

# Falling into Fall with Fairs and Fun

FALL FUN & ENTERTAINMENT, PAGE 9

2016  
VIENNA  
PRESS  
ASSOCIATION  
Award Winning  
Newspaper

and Oakton  
**Vienna**  
**CONNECTION**

**FALL FUN &  
ENTERTAINMENT**

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The 2016 honorary burgermeister, Friderike Butler, opens the beer garden anchoring the food court of Vienna's Oktoberfest sponsored by the Vienna Business Association and the Town of Vienna.

PHOTO BY ADAM KINCAID/TOWN OF VIENNA





*by Chef Victor Albiou*

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## The Path Toward Tomorrow

BY ANDREA WORKER  
THE CONNECTION

According to Michelle Gregory, Division Director from the Countywide Service Integration and Planning Management department, it's probably been more than a decade since Fairfax County conducted a human services needs assessment for the residents of the region. In the summer of 2015, the County decided it was more than time to take a detailed look at how things have changed since the last official recording and to see who most needed what in our area.

"The Path Toward Tomorrow: The 2016 Fairfax County Human Services Needs Assessment" was completed in May of 2016 after almost a year of exhaustive public outreach, meetings with public and private groups and nonprofits, boards, authorities, commissions and faith-based organization, focus groups and meetings in several languages, and even an on-line survey that gathered about 1,300 responses asking residents to identify the human services needs and populations most affected by the issues being raised. Quantitative measurements from a variety of sources like the U.S. Census Bureau and the county's economic and demographic statistics were added to the qualitative data to produce the most comprehensive analysis possible.

After internal review and discussion, it was time to disseminate the information to a wider pool and look for collaborative solutions and the best use of resources to address the needs uncovered.

That's where non-profit Giving Circle of Hope (GCoH) stepped in, organizing a series of open forums where the report could be summarized for the education of local service organizations and members of the public. Originally started to financially aid a local family affected by tragedy in 2003, GCoH formed a permanent philanthropic society in 2004. With more than 100 members, Giving Circle of Hope uses its membership dues and other fundraising efforts to provide grants to mostly small local "organizations that create positive change in Northern Virginia by improving the lives of people in need."

**THE FIRST OF THE MEETINGS** took place on Sept. 20, at the Volunteer Fire Department's conference room in Vienna, with Vienna Mayor Laurie DiRocco offering opening remarks and introducing the speakers.

Fairfax County's Gregory and her colleague Linda Hoffman tag-teamed to cover the highlights of the report for an audience that included other members of the Giving Circle of Hope, representatives from other charitable organizations, and concerned county residents.

"As involved as we are with helping those in need in our community," said one attendee, "this [report] is still re-



**Vienna Mayor Laurie DiRocco welcomes the public and introduces the speakers at the forum to discuss human services needs in Fairfax County, sponsored by the non-profit Giving Circle of Hope.)**



**Cyndi Shanahan is the co-chair of the Governance Committee for the Giving Circle of Hope, the Reston-based nonprofit that provides grants for organizations helping Northern Virginians. The group also engages in direct service projects and educational and networking activities for the betterment of area residents.**

PHOTOS BY ANDREA WORKER/THE CONNECTION



**Holly Seibold attended the "Path Toward Tomorrow" presentation and discussion. Seibold represented the non-profit group BRAWS - "Bringing Resources to Aid Women's Shelters." BRAWS has a website at [www.braws.org](http://www.braws.org), and can be found on Facebook.**

ally eye-opening."

The published report is 57 pages in length - no way to detail it in this format, but some of the highlights that seemed to make the most impact concerned the increasing number of area citizens who just can't make ends meet, or get ahead while trying to provide for basic necessities.

With the county rapidly changing from a slower-paced Washington bedroom commu-

nity to a semi-urban environment, the population has dramatically increased and become more dense, evolving from primarily single-family dwellings to a heavier presence of multi-family complexes. Fairfax County did not suffer as deeply as other parts of the country during the worst of the economic downturn, but by all indicators, local economic recovery has not kept pace with other parts of the country.

## Giving Circle of Hope hosts County needs assessment reporting.

Gregory noted that the findings show "an increase in higher paying jobs and in the lower paying wage sectors," but that the workforce in the middle has not benefited from either more employment opportunities or from adequate wage increases. This gap puts pressure on the majority of county residents and on the agencies and organizations that seek to assist them. "And it's not healthy for the county in general."

The "Key Human Services Needs" that are highlighted in the report fall into four categories:

- \* Housing - Affordable Housing in general, Accessible Housing for the Disabled and Older Adults, Services to support independent living for both groups

- \* Financial Assistance - Particularly child care and early education opportunities

- \* Affordable Health Care - Insurance, Behavioral and Mental Health Services for all age groups, and assistance for victims of domestic violence

- \* Transportation - Affordable and accessible public transportation, with particular emphasis on the "first and last miles" that often make public transportation difficult to use.

**IN THE PAST** it seemed most individuals or families needed assistance in only one area of need, or less assistance in order to meet basic standards of living. The findings of the study indicate that needs are now overlapping, and that more persons are further behind and in greater need to rise to that level.

After the presentation, the attendees had an opportunity to ask questions and to network, agreeing that it would "take a village" to make the most significant and positive impact. The Needs Assessment was seen as an important tool to focus limited resources and energy to where it is most needed.

Before the meeting ended, Cyndi Shanahan, Governance co-chair for Giving Circle of Hope, took a few minutes to explain more about the organization. "We are really proud to say that we are about to go over the \$1million mark with our grants programs." In addition to providing these grants, GCoH also performs service projects like their "Empty Bowls" dinners, where to date they have raised \$182,000 and 10,000 pounds of food donated directly to Food for Others. Members also visit the Embury Rucker Shelter in Reston twice a month to engage the children there in creative activities.

To view the report go to [www.fairfaxcounty.gov](http://www.fairfaxcounty.gov) and type in "Path Toward Tomorrow." Click on the link for "Human Services Needs Assessment." The full report, a summary and an on-line version of their presentation are available. The members of the Giving Circle of Hope invite you to learn more about their organization and consider becoming a member by visiting their website at [www.givingcircleofhope.org](http://www.givingcircleofhope.org).





A Fairfax County police helicopter had a starring role at the Vienna police department's cops-and-kids fun-day. Children could sit inside while parents snapped photos. Even the Singing Princesses waited their turn.



PHOTOS BY DONNA MANZ/THE CONNECTION

Aisha Justilien, 8, and her siblings Daniel, 4, and Maya, 11, of Vienna, giggled as they sat in the Fairfax County police helicopter.

# Cops and Kids Draws Community Together

BY DONNA MANZ  
THE CONNECTION

**C**lear sunny skies and mild temperatures have a way of bringing out the families to community events. The Vienna Police Department could not have ordered a more perfect Sunday afternoon for the launch of a new Vienna tradition, Cops and Kids Fun Run — and fun day.

From noon to 4 p.m., filling the grounds of Caffi Field and Vienna Elementary School, the town's police department, with support from Vienna fire and rescue volunteers and Fairfax County police, held a crowded, fun-filled community get-together with a cops-and-kids run to kick the festivities off. A bounce house with slide, Officer McGruff, police vehicles, free food donated by area businesses, a DJ, a cop-dunk-tank, and a Fairfax County police helicopter provided entertainment for children and their parents. All the adults whipped out their phones to photograph the helicopter as it rose from the lawn and circled overhead. The pilot waved to the crowd below.

The fun-run was first done as a singular event several years ago, but Chief Jim Morris and his department decided it was time to renew the fun-run and expand and enhance the event. "It's important to reach out to the community," said VPD Chief Jim Morris. "Just about the whole police department is here today, volunteering to help make this a community project. We came up with the idea and our department just ran with it."

Morris, along with a large volunteer contingent, wore their uniforms into the dunk tank. The kids lined up for a chance to hit the button that sank the chair into the water tank.

Asked if this could become a tradition, Morris looked around the smiling kids and parents taking photos of their children, and answered, "yes."



Four-year-old Kaden Kotrapu of Annandale brought his dad Dan to the cops-and-kids fun day on Sunday. Kaden was thrilled to meet Officer McGruff, the crime-fighting dog who looked just like he does in his PSA photos.



Vienna police officers wore their uniforms in the dunk tank; they removed their shoes and phones, though.



There was a steady line at the cop-dunk-tank with kids waiting for an opportunity to try their luck getting a police officer — in uniform — soaking wet. The kids in yellow shirts did the fun-run that kicked off the afternoon fun-day.



Volunteers Madison Dinges, Jaedyn Burk, and Jennifer Dinges handed out free slices of pizza donated by Lombardi's Pizza on Church Street.



There was a steady line at the cop-dunk-tank with kids waiting for an opportunity to try their luck getting a police officer — in uniform — soaking wet. The kids in yellow shirts did the fun-run that kicked off the afternoon fun-day.



## WEEK IN VIENNA

### Vietnam Veterans Help Children of Local Homeless Veterans

Vietnam Veterans of America, Chapter 227 of Northern Virginia, fulfilled its founding principle of “Never Again Shall One Generation of Veterans Abandon Another” by donating ninety-one \$50 gift credit cards to children of veterans who are in the Veterans Administration Supportive Housing (VASH) program. The gift cards are intended to help pay for school supplies and other essentials for the new school year. The financial assistance is the sixth consecutive year for the program and represents a 50 percent student increase from 2015.

VA Supportive Housing (VASH) Program is a joint effort between the Departments of Housing and Urban Development and the Veterans Administration to assist homeless veterans and their families in transitioning from homelessness to normalcy with affordable and stable lodging. The VA case managers serve more than 100 veterans in the Northern Virginia area of Fairfax, Arlington, and Prince William Counties and the Cities of Alexandria and Fairfax.

The chapter will provide a Christmas holiday credit card gift card for needy VASH families. Anyone wishing to contribute to the holiday program can mail a check made

payable to VVA Chapter 227 with memo: 2016 Holiday Gift Card and the mailing address is VVA Chapter 227, P.O. Box 5653, Arlington, VA 22205 or call Len Ignatowski at 703-255-0353.

### Vienna Cosmetic Studio Receives ‘Gold Medallion’ Award


The Merle Norman Cosmetic Studio located at 401 Maple Ave. E Vienna, has received the “Gold Medallion” award for meeting Merle Norman’s standards of excellence for customer service.

The Gold Medallion program addresses consumer demands by identifying Studios that meet their expectations of personal service, knowledgeable Beauty Consultants and pleasing atmosphere.

“Our Gold Medallion Program distinguishes Studios that meet the highest standards of excellence Merle Norman represents,” said Jack Nethercutt, Chairman of the Board and President of Merle Norman Cosmetics. We’re delighted to present the Gold Medallion Award to Sharon Holland’s Studio, which offers unsurpassed personal service.”


“We are very proud of our recent recognition, which is consistent with the reputation we have built for unsurpassed personal

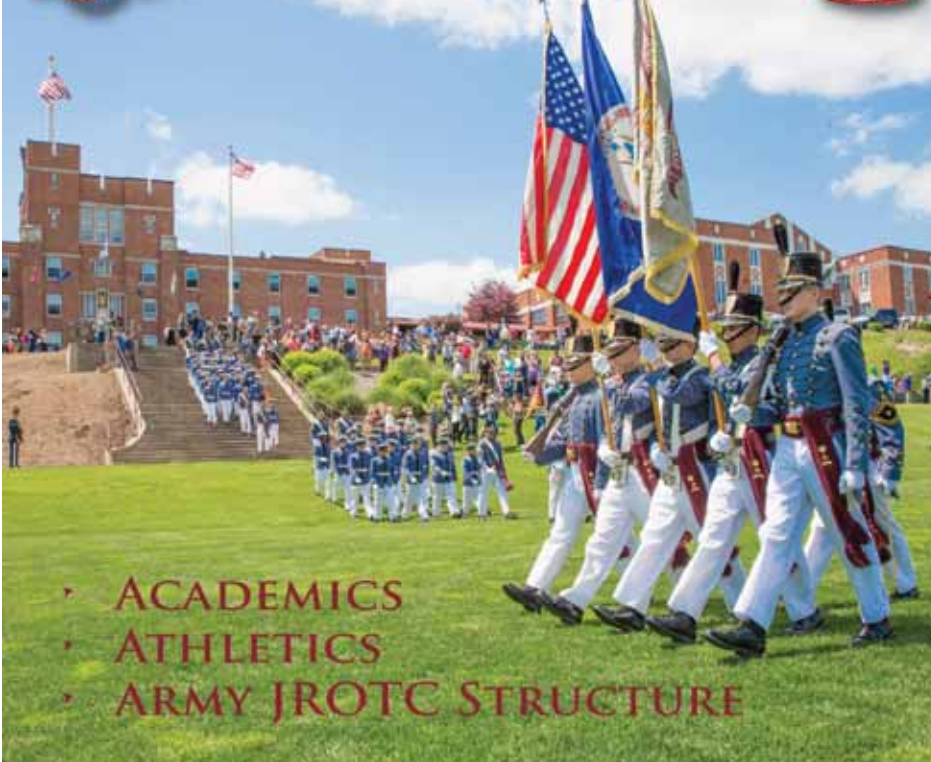
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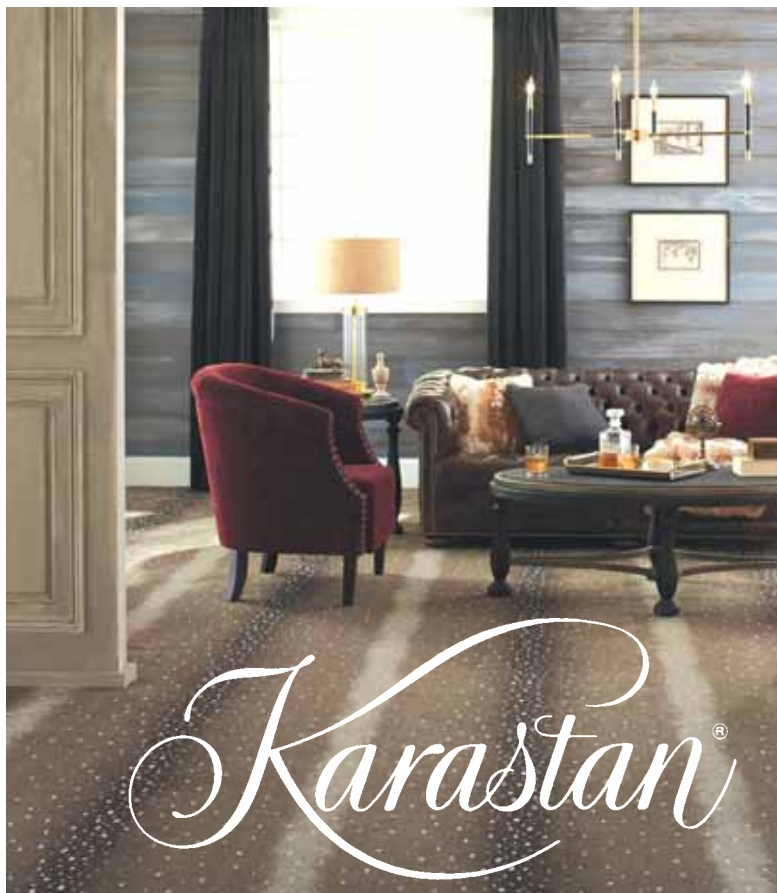
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# OPINION

## Independent Police Auditor Marks History

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

**T**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 32-member Ad Hoc Police Practices Review Commission.

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, 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 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 Center.

Read more at [www.fairfaxcounty.gov/chairman/pdf/adhoc-final-10.8.15.pdf](http://www.fairfaxcounty.gov/chairman/pdf/adhoc-final-10.8.15.pdf)

— MARY KIMM

[MKIMM@CONNECTIONNEWSPAPERS.COM](mailto:MKIMM@CONNECTIONNEWSPAPERS.COM)

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

### LETTERS TO THE EDITOR

## 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 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 unmistak-

ably 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 Super-

visors 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

## Support the Meals Tax

To the Editor:

The referendum on the November 8 ballot in Fairfax County to permit a surcharge on prepared food (a “meals tax”), if approved, will bring Fairfax into conformity with its neighbors. Montgomery County (Md.), Arlington, Alexandria, Falls Church, The City of Fairfax and the towns of Herndon and Vienna already have this tax. They are thriving.

When approved and implemented, this new revenue source will bring in an additional \$100 Million a year. Somewhere between one-quarter and one third will come from visitors to Fairfax.

This will ease pressure to raise property taxes to meet our needs, while maintaining and expanding the public services we value here.

I know I did not move to Fairfax because of the summer humidity or traffic congestion. I live and work here because of the strong jobs, communities, parks, libraries, public safety system, and the educational resources.

Since the recession and sequester, Fairfax has been struggling to maintain what makes this a great place. Our excellence is at risk. Of course, it would be wonderful if the Commonwealth would meet its obligations to us, but they have

consistently fallen short. This is the only new revenue available to us.

On November 8, I will vote and urge my friends and neighbors to

vote YES on the meals tax referendum.

Frank Blechman  
Fairfax Station

### Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

Letters to the Editor • The Connection  
1606 King St., Alexandria VA 22314  
Call: 703-917-6444.

By e-mail: [north@connectionnewspapers.com](mailto:north@connectionnewspapers.com)

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## WEEK IN VIENNA

## AREA ROUNDUPS

FROM PAGE 5

service in the 52 years that we have been operating here in the community," says owner Sharon Holland. For more information check Facebook page Merle Norman Vienna VA.

### OXANA Boutique Opens in Vienna

OXANNA – a stylish boutique, has opened in Vienna. The shop offers carefully selected, eclectic items such as fine handbags, up-tempo and classy clothing with seasonal variations – exciting accessories. OXANNA is easily reached – off Maple Avenue at the East Street stop-light; the Country Club side of Vienna. The close neighbors include restaurants Clarity and Sergio's Bonaroti. 448 Maple Avenue, East, 703-319-9100. oxannaboutique.com

### 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

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.

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## FALL FUN 2016

# Falling into Fall with Fairs and Fun

BY DONNA MANZ  
THE CONNECTION

**F**all marks the start of the festive season, the fair season, from holiday-theme events to traditional seasonal events.

Here is a preliminary schedule of fall fun ..

### Oktoberfest celebration, Saturday, Oct. 1, 11 a.m. to 7 p.m., historic Church Street corridor.

Vienna's 9<sup>th</sup> Annual Oktoberfest, hosted by the Vienna Business Association and the Town of Vienna, brings together thousands of friends and families for one day of fun for children, live music, food and drink. Beer, German food, fair-food, and more beer anchor the caboose parking lot, Church Street, and the Town Green.

Honorary burgermeister Friderike Butler is sworn in at Oktoberfest kick-off at 11 a.m., followed by the grand opening of the beer garden. Caboose Brewing Company will pour four of its own beers at \$5 a pour. Admission and most kids' activities are free.

Live entertainment is staged at three venues – the beer garden, Town Green, and at Church and Center streets – throughout the day. Rocknocos kicks off the children's musical performances at 11 a.m. Sexton's 11-piece German band performs classic Oktoberfest music from 1 to 4 p.m., and local classic rock band Fat Chance takes the stage from 4 to 6 p.m.

Contests and activities take place throughout the day. For a full schedule and more information, visit [viennaoktoberfest.org](http://viennaoktoberfest.org).

Church Street will be closed to vehicular traffic from Center to Mill throughout the day Oct. 1. In addition, Mill Street will be closed from Church to Maple, and Dominion Street will be closed from Church to Ayr Hill. All proceeds from Oktoberfest support First Night Vienna, the free family-friendly New Year's celebration sponsored by the Vienna Business Association and the Town of Vienna.

### Halloween on the Green, Saturday, Oct. 15, 11 a.m. to 12:30 p.m.

Families with young kids will find this pre-halloween event just right ... not scary but still a bit "spooky." Sponsored by Vienna Parks and Recreation and Vienna Moms, Inc., the mid-day event features seasonal crafts, games with prizes, moon bounces, a petting zoo, live entertainment, treats, and pumpkin-carving.

**Capitol Steps, the satirical troupe whose tagline is "we put the 'mock' in democracy," performs on Sunday, Oct. 23, at 3 p.m.,** Oakton High School, on behalf of Shepherd's Center of Oakton-Vienna. The fundraiser sells for \$30 pre-event, and, \$35 at the door seats are avail-



PHOTO BY ADAM KINCAID/TOWN OF VIENNA

**The 2016 honorary burgermeister, Friderike Butler, opens the beer garden anchoring the food court of Vienna's Oktoberfest sponsored by the Vienna Business Association and the Town of Vienna.**

able. Go to [www.scov.org](http://www.scov.org) for details. Oakton High School is located at 2900 Sutton Road, Vienna, off Courthouse Road.

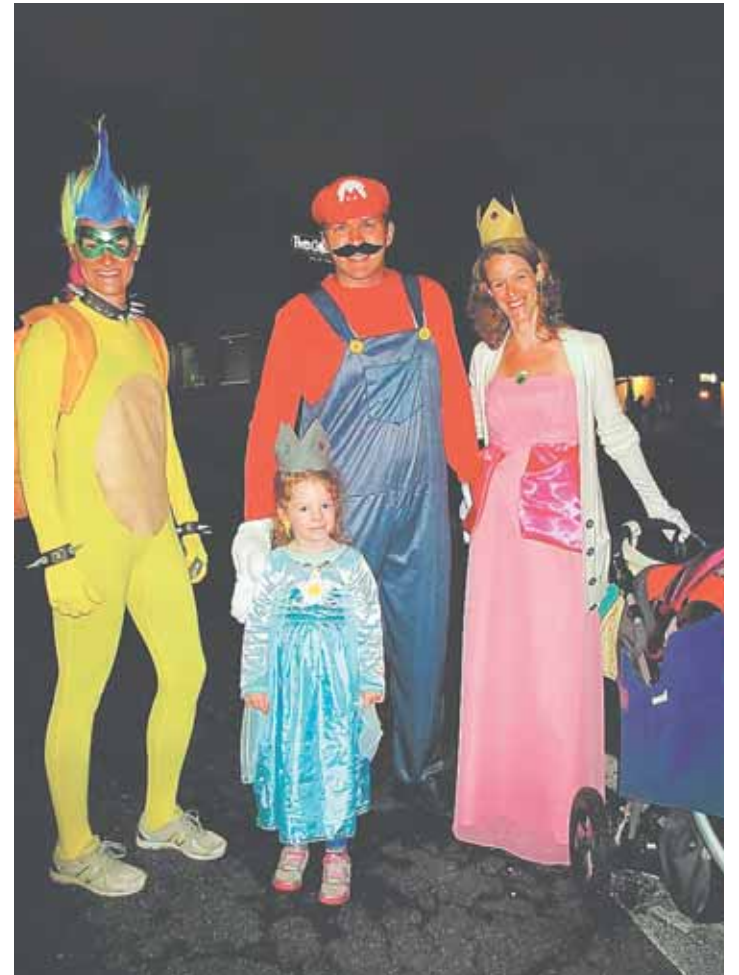
### 70<sup>th</sup> Annual Vienna Halloween Parade, "Jive Back to the 1940s," Wednesday, Oct. 26, 7p.m. step-off.

For generations, thousands of Vienna families have perched themselves along Maple Avenue, viewing one of Vienna's most anticipated events, the annual halloween parade. Dozens of bands, floats, clubs, and civic groups, motorcycles and mini-cars, parade from Branch Road to Center Street. The highlight is the hundreds of costumed kids and their families marching together. Prizes are awarded for creativity and enthusiasm. Sponsored by VBA and Vienna Parks and Recreation.

**Bark in the Park, Sunday, Nov. 6, 2 to 4 p.m.,** Vienna Dog Park, 700 Courthouse Road SW. Playtime, obstacle course, off-leash and free.

**A Bountiful Harvest, Thanksgiving celebration: dinner and live music, Friday, Nov. 18, noon to 2:30 p.m.** For mature adults, the holiday dinner is sponsored by Vienna Parks and Recreation and the Shepherd Center of Oakton-Vienna. There is a \$10 per person registration fee. The luncheon will be held at the Vienna Volunteer Fire Department, Flame Room, 400 Center Street S. Pre-

From Oktoberfest celebration to a wintry block party, there's a fun event for any age.



PHOTOS BY DONNA MANZ/THE CONNECTION

**Families don't just watch the annual Vienna Halloween Parade – they live it.**



**A young boy greets Rudolf at the Church Street Holiday Stroll.**

payment due by Nov. 9. To register, call the Shepherd Center at 703-281-0538.

**The annual Church Street Holiday Stroll, takes place Monday, Nov. 28,** along historic Church Street. Santa arrives in an antique fire truck with its sirens blaring and school choruses perform on stage across from Freeman House. Free hot chocolate and marshmallows for roasting in open-



**Along with Santa and the petting zoo, a Church Street Holiday Stroll highlight is roasting marshmallows over an open fire.**

fire pits, as well as a petting zoo, highlight the free community celebration sponsored by Historic Vienna, Inc. and the Town of Vienna. Santa and the mayor light the holiday tree early in the evening; afterwards, Santa takes his seat to listen to holiday wish lists. Merchants remain open, usually with featured specials for the "stroll."



# FUN FALL & ENTERTAINMENT

## 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](http://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](http://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](http://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](http://www.nps.gov/grfa)

### Canoe and Kayak Rentals

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/](http://www.fairfaxcounty.gov/parks/riverbend-park/)

**Fishing Rod Rentals** 8700 Potomac Hills Street, Great Falls. Rentals available during visitor center hours. Fishing tackle and live bait are available for purchase. Reservations required for group rentals. \$6/rental (2hr max). Valid driver's license required. Our rod/reel combinations are perfect for beginners and children. A Virginia or Maryland freshwater fishing license is required for persons 16 years or older. The park does not sell fishing licenses. [www.fairfaxcounty.gov/parks/riverbend-park/](http://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

SEE FUN FALL, PAGE 11



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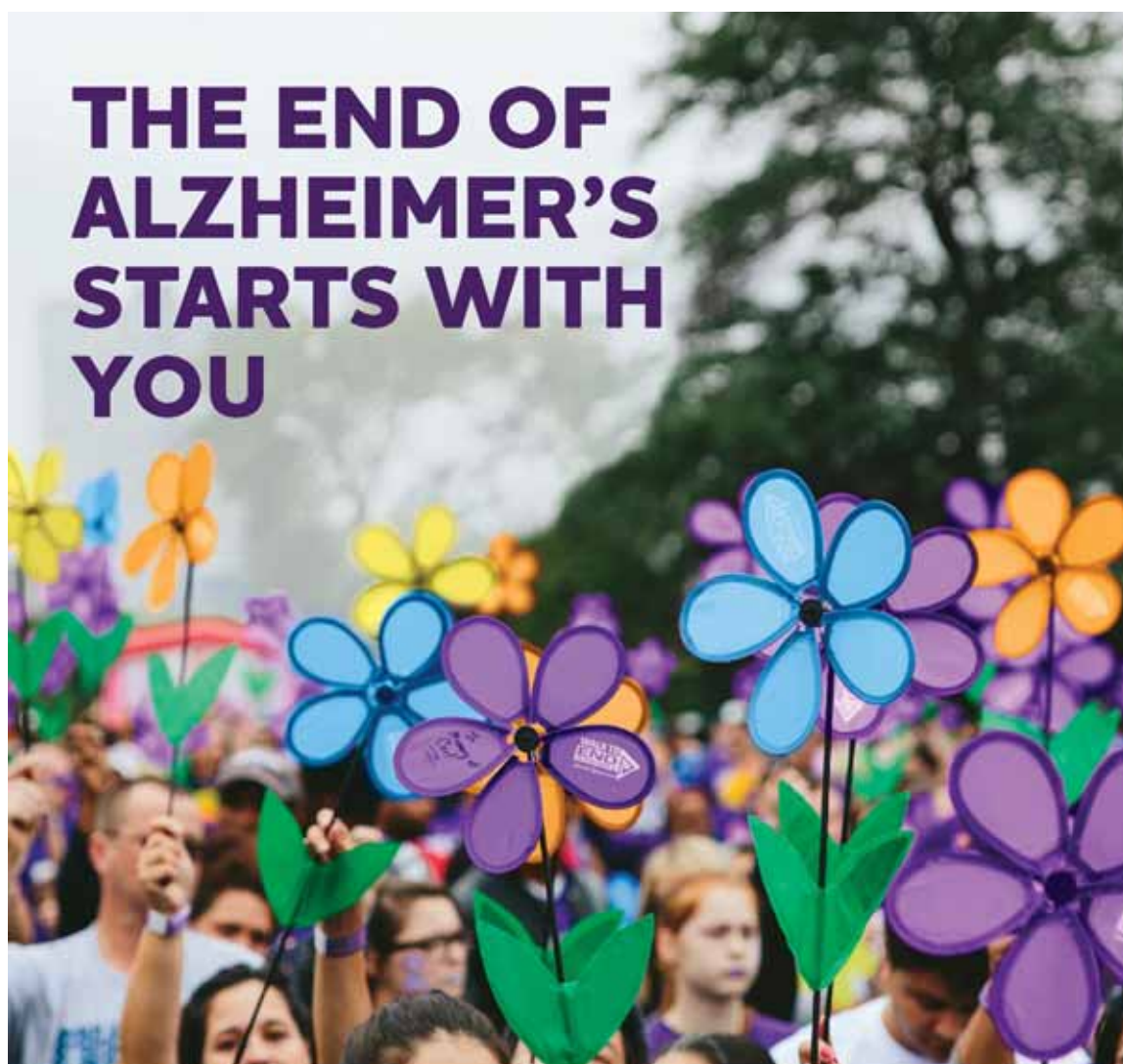


**Matthew C. Glover**  
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703.942.6714



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703.942.5631

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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](http://alz.org/walk) | 800.272.3900



**WASHINGTON INTERNATIONAL HORSE SHOW**

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VERIZON CENTER

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# FUN FALL & ENTERTAINMENT

## FROM PAGE 10

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. [historiciennainc.org/](http://historiciennainc.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](http://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/](http://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. [stfranciscountryfair.org/index.php/parish-life/country-fair](http://stfranciscountryfair.org/index.php/parish-life/country-fair). 703-759-2028.

### SATURDAY/OCT. 1

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

### 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

#### 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](http://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](http://www.1ststageTysons.org)

### THURSDAY/OCT. 6

**Celtic Fiddle Festival:** The Barnes 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/](http://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 Emergency Response System. Register at [www.preparedness5k.com](http://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 Loring Metro hosts its first Food, Wine & Art Festival to benefit the Workhouse Arts Center. Cost: Free. [www.halsteadsquare.com](http://www.halsteadsquare.com)



## 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**

**A**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 Early 2017



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## CALENDAR



### Help The Homeless 5K Walk 2016 Saturday, October 22nd Veterans Amphitheater at Fairfax City Hall 10455 Armstrong St, Fairfax



In just one morning, you can make a real impact on the lives of men and women who are homeless in Fairfax County and the Northern Virginia region. 100% of registration fees and donations go directly to provide housing and supportive services.

#### Schedule of Activities

Check-in and registration opens: 9:00am  
Program and walk begins: 10:00am

#### You Choose The Walk

A 5K through the neighborhoods of Fairfax city  
OR  
A 1.5 mile short course

To register on-line or for more information:  
[www.PathwayHomes.org/HTHW](http://www.PathwayHomes.org/HTHW) or (703) 876-0390

Send announcements to [connectionnewspapers.com/Calendar/](http://connectionnewspapers.com/Calendar/). Deadline is Friday at noon for the following week's paper. Photos/artwork encouraged.

#### 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](http://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.

**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](http://historicviennainc.org)  
**"The Way I See It" Exhibit.** Aug. 2 - Oct. 1. Vienna Arts Society Gallery, 513 Maple Ave. W, Vienna. Reston resident Bob Kaminski showcases his work in abstract and representational



PHOTO BY TERESA CASTRACANE/COURTESY OF 1ST 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](http://www.1stStageTysons.org). Note: there are a number of post-show discussions.**

styles. [ViennaArtsSociety.org](http://ViennaArtsSociety.org). 703-319-3971.

**Paint the Town.** Sept. 6-Oct. 1. 115 Pleasant St. NW, Vienna. Vienna Arts Society members exhibition. [ViennaArtsSociety.org](http://ViennaArtsSociety.org).

**Lobby Hero 1st Stage Tysons** Sept. 8 - Oct. 16 Thursdays at 7:30pm, Fridays at 8pm, Saturdays at 2 and 8pm, and Sundays at 2pm. 1st Stage in Tysons, 1524 Spring Hill Road, Tysons Corner, VA 22102. What does

it truly mean to be a hero? While struggling with a world of conflicting truths, the characters grapple with their own realities and those of the people around them. [www.1ststagetysons.org](http://www.1ststagetysons.org) or 703-854-1856.

**Golden Acrylics Workshop.** Saturdays starting Sept. 17 through Oct. 15 10 - 4 p.m. Vienna Arts

SEE CALENDAR, PAGE 13

## "How To Quickly Get Rid Of Knee Pain Without Surgery Or Medication!"

**FREE Report Reveals A Little-Known Knee Pain Removal Secret That Quickly Eliminates Knee Pain Without Drugs Or Surgery! Get Your Life Back Now! Grab The FREE REPORT By Going To The Web Address Below! (You'll Get It Instantly):**

**[www.KneePainVA.com](http://www.KneePainVA.com)**

Exclusions apply for Medicare, Personal Injury and Federal Employees.

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9:00 a.m. Holy Eucharist, Rite II  
Sunday School: preschool - grade 2  
Music: grades 3 - 7  
10:25 a.m. Sunday School Grades 3 to 6  
Music 4 years to 2nd grade  
11:15 a.m. Holy Eucharist, Rite II  
5:00 p.m. Come Just as You Are Contemporary Service  
Nursery care provided at 9:00 a.m. service  
The Rev. John C. N. Hall, Rector  
The Rev. Laura Cochran  
703-437-6530  
[www.stannes-reston.org](http://www.stannes-reston.org)  
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[www.fbcv.org](http://www.fbcv.org)

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



# CALENDAR

FROM PAGE 12

Center. 115 Pleasant Street, NW, Vienna. 5 classes: 150.00 Membership Price.

**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.

**Used Book Sale** Sept. 29 - Saturday Oct. 1. Thursday 1- 8 p.m. Friday 10 - 6 p.m. Saturday 10 - 3 p.m. Oakton Community Library 10304 Lynnhaven Pl. jgiovann@verizon.net

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

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

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

**Gentle Yoga.** Thursdays, 6:30 p.m. Emmaus United Church of Christ, 900 E Maple Ave. E, Vienna. Saturdays, 9:30 a.m. Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton. Gentle Kundalini Yoga, one free introductory session, senior discounts. Increase your flexibility, improve your breathing and health, reduce your stress. Ravi Kaur has 15 years experience teaching yoga. \$15 per session. www.edimprovement.org. 571-213-3192.

**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 is the 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

**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. stfranciscgreatfalls.com/index.php/parish-life/country-fair. 703-759-2028.

**Oktoberfest Vienna** 11 - 7 p.m. Historic Church Street Vienna, VA. 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

**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, 1<sup>st</sup> Stage in Tysons, 1524 Spring Hill Road, Tysons Corner. \$30 admission, \$27 seniors (65+), \$15 students and military. www.1ststagetysons.org



**16182 HILLSBORO RD, PURCELLVILLE** - Luxury country estate on 22 ac. Pure elegance, with every bell & whistle. 6 BR, 6 1/2 BA. Lower level suite with full living quarters & outside entrance. Gorgeous outdoor living areas; inground pool, pool house, putting green, professional landscaping. Secured entry gate, fully fenced. Whole house generator with dedicated propane tank **\$1,900,000**

Carole Taylor • 703-577-4580 • ctaylor@middleburgrealestate.com

**40850 ROBIN CIR, LEESBURG** - Custom-built stone, brick, & cedar estate on 3.54 acres w/ features & amenities for life style full of entertaining, leisure, & enjoyment. Features include heated indoor pool, sports pub, reg. racquetball court w/ hoop, audio/video system w/ 2 home theaters, rooftop deck, pic. pavilion w/ gas barbecue, potting shed, 2+ 2-car garages, & caretaker apartment. No HOA. **\$1,499,000**

Scott Buzzelli • 540-454-1399 • Scott@atokaproperties.net  
Peter Pejacevich • 540-270-3835 • Peter@atokaproperties.net

**17971 YATTON RD, ROUND HILL** - Historic Runnymede Farm, c. 1777 is totally updated for today's lifestyle. Spacious stone manor house sits on 20 beautiful acres. 4 BR, 2 FB, 3 HB. Interior stone walls, terrace. Gourmet kitchen, separate dining room with FP, tavern room with built-in wetbar, walk out to huge terrace with spa overlooking fields. Old springhouse, small barn. Entire property fenced. Very commutable, yet feels a world away. **\$1,170,000**

Carole Taylor • 703-577-4580 • ctaylor@middleburgrealestate.com

**39207 JOHN MOSBY HWY, ALDIE** - Historic home c.1803 in the heart of Aldie, beautifully restored interior, private front and back porches, stunning swimming pool with exceptional outdoor entertainment center, gazebo and hot tub, exquisite professionally landscaped gardens all beautifully manicured, brick walkways, extensive patios, fencing. Detached art studio and 2 car garage. Must see! **\$1,099,000**

Scott Buzzelli • 540-454-1399 • Scott@atokaproperties.net  
Peter Pejacevich • 540-270-3835 • Peter@atokaproperties.net

**35653 MILLVILLE RD, MIDDLEBURG** - NEW PRICE! Lovely 4BR/3.5BA home w/spacious rooms on 18+ acres just minutes from Middleburg. Two-stall barn/tack with four stone/board-fenced paddocks, terrific rideout. Middleburg Hunt. Enhanced by high-speed Internet, whole house generator, extensive invisible fencing. Mountain views, soaring magnolias, wonderful gardens. **\$945,000**

Walter Woodson • 703-499-4961 • wnwoodson@gmail.com

**MORGANS MILL RD, BLUEMONT** - 147 acres! 4 lots, 4 building rights, recreation or hunting paradise! Presently in forestry-wooded mature forest (value in lumber), potential conservation easement/tax credits, trails, potential views, tree stands, access to appalachian trail and no covenants or restrictions! Includes lots 33-a-6a, 33-a-6b, 33-a-6c. **\$799,000**

Joy Thompson • 540-729-3428 • Joy@joythompsonhomes.com

**23432 DOVER RD, MIDDLEBURG** - Lovely, well built, 4 BR brick colonial. Newly renovated kitchen, 3 acres, slate roof, house & grounds exceptionally well maintained. Minutes from Middleburg. Swimming pool off back terrace. Paved driveway. Small 3 stall stable with at least 2+ acres that could be fenced for horses. **\$799,000**

Scott Buzzelli • 540-454-1399 • Scott@atokaproperties.net  
Peter Pejacevich • 540-270-3835 • Peter@atokaproperties.net

**15210 SHANNONDALE RD, PURCELLVILLE** - Very unique property custom built by artist! 12+ acres, incredible views and privacy, gorgeous family room with beautiful stone FP, wood floors, cathedral ceiling, loft with landing, lovely kitchen with built-in seating, huge art studio with separate entrance, main level master with wool carpet and lovely master bath, finished LL, den with stone FP, 2 bedrooms, full bath, & walk out, 2 car garage, deck, & pond. **\$749,000**

Joy Thompson • 540-729-3428 • Joy@joythompsonhomes.com

**23302 DOVER RD, MIDDLEBURG** - Only minutes from the town of Middleburg. Beautifully set on 3 acres with a huge back yard, fenced pool, & mature landscaping. 5 bedroom, 4 baths, large rooms, great for entertaining. Many updates include updated kit, new carpeting throughout, new paint interior & exterior, updated roof, & updated floors! Basement includes kitchenette, living space, garage & laundry room. **\$729,000**

Scott Buzzelli • 540-454-1399 • Scott@atokaproperties.net  
Peter Pejacevich • 540-270-3835 • Peter@atokaproperties.net



## Jacuzzi Truckload Sale





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Leesburg 703-777-1170 | Ashburn 703-436-0077






## 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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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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## BULLETIN BOARD

To have community events listed in the Connection, send to [connectionnewspapers.com/Calendar/](http://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](http://www.viennapres.org), or send an email to [Passages@ViennaPres.org](mailto: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](http://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](mailto:Lisa.Callahan@fairfaxcounty.gov). Also visit [www.fairfaxcounty.gov/dfs/olderadultservices/litombudsman/](http://www.fairfaxcounty.gov/dfs/olderadultservices/litombudsman/).

## FAITH NOTES

Faith Notes are for announcements and events in the faith community. Send to [vienna@connectionnewspapers.com](mailto: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](http://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](http://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](mailto: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.

21 Announcements

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**Jim Corcoran and the E.C.'s perform karaoke. Corcoran is President and CEO of the Northern Virginia Chamber of Commerce.**



PHOTOS BY STEVE HIBBARD/THE CONNECTION

**The team from Interstate Van Lines in Springfield.**

# Nova Chamber of Commerce Hosts Char-a-oke

**Event raises \$5,000 for the Community Foundation for Northern Virginia's Future Fund.**

About 150 people attended the sixth-annual Char-a-oke Charity Karaoke hosted by the Northern Virginia Chamber of Commerce on Thursday, Sept. 22 at The Barns at Wolf Trap in Vienna. Ten teams paid \$500 each and individuals paid \$40 for the chance to sing karaoke, helping to raise about \$5,000 for the Community Foundation for Northern Virginia and its Future Fund to support various nonprofits in the Northern Virginia area.

"It's a great event to bring people together to support the local community while engaging employees at the same time," said Sarah Mitchell, Event Manager with the Northern Virginia Chamber of Commerce.

After the spirited performances, prizes were awarded for Best Vocals to Calibre Systems; Best Rendition to Interstate Moving; Most Spirited to Evans Incorporated; and Crowd Favorite to Mohamed Hafez of IntelliDyne LLC.

— STEVE HIBBARD

**Rachael Ander, Co-Chair of the Community Foundation for Northern Virginia and its Future Fund.**



**About 150 people attended the sixth-annual Char-a-oke Charity Karaoke hosted by the Northern Virginia Chamber of Commerce on Thursday, Sept. 22 at The Barns at Wolf Trap in Vienna.**



**Leidos of Reston performs karaoke.**



**White 64 of Tysons Corner performs "White Noise."**



**Mohamed Hafez of IntelliDyne of Tysons Corner.**