Ava Song, rising fifth grader at Great Falls Elementary School, with her pets, Fluffy the cat and Candy the dog. Fluffy was adopted from an animal shelter and has been the only pet in house for the past four years. Candy joined the family just a few weeks ago. Ava is still helping them to get along, not a very easy task.

# Great Falls

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# Ava, the Deacemalcer Pet Connection, Page 8

Inside

PET CONNECTION

CONTRIBUTED

Рното

# Chamber, Community Honor Eileen Curtis

News, Page 3

Great Falls Library Encourages Summer Reading

News, Page 4

July 26 - August 1, 2017

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2 🛠 Great Falls Connection 🔹 July 26 - August 1, 2017

**GREAT FALLS CONNECTION EDITOR KEMAL KURSPAHIC** 703-778-9414 or greatfalls@connectionnewspapers.com

# News



From left: Fairfax County Board of Supervisors Chairman Sharon Bulova, and supervisors Kathy Smith (D-Sully) and Pat Herrity (R-Springfield.) "She is a tremendous advocate for business in our area. I am particularly grateful for her partnership in my annual job fairs," said Herrity.



At her retirement celebration, Dulles Regional Chamber of Commerce President and CEO Eileen Curtis was honored with a parade of former Chamber Board Chairpersons, wearing top hats and each presenting the honoree with a rose.

# Dulles Chamber, Community Honor Eileen Curtis

By Andrea Worker The Connection

ack in 1994, Eileen Curtis at tended a Herndon Chamber of Commerce mixer wearing a sticky-type name tag that read "Eileen Curtis, Job Seeker." Her confidence and creativity impressed then-Chamber Board Chairman Bob Gallaway and his colleagues. Shortly thereafter, Curtis' new, permanent name tag read "Eileen Curtis, Executive Director."

Twenty-three years later, addressing the sell-out crowd at her retirement dinner at the Hyatt Regency Dulles on July 12, Curtis said she is still amazed and incredibly grateful to have received that job offer. "I still don't know why they hired me. I had no experience or credentials for the job. But I think it turned out ok."

"Job-seeker Curtis" brought with her a resume where she served as the Director of Music and Cultural Affairs for WGMS Radio. She had a background in broadcast journalism and special events, helping to produce the event on the Washington Mall to welcome home the Iran hostages. Helming the Chamber may have been a second career for Curtis, but it seems she was the perfect fit for an organization that was also preparing for new responsibilities, new priorities and a new place in the community.

**UNDER HER LEADERSHIP**, the Herndon Chamber grew into the Dulles Regional Chamber of Commerce (DRCC), establishing itself as an engine for economic growth in the community and becoming an important partner in the transformation of the area into a thriving high-tech hub.

Twenty-first century issues, opportunities and challenges faced Curtis and the Chamber, and Curtis was instrumental in directing the organization to face them all headon. During her tenure Curtis helped the www.ConnectionNewspapers.com

Chamber become a renowned advocate for STEAM (Science, Technology, Engineering, Arts, and Math) education, innovation and business and workforce development. Curtis also developed partnerships with six area high schools to mentor students and help prepare them for the changing skills demands of today's businesses.

Curtis launched the annual Innovate Conference, where the works of today and the ideas for tomorrow are discussed by business leaders and innovators from around the Commonwealth. At last year's fifth edition of the event, Gov. Terry McAuliffe was the keynote speaker.

Curtis and the Chamber also worked toward making the Silver Line Metro expansion a reality, realizing that transportation and infrastructure were critical to the success of area businesses small and large, and of importance to the community as a whole.

Controversial issues didn't stop Curtis, either, as she persuaded the Board to adopt a platform of immiis the only chamber in Vir- ber of Commerce. ginia or within the metro

area to have done so, with the exception of video submissions of congratulations and the U.S. Chamber of Commerce.

At her retirement dinner, accolades poured in, both from those present, and via



Great Falls resident Eileen Curtis gives her thanks and appreciation to those who attended the event to honor her 23-year tenure as the gration reform. The DRCC President and CEO of the Dulles Regional Cham-

thanks from McAuliffe, Sen. Mark Warner (D-VA) and Sen. Tim Kaine (D-VA), U.S. Rep. Gerry Connolly, Herndon Mayor Lisa Merkel, and many more. In attendance at the affair were Fairfax County Board of Supervisors Chair Sharon Bulova, Supervisors John Foust (D-Dranesville). Pat Herrity (R-Springfield), Cathy Hudgins (D-Hunter Mill), and Kathy Smith (D-Sully). State senators and delegates were also on hand, as were other officials and business leaders too numerous to name.

"Eileen has meant so much more to this chamber than being its president," said DRCC Chairman of the Board James Lawson. "We are all better people for knowing her as both a colleague and a friend."

AFTER ACCEPTING certificates, and proclamations, and other tokens of appreciation, Curtis took to the podium to make her farewell remarks - and she still had one last surprise in store for her audience. "Bet you didn't know I used to be a singer," she said, before breaking into a re-lyricized version of the song "Memories" from the musical "Cats" - and bringing the audience to their feet with her operatic talents and the witticisms of her revised lyrics.

Curtis already has plans for "what's next." There's travelling and volunteering on the agenda, as well as a turn as an author. Her first book is almost ready. "Chamber Tales" will "answer the burning question of what a chamber actually does," said Curtis. A few of her colleagues responded with exaggerated looks of alarm and laughing requests to "please be kind" when recounting some of those tales.

Mixing business with pleasure, Lawson also oversaw the votes approving the new officers for the coming year, and for the installation of John Boylan as the successor to Curtis. "They are big shoes to fill, but we are looking forward to further success and further community service under John's leadership, but Eileen, know you will be missed and remembered."



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# News



Youth Services Manager, Hallie Jackson, plans the summer events every year.

# Great Falls Library Encourages Summer Reading for Children

By Maggie Giordano The Connection

very summer, many students have a 12-week break from school and the work that goes along with it. During this time it is possible for children to choose playing over reading a book; therefore, the Great Falls library takes it upon themselves to encourage summer reading.

One of the things Fairfax County public libraries offer is a summer reading challenge. Every year they offer different challenge themes. This year's challenge theme is "Reading by Design." The theme is meant to inspire readers to explore their own creativity.

Children can sign up either online or visit the Great Falls library to participate. After signing up, they are given a reading log in which they can either track online or use a hard copy given to them at the library. After they finish the log by Sept. 2, they will receive a coupon book as a prize. The book contains more than 30 coupons for free and discounted things such as ice cream, mini golf, and more.

**EACH AGE GROUP** is required to read a certain number of books to receive the prize. Babies through third grade are required to read 15 books, fourth through sixth grade children are required to read 10 books, and seventh through 12th graders are required to read five books.

The library also offers events to create and encourage life long learners. The summer programs have been running since June 23 and will continue until Sept. 2. They offer free activities for children of different age groups from birth to 18 years of age. They often fill up fast; therefore, registration is required.

See Library, Page 5

www.ConnectionNewspapers.com



The children enjoyed 123 Andrés' songs about other countries.

4 Screat Falls Connection SJuly 26 - August 1, 2017

# News



Photos by Maggie Giordano/The Connection

The Great Falls Library offers summer reading suggestions in a fun way. Each book under the "Beach Reads" sign had either the word beach in the title or featured an image of a beach on the cover.

# Library Challenges Children

#### From Page 4

"We do programs every week this summer. Most of the programs in house are run by the librarian in which they do things like crafts, combining technology and books for educational purposes, music programs and Magic shows," the library Youth Services Manager, Hallie Jackson said.

For younger children they offer activities such as "Baby Lapsit" and "Toddler Time" in which they engage in stories, songs, rhymes and more. For elementary through high school they offer time for

high school, they offer time for "Pokémon League," "Playdate Café," "Crafty Doctors" and more. There are also teen exclusive programs in which they enjoy learning and engaging about foot painting and henna tattooing.

"The programs are important in terms of getting kids into the library. It is important for kids to be reading over the summer so that they don't have that summer slump where there's a big gap in their comprehension skills," Jackson said.

Latin Grammy winning children's musician, 123 Andrés, played for children on the afternoon of Tuesday, July 18. André Salguero is currently on his musical tour, Around the Americas with Andres, in which he took children on a musical tour around the world.

"We want to see these kids embrace other cultures and grow because Fairfax County is a very great and diverse area. I sing about being together in this country and understanding others. The program is centered around geography and traveling www.CONNECTIONNEWSPAPERS.COM through music and dance," Salguero said. The bilingual singer has been in the country for 16 years and in the area for about six years and plays shows throughout the county and the Northern Virginia, Maryland, and Washington D.C. area. His newest bilingual album, "Arriba Abajo" gave children the chance to interact with others while exploring the sounds of the world.

**FOR A COMPLETE SCHEDULE** of programs and more on the summer reading challenge, visit fairfaxcounty.gov/library.



The Great Falls library offers summer reading challenges and programs for children.

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Great Falls Connection & July 26 - August 1, 2017 🔹 5

# **OPINION** Help End Domestic Violence

There were 1,483 calls to the domestic violence hotline in 2016, averaging 124 calls per month.

> By John C. Cook DISTRICT SUPERVISOR (BRADDOCK-R)

trong families are held together by love, support, and commitment. They are the very foundation of a strong society. If the core of the family is replaced by violence, then all of society is weakened.

Domestic violence affects one in four Fairfax families and causes nearly 1,600 arrests in Fairfax every year. It is almost guaranteed that anyone reading this knows a victim of domestic violence, even if they are unaware of it. These statistics alone paint a dire picture. However, there is a way you can make a positive difference.

#### Guest Editorial

Fairfax County's Domestic Violence Prevention Council, which I chair, rolled out the "Make the Call" campaign earlier this year. Its purpose is to

encourage victims and witnesses of domestic violence to call Fairfax County's 24-hour domestic and sexual violence hotline at 703-360-7273. This number is completely safe and confidential. The hotline is staffed by experts always ready to offer information, counsel, and resources to victims and concerned citizens. Callers can receive vital information on where

to find shelter, legal resources, financial aid, and even a safe haven for their animals. Anyone can call to learn about the signs of domestic violence and even confirm possible incidents.

The hotline is prov-

ing to be highly effective and even lifesaving. The Fairfax County Office for Women received 1,483 hotline calls with an average of 124 calls per month in 2016. At least 98 percent of those who called for services said the hotline better prepared them to make a safety plan. This call can mean the difference between life and death for those escaping abuse.

Domestic violence is sometimes difficult to identify for bystanders, as well as victims. Abusers will often convince their victims that they deserve the abuse, which shames victims into hiding the problem instead of speaking out. Many abusers threaten their victims with harsher, deadlier punishments if they look for help. These and other factors make domestic violence more difficult to recognize without the help of a seasoned professional. This is why we need more people to make the call when they have that gut feeling that something is amiss.

For bystanders, it could be a black eye, a passing reference, or even a loud argument overheard next door. You do not have to be sure. If you think domestic violence maybe happening, make the call and let professionals help.

For victims, the hotline is available whenever you need it. If you feel threatened, alone, or unsafe in your own home, please make the call. You do not have to go through this difficult time alone. The staff at the hotline is here for you at any hour of the day and will do everything they can to help secure you and your family's safety.

Again, the number is 703-360-7273. Please, make the call, it could save a life.

Victims and witnesses of domestic violence can call Fairfax County's 24-hour domestic and sexual violence hotline at 703-360-7273.

#### Letters to the Editor

# 'Catastrophic Events' Can Happen to Anyone

To the Editor:

I am a senior citizen and I have read about the situation with health care or lack of in this country. Your article mentioned many factors that the general public is ignorant of. I personally believe that a country's strength and greatness is reflected in how they treat the least of their people.

We have failed on an epic level as a people. No person wants to be on welfare, Medicaid, public assistance or food stamps. The prevailing ignorant opinion by the vastly uninformed public is that it is an easy ride and that the individuals on welfare want to live off the state.

The truth of the matter is that "catastrophic events" can happen to anyone and it only takes the loss of employment and devastating medical bills to suddenly be forced to be on state assistance. It is a true nightmare. It is a degrading humiliating process and I honestly cannot think of anyone who truly wanted to be on Medicaid or welfare. It puts a person in a negative 6 & Great Falls Connection & July 26 - August 1, 2017

judgment by people is harsh and unsympathetic. People make assumptions that those on assistance are no good lazy bums getting a "free ride."

The truth is that President Johnson and his "great society" brought about the demise of social security. He opened the doors to the looting of the program for non-related financial projects.

I am an independent voter. I am a senior. I used to be an employee of United Airlines. I lost all my benefits and do not have any retirement. I also was a part time teacher. I have no teacher's pension. I have no savings and no retirement to fall back on and am living on S.S.I. of \$735 a month and that is my sole income. It is impossible to live on this. I have no money by the middle of the month.

I injured myself in a freak accident at Dulles airport. I lost my job. it was a devastating loss for me. I could not find any work. I was forced out of desperation to apply for Medicaid. I do not like life-altering position where the Medicaid because the types of cli-



"Victor the Vulture is our new office pet. While he's not very cuddly, we enjoy his visits to our office balcony, which he uses to 'scope' out the area. From time to time we get to watch him dive bomb from the fifth floor of the Government Center. Although we are unsure of his success rate. Victor is bigger than most cats and I wouldn't want him near mine!" - Board of Supervisors Chairman Sharon Bulova

ents I have to associate with and choice of doctors is very limited. Having grown up in a family where my mother was a Democrat and my father a Republican I have

had two viewpoints. My maternal grandfather was with the Burlington Northern Railroad 30-

See Letters, Page 15



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# Letters

### A Letter to County Planning Commission

Dear Commissioners:

The Great Falls Citizens Association (GFCA) has conferred with SunTrust Bank and its attorneys on a frequent basis since February, as we discussed with them the plans for a new bank structure with a drivethrough feature. After many months of discussions, public meetings, and a number of significant changes to the structure's design and size, its landscaping and signage-as well as retention of two large oaks-the GFCA executive board voted on July 18, 2017 to recommend that the Planning Commission agree to the proposed building (and waivers), contingent on the approval of these documents:

Special Exception Plat dated Nov. 8, 2016, and revised through May 10, 2017;

\* Architectural elevations prepared by Gensler and

#### School Notes

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

**Kanishk Singh** of Great Falls, Probable career field: Diplomatic Service, Langley High graduate, has received College-Sponsored Merit Scholarship from Carleton College. The first private college in the Upper Midwest to have chapters of Phi Beta Kappa and Sigma Xi, Carleton has been committed to academic excellence since its founding in 1866. The college's 1,000 acre campus is 35 miles south of Minneapolis-St. Paul in Northfield, where its 1,800 resident students and over 140 full-time faculty are near enough to the city to avoid rural isolation, yet far enough away to enjoy

the advantages of small town life in the country.

lighting.

dated June 29, 2017;

light mitigation (condition 9); and

Proposed Development Conditions of July 19,

2017, which include clarifications GFCA's board

sought on signage (conditions 6-8), conformance of sidewalks and bicycle racks (condition LL), street

Adherence to the county's dark skies policies on

SunTrust Bank has been a valued member of the

Great Falls community for many years and we look

forward to continuing a cooperative relationship with

them during construction, and in the years ahead,

as they serve the residents of this community.

Great Falls resident, **Morgan Brady Wallace**, has been named to the dean's list at James Madison University for the spring 2017 semester. Wallace is scheduled to graduate in 2018 and is majoring in geology.

**Madison DiLenge**, of Great Falls, was named to the fall and spring dean's list at The College of William and Mary.

**Kyle M. Craver**, a resident of Great Falls, was named to the dean's list for the spring 2017 semester at Alfred University (Alfred, N.Y.). Craver, a mechanical engineering major, is a senior in the Inamori School of Engineering. A graduate of Field School, he is the son of Joseph and Leslie Craver of Great Falls.

William Canis, President

Great Falls Citizens Association

**Ryan Nunes**, of Great Falls, majoring in Political Science, received a Bachelor of Arts degree from Miami University (Oxford, Ohio).

**Gabrielle Rita Van Volkenburg**, of Great Falls, has been named to the dean's list at Clemson University (Clemson, S.C.) for the spring 2017 semester. Van Volkenburg is majoring in psychology.

Great Falls resident **Katherine W. Cynkar** was named to the Rhodes College dean's list for the 2017 spring semester.



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Great Falls Connection 🔹 July 26 - August 1, 2017 🔹 7



Now 15, Fred prefers to watch the world from the window.





Fred prepares to eat some tasty Lake Tahoe tourists. Lake Tahoe, Nev.



By Joan and Jim Brady

oday, Fred prefers to split his time between watching over the Great Falls neighborhood from the couch and napping in the sun. But in his prime, he loved to travel, traversing the United States twice before he was 7. Fred has enjoyed the best of what this country has to offer; national parks, historical sites, kitsch destinations, food-filled city streets and the company of a wide range of citizens.





A beaded Fred waits patiently for the next intoxicated person to pet him. New Orleans, La.

Fred in front of the world's largest beagles at the Dog Bark Park Inn. We chose not to stay there. Cottonwood, Idaho.



Fred beneath the Gateway Arch. St. Louis,<br/>Mo.R<br/>a8 \* Great Falls Connection \* July 26 - August 1, 2017



Fred hangs out on a bench in front of the Ronald Reagan Birthplace & Museum. Fred also likes jellybeans. Tampico, Ill.



Fred stares across the narrow stretch of the Rio Grande as he contemplates the challenging issues surrounding illegal immigration. Big Bend National Park, Texas.



Fred wonders the same thing we did: Had the artist never actually seen Bill Clinton? Little Rock, Ark.

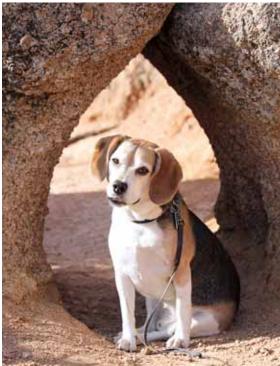


Fred sits on the front porch of the home where Dwight D. Eisenhower was born. Denison, Texas.



Fred at an overlook at the Antietam Battlefield. Sharpsburg, Md.

# Pet Connection



Fred takes his posing up a notch, doing the tilty-head between some rocks at Enchanted Rock State Park. Fredericksburg, Texas.



Fred enjoying a gorgeous sunset. Badlands National Park, Utah.



Fred takes a break from a fun-filled day of sledding down the sand dunes. White Sands, N.M.



Fred does his best to take Carhenge seriously. Alliance, Neb.



**Fred does his best sloppy sit in the Valley of the Gods. Monument Valley, Utah.** 



Fred does the runway in front of the Rio Grande Gorge Bridge. Just outside Taos, N.M.



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Great Falls Connection & July 26 - August 1, 2017 🔹 9

# News

# Beating the Odds Department of Family Services celebrates 2017 high school graduation.

By Joan Brady

he room at the Waterford in Springfield, buzzes with happy chatter over a low mix of upbeat tunes. Framing the space are posters that celebrate the uniqueness of each graduate.

Fourteen young people were celebrated last Friday at the annual Fairfax County Department of Family Services High School Graduation Celebration.

For the young people in this room, children who were removed from their biological families due to a range of abuse and neglect and moved between foster and group homes, the challenges that stood between them and a diploma were significant.

Graduation rates for children raised in foster care are 49.6 percent less than the national average and the statistics on college graduates are even lower. Having a high school diploma significantly increases the range of job opportunities and earning potential.

"Instead of giving up, you continued to move forward. In spite of all you have been through, you achieved this milestone. Because of your hard work and the support of people both in-and outside of this room, we are able to be here to celebrate you." The room cheered at the words of Chauncey Strong, foster care and adoption supervisor.

The event, planned by Natalie Sposato, Fairfax County Department of Family Services, life skills coordinator, is intended to keep this milestone from going unnoticed. "A high school diploma can never be taken away. It's something that should be acknowledged and celebrated," said Sposato. Together with the support of the Department of Family Services staff and members of the community, the event included a buffet, giveaways, certificates and speeches. And, at every opportunity, the proceedings were paused to give all of the graduates one more big cheer.

**TWO SPEAKERS**, young adults whose childhoods mirrored those of the new grads, encouraged that this is just the beginning. Cordelia Cranshaw, a foster children advocate, motivational speaker, licensed graduate social worker and foster care alum, told the recent graduates that education had been the key to her own success. She encouraged the new grads to be their own advocates and reminded social work professionals to listen to their charges and to remember that the life they are trying to influence, is not their own.

Dionte Fitts, assistant manager at Jersey Mike's in Leesburg and foster care alumni, encouraged the new grads to dig down to discover what makes them happy so that they can find their own destiny. To succeed, he advised, they must believe in themselves and not give up. He told them to remember that being in foster care isn't their fault.

Nine graduates were celebrated in person, each toasted by a member of their sowhat he ca 0 & Great Falls Connection & July 26 - August 1, 2017



Wells + Associates has been working with the county for 15 years and, for the past four, they have designed and printed the posters celebrating each graduate at the annual graduation.

cial work team and given an opportunity to say a few words. There was clapping, cheering and even some tears. Adults expressed pride in their young charges' accomplishments and the young adults, both shyly and exuberantly, showed their own pride in themselves and appreciation for the support they had received from the support group represented in the room.

Nathanial (Nate) Walters of Alexandria, tossed aside the microphone, his self-confidence and sense of humor carrying across the room. Walters told the crowd, which included his mom, that when his father died and his mother couldn't meet his needs, he ended up in foster care. Older now, he has spent time in "independent living" and has learned the hard way what happens when you don't manage your money carefully. He advised the crowd that they should avoid what he called the "rice diet" that has, at times, had to be his staple.

He talked about hanging out at a local teen center, where he noticed that none of the other youths ever helped the woman who manned the front desk. When she needed help, he began to help her. And when she learned of his graduation from high school, she had a card for him, in it was \$20 and a note wishing him good luck. She made sure he understood that she doesn't give money away lightly, even to family members. Walters really needed that money. Without it, he would not have been able to get to work. "She loved me," Walters said, "She helped me." He says he is thankful for his trials, because they have made him who he is today.

Christian Basubi, now a college student at George Washington University, shared that foster care was "the most wonderful thing that had ever happened [to him]."

#### **2017 GRADUATION SPONSORS**

The following sponsors made donations toward food, decorations and gifts for the graduates: Bernie L. Bates Foundation, Inc.; Central Park Funland; Chantilly Costco; Laser Quest; Potomac Nationals; Psi Alpha Alpha Chapter; Omega Psi Phi Fraternity, Inc.; Starbucks from VPS; Uptown Alley/Manassas; Washington Nationals; Walmart-Fair Lakes; and Wells + Associates.

When he was initially placed in care, he was new to this country and learning English as a second language. Everyone he met in his ESL classes was an adult, not a peer.

He expressed his appreciation for all of the support he has received while in care and particularly to have been part of Fairfax Families4kids, a county mentoring program, which provided him with a supportive community of youths and mentors with whom he could spend time on those lonely weekends. "It wasn't easy," said Basubi. "It's still not easy. But I'm doing it little by little. I know I will get somewhere."

"How we engage with our youth is so important. If the interaction is good, they will remember it. If the interaction is bad, they will remember it. ... Today, to hear so many of our graduates publicly acknowledge their social workers and other social work professionals made me proud," said Strong.

Wells + Associates has been working with the county for 15 years and for the past four, they have designed and printed the posters celebrating each graduate at the annual graduation. Wells considers its partnership with the county to be part of its corporate responsibility. "We recognize that it takes a village and as a member of the community, we believe it's our job to be part of that village," said Melissa (Missy) Jackson.

**FOR SOME**, the graduation was another sad reminder of a young life violently cut short earlier this month. Mentors, social work staff and members of his family, including his twin brother, gathered to celebrate Leonte, who aged out of foster care several years ago. Leonte was determined to earn his high school diploma and graduated last February at 23-years-old. He was slated to be one of the speakers at the day's event.

Leonte is described as having been a kind, loving and compassionate young man. As a little boy, his smile lit up the room and his dance moves were legendary. His death serves as a stark reminder that the challenges for children who grow up in foster care don't end when they age out into young adulthood.

If interested in making a difference in the life of a child in foster care and after they age out, consider becoming a Court Appointed Special Advocate (CASA) or becoming a mentor with Fairfax Families4Kids.

Joan Brady is a professional photographer; awardwinning columnist; co-owner of Spirited Media, Inc., 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.

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E.L.E Day Spa Master Hair Stylist Engin Bozkurt cuts the hair of Laurie Amodeo of Middleburg during the grand opening day.



Cosmetologist Lutfiye "Lucy" Yilmaz performed a manicure on Joan Barrow of Great Falls on the grand opening day of her salon on Saturday, July 15.

# Cosmetologist Returns To Great Falls The E.L.E Day Spa opens at 10135 Colvin Run Road.

By Fallon Forbush The Connection

new beauty salon opened for business in Great Falls, but the woman running the shop is by no means a novice to her craft or the area.

The E.L.E Day Spa opened on Saturday, July 15, at 10135 Colvin Run Road in office space across the street from Leigh Corners and next to the Great Falls Animal Hospital.

Loyal customers showed up to receive services: Hairdressing, makeup, manicures and pedicures and other cosmetic treatments. The reason they were so eager to support the salon is all in the name: "E," "L," "E."

It's an acronym for the first names of Lutfiye "Lucy" Yilmaz and her two sons, Erkan Hayiroglu and Emir Hayiroglu.

"We don't care which order the 'Es' are in, but the 'L is bigger," Erkan said. "She's the main person and the reason that customers come in."

Lucy Yilmaz has been a licensed cosmetologist since 1987, according to the Virginia Department of Professional and Occupational Regulation, and has been a nail technician for even longer. She began studying the art and science of decorating people's fingernails and toenails in Turkey before she immigrated to Virginia in 1980.

After working for years in Vienna, Yilmaz opened her own studio, Nail Studio, on Walker Road in Great Falls in 1989, but closed it down in 1994, before moving and opening another studio, Nail Studio & Day Spa, in Reston in the North Point Village Center.

Her Reston establishment accumulated 28 reviews on Yelp.com, a website that crowdsources reviews about local businesses, before it closed down.

**OVERALL**, comments, photos and ratings from reviewers were positive.

Now that she has returned to Great Falls, she intends to run a "family-oriented" and www.ConnectionNewspapers.com



New and long-time staff members came together to work at Lutfiye "Lucy" Yilmaz's new Great Falls Salon.

"tight-knit" paradise for her loyal clientele to relax and unwind. She also hopes to meet new customers in need of her skills.

"I love being around people and I cannot be behind a desk," Yilmaz said. "I have to talk to people and I love making them beautiful."

Her heritage and her passion for people was on full display during the grand opening as she bounced around the new salon and performed services while pushing complementary Turkish hors d'oeuvres: Borek, a pastry stuffed with spinach and Feta cheese, and baklava, a layered pastry filled with chopped walnuts and almonds, soaked in honey and garnished with ground pistachios.

The Turkish food was catered by Borekg Homemade Turkish Food in Falls Church. Patrons were also offered other snacks and drinks, along with free eyebrow threading or waxing services during the grand opening.

"I've been going to Tiffany for seven years," Rachel Semanchik of Reston said as pedicurist Tiffany Huynh was rubbing a green masque onto her legs. "I go to Lucy too for my eyebrows. They're worth following."

Joan Barrow of Great Falls also raved about Yilmaz's homecoming.

"I've been a client for a while," Barrow said. "I came for years and then I moved downtown [D.C.] and it was just too far. But now I'm back," she exclaimed as Yilmaz was working on her fingernails.

Yilmaz was painting Barrow's nails with polish from LeChat's Perfect Match Mood Gel Polish line. Like mood rings, the polish reacts and changes color based on the temperature of the wearer's nails.

"I'm going to Vegas," she said, justifying her more playful "Deep Sea" polish, which transitions from a faded red to a deep blue.

"They let you soak and then the scrub was so good," Monica Walker of Reston said of her lavender spa pedicure. "They heated the [paraffin] wax. You have the warmth soaking into your bones."

Walker, an engineer who has been following Yilmaz since 2006, said the treatment helps with her arthritis.

"It had some thermally-conductive properties," she said.

Jenny Groff of Reston has been seeing Yilmaz for 20 years and was treated to an eyebrow threading during the grand opening.

This hair-removal technique uses cotton or polyester thread that is doubled, twisted and then rolled over areas of unwanted hair, plucking the hair from the follicle. "It doesn't hurt as much as waxing," Groff said as Yilmaz carefully twisted cotton thread against her skin. Yilmaz pulled the lines of the thread taut with both hands and at another end held in her mouth. This technique is sanitary because the portion of the thread never leaves her mouth during the procedure.

Patrons can also get their hair dressed by Engin Bozkurt, the studio's master hair stylist, who previously worked at the Toka Salon & Day Spa, which has locations in Washington, D.C., New York, and Alexandria and Great Falls.

**HAIRDRESSERS** at the salon use the full portfolio of hair color, haircare and styling products from Goldwell, according to Bozkurt.

The salon uses VOESH of New York's "Pedi in a Box Deluxe 4 Step" aroma spa set for its pedicures, which include ingredients for a sea salt soak, foot scrub, mud masque and massage lotion that are scented in a variety of smells: Lavender, green tea, olive oil, cucumber and more. The products are vegan and paraben-, triclosan- and crueltyfree.

"You grab a flavor and smell and if that's what you want, we use it," Yilmaz's son Erkan Hayiroglu said. "They are individualized for customers and each come with plastic liners."

To ensure a clean and hygienic experience, employees also sanitize the tubs after each use, in addition to lining the tubs, according to Hayiroglu.

The salon uses OPI, Gelish, DND, LeChat, SNS and other brands for its nail polish, gel and shellac and en Vogue gels for sculpting, according to Yilmaz.

Yilmaz also provides permanent makeup services for her clients and performs a procedure called microblading on eyebrows. The procedure is a meticulous, two-hour process that fills brows out or reshapes them by drawing on tiny lines that look like individual hairs with a hand-held tool. Numbing and sanitizing ointment is spread over the area before Yilmaz uses the tool to blade pigment into the skin for a semi-permanent tattoo that fades over 18 to 24 months.

Great Falls Connection ♦ July 26 - August 1, 2017 ♦ 11

# Entertainment

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

#### ONGOING

- Great Falls Farmers Market. Saturdays, 9 a.m.-1 p.m., 778 Walker Road, Great Falls. Music, vendors, fresh produce, fresh prepared food, delightful bakery, spices from around the world, wild-caught fish, grassfed, free-range meats, organic-fed poultry and eggs. Email
- kathleen@greatfallsfarmersmarket.org. The Light of Day Paintings. Through July 15, various times Broadway Gallery, 1025-J Seneca Road, Great Falls. Featuring landscape paintings by Michael Godfrey, Christine Lashley, Tricia Ratliff, and Rajendra KC. Call 703-450-8005.
- Julie Cochran Photography. Various times through July 29 at the Vienna Arts Gallery, 513 Maple Ave. W. Exhibit called "Lotus-Palooza." Call 703-319-3971 or visit www.ViennaArtsSociety.org.
- Sunny Days Art. Artists exhibition through July 29 at the Vienna Arts Center, 115 Pleasant St., NW. Sunny Days exhibition. Call 703-319-3971 or visit www.ViennaArtsSociety.org.
- "Summer in the City" Art Show. Normal business hours through Aug. 15 at Brightview, 10200 Colvin Run Road, Great Falls. Members of Great Falls Studios will exhibit their work in a show. Call 703-759-2513.
- Stories and Sprinklers. Wednesdays through Aug. 2, 1:30 p.m. at 144 Maple Ave. E., Vienna (behind the Freeman Store). Hear a story. Visit www.viennava.gov or call 703-255-6360.
- Free Tai Chi. Every Saturday, from 7:55-9 a.m., Introduction and Beginners' Practice, meet on the outdoor basketball court located directly behind the Dolley Madison Public Library, 1244 Oak Ridge Ave. in McLean Central Park, McLean. Call 703-759-9141 or visit www.FreeTaiChi.org.
- **First Sunday Jazz Brunch** 11-2 p.m. Recurring monthly on the 1st Sunday at Bazin's on Church 111 Church St N.W., Vienna. Enjoy brunch accompanied by the soft jazz sounds of Virginia Music Adventure. Visit www.fxva.com/listing/bazins-onchurch/1686/
- The Freeman Store & Museum Wednesday through Sunday noon-4 p.m. 131 Church St. NE, Vienna. The Freeman Store & Museum is dedicated to Preserving and promoting Vienna's heritage through the identification, preservation, and interpretation of history significant places, events, and persons. Historicviennainc.org
- 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 flexibility, impro nealth, reduce stress. Ravi Kaur has 15 years experience teaching yoga. \$15 per session. www.edimprovement.org. 571-213-3192
- Fishing Rod Rentals 8700 Potomac Hills St., Great Falls. Rentals available during visitor center hours. Fishing tackle and live bait are

#### Art Exhibit

Sunny Days artists exhibition through July 29 at the Vienna Arts Center, 115 Pleasant St., NW. Sunny Days exhibition. Call 703-319-3971 or visit www.ViennaArtsSociety.org for more.

available for purchase. Reservations required for group rentals. \$6/rental (2 hour max). Valid driver's license required. Rod/reel combinations are perfect for beginners and children. A Virginia or Maryland freshwater fishing license is required for those 16 years or older. The park does not sell fishing licenses. www.fairfaxcounty.gov/parks/

- riverbend-park/ Colvin Run Mill open 11 - 4 p.m. daily, closed Tuesday. 10017 Colvin Run Road, 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. Admission to park is free except for some special events.
- Fundamentals of Watercolors. Mondays 10 a.m.-1 p.m. at The Arts of Great Falls, 756 Walker Road, Great Falls. Artist Lorrie Herman will help students get comfortable working with watercolors and understanding this medium. Visit www.greatfallsart.org.
- Still Life Painting. Tuesdays 10:30 a.m.-1 p.m. at The Arts of Great Falls, 756 Walker Road, Great Falls. Still life provides a great tool to hone skills. Recommended for students of
- Evening Painting. Tuesdays 6:30 -9:30 p.m. at The Arts of Great Falls, 756 Walker Road, Great Falls. Jill Banks focuses on oil painting fundamentals with two sessions each of still life, landscapes, and portrait/ clothed figure from a live model. Visit www.greatfallsart.org.
- Intro to Jewelry Design. Tuesdays 9 a.m.-noon at The Arts of Great Falls, 756 Walker Road, Great Falls, JJ Singh teaches a class for anyone interested in exploring the world of

metal clay and its design possibilities. Visit www.greatfallsart.org.

#### AUGUST

Fairfax Family Golf Month. At Oak Marr Golf Complex is located at 3136 Jermantown Road, Oakton. In August, parents pay for their 9-hole round of golf and accompanying children and teens (ages 8-17) will receive a round at no charge. This is also good at Jefferson District Golf Course is located at 7900 Lee Highway, Falls Church, and Pinecrest Golf Course, 6600 Little River Turnpike, Alexandria. Visit www.fairfaxcounty.gov/parks/golf.



#### **DEADLINE JULY 31 Human Condition Photo**

Competition. At the Vienna Arts Society, 1350 Beverly Road, #316. "The Human Condition" judge Laura Goyer, awards reception is Saturday, Aug. 19, 5:30 p.m. \$5 per piece for VAS members, \$7 per piece for Nonmembers. Visit www.viennaartssociety.org/.

#### WEDNESDAY/JULY 26

Meet the Cooking Author. 6:30 p.m. at Wildfire, Tysons Galleria, 3rd floor, 2001 International Drive, McLean. Lecture by John Shields, author of "Chesapeake Bay Cooking," host of the PBS series Coastal Cooking, and owner of the renowned Gertrude's in Baltimore. \$65. Call 703-442-9110.

#### **THURSDAY/JULY 27**

Daniel Nahmod in Concert. 7:30 p.m.at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. New Thought singer/songwriter performs original music with a poetic and evocative message of peace, love, and compassion. \$20. Call 703-281-1767 or visit unityoffairfax.org.

#### FRIDAY/JULY 28

- Summer on the Green Concert. 6:30 p.m. at 144 Maple Ave. E., Vienna. Featuring Wayne Tympanick Quartet. Free. Call 703-255-6360 or visit www.viennava.gov.
- LeAnn Rimes Concert. 6:30-8 p.m. at the The Tysons Corner Metro Station Plaza, 1961 Chain Bridge Road. Part of the Tyson's Concert Series. Visit www.tysonscornercenter.com or call 703-893-9401

#### SATURDAY/JULY 29

Big Splash Party. 1-3 p.m. at 144 Maple Ave. E., Vienna. Water games and slide. Visit www.viennava.gov or call 703-255-6360.

#### **SUNDAY/JULY 30**

- Kara and Matty D Concert. 5 p.m. at McLean Central Park, 1468 Dolley Madison Blvd. A couple plays songs from all eras, with vocal harmonies. Part of The Alden at the McLean Community Center's 2017 Summer Sunday Concerts in the Park. Call the Center at 703-790-0123 or visit www.aldentheatre.org.
- Concerts on the Green. 6-8 p.m. at Great Falls Village Centre Green. Jr. Cline and The Recliners are playing classics and rhythm and blues. Visit www.celebrategreatfalls.org.

### Summer Sunday

**Summer Sunday Concerts in the Park** featuring Kara and Matty D, Sunday, July 30, at 5 p.m. in McLean Central Park, **1468 Dolley Madison** Blvd. Free. Call the Center at 703-790-0123 or visit www.aldentheatre.org.

#### WEDNESDAY/AUG. 2

Skyward Story Concert. 6 p.m. at Jammin Java, 27 Maple Ave. E., Vienna. Baltimore-based pop rock trio. Visit jamminjava.com/ or call 877-987-6487. **Understanding Political** 

**Polarization.** 7-9 p.m. at Great Falls Library, 9830 Georgetown Pike, Great Falls. A "Meetup," where people from diverse backgrounds will try to better understand their own and others' values and beliefs across the usual political boundaries. Free. Visit www.fairfaxcounty.gov/library/ branches/gf/ or email billrfj09@gmail.com.

#### SUNDAY/AUG. 6

- Big Bang Boom Concert. 5 p.m. at McLean Central Park, 1468 Dolley Madison Blvd. Children-friendly music. Part of The Alden at the McLean Community Center's 2017 Summer Sunday Concerts in the Park. Call the Center at 703-790-0123 or visit www.aldentheatre.org.
- Concerts on the Green. 6-8 p.m. at Great Falls Village Centre Green. Diamond Alley are playing contemporary and classics. Visit www.celebrategreatfalls.org.

#### WEDNESDAY/AUG. 9 **Understanding Political**

Polarization. 7-9 p.m. at Great Folarization. 7-9 p.in. at Great Falls Library, 9830 Georgetown Pike, Great Falls. A "Meetup," where people from diverse backgrounds will try to better understand their own and others' values and beliefs across the usual political boundaries. Free. Visit www.fairfaxcounty.gov/library/ branches/gf/ or email billrfj09@gmail.com.

#### SATURDAY/AUG. 12

Dan Navarro Concert. 7:30 p.m. at Jammin Java, 227 Maple Ave. E., Vienna. \$20-25. Call 877-987-6487 or visit www.jamminjava.com.

#### SUNDAY/AUG. 13

- Concerts on the Green. 6-8 p.m. at Great Falls Village Centre Green. Tom Principato in concert. Visit www.celebrategreatfalls.org. **Aztec Two-Step Concert.** 6 p.m. at
- Jammin Java, 27 Maple Ave. E., Vienna. Folk-rock duo celebrates the release of their new album "Naked." \$25 Visit jamminjava.com/ or call 877-987-6487.

#### **TUESDAY/AUG. 15**

- "Dining with Dorothy." 12:30 p.m. at the Westwood Country Club, 800 Maple Ave. E., Vienna. Dining with Dorothy events are Shepherd's Center of Oakton-Vienna events held periodically throughout the year as opportunities for mature adults to meet and socialize with new people along with old friends. Call 703-281-0538
- Surviving Your Split Lecture. 7:30-9 p.m. at the Patrick Henry Library, 101 Maple Ave, E, Vienna. Martha Bodyfelt how to reduce breaking-up stress, avoid the most common mistakes, and gain clarity on what to expect. Call 703-938-0405.

#### WEDNESDAY/AUG. 16

**Understanding Political** Polarization. 7-9 p.m. at Great Falls Library, 9830 Georgetown Pike, Great Falls. A "Meetup," where people from diverse backgrounds will try to better understand their own and others' values and beliefs across the usual political boundaries. Free. Visit www.fairfaxcounty.gov/library/ branches/gf/ or email billrfj09@gmail.com.

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# all levels. Visit www.greatfallsart.org.

# WEEK IN GREAT FALLS

### Senior Center to Host Antique Appraisal Event

"How much do you think it's worth?" Well, grab your favorite (portable) heirloom or piece of jewelry and join Great Falls Senior Center (GFSC) on Tuesday, Sept. 19, from 10 a.m. to noon as GFSC, in concert with Paradigm Experts, hosts their version of the "Antiques Road Show" at the Colvin Run Historic Schoolhouse, 10201 Colvin Run Road, Great Falls.

Paradigm Experts is a network of accredited appraisal experts helping clients make informed decisions regarding their personal items.

There is a limit to 40 items (20 jewelry/gem/watch/coin related and 20 "all other categories") being appraised. Anyone wishing an item to be evaluated must send a picture and a description of the provenance (how long has it been in your family? What do you know about it already?) ahead of time. Deadline for submitting pictures and descriptions is Aug. 31. First come, first served.

Send electronic copy to Yasha Arant at yasha arant@yahoo.com or mail hardcopy to: Yasha Arant, 104 Sue Ann Court, Sterling, Va 20164. Those submitting an item for appraisal are requested to arrive at the

venue at 9 a.m. so items can be reviewed prior to the 10 a.m. show. Audience members don't have to be having an item appraised in

order to attend this event. Contact Karen Emami at karen.emami@globalinfotek.com or call 703-938-6471.

This event is sponsored by TD Bank, www.tdbank.com.

#### Faith Notes

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

Wesley United Methodist Church located at 711 Spring St., SE, Vienna, Virginia 22180, at the corner of Spring Street and Moore Avenue. 10:30 a.m. fellowship time in the fellowship

home which encourages: caring and supportive fellowship, an active and devoted prayer life and study of scripture, support for local and world missions, an open, responsive awareness to the presence and power of God's Holy Spirit.

hall; 11 a.m. traditional family worship

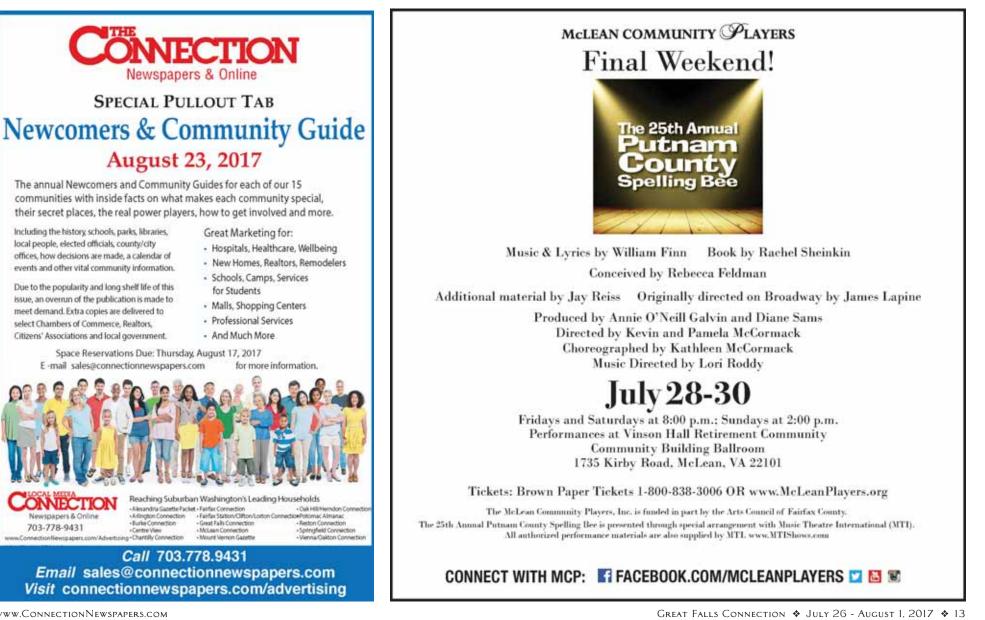
in sanctuary. If you are seeking a church



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Including the history, schools, parks, libraries, local people, elected officials, county/city offices, how decisions are made, a calendar of events and other vital community information.

Due to the popularity and long shelf life of this issue, an overrun of the publication is made to meet demand. Extra copies are delivered to select Chambers of Commerce, Realtors, Citizens' Associations and local government.

- Space Reservations Due: Thursday, August 17, 2017
- -mail sales@connectionnewspapers.com



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# News

Navy Veteran Natalie Wallace of Manassas put her newly learned networking and interview skills she acquired at the Hiring Our Heroes employment workshop to work. Wallace introduced herself to Nela Peterson of Progressive Insurance. Afterward, Wallace said, "I learned online applications might not be as productive as face to face. Networking is key."



Photos by Mercia Hobson/The Con

# Military Hiring Fair Held in Herndon

Career event created to help job seekers find meaningful employment opportunities.

> **By Mercia Hobson** The Connection

iring Our Heroes — The United States Chamber of Commerce Foundation and The American Legion Department of Virginia State Convention conducted a Military Hiring Event on Thursday, July 13 at the Hilton Washington Dulles Airport Hotel in Herndon. Fifty top-tier local and national employers and service organizations participated in the daylong event. Jobs opportunities were available to transitioning service members, veterans, and military spouses.

Dave Wallace, Media and Communications Chair, Dyer-Gunnel Post 180, The American Legion Department of Virginia said, "This hiring event is the first of its kind for the American Legion Department of Virginia. It's giving back to our veterans. It is an opportunity to show their skills sets to all these employers; a chance to prove how they will be an asset to the companies."

**LEAVING THE MILITARY** can be daunting for many, and seeking employment a new venture. Before the hiring fair began, Hiring Our Heroes, U.S. Chamber of Commerce Foundation offered attendees a unique employment workshop, one that concisely covered a variety of topics.

Cara Cooke, USAF Senior Manager, Hiring Our Heroes taught the seminar. Cooke focused the discussion on how best to create three essential personal branding tools: an effective resume, the 20second elevator pitch, and a digital identity. Cooke acknowledged those in the military have grown accustomed to military jargon, but their resume must translate military experience into civilian language. Using tools on-hand, Cooke said job seekers could create a resume in 20 minutes, print it, and have it ready to distribute to potential employers upstairs.

Next, Cooke described how to build a personal brand statement, the brief 20-second elevator pitch. "State who you are, what your background is, and what you want. Ask what they can offer you, and stop. Stop. Let them talk," Cooke instructed. She reminded attendees that when they are talking to prospective employers: "Give eye contact and don't look at the ground. Talk to everybody. Contact is so important." Cooke added: "Today is your day. They see your value and want to hire you."

The third tool Cooke stressed was the importance



The Military Hiring Fair featured 50 top-tier participating employers and service organizations ready to hire. The event attracted more than 235 transitioning service members, veterans, and military spouses.

of a professional digital identity. She discussed how to develop and grow a network using LinkedIn. "Each employer here has a LinkedIn account. They can reach back to you." Cooke recommended the job seekers take one of each prospective employer's business cards. She told them to write a note about their meeting, a reminder to themselves what they spoke about with the recruiter, on the back of each one's business card. "Then send a follow-up email to the people you met today," Cooke said. "Remind them who you are and ask them to review your resume." Cooke urged attendees, "Be persistent. Do not end your job search after the fair. Use the tools Hiring Our Heroes provides."

Bobbi Diviney is a Marine Veteran from Leesburg. After leaving the workshop, she prepared to enter the hiring fair. Asked what she had learned and what type of job she was looking for, Diviney said, "I didn't know about the Hiring Our Heroes job page [portal]. I'm currently a graduate student in Crime Analysis. This is my first Hiring Our Heroes Job Fair."

Marcus Bottelcher is District Manager for Fastenal, a Fortune 1000 company. He stood ready to greet prospective employees. Asked if he was hiring that day, Bottelcher said, "Ten to fifteen percent of the people we hire are veterans or National Guard. Their skill set fits our mindset. I'm out to hire today. Take cards. Any good candidates, I'll send appointments. Fairs like this help the Veterans. When their names show up in the system, they stand out because I've already met them."

According to Dave Wallace, Media and Communications Chair, Dyer-Gynnell Post 180, The American Legion, 235 job seekers had registered for the job fair by early afternoon with 50 participating employers and service organizations present.

**FOR MORE INFORMATION** about Hiring Our Heroes, a program of the U.S. Chamber of Commerce Foundation to help veterans, transitioning service members and military spouses find meaningful employment opportunities, visit www.uschamberfoundation.org.

www.ConnectionNewspapers.com

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# BULLETIN

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

#### THROUGH JULY 28

Vendor Application Deadline. Reston Community Center is seeking arts and crafts vendors, food vendors and civic organizations of all cultures for the 17th Annual Reston Multicultural Festival. The festival will be held Saturday, Sept. 23, 2017 at Lake Anne Plaza in Reston. Interested groups or individuals should fill out the appropriate Vendor Application Form, available at www.restoncommunitycenter.com/mcf.

#### **THROUGH JULY 31**

**Backpacks for Students**. Various times at Christ the King Lutheran Church, 10550 Georgetown Pike, Great Falls. Christ the King's Team Service is collaborating with Reston's aid to families organization Cornerstones and school supplies collection organization Kids R First to help youngsters in the community. Collections will run through July; drop off in the church lobby. Visit www.gflutheran.org or call 703-759-6068.

#### TUESDAY/AUG. 1

Speaker At McLean Rotary Lunch. Noon in the Fellowship Hall of the Lutheran Church of the Redeemer, 1545 Chain Bridge Road, McLean. Sharon Bulova, the current chair of the Fairfax County, Virginia Board of Supervisors, will be speaking. Email mcleanrotary.va@gmail.com for more.

#### AUG. 2-30

Fit for Life Classes. 11 a.m.-noon at the Bruen Chapel United Methodist Church, 3035 Cedar Lane, Fairfax. Fairfax Fit for Life Classes are sponsored by the Shepherd's Center of Oakton-Vienna to improve strength, balance and mobility for older adults. Call 703-281-0538 or email eileentarr1@verizon.net.

#### THURSDAY/AUG. 3

Support Group for Caregivers. 10-11:30 a.m. at the UUCF Unitarian Universalist Congregation of Fairfax - Program Building, 2709 Hunter Mill Road, Oakton. This support group is designed for caregivers of adult family members. Contact facilitator Jack Tarr at 703-821-6838 or jtarr5@verizon.net.

#### THURSDAY/AUG. 17

Support Group for Caregivers. 10-11:30 a.m. at the UUCF Unitarian Universalist Congregation of Fairfax - Program Building, 2709 Hunter Mill Road, Oakton. This support group is designed for caregivers of adult family members. Contact facilitator Jack Tarr at 703-821-6838 or jtarr5@verizon.net.



#### From Page 6

plus years and was vice president at one time of the railroad union so my mother was very workers rights oriented and my father's family were bankers. My paternal grandfather was vice president of National Boulevard Bank in Chicago. So I get an interesting perspective.

It does not make sense to me that they are going after this failsafe program for the most disadvantaged of our country. This is a safety net. There are so many other programs that need to be examined. But I cannot understand this assault on the human condition of our citizens. There are black ops programs that get unlimited funding. The waste is in these special interest programs. No one is investigating the \$100 toothpicks. Somehow the health and welfare programs are the target for cutting when in actuality government waste in these other pet projects should be addressed. We have projects that have no accountability.

#### Valerie Benson Burke

www.ConnectionNewspapers.com



### Taking Care Of Business



#### By KENNETH B. LOURIE

The cats. The car. The dentist. The pancreatic enzymes. It was a week that typically isn't. As often as my credit card was swiped these past few days, I'm amazed its magnetic strip is still magnetized. To quote my deceased mother, Celia: "It's enough already."

Oh well, what's done is done, though it definitely needed doing. And aside from the fact that I didn't have the actual money, fortunately I had the available credit, which I was grateful to have had. I mean, how long can you put off necessary evils/expenditures before they rear their ugly consequences? And though money doesn't grow on trees (linen actually), credit seems to, and so the to-do list now has some cross-outs/"has-dones" finally.

Now the anxiety about neglecting the "todos" is replaced by the worry about the cost/needing-to-pay the "having-dones." Nevertheless, the cats have had their vaccinations shot current.

The car now has a passenger window that goes down – and back up, a check-engine light that no longer illuminates, a blower that will now provide heat in the winter and a defogger when needed, and as it turns out a bit of unexpected air conditioning.

The dentist has referred me to an oral surgeon (since the teeth were both "unrestorable"/not root canal candidates) who will extract two teeth from my mouth and hundreds more from my bank account/probably credit card – again, but no doubt get me back on a course of dental correction.

The pancreatic enzymes, the most expensive bottle of pills I buy (I consume upwards of 55 pills per day) is an expense I incur every three months and does something to help my immune system keep the lung cancer in-check, a priority if there ever was one.

Paying to keep on playing (so to speak), by maintaining this kind of normalcy enhances the feeling that life is indeed still being played. And not that my attitude/philosophy in such responsibilities is totally affected by yours truly having been diagnosed with a "terminal" form of cancer: non-small cell lung cancer, stage IV, to be specific, but as the old punchline says: "It doesn't hurt." And avoiding hurt is definitely part of the fighting-cancer strategy; along with avoiding stress, eating healthy, exercising and boosting one's immune system.

I guess what I'm realizing that I have two lives, sort of, the usual and customary life: work, play, day-to-day stuff and the cancer life: lab work, chemotherapy, scans, oncologist, pills, lifestyle changes, etc. On some days, they are parallel. On other days, they intersect. And though they may be separate, they are interrelated. What benefits one is likely to positively affect the other.

Additionally, a negative in one life will likewise have an adverse consequence in the other. However, the requirements to maintain their respective lives is different. Yet balance/co-existence must be maintained in order for one to remain "twogether."

Two separate halves will not make for a responsible whole, but rather lead to an emotional one. And if there's one attribute that a cancer patient/survivor must have, it is emotional wherewithal. Failure to do so in one's cancer life will likely spill over into the non-cancer life (and vice-versa) and cause a kind of an adult version of failure to thrive.

Cancer might win the battle in the end but you can't let it win the battle in the interim. Fulfilling your every-day responsibilities helps give that life the kind of accomplishment that aids and abets in your fight against your cancer life. Moreover, handling your cancer life gives you the confidence and optimism to live your non-cancer life.

Granted, the two lives might not exactly be the best of friends, but they must be partners of a sort. The sort that is independent, appreciative, respectful and considerate.

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