

2015  
VICTORIA  
PRESS  
ASSOCIATION  
Annual Meeting  
Newspapers

# Great Falls CONNECTION

Rotary Brings  
Oktoberfest to  
Great Falls

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10th District Race

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Jenn Mastran, Susan  
Kurtz, Dylan Kurtz  
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PHOTO BY JOAN BRADY

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OCTOBER 26 - NOVEMBER 1, 2016

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PHOTO COURTESY OF COMSTOCK CAMPAIGN

**Rep. Barbara Comstock, the Republican incumbent in the 10th District Congressional race, met with members of the Indian-American community during a Meet and Greet Sunday at the home of Fairfax resident Amod Desai.**



PHOTO BY VICTORIA ROSS/THE CONNECTION

**LuAnn Bennett, the Democratic challenger in Northern Virginia's heated 10th Congressional district race, rallies volunteers at a Canvass Kick-Off event in Great Falls Sunday morning. She was joined by Maryland State Sen. Jamie Raskin (left), who delivered brief remarks to rally volunteers.**

## Race Tightens in Heated 10<sup>th</sup> District

**Comstock, Bennett crisscross Northern Virginia in all-out effort to reach key voters.**

BY VICTORIA ROSS  
THE CONNECTION

**I**t's a few minutes before 9 a.m. Sunday morning, and LuAnn Bennett, the Democratic candidate for the 10<sup>th</sup> District Congressional seat, is sipping coffee in her stocking feet and greeting volunteers arriving at the Great Falls home of Mary Yang.

Bennett, a newcomer to politics seeking to unseat one-term incumbent Republican Barbara Comstock, appears comfortable and confident in her role as candidate.

Unfazed by the boisterous children sliding across Yang's spacious basement floor, Bennett is forceful when she addresses the crowd of shoeless volunteers (Yang's house rules) heading out to canvas Democratic supporters and make sure they turn out to vote on November 8.

She delivers a brief, energetic stump speech, touting her background as a small-business owner and working mom from McLean.

"I will bring those real-life skills to Congress," she says. "Somewhere along the line, elected officials stopped focusing on governing and started focusing on money. Governance has gotten lost in the shuffle and we need to get it back."

**IN THE FINAL**, frantic days of the one of the most unpredictable and unprecedented elections in modern history, both candidates spent the blustery fall weekend crisscrossing the sprawling, diverse 10th district -

meeting residents, rallying volunteers and campaigning hard for voters' support.

Comstock, known as an indefatigable campaigner, ended her long weekend in Fairfax, at a "Meet and Greet" with members of the Indian-American community at the home of Fairfax resident Amod Desai.

"She is the one person who understands the dynamics of this district, the issues, the culture, what's important," said Puneet Ahluwalia, a Fairfax County Republican official who organized Sunday's event. "She has been a presence in our community since she was a delegate...Her inclusivity has made a dramatic difference to us, especially with impressionable children."

"Our kids got the opportunity to share their thoughts directly with a Congresswoman," said Abhijit Adhikari, who also attended Sunday's Meet and Greet.

Both candidates began the weekend with a joint appearance at the ADAMS (All Dulles Area Muslim Society) in Sterling on Friday evening. Earlier in the day, the American Muslim Women Political Action Committee (AMW PAC) endorsed Bennett in the race against Barbara Comstock.

This is the first Congressional candidate the AMW PAC has ever endorsed, said Mirriam Seddiq, founder of AMW PAC, adding that "we truly believe that Ms. Bennett will be a strong ally for Muslim women in Congress."

Each candidate had some breaking news to share with supporters this weekend.

On Saturday, Comstock was buoyed by two key endorsements. The Winchester Star praised Comstock for knowing and working with her diverse constituencies. She also received the endorsement from the editorial board of The Washington Post, which surprised many Democrats, since the paper had never endorsed Comstock in the past.

"Yes, it was a little surprising to me,"

Comstock said during a phone interview on Monday. "To get both of these endorsements...it demonstrates our depth and breadth of knowledge and our broad support across our district."

"It is a crazy time, but I'm energized by all the challenging work," Comstock said. "That's why I make sure to make those relationships and keep those partnerships throughout the district. People know me, and it's a privilege to help them."

In Comstock's latest ad, which her campaign released Tuesday, she looks directly at the camera and touts her ability to work across the aisle. The ad features the banner "Endorsed by The Washington Post" at the end. Comstock's campaign emphasized that it was a "100 percent positive" ad, in a political season which has featured much negativity.

"While others seek to divide us I get results that unite us," claims Comstock in the spot. "I approve this message because working together...works."

Bennett's campaign got a boost from a Democratic poll which showed her leading Comstock for the first time, by 46 to 42 percent, among likely voters. Pollster Expedition Strategies in September had shown Bennett behind by four points.

That recent poll was conducted Oct. 10-12, after the revelation of GOP presidential candidate Donald Trump's hot-mic comments boasting about groping and kissing women. There has been much speculation that problems with Trump's candidacy will hurt "down-ticket" Republicans like Comstock.

After Trump's comments were made public, Comstock issued an unequivocally scornful statement, calling Trump's comments "vile, disgusting, and disqualifying," and declaring she would not endorse or vote for Trump. She also made it just as clear

she would not vote for Democratic nominee Hillary Clinton.

**THE 10TH DISTRICT** Congressional seat has been held by Republicans for many years. Comstock won the election in 2014 to replace her former boss, Frank Wolf, who had been in office since 1981. However, the District voted for Barack Obama in both the 2008 and 2012 presidential elections and is viewed by many political analysts as a swing district which reflects the changing demographics which have made Virginia a swing state. The Cook Political Report, a non-partisan election tip sheet, moved the Comstock-Bennett race from "lean Republican" to "toss up" on Wednesday, Oct. 19, citing Trump's unpopularity in much of the district. The apparent tightening of the Virginia 10<sup>th</sup> district race has attracted attention nationally. Both candidates have benefited from spending by outside groups, which have poured more than \$3.7 million into the race, according to data compiled by the Virginia Public Access Project.

Bennett has the support of Emily's List, whose President Stephanie Schriock campaigned for Bennett last weekend. The Congressional Leadership Fund, a super PAC supporting House Republican candidates, announced Friday an additional \$1.2 million for cable, broadcast and digital advertising in the district, bringing the GOP super PAC's total spending there to \$2.7 million. Democrat Jamie Raskin, who is likely to win his own Congressional race in Maryland's 8<sup>th</sup> District, spoke to Bennett's gathering in Great Falls on Sunday, and participated in the door knocking that followed.

The Democrats holding the three statewide offices in Virginia, Gov. Terry McAuliffe, Lt. Gov. Ralph Northam and Attorney General Mark Herring, recently hosted a fundraiser for Bennett at a winery.



**VOTE TUESDAY, NOV. 8!**

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For 35 years, Barbara Comstock has lived, worked, raised a family, started a business and served as both Delegate and Congresswoman in the 10th District. Whether it was her work as a senior Justice Department official, a small businesswoman, a Mom at home, a senior aide and counsel in Congress, a Member of the House of Delegates or now as our Congresswoman, Barbara knows the challenges facing the 10th District because she has lived them with us and fought for us to get results on our priorities.

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- › Started two Heroin Task Forces to battle the heroin scourge in our communities and advancing legislation to increase education, treatment and prevention.
- › Started the "10th Congressional District Young Women Leadership Program" for junior high and high school young women.

**"I ask for your vote on  
Tuesday, November 8th.**

As your Congresswoman, I will continue to work tirelessly to strengthen our national security and protect us from terrorism; advance breakthroughs in 21st century cures for chronic diseases such as cancer, Alzheimer's and diabetes; promote a 21st century economy with more opportunity and higher wage jobs; provide transportation funding and solutions; and fight the growing problem of human trafficking and heroin abuse in our community."

*Barbara Comstock*

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## WEEK IN GREAT FALLS

### Halloween Spooktacular in Great Falls

The Halloween Spooktacular will be held at Great Falls Village Green and Great Falls Center on Monday, Oct. 31, 5-7 p.m., with Pet Parade at 4 p.m. (all dogs must vacate the green by 4:50 p.m.)

The Spooktacular was launched more than 25 years ago to provide younger children (12 and under) with a central, convenient place in Great Falls to have fun trick or treating.

❖ Boy Scout Troop 55 will create some spooky fun for everyone in the Haunted House;

❖ The Langley Marching Band joins us in the Wells Fargo parking lot;

❖ Linda Waitkus of Great Dogs of Great Falls is leading the Pet Parade starting at the Gazebo;

❖ Look out for the Great Falls Volunteer Firefighters in the Safeway parking lot.

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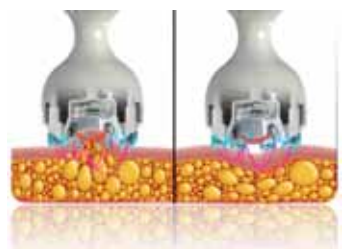


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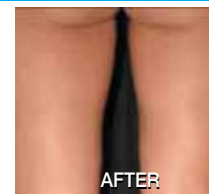
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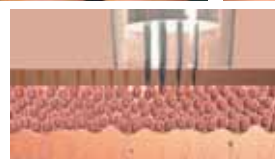
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# OPINION

## Bulova: Vote Yes A legally binding commitment that 70 percent would go to the Fairfax County Public Schools.

BY SHARON BULOVA  
CHAIRMAN, BOARD OF SUPERVISOR

I was elected chairman in 2009, just as the Great Recession settled over this country like a stubborn storm cloud. The market value of property in Fairfax County plummeted, resulting in historic reductions in both residential and commercial tax revenues. At the same time, more people than ever turned to the county for assistance. Former County Executive Tony Griffin's prediction, in the throes of the Recession years, that "this will be our new normal" has proven prescient.

Recovery from the recession has been sluggish, exacerbated by the effects of sequestration and cutbacks in our commercial sector's bread and butter, federal contracting. To maintain fiscal equilibrium; real estate tax rates were raised, hundreds of millions of dollars were eliminated from the budget, salaries were frozen and reductions-in-force require our workforce to do more with less. County cost-cutting measures that were accepted as necessary when the Recession first materialized eventually have caused some "fraying around the edges," per The Washington Post, (April 2, 2016). I am providing this backdrop to lend some context to our board's decision to put the question of a meals tax to

the voters.

In Virginia, towns and cities are allowed a greater array of revenue tools, including the right to adopt a meals tax. Most cities and towns within and around us have a meals tax: Alexandria, Arlington, Herndon, Vienna, Falls Church, Fairfax City, Leesburg, and Manassas. Counties on the other hand must rely primarily (almost 80 percent of our budget) on real estate and property taxes to provide local services. Other revenues are capped or controlled by the state.

Counties in Virginia (which were rural farmland when early tax authorities were allocated) are only able to implement a meals tax following a successful voter referendum. This question will be put to Fairfax County voters on Nov. 8.

If the referendum is successful, and a 4 percent tax on restaurant meals and prepared foods is adopted, it would raise almost \$100 million, equivalent to over 4 cents on the Real Estate tax rate. The language on the ballot question becomes law and revenue from the meals tax must be used per the ballot language.

If authorized by the voters, the Board of Supervisors would hold a public hearing to adopt an ordinance defining specifics of the tax. Already we have made the legally binding commitment that 70 percent would go to the

Fairfax County Public Schools. The School Board has committed that its share, estimated to be about \$70 million in new funding, would be used primarily to address teachers' salaries, which have lagged behind those in neighboring jurisdictions. Fairfax County today is spending \$800 less per pupil than in 2008.

The remaining 30 percent would go toward other county needs, including public safety, parks, libraries, and mental health. The meals tax is intended to diversify and enhance county revenue — to supplement and not supplant — support for school and county services.

While our county continues to work hard to identify efficiencies and to stimulate our commercial tax base, we are also hoping to diversify the local revenue available to provide the quality services our residents value and rely upon — top notch schools, safe communities, and compassionate human services.

I am proud to lead Fairfax County, one of the best-managed, safest and well-educated jurisdictions in the country. Residents love Fairfax because of our great schools and because we are a safe and welcoming community. Maintaining that quality is a top priority for the Board of Supervisors and our partners on the School Board. It isn't, however, a simple or easy job given constraints under state law.

I hope you will vote "yes" on the meals tax referendum on Nov. 8.

### COMMENTARY

## Rotary Brings 206-Year Oktoberfest Tradition to Great Falls

BY ROZ DRAYER

Did you know that the original Oktoberfest in 1810 was a wedding party? That's right! Bavarian Crown Prince Ludwig organized the first Oktoberfest to celebrate his marriage to Princess Therese von Sachsen-Hildburghausen. People enjoyed the celebration so much he continued throwing the party each year thereafter.

In 1818, a carousel and two swings were installed for the party-goers who were also entertained by tree climbing competitions, wheelbarrow and sack races, mush eating contests, barrel rolling races, and goose chases. By 1870s, mechanical rides were added to the festival and in 1908, Germany's first roller coaster appeared at Oktoberfest.

Today, Oktoberfest is known as much for its amusement park atmosphere and traditional folk music as it is for its beer drinking. It has also expanded from the 3-day wedding celebration to a 16-day party that begins in September and ends on the first Sunday

in October. Over 6 million people from all corners of the world join the celebration. Each year they collectively consume about 1.5 million gallons of beer, 200,000 pairs of pork sausage, and 480,000 spit-roasted chickens.

I attended my first Munich Oktoberfest in 1976 while spending my sophomore year of college in Innsbruck, Austria. Hitch-hiking the 90-minute Autobahn stretch from Innsbruck to Munich, I connected with several fellow students for an unforgettable immersion into Bavarian Oktoberfest culture. Later as a student in Freiburg, Kiel and Saarbrücken, and while working in Berlin and Munich for 7 years, visiting Oktoberfest was always a "must." The atmosphere in the tents - where upwards of 5,000 people clang beer mugs and sing "Ein Prosit Ein Prosit" - is electrifying. While living with my family in Munich (2002-2006) we were pleasantly surprised to learn that the local schools even had a day-off so the school kids could go to enjoy all the Oktoberfest festivities!

Traveling to Munich is, however, too time-consuming or costly for

**A flyer announcing Rotary Club of Great Falls' Oktoberfest on Saturday, Oct. 29, at the Riverbend Golf & Country Club.**



many. So the Rotary Club of Great Falls, and its foundation, are bringing a genuine Oktoberfest experience here. On Oct. 29, 5 p.m. to midnight, the first Rotary Club of Great Falls Oktoberfest Fundraiser will take place at the Riverbend Golf & Country Club. This will be a great night of Bavarian music (2 big bands), Schuhplattler Bavar-

ian dancing, yodeling, and unlimited German beer, wine and food. Tickets are \$100 per person and proceeds (after event costs) go to support the local and international service activities of the Rotary Club of Great Falls and our teen Rotary Interact Club. To buy tickets go to <http://rgfoktoberfest.brownpapertickets.com/>.

## Great Falls CONNECTION

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## CONNECTION FAMILIES

# Teaching Gratitude and Charitable Giving

Experts offer suggestions for instilling these practices in children.

BY MARILYN CAMPBELL  
THE CONNECTION

As the holiday season approaches, many begin to think about expressing thankfulness and giving to those who are less fortunate. Teaching gratitude and establishing a sense of charity in children also becomes a priority for many parents.

Those lessons should begin long before it's time to put the turkey in the oven or trim the tree, however. Experts say practicing gratitude and demonstrating charitable giving year-round in age-appropriate ways are keys to raising compassionate children.

In fact, regular conversations between parents and children about charitable giving and gratitude increase the chances that youngsters will be willing to give to charity, according to a recent study. Research from the Women's Philanthropy Institute at Indiana University's Lilly Family School of Philanthropy showed that children whose parents spoke to them about the importance of giving to those in need were 20 percent more likely to give than those who parents did have such conversations.

"The conversations don't need to be formal or contrived," said Marcia Rosen, a marriage and family therapist in Bethesda, Md. "They can be as simple as sharing an experience about helping a friend who might need help running an errand, so we change our plans so that we can give the gift of our time to a friend. There are plenty of examples all around us everyday."

"The ability to empathize and take another's perspective increases as a child gets older and less egocentric," said Dr. Linda Gulyn, a professor of psychology at

**Local charities such as Interfaith Works offer families a variety of opportunities for benevolence this holiday season.**



PHOTO COURTESY OF INTERFAITH WORKS

Marymount University in Arlington. "For example, make a thank you note to grandma for the birthday gift. With little kids, there might be a positive consequence for writing a note, for example [saying] 'After you write the note, we can watch the video.' As kids get older, have them take Grandma's perspective: 'You know how it feels to be appreciated, don't you?'"

Encourage children to find their own ways to express gratitude and give charitably. "For example, when thanking their soccer coach for helping them all season, have them come up with ways to thank him, even if it's clumsy or kid-like," said Gulyn. "[Parents] often do it for them. For example, parents take up a collection of money from other parents and then they buy and present a fancy gift to the coach, and the kids are not that involved."

"Gratitude often relates to expectations and entitlements," said Amy L. Best, chair

of the Department of Sociology and Anthropology, George Mason University. "It is important that young people develop some sense of entitlement. They are entitled to dignity and have rights of care. Without a sense of entitlement, claims to care, recognition, justice and dignity are more difficult to articulate. But too much entitlement can elevate expectations to too high a level so that disappointment prevails and gratitude is difficult to muster."

Children must learn to be in the moment to take those chances, however. "Dwelling too much in the past, through endless rumination for instance, or always looking to the future undermines our ability to just be, to soak in and soak up a moment," said Best. "Consideration of past, present and future should be in healthy balance. Young people are often pressured to focus on the future, and some feel a sense of hopelessness to-

**"It is important to understand the suffering of others and to feel a sense of empathy toward the struggles of others to feel gratitude."**

— Professor Amy L. Best, chair of the Department of Sociology and Anthropology, George Mason University

ward the future. Both make it difficult to be in the moment.

"Cultivating mindfulness of self and your connection to others and the world is important," she added. "It is important to understand the suffering of others and to feel a sense of empathy toward the struggles of others to feel gratitude. Too much ambivalence toward others, or too focused on the self, makes it difficult to cultivate a disposition of gratitude."

Local charities offer a variety of options for families interested in giving this holiday season and throughout the year. Interfaith Works, a Montgomery County, Md. nonprofit organization with a goal of meeting the needs of the poor and homeless, holds annual drives for coat and cold-weather gear including mittens, scarves and hats. The organization is opening a new women's homeless shelter and is in need of supplies. "We need things like sheets, blankets and pillows to make the women feel at home and welcomed when they move into their new residence," said Charlotte Garvey of Interfaith Works. "So families can shop online for the ladies."

For more information, visit [www.iworksmc.org](http://www.iworksmc.org).

## Making Sandwiches for Martha's Table

Churchill Road Elementary School continued its long-standing community service tradition by making sandwiches for Martha's Table, a nonprofit organization in Washington, D.C. that serves sandwiches to those in need. On Wednesday, Oct. 19, more than 100 Churchill Road first, and third and fifth graders, along

with family members, banded together to make 2,000 sandwiches during the initial sandwich-making event of the year. The sandwiches were warmly received by the volunteers at Martha's Table when delivered by the PTA Community Service Committee co-chairs Robin Hoeymans and Sarah Walter.



Churchill Road third graders Beck Heberlig, Timothy Sedaca and Logan Schwartz were part of a production line while making sandwiches for Martha's Table.

PHOTO BY KIM MORAN



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# CALENDAR

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. There will be pumpkins, gourds, cornstalks, mums, pansies, and star bales. We will also have moon bounces, giant scarecrows, haunted buses, pipes for kids to go through, and weekend concessions. [meadowfarms.com](http://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.

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

**National Parks Photography** Oct. 3 through Oct. 31 During Great Falls Library Hours 9830 Georgetown Pike. "Shapes and Colors of our Southwest National Parks" Photography exhibit by Dee Leggett capturing gorgeous shapes and colors of the beautiful scenes in many of our National Parks and Monuments. Cost: Free. [DeeLeggettPhotography.vpweb.com](http://DeeLeggettPhotography.vpweb.com)

**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/)

**Great Falls Studios Virtual Gallery** Open online 24/7 at <http://www.greatfallsstudios.com/copy-of-virtual-gallery> for the month of October. The gallery features the member artists participating in the Great Falls Studios 2016 Art Tour. During the month of October, in the Large Meeting room at the Great Falls Community Library, 9830 Georgetown Pike, GF, member artists participating in the Art Tour are on display. The exhibit will be open during regular library hours.

**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.

**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. [greatfallsart.org/artwalk/](http://greatfallsart.org/artwalk/)

**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

## WEDNESDAY/OCT. 26, 2016

**The Cinderella Dream Celebration at Karin's Florist** begins at 3:30 p.m. located at 527 Maple Avenue East in Vienna. 70<sup>th</sup> annual Vienna Halloween Parade in a horse-drawn Cinderella carriage adorned in thousands of fresh flowers. A special guest will also be joining the royal couple. A lucky little girl will be chosen via social media contest to ride in the Cinderella carriage with

SEE CALENDAR, PAGE 15

## HALLOWEEN 2016 PREVIEW

### WEDNESDAY/OCT. 26, 2016

**70th Annual Vienna Halloween Parade** 7 p.m. Maple Avenue, Vienna. "Celebrating 125 Years of the Town of Vienna" come in costume to celebrate Halloween. [Viennava.gov](http://Viennava.gov)

### FRIDAY/OCT. 28, 2016

**Spooktacular.** 6:30-8 p.m. Herndon Community Center, 814 Ferndale Ave., Herndon. Enjoy ghoulish games, a spooky craft and a children's show. Fee: \$10/child in advance or \$15/child on day of event. [www.herndon-va.gov](http://www.herndon-va.gov)

**Bradley Farm Haunted House** Friday & Saturday 6 - 10 p.m. 13159 New Parkland Drive, Herndon. The guided tours are \$5 [www.BFHauntedHouse.com](http://www.BFHauntedHouse.com).

### SATURDAY/OCT. 29

**Clifton Haunted Trail** 7 - 10 p.m. in the historic town of Clifton. Admission: Ages 13+ \$15 Ages 12 and under \$10. [www.cliftonhauntedtrail.com/](http://www.cliftonhauntedtrail.com/)

### SATURDAY/OCT. 29 - OCT 31

**Roer's Zoofari Trick-Or-Treat 5 - 7 p.m.** 1228 Hunter Mill Rd. Vienna. Roer's Zoofari welcomes families from all areas to a new way of trick-or-treating this year. Kids can trick-or-treat for candy and treats, bounce around in our kids zone, and meet bugs at our creepy crawl station. Admission: \$10 per child, free for adults. [www.roerszoofari.com/](http://www.roerszoofari.com/)

### SATURDAY/OCT. 29

**Howl-O-Ween at Lake Anne, 1-3 p.m.** Plaza Activities. Free. Join us on the Plaza dressed in Halloween flair (adults + pets) for a Howling good time! Dogs, cats, and all types of furry friends are welcome to participate. Pet Costume Contest starts at 1:30 p.m.: Pet Parade, Live DJ, Pet Friendly Beer Garden, Window Decorating Contest, Yappy Hour Specials from 1-5 p.m., Treats, Tricks & More From Local Merchants. [www.lakeanneplaza.com](http://www.lakeanneplaza.com)

### SUNDAY/OCT. 30

**Trunk or Treat Great Falls United Methodist Church** 11 a.m. 10100 Georgetown Pike in the church parking lot. Children are invited to wear Halloween costumes and go from trunk to trunk to collect candy. There will be refreshments, games and face painting. [umcgreatfalls.org/](http://umcgreatfalls.org/)



Visit Our Information Center at 1212 W Broad St Community Opening Early 2017

## Making Decisions for an Older Adult When It Feels Like There's No Good Option

with Housecall Doctor Steve Simmons & Eldercare Consultant Jodi Lyons


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Families of an aging loved one often reach a point where they know their loved one needs a lifestyle change. Glaring signs of decline—such as poor hygiene, frequent falls or social withdrawal—beg for attention. Memory loss or other dementias can be cause for even greater alarm. Unfortunately, guilt, grief, confusion or overwhelm can get many families stuck looking for help before they ever get started. All the while, the deterioration continues.

Join us for advice, information and reassurance from a housecall physician who specializes in working with homebound older adults and those with complex medical needs; an eldercare industry leader who specializes in helping seniors and their families make ideal lifestyle decisions; and a colleague who experienced the process with her own family and has helped hundreds of others as they've done the same. You'll learn how to:


- Understand the main challenges of making transitions
- Anticipate where transition points are likely to be, and how to incrementally plan for them
- Realistically assess your resources (including time and money) and seek financial assistance
- Get "unstuck" when you find yourself immobilized
- Manage stress effectively and care for the caregiver
- Identify and implement a "good" decision



**Steve Simmons, MD,**  
**DocTalker Family Medicine**  
Dr. Steve is a physician who makes housecalls to bring medical care to homebound adults.







**Jodi Lyons**  
**CEO, Senior Sherpa**  
Jodi is an eldercare consultant who helps older and special needs adults across the country find care.



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**11:15 a.m.** Holy Eucharist, Rite II  
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 MIDWEEK SERVICES, WED. 7:00 PM**





Charity ride participants with the dog Shiloh.



Randy Powers with Morgan.

PHOTOS BY JOAN BRADY

## Great Falls Cycle Studio and Dylan Kurtz Pedal for Paws

BY JOAN BRADY

**J**ennifer Mastran and Danielle Saunders opened Great Falls Cycle Studio in 2015 with the intention of becoming a place the community could come to feel good.

While they have donated class passes to several charities in the past, they were so moved by 12-year-old Dylan Kurtz's desire to raise money to benefit paws4people®, a non-profit that works with prison inmates to train service dogs for children, young adults and veterans, they offered to hold a special benefit class.

The weather was beautiful on Saturday, but that didn't deter participants from enjoying the \$20, 30-minute studio ride. All proceeds were donated to paws4people®. Mastran says that, "[she] loved the wonderful energy that was created; people caring about a cause and encouraging each other to come out and cycle."



Jenn Mastran and Dylan Kurtz.

**KURTZ**, who was on hand to talk about his interest in paws4people, was pleased with the turnout, "The class was full and everyone had a good time," he says.

Miami Phillips, paws4people combined federal campaign director and his wife, Shelly, Pay-it-Forward Advocate manned a table outside the studio, to talk about paws4people and to support veteran and Fredericksburg resident, Randy Powers who greeted everyone and spoke of the impact that having a service dog has had on his life.

Powers, who was injured while on assignment in Beirut in 1983, says it took 25 years for those injuries to catch up with him. Today he has problems with his mobility and

pain that at one time consumed him.

It wasn't until he joined his wife, Donna, in her volunteer work with paws4people, that he realized how assistance dogs were changing lives. They were helping out with a training with clients and their dogs in Wilmington, N.C. when he says he fell in love with the dogs as he watched them interacting with their "person." And it wasn't just the dogs, he remembers, "[being among paws4people clients, staff and dogs] felt very much like a military family— never a stranger in the room."

As a volunteer, Powers was training Morgan, one of the assistance dogs, when he stumbled. Morgan kept him from hitting the ground, helping him to avoid embarrass-



Miami Phillips, Shelly Phillips, Jenn Mastran, Dylan Kurtz with Goose and Shiloh at the paws4people fundraiser last Saturday at the Great Falls Cycle Studio.

ment and injury. In that moment, he realized that Morgan might be able to change his life, the way he had seen other paws4people assistance dogs change the lives of others.

Today, Morgan does lots of things for Powers including picking up his cane, pulling off his socks, providing support to help him out of chairs and even picking up dirty clothes and putting them in the laundry. But most meaningful to Porter that making sure that MORGAN is happy means ensuring she gets enough exercise and that keeps Porter moving too.

Learning about the struggles faced by paws4people clients, the children and veterans, has made a significant impact on Kurtz. "Dylan has learned so much through this experience beyond he has the power to help make a difference. His two events took a lot of planning and organization. He had to determine which local businesses he wanted to partner with and then approach them. And, he had to learn how to leverage social media to promote his events," says his mom, Susan. But 12-year-olds can't make a difference alone. Susan and her husband, Jonathan, have been happy to guide, support and provide chauffeur services as needed. Of the experience, Susan says, "While, as you can imagine, not all of it was easy, it's been a great experience that we got to share."

**THE GREAT FALLS CYCLE STUDIO** benefit ride was Dylan Kurtz's second fundraiser for paws4people. Dylan is helping two paws4people clients with their "Pay-it-Forward" campaigns, so that others may benefit from having a service dog. Last Saturday's effort raised

\$368 between the \$20 class fee and some additional donations. For this non-profit, every penny counts.

To learn more about paws4people go to [paw4people.org](http://paw4people.org).

You can read more about Dylan's fundraising efforts here and here. To go to his Facebook page click here.

*Joan Brady is a professional photographer; co-owner of Spirited Media, Inc.; award-winning columnist; mentor and advocate for current and former foster children; a volunteer with paws4people and others; and a resident of Great Falls. Reach her at [joan@joanbradyphotography.com](mailto:joan@joanbradyphotography.com)*





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### "ConforMIS Customized Knee Replacement"

Mark Hartley, MD  
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Reston Hospital Center, Classroom C, West Wing

### "The Latest Advancements in Total Shoulder Replacement"

Christopher Annunziata, MD & David Novak, MD  
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OrthoVirginia Tysons Office

[orthovirginia.com/joints](http://orthovirginia.com/joints)

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**Virginia Department of Transportation**

## Route 7 Corridor Improvements Fairfax County Design Public Hearing

**Tuesday, November 15, 2016**  
Colvin Run Elementary School  
1400 Trap Road, Vienna, VA 22182

**Meeting Time: 6:30 p.m. to 8:30 p.m.**  
**Presentation: 7 p.m.**

Find out about plans to widen Leesburg Pike (Route 7) from four to six lanes between Reston Avenue and the west end of the bridge over the Dulles Toll Road (a 6.9 mile segment), to increase capacity, decrease congestion, and improve safety, in conformity with the Fairfax County Comprehensive Plan.

The project would also include intersection improvements, as well as a 10-foot shared-use path on both sides of the road to increase mobility for cyclists and pedestrians.

In accordance with the National Environmental Policy Act (NEPA), Section 4(f) of the USDOT Act, 23 CFR 771 and 23 CFR 774, an environmental document in the form of an Environmental Assessment has been prepared and will be available for public review. In compliance with the National Historic Preservation Act, Section 106 and 36 CFR Part 800, information on potential effects of the proposed improvements on properties listed in or eligible for listing in the National Register of Historic Places will also be available.

Stop by between 6:30 p.m. and 8:30 p.m. to view displays and learn more about the project. VDOT staff will be available to answer your questions. A brief presentation will begin at 7 p.m.

Review project information at [www.ConnectRoute7.org](http://www.ConnectRoute7.org), at the public hearing, or during business hours at VDOT's Northern Virginia District Office at 4975 Alliance Drive in Fairfax. Please call ahead at 703-259-2950, 800-367-7623 or TTY/TDD 711 to ensure appropriate personnel are available to answer your questions.

Give your written comments at the meeting, or submit them by **December 2, 2016** to Mr. William Dunn, P.E., Virginia Department of Transportation, 4975 Alliance Drive, Fairfax, VA 22030, or email [ConnectRoute7@VDOT.virginia.gov](mailto:ConnectRoute7@VDOT.virginia.gov). Please reference "Nov. 15 Design Public Hearing" in the subject line.

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State Project: 0007-029-128, P102, R202, C502, B610 UPC: 52328  
Federal Project: DEMO-5A01(439)

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## TALK IN ENGLISH - MAKING THE RIGHT DECISIONS

**Decisions,  
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**Friday November 4  
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[www.christiansciencedc.org](http://www.christiansciencedc.org)

### DISCOVER

How the metaphysical understanding of God can help you make the right decisions and find solutions to problems, including drugs and health issues.

Lessa lives in Quincy, MA, USA and teaches Christian Science in Brazil. She is available to lecture in English, Portuguese, German, and Spanish as a member of the Christian Science Board of Lectureship.



LEIDE LESSA, CSB

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**ABC LICENSE**  
A Deli, Inc. trading as A Deli Italian Food & Wine, 1301 S Joyce St, Unit D 25, Arlington, VA 22202. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine & Beer On & Off Premises license to sell or manufacture alcoholic beverages. Kawal Kapoor President  
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at  
www.abc.virginia.gov or 800-552-3200.

Results! Why, man, I have gotten a lot of results. I know several thousand things that won't work.  
-Thomas A. Edison

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**NOTICE TO ESTABLISH A NEW BRANCH**  
Notice is hereby given that TD Bank, N.A., 2035 Limestone Road, Wilmington, DE 19808, has applied to the Office of Comptroller of the Currency on or about October 21, 2016, as specified in 12 C.F.R. §5 for permission to establish a new branch to be located at 9901 Georgetown Pike, Great Falls, County of Fairfax, Commonwealth of Virginia, 22066. Any person wishing to comment on this application may file comments in writing to Ms. Marva Cummings, Director OCC Northeastern District, 340 Madison Avenue, 5th Floor, New York, NY 10173 within 30 days of this publication.

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## Two Much

By KENNETH B. LOURIE



Having just been there and done that, I have to tell you, it was a gruesome week. Although I'm fine now (I know, it's a relative description), this past week, I was not. And what specifically I am referring to is, the odd confluence of two recurring elements of my cancer existence: a CT Scan and a chemotherapy infusion. Not at the same time, of course, but at the same place and for the same reason: being an active cancer patient.

The CT Scan (scheduled quarterly), though not a difficult, invasive or time-consuming procedure doesn't generally result in an immediate interpretation/assessment from my oncologist/radiologist. Quite the contrary. Typically, I wait up to a week for results (as I've occasionally written about in the past). Certainly not ideal, but over time (seven-plus years) and hill and dale, I've been able to assimilate the wait into my life and go on about my business, semi-normally; it's been more difficult for my wife, Dina, however, to do so. Nevertheless, with respect to the CT then, the waiting is the hardest part. Its all psychological/emotional. There are no physical side effects, the side effects are all mental: fear, loathing, anxiety, stress, among many similarly impactful affects. It's not all bad, but it is all-consuming. I'm really only ever sure how I'm doing cancer-wise, when I receive my results, since rarely have I been symptomatic.

On the other hand, the chemotherapy infusion, which presently alternates/occurs every four/five weeks, does not — for me — generally, have any psychological/emotional side effects. It is what it is, and whatever it was or will be, I'm way past having any anxiety or stress about the process or the reasons for it. However, there are/I do experience physical side effects (which unfortunately do weaken my emotional resolve): fatigue, lethargy and most significantly, eating challenges which keep me from eating "normally" for up to a week. This lack of food/comfort, results in a lack of energy, lack of interest/motivation, messed up sleeping pattern and a fragile emotional state. I derive no pleasure from eating and my overall mood reflects that very necessary element — for me. As a result, I'm miserable.

In and of themselves, this post-CT-Scan-waiting and post-chemotherapy-infusion-not-eating are difficult, but manageable. However, having them occur during the same week — which had never happened before, was not exactly like being between a rock and a hard place but rather like being under a rock and in a hard place. Not only was there a wait and a weight, there was the inescapability of it to consider. I had no place to go emotionally/psychologically. Aside from there being no rest for this weary stage IV lung cancer patient, there was no respite or reprieve, either. I couldn't stop myself from going down, so down I went.

And there was nothing I could do to stop it, although there was everything still needing to be started. But all I could do was sit tight (literally), and sure enough, as is the pattern, about six or so days later on the Thursday afternoon following the preceding Friday infusion and the Wednesday CT Scan, I received an email from oncologist with the news "CT looked good. Brain MRI clear." "Great news," as I replied, "with which I can live." Coinciding as well as it usually does, with the eating fog beginning to lift and the transitioning from not eating to eating a bit to eating normally beginning to occur.

It was a bad week to be sure. Not only was I whipsawed, I was undercut, too. I had nothing to hang onto, not even my hat. I just had to endure and try to remind myself what my Auntie Irene so often said: "This too shall pass." And as of Saturday night at 1:53 a.m., as I sit and write this column, it mostly has. Thank God!

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

## CALENDAR

FROM PAGE 10

the Royal Couple and live the life of a princess for one night. Sixty tickets will be available on a first-come first-serve basis until all the tickets are given out. At 4:00pm, there will be an introduction of the Royal Couple and the Little Princess winner. Guests with tickets will have the opportunity to take photos and talk with Cinderella and Prince Charming on the red carpet. The Vienna Halloween Parade starts at 7:00pm and ends at 9:00pm.

**70th Annual Vienna Halloween Parade** 7 p.m. Maple Avenue, Vienna. "Celebrating 125 Years of the Town of Vienna" come in costume to celebrate Halloween. Viennava.gov

### THURSDAY, OCT. 27

**Great Falls Writers Group** meets for writing fun and an energetic discussion of the writing process. No membership required. Writers of all levels are welcome. Great Falls Library, 9830 Georgetown Pike, 11 a.m.-12:30 p.m.

### FRIDAY/OCT.28

**Meeting of the McLean Art Society** 10 a.m.-noon hosted by McLean Art Society at the McLean Community Center, 1234 Ingleside Ave. Mr. Spollen will be using pastels to demonstrate drawing with spontaneity and pastel painting. Guests are welcome and refreshments are served. 703 790-0123

### SATURDAY/ OCT. 29

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

**Oktoberfest Rotary Inaugural Fundraiser** 5 p.m. Two German bands, Bavarian dancers, roving accordionist, German food, beer and wine. Cost: \$100 www.rotarygreatfalls.org

### SUNDAY/OCT. 30

**Voce Chamber Singers "Autumn Nocturne"** Concert 4 - 5:30 p.m. Church of the Holy Comforter 543 Beulah Rd NE Vienna. Celebrate autumn and its imagery with Voce Chamber Singers. The program includes works of Brahms, Schubert, and Lauridsen, and features Brahms's Alto Rhapsody. Purchase tickets through the website, www.voce.org, or at the door. Admission: Adult: \$25; Senior (62+): \$20; Student: \$10 under 18 free.

**Harvest Festival** 5 - 7 p.m. 1014 Country Club Dr. NE Vienna. There will be games for children and a chili cook-off dinner for everyone. Fun everyone in the family can enjoy. Cost: Free www.epiphanyumc.com

### MONDAY/OCT. 31

**Halloween Spooktacular** at Great Falls Village Green and Great Falls Center, 5-7 p.m., with Pet Parade at 4 p.m. (all dogs must vacate the green by 4:50 p.m.) Boy Scout Troop 55 will create some spooky fun for everyone in the Haunted House; The Langley Marching Band performs in the Wells Fargo parking lot; Linda Waitkus of Great Dogs of Great Falls is leading the Pet Parade starting at the Gazebo. Look out for the Great Falls Volunteer Firefighters in the Safeway parking lot.

### TUESDAY/NOV. 1

**College Savings Information Sessions** 7 - 8 p.m. Dolley Madison Library 1244 Oak Ridge Ave McLean. Join this information session to hear about the four college savings programs offered by Virginia529. In one hour, you'll learn how to: Prepay tuition, Save for other costs, such as housing, meal plans and textbooks, Take advantage of the Virginia college savings state income tax deduction, Meet your savings goals. Visit Virginia529.com.

### SATURDAY/NOV. 5

**Stop Hunger Now Meal Packaging Event** 8 a.m. - 4:30 p.m. Redeemer Lutheran Church 1545 Chain Bridge Rd McLean. To donate to Stop Hunger Now McLean or to register to volunteer for the November 5th Meal Packaging Event go to <http://events.stophungernow.org/McLeanRotary2016>





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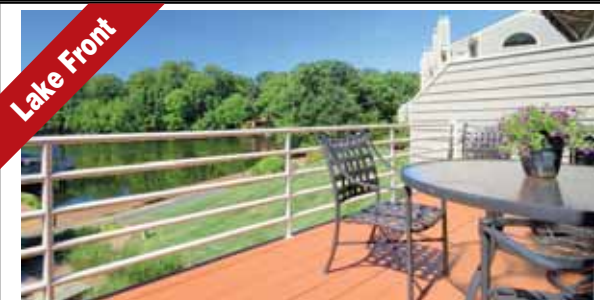
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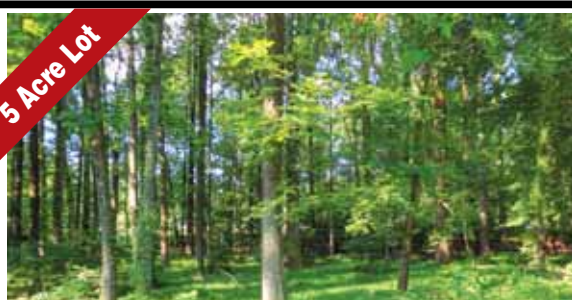
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