention is just one indication of how the 10th District is being tracked as a crucial battleground race in a "bellwether" district. In the 2014 midterms, Comstock easily retained the seat of her GOP predecessor and mentor, U.S. Rep. Frank R. Wolf. When Wolf announced his retirement in 2013, ending a distinctive three-decade career in Congress, the seat instantly became battleground territory.

The race has even attracted attention outside the United States. In August, the BBC featured a STATE OF THE RACE: VIRGINIA'S ads: her first ad was a biographistory about the negative impact Donald Trump, the GOP's controversial presidential nominee, may have on "down-ticket" Republican candidates.

While Comstock has repeatedly declined to say if she supports the man at the top of the GOP's ticket, Democrats have repeatedly tried to tie Comstock to Trump.

MONEY

Top Democratic leaders consider the 10th district one of a dozen

U.S. Rep. Barbara Comstock (R-10) poses with Jennifer Siciliano (left), vice president of government relations for Inova Health Systems, and McLean bioengineer Catherine Ross (right) during one of Comstock's Young Women Leadership programs in June that focused on local leaders in science and technology.

10th Congressional District

prime pick-ups in their path to regaining a majority in the House. Earlier this month, the Democratic National Committee (DNC) signaled its support for targeted House races by transferring \$2.5 million to help them out.

In Washington's costly media market, each candidate has been modest in purchasing air time.

So far, Bennett has released two

cal spot, featuring the candidate at work and with her family. Her second ad highlights the gender wage gap in the district, and her support for equal pay for women. Comstock released her first general election ad last week, a spot that features her daughter Caity speaking about her mother's legislative accomplishments.

Bennett is one of three Virginia Democratic Congressional candidates included in the Democratic Congressional Campaign

Committee's "Red to Blue" program, which offers targeted campaigns "financial, communications, grassroots, and strategic support."

Comstock appears prepared for the battle, as she has raised well over twice as much money as her opponent's campaign.

Through June - the last Federal Election Commission reporting date - Comstock's campaign had total receipts of \$3,246,229, and was still holding \$2,256,612 in hand. The Bennett campaign had



for Virginia's 10th Congressional District, chats with Anne Alston, a former teacher, during a political "House Party" in Herndon on Saturday, Aug. 27. Bennett, a real estate executive who is trying to unseat freshman Republican Barbara Comstock in one of the nation's most closely-watched races, spoke to nearly 100 supporters at the event.

> raised \$1,207,309, and had \$871,830 remaining.

DEBATES

In the intense fight for votes, the two McLean residents are preparing for their first debate, sponsored by the Loudoun County Chamber of Commerce, which will be held Oct. 6 at the National Conference Center in Lansdowne. Comstock and Bennett will clash again on Oct. 19, at a second debate, at the Northern Virginia Chamber of Commerce in Tysons.

Wannabe Beekeepers Wanted

BY CHRISTINA TYLER Wenks

eekeeping is a trending hobby, but many stung by the idea don't know where to begin. On Sunday, Oct. 8, from 2 - 5 p.m. at the Reston Association Headquarters Conference Center, master beekeeper Todd Harding teaches wannabe backyard beekeepers the basics of procuring, maintaining, and feeding bees. but is open to everyone, regardless of address.

While tending for bees is not as frequent as walking and training a puppy, bees require care, but the rewards are sweet. During his afternoon class called "So You Want to be a Beekeeper," Harding shares the basics of maintaining hives and equipment as well as the amount of space, work, and expense in-

The honey bee population is under threat from mites, diseases, and pesticides. Participants learn the plight of pollina-The class is held in Reston at tors, how to spot and thwart pecially for successful gardening," the home-owners association, problems in their hives, and connect to local clubs, teaching groups, and mentors.

"Why should folks sign up for a \$100 class when I can help them make a decision about whether to pursue this hobby?" asks Harding, whose dozen honey bee hives are located on an easement near Reston's community organic gardens. Ten years ago, he wanted to learn beekeeping skills but did not know where best to place his hives. The class covers that possible conundrum, too.

"We understand the need to inease pollinators in this area, essaid Patricia Pearl Greenberg, Environmental Resource Supervisor, Reston Association. "We also see



A queen bee, pictured in the center, is surrounded by worker bees on a frame of brood. The closed cells that look like browned biscuits are filled with developing

the importance in educating more people on the proper way to keep bees healthy and safely.'

The cost of the class is \$5 for Reston Association members and \$8 for all others.

News

Red Cross nurse, Tanya Blakeney, administers the needle for Carolyn Offutt's 200th pint of blood donation.



Photo by Karina Verlan/ The Connection

Donating 200 Pints of Blood

McLean resident reaches milestone, will keep giving.

By Karina Verlan The Connection

arolyn Offutt, a resident of the McLean area of 35 years, just donated her 200th pint of blood on Saturday, Sept. 17 at the Red Cross Center on Prosperity Avenue.

This means Offutt has donated 25 gallons of blood in her lifetime.

"When I got to 165, then 180, that's when I thought to keep going and reach that milestone of 200," Offutt said. "200 pints, 25 gallons; it just seemed right."

Offutt first donated blood when she was 18 years old and a Chemistry student at the College of William & Mary. While she stood in line for the Red Cross mobile with her roommate, they made friends with a fellow student, Jim. That student would then go on to introduce Offutt to his best friend a year later, who is now Offutt's husband of 47 years.

"I will always be grateful to the Red Cross for its role in putting Bill and me together so long ago," Offutt told the Connection in an e-mail.

SATURDAY MORNING at the Red Cross Center Offutt was in high spirits and carrying a cake to share with everyone at the center in celebration of her milestone.

"I like to help," Offutt says. "I could donate money, but as a chemist, I understand the value of blood, because it is the one thing we don't create artificially."

According to the Red Cross, every 2 seconds someone in the US needs blood, totaling to over 40,000 donations needed in a single day. For example, in a single car accident a victim can require as many as 100 pints of blood, depending on how severe the injury is.

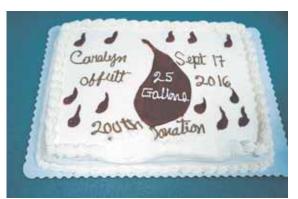
Even though she's reached her milestone, Offutt said, "I will not stop giving." Instead, she may consider other ways to donate in the future, like donating double red, which is less frequent.

You can donate blood every 56 days, but double red donations are limited to every 112 days and up to 3 times a year. Offutt is also considering donating platelets, which can be done every 7 days and up to 24 times in a year. For most states, the age limit to donate blood is 17 years old. However, there is no cap on age for seniors who donate blood, as long as they are in good health and can pass all of the screening tests.

Offutt donated every four months in the course of her 30+ year career for the EPA, only taking breaks while pregnant and nursing with her two children. She plans to continue to donate for as long as she can.



Carolyn Offutt is covered by her quilt made of 25 Red Cross T-shirts that she's received over the course of her many donations.



Carolyn Offutt brought a cake to the Red Cross Center on the day of her 200th pint of blood donation to share with everyone.

There have been some changes over the years in how the Red Cross operates. Offutt witnessed the change from collecting blood in glass bottles to the plastic bags in her lifetime. She said that the snacks the Red Cross provides for donors have changed, too; they used to have things like sandwiches and cookies, whereas now you will find chips, pretzels and other packaged goods.

Offutt has collected many pins and t-shirts over the years in return for her donations. When she reached 20 gallons of donated blood, she asked a friend to help her make a quilt made out of the front of 25 Red Cross T-shirts.

ONE OF HER EARLY MEMORIES and inspirations for becoming an adamant blood donor was the memory of her father at the dinner table with a Red Cross pin on his collar after donating at his office.

Offutt wrote, "I have seen the Red Cross respond to changes in technology for the blood testing and donations, but the nurses will always say, 'There will be a slight pinch...', as the needle goes into my vein."

Some things don't change. One day doctors hope there will be artificial blood to help patients, but until then, blood donations will always be needed.

WEEK IN MCLEAN

McLean 5k Run with the Warriors Cancelled

The McLean 5k Run with the Warriors Board of Directors was canceled, in part, because of lacking capacity to execute increased safety measures after a recent terrorist attack at a charity race in Seaside Park, N.J. With less than two weeks to race day officials felt canceling the event was the best decision to protect everyone involved.

The decision was not based on any specific threat. Century 21 and Navy Marine Coast Guard Residence Foundation want to thank all of the sponsors and participants for understanding that their priority was everyone's safety. Our resolve to support the Wounded Warrior Transitional Housing at Vinson Hall is still strong.

Thanks to grassroots community support, the McLean 5k event has grown to become one of the area's top races. Individuals who registered for the event will receive information regarding their refunds via email.

1st Stage Lobby Hero Extends Until Oct. 16

1st Stage, Tysons Corner's award-winning professional theater, announces the extension of their critically-acclaimed production of "Lobby Hero" by Kenneth Lonergan, directed by 1st Stage Artistic Director, Alex Levy. "Lobby Hero" will now run until Oct.16 with show times as follows: Thursdays at 7:30 p.m., Fridays at 8 p.m., Saturdays at 2 p.m. and 8 p.m. and Sundays at 2 p.m.

General admission tickets are \$30. Senior (65+) tickets are \$27. Student and military tickets are \$15.

Subscriptions and Flex Passes are available for savings of up to 30 percent off regular price tickets. Tickets, Subscriptions, and Flex Passes can be purchased online at www.1ststagetysons.org or by calling the 1st Stage box office at 703-854-1856.

Correction

The article "Charity Foot Race Raises \$42,000 for Local Food Bank" (Connection, September 21-27, 2016) erroneously states the beneficiary of the race: It was organized by Food for Others in cooperation with the Tysons Partnership raising more than \$30,000 for Food for Others.



PHOTO BY KIM MORAN

Churchill Road second grade teacher Valerie Thatcher lets go of their monarch butterfly, "Captain," as the class watches in amazement.

Monarch Butterflies Studied at Churchill Road

Churchill Road second graders just completed their study of monarch butterflies. Students in all four classes nurtured some very tiny monarch caterpillars by making sure that the caterpillars had plenty of milkweed to eat. Over the past several weeks, the students observed the transition from caterpillar to chrysalis to butterfly, before releasing the monarchs in the schoolyard.

Area Roundups

Northern Virginia **Family Service** Names 16 Great Places to Work

For 24 years, the Companies As Responsive Employers (CARE) Awards have provided insight into employees and programs, offered a forum for innovative thinking and driven strategic changes in the workplace. This year's CARE Awards Breakfast will honor that legacy and continue to shine a light on those companies that best exemplify what it means to be a best place to work.

The event, presented by Northern Virginia Family Service (NVFS), will honor 16 local companies with outstanding employee engagement and culture, progressive family-friendly policies and deep community impact:

- ❖ AMERICAN SYSTEMS: federal defense contractor located in
- ❖ Business Benefits Group: business benefits broker located in Fairfax
- ❖ Cassaday & Company, Inc.: financial planning firm located in McLean
- * Consumer Technology Association: technology standards organization located in Arlington
- ❖ CustomInk: t-shirt design company located in Fairfax
- ❖ Dimension Data: information and communications technology provider located in Reston
- Evans Incorporated: technology management consulting firm located in Falls Church
- ❖ FMP Consulting: management and strategic consulting firm located in Alexandria
- ❖ Knight Point Systems, LLC: information technology consulting firm located in Reston
- ❖ Merritt Group: marketing and communications firm located in McLean
- * Monument Wealth Management: independent wealth management firm located in Alexan-
- ❖ National Rural Electronic Cooperative Association: electric cooperative representative organization located in Arlington
- ❖ NetImpact Strategies, Inc.: information technology and management consulting firm located in Vienna
- * Towne Park: valet parking service provider with multiple locations in the D.C. area
- ❖ United States Tennis Association – Mid-Atlantic: nonprofit to promote tennis located in Reston
- ❖ Ventera Corporation: software engineering and management consulting firm located in Reston.

www.ConnectionNewspapers.com

SALT to Host Fall Advocacy Training Conference

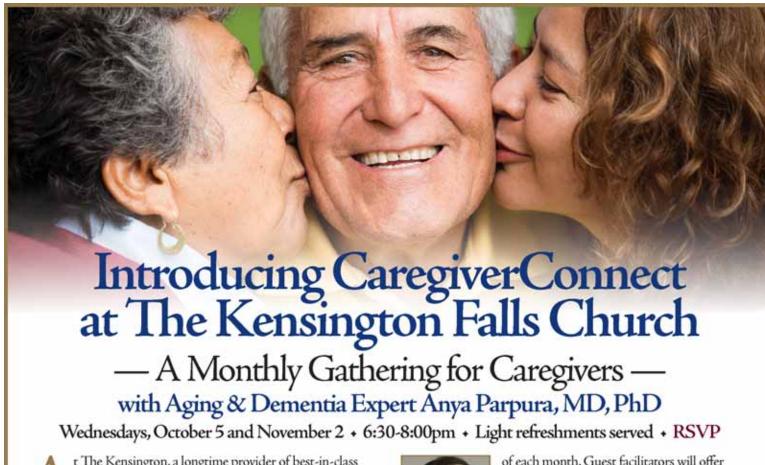
Advocacy Training Conference on Saturday, Oct. 15, 9 – 11:30 a.m., at the Virginia International University (VIU), Conference Room (VD-102), 4401 Village Drive, Fairfax.

Mark Shriver, President of Save the Children Action Network, will be the keynote speaker. He is the son of the late Sargent Shriver and Eunice Kennedy Shriver. He is the author of "A Good Man," an inspirational and deeply personal story about a son discovering the authentic meaning of his father's legacy.

There will be additional presentations by Virginia Delegate Alfonso Lopez ("Tools for Effective Advocacy in the State Legislature') and

Social Action Linking Together (SALT) will sponsor the SALT Fall by Michelle Krocker, Executive Director, Northern Virginia Affordable Housing Alliance ("Addressing the Commonwealth's Unmet Housing Needs for Low-Income Households") and state Sen. Barbara Favola (D-31) — Report on the Commission on Youth, TANF Subcommittee, and Debbie Weinstein, Executive Director, Coalition for Human Needs, "Making TANF Work for Poor Families".

> This event is free. All are welcome. Come early for the book signing by the keynote speaker and to meet and greet other social justice advocates in the community. For more information: Contact John Horejsi at jhorejsi@cox.net or visit the SALT web site at www.S-A-L-T.org, Upcoming Events page.



t The Kensington, a longtime provider of best-in-class memory care, our residents are precious to us. We seek to make their lives as pleasant and meaningful as possible by offering care programs that are clinically comprehensive, highly personalized and tender.

YOU, as a caregiver, matter to us just as much. We understand that caregiving for someone with dementia is a demanding responsibility. We also believe it is one you should not undertake alone. That's why we strive to preserve your well-being by helping you stay positive, manage fatigue and make the most of moments as your loved one's memory changes.

Let The Kensington be your trusted resource for information and the comforting ally you need and deserve. Join us to share time connecting with other caregivers and discussing common challenges as we partner with experts on the first Wednesday



of each month. Guest facilitators will offer information, advice and support in a welcoming, private setting. Topics to be covered include: How to Visit; Accepting Loss; and Enjoying the Remaining Strengths of Your Loved One. Aleksandra (Anya) Parpura, MD, PhD,

an expert in aging and dementia, will lead our Caregiver Connect program. Dr. Parpura is the president of Aging Perspectives, Inc., the Scientific Review Officer with CSRA International, an adjunct professor at The Catholic University of America, and a faculty member at the Washington School of Psychiatry. Dr. Parpura brings to us vast knowledge, helpful tips and a kind heart.

Be sure to reserve the first Wednesday of each month. Join us at our Information Center, located at 1212 West Broad Street. RSVP by calling 703-992-9868.

Opening



FALLS CHURCH

703.992.9868 | 700 West Broad Street, Falls Church, VA 22046 | www.TheKensingtonFallsChurch.com

OPINION

Independent Police Auditor Marks History

Kudos to Board of Supervisors for unanimous approval of independent police auditor; now on to the Civilian Review Panel.

he Fairfax County Board of Supervisors voted to create the position and office of independent police auditor on Tuesday, Sept. 20, creating the first civilian, independent oversight of law enforcement in Fairfax County. The unanimous vote demonstrated the board's commitment to the ongoing process that began early in 2015 when Board of Supervisors Chairman Sharon Bulova established the 32member Ad Hoc Police Practices Review Commission.

EDITORIAL Police Chief Edwin Roessler expressed strong support for two keystone recommendations of the Ad Hoc Commission, the auditor and the Civilian Review Panel, next up for consideration and implementation by the Board of Supervisors.

Many commission recommendations have already been approved, including the establishment of the Diversion First program providing treatment rather than jail for people in mental health crisis, development of an overriding use of force policy, and more transparency in police communications.

Independent oversight and civilian participation in reviewing police use of force, officerinvolved shootings and citizen complaints will play a vital role in maintaining Fairfax County

LETTERS TO THE EDITOR

Police Department's reputation as being one of the very best law enforcement organizations in the nation.

Some critics complain that the final language approving the auditor limits the independence of the office, but the auditor will be briefed on investigations contemporaneously, providing a window of oversight and sunshine not previously in place. There are more than 200 different civilian oversight structures around the

country. While civilian oversight is a national best practice, the President's Task Force on 21st Century Policing recommends that every community have community oversight of police, with each community developing the model that is best

Public Safety Committee chair John Cook (R-Braddock) is tasked with shepherding major recommendations through the Board of Supervisors. He pointed out that the specifics of the approval for the auditor are not locked in stone; revisions after a period of experience would not be surprising.

Recommendations by the Independent Oversight and Investigations Subcommittee for the Fairfax County model included establishing the Independent Police Auditor and establishing a Civilian Review Panel to respond to community concerns or complaints about alleged incidents of abuse of authority by the FCPD.

The panel as proposed would not conduct investigations and would not be involved in the disciplinary process for any officer, but would review select investigations after they are complete. The panel would also not overlap duties with the auditor.

The panel could issue public reports, and meet with the auditor periodically, providing its views to the Board of Supervisors and the chief of police as to policy and practices changes that may be warranted. The panel could also hold periodic public forums around the county to gather information and suggestions about the FCPD, public perceptions and recommendations for policy and procedure, involving other police advisory committees and members of the Board of Supervisors as appropriate.

Indications are that there will be some modifications to the proposal for the Civilian Review Panel over the coming weeks. It's a good time for those with interest to tune in.

The board's Public Safety Committee will discuss the creation of a Civilian Review Panel at its next meeting, scheduled for Oct. 25 at 1 p.m. at the Fairfax County Government Cen-

Read more at www.fairfaxcounty.gov/chairman/pdf/adhoc-final-10.8.15.pdf

— Mary Kimm

MKIMM@CONNECTIONNEWSPAPERS.COM

Mary Kimm served on the Ad Hoc Police Practices Review Commission and continues to advocate for implementation of commission recommendations.

Share of McLean Needs Donations

The Right Choice

To the Editor:

I recently read that Congresswoman Barbara Comstock has been endorsed by the Virginia Police Benevolent Association, as well as the local chapter of the Fairfax County Firefighters and Paramedics. This is a significant development because in 2012 the VAPBA endorsed Frank Wolf's Democratic opponent. I'm thrilled that our local emergency responders recognize that, even though she's only been a Congresswoman for two years, Barbara has made a real impact in our community and she deserves their endorsement.

If the very people we trust to protect our homes, our families, our children and our lives believe in Barbara enough to support her, we should all give her full consid-

Barbara's work ethic is wellknown. Nobody works harder for the residents of the 10th district. I they will get a signal if they need to see pictures all the time on Facebook and in the paper of her speaking with people of all walks of life, including firefighters, paramedics, police officers and other law en-

the following appeal for dona-

On Wednesday at Share, we had many clients coming in looking for things like rice, pasta, beans, shampoo, flour, sugar, oil, etc. and sadly we had to turn them away without these much needed items.

We rely on our wonderful donors to provide for our neighbors in need and we have been fortunate to have recently received food from a couple of food drives, produce from people's gardens, and a gener-

forcement professionals. She's in our

community working for us. She

cares. For example, she worked to

ensure that all mobile networks

work in the Metro. When there are so many safety concerns associated

with riding our area's local transit

system, riders should know that

make an emergency call. Barbara

worked hard for all of us to ensure

our calls will go through, even when

we are underground.

Share of McLean has issued ous amount of grocery gift cards. Thanks to our community partners and friends of Share. But even with these donations, we are coming up short.

> We feed around 600 people each month including teens, children, babies, adults, and elderly folks. Studies have shown that it is difficult for kids to focus at school when they don't have enough to eat and it's hard for adults to concentrate at their jobs when they're

> If you go to the grocery store this weekend, please consider purchasing some extra groceries so we can

> get to work for the people of the

district, you can make a difference

even in your first term. The men

and women who sacrifice every

day, and who risk their lives to keep

us safe, have spoken: Barbara

Comstock is the right choice for the

10th district of Virginia. We place

our trust in the hands of these dedi-

cated individuals on a daily basis.

Barbara Comstock has set an And I trust them in their endorse-

feed our needy families.

Wish List:

1-2 pound bags of rice Cooking oil

Laundry detergent

Flour

Canned beans (black, pinto,

Canned fruit

Canned veggies

Pasta and sauce

Peanut butter & Jelly

Shampoo

Feminine products

Giant or Safeway grocery

example for other lawmakers to ment of Barbara Comstock. follow. When you set aside party **Elizabeth Frazee** politics, roll up your sleeves and

McLean

Positive Leadersip

To the Editor:

Barbara Congresswoman Comstock has been serving our

SEE LETTERS, PAGE 7

McLean

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LETTERS

From Page 6

area well for 7 years now – first in the House of Delegates for 5 years, and now as our Congresswoman for the past two years. As she said she would two years ago, she hit the ground running to be a leader for our region like Congressman Frank Wolf. She focused on our priorities like she said she would and as the only Member of the Transportation Committee in the region, she played a key role in

passing the 5 year transportation bill and the FAA bill that helps Dulles Airport and our region.

I'm also particularly pleased with her support and work on the 21st century cures bill which would provide FDA reforms and more research funding for chronic diseases such as cancer, Alzheimer's and diabetes.

Barbara understands that this is a critical time when private resources are also advancing cures and we can create a great private-

public partnership to save both lives and the vast resources that these diseases cost us. She's also been a leader on fighting human trafficking – first in the state legislature and now in Congress

they passed bipartisan legislation.

Finally, I have enjoyed seeing the growing Young Women's Leadership Program that she started four years ago for our high school and junior high girls. In this program

she brings together women leaders in our area to educate our young women on taking advantage of all of the opportunities they have available. This is the kind of positive leadership our young people need to see in these challenging times where politics can be so ugly.

Running Away From Tough **Budgetary Decisions**

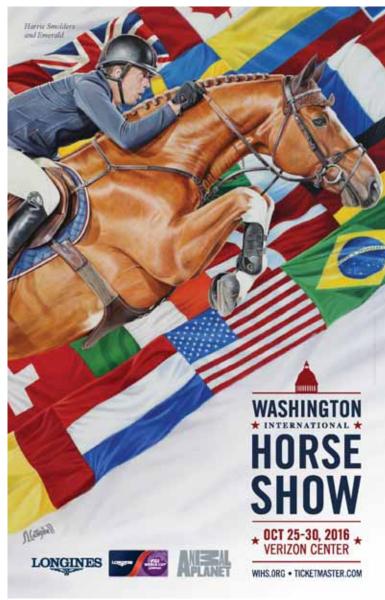
To the Editor:

The Fairfax Board of Supervisors **Meaghan Pedati** is at it again. Real estate tax bills Herndon soar – and now a proposed meals

SEE LETTERS, PAGE 12









FALL FUN & ENTERTAINMENT

Fall Fun 2016

ONGOING

The Pumpkin Patch beginning Monday Oct. 10 4 -7 p.m. then open daily Sunday - Friday 11 - 7 p.m. and 10 - 6 p.m. on Saturdays through Oct. 31. at St. Thomas' Episcopal Church 8991 Brook Rd McLean. All of the money raised by our pumpkin patch is donated to support local charities, 703-442-0330.

Vienna Farmers Market at Faith Baptist Church 8 a.m.-12 p.m. Saturdays through Oct. 29. 301 Center Street South, Vienna, VA 22180. Sponsored by the Optimist Club of Greater Vienna, the certified Vienna Farmers Market features more than 30 vendors from across the region as well as entertainment.

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

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

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

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/

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.

The Freeman Store & Museum Wednesday through Sunday noon - 4 p.m. 131 Church Street NE Vienna. The Freeman Store & Museum is dedicated to Preserving and promoting Vienna's heritage through the identification, preservation, and interpretation of historically significant places, events, and persons. historicviennainc.org/

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.1ststagetysons.org or 703-854-1856

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

Tap Kids 8 p.m. 1234 Ingleside Avenue McLean. Featuring eight young tap dancers, "Schooldayz"

tells the story of the arrival of a new kid that disrupts the equilibrium of a group of teenagers during their last months of high school. \$20/\$15 MCC tax district residents. http:// mcleancenter.org/

ONGOING

McLean Community Players "Comic

Potential" 8 p.m. Oct. 7-22. Fridays and Saturdays from Oct. 7-22. 1234 Ingleside Ave, McLean, VA 22101 Sunday matinees at 2 p.m. This play originated from the idea that the ability to laugh and the ability to fall in love are both characteristics that differentiate humans from androids. www.mcleancenter.org/aldentheatre/performance/

SATURDAY/OCT. 1

St. Francis Country Fair. 10 a.m. - 4 p.m. St. Francis Episcopal Church, 9220 Georgetown Pike Great Falls. The St. Francis Country fair has been held, rain or shine, for over 30 years and they are excited to share yet another with the community. There will be fun, games, local entertainment, auctions, raffles, food, drink, and so much more! Admission: free. stfrancisgreatfalls.com/index.php/parish-life/ country-fair. 703-759-2028.

SATURDAY/OCT. 1

Oktoberfest Marketplace at Charles Wesley UMC, at 6817 Dean Dr., McLean, from 10 a.m. 3 p.m. Many vendors are represented, with great food and fun for the whole family. This event benefits area women and children's help ministries.

Oktoberfest Vienna. 11 - 7 p.m. Historic Church Street Vienna. Enjoy beer, wine, food, music, vendors, kids activities. Admission: Free. viennaoktoberfest.org. 571-550-2483.



Riya Hemanth, a third-grader at **Spring Hill Elementary, shows** off her picture of a cardinal sitting on a branch at the MPAartfest 2015 at McLean Central Park in McLean Pictured with her is Amee Burgoyne, president of the McLean Community Foundation.



Artist's booths line the **MPAartfest 2015 on Columbus** Day, Monday, Oct. 12 at McLean Central Park in McLean.

MPAartfest Returns to Central Park on Oct. 2

McLean Project for the Arts (MPA) is celebrating their 10th Anniversary of MPAartfest, a community-wide arts festival on Sunday, Oct. 2, from 10 a.m.- 5 p.m. in McLean Central Park. This free event will feature 52 local and regional visual artists, Children's Art Walk, hands-on art studio, music, food vendors, and more!



This years' Pumpkin Patch will begin on Monday Oct. 10 from 4 -7 p.m. and will be open daily Sunday - Friday 11 - 7 p.m. and 10 - 6 p.m. on Saturdays through Oct. 31. at St. Thomas' Episcopal Church 8991 Brook Rd McLean. All of the money raised by our pumpkin patch is donated to support local charities.

SATURDAY-SUNDAY/OCT. 1 - 2

Fall Book Sale Saturday 10 - 4 p.m. Sunday 11 -2 p.m. at Patrick Henry Library 101 Maple Avenue East, Vienna, Fill a BIG shopping bag with books, movies, CDs for only \$5.00. Free parking and admission.

SUNDAY/OCT. 2, 2016

McLean Project for the Arts ArtFest. 10 a.m.-5 p.m. McLean Central Park, 468 Dolley Madison Blvd., McLean. The park is transformed into a landscape of mini art galleries showcasing and offering for sale the work of a diverse group of juried artists. Visit www.mpaart.org.

Snakes Alive. 2 - 2:30 p.m. Great Falls Visitors Center. 9200 Old Dominion Dr, McLean. Have you ever touched a snake, or are you terrified of snakes? Find out some answers to questions, explore the interesting habits and characteristics of snakes, and overcome your fears. Meet in the auditorium. Admission: Free. 703-757-3103.

Inside the Community: A discussion with TCG Rising Leader of Color and Connectivity, Kristen Jackson. Following the 2pm performance. 1st Stage in Tysons, 1524 Spring Hill Road, Tysons Corner. \$30 admission, \$27 seniors (65+), \$15 students and military. www.1ststagetysons.org

THURSDAY/OCT. 6

Celtic Fiddle Festival: The Barns 1635 Trap Rd. 8 pm "Three of the finest folk violinists anywhere" said The Washington Post. The Barnes Showcase a fascinating combination of international and individual fiddling styles www.wolftrap.org/

SATURDAY/OCT. 8

Oktoberfest Reston noon 11900 Market Street, Reston. Restaurants and vendors will line the streets of the Reston Town Center. Live music will fill the air with traditional German tunes from various bands and the Reston community will come alive.

SUNDAY/OCT. 9

Reston Pumpkin 5k and Kids' Pumpkin Dash 8:15 a.m. 11900 Market Street, Reston. Get off the couch and get ready for the Greater Reston Chamber of Commerce's Reston Pumpkin 5K and Kids' Pumpkin Dash. Participants are encouraged to debut their Halloween costumes and join in the fall fun with the whole family.

SATURDAY/OCT. 15

Pumpkin Preparedness Race 8 a.m. Vienna Volunteer Fire Department 400 Center St S Vienna, Inaugural 5k road race to support first responders across Northern Virginia. Brand new course across quiet Vienna streets. All proceeds benefit the Northern Virginia Emergancy Response System. Register at www.preparedness5k.com

Halstead Square Festival 11 - 4 p.m. Halstead Square Dunn Loring Metro 2750 Gallows Road Vienna. Celebrate Northern Virginia's culinary and visual arts when Halstead Square Dunn

SEE FALL FUN, PAGE 9

FALL FUN & ENTERTAINMENT

From Page 8

Loring Metro hosts its first Food, Wine & Art Festival to benefit the Workhouse Arts Center. Cost: Free. www.halsteadsquare.com

SATURDAY-SUNDAY/ OCT. 15-16

Claude Moore Colonial Farm Fair 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

WEDNESDAY/OCT. 26, 2016

70th Annual Vienna Halloween Parade 7

p.m. Maple Avenue, Vienna. With the theme of "Celebrating 125 Years of the Town of Vienna" come in costume to celebrate Halloween. Visit https://www.viennava.gov/index.aspx?nid=951

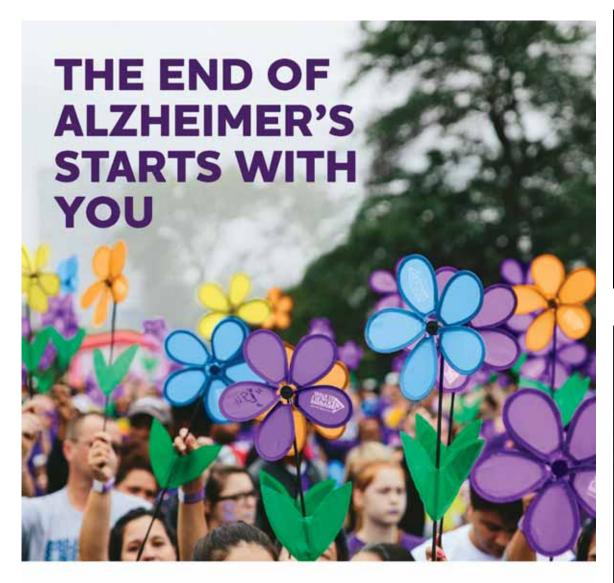
MONDAY/OCT. 31

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

SUNDAY/ NOV. 20

Concert: The Washington Symphonic Brass

4 - 6 p.m. at Saint Luke Catholic Church 7001 Georgetown Pike McLean VA 22101. As a Thanksgiving appetizer, the area's premier brass ensemble offers a cornucopia of music from the cultures that created America. You'll hear original works and familiar favorites from around the world performed by this all-star group. Cost: Season pass \$150 or \$30 at the door. Visit http://amadeusconcerts.com/



Alzheimer's is an epidemic devastating our families, our finances and our future. The disease is all around us — but the power to stop it is within us. Join us for the Alzheimer's Association Walk to End Alzheimer's and be inspired by all the footsteps that fall into place behind yours. Together, we can end Alzheimer's.



START A TEAM.

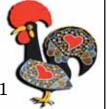
October 8 | The National Mall | 9:30am

alz.org/walk | 800.272.3900

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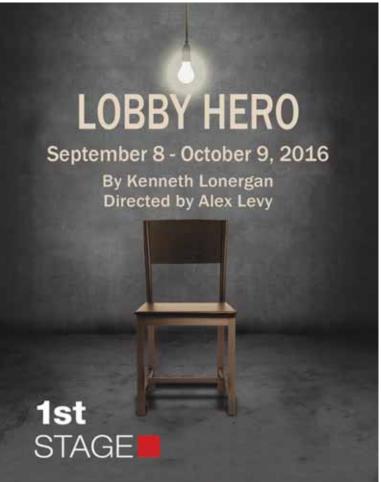


"Best of Mclean" -The Washingtonian

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1524 SPRING HILL ROAD TYSONS, VA

Buy tickets at www.1ststage.org

FALL FUN & ENTERTAINMENT

Androids Arrive at Alden Theatre

McLean Community Players present 'Comic Potential.'

By David Siegel
The Connection

ow timely in this day-and-age of Artificial Intelligence (AI) that the McLean Community Players present the area premiere of the romantic comedy "Comic Potential." The comedy centers on an android that seems to have human potential. Written by Alan Ayckbourne, the play was first produced in 1998 long before artificial intelligence was anywhere near what it is today.

Ayckbourn's play came from his premise that laughing and the ability to fall in love are for humans not androids. From that notion comes "Comic Potential," a play set in the foreseeable future, when television programs use life-like androids to fill in for human actors.

Set in a television studio "Comic Potential" follows a has-been director (Frank Gorell), who has been drinking to excess and his by-the-book assistant (Samantha "Sam" David) who are not doing well using androids as actor in a soap opera. As the director, Gorell becomes unglued as he loses control "all while trying to explain to himself what was happening" As his assistant, David "wonders if she had made mistakes in programming leading to some unnerving androids quirks."

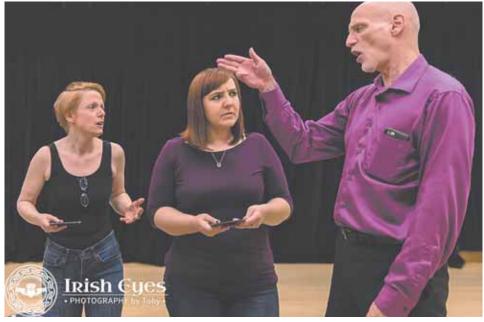


PHOTO BY IRISH EYES PHOTOGRAPHY BY TOBY/COURTESY OF MCLEAN COMMUNITY PLAYERS

Chance (Frank Gorrell), director of a soap opera, complains to Prim (Sam David), programmer of the androids and Trudi (Kirsten Burt), the technician, about glitches in an androids performance.

In comes an idealistic new executive (Scott Duvall) who tries to make things better. What happens next is rather unexpected. The new executive meets an android with the name JC333; nicked-named Jaycee Triplethree (Caity Brown). Everything

is turned upside down as the romantic-comedy asks, "Can a budding relationship between human and an android become the real thing, or is it doomed?"

"There are very interesting questions raised by 'Comic Potential," said director

Where and when

McLean Community Players present "Comic Potential" at Alden Theatre, McLean Community Center, 1234 Ingleside Road, McLean. Performances Oct. 7- 22, 2016. Fridays and Saturdays at 8 p.m. Sunday matinees at 2p.m. Tickets: \$18-\$20. Call OvationTix at 1-866-811-4111 or at www.McLeanPlayers.org. Note: The play contains adult situations and language. Suitable for those 17 and older.

Bob Sams. "What is love, and can restrictions be placed upon it? Can a human actually fall in love with an android and can an android actually experience love?"

"Comic Potential' serves up a double helping of comedy," added Sams. "This is a show that will make you hang on the edge of your seat wondering how the characters are going to escape 'another fine mess you've gotten me into."

As the android, Brown transforms herself from an android into someone with human feelings, way more than mere AI code. It all begins with her unanticipated laughter. As Brown described that moment "was my laughter just a random fault or the beginnings of something else? As Jaycee Triplethree would I begin to have my own thoughts and noticed things I hadn't before?"

"Comic Potential" is a "show that glitters with its wonderful ensemble of actors," added director Sams.

We bring great days, and nights, to families.

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"I'm passionate about serving people living with dementia and their families. I did my homework before joining the Brightview team and Wellspring Village® is the finest program of its type in the area. If someone you care about is living with dementia, please give me a call." — Cindy Eggleston, Regional Health Services Director

Families tell us everyone benefits because the outstanding care and support we provide reduces worry and stress.

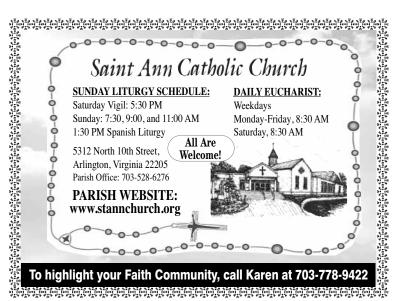




Please call Carolyn at 703-759-2513

10200 Colvin Run Road • Great Falls, VA 22066

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Calendar

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

ONGOING

McLean Community Center

Activities. 1234 Ingleside Avenue. MCC offers a continuing program of activities for adults and children, including a wide range of classes, lectures, study tours, camps, art exhibits, theatre performances and specialty shows. Center facilities include the 386-seat Alden Theatre, the McLean Project for the Arts galleries, meeting and conference rooms, a rehearsal studio and a classroom/commercial kitchen.

McLean Teen Center. 1440 Chain Bridge Rd. McLean. This facility provides a safe atmosphere for participants to meet for recreation and personal

development.Experienced staff members organize and facilitate activities each day, ensuring that participants do not have to return home to empty houses. Participants can enjoy the Old Firehouse Teen Center (OFTC) after school and during the summer. Opened in 1990, the building formerly operated as a local fire station and is now a satellite of the McLean Community Center.

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

Lobby Hero 1st Stage Tysons Sept. 8 - Oct. 16 Thursdays at 7:30pm,



Photo by Teresa Castracane/Courtesy of Ist Stage

Laura Artesi and Aaron Bliden in "Lobby Hero" at 1st Stage at 1524 Spring Hill Road, Tysons. Now to Oct. 16. Thursdays 7:30 p.m., Fridays 8 p.m., Saturdays 2 p.m. and 8 p.m. and Sundays at 2 p.m. Tickets: \$30 adults, \$27 for 65+, and \$15 student and military. Call 703-854-1856 or visit www.1stStageTysons.org. Note: there are a number of post-show discussions.

Fridays at 8pm, Saturdays at 2 and 8pm, and Sundays at 2pm. 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.1ststagetysons.org or 703-854-1856.

McLean Project for the Arts Exhibition 10 - 5 p.m. Sept. 15 through Nov. 5 1234 Ingleside

Avenue McLean. MPA is opening three new exhibitions open between the above dates. Cost: Free. mpaart.org/exhibitions/ Contact: Rachel Ripps rripps@mpaart.org Cheerleaders for Charity Fridays

5:45 - 6:30 p.m. Sept. 16 - Dec. 9 No lesson on 11/11, 11/25 & 12/2. McLean Community Center 1234 Ingleside Avenue. Introduces students to cheers, motion techniques, jumps, and more. Come build flexibility, physical conditioning and self-esteem. We perform at a

charity event each semester. This class requires a cheer uniform fee of \$70. Instructor: Miss Raven, USA Gymnastics Certified Instructor.

mcleancenter.org
Aerobic Dance Workout Mondays 9:15 - 10:10 a.m. Sept. 19 through Dec. 12 No lesson on 10/10. McLean Community Center 1234 Ingleside Avenue. Choreographed routines provide heart-healthy benefits, while sculpting and mat work offer strengthening and stretching. Please bring aerobic shoes, light weights, tubing and a mat. Instructor:
BodyMoves Fitness, LLC. Cost: \$168/ \$144 MCC district residents. Mcleancenter.org

Zumba Mondays 10 - 11 a.m. Sept. 19 Dec. 12 No lesson on 10/10 and 10/31. Old Firehouse Teen Center (OFTC), located at 1440 Old Chain Bridge Road. A great cardio workout, set to Latin music, and targets the whole body. Instructor: Joy of Dance Staff. \$172/\$143 MCC district residents. mcleancenter.org

Watercolor Classes Thursday's Starting Sept. 22 through Oct. 27 1 - 3 p.m. Vienna Arts Center. 115 Pleasant Street, NW, Vienna, VA. 5 classes: 150.00 Membership Price.

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

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

Comic Potential 8 - 10:30 p.m. Fridays and Saturdays Oct. 7 - Oct. 21. Sunday matinees on Oct. 9 & 16 at 2:00 p.m. Alden Theatre 1234

Ingleside Ave. McLean, Admision: \$18-\$20 and are available at www.McLeanPlayers.org or through OvationTix at 866-811-4111. Comic Potential contains adult language and situations; shows mostly suitable for a 17 plus audience.

The Pumpkin Patch beginning Monday Oct. 10 4 -7 p.m. then open daily Sunday - Friday 11 - 7 p.m. and 10 - 6 p.m. on Saturdays through Oct. 31. at St. Thomas' Episcopal Church 8991 Brook Rd McLean. All of the money raised by our pumpkin patch is donated to support local charities. 703-442-0330.

Meadow Farms Fall Festival Great Falls Oct. 3 - Oct. 31 Monday through Friday 8 - 7 p.m. Saturday 8 - 6 p.m. Sunday 9 - 6 p.m. 10618 Leesburg Pike, Vienna. We have pumpkins, gourds, cornstalks, mums, pansies, star bales, and everything else you need for the fall look. A huge selection of pumpkins. We will also have moon bounces, giant scarecrows, haunted buses and pipes for the kids to go through, weekend concessions and much more. Let your kids have a blast while you pick out your pumpkins and all your fall needs. www.meadowsfarms.com

One-To-One English Conversation Oct. 1 through Oct. 31 101 Patrick Henry Library 101 Maple Ave E, Vienna. Call to Register. 703- 938-

THURSDAY/SEPT. 29

Author Patricia Briggs 7:30 - 8:45 p.m. McLean Community Center/The Alden 1234 Ingleside Avenue McLean. Patricia Briggs is the New York Times bestselling author of the Mercy Thompson and Alpha and

SEE CALENDAR, PAGE 13



OPEN HOUSES

UPPER SCHOOL (Grades 9-12) October 16, 2016 · 12:00-2:30 PA

LOWER & MIDDLE SCHOOLS (Preschool-Grade 8)



 Empowering leaders to serve with faith. intellect, and confidence.

Stone Ridge School of the Sacred Heart is a Catholic, independent, college preparatory school for girls, Grades 1-12, with a co-educational Preschool, Pre-Kindergarten, and Kindergarten, located in Bethesda, Maryland. Northern Virginia bus transportation available.



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SPORTS

Langley Football Looks for Turnaround

After a 0-4 start, Saxons play at Fairfax High Friday.

he Langley Varsity Football team took on Madison High at a home game Friday night, Sept. 23, and the stands were not lacking in spirit. Students rocked patriotic face paint and attire, chanting and dancing along with the cheerleaders as their green and gold pompoms sparkled in the bright stadium lights. Parents joined in and children held signs with pictures of players' faces, jumping up and down as their brothers and friends moved the ball along the turf.

The band was playing classics such as "Iron Man" and other game night tunes to get the crowd excited. The director of the band, Doug Martin, danced along below the bleachers where the band stood.

In the second quarter, quarterback Dan Hosley ran a 17-yard touchdown. In the fourth, running back Aaron Heldman ran



PHOTO BY PEYTON JACOBS/THE CONNECTION

The Langley Varsity Football team took on Madison High at a home game Friday night, Sept. 23, and the stands were not lacking in spirit.

an 8-yard touchdown.

While there were plenty of good plays and the team gave it their best effort, the score came out 14-33, Madison with the win, dropping the Saxon's record down to 0-4. "There were too many mistakes, both ways," veteran Langley coach John Howerton commented. "I know that the boys gave it their all, but they get tired toward the end and I can see that."

When asked what the team will work on moving forward from this, left tackle Ryan Tucker remarked that depth training, tackling defense, and offensive inconsistencies will be most important for this season. "With the newer players it's tough, but I think that we will be able to get there," he said.

After nearly 32 years of coaching, Howerton believes that they will turn this around, too. When asked about his coaching philosophy, he answered, "Discipline, play the way you teach, and do the best that you can all the time."

Their next game will be Sept. 30, 7 p.m. at Fairfax High School.

-Peyton Jacobs

LETTERS

From Page 7

tax — with not a word about attacking the County's expenditures. If the meals tax was offered as a way to reduce real estate taxes up sharply by 26 percent in the last five years – a thin rationale might exist. But it is just another revenue source that will be an unmistakably regressive tax falling heaviest on lower-income and fixed-income residents as well as thousands of foodservice employees. And you can count on the Board eventually wanting to hike a meals tax just like they have done with the real estate tax rate.

Instead of singing the now tedious, contrived chorus about "devastating" County schools and teachers, why don't the Board and FCPS focus on non-classroom administration and the Gatehouse Road bureaucracy? Why can't the Board establish zero-based priorities to identify reductions or elimination of marginal County programs? Instead of taxpayer relief, why is the answer always raising or introducing taxes? Since assessments in this area continue to rise, our tax bills escalate relentlessly without relief in sight. The Supervisors turn away from tough budgetary decisions. It is much easier for them to use the homeowner as a handy ATM machine to keep their coffers full. Enough is enough. Defeat the meals tax and force the Board instead to find meaningful economies in the County budget.

Taking Exception on Ex-Convicts' Voting

To the Editor:

Every election, we go to the polls to choose the public servants most dedicated to public service and the public weal. Criminals proven beyond a reasonable doubt in a court of law of public malice so inimical to the public good that our laws require them to be imprisoned have no place in this most sacred and public-spirited decision-making. To call their exclusion "repressive" ("Why Do Some Want Virginia To **Dell Pendergrast** Be One of the Most Repressive States?," The Connection, September 7-13, 2016) disrespects the truly repressed, including the hundreds of thousands of these miscreants' innocent victims. Criminals do not "pay their debt to society" through incarceration, which requires massive security expenditures and provides food, shelter, and medical care at taxpayer expense.

Governor McAuliffe claims to believe that Virginia, to be "more equal," must give such criminals the same or more say in governance as their victims. Rapists must have the same say as the women they raped, thieves the same say as those from whom they stole, bank robbers the same as bank depositors, kidnapper and hostage, the innocent man walking down the street and the gang who beat him senseless. Murderers receive a greater say in governance, having permanently deprived their victims of the franchise.

Unlike the painstaking judicial procedures and trials afforded these convicts to determine their guilt or innocence, the Governor makes no pretense at considering their rehabilitation through individualized assessment. The plan is of a piece with the lighter-handed treatment of criminals beginning in the 1960s and 1970s that, however well-intentioned, led to skyrocketing crime.

Even Pollyanna would suspect that the true motivation for the priority Governor McAuliffe has given this misanthropic project is the indubitably correct belief that these lawbreakers will vote disproportionately Democratic.

> **Griselda Farthing** Great Falls





CALENDAR

From Page 11

Omega urban fantasy series, called "brilliant."

Admission: Free Contact: Suzy Rigdon
suzy@fallforthebook.org 860-402-0565 or visit:
www.fallforthebook.org

SATURDAY/OCT.1

- St. Francis Country Fair. 10 a.m. 4 p.m. St. Francis Episcopal Church, 9220 Georgetown Pike Great Falls. The St. Francis Country fair has been held, rain or shine, for over 30 years and they are excited to share yet another with the community. There will be fun, games, local entertainment, auctions, raffles, food, drink, and so much more! Admission: free. stfrancisgreatfalls.com/index.php/parish-life/country-fair. 703-759-2028.
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- **Tap Kids** 8 p.m. 1234 Ingleside Avenue McLean. Featuring eight young tap dancers, "Schooldayz" tells the story of the arrival of a new kid that disrupts the equilibrium of a group of teenagers during their last months of high school. \$20/\$15 MCC tax district residents. http://mcleancenter.org/
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WEDNESDAY/OCT. 5

One-On-One English Conversation Practice 10 a.m. Patrick Henry Library 101 Maple Ave E, Vienna. Adult. Spots fill quickly call. 703-938-0405

THURSDAY/OCT. 6

Celtic Fiddle Festival: The Barns 1635 Trap Rd. 8 pm "Three of the finest folk violinists anywhere" said The Washington Post. The Barnes Showcase a fascinating combination of international and individual fiddling styles. www.wolftrap.org/

SATURDAY/OCT. 8

Aging in Place: Modifying Your Home to Fit Your Changing Lifestyle 9:30 a.m. - 12:30 p.m. 1234 Ingleside Ave. McLean. As your lifestyle changes in your later years, living in your own home, with accustomed comforts, supports your emotional well-being. Home modifications, even small ones, can enhance your comfort and safety to make a big difference. Attend this workshop to find out how simple changes to your home can create an environment where everyone is welcome and can flourish. Advance registration is required. Light refreshments will be served. Cost: Free. Call AARP at 1-877-926-8300 or http://states.aarp.org/novaevents.

Babies & Books 10:30 a.m. Patrick Henry Library 101 Maple Ave E, Vienna. Join us for stories, songs and rhymes. Ages birth to 23 months with adult. Spots available on a first come, first serve basis. 703- 938-0405



For more info: Visit: www.PremiumSpasAndBilliards.com Call: 703.968.7727

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Our son was off the charts smart but couldn't get organized. It was a relief to come to a school that recognized his intellectual strengths.

Open House

9:00 am Friday, October 21 9:00 am Saturday, November 19

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8224 Lochinver Lane Potomac, Maryland 20854 www.mcleanschool.org

Time To Plan Ahead

By KENNETH B. LOURIE

In consideration of the future, I have to plan in the present. Random and/or spontaneous actions/commitments are allowed, even encouraged, but given the recurring nature of chemotherapy infusions and the week-long side effects that follow, are not very practical.

As an example: Thanksgiving, Nov. 24 and Christmas Eve/Christmas Day, Dec. 24/25. According to my 'present' infusion schedule: four weeks, then five weeks, then four weeks, etc., barring semi-foreseen abnormal lab work results, which I will only find out the Thursday immediately preceding the Friday infusion, my next treatment will occur on Friday, Oct. 14. In and of itself, not a problem, other than the usual — with which I am, and perhaps you regular readers, too, are familiar. However, five weeks later my infusion occurs on Friday, Nov. 18 meaning I'll be miserable, not-eating-wise the following Thursday, Thanksgiving (which if I had my druthers, I'd rather not be). Now should I pretend that's not a problem for me? No. Following that potential holiday impact, my next alternating scheduled infusion occurs four weeks hence on Friday, Dec. 16, the week/Friday before Christmas Eve/ Christmas. Now if these holidays didn't involve travelling, eating and socializing, and generally trying to be on my best behavior, maybe I could manage. Unfortunately, nothing could be further from the reality.

Presuming/pretending that this schedule is not a problem is naive at best and extremely poor planning at worst. So what are my options? Well, I could always stop my chemotherapy infusions entirely until January, a "quality of life" alternative my oncologist has regularly encouraged. However, given the severity of my diagnosis/prognosis, I have always felt uncomfortable stopping treatment and as such, have never taken a break/brake. (Now, either I'm still alive because of it, or in spite of.)

Perhaps the solution is simply to reschedule my infusion intervals and still get treatment while manipulating my side effects/circumstances? If I reschedule my November infusion to occur four weeks after my October infusion (instead of five weeks), the date of that infusion would be Friday, Nov. 11, allowing more than enough time, nearly two weeks, to recover before Thanksgiving. However, switching my previous/original four-week interval to five weeks causes that December infusion to occur on Friday, December 23; not good timing at all Worse in fact than my current schedule. But if I don't alternate intervals and repeat that four-week infusion schedule (unfortunately losing a "quality of life" week in the process, a process that was intended to increase my "quality of life" weeks), then my December infusion would occur on Friday, Dec. 9, two weeks out from Christmas; perfect timing to allow for a semi-normal fortnight.

The net result is peace and relative quite. And by that I mean, other than advancing and increasing the number weeks when I'll feel miserable (and won't be eating), I won't feel miserable for two of the most significant, positive-reinforcing, feel-good weeks of the year. And if there's one, two or three things a cancer patient/survivor can't get enough of, it's days when you're not in a daze and weeks when you're not feeling weak. And after writing this column, an perhaps righting this ship, I feel pretty good about the next few months. It might not be ideal, but 'ideal' left the building a long time ago, on Feb. 27, 2009, the date of my original diagnosis.

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

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AT&T proposes to modify an existing facility (new tip heights 114') on the building at 1011 Arlington Blvd, Arlington, VA (20160531). Interested parties may contact Scott Horn (856-809-1202) (1012 Industrial Dr., West Berlin, NJ 08091) with comments regarding potential effects on historic properties

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ABC LICENSE Gong & Yuan LLC trading as Human Gate, 4233 N. Fairfax Dr., Arlington, VA 22203. The

above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Mixed Beverage On Premises license to sell or manufacture alcoholic beverages, Gong & Yuan, LLC NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publish-ing date of the first of two

required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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BULLETIN BOARD

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

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 tinput 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

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/.

FAITH NOTES

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

The Church of the Good Shepherd (United Methodist) will celebrate World Communion Sunday on Oct. 2 at the 10:15 a.m. worship service at the church located at 2351 Hunter Mill Rd., Vienna. World Communion Sunday is a time to be in communion with Christians all over the world. An International Potluck will follow the service in the Fellowship Hall at 11:30 a.m. Members of the community are invited to at-

information, www.GoodShepherdVA.com

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

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

oga Class with a Christian Focus is held Saturdays, 3–4 p.m., McGill Hall or the Library at the Church of the Holy Comforter, 543 Beulah Road, NE, Vienna. This group is suitable for those with beginner and/or intermediate yoga experience. Dress comfortably and bring a mat. Feel free to bring a towel, block(s) or strap if you have them. Questions? Please contact the Church Office at

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