



Great Falls CONNECTION

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Kayakers take advantage of the white water areas at the falls. Great Falls Park offers fall attractions: foliage, kayaking, hiking — and much more.

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PHOTO BY MIKE SALMON/THE CONNECTION

SEPTEMBER 28 - OCTOBER 4, 2016

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM



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.
- › Voted for a pay increase for military personnel and voted to extend special pay and bonuses for active-duty and reserves.
- › Increased funds for training, readiness and modernization to keep our troops safe and prepared.
- › Voted for funding counter-terrorism operations against al-Qaeda, ISIS and other international terror threats.
- › Worked to increase cyber-security to protect our most vital national security assets.
- › Worked with our Joint Terrorism Task Force and law enforcement on addressing ISIS and terrorism threats.



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NEWS

The One to Watch

GREAT FALLS CONNECTION EDITOR KEMAL KURSPAHC
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BY VICTORIA ROSS
THE CONNECTION

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

As 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 story 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.

PHOTO CONTRIBUTED



PHOTO BY VICTORIA ROSS/THE CONNECTION

LuAnn Bennett, the Democratic candidate 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.

STATE OF THE RACE: VIRGINIA'S 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

ads: her first ad was a biographical 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

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

Beekeeping 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. The class is held in Reston at the home-owners association, 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 involved.

The honey bee population is under threat from mites, diseases, and pesticides. Participants learn the plight of pollinators, how to spot and thwart 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 increase pollinators in this area, especially for successful gardening," said Patricia Pearl Greenberg, Environmental Resource Supervisor, Reston Association. "We also see



PHOTO BY CHRISTINA TYLER WENKS

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 bees, not honey.

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.

At the community's request, the Virginia Department of Transportation has repositioned the marker next to Georgetown Pike (by the Seneca Hill Animal Hospital and Sunoco), in the center of where the historic battle took place many years ago.



PHOTO BY RAYMOND MERRILL

Battle of Dranesville Marker Rededicated

Local history recognized, commemorated in Great Falls.

By PEYTON JACOBS
THE CONNECTION

A ceremony for the rededication of the Civil War marker at Georgetown Pike was held on Saturday, Sept. 24, at Dranesville Church of the Brethren to commemorate the 1861 Battle of Dranesville.

At the community's request, the Virginia Department of Transportation has repositioned the marker next to Georgetown Pike (by the Seneca Hill Animal Hospital and Sunoco), in the center of where the historic battle took place many years ago.

The ceremony began inside the idyllic, picturesque church, which was built in 1912 by its congregation. After a moving invocation by the church's Rev. Roland Smith, Bill Canis, local history enthusiast, opened with a warm welcome to all. "This event is unique in that it was not sponsored by just one group or individual," he remarked. "It came about as a result of a spontaneous uprising of local residents who wanted to see our local history recognized and commemorated."

Not many may be aware of the significance that this area had at that time in history. The town of Dranesville, which can now be described as anywhere between Sterling and Langley, was the largest town in Northern Virginia. It had five taverns, a hotel, churches, a schoolhouse, blacksmiths, and anything else that the people could have needed. Up to 60 wagons travelled up and down Leesburg Pike each day, transporting produce and fresh food to cities like Georgetown and Alexandria.

IN THE FALL OF 1861, Union forces known as the Pennsylvania Reserve Volunteer Corps, took position in Langley, while the Confederate troops were concentrated in Centreville. After a multitude of small ambushes and raids back and forth between the two sides, the Union troops, led by Gen. Thomas L. Kane, set out in the bitter cold morning of Dec. 20 to attack the Confederates. Under Brig. J.E.B. Stuart's orders, the Southern forces were stationed in Dranesville, out foraging for supplies that very same



PHOTO CONTRIBUTED

Boy Scout Troops 673 and 55 participated in rededication ceremony.

day and were surprised by the strike. Among the Confederate soldiers, there were 43 killed and 143 injured, while the Union suffered a lesser 7 deaths and 61 wounded. The seemingly small engagement provided a boost to Northern morale, which had taken a hit during the summer and fall.

Speaker John Waggoner and local historian Karen Washburn described the scene of this battle in vivid detail, as well as how it affected the people of that time. "They were normal people, just like us," Washburn said. "But there was no one to call to clean it all up, and they were suddenly faced with bullet holes in their barns and bodies on the grounds of their land."

AS THE OPENING CEREMONY came to a close, a group of Civil War re-enactors, authentic musician, Jon Vrana, and Boy Scout Troops 673 and 55 led the way to the new marker off of Georgetown Pike. VDOT representative Mike Gleasman spoke about the process of moving the marker, as well as his own personal connection to this piece of history, as he had three ancestors who fought and died in the civil war.

"Our history is a very, very important thing to remember and appreciate," said Supervisor John Foust (D-Dranesville). As William Faulkner so eloquently put it: "The past is never dead. It isn't even past."



PHOTO CONTRIBUTED

From left — Assistant Manager James Cullen and winner Ray Miller with the gift basket.

Adult Summer Reading Success

Ray Miller wins the grand prize gift basket.

By JAMES CULLEN
ASSISTANT MANAGER/GREAT FALLS LIBRARY

"I'm thrilled! I've never won anything my entire life!" That's what Ray Miller of Great Falls had to say when he was told that he was the lucky winner of the library's Adult Summer Reading Challenge (ASRC) grand prize gift basket. Over ten weeks this summer local residents turned in 57 ASRC reading logs and Miller was randomly chosen as the winner. The gift basket, provided by the Friends of the Great Falls Library, contains nearly \$200 worth of items including a Barnes & Noble gift card, Starbucks gift card, read-

ing themed mug, tote bag and a moleskin notebook.

Each completed reading log lists 5 books that were read by the participant this summer. Miller read "Duty & Honor" by Grant Blackwood and "Code of Conduct" by Brad Thor among others. Other books read by participants ranged from classics to brand new bestsellers, fiction and nonfiction, mysteries and thrillers, biography and romance and everything in between. Later this fall look for a display at the library containing books read and highly rated by your neighbors here in Great Falls.

This was the first year the Great Falls Library included an adult reading program to accompany the annual Summer Reading Challenge for kids and because of the positive response we plan to have it next summer as well. With that said, don't feel like you need to wait until next summer to enjoy the library.

White House Ornaments on Sale

Great Falls Friends and Neighbors have announced that the White House Ornaments are available for sale to benefit Artemis House, Fairfax County shelter for women and children. Artemis House services victims of domestic violence and human trafficking. As always, all proceeds go directly to the shelter and its victims. The ornaments are offered at the usual price of \$25 despite unit increases.

This year's ornament honors President Herbert Hoover, commemorating the Christmas Eve fire of 1929 at the White House. The story behind the ornament is very interesting, and it is in an enclosed booklet that accompanies each piece.

The ornaments are available at the following stores:

- ❖ Great Dogs of Great Falls, 9859 Georgetown Pike, Great Falls, 703-759-3601
- ❖ Studio Hair, 10123 Colvin Run Rd, Great Falls, 703-757-2330
- ❖ Studio Hair, 12190 Fairfax Towne Center, Fairfax, 703-261-6268



PHOTO CONTRIBUTED

This year's ornament honors President Herbert Hoover, commemorating the Christmas Eve fire of 1929 at the White House.

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 Chantilly

- ❖ 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 Alexandria

- ❖ 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.

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SALT to Host Fall Advocacy Training Conference

Social Action Linking Together (SALT) will sponsor the SALT Fall 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

by Michelle Krockner, 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.



Introducing CaregiverConnect at The Kensington Falls Church

— A Monthly Gathering for Caregivers —
with Aging & Dementia Expert Anya Parpura, MD, PhD

Wednesdays, October 5 and November 2 • 6:30-8:00pm • Light refreshments served • **RSVP**

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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.

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Independent Police Auditor Marks History

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

The 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 32-member Ad Hoc Police Practices Review Commission.

Police Chief Edwin Roessler expressed strong support for two key-stone 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, officer-involved shootings and citizen complaints will play a vital role in maintaining Fairfax County

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 locally.

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 commu-

nity 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 Center.

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.

EDITORIAL

LETTERS TO THE EDITOR

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 consideration.

Barbara's work ethic is well-known. Nobody works harder for the residents of the 10th district. I 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-

Share of McLean Needs Donations

Share of McLean has issued the following appeal for donations:

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-

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 hungry.

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

feed our needy families.

Wish List:
1-2 pound bags of rice
Cooking oil
Laundry detergent
Flour
Sugar
Canned beans (black, pinto, etc.)
Canned fruit
Canned veggies
Pasta and sauce
Peanut butter & Jelly
Shampoo
Feminine products
Giant or Safeway grocery cards

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 they will get a signal if they need to make an emergency call. Barbara worked hard for all of us to ensure our calls will go through, even when we are underground.

Barbara Comstock has set an

example for other lawmakers to follow. When you set aside party politics, roll up your sleeves and 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 dedicated individuals on a daily basis. And I trust them in

their endorsement of Barbara Comstock.

Elizabeth Frazee
McLean

Positive Leadersip

To the Editor:
Congresswoman Barbara

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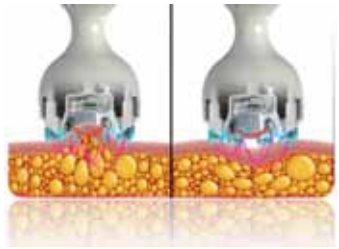
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AFTER



BEFORE



AFTER



BEFORE



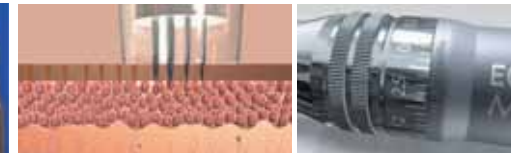
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FALL FUN & ENTERTAINMENT

FALL FUN 2016



At one of the overlooks, sightseers can get a good look at the falls.



A kayaker hikes down to one of the loading areas at the park.

Great Falls Park Offers Fall Attractions

Foliage, kayaking, hiking — and much more.

BY MIKE SALMON
THE CONNECTION

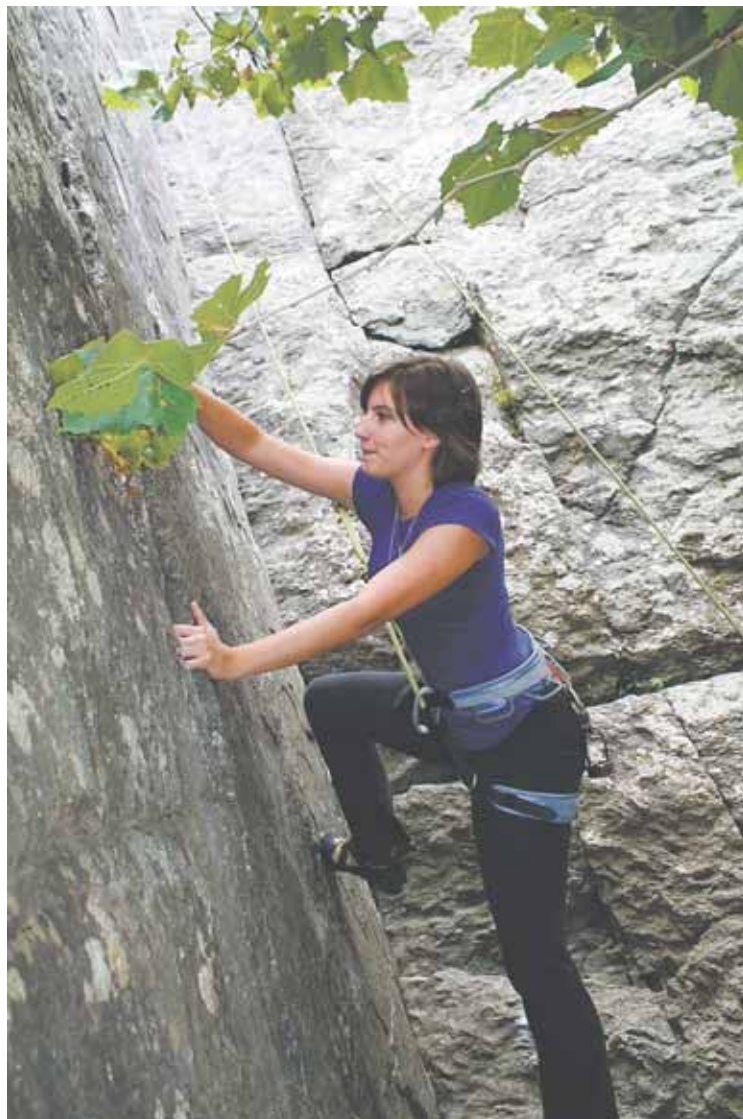
As Phil Kirk held the climbing rope tight, fellow climber Mary Pat McMillan searched for crevices with her hand and feet to inch her way along the rock face off the path at Great Falls National Park. The park has a variety of attractions, and in the fall, the foliage, higher water levels and cooler temperatures keep this popular park busy year round.

"Fall is ideal for outdoor climbing because the rocks are often cool and dry," Kirk said.

They were in an area known to climbers as "the sandbox," that's ideal for beginners like McMillan, but they had to get there early on some weekends "to claim a spot if we're looking to do a particular climb," he added. Sometimes there is three or four other groups out there due to the park's popularity.

GREAT FALLS RESIDENT

Erin Lobato is a member of the Fair Weather Hiking Mamas!, who love the cooler temperatures and foliage at the park. "In the fall, it is both breathtaking and peaceful to be able to hike in Great Falls Park surrounded by the brilliant colors, leaves swirling around and sunshine peeking through the trees," Lobato said, via email. She is the director of the Celebrate Great Falls Foundation, as well. "This is such a great opportunity to connect with each other and nature on a regular basis throughout the year," she added. The foundation is a charitable citizens group that



Mary Pat McMillan scales one of the many rock climbing cliffs in Great Falls. She is outfitted with proper ropes and shoes, and has other rock climbers with her for safety.

reaches out to those in need but also preserves the surrounding community as well, as they did with a successful effort to bring the fireworks show back for their July 4 celebration.

Great Falls National Park remains open all year from 7 a.m. until just past sunset. It remains popular among the hikers and out-

doors crowd but much of the activities are weather dependent. Great Falls has much of the same foliage site-seeing, without the highway traffic that plagues I-66 on fall weekends as people travel out of town to see the foliage in the Shenandoah Mountains. "The foliage in Great Falls is special because it is so close to urban cen-

ters such as DC, Tysons Corner and such yet feels like you are truly in the wilderness when you are there. The views over the Potomac River are spectacular," said Lobato.

Although the foliage and higher water levels on the falls attract folks for fishing, birding and biking, there are also ranger led programs that cover the history and nature of the park. Kayaking and rock climbing are popular in the fall for the trained outdoors types with the proper gear, said National Park Service spokesperson Aaron LaRocca. There are occasional injuries and drownings every year, mostly from people overstepping the distinguished trail boundaries or swimming, which is not allowed. In 2015, there was one fatality, said LaRocca, via email. "A handful of twisted ankles which is a common injury," he said.

When the weather is good throughout the year, entry to the park can be time consuming, so LaRocca recommends planning ahead. Sometimes the line of cars can trail all the way out to Old Dominion Drive, and could be nearly an hour to get in. "We always encourage visitors to arrive to the park early, because there can be a long wait," LaRocca said. There is a charge of \$10 per car.

THIS YEAR was special for the park service and Great Falls Park in particular. All over the country, the National Park Service celebrated its centennial event on Aug. 27 and there were many activities surrounding that anniversary. In 2016 Great Falls Park celebrated its 50th anniversary of being a part of the National Park System.

In the town of Great Falls, fall and winter activities include Cars and Coffee, Halloween Spooktacular and the Festival of Lights.

ONGOING

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.meadowfarms.com

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/riverbend-park/

Fishing Rod Rentals 8700

SEE FALL FUN, PAGE 9

FALL FUN & ENTERTAINMENT

FROM PAGE 8

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/>

Meadow Farms Fall Festival in Great Falls is a great place to find pumpkins and fall decorations. The Festival days begin on Oct. 3 - Oct. 31 and include a wide variety of Fall themed activities including moon bounces, giant scarecrows, haunted buses. Meadow Farms Great Falls is open Monday through Friday 8 - 7 p.m. Saturday 8 - 6 p.m. Sunday 9 - 6 p.m. The festivities last all week and weekend at 10618 Leesburg Pike, Vienna.



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CALENDAR

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

ONGOING

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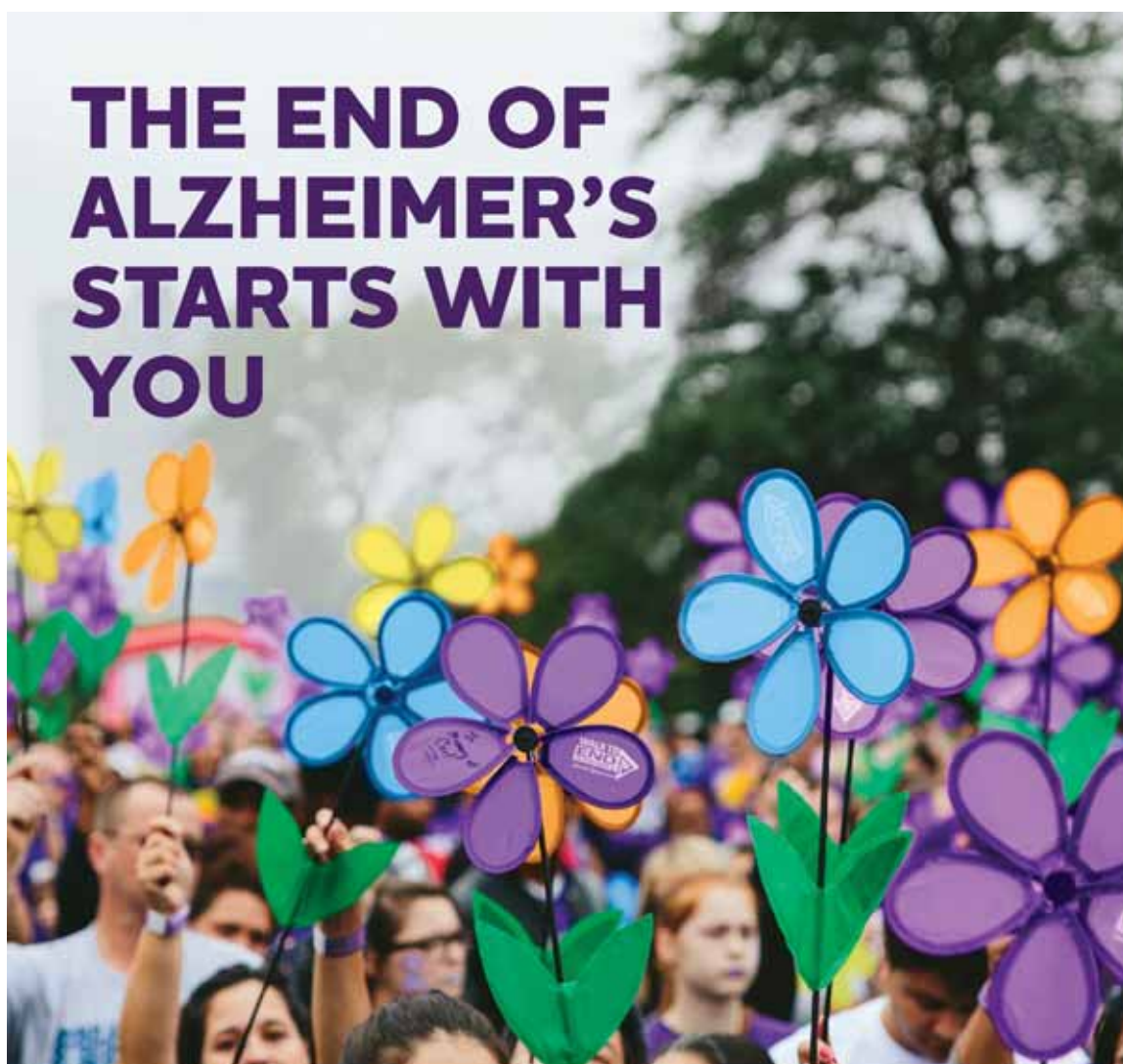
Colvin Run Mill open 11 - 4 p.m. daily, closed Tuesday. 10017 Colvin Run Rd, Great Falls. Fairfax County's operational 19th century water

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SEE CALENDAR, PAGE 11



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.



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CALENDAR

FROM PAGE 10

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.com 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." kroll@cox.net / www.karenroll.com

September Photography Showcase. Saturday Sept. 3 through Sept. 29 at the Broadway Gallery of 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

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One-To-One English Conversation Oct. 1 through Oct. 31 101 Patrick Henry Library 101 Maple Ave E, Vienna. Call to Register. 703- 938-0405

THURSDAY/SEPT. 29

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

Alpha and 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

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

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/>

Saturday/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

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

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.

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.1ststage.com



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SPORTS

Langley Football Looks for Turnaround

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

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.

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



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.

PHOTO BY PEYTON JACOBS/THE CONNECTION

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

Comstock has been serving our 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 where

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 advan-

tage 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.

Meaghan Pedati
Herndon

Running Away From Tough Budgetary Decisions

To the Editor:

The Fairfax Board of Supervisors is at it again. Real estate tax bills soar – and now a proposed meals tax — with not a word about at-

tacking 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 priori-

ties 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.

Dell Pendergrast
McLean

SEE LETTERS, PAGE 13

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LETTERS

FROM PAGE 12

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 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



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—John Wooden



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The Great Falls Salon.....	703-759-4758
Village Centre Mgmt Office.....	703-759-2485
Village Retreat/Massage Therapy....	703-638-4852
Wells Fargo Bank.....	703-757-1040
Wild Ginger Restaurant.....	703-759-5040



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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, and 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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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 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/ltombudsman/.

FAITH NOTES

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

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 attend.

For more information, visit
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@holyccomforter.com.

Yoga 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 703-938-6521.

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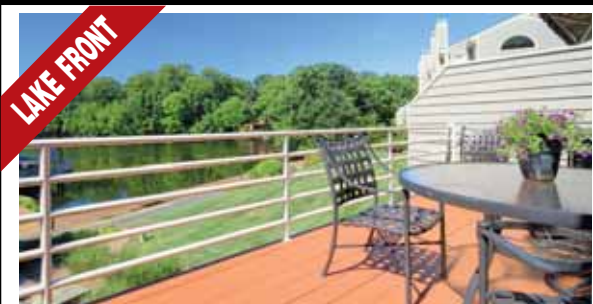
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